

Online supplementary files Tables and figures

Figure 1 Suppl. Search strategy

Search terms in full

Set 1. Behaviour change theory terms

Behaviour change theory OR behaviour change intervention OR behaviour change strategy OR behaviour modification theory OR behaviour change model

Set 2. Behaviour theory terms

Affective events theory OR acculturation theory OR action model of consumption OR affect infusion OR affective events theory OR AIDS risk reduction model OR ASE-model OR attitude-social influence self-efficacy model OR attribution theory OR automotive Model OR behavioural ecological model OR behaviour life cycle theory OR behavioural reasoning theory OR behavioural theory OR belief system theory OR biopsychosocial OR change theory OR change orientated process OR classical conditioning OR cognitive behaviour theory OR COM-B system OR community organisation theory OR communication theory OR comprehensive model of consumer action OR consumer information processing model OR consumption of social practices OR containment theory OR control theory OR behaviour change model OR critical consciousness OR cultural transmission theory OR demand control OR developmental causal model OR differential association theory OR diffusion innovations theory OR disconnected values model OR double-loop learning OR dual process model OR dual process theory OR dynamic systems theory OR ecological model OR ecological systems theory OR elaboration likelihood OR empowerment theory OR enculturation theory OR exchange Theory OR expected utility OR expectancy value OR extended information processing model OR extended parallel process model OR factors influencing smoking model OR family systems OR feedback intervention OR general theory of crime OR general theory of deviant OR goal directed theory OR goal theory OR goal setting OR active living model OR habit theory OR health action process approach OR health belief model OR HBM or health behaviour model OR health capital theory OR health promotion OR health-related model behaviour change OR implementation theory OR Information-motivation behavioural skills model OR information integration theory OR innovation-decision process OR integrated change model OR Ichange OR integrated conceptual model OR integrated theoretical model OR integrated theory of drinking OR integrative theory OR interactionist model OR interactive model of factors influencing health behaviour OR information processing model attitude behaviour change OR integrative conceptual model OR intrapersonal theory OR interpersonal behaviour OR main determinants of health model OR matrix model Or model human occupation OR model proenvironmental behaviour OR motivation opportunity abilities OR multicomponent stage model OR multi-level model social change OR multi-media model social change OR needs-opportunities-abilities model OR network theory OR norm activation OR normative conduct OR operant conditioning OR operant learning OR practice theory OR precaution adoption process model OR pressure system model OR PRIME theory OR problem behaviour theory OR prospect theory OR protection motivation theory OR prototype willingness model OR rational addiction model OR reciprocal determinism OR reciprocal causality OR reflective impulsive model OR regulatory fit theory OR relapse prevention theory OR risks as feelings model OR salutogenic model OR salutogenic theory OR self-determination theory OR self-efficacy OR self-perception theory OR self-regulation OR six staged model OR social action theory OR social change theory OR social comparison theory OR social cognitive theory OR social cognition model OR social-ecological model OR social learning theory OR social development model OR social consensus OR social ecological model OR social identity model OR social identity theory OR social norms theory OR social structural theory OR socialisation theory OR stage change model OR systems theory OR systems model OR systems thinking OR technology acceptance model OR terror management OR theory of deviant behaviour OR theory of interpersonal behaviour OR theory of normative conduct OR theory of normative social behaviour OR theory reasoned action OR TRA OR Theory planned behaviour OR TPB OR theoretical framework behaviour change OR theory of consumption OR theory rational addiction OR theory of triadic influence OR transcultural model motivation OR transtheoretical model OR unified theory OR utility theory OR value belief norm.

Set 3. Behaviour change terms

Behaviour change OR behavioural change OR behavioural Or health intervention OR behaviour modification OR behavioural outcome OR behavioural strategy OR change behaviour OR community change OR cultural change OR effect behaviour OR group level effect OR influence behavior OR impact behaviour OR effect behaviour OR normative change OR organisational change OR population change OR social change OR societal change OR Health intervention OR prevent behaviour

Set 4. Discipline specific terms in relation to behaviour change

economic OR psychology OR sociology OR anthropology AND behaviour change

Search strategy = (Set 1) OR (Set 4) OR (Set 2 AND Set 3).

(restricted to Title and Abstract, English Language and Humans)

(Wildcards used to account for differences in US and UK spellings, e.g. behaviour/behavior)

Table 1 Suppl.

	Theory (lead author of theory)	Reason for exclusion
1.	Affect Infusion Model (AIM) (Forga)	Focuses on cognition
2.	Asset Model of Intimate Partner Violence (Shobe)	Not a theory per our study definition
3.	Attachment Theory (Bowlby)	Theory of development, not behaviour
4.	Attribution Theory (Jones)	Focuses on cognition
5.	Belief System Theory (Rokeach)	Focuses on cognition
6.	Biopsychosocial Model (Engel)	Not theory of behaviour per our study definition and does not explicitly examine behaviour
7.	Cognitive Adaptation Theory (Taylor)	Focuses on cognition
8.	Common Sense Model/Illness Representations Model (Leventhal)	Focuses on cognition
9.	Conformity with Ideal Preference Theory (Grimalda)	Focuses on cognition
10.	Compassionate Mind Theory (Gilbert)	Focuses on cognition
11.	4 Es Model of Behaviour Change (Defra)	Not a theory per our study definition
12.	Elaboration Likelihood Model of Persuasion(Petty)	Focuses on cognition
13.	Family Systems Theory (Bowen)	Group/system is the dependent variable, not individual behaviour
14.	General Aggression Model (Anderson)	Not a theory of behaviour
15.	Groningen Active Living Model (Stevens)	Not a theory per our definition, general framework for developing interventions
16.	Heuristic Systematic Model of Information Processing (Chaiken)	Focuses on cognition
17.	Information Integration Theory (Anderson)	Focuses on cognition
18.	Innoculation Theory (McGuire)	Focuses on cognition
19.	Ironic Process Theory (Wegner)	Focuses on cognition
20.	Job-Demands Model/Demand-Control Model (Karasek)	Not theory of behaviour per our study definition and does not explicitly examine behaviour
21.	Meaning Maintenance Model (Heine)	Focuses on cognition
22.	Model of Human Occupation (Kielhofner)	Not theory of behaviour per our study definition and does not explicitly examine behaviour
23.	Motivated Action Theory (Stein)	Focuses on cognition
24.	Obesity System Map (Foresight)	Not theory of behaviour per our study definition
25.	Offender Readiness Model (Ward)	Not theory of behaviour per our study definition

