

S1\_Table. Description of the HAPA social cognitive constructs for the motivational and volitional phases.

Construct	Abbr.	Description
Motivational phase		
Outcome expectancies	OE	Understanding of the contingencies between a person's actions and subsequent outcomes
Risk perceptions	RP	Perceived severity of a health condition and personal vulnerability toward it
Action self-efficacy	aSE	Beliefs in one's capabilities to exercise control over challenging demands and over one's own functioning
Intention	INT	Motivation to alter the previous way of life and set goals for a different course of action
Volitional phase		
Coping self-efficacy	cSE	Optimistic beliefs about one's capability to cope with barriers that arise during the period of behavioural maintenance
Action planning	AP	Planning to connecting the individual with good opportunities to act through a task-facilitation strategy
Coping planning	CP	Protecting good intention from anticipated obstacles via a distraction-inhibiting strategy
Action control	AC	Self-regulatory strategy for promoting maintenance of an enacted behaviour through the continual monitoring and evaluation of a behaviour against a desired behavioural standard.

Schwarzer R, Hamilton K. Changing Behavior Using the Health Action Process Approach. In: Hagger MS, Cameron LD, Hamilton K, Hankonen N, Lintunen T, editors. The Handbook of Behavior Change. Cambridge: Cambridge University Press; 2020. p. 89–103.