

Appendix 1.

Theoretical Domains Framework mapped against COM-B Model (Adapted from Cane et al., 2012).

COM-B component		TDF Domain	Domain definition	
Capability	Psychological	Knowledge	An awareness of the existence of something.	
		Skills	An ability or proficiency acquire through practice.	
		Memory, attention and decision processes	The ability to retain information, focus selectively on aspects of the environment and choose between two or more alternatives.	
		Behavioural regulation	Anything aimed at managing or changing objectively observed or measured actions.	
Opportunity	Physical	Skills	As above.	
	Social	Social influences	Those interpersonal processes that can cause individuals to change their thoughts, feelings, or behaviours.	
Motivation	Physical	Environmental context and resources	Any circumstances of a person's situation or environment that discourages or encourages the development of skills and abilities, independence, social competence, and adaptive behaviour.	
		Reflective	Social/professional role and identity	A coherent set of behaviours and displayed personal qualities of an individual in a social or work setting.
			Beliefs about capabilities	Acceptance of the truth, reality, or validity about an ability, talent, or facility that a person can put to constructive use.
	Automatic	Optimism	The confidence that things will happen for the best or that desired goals will be attained.	
		Beliefs about consequences	Acceptance of the truth, reality, or validity about outcomes of a behaviour in a given situation.	
		Intentions	A conscious decision to perform a behaviour or a resolve to act in a certain way.	
		Goals	Mental representations of outcomes or end states that an individual wants to achieve.	
		Reinforcement	Increasing the probability of a response by arranging a dependent relationship, or contingency, between the response and given stimulus.	
	Automatic	Emotion	A complex reaction pattern, involving experiential, behavioural, and physiological elements, by which the individual attempts to deal with a personally significant matter or event.	
		Social/professional role and identity	As above.	
Optimism		As above.		