26.	Precede-Proceed Model (Green)	Not theory of behaviour per our study definition
27.	Reversal Theory (Apter)	Not theory of behaviour
28.	Theory of Re-integrative Shaming (Braithwaite)	Not theory of behaviour
29.	Salutogenic Theory (Antonovsky)	Not theory of behaviour
30.	Self Perception Theory (Bem)	Focuses on cognition
31.	Social Comparison Theory (Festinger)	Not theory of behaviour
32.	Social Exchange Theory (Homans)	Not theory of behaviour
33.	Social Ecological Model of Health Promotion (Stokol)	Not theory of behaviour per our study definition
34.	Social Identity Theory (Tajfel)	Not theory of behaviour
35.	Social Judgement Theory (Sherif)	Focuses on cognition
36.	Theory of Gender and Power (Connel)	Not theory of behaviour
37.	Utility Theory (Fishbein)	Focuses on cognition

Table 2 Suppl. Study characteristics of all included articles

First author, date	Country of study	Theory	Type	Design¹	Behaviour	Target direction of behaviour²	Behaviour measured³
Abdullah, 2005(1)	Hong Kong	Transtheoretical Model	Intervention	Quantitative	Smoking cessation/reduction	Decrease	Self-report
Aboud, 2009(2)	Bangladesh	Social Cognitive Theory	Intervention	Quantitative	Healthy eating	Increase	Objective
Abraham, 2003(3)	UK	Theory of Planned Behaviour	Evaluative	Quantitative	Physical activity	Increase	Self-report
Albarracin, 2001(4)	USA	Theory of Planned Behaviour	Review	Quantitative	Safer sex behaviours	Increase	Self-report
Alfonzo, 2005(5)	USA	Social-Ecological Model of Walking	Descriptive	Qualitative	Physical activity	Increase	Primary theory source
Amico, 2005(6)	Spain	Information-Motivation-Behavioural Skills model	Evaluative	Quantitative	Drug adherence	Increase	Self-report
Anderson, 1999(7)	USA	Transtheoretical Model	Review	Quantitative	Smoking cessation/reduction	Decrease	Self-report
Anderson, 2006(8)	USA	Transtheoretical Model	Intervention	Quantitative	Smoking cessation/reduction	Decrease	Self-report
Anderson, 2006(9)	USA	Information-Motivation-Behavioural Skills Model	Intervention	Quantitative	Safer sex behaviours	Increase	Self-report
Anderson, 2009(10)	USA	Diffusion of Innovations Theory	Intervention	Quantitative	Sun protective behaviours	Increase	Self-report and objective
Anderson, 2010(11)	USA	Social Cognitive Theory	Intervention	Quantitative	Healthy eating and exercise	Increase	Self-report and objective
Anderson, 2011(12)	USA	Health Belief Model	Intervention	Quantitative	Health examinations and medical tests	Increase	Self-report
Anstiss, 2011(13)	New Zealand	Transtheoretical Model	Intervention	Quantitative	Violence and delinquency	Decrease	Self-report and objective
Araujo-Soares, 2009(14)	UK	Theory of Planned Behaviour	Evaluative	Quantitative	Physical activity	Increase	Self-report
Armitage, 2002(15)	UK	Theory of Planned Behaviour	Intervention	Quantitative	Healthy eating	Decrease	Self-report
Artz, 2005(16)	UK	Social Cognitive Theory	Intervention	Quantitative	Safer sex behaviours	Increase	Self-report
Auld, 1999(17)	USA	Social Cognitive Theory	Intervention	Quantitative	Healthy eating	Increase	Self-report

Avants, 2004(18)	USA	Information-Motivation-Behavioural Skills Model	Intervention	Quantitative	Multiple health behaviours	Decrease	Self-report and objective
Aveyard, 1999(19)	UK	Transtheoretical Model	Intervention	Quantitative	Smoking cessation/reduction	Decrease	Self-report
Bagozzi, 1992(20)	USA	Goal Directed Theory of Behaviour	Descriptive	Qualitative	Multiple health behaviours	Increase	Primary theory source
Bagozzi, 2000(21)	USA	Action Model of Consumption	Descriptive	Qualitative	Multiple health behaviours	Increase	Primary theory source
Bamberg, 2003(22)*	Germany	Theory of planned behaviour	Evaluative	Quantitative	Environmental conservation	Increase	Objective
Bamberg, 2006(23)*	Germany	Theory of Planned Behaviour	Evaluative	Quantitative	Environmental conservation	Increase	Self-report
Bandura, 1977(24)	USA	Self Efficacy Theory	Descriptive	Qualitative	Multiple health behaviours	Increase	Primary theory source
Barrera, 2011(25)	USA	Social Cognitive Theory	Intervention	Quantitative	Healthy eating and exercise	Decrease	Objective
Becker, 1988(26)	USA	Rational Addiction Theory	Descriptive	Qualitative	Addictive behaviours (drugs & alcohol)	Decrease	Primary theory source
Becker, 1994(27)	USA	Rational Addiction Theory	Evaluative	Quantitative	Smoking cessation/reduction	Decrease	Self-report
Beckie, 2006(28)*	USA	Transtheoretical Model	Intervention	Quantitative	Healthy eating and exercise	Increase	Self-report
Beckie, 2010(29)*	USA	Transtheoretical Model	Intervention	Quantitative	Physical activity	Increase	Objective
Bellg, 2003(30)	USA	Health Behaviour Internalisation Model	Descriptive	Qualitative	Multiple health behaviours	Increase	Primary theory source
Berry, 2005(31)	Canada	Transtheoretical Model	Evaluative	Quantitative	Physical activity	Increase	Self-report
Blanchard, 2008(32)	Canada	Theory of Planned Behaviour	Intervention	Quantitative	Physical activity	Increase	Self-report
Blissmer, 2010(33)	USA	Transtheoretical Model	Evaluative	Quantitative	Multiple health behaviours	Increase	Self-report
Booth-Butterfield, 2004(34)	USA	Theory or Reasoned Action (Theory of Planned Behaviour)	Intervention	Quantitative	Healthy eating	Increase	Self-report
Boyer, 1997(35)	USA	AIDS Risk Reduction Model	Intervention	Quantitative	Safer sex behaviours	Increase	Self-report
Bridle, 2005(36)	UK	Transtheoretical Model	Review	Quantitative	Multiple health behaviours	Increase	Self-report and objective
Brown, 2005(37)	USA	Social Development Model	Intervention	Quantitative	Addictive behaviours (drug & alcohol)	Decrease	Self-report

