Appendix 1: Intervention functions: linkages with BCTs and COM-B
[a]As described in [18]

Intervention function and definition[a]	Frequently used BCTs associated with intervention function[a]	How intervention functions potentially influence behavior through COM-B[a]
Education "Increase knowledge or understanding"	"Information about social and environmental consequences" "Information about health consequences" "Feedback on behavior" "Feedback on outcome(s) of behavior" "Prompts/cues" "Self-monitoring of behavior"	Psychological capability Reflective motivation
Persuasion "Using communication to induce positive or negative feelings or stimulate action"	"Credible source" "Information about social and environmental consequences" "Information about health consequences" "Feedback on behavior" "Feedback on outcome(s) of the behavior"	Automatic motivation Reflective motivation
Incentivization "Creating an expectation of reward" *Coercion* "Creating an expectation of punishment or cost"	"Feedback on behavior" "Feedback on outcome(s) of behavior" "Monitoring of behavior by others without evidence of feedback" "Monitoring outcome of behavior by others without evidence of feedback" "Self-monitoring of behavior"	Automatic motivation Reflective motivation
Restriction "Using rules to reduce the opportunity to engage in the target behavior"	No linked BCTs specified	Social opportunity Physical opportunity

Intervention function and definition[a]	Frequently used BCTs associated with intervention function[a]	How intervention functions potentially influence behavior through COM-B[a]
Enablement "Increasing means or reducing barriers to increase capability (beyond education and training) or opportunity (beyond environmental restructuring)"	"Social support (unspecified)" "Social support (practical)" "Goal setting (behavior)" "Goal setting (outcome)" "Adding objects to the environment" "Problem solving" "Action planning" "Self-monitoring of behavior" "Restructuring the physical environment" "Review behavioral goal(s)" "Review outcome goal(s)"	Physical capability Psychological capability Physical opportunity Social opportunity Automatic motivation
Training "Imparting skills"	"Demonstration of behavior" "Instruction of how to perform a behavior" "Feedback on the behavior" "Feedback on outcome(s) of behavior" "Self-monitoring of behavior" "Behavioral practice/rehearsal"	Physical capability Psychological capability Physical opportunity Automatic motivation
Environmental restructuring "Changing the physical or social context"	"Adding objects to the environment" "Prompts/cues" "Restructuring the physical environment"	Physical opportunity Social opportunity Automatic motivation
Modeling "Providing an example for people to aspire to or imitate"	"Demonstration of the behavior"	Social opportunity Automatic motivation