Table S1. Individual effects’ mean intercepts and slopes for intervention and the control groups and the baseline comparison.

|  |  |
| --- | --- |
|  | Water bottle (*n*i = 198, *n*c = 221) |
|  | Baseline | Change | *β* (baseline) |
|  | *M* | Var | *M* | Var |  |
| Social norm |  |  |  |  |  |
| Intervention | 2.57 | 1.18 | .14 | 1.72 | .16\*\* |
| Control | 2.23 | 1.03 | .44\*\*\* | 1.49 |
| Awareness on need |  |  |  |  |  |
| Intervention | 3.57 | 1.23 | .57\*\*\* | 1.63 | .07 |
| Control | 3.41 | 1.21 | .35\*\*\* | 1.09 |
| Awareness of consequence |  |  |  |  |  |
| Intervention | 3.59 | 1.38 | .40\*\* | 1.66 | .33\* |
| Control | 3.26 | 1.21 | .52\*\*\* | 1.33 |
| Personal norm |  |  |  |  |  |
| Intervention | 2.68 | 1.21 | .24\*\* | 1.4 | .24 |
| Control | 2.44 | 1.08 | .42\*\*\* | 1.61 |
| Habit |  |  |  |  |  |
| Intervention | 2.5 | 1.33 | .37\*\*\* | 1.2 | -.18\*\*\* |
| Control | 2.94 | 1.58 | .27\*\* | 1.56 |
| Perceived behavioral control |  |  |  |  |  |
| Intervention | 3.78 | 1.32 | .43\*\*\* | 1.73 | -.01 |
| Control | 3.79 | 1.25 | .21\*\* | 1.85 |
| Intention |  |  |  |  |  |
| Intervention | 2.93 | 1.3 | .47\*\*\* | 1.4 | .08 |
| Control | 2.75 | 1.5 | .50\*\*\* | 1.71 |
| Behavior |  |  |  |  |  |
| Intervention | 2.97 | 1.58 | .61\*\*\* | 1.64 | -.17\*\* |
| Control | 3.39 | 1.51 | .61\*\*\* | 1.5 |
|  | Promo video (*n*i = 237, *n*c = 182) |
|  | Baseline | Change | *β* (baseline) |
|  | *M* | Var | *M* | Var |  |
| Social norm |  |  |  |  |  |
| Intervention | 2.41 | 1.16 | .28\*\* | 1.53 | .02 |
| Control | 2.36 | 1.09 | .33\*\* | 1.73 |
| Awareness on need |  |  |  |  |  |
| Intervention | 3.54 | 1.21 | .47\*\*\* | 1.58 | .06 |
| Control | 3.42 | 1.22 | .44\*\*\* | 1.09 |
| Awareness of consequence |  |  |  |  |  |
| Intervention | 3.41 | 1.33 | .56\*\*\* | 1.49 | -.01 |
| Control | 3.43 | 1.3 | .34\*\*\* | 1.48 |
| Personal norm |  |  |  |  |  |
| Intervention | 2.66 | 1.17 | .36\*\*\* | 1.47 | .12\* |
| Control | 2.4 | 1.1 | .32\*\*\* | 1.57 |
| Habit |  |  |  |  |  |
| Intervention | 2.74 | 1.6 | .38\*\*\* | 1.51 | .01 |
| Control | 2.71 | 1.38 | .24\* | 1.21 |
| Perceived behavioral control |  |  |  |  |  |
| Intervention | 3.7 | 1.38 | .40\*\*\* | 1.88 | -.08 |
| Control | 3.89 | 1.13 | .20\* | 1.67 |
| Intention |  |  |  |  |  |
| Intervention | 2.88 | 1.32 | .48\*\*\* | 1.49 | .04 |
| Control | 2.77 | 1.54 | .49\*\*\* | 1.66 |
| Behavior |  |  |  |  |  |
| Intervention | 3.16 | 1.57 | .56\*\*\* | 1.6 | -.03 |
| Control | 3.23 | 1.6 | .68\*\*\* | 1.52 |
|  | Prompts (*n*i = 229, *n*c = 190) |
|  | Baseline | Change | *β* (baseline) |
|  | *M* | Var | *M* | Var |  |
| Social norm |  |  |  |  |  |
