


## Online resource 4

Fig 1. Examples of forms, used to guide the Participatory Approach

**Form 3** 

### Barriers for exerting self-control?


<b>Barrier 1</b>	→	<b>Causes</b>

<b>Barrier 2</b>	→	<b>Causes</b>

<b>Barrier 3</b>	→	<b>Causes</b>

**Form 4** 

### What are possible solutions?

<b>Barrier 1</b>	
<b>Solutions</b>	<b>Feasibility?</b>

<b>Barrier 2</b>	
<b>Solutions</b>	<b>Feasibility?</b>