

Multimedia Appendix 2. An example of a feedback message in autonomy-supportive and controlling language combined with and without choice

	Choice	No choice
Autonomy-supportive language	<p><u>Step 3. Your preparatory plans</u></p> <p>If you are planning to eat more vegetables then you do at the moment, it is important that you think about how you will precisely do so. Research has shown that planning can help you to attain such goals. Below, you will find a couple of plans that you could make to prepare yourself well for eating more vegetables. From this list, you can choose for yourself those plans suit you best and will work best for you personally.</p> <p>We do like to know which plans you will choose, however. Therefore, we kindly ask you to indicate the extent to which you choose for the plan to ...</p>	<p><u>Step 3. Your preparatory plans</u></p> <p>If you are planning to eat more vegetables then you do at the moment, it is important that you think about how you will precisely do so. Research has shown that planning can help you to attain such goals. You can, for instance, inform the people in your environment about your good intention to eat more vegetables.</p> <p>On the next page we will explain to you why you could make this plan if you want to attain your goal.</p>
Controlling language	<p><u>Step 3. Your preparatory plans</u></p> <p>If you are planning to eat more vegetables then you do at the moment, you have to think about how you will precisely do so. Research has shown that planning can help you to attain such goals. Below, you will find a couple of plans that you should make to prepare yourself well for eating more vegetables. From this list, choose for yourself those plans suit</p>	<p><u>Step 3. Your preparatory plans</u></p> <p>If you are planning to eat more vegetables then you do at the moment, you have to think about how you will precisely do so. Research has shown that planning can help you to attain such goals. You must, for instance, inform the people in your environment about your good intention to eat more vegetables.</p>

	<p><i>you best and will work best for you personally.</i></p> <p><i>We do want to know which plans you will choose, however.</i></p> <p><i>Therefore, indicate the extent to which you choose for the plan to ...</i></p>	<p><i>On the next page we will explain to you why you should make this plan if you want to attain your goal.</i></p>
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