| Intervention | 2.34 | .92 | .44\*\*\* | 1.42 | -.05 |
| Control | 2.45 | 1.39 | .13 | 1.82 |
| Awareness on need |  |  |  |  |  |
| Intervention | 3.42 | 1.19 | .54\*\*\* | 1.37 | -.07 |
| Control | 3.58 | 1.25 | .34\*\* | 1.33 |
| Awareness of consequence |  |  |  |  |  |
| Intervention | 3.33 | 1.26 | .55\*\*\* | 1.61 | -.09 |
| Control | 3.54 | 1.37 | .35\*\*\* | 1.32 |
| Personal norm |  |  |  |  |  |
| Intervention | 2.51 | 1.04 | .34\*\*\* | 1.31 | -.04 |
| Control | 2.6 | 1.31 | .32\*\*\* | 1.78 |
| Habit |  |  |  |  |  |
| Intervention | 2.76 | 1.45 | .23\* | 1.3 | .02 |
| Control | 2.71 | 1.59 | .43\*\*\* | 1.48 |
| Perceived behavioral control |  |  |  |  |  |
| Intervention | 3.7 | 1.15 | .36\*\* | 1.88 | -.08 |
| Control | 3.89 | 1.44 | .26\*\*\* | 1.71 |
| Intention |  |  |  |  |  |
| Intervention | 2.79 | 1.33 | .43\*\*\* | 1.62 | -.04 |
| Control | 2.89 | 1.52 | .55\*\*\* | 1.48 |
| Behavior |  |  |  |  |  |
| Intervention | 3.25 | 1.43 | .50\*\*\* | 1.4 | .05 |
| Control | 3.12 | 1.77 | .74\*\*\* | 1.76 |
|  | Goal setting (*n*i = 216, *n*c = 203) |
|  | Baseline | Change | *β* (baseline) |
|  | *M* | Var | *M* | Var |  |
| Social norm |  |  |  |  |  |
| Intervention | 2.34 | 1.18 | .35\*\* | 1.82 | -.05 |
| Control | 2.44 | 1.07 | .26\*\* | 1.41 |
| Awareness on need |  |  |  |  |  |
| Intervention | 3.36 | 1.26 | .58\*\*\* | 1.49 | -.12\* |
| Control | 3.63 | 1.15 | .32\*\*\* | 1.2 |
| Awareness of consequence |  |  |  |  |  |
| Intervention | 3.32 | 1.33 | .52\*\*\* | 1.84 | -.09\* |
| Control | 3.52 | 1.29 | .40\*\*\* | 1.13 |
| Personal norm |  |  |  |  |  |
| Intervention | 2.47 | 1.08 | .43\*\*\* | 1.54 | -.08 |
| Control | 2.63 | 1.23 | .24\*\* | 1.49 |
| Habit |  |  |  |  |  |
| Intervention | 2.71 | 1.48 | .38\*\*\* | 1.51 | -.02 |
| Control | 2.76 | 1.54 | .27\* | 1.25 |
| Perceived behavioral control |  |  |  |  |  |
| Intervention | 3.64 | 1.5 | .35\*\* | 2.29 | -.13\* |
| Control | 3.93 | 1.02 | .28\*\* | 1.28 |
| Intention |  |  |  |  |  |
| Intervention | 2.82 | 1.36 | .50\*\*\* | 1.56 | -.01 |
| Control | 2.85 | 1.48 | .47\*\*\* | 1.56 |
| Behavior |  |  |  |  |  |
| Intervention | 3.15 | 1.57 | .69\*\*\* | 1.65 | -.04 |
| Control | 3.24 | 1.59 | .52\*\*\* | 1.47 |
|  | Feedback (*n*i = 210, *n*c = 209) |
|  | Baseline | Change | *β* (baseline) |
|  | *M* | Var | *M* | Var |  |
| Social norm |  |  |  |  |  |
| Intervention | 2.4 | 1.28 | .26\*\* | 1.72 | .01 |
| Control | 2.38 | .98 | .34\*\*\* | 1.52 |
| Awareness on need |  |  |  |  |  |
| Intervention | 3.57 | 1.34 | .34\*\* | 1.4 | .07 |
| Control | 3.41 | 1.09 | .56\*\*\* | 1.3 |
| Awareness of consequence |  |  |  |  |  |
| Intervention | 3.52 | 1.29 | .33\*\*\* | 1.56 | .09\* |
