Reference: Supplementary File from,

https://bpspsychub.onlinelibrary.wiley.com/doi/full/10.1111/bjhp.12417

A brief measure of capabilities, opportunities and motivations (COM-B)

(alternative text is presented in italics)

1. I have the PHYSICAL opportunity to *change my behaviour to improve my health*.

	What is PHYSICAL opportunity?												
	The environment provides the opportunity to engage in the activity concerned.												
	(e.g. sufficient time, the necessary materials, reminders)												
Please rate	Strongly disagree										Strongly Agree		
		0	1	2	3	4	5	6	7	8	9	10	
	2. I have the	he SOC	CIAL op	portuni	ty to cho	ange my	behavio	our to in	nprove n	ny healt	h.		
	What is SOCIA	AL opp	ortuni	ty?									
	Interpersonal influences, social cues and cultural norms provide the opportunity to engage in the activity concerned (e.g., support from friends and family)												
Please rate	Strongly disagree	Strongly Agree									• •		
		0	1	2	3	4	5	6	7	8	9	10	
ŗ	3. I am motivated to <i>change my behaviour to improve my health</i> .												
	What is motiva	ation?											
	Conscious planning and evaluations (beliefs about what is good and bad)												
	(e.g. I have the desire to, I feel the need to)												
Please rate	Strongly disagree	,											
		0	1	2	3	4	5	6	7	8	9	10	

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	4. Changin	ng my b	pehavio	ur to im	prove m	y health	is some	ething th	at I do a	automa	tically.			
	Automatic motivation involves doing something without thinking or having to consciously remember (e.g. 'is something I do before I realise I'm doing it')													
Please rate	Strongly	0	1	2		<u> </u>	5	6	7		ongly gree 9	10		
	5. I am PH	IYSICA	ALLY a	ble to c	hange m	y behav	iour to	improve	my hea	lth.				
	What is PHYS Having the phys (e.g. I have suff skills)	sical sk	ill, stre	ngth or				·			hysical			
Please rate	Strongly disagree									Strongly Agree				
		0	1	2 □	3	4 □	5 □	6 □	7 □	8	9 □	10		
	6. I am PSYCHOLOGICALLY able to change my behaviour to improve my health.													
	What is PSYC Knowledge and processes for the (e.g. having the appropriate mer	or psy e activi	chologi ty conc	cal skill erned. ognitive	s, streng	erperson	al skills	, having						
Please rate	Strongly disagree	0	1	2	3	4 □	5	6 □	7	8	Strongly Agree 9	, 10 		