Brown, 2011(38)	UK	Theory of Planned Behaviour	Intervention	Quantitative	Safer sex behaviours	Increase	Self-report
Browning, 2003(39)	Australia	Transtheoretical Model	Intervention	Quantitative	Health examinations and medical tests	Decrease	Self-report
Buller, 2005(40)	USA	Diffusion of Innovations Theory	Intervention	Quantitative	Sun protective behaviours	Increase	Self-report
Burnett, 2002(41)	USA	Ecological Model for Diabetes Prevention	Descriptive	Qualitative	Multiple health behaviours	Increase	Primary theory source
Butler, 2003(42)	USA	Transtheoretical Model	Intervention	Quantitative	Safer sex behaviours	Increase	Self-report
Cabezas, 2011(43)	Spain	Transtheoretical Model	Intervention	Quantitative	Smoking cessation/reduction	Decrease	Self-report
Cahill, 2010(44)	UK	Transtheoretical Model	Review	Quantitative	Smoking cessation/reduction	Decrease	Self-report and objective
Callagan, 2008(45)	USA	Transtheoretical Model	Evaluative	Quantitative	Addictive behaviours (drug & alcohol)	Decrease	Self-report
Cardinal, 1995(46)*	USA	Transtheoretical Model	Intervention	Quantitative	Physical activity	Increase	Self-report
Cardinal, 1996(47)*	USA	Transtheoretical Model	Intervention	Quantitative	Physical activity	Increase	Self-report
Cardinal, 2002(48)	USA	Transtheoretical Model	Intervention	Quantitative	Physical activity	Increase	Self-report
Catania, 1990(49)	USA	AIDS risk reduction model	Descriptive	Qualitative	Safer sex behaviours	Increase	Primary theory source
Chacko, 2010(50)	USA	Transtheoretical Model	Intervention	Quantitative	Health examinations and medical tests	Increase	Self-report
Chang, 2006(51)	USA	Transtheoretical Model	Evaluative	Qualitative	Violence and delinquency	Increase	Self-report
Chen, 2009(52)	USA	Protection Motivation Theory	Intervention	Quantitative	Safer sex behaviours	Increase	Self-report
Cheng, 2006(53)	Hong Kong	Theory of Planned Behaviour	Evaluative	Quantitative	HCP adherence to guidelines	Increase	Self-report
Cialdini, 1991(54)	USA	Focus Theory of Normative Conduct	Intervention	Quantitative	Environmental conservation (littering)	Decrease	Objective
Cluss, 2006(55)	USA	Transtheoretical Model	Evaluative	Qualitative	Violence and delinquency	Increase	Self-report
Conner, 2011(56)	UK	Theory of Planned Behaviour	Intervention	Quantitative	Physical activity	Increase	Self-report
Cornman, 2007(57)	USA	Information-Motivation-Behavioural Skills Model	Intervention	Quantitative	Safer sex behaviours	Increase	Self-report
Cox, 2005(58)	USA	Health Belief Model	Intervention	Quantitative	Multiple health	Increase	Self-report

					behaviours		
Crane, 1998(59)	USA	Transtheoretical Model	Intervention	Quantitative	Health examinations and medical tests	Increase	Self-report
Danaher, 2008(60)	USA	Social Cognitive Theory	Intervention	Quantitative	Smoking cessation/reduction	Decrease	Self-report
Darker, 2010(61)	UK	Theory of Planned Behaviour	Intervention	Quantitative	Physical activity	Increase	Self-report and objective
Davinson, 2010(62)	UK	Health Belief Model	Intervention	Quantitative	Internet/technology related behaviours	Increase	Self-report
Dent, 2004(63)	USA	Transtheoretical Model	Intervention	Quantitative	Smoking cessation/reduction	Decrease	Self-report
Detweiler, 1999(64)	USA	Prospect Theory	Intervention	Quantitative	Sun protective behaviours	Increase	Objective
Dholakia, 2004(65)	USA	Social Influence Model of Virtual Community Participation	Descriptive (and evaluative)	Mixed	Internet/technology related behaviours	Increase	Self-report
Dimotakis, 2012(66)	USA	Theory of Regulatory Fit	Intervention	Quantitative	Job or education-related activities	Increase	Self-report
Dishman, 2010(67)	USA	Transtheoretical Model	Evaluative	Quantitative	Physical activity	Increase	Self-report
Edmunds 2008(68)	UK	Self-Determination Theory	Intervention	Quantitative	Physical activity	Increase	Objective
Edwards, 2007(69)	Australia	Theory of Planned Behaviour	Intervention	Quantitative	Drug adherence	Decrease	Objective
Elliot, 2009(70)	UK	Theory of Planned Behaviour	Intervention	Quantitative	Speeding	Increase	Self-report
Elliot, 2007(71)	USA	Social Cognitive Theory	Intervention	Quantitative	Healthy eating and exercise	Increase	Self-report
Estabrooks, 2005(72)	USA	Goal Setting Theory	Intervention	Quantitative	Healthy eating and exercise	Increase	Self-report
Evers, 2012(73)	USA	Transtheoretical Model	Intervention	Quantitative	Addictive behaviours (drug & alcohol)	Decrease	Self-report
Ewart, 1991(74)	USA	Social Action Theory	Descriptive	Qualitative	Multiple health behaviours	Increase	Primary theory source
Fahrenwald, 2004(75)*	USA	Transtheoretical Model	Intervention	Quantitative	Physical activity	Increase	Self-report and objective
Fahrenwald, 2005(76)*	USA	Transtheoretical Model	Intervention	Quantitative	Physical activity	Increase	Self-report
Falk, 2008(77)*	Sweden	Transtheoretical Model	Intervention	Quantitative	Sun protective behaviours	Increase	Self-report
Falk, 2011(78)*	Sweden	Transtheoretical Model	Intervention	Quantitative	Sun protective behaviours	Increase	Self-report
Falk 2012(79)	Sweden	Transtheoretical Model	Intervention	Quantitative	Sun protective behaviours	Increase	Self-report