| Control | 3.32 | 1.32 | .60\*\*\* | 1.41 |
| Personal norm |  |  |  |  |  |
| Intervention | 2.48 | 1.24 | .34\*\*\* | 1.59 | -.07 |
| Control | 2.62 | 1.07 | .33\*\*\* | 1.45 |
| Habit |  |  |  |  |  |
| Intervention | 2.78 | 1.54 | .29\*\* | 1.57 | .04 |
| Control | 2.68 | 1.47 | .35\*\*\* | 1.22 |
| Perceived behavioral control |  |  |  |  |  |
| Intervention | 3.83 | 1.14 | .33\*\* | 1.65 | .04 |
| Control | 3.74 | 1.43 | .30\*\* | 1.95 |
| Intention |  |  |  |  |  |
| Intervention | 2.84 | 1.53 | .34\*\* | 1.55 | .01 |
| Control | 2.83 | 1.3 | .63\*\*\* | 1.53 |
| Behavior |  |  |  |  |  |
| Intervention | 3.13 | 1.55 | .43\*\*\* | 1.56 | -.05 |
| Control | 3.25 | 1.6 | .78\*\*\* | 1.53 |

*Note*. *M* = mean, Var = variance, *n*i = number of participants in the intervention group; *n*c = number of participants in the control group. All the variances are significant at *p* < .001. *β* (baseline) = indicator of pre-test differences between intervention and control groups. Standardized regression coefficients are provided. \**p* < .05, \*\**p* < .01, \*\*\**p* < .001.

Table S2. Combined (two by two) effects’ mean intercepts and slopes for intervention and the control groups and the baseline comparison.

|  |  |
| --- | --- |
|  | Water bottle + Promo video (*n*i = 105, *n*c = 89) |
|  | Baseline | Change | *β* (baseline) |
|  | *M* | Var | *M* | Var |  |
| Social norm |  |  |  |  |  |
| Intervention | 2.71 | 1.09 | .03 | 1.54 | .19\*\* |
| Control | 2.31 | .91 | .38\*\* | 1.59 |
| Awareness on need |  |  |  |  |  |
| Intervention | 3.59 | 1.21 | .67\*\*\* | 2.01 | .14 |
| Control | 3.27 | 1.17 | .41\*\*\* | .99 |
| Awareness of consequence |  |  |  |  |  |
| Intervention | 3.62 | 1.35 | .51\*\* | 1.78 | .14 |
| Control | 3.3 | 1.14 | .40\*\*\* | 1.45 |
| Personal norm |  |  |  |  |  |
| Intervention | 2.92 | 1.16 | .26 | 1.32 | .24\*\* |
| Control | 2.4 | 1.08 | .41\*\* | 1.65 |
| Habit |  |  |  |  |  |
| Intervention | 2.45 | 1.32 | .44\*\* | 1.29 | -.18\*\* |
| Control | 2.88 | 1.37 | .20 | 1.36 |
| Perceived behavioral control |  |  |  |  |  |
| Intervention | 3.67 | 1.4 | .54\*\* | 1.63 | -.09 |
| Control | 3.87 | 1.07 | .09 | 1.51 |
| Intention |  |  |  |  |  |
| Intervention | 3.1 | 1.07 | .51\*\* | 1.11 | .12 |
| Control | 2.82 | 1.57 | .57\*\*\* | 1.59 |
| Behavior |  |  |  |  |  |
| Intervention | 2.89 | 1.6 | .61\*\*\* | 1.76 | -.20\* |
| Control | 3.4 | 1.62 | .75\*\*\* | 1.56 |
|  | Water bottle + Prompts (*n*i = 105, *n*c = 97) |
|  | Baseline | Change | *β* (baseline) |
|  | *M* | Var | *M* | Var |  |
| Social norm |  |  |  |  |  |
| Intervention | 2.51 | .92 | .26 | 1.6 | .11\* |
| Control | 2.28 | 1.24 | .26\*\* | 1.81 |
