

Table 2: secondary outcome measures

Outcome measure	Instrument	Analysis
	(Number of items, reference, validated yes/no)	
Perception of own health behavior	1 item for each primary lifestyle outcome; question with 5-point scale	mean
Attitude towards behaviour change	1 item for each primary lifestyle outcome; question with 5-point scale	mean
Self-efficacy about specific behaviour change	1 item for each primary lifestyle; question with 5-point scale	
Risk perception	2 items; [63]	mean
Anxiety	2 items; [46]	proportion
Satisfaction with communication and confidence in decision	20 items; (COMRADE) [64]	mean