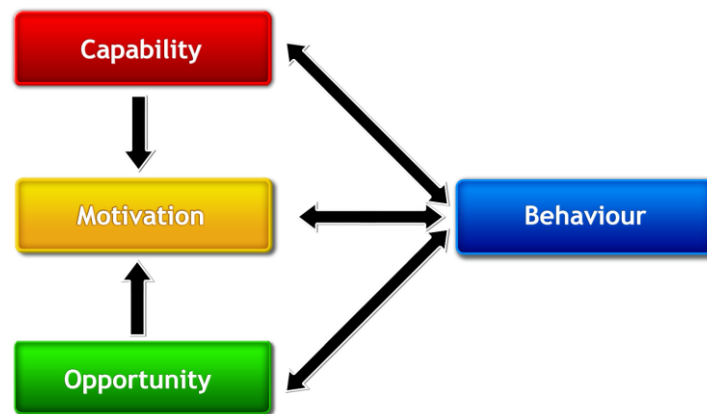


## Supplementary file 2



**Figure 1.** The COM-B system - a framework for understanding behaviour [1].

**Capability** - the individual's psychological and physical capacity to engage in the activity concerned. It includes having the necessary knowledge and skills.

**Motivation** - all the brain processes that energize and direct behaviour, not just goals and conscious decision-making. It includes habitual processes, emotional responding, as well as analytical decision-making.

**Opportunity** - all the factors that lie outside the individual that make the behaviour possible or prompt it.

### Reference

1. Michie S; van Stralen MM; West R. The behaviour change wheel: A new method for characterising and designing behaviour change interventions. *Implement Sci* 2011, 6.