| Awareness on need |  |  |  |  |  |
| Intervention | 3.44 | 1.3 | .67\*\*\* | 1.79 | -.001 |
| Control | 3.44 | 1.36 | .24\* | 1.22 |
| Awareness of consequence |  |  |  |  |  |
| Intervention | 3.41 | 1.4 | .52\*\* | 1.86 | .06 |
| Control | 3.28 | 1.34 | .45\*\*\* | 1.25 |
| Personal norm |  |  |  |  |  |
| Intervention | 2.68 | 1.22 | .21\* | 1.27 | .07 |
| Control | 2.53 | 1.4 | .36\*\*\* | 1.98 |
| Habit |  |  |  |  |  |
| Intervention | 2.52 | 1.2 | .28 | 1.24 | -.17 |
| Control | 2.91 | 1.6 | .37 | 1.82 |
| Perceived behavioral control |  |  |  |  |  |
| Intervention | 3.55 | 1.31 | .57\*\* | 2.19 | -.08 |
| Control | 3.74 | 1.63 | .24\*\* | 2.24 |
| Intention |  |  |  |  |  |
| Intervention | 2.86 | 1.27 | .43\* | 1.32 | .04 |
| Control | 2.77 | 1.68 | .59\*\*\* | 1.47 |
| Behavior |  |  |  |  |  |
| Intervention | 3.06 | 1.46 | .45\*\* | 1.36 | -.12 |
| Control | 3.37 | 1.73 | .70\*\*\* | 1.58 |
|  | Water bottle + Goal setting (*n*i = 113, *n*c = 118) |
|  | Baseline | Change | *β* (baseline) |
|  | *M* | Var | *M* | Var |  |
| Social norm |  |  |  |  |  |
| Intervention | 2.59 | 1.4 | .05 | 1.94 | .10 |
| Control | 2.37 | 1.18 | .25\*\* | 1.43 |
| Awareness on need |  |  |  |  |  |
| Intervention | 3.41 | 1.21 | .68\*\*\* | 1.69 | -.05 |
| Control | 3.52 | 1.1 | .25\*\* | .94 |
| Awareness of consequence |  |  |  |  |  |
| Intervention | 3.45 | 1.33 | .45\*\*\* | 1.79 | .05 |
| Control | 3.34 | 1.15 | .46\*\*\* | .86 |
| Personal norm |  |  |  |  |  |
| Intervention | 2.64 | 1.21 | .23\* | 1.43 | .033 |
| Control | 2.56 | 1.24 | .23 | 1.57 |
| Habit |  |  |  |  |  |
| Intervention | 2.51 | 1.4 | .45\*\* | 1.15 | -.18\* |
| Control | 2.96 | 1.67 | .26 | 1.25 |
| Perceived behavioral control |  |  |  |  |  |
| Intervention | 3.68 | 1.5 | .44\*\* | 2.04 | -.12 |
| Control | 3.94 | 1 | .18 | 1.24 |
| Intention |  |  |  |  |  |
| Intervention | 2.95 | 1.32 | .43\*\* | 1.38 | .06 |
| Control | 2.81 | 1.62 | .43\*\*\* | 1.67 |
| Behavior |  |  |  |  |  |
| Intervention | 2.97 | 1.66 | .75\*\*\* | 1.56 | -.18\* |
| Control | 3.44 | 1.61 | .60\*\*\* | 1.29 |
|  | Water bottle and Feedback (*n*i = 96, *n*c = 107) |
|  | Baseline | Change | *β* (baseline) |
|  | *M* | Var | *M* | Var |  |
| Social norm |  |  |  |  |  |
| Intervention | 2.6 | 1.31 | .04 | 1.69 | .17\*\* |
| Control | 2.24 | .87 | .42\*\*\* | 1.31 |
| Awareness on need |  |  |  |  |  |
| Intervention | 3.62 | 1.42 | .50\*\* | 1.76 | .14 |
| Control | 3.3 | 1.13 | .49\*\*\* | 1.07 |
| Awareness of consequence |  |  |  |  |  |
| Intervention | 3.73 | 1.21 | .28 | 1.61 | .24\*\*\* |
| Control | 3.19 | 1.13 | .67\*\*\* | 1.14 |
| Personal norm |  |  |  |  |  |
