

Supplemental Material S4. Behavioral analysis of what needs to change for the target behavior to occur.

COM-B components	Theoretical domains linking to COM-B component	What needs to happen for target behavior to occur?
Physical capability	Physical skills <i>Do you know how to adaptively respond to tinnitus?</i>	<ul style="list-style-type: none"> Have better physical skills to adaptively respond to tinnitus such as engaging in deep breathing to lower breathing rate and progressive muscle relaxation.
Psychological capability	Knowledge <i>Do you know about adaptive responses to tinnitus?</i>	<ul style="list-style-type: none"> Have a better understanding of tinnitus, the effects of tinnitus and ways to adaptively responding to it.
	Memory, decision, and attention processes <i>Is adaptively responding to tinnitus something you usually do?</i>	<ul style="list-style-type: none"> Develop new habits to adaptively respond to tinnitus in a more positive way. Identifying negative thoughts and emotions related to tinnitus. Reduce unhelpful feelings or thoughts about tinnitus.
	Behavioral regulation <i>Do you have systems in place for monitoring whether you are adaptively responding to tinnitus?</i>	<ul style="list-style-type: none"> Develop skills of goal-setting and self-monitoring. Use a weekly diary to monitor responses to tinnitus.
Physical opportunity	Environmental context and resources <i>To what extent do physical or resource factors facilitate/hinder an adaptive respond to tinnitus?</i>	<ul style="list-style-type: none"> Create more time during the day to engage with the intervention content. Create daily sessions for active relaxation and practicing the suggested intervention strategies. Applying the strategies suggested when tinnitus is problematic. Have reminders/prompts to practice strategies until they become a habit.
Social opportunity	Social influences <i>To what extent do social influences facilitate/hinder an adaptive response to tinnitus?</i>	<ul style="list-style-type: none"> Support from friends/family to regularly engage with the intervention and practice the strategies.

		<ul style="list-style-type: none"> Engage with or learning from other individuals experiencing tinnitus for additional support.
Reflective motivation	<p>Beliefs about capabilities <i>How difficult is it for you to adaptively respond to tinnitus?</i></p> <p>Optimism <i>How confident are you that adaptively responding to tinnitus will improve quality of life?</i></p> <p>Belief about consequences <i>What do you think will happen if you adaptively respond to tinnitus?</i></p> <p>Goals <i>How much do you want to adaptively respond to tinnitus?</i></p>	<ul style="list-style-type: none"> Hold beliefs that adaptively responding to tinnitus is possible. Believing that adaptively responding to tinnitus is important to reduce negative consequences. Believing that adaptively responding to tinnitus will result in positive outcomes. Mental representations of outcomes or end states that the individual wants to achieve. Goal setting and monitoring to add motivation.
Automatic motivation	<p>Reinforcement <i>Are their incentives to regularly adaptively respond to tinnitus?</i></p>	<ul style="list-style-type: none"> Develop an established routines and habits for adaptively responding to tinnitus to alleviate negative consequences. Completing weekly diaries. Engaging with professional guidance during the intervention delivery.
Behavioral diagnosis of the relevant COM-B components	Physical/psychological capability, physical/social opportunity, and reflective/automatic motivation need to change for the target behavior to occur.	