

Additional file 2: Matrix of links between COM-B components and intervention functions developed by Michie et al. (2014)

COM-B Components	Intervention types								
	Education	Persuasion	Incentivisation	Coercion	Training	Restriction	Environmental restructuring	Modelling	Enablement
Physical capability					X				X
Psychological capability	X				X				X
Physical opportunity					X	X	X		X
Social opportunity						X	X	X	X
Automatic motivation		X	X	X	X		X	X	X
Reflective motivation	X	X	X	X					

X indicates the intervention types most applicable for bringing about change in each COM-B component

Source: Michie et al. (2014)