

Multimedia Appendix 3. Intervention planning: information sources used to identify the key behavioral issues, needs, and challenges that the planned intervention was intended to address

Trial/ Country (refs)	Information sources
TEXT ME/ Australia [9, 19, 32]	<ul style="list-style-type: none"> <li>• Literature review</li> <li>• Examination of relevant behavior change theories</li> <li>• Stakeholder consultation with key peak organizations</li> <li>• Consumer surveys</li> </ul>
Text4Heart/ New Zealand [21, 29]	<ul style="list-style-type: none"> <li>• Systematic literature review</li> <li>• Examination of relevant theory and behavior change techniques</li> <li>• Stakeholder consultation with cardiac rehabilitation nurses and cardiologists</li> <li>• Observation of a centre-based cardiac rehabilitation program</li> <li>• Examination of current cardiac rehabilitation guidelines</li> </ul>
Islam/ Bangladesh [22, 33]	<ul style="list-style-type: none"> <li>• Literature review</li> <li>• Consultation with experts and other stakeholders</li> <li>• Group-meetings</li> </ul>
Heart/ New Zealand [24-26, 30]	<ul style="list-style-type: none"> <li>• Primary qualitative research to elicit user views of the planned behavior changes</li> <li>• Consultation with experts, members of user groups, other stakeholders</li> <li>• Examination of relevant theory</li> </ul>
StAR/ South Africa [8, 18]	<ul style="list-style-type: none"> <li>• Systematic literature review of qualitative studies</li> <li>• Primary qualitative research</li> <li>• Consultation with experts and other stakeholders</li> </ul>