

