

Supplementary Table S1: List of behaviour change techniques as reported in the BCT Taxonomy V1 (Michie et al., 2013) and categorised for use in future with people with dementia according to reliance on cognitive processes (partnership with carers) or non-conscious processes (behaviourist approaches or choice architecture)

Behaviour change technique	Category
1.1. Goal setting (behaviour)	Partnership with carers
1.2. Problem solving	Partnership with carers
1.3. Goal setting (outcome)	Partnership with carers
1.4. Action planning	Partnership with carers
1.5. Review behaviour goal(s)	Partnership with carers
1.6. Discrepancy between current behaviour and goal	Partnership with carers
1.7. Review outcome goal(s)	Partnership with carers
1.8. Behavioural contract	Partnership with carers
1.9. Commitment	Partnership with carers
2.1. Monitoring of behaviour by others without feedback	Partnership with carers
2.2. Feedback on behaviour	Partnership with carers
2.3. Self-monitoring of behaviour	Partnership with carers
2.4. Self-monitoring of outcome(s) of behaviour	Partnership with carers
2.5. Monitoring of outcome(s) of behaviour without feedback	Partnership with carers
2.6. Biofeedback	Partnership with carers
2.7. Feedback on outcome(s) of behaviour	Partnership with carers
3.1. Social support (unspecified)	Partnership with carers
3.2. Social support (practical)	Partnership with carers
3.3. Social support (emotional)	Partnership with carers
4.1. Instruction on how to perform the behaviour	Partnership with carers

4.2. Information about antecedents	Partnership with carers
4.3. Re-attribution	Partnership with carers
4.4. Behavioural experiments	Partnership with carers
5.1. Information about health consequences	Partnership with carers
5.2. Salience of consequences	Partnership with carers
5.3. Information about social and environmental consequences	Partnership with carers
5.4. Monitoring of emotional consequences	Partnership with carers
5.5. Anticipated regret	Partnership with carers
5.6. Information about emotional consequences	Partnership with carers
6.1. Demonstration of the behaviour	Partnership with carers
6.2. Social comparison	Partnership with carers
6.3. Information about others' approval	Partnership with carers
7.1. Prompts/cues	Choice architecture
7.2. Cue signalling reward	Choice architecture
7.3. Reduce prompts/cues	Choice architecture
7.4. Remove access to the reward	Choice architecture
7.5. Remove aversive stimulus	Behaviourist
7.6. Satiation	Behaviourist
7.7. Exposure	Behaviourist
7.8. Associative learning	Behaviourist
8.1. Behavioural practice/rehearsal	Behaviourist
8.2. Behaviour substitution	Behaviourist
8.3. Habit formation	Behaviourist
8.4. Habit reversal	Behaviourist
8.5. Overcorrection	Behaviourist

8.6. Generalisation of target behaviour	Behaviourist
8.7. Graded tasks	Behaviourist
9.1. Credible source	Partnership with carers
9.2. Pros and cons	Partnership with carers
9.3. Comparative imagining of future outcomes	Partnership with carers
10.1. Material incentive (behaviour)	Partnership with carers
10.2. Material reward (behaviour)	Partnership with carers
10.3. Non-specific reward	Partnership with carers
10.4. Social reward	Partnership with carers
10.5. Social incentive	Partnership with carers
10.6. Non-specific incentive	Partnership with carers
10.7. Self-incentive	Partnership with carers
10.8. Incentive (outcome)	Partnership with carers
10.9. Self-reward	Partnership with carers
10.10. Reward (outcome)	Partnership with carers
10.11. Future punishment	Partnership with carers
11.1. Pharmacological support	Partnership with carers
11.2. Reduce negative emotions	Partnership with carers
11.3. Conserving mental resources	Partnership with carers
11.4. Paradoxical instructions	Partnership with carers
12.1. Restructuring the physical environment	Choice architecture
12.2. Restructuring the social environment	Choice architecture
12.3. Avoidance/reducing exposure to cues for the behaviour	Choice architecture
12.4. Distraction	Choice architecture
12.5. Adding objects to the environment	Choice architecture

12.6. Body changes	Choice architecture
13.1. Identification of self as role model	Partnership with carers
13.2. Framing/reframing	Partnership with carers
13.3. Incompatible beliefs	Partnership with carers
13.4. Valued self-identify	Partnership with carers
13.5. Identity associated with changed behaviour	Partnership with carers
14.1. Behaviour cost	Partnership with carers
14.2. Punishment	Behaviourist
14.3. Remove reward	Behaviourist
14.4. Reward approximation	Behaviourist
14.5. Rewarding completion	Partnership with carers
14.6. Situation-specific reward	Behaviourist
14.7. Reward incompatible behaviour	Behaviourist
14.8. Reward alternative behaviour	Behaviourist
14.9. Reduce reward frequency	Behaviourist
14.10. Remove punishment	Partnership with carers
15.1. Verbal persuasion about capability	Partnership with carers
15.2. Mental rehearsal of successful performance	Partnership with carers
15.3. Focus on past success	Partnership with carers
15.4. Self-talk	Partnership with carers
16.1. Imaginary punishment	Partnership with carers
16.2. Imaginary reward	Partnership with carers
16.3. Vicarious consequences	Partnership with carers