| Intervention | 2.58 | 1.39 | .27\*\* | 1.81 | .04 |
| Control | 2.49 | 1.08 | .45\*\*\* | 1.83 |
| Habit |  |  |  |  |  |
| Intervention | 2.57 | 1.39 | .37\*\* | 1.37 | -.14 |
| Control | 2.91 | 1.56 | .32\*\*\* | 1.38 |
| Perceived behavioral control |  |  |  |  |  |
| Intervention | 3.83 | 1.17 | .44\* | 1.6 | .04 |
| Control | 3.75 | 1.4 | .18 | 2 |
| Intention |  |  |  |  |  |
| Intervention | 2.97 | 1.36 | .30 | 1.46 | .09 |
| Control | 2.78 | 1.34 | .62\*\*\* | 1.75 |
| Behavior |  |  |  |  |  |
| Intervention | 2.94 | 1.58 | .49\*\*\* | 1.77 | -.21\*\* |
| Control | 3.48 | 1.5 | .83\*\*\* | 1.58 |
|  | Promo video + Prompts (*n*i = 140, *n*c = 93) |
|  | Baseline | Change | *β* (baseline) |
|  | *M* | Var | *M* | Var |  |
| Social norm |  |  |  |  |  |
| Intervention | 2.3 | .91 | .38\*\* | 1.48 | -.01 |
| Control | 2.32 | 1.24 | .15 | 2.06 |
| Awareness on need |  |  |  |  |  |
| Intervention | 3.48 | 1.12 | .63\*\*\* | 1.63 | -.02 |
| Control | 3.51 | 1.14 | .44\*\*\* | 1.24 |
| Awareness of consequence |  |  |  |  |  |
| Intervention | 3.33 | 1.25 | .68\*\*\* | 1.82 | -.09 |
| Control | 3.53 | 1.32 | .31\*\*\* | 1.72 |
| Personal norm |  |  |  |  |  |
| Intervention | 2.54 | 1.01 | .37\*\*\* | 1.4 | .10 |
| Control | 2.34 | 1.13 | .32\*\*\* | 1.95 |
| Habit |  |  |  |  |  |
| Intervention | 2.79 | 1.54 | .34\*\* | 1.46 | .02 |
| Control | 2.74 | 1.48 | .43\* | 1.35 |
| Perceived behavioral control |  |  |  |  |  |
| Intervention | 3.62 | 1.27 | .50\*\* | 2.04 | -.14 |
| Control | 3.96 | 1.33 | .25\* | 1.78 |
| Intention |  |  |  |  |  |
| Intervention | 2.77 | 1.16 | .48\*\*\* | 1.68 | .02 |
| Control | 2.72 | 1.48 | .63\*\*\* | 1.73 |
| Behavior |  |  |  |  |  |
| Intervention | 3.26 | 1.31 | .50\*\*\* | 1.43 | .01 |
| Control | 3.23 | 1.59 | .84\*\*\* | 1.62 |
|  | Promo video + Goal setting (*n*i = 124, *n*c = 89) |
|  | Baseline | Change | *β* (baseline) |
|  | *M* | Var | *M* | Var |  |
| Social norm |  |  |  |  |  |
| Intervention | 2.27 | 1.09 | .40\*\* | 1.57 | -.01 |
| Control | 2.28 | .87 | .39\*\* | 1.29 |
| Awareness on need |  |  |  |  |  |
| Intervention | 3.43 | 1.25 | .57\*\*\* | 1.72 | -.07 |
| Control | 3.59 | 1.14 | .26\*\* | .92 |
| Awareness of consequence |  |  |  |  |  |
| Intervention | 3.28 | 1.43 | .68\*\*\* | 1.85 | -.08 |
| Control | 3.5 | 1.44 | .36\* | 1.17 |
| Personal norm |  |  |  |  |  |
| Intervention | 2.51 | 1.1 | .52\*\* | 1.57 | .06 |
| Control | 2.39 | 1.16 | .32\*\* | 1.66 |
| Habit |  |  |  |  |  |
| Intervention | 2.65 | 1.55 | .36\*\* | 1.6 | .01 |
| Control | 2.64 | 1.37 | .09 | 1.01 |
| Perceived behavioral control |  |  |  |  |  |
| Intervention | 3.57 | 1.67 | .43\* | 2.46 | -.19\*\* |
