

**Multimedia Appendix 1.** Full list of behavior change techniques considered during development process and definitions from Michie et al.'s behavior change technique taxonomy v1[11].

<b>Behavior Change Technique</b>	<b>Behavior Change Technique Taxonomy v1 Definition</b>
<b>Anticipated Regret</b>	"Induce or raise awareness of expectations of future regret about non-performance of behavior."
<b>Information about Others' Approval</b>	"Provide information about what other people think about the behavior. The information clarifies whether others will like, approve, or disapprove of what the person is doing or will do."
<b>Material Incentive (behavior)</b>	"Inform that money, vouchers or other valued objects will be delivered if and only if there has been effort and/or progress in performing the behavior."
<b>Problem Solving</b>	"Analyze, or prompt the person to analyze, factors influencing the behavior and generate or select strategies that include overcoming barriers and/or increasing facilitators."
<b>Salience of Consequences</b>	"Use methods specifically designed to emphasize the consequences of performing the behavior with the aim of making them more memorable (goes beyond information about consequences)."
<b>Credible Source</b>	"Present verbal or visual communication from a credible source in favour of or against the behavior."