

All respondents participating in Study 2 are randomly assigned to either the control or the experimental condition, by means of a computer software randomization device.



Prompting condition



Participants are reminded proactively via email every three months that they can visit the new service as often as they want to fill out the behavioral questions and to receive feedback on changes in behavior.

No-prompting condition



Participants are reminded reactively at baseline (no-prompts) that they can visit the new service as often as they want to fill out the behavioral questions and to receive feedback on changes in behavior.



Follow-up measurements assessing health behavior status, intention to change, cognitive variables and planning abilities at 6, 12 and 18 months