

Supplementary Table S2: Frequency of behaviour change techniques reported in two systematic reviews of interventions to promote physical activity

| | Systematic review | |
|---|-------------------------|-------------------------------------|
| | French et al. (2014) | Nyman et al. (2018) ¹ |
| Population | Older adults | People with dementia |
| Behaviour change technique reported using numbers from BCT taxonomy V1 (Michie et al., 2013) ² | | |
| <i>Partnership with carers (frequency %)</i> | 88% | 77% |
| 1.1. Goal setting (behaviour) | 12 | 3 |
| 1.2 Problem solving | 10 | |
| 1.2 Relapse prevention | 3 | |
| 1.4 Action planning | 7 | 1 |
| 1.5 Review behaviour goal(s) | 6 | |
| 2.1 Monitoring of behaviour by others without feedback | | 1 |
| 2.2 / 2.7 Provide feedback on performance | 6 | |
| 2.3 Self-monitoring of behaviour | 9 | 1 |
| 2.4 Self-monitoring of outcome(s) of behaviour | | 1 |
| 3.1 Social support (unspecified) | | 3 |
| 3.1 Plan social support/ social change | 10 | |
| 3.1 Motivational interviewing | 2 | |
| 3.3 Social support (emotional) | | 1 |
| 4.1 Instruction on how to perform the behaviour | 11 | 5 |

| | | |
|---|------------|------------|
| 4.1 Provide information on where and when to perform the behaviour | 3 | |
| 5.3 / 5.6 Provide information on consequences | | |
| 5.3 / 5.6 Provide information on consequences of behaviour in general | 11 | |
| 5.3 / 5.6 Provide information on consequences of behaviour for the individual | 6 | |
| 6.1 Demonstration of the behaviour | 7 | 5 |
| 6.2 Social comparison | 4 | |
| 9.1 Credible source | | 3 |
| 10.2 /10.3/10.4/10.9/10.10 Provide contingent rewards | | |
| 10.2 /10.3/10.4/10.9/10.10 Provide rewards contingent on successful behaviour | 3 | |
| 10.2 /10.3/10.4/10.9/10.10 Provide rewards contingent on effort or progress towards behaviour | 2 | |
| 11.2 Reduce negative emotions | 3 | |
| 15.2 Mental rehearsal of successful performance | 2 | |
| 15.3 Focus on past success | 3 | |
| <i>Behaviourist approaches (frequency %)</i> | <i>11%</i> | <i>23%</i> |
| 8.1. Behavioural practice/rehearsal | 13 | 5 |
| 8.7 Graded tasks | 2 | 2 |
| <i>Choice architecture (frequency %)</i> | <i>1%</i> | <i>0%</i> |
| 7.3. Reduce prompts/cues | 2 | |
| Total | 137 | 31 |

Note. ¹Only trials that reported physical activity behaviour were included. ²Where BCT reporting was ambiguous in relation to the taxonomy, more than one behaviour change technique is listed together (e.g. “provide feedback on performance” could be either 2.2 feedback on behaviour or 2.7 feedback on outcome(s) of behaviour. Separate lines have been included in instances where the behaviour change technique was detailed with greater specificity than the taxonomy (e.g. “1.2 Prompt barrier identification includes relapse prevention).