

Table S1. Health behaviour theories on the basis of the I-Change model.

Health-behaviour Model (abbreviation)	Author, year	Components or Constructs or Stages (→)	Based on
Health Belief Model (HBM)	Hochbaum, Kegels & Rosenstock, 1952 [1]	<ul style="list-style-type: none"> • Perceived susceptibility, severity, benefits and barriers • Self-efficacy • Call-to-action 	
Theory of Reasoned Action (TRA)	Fishbein, Ajzen, 1967 [2]	<ul style="list-style-type: none"> • Attitude toward behaviour • Subjective norms • Intention to engage in a certain behavior 	
Trans-Theoretical Model (TTM)	Prochaska, DiClemente, 1977 [3]	<ul style="list-style-type: none"> • Precontemplation → • Contemplation → • Preparation → • Action → • Maintenance → • Termination 	
Theory of Planned Behaviour (TPB)	Ajzen, 1985 [4]	<ul style="list-style-type: none"> • Attitude toward behaviour • Subjective norm • Perceived behaviour control • Intention to behaviour • Behaviour 	TRA
Social Cognitive Theory (SCT)	Bandura, 1986 [5]	<ul style="list-style-type: none"> • Reciprocal Determinism (interaction person-environment-behaviour) • Behavioural Capability • Observational Learning • Reinforcements • Expectations • Self-efficacy 	Social Learning Theory (Bandura, 1960)
Precaution Adoption Process Model (PAPM)	Weinstein, 1988 [6]	<ul style="list-style-type: none"> • Unaware → • Unengaged → • Undecided → 	

		<ul style="list-style-type: none"> • Decided not to act OR • Decided to act → • Acting → • Maintenance 	
Attitude - Social Influence - Efficacy model (ASE)	De Vries, Dijkstra, & Kuhlman, 1988 [7]	<ul style="list-style-type: none"> • Attitude • Social Influence • Self-Efficacy 	
Integrated Change Model (I-Change)	De Vries, 2004 [8]	<ul style="list-style-type: none"> • Predisposing determinants • Awareness determinants • Information determinants • Motivation determinants • Intention • Abilities • Barriers 	ASE, TRA, SCT, TTM and PAPM

Abbreviations: HBM = Health Belief Model; TRA = Theory of Reasoned Action; TTM = Trans-Theoretical Model; TPB = Theory of Planned Behaviour; SCT = Social Cognitive Theory; PAPM = Precaution Adoption Process Model; ASE = Attitude Social Influence Efficacy model; I-Change = Integrated Change Model.

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