Appendix 3. Map of the BCTs to theoretical determinants and framework.

	Framework	Theoretical Determinant	BCTs
PRIMARY DETERMINANTS	**INA**	**Beliefs and knowledge**	Re-attribution
			Pros and cons
			Information about antecedents
			social comparison
			reduce negative emotions
			normative information
		outcome expectations	Information about health consequences
			information about emotional consequences
			Information about social and environmental consequences
			Pros and cons
			goal setting (behaviour)
			goal setting (outcome)
			self talk
			Social support (unspecified)
			Social support (practical)
			Socia support (emotional)
	NINA	**self efficacy**	feedback on behaviour
			reporting whether or not the behaviour was performed
			Problem solving
			action planning/ implementation intentions
			self monitoring of behaviour
			adding objects to the environment
			feedback on outcomes of behaviour
			biofeedback
			review behaviour goals
			review outcome goals
			feedback on emotional state
			monitoring of emotional consequences
			social reward
			Social support (unspecified)
			Social support (practical)
			Socia support (emotional)
			self talk
		habit	Prompts/cues
			habit formation
			action planning/ implementation intentions
			feedback on behaviour
			Social reward
SECONDARY DETERMINANTS		**social support**	social comparison
			social reward
			Social support (unspecified)
			Social support (practical)
			Socia support (emotional)
		emotional/ affective state	Information about emotional consequences
			Report emotional state
			Feedback on emotional state
			Monitoring of emotional consequences