| Control | 4.04 | .98 | .15 | 1.28 |
| Intention |  |  |  |  |  |
| Intervention | 2.91 | 1.44 | .47\*\*\* | 1.69 | .02 |
| Control | 2.86 | 1.87 | .45\*\* | 1.95 |
| Behavior |  |  |  |  |  |
| Intervention | 3.11 | 1.49 | .68\*\*\* | 1.7 | -.06 |
| Control | 3.27 | 1.53 | .65\*\*\* | 1.44 |
|  | Promo video + Feedback (*n*i = 117, *n*c = 89) |
|  | Baseline | Change | *β* (baseline) |
|  | *M* | Var | *M* | Var |  |
| Social norm |  |  |  |  |  |
| Intervention | 2.46 | 1.33 | .25 | 1.49 | .02 |
| Control | 2.41 | .97 | .37\*\* | 1.47 |
| Awareness on need |  |  |  |  |  |
| Intervention | 3.57 | 1.47 | .47\*\* | 1.74 | .13 |
| Control | 3.26 | 1.23 | .69\*\*\* | 1.14 |
| Awareness of consequence |  |  |  |  |  |
| Intervention | 3.54 | 1.27 | .50\*\*\* | 1.54 | .09 |
| Control | 3.35 | 1.28 | .56\*\*\* | 1.36 |
| Personal norm |  |  |  |  |  |
| Intervention | 2.56 | 1.33 | .41\*\*\* | 1.48 | .06 |
| Control | 2.41 | 1.1 | .38\*\* | 1.43 |
| Habit |  |  |  |  |  |
| Intervention | 2.73 | 1.78 | .39\*\* | 1.82 | .06 |
| Control | 2.58 | 1.5 | .31\* | 1.2 |
| Perceived behavioral control |  |  |  |  |  |
| Intervention | 3.72 | 1.22 | .51\*\*\* | 1.61 | -.04 |
| Control | 3.81 | 1.27 | .30\*\* | 1.73 |
| Intention |  |  |  |  |  |
| Intervention | 2.87 | 1.28 | .39\*\*\* | 1.4 | .06 |
| Control | 2.75 | 1.21 | .72\*\*\* | 1.46 |
| Behavior |  |  |  |  |  |
| Intervention | 3.07 | 1.6 | .38\*\*\* | 1.82 | -.07 |
| Control | 3.26 | 1.73 | .86\*\*\* | 1.75 |
|  | Prompts + Goal setting (*n*i = 120, *n*c = 94) |
|  | Baseline | Change | *β* (baseline) |
|  | *M* | Var | *M* | Var |  |
| Social norm |  |  |  |  |  |
| Intervention | 2.29 | 1.02 | .49\*\*\* | 1.66 | -.10 |
| Control | 2.5 | 1.39 | .10 | 1.67 |
| Awareness on need |  |  |  |  |  |
| Intervention | 3.31 | 1.31 | .63\*\*\* | 1.63 | -.19\* |
| Control | 3.75 | 1.25 | .17 | 1.3 |
| Awareness of consequence |  |  |  |  |  |
| Intervention | 3.27 | 1.34 | .50\*\* | 2.13 | -.17\* |
| Control | 3.69 | 1.41 | .16 | 1.12 |
| Personal norm |  |  |  |  |  |
| Intervention | 2.45 | .98 | .37\*\* | 1.32 | -.12 |
| Control | 2.71 | 1.37 | .14 | 1.7 |
| Habit |  |  |  |  |  |
| Intervention | 2.83 | 1.42 | .38\*\* | 1.4 | -.01 |
| Control | 2.86 | 1.65 | .50\*\* | 1.28 |
| Perceived behavioral control |  |  |  |  |  |
| Intervention | 3.54 | 1.39 | .35\* | 2.6 | -.20\*\* |
| Control | 4.02 | 1.24 | .17 | 1.48 |
| Intention |  |  |  |  |  |
| Intervention | 2.77 | 1.34 | .44\*\*\* | 1.74 | -.05 |
| Control | 2.89 | 1.67 | .53\*\*\* | 1.65 |
| Behavior |  |  |  |  |
| Intervention | 3.21 | 1.35 | .58\*\*\* | 1.42 | .01 |
| Control | 3.18 | 1.66 | .64\*\*\* | 1.56 |
|  | Prompts + Feedback (*n*i = 115, *n*c = 95) |
