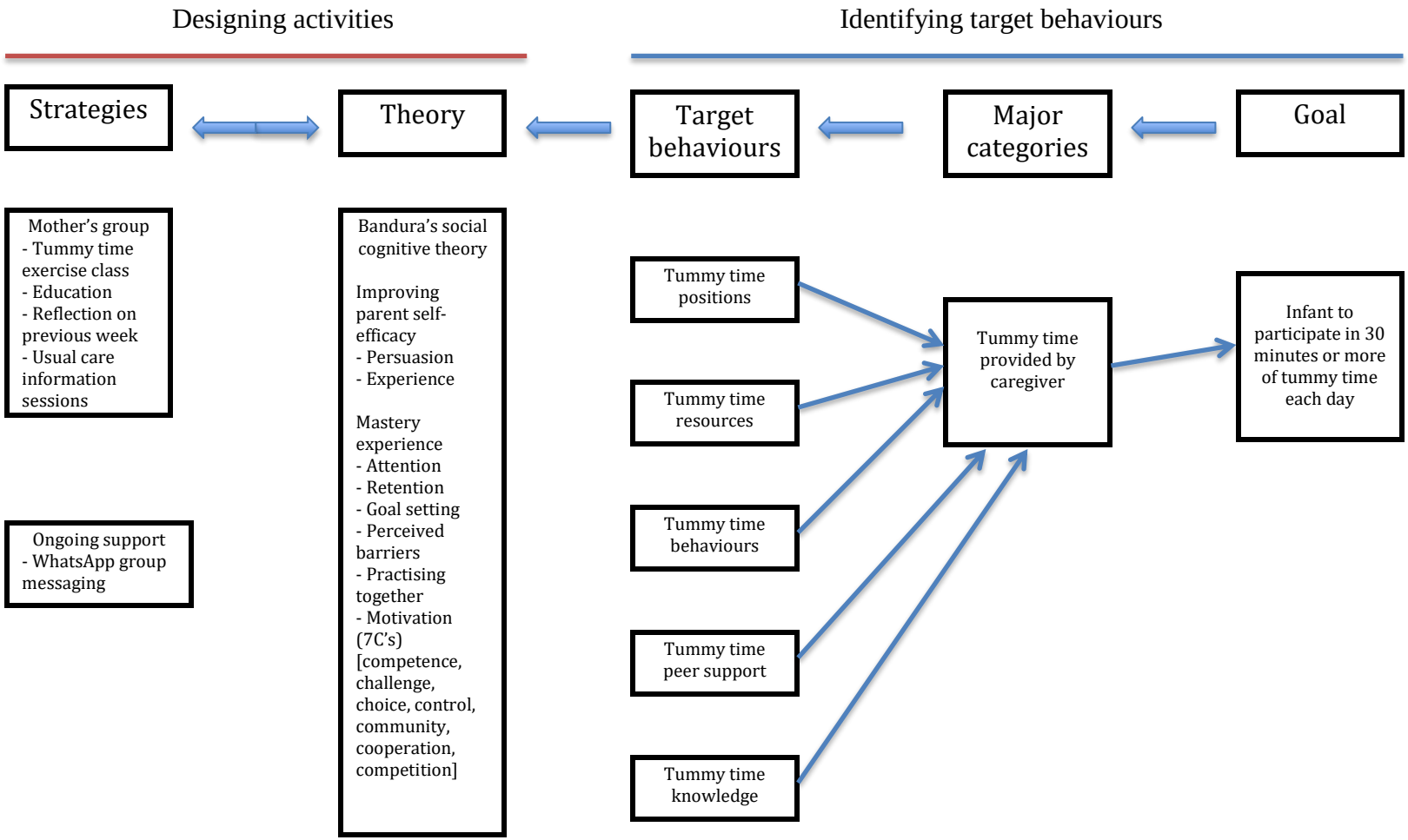Additional file 1: Bandura's social cognitive theory – Intervention mapping