

Appendix 3. Intervention components used in the HealthValues Programme together with most closely aligned categories of behaviour change technique according to the Behavior Change Technique Taxonomy. [66] Shaded rows indicate optional components.

Phase and session number	Intervention component	Behaviour change technique category
Motivational 1	• Estimated intake of saturated fat, added sugar and fruit and vegetables	2.2
	• Information on recommended intake	1.6
	• Information on health consequences of a poor diet	5.1
	• Suggestions of ways to change diet	4.1
	• Links to additional information on government website	9.1
3	• Five minutes thinking about reasons for health values	Appropriate category not identified
5	• Five minutes thinking about health-related desires and aspirations and associated feelings	16.2
7	• Five minutes thinking about health-related concerns and associated feelings	5.5
8	• Estimated intake of saturated fat, added sugar and fruit and vegetables	2.2

	<ul style="list-style-type: none"> Information on recommended intake 	1.6
	<ul style="list-style-type: none"> Opportunity to review dietary information and suggestions provided in Session 1 	Replication of previous technique(s)
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9	<ul style="list-style-type: none"> Opportunity to review dietary information and suggestions provided in Session 1 	Replication of previous technique(s)
	<ul style="list-style-type: none"> Formation of one implementation intention using mental contrasting 	1.1; 1.4; 7.1; 9.3; 15.2
	<ul style="list-style-type: none"> Emailed reminders of implementation intention 1, 2 and 4 days after session completion 	8.3
10	<ul style="list-style-type: none"> User rating of implementation intention adherence followed by tailored response which may have included congratulations, encouragement, advise to seek social support, advise to use reminders 	1.5; [10.4; 3.1; 7.1]
	<ul style="list-style-type: none"> Opportunity to review previous implementation intention or create new one 	8.3; 1.1; 1.4; 7.1; 9.3; 15.2
	<ul style="list-style-type: none"> Opportunity to review dietary information and suggestions provided in Session 1 	Replication of previous technique(s)
	<ul style="list-style-type: none"> Emailed reminders of any new implementation intention 1, 2 and 4 days after session completion 	8.3
11	<ul style="list-style-type: none"> User rating of implementation intention adherence followed by tailored response which 	1.5; [10.4; 3.1; 7.1]

may have included congratulations, encouragement, advise to seek social support, advise to use reminders

- Opportunity to review previous implementation intention or create new one 8.3; 1.1; 1.4; 7.1; 9.3; 15.2
- Opportunity to review dietary information and suggestions provided in Session 1 Replication of previous technique(s)
- Emailed reminders of any new implementation intention 1, 2 and 4 days after session completion 8.3

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- Estimated intake of saturated fat, added sugar and fruit and vegetables 2.2
- Information on recommended intake 1.6

- Opportunity to review dietary information and suggestions provided in Session 1 Replication of previous technique(s)
- Opportunity to review and revise tasks from Sessions 3, 5, and 7 Replication of previous technique(s)
- Opportunity to review previous implementation intentions or create new ones (up to a total of 6). 8.3; 1.1; 1.4; 7.1; 9.3; 15.2
- Emailed reminders of any new implementation intentions 1, 2 and 4 days after session completion 8.3
- Opportunity to view the Tip of the Week 5.6

15	<ul style="list-style-type: none"> Information on stimulus control 	12.1; 12.3
13-23	<ul style="list-style-type: none"> Opportunity to review estimated and recommended intake from Session 12 Opportunity to review dietary information and suggestions provided in Session 1 Opportunity to review and revise tasks from Sessions 3, 5, and 7 Opportunity to review previous implementation intentions or create new ones (up to a total of 6). Emailed reminders of any new implementation intentions 1, 2 and 4 days after session completion Opportunity to view the Tip of the Week Opportunity to review previous Tips 	<p>Replication of previous technique(s)</p> <p>Replication of previous technique(s)</p> <p>Replication of previous technique(s)</p> <p>8.3; 1.1; 1.4; 7.1; 9.3; 15.2</p> <p>8.3</p> <p>12.1; 4.2; 8.2; 5.6; 12.6; appropriate category not identified; 3.1; 12.3; 12.5</p> <p>Replication of previous technique(s)</p>
24	<ul style="list-style-type: none"> Estimated intake of saturated fat, added sugar and fruit and vegetables Information on recommended intake Opportunity to review dietary information and suggestions provided in Session 1 Opportunity to review and revise tasks from Sessions 3, 5, 	<p>2.2</p> <p>1.6</p> <p>Replication of previous technique(s)</p> <p>Replication of previous</p>

and 7	technique(s)
<ul style="list-style-type: none"> • Opportunity to review previous implementation intentions or create new ones (up to a total of 6). 	8.3; 1.1; 1.4; 7.1; 9.3; 15.2
<ul style="list-style-type: none"> • Emailed reminders of any new implementation intentions 1, 2 and 4 days after session completion 	8.3
<ul style="list-style-type: none"> • Opportunity to view the Tip of the Week 	Appropriate category not identified
<ul style="list-style-type: none"> • Opportunity to review previous Tips 	Replication of previous technique(s)