

**Supplemental Material S7.** Behavior Change Techniques BCTs identified based in intervention functions selected in Step 5.

<b>Intervention function</b>	<b>COM-B component</b>	<b>Most frequently used BCTs</b>	<b>Does the policy meet the APEASE criteria?</b>
Education	Psychological capability Reflective motivation	Information about social and environmental consequences	Yes, encouraging social support and environmental adaptations
		Information about health consequences	Yes, outlining the effects of anxiety and relaxation
		Feedback on behavior	Yes, delivered by weekly guidance
		Feedback on outcome(s) of the behavior	Yes, delivered by weekly guidance
		Prompts/cues	Yes, through reminder messages and encouragement to use own prompts
		Self-monitoring of behavior	Yes, encouraged by weekly diary completion
Persuasion	Reflective motivation	Credible source	Yes, outlining evidence behind the strategies used
		Information about social and environmental consequences	Yes, encouraging social support and environmental adaptations
		Information about health consequences	Yes, outlining the effects of anxiety and relaxation
		Feedback on behavior	Yes, delivered by weekly guidance
		Feedback on outcome(s) of the behavior	Yes, delivered by weekly guidance
Incentivization	Reflective motivation	Feedback on behavior	Yes, delivered by weekly guidance
		Feedback on outcome(s) of the behavior	Yes, delivered by weekly guidance
		Monitoring of behavior by others without evidence of feedback	Unlikely to be effective in this context
		Monitoring outcome of behavior by others without evidence of feedback	Unlikely to be effective in this context
		Self-monitoring of behavior	Yes, encouraged by weekly diary completion
Coercion	Reflective motivation	Feedback on behavior	As above
		Feedback on outcome(s) of the behavior	As above
		Monitoring of behavior by others without evidence of feedback	As above
		Monitoring outcome of behavior by others without evidence of feedback	As above
		Self-monitoring of behavior	As above
Training	Physical capability Psychological capability	Demonstration of the behavior	Yes

	Physical opportunity Automatic motivation	Instruction on how to perform behavior	Yes
		Feedback on behavior	Yes, delivered by weekly guidance
		Feedback on outcome(s) of the behavior	Yes, delivered by weekly guidance
		Self-monitoring of behavior	Yes, encouraged by weekly diary completion
		Behavioral practice rehearsal	Yes, encouraged by weekly diary completion
Modelling	Social opportunity Reflective motivation Automatic motivation	Demonstration of the behavior	Yes, including the use of written guides and videos
Enablement	Psychological capability Reflective motivation Automatic motivation	Social support (unspecified)	Yes, encouraging social support
		Social support (practical)	Yes, encouraging social support by engaging with other individuals experiencing tinnitus
		Goal setting (behavior)	Yes, prior to starting the intervention
		Goal setting (outcome)	Yes, monitored during and after completion
		Adding objects to the environment	Not practical to deliver
		Problem solving	Yes, including relapse prevention
		Action planning	Yes, including relapse prevention
		Self-monitoring of behavior	Yes, encouraged by weekly diary completion
		Restructuring the physical environment	Yes, encouraged to reduce difficulties with sleep, focus, and hearing
		Review behavior goal(s)	Yes, weekly and after completion of the intervention
		Review outcome goal(s)	Yes, monitored during and after the intervention
<b>Most frequently used BCTs selected:</b> Information about social and environmental consequences Information about health consequences Prompts/cues Self-monitoring of behavior Credible source Demonstration of the behavior Instruction on how to perform behavior behavioral practice rehearsal Social support (unspecified) Social support (practical) Goal setting (behavior) Goal setting (outcome) Problem solving Action planning Review behavior goals Review outcome goals			