|  | Baseline | Change | *β* (baseline) |
|  | *M* | Var | *M* | Var |  |
| Social norm |  |  |  |  |  |
| Intervention | 2.37 | 1.06 | .41\*\* | 1.54 | -.05 |
| Control | 2.46 | 1.23 | .19\* | 1.73 |
| Awareness on need |  |  |  |  |  |
| Intervention | 3.48 | 1.36 | .46\*\* | 1.53 | .001 |
| Control | 3.47 | 1.19 | .49\*\*\* | 1.43 |
| Awareness of consequence |  |  |  |  |  |
| Intervention | 3.46 | 1.16 | .38\*\* | 1.67 | -.002 |
| Control | 3.46 | 1.3 | .44\*\*\* | 1.26 |
| Personal norm |  |  |  |  |  |
| Intervention | 2.45 | 1.13 | .42\*\*\* | 1.42 | -.23 |
| Control | 2.68 | 1.23 | .40\*\* | 1.75 |
| Habit |  |  |  |  |
| Intervention | 2.85 | 1.48 | .23 | 1.32 | .06 |
| Control | 2.7 | 1.56 | .48\*\*\* | 1.11 |
| Perceived behavioral control |  |  |  |  |
| Intervention | 3.78 | 1.02 | .35\* | 1.52 | -.05 |
| Control | 3.9 | 1.59 | .21\*\* | 1.59 |
| Intention |  |  |  |  |  |
| Intervention | 2.74 | 1.46 | .39\*\* | 1.72 | -.03 |
| Control | 2.81 | 1.43 | .82\*\*\* | 1.48 |
| Behavior |  |  |  |  |  |
| Intervention | 3.2 | 1.49 | .36\*\*\* | 1.29 | .01 |
| Control | 3.19 | 1.88 | .94\*\*\* | 1.56 |
|  | Goal setting + Feedback (*n*i = 102, *n*c = 95) |
|  | Baseline | Change | *β* (baseline) |
|  | *M* | Var | *M* | Var |  |
| Social norm |  |  |  |  |  |
| Intervention | 2.36 | 1.33 | .31\* | 1.83 | -.04 |
| Control | 2.44 | .89 | .31\*\* | 1.19 |
| Awareness on need |  |  |  |  |  |
| Intervention | 3.4 | 1.32 | .47\*\* | 1.48 | -.06 |
| Control | 3.52 | .94 | .44\*\*\* | 1.06 |
| Awareness of consequence |  |  |  |  |  |
| Intervention | 3.49 | 1.3 | .29 | 2.02 | .01 |
| Control | 3.48 | 1.31 | .44\*\*\* | 1.14 |
| Personal norm |  |  |  |  |  |
| Intervention | 2.36 | 1.22 | .50\*\*\* | 1.8 | -.15\* |
| Control | 2.69 | 1.22 | .29 | 1.62 |
| Habit |  |  |  |  |  |
| Intervention | 2.78 | 1.57 | .32\* | 1.77 | .02 |
| Control | 2.71 | 1.56 | .24\* | 1.14 |
| Perceived behavioral control |  |  |  |  |  |
| Intervention | 3.75 | 1.42 | .31\*\*\* | 2.12 | -.09 |
| Control | 3.96 | 1.19 | .20\* | 1.35 |
| Intention |  |  |  |  |  |
| Intervention | 2.85 | 1.45 | .37\* | 1.57 | -.01 |
| Control | 2.86 | 1.33 | .65\*\*\* | 1.54 |
| Behavior |  |  |  |  |  |
| Intervention | 2.98 | 1.62 | .50\*\*\* | 1.61 | -.09 |
| Control | 3.21 | 1.74 | .70\*\*\* | 1.38 |

*Note*. *M* = mean, Var = variance, *n*i = number of participants in the intervention group; *n*c = number of participants in the control group. All the variances are significant at *p* < .001. *β* (baseline) = indicator of pre-test differences between intervention and control groups. Standardized regression coefficients are provided. \**p* < .05, \*\**p* < .01, \*\*\**p* < .001.