

Behaviour Change Techniques (BCTs) in the SIPS interventions/study conditions

Coded using the BCT Taxonomy V1 (Michie S, Richardson M, Johnston M et al. (2013) The Behavior Change Technique Taxonomy (v1) of 93 hierarchically-clustered techniques: building an international consensus for the reporting of behavior change interventions. Ann Beh Med 46:81–95.)

Patient/Client Information Leaflet (PIL/CIL)	
BCT Number	BCT
82.	Information about health consequences
83.	Information about emotional consequences
84.	Information about social and environmental consequences
36.	Instruction on how to perform a behaviour
65.	Problem solving
90.	Information about others approval
93.	Vicarious consequences
8.	Feedback on behaviour (knowledge quiz)

Brief Advice (BA)	
BCT Number	BCT
82.	Information about health consequences
83.	Information about emotional consequences
84.	Information about social and environmental consequences
8.	Feedback on behaviour
74.	Credible source
89.	Social comparison
65.	Problem solving
68.	Action planning
Potential BCTs not in taxonomy	Informing of safe levels and how many units are in standard drinks and different sized drinks

Brief Lifestyle Counselling (BLC)	
BCT number	BCT
74.	Credible source
3.	Social Support (unspecified)
75.	Pros and cons
65.	Problem solving
66.	Goal setting (behaviour)
68.	Action planning
Potential BCTs not in the taxonomy	The scaling questionnaires (importance & confidence) and number 1 in the making plans section (identifying good reasons for changing)