Fife Schaw, 2007(80)	UK	Theory of Planned Behaviour	Evaluative	Quantitative	Multiple health behaviours	Increase	Self-report
Finckenor, 2000(81)	USA	Transtheoretical Model	Intervention	Quantitative	Healthy eating	Decrease	Self-report
Findorff, 2007(82)	USA	Transtheoretical Model	Intervention	Quantitative	Physical activity	Increase	Self-report
Fischer, 2008(83)	USA	Transtheoretical Model	Intervention	Quantitative	Physical activity	Increase	Self-report
Fishbein, 2000(84)	USA	Integrative Model of Behavioural Prediction	Descriptive	Qualitative	Safer sex behaviours	Increase	Primary theory source
Fisher, 1992(85)*	USA	Information-Motivation-Behavioural Skills model	Intervention	Quantitative	Safer sex behaviours	Increase	Self-report
Fisher, 1994(86)	USA	Information-Motivation-Behavioural Skills Model	Evaluative	Quantitative	Safer sex behaviours	Increase	Self-report
Fisher, 2002(87)	USA	Information-Motivation-Behavioural Skills Model	Intervention	Quantitative	Safer sex behaviours	Increase	Self-report
Fisher, 1996(88)*	USA	Information-Motivation-Behavioural Skills Model	Intervention	Quantitative	Safer sex behaviours	Increase	Self-report
Fisher, 2006(89)	USA	Information-Motivation-Behavioural Skills Model of Adherence	Descriptive	Qualitative	Drug adherence	Increase	Primary theory source
Fitzgerald, 2000(90)	USA	Transtheoretical Model	Evaluative	Quantitative	Multiple health behaviours	Increase	Self-report
Flay, 1980(91)	Canada	Extended Information Processing Model	Descriptive	Qualitative	Multiple health behaviours	Increase	Extension of a primary theory source
Flay, 1983(92)	USA	3 theories: - Integrative Factors Influencing Smoking Behaviour - The Integrative Model of Health Attitude and Behaviour Change Integrating the Factors Influencing Smoking Behaviour and the Model of Attitude and Behaviour Change	Descriptive	Qualitative	Smoking cessation/reduction	Decrease	Primary theory source
Fortier, 2007(93)	Canada	Self –Determination Theory	Intervention	Quantitative	Physical activity	Increase	Self-report
Gallagher, 2012(94)	Australia	Social Learning Theory	Intervention	Quantitative	Physical activity	Increase	Self-report and objective
Gebhardt, 2001(95)	Netherlands	Health Behaviour Goal Model	Descriptive	Qualitative	Multiple health behaviours	Increase	Primary theory source

Gerrard, 2008(96)	USA	Prototype Willingness Model	Descriptive	Qualitative	Multiple health behaviours	Decrease	Primary theory source
Gillham, 2010(97)	UK	Transtheoretical Model	Intervention	Quantitative	Physical activity	Increase	Self-report
Gonzales, 1989(98)	USA	Integrated Theoretical Model for Alcohol and Drug Prevention	Descriptive	Qualitative	Addictive behaviours (drug & alcohol)	Decrease	Primary theory source
Grim, 2011(99)	USA	Social Cognitive Theory	Intervention	Quantitative	Physical activity	Increase	Self-report
Gritz, 2007(100)	USA	Social Cognitive Theory	Intervention	Quantitative	Sun protective behaviours	Increase	Self-report
Hacker, 2005(101)	USA	Transtheoretical Model	Intervention	Quantitative	Safer sex behaviours	Increase	Self-report
Hagan, 2008(102)	Canada	Transtheoretical Model	Intervention	Quantitative	Pet removal from home	Increase	Self-report
Hagger, 2002(103)	UK	Theory of Planned Behaviour	Review	Quantitative	Physical activity	Increase	Self-report and objective
Hall, 2008(104)	USA	Transtheoretical Model	Review	Quantitative	Multiple health behaviours	Increase	Self-report and objective
Hall, 2007(105)	Canada	Temporal Self-Regulation Theory	Descriptive	Qualitative	Multiple health behaviours	Increase	Primary theory source
Hanbury, 2011(106)	UK	Theory of Planned Behaviour	Intervention	Quantitative	HCP adherence to guidelines	Increase	Self-report
Hardeman, 2002(107)	UK	Theory of Planned Behaviour	Review	Quantitative	Multiple health behaviours	Increase	Self-report and objective
Hardeman, 2009(108)	UK	Theory of Planned Behaviour	Intervention	Quantitative	Physical activity	Increase	Self-report and objective
Harnirattisai, 2005(109)	Thailand	Social Cognitive Theory	Intervention	Quantitative	Physical activity	Increase	Self-report and objective
Harrison, 1992(110)	USA	Health Belief Model	Review	Quantitative	Multiple health behaviours	Increase	Self-report and objective
Hawkins, 1985(111)	USA	Social Development Model	Descriptive	Qualitative	Violence and delinquency	Decrease	Primary theory source
Hazavehei, 2007(112)	Iran	Health Belief Model	Intervention	Quantitative	Multiple health behaviours	Increase	Self-report
Hightow-Weidman, 2011(113)	USA	Integrative model of behavioural prediction	Intervention	Qualitative	Safer sex behaviours	Increase	Self-report
Hill, 2007(114)	UK	Theory of Planned Behaviour	Intervention	Quantitative	Physical activity	Increase	Self-report
Hooker, 2011(115)	USA	Social Cognitive Theory	Intervention	Quantitative	Physical activity	Increase	Self-report
Horowitz, 2003(116)	USA	Transtheoretical Model	Review	Quantitative	Safer sex behaviours	Increase	Self-report

