

Table 2

Multi-process action control constructs mapped to behavior change techniques used in Michie et al. (2013).

M-PAC Construct	Behavior Change Technique Number	Behavior Change Technique Description
Instrumental Attitude	5.1	Information about health consequences
	5.2	Saliency of consequences
	5.3	Information about social and environmental consequences
Affective Judgment	3.3	Social support (emotional)
	5.6	Information about emotional consequences
	7.5	Remove aversive stimulus
	12.5	Adding objects to the environment
Perceived Capability	4.1	Instruction on how to perform a behavior
	6.1	Demonstration of the behavior
	6.2	Social comparison
	8.1	Behavioral practice
	8.7	Graded tasks
	15.1	Verbal persuasion about capability
Perceived Opportunity	3.2	Social support (practical)
	12.1	Restructuring the physical environment
	12.2	Restructuring the social environment
Behavioral Regulation	1.1	Goal setting (Behavior)
	1.2	Problem solving
	1.4	Action planning
	1.8	Behavioral contract
	2.3	Self-monitoring of behavior
	2.6	Biofeedback
	7.1	Prompt/Cues
	10.7	Self-incentive
	11.2	Reduce negative emotions
	15.4	Self-talk
	Identity	6.2
8.1		Behavioral practice
8.2		Behavioral substitution
12.5		Adding objects to the environment
13.2		Framing/reframing

	13.3	Incompatible beliefs
	13.4	Valued self-identity
	13.5	Identity associated with changed behavior
Habit	7.1	Prompt/cues
	7.5	Remove aversive stimulus
	7.8	Associative learning
	8.1	Behavioral practice
	8.3	Habit formation
