Additional file 1: List of Behaviour Change Techniques utilized in SMS4BG by grouping (BCT Taxonomy v1) [42]

BCT Grouping	BCT
1. Goals and planning	1.1. Goal setting (behavior)
	1.2. Problem solving
	1.3. Action planning
2. Feedback and monitoring	2.3. Self-monitoring of behaviour
	2.4. Self-monitoring of outcome(s) of behaviour
3. Social support	3.1. Social support (unspecified)
	3.2. Social support (practical)
	3.3. Social support (emotional)
4. Shaping knowledge	4.1. Instruction on how to perform the behaviour
	4.2. Information about Antecedents
5. Natural consequences	5.1. Information about health consequences
	5.2. Salience of consequences
	5.3. Information about social and environmental consequences
	5.6. Information about emotional consequences
7. Associations	7.1. Prompts/cues
8. Repetition and substitution	8.2. Behaviour substitution
	8.4. Habit reversal
	8.7 Graded tasks
11. Regulation	11.2. Reduce negative emotions
	11.3. Conserving mental resources
12. Antecedents	12.1. Restructuring the physical environment
	12.2. Restructuring the social environment
	12.4. Distraction
13. Identity	13.1. Identification of self as role model
	13.2. Framing/reframing
15. Self-belief	15.1. Verbal persuasion about capability