Horsley, 1977(117)	USA	Social Learning Theory	Intervention	Quantitative	Environmental conservation	Increase	Self-report and objective
Hovell, 1994(118)	USA	Behavioural Ecological model of AIDS Prevention	Descriptive	Qualitative	Safer sex behaviours	Increase	Primary theory source
Huang, 2012(119)	Taiwan	Transtheoretical Model	Intervention	Quantitative	Physical activity	Increase	Self-report
Hutchison, 2009(120)	UK	Transtheoretical Model	Review	Quantitative	Physical activity	Increase	Self-report
Hyde, 2008(121)	UK	Self Efficacy Theory	Review	Quantitative	Addictive behaviours (drug & alcohol)	Decrease	Self-report
Jackson, 2007(122)	UK	Transtheoretical Model	Intervention	Quantitative	Physical activity	Increase	Self-report
Jansson, 2011(123)	Sweden	Value Belief Norm Theory	Evaluative	Quantitative	Environmental conservation	Increase	Self-report
Jaworski, 2001(124)	USA	Information-Motivation-Behavioural Skills Model	Intervention	Quantitative	Safer sex behaviours	Increase	Self-report
Jefferies, 2005(125)	Canada	Information-Motivation-Behavioural Skills Model	Intervention	Quantitative	HCP adherence to guidelines	Increase	Self-report
Jenson, 2007(126)	USA	Social Development Model	Intervention	Quantitative	Violence and delinquency	Decrease	Self-report
Jimmy, 2005(127)	Switzerland	Transtheoretical Model	Intervention	Quantitative	Physical activity	Increase	Self-report
Johnson, 2008(128)	USA	Transtheoretical Model	Intervention	Quantitative	Healthy eating and exercise	Increase	Self-report
Joussemet, 2004(129)	Canada	Self-Determination Theory	Intervention	Quantitative	Job or education-related activities	Increase	Objectively
Jue, 1998(130)	USA	Transtheoretical Model	Evaluative	Quantitative	Physical activity	Increase	Self-report
Kalichman, 2002(131)	USA	Information-Motivation-Behavioural Skills Model	Intervention	Quantitative	Internet/technology related behaviour	Increase	Self-report
Kalichman, 2006(132)	USA	Social Cognitive Theory	Intervention	Quantitative	Internet/technology related behaviour	Increase	Self-report
Kalichman, 2006(133)	USA	Information-Motivation-Behavioural Skills Model	Evaluative	Quantitative	Safer sex behaviours	Increase	Self-report
Kallgren, 2000(134)	USA	Focus Theory of Normative Conduct	Intervention	Quantitative	Environmental conservation	Decrease	Objective
Kanning, 2010(135)	Germany	Transtheoretical Model	Evaluative	Quantitative	Physical activity	Increase	Self-report
Kaplan, 1978(136)	USA	Social Learning Theory	Intervention	Quantitative	Smoking cessation/reduction	Decrease	Self-report
Kaplan, 2005(137)	USA	General Theory of Deviant Behaviour	Evaluative	Quantitative	Violence and delinquency	Decrease	Self-report
Katz, 2001(138)	USA	Pressure System Model	Descriptive	Qualitative	Multiple health behaviours	Increase	Primary theory source

Kaufert, 1986(139)	Canada	Health Belief Model	Intervention	Quantitative	Smoking cessation/reduction	Decrease	Objective
Kaufman, 2010(140)	USA	Social Cognitive Theory	Intervention	Quantitative	Safer sex behaviours	Increase	Self-report
Keats, 2009(141)	Canada	Theory of Planned Behaviour	Intervention	Quantitative	Physical activity	Increase	Self-report
Keeler, 1999(142)	USA	Rational Addictive Theory	Evaluative	Quantitative	Smoking cessation/reduction	Decrease	Self-report
Keizer, 2011(143)	Netherlands	Goal Framing Theory	Intervention	Quantitative	Environmental conservation	Decrease	Objective
Kelder, 1996(144)	USA	Social Cognitive Theory	Intervention	Quantitative	Violence and delinquency	Decrease	Self-report
Keller, 2000(145)	Germany	Transtheoretical Model	Intervention	Quantitative	Multiple health behaviours	Increase	Self-report
Kelly, 1991(146)	USA	Diffusion of Innovations Theory	Intervention	Quantitative	Safer sex behaviours	Increase	Self-report
Kersell, 1985(147)	USA	Systems Model of Health Behaviour Change	Descriptive	Quantitative	Multiple health behaviours	Increase	Primary theory source
Kiene, 2006(148)	USA	Information-Motivation-Behavioural Skills Model	Intervention	Quantitative	Multiple health behaviours	Increase	Self-report
Kim, 2008(149)	South Korea	Transtheoretical Model	Intervention	Quantitative	Physical activity	Increase	Self-report
Kim, 2009(150)	Korea	Transtheoretical Model	Intervention	Quantitative	Physical activity	Increase	Self-report
Kinmonth, 2008(151)	UK	Theory of Planned Behaviour	Intervention	Quantitative	Physical activity	Increase	Self-report and objective
Kirk, 2001(152)	UK	Transtheoretical Model	Intervention	Quantitative	Physical activity	Increase	Self-report and objective
Kirk, 2003(153)	UK	Transtheoretical Model	Intervention	Quantitative	Physical activity	Increase	Self-report and objective
Kosma, 2012(154)	USA	Transtheoretical Model	Evaluative	Quantitative	Physical activity	Increase	Self-report
Kothe, 2011(155)	Australia	Theory of Planned Behaviour	Intervention	Quantitative	Healthy eating	Increase	Self-report
Kothe, 2012(156)	Australia	Theory of Planned Behaviour	Intervention	Quantitative	Healthy eating	Increase	Self-report
Lam, 2006(157)	Hong Kong	Transtheoretical Model	Evaluative	Quantitative	Multiple health behaviours	Increase	Self-report
Lane, 2010(158)	Ireland	Transtheoretical Model	Intervention	Quantitative	Physical activity	Increase	Self-report
Latimer, 2008(159)	USA	Regulatory Fit Theory	Intervention	Quantitative	Physical activity	Increase	Self-report
Lawrence, 2003(160)	UK	Transtheoretical Model	Intervention	Quantitative	Smoking cessation/reduction	Decrease	Self-report
Levers-Landis,	USA	Social Cognitive Theory	Intervention	Quantitative	Healthy eating and	Increase	Self-report

2003(161)					exercise		
Levy, 2006(162)	USA	Transtheoretical Model	Evaluative	Quantitative	Physical activity	Increase	Self-report
Levy, 2009(163)	USA	Transtheoretical Model	Evaluative	Quantitative	Physical activity	Increase	Self-report
Liang, 2006(164)	USA	Transtheoretical Model	Intervention	Quantitative	Drug adherence	Increase	Self-report
Lippke, 2005(165)	Germany	Health Action Process Approach	Evaluative	Quantitative	Physical activity	Increase	Self-report
Litvine, 2011(166)	Switzerland	Theory of Planned Behaviour	Intervention	Quantitative	Environmental conservation	Increase	Self-report
Lombard, 2010(167)	Australia	Social Cognitive Theory	Intervention	Quantitative	Healthy eating and exercise	Increase	Self-report
Longshore, 1998(168)	USA	Aids Risk Reduction Model	Evaluative	Quantitative	Safer sex behaviours	Increase	Self-report
Longshore, 2004(169)	USA	Aids Risk Reduction Model	Evaluative	Quantitative	Addictive behaviours (drug & alcohol)	Decrease	Self-report
Lowther, 2007(170)	UK	Transtheoretical Model	Intervention	Quantitative	Physical activity	Increase	Self-report
Lubans, 2010(171)	Australia	Social Cognitive Theory	Intervention	Quantitative	Physical activity	Increase	Self-report and objective
Luszczynska, 2003(172)	Poland	Health Action Process Approach	Evaluative	Quantitative	Health examinations and medical tests	Increase	Self-report
Marlatt, 1984(173)	USA	Relapse Prevention Theory	Descriptive	Qualitative	Addictive behaviours (drug & alcohol)	Decrease	Primary theory source
Martin, 2010(174)	USA	Terror Management Theory	Intervention	Quantitative	Smoking cessation/reduction	Decrease	Self-report
McCalley, 2002(175)	Netherlands	Feedback Intervention Theory	Intervention	Quantitative	Environmental conservation	Increase	Objective
McDermott, 2012(176)	USA	Social Cognitive Theory	Intervention	Quantitative	Physical activity	Increase	Self-report and objective
Meyer, 2007(177)	Germany	Transtheoretical Model	Intervention	Quantitative	Smoking cessation/reduction	Decrease	Self-report
Murgraff, 1998(178)	UK	Goal Directed Theory	Intervention	Quantitative	Addictive behaviours (drug & alcohol)	Decrease	Self-report
Mutrie, 2002(179)	UK	Transtheoretical Model	Intervention	Quantitative	Physical activity	Increase	Self-report
Nahm, 2010(180)	USA	Social Cognitive Theory	Intervention	Quantitative	Healthy eating and exercise	Increase	Self-report
Nigg, 2001(181)	USA	Transtheoretical Model	Evaluative	Quantitative	Physical activity	Increase	Self-report
National Institute of Mental Health Multisite	USA	Social Cognitive Theory	Intervention	Quantitative	Safer sex behaviours	Increase	Self-report

HIV Prevention Trial Group , 2001(182)							
Osborn, 2010(183)	USA	Information-Motivation-Behavioural Skills Model	Intervention	Quantitative	Multiple health behaviours	Increase	Self-report
Panter-Brick, 2006(184)	UK	Social Ecological Model of Behaviour Change	Descriptive	Qualitative	Repairing holes in mosquito nets	Increase	Primary theory source
Parsons, 2000(185)	USA	Transtheoretical Model	Intervention	Quantitative	Safer sex behaviours	Increase	Self-report
Perz, 1996(186)	USA	Transtheoretical Model	Evaluative	Quantitative	Smoking cessation/reduction	Decrease	Self-report
Pickett, 1998(187)	USA	Transtheoretical Model	Evaluative	Quantitative	Smoking cessation/reduction	Decrease	Self-report
Plotnikoff, 2008(188)	Canada	Social Cognitive Theory	Evaluative	Quantitative	Physical activity	Increase	Self-report
Plotnikoff, 2009(189)	Canada	Protection Motivation Theory	Evaluative	Quantitative	Physical activity	Increase	Self-report
Plotnikoff, 2010(190)	Canada	Transtheoretical Model	Evaluative	Quantitative	Physical activity	Increase	Self-report
Price, 2009(191)	USA	Social Learning Theory	Intervention	Quantitative	Violence and delinquency	Decrease	Self-report
Rakowski, 1998(192)	USA	Transtheoretical Model	Intervention	Quantitative	Health examinations and medical tests	Increase	Objectively
Riebe, 2005(193)	USA	Transtheoretical Model	Intervention	Quantitative	Healthy eating and exercise	Increase	Self-report
Riemsma, 2002(194)	UK	Transtheoretical Model	Review	Quantitative	Multiple health behaviours	Increase	Self-report and objective
Rimal, 2005(195)	USA	Theory of Normative Social Behaviour	Descriptive	Qualitative	Addictive behaviours (drug & alcohol)	Decrease	Primary theory source
Rimberg, 1994(196)	USA	Health Belief Model	Evaluative	Quantitative	Safer sex behaviours	Increase	Self-report
Roberto, 2007(197)	USA	Extended Parallel Process Model	Intervention	Quantitative	Safer sex behaviours	Increase	Self-report
Roberto, 2009(198)	USA	Extended Parallel Process Model	Evaluative	Quantitative	Health examinations and medical tests	Increase	Self-report
Rogers, 2009(199)*	USA	Social Cognitive Theory	Intervention	Quantitative	Physical activity	Increase	Self-report and objective
Rogers, 2009(200)*	USA	Social Cognitive Theory	Intervention	Quantitative	Physical activity	Increase	Self-report and objective
Rogers, 2011(201)*	USA	Social Cognitive Theory	Intervention	Quantitative	Physical activity	Increase	Self-report
Romer, 1992(202)	USA	Social Consensus Model of Health	Descriptive	Qualitative	Safer sex	Increase	Primary theory

		Education			behaviours		source
Roske, 2008(203)	Germany	Transtheoretical Model	Intervention	Quantitative	Smoking cessation/reduction	Decrease	Self-report
Rotheram-Borus, 2003(204)	USA	Social Learning Theory	Intervention	Quantitative	Multiple health behaviours	Increase	Self-report
Russell, 1984(205)	USA	Social Learning Theory	Intervention	Quantitative	Job or education-related activities	Increase	Self-report and objective
Ryan, 2009(206)	USA	Integrated Theory of Health Behaviour Change	Descriptive	Qualitative	Multiple health behaviours	Increase	Primary theory source
Rye, 2008(207)	Canada	Information-Motivation-Behavioural Skills Model	Intervention	Quantitative	Safer sex behaviours	Increase	Self-report
Salehi, 2011(208)	Iran	Transtheoretical Model	Intervention	Quantitative	Healthy eating	Increase	Self-report
Sandberg, 2009(209)	UK	Theory of Planned Behaviour	Intervention	Quantitative	Health examinations and medical tests	Increase	Self-report and objective
Sandberg, 2011(210)	UK	Theory of Planned Behaviour	Evaluative	Quantitative	Physical activity	Increase	Self-report and objective
Santelli, 1995(211)	USA	Social Cognitive Theory	Intervention	Quantitative	Safer sex behaviours	Increase	Self-report
Sbrocco, 2012(212)	USA	Transtheoretical Model	Evaluative	Quantitative	Physical activity	Increase	Objective
Scholz, 2005(213)	Germany	Health Action Process Approach	Evaluative	Quantitative	Physical activity	Increase	Self-report
Scholz, 2008(214)	Germany	Health Action Process Approach	Evaluative	Quantitative	Physical activity	Increase	Self-report
Scholz, 2008(215)	Germany	Health Action Process Approach	Evaluative	Quantitative	Physical activity	Increase	Self-report
Schorr, 2008(216)	Germany	Transtheoretical Model	Evaluative	Quantitative	Smoking cessation/reduction	Decrease	Self-report
Schulz, 2012(217)	Netherlands	I-Change Model	Intervention	Quantitative	Multiple health behaviours	Increase	Self-report
Schumann, 2002(218)	Germany	Transtheoretical Model	Evaluative	Quantitative	Smoking cessation/reduction	Decrease	Self-report
Schwarzer, 2007(219)	Germany	Health Action Process Approach	Evaluative	Quantitative	Multiple health behaviours	Increase	Self-report
Schwarzer, 2008(220)	Germany	Health Action Process Approach	Evaluative	Quantitative	Multiple health behaviours	Decrease	Self-report
Scott, 2004(221)	Canada	Transtheoretical Model	Evaluative	Quantitative	Violence and delinquency	Decrease	Self-report
Segaar, 2006(222)	Netherlands	I Change Model	Evaluative	Quantitative	Smoking cessation/reduction	Increase	Self-report
Segan, 2002(223)	Australia	Transtheoretical Model	Evaluative	Quantitative	Smoking cessation/reduction	Decrease	Self-report

Segan, 2006(224)	Australia	Transtheoretical Model	Evaluative	Quantitative	Smoking cessation/reduction	Decrease	Self-report
Segura, 2004(225)	UK	Transtheoretical Model	Intervention	Quantitative	Physical activity	Increase	Self-report
Shafer, 2011(226)	USA	Health Belief Model	Intervention	Qualitative	Health examinations and medical tests	Increase	Self-report
Sheeran, 2001(227)	UK	Theory of Planned Behaviour	Evaluative	Quantitative	Health examinations and medical tests	Increase	Self-report
Shegog, 2012(228)	USA	Social Cognitive Theory	Intervention	Quantitative	Drug adherence	Increase	Self-report and objective
Sherman, 2006(229)	USA	Social Cognitive Theory	Intervention	Quantitative	Multiple health behaviours	Increase	Self-report
Si, 2011(230)	China	Transtheoretical Model	Intervention	Quantitative	Physical activity	Increase	Self-report
Siero, 2000(231)	Netherlands	Transtheoretical Model	Intervention	Quantitative	Healthy eating	Increase	Self-report
Sikkema, 2005(232)	USA	Diffusion of Innovations Theory	Intervention	Quantitative	Safer sex behaviours	Increase	Self-report
Silva, 2010(233)	Portugal	Self-Determination Theory	Intervention	Quantitative	Healthy eating and exercise	Increase	Self-report
Simon, 2010(234)	South Africa	Information-Motivation-Behavioural Skills Model	Evaluative	Quantitative	Multiple health behaviours	Increase	Self-report
Skar, 2008(235)	UK	Theory of Planned Behaviour	Evaluative	Quantitative	Physical activity	Increase	Self-report
Smith, 2007(236)	Australia	Theory of Planned Behaviour	Evaluative	Quantitative	Financial-related activities	Increase	Self-report
Smith, 2007(237)	USA	Transtheoretical Model	Intervention	Quantitative	Health examinations and medical tests	Increase	Self-report
Smith Anderson-Bill, 2011(238)	USA	Social Cognitive Theory	Intervention	Quantitative	Healthy eating and exercise	Increase	Self-report
Smith Anderson-Bill, 2011(239)	USA	Social Cognitive Theory	Intervention	Quantitative	Healthy eating and exercise	Increase	Self-report
Sniehotta, 2005(240)	Germany	Health Action Process Approach	Evaluative	Quantitative	Physical activity	Increase	Self-report
Spencer, 2006(241)	USA	Transtheoretical Model	Review	Quantitative	Physical activity	Increase	Self-report and objective
Spencer, 2007(242)	USA	Transtheoretical Model	Review	Quantitative	Healthy eating	Increase	Self-report and objective
Stafstrom, 2006(243)	Sweden	Integrated Theory of Drinking Behaviour	Intervention	Quantitative	Addictive behaviours (alcohol and drugs)	Decrease	Self-report
Stead, 2005(244)	UK	Theory of Planned Behaviour	Intervention	Quantitative	Speeding	Decrease	Self-report
Stephan, 2010(245)	USA	Self-Determination Theory	Evaluative	Quantitative	Physical activity	Increase	Self-report

Strack, 2004(246)	Germany	Reflective Impulsive Model	Descriptive	Qualitative	Multiple health behaviours	Increase	Primary theory source
Sugden, 2008(247)	UK	Self-Regulation Theory	Intervention	Quantitative	Physical activity	Increase	Objective
Sullen, 2010(248)	USA	Transtheoretical Model	Evaluative	Quantitative	Physical activity	Increase	Self-report
Summers, 2012(249)	UK	Prospect Theory	Intervention	Quantitative	Financial-related activities	Increase	Objective
Sun Park, 2009(250)	USA	Theory of Planned Behaviour	Evaluative	Quantitative	Addictive behaviours (alcohol and drugs)	Decrease	Self-report
Thomas, 2011(251)	USA	Transtheoretical Model	Intervention	Quantitative	Physical activity	Increase	Self-report
Thyrian, 2006(252)	Germany	Transtheoretical Model	Evaluative	Quantitative	Smoking cessation/reduction	Decrease	Self-report
Toll, 2007(253)	USA	Prospect Theory	Intervention	Quantitative	Smoking cessation/reduction	Decrease	Self-report and objective
Tuah, 2012(254)	UK	Transtheoretical Model	Review	Quantitative	Healthy eating and exercise	Increase	Self-report and objective
Vallance 2008(255)*	Canada	Theory of Planned Behaviour	Intervention	Quantitative	Physical activity	Increase	Self-report
Vallance 2008(256)*	Canada	Theory of Planned Behaviour	Intervention	Quantitative	Physical activity	Increase	Self-report
Vaughan, 2000(257)	USA	Six Staged Model of Communication Effects	Descriptive	Qualitative	Safer sex behaviours	Increase	Primary theory source
Velicer, 1999(258)	USA	Transtheoretical Model	Evaluative	Quantitative	Smoking cessation/reduction	Decrease	Self-report
Venkatesh, 2008(259)	USA	Technology Acceptance Model	Descriptive	Qualitative	Internet/technology related behaviour	Increase	Primary theory source
Villarruel, 2008(260)	Mexico	Theory of Reasoned Action (Theory of Planned Behaviour)	Intervention	Quantitative	Safer sex behaviours	Increase	Self-report
Watson, 1994(261)	USA	Control Theory	Intervention	Quantitative	Physical activity	Increase	Objective
Weinstein, 1998(262)	USA	Precaution Adoption Process Model	Intervention	Quantitative	Environmental conservation	Increase	Self-report
Weiss, 1996(263)	USA	Affective Events Theory	Descriptive	Qualitative	Job or education-related activities	Increase	Primary theory source
Wilkerson, 2011(264)	USA	AIDS Risk Reduction Model	Intervention	Quantitative	Safer sex behaviours	Increase	Self-report
Williams, 1996(265)	USA	Self-Determination Theory	Intervention	Quantitative	Physical activity	Increase	Self-report and objective
Williams, 2004(266)	USA	Self-Determination Theory	Intervention	Quantitative	Multiple health behaviours	Increase	Self-report
Williams, 2006(267)*	USA	Self-Determination Theory	Intervention	Quantitative	Smoking cessation/reduction	Decrease	Self-report and objective

Williams, 2006(268)*	USA	Self-Determination Theory	Intervention	Quantitative	Smoking cessation/reduction	Decrease	Self-report and objective
Wilson, 1991(269)	Zimbabwe	Health Belief Model	Evaluative	Quantitative	Safer sex behaviours	Increase	Self-report
Wong, 2009(270)	Australia	Theory of Planned Behaviour	Evaluative	Quantitative	Healthy eating	Increase	Self-report
Woods, 2002(271)	Scotland	Transtheoretical Model	Intervention	Quantitative	Physical activity	Increase	Self-report
Wright, 2009(272)	Canada	Transtheoretical Model	Evaluative	Quantitative	Healthy eating	Decrease	Self-report
Yang, 2011(273)	China	Information-Motivation-Behavioural Skills Model	Intervention	Quantitative	Safer sex behaviours	Increase	Self-report
Yates, 2012(274)	USA	Health Promotion Model	Intervention	Quantitative	Healthy eating	Increase	Self-report
Zarani, 2010(275)	Iran	Information-Motivation-Behavioural Skills Model	Intervention	Quantitative	Multiple health behaviours	Increase	Self-report
Zhou, 2010(276)	China	Transtheoretical Model	Intervention	Quantitative	Multiple health behaviours	Decrease	Self-report

Note:

¹The design of the study was classified based on the primary method of data collection

²Studies that examined maintaining behaviour were classified as increasing behaviour

³Some of the included articles were primary theory sources and did not provide a measure of behaviour

*This table includes a handful of articles in which the same first author has published more than one article applying the same theory to the same data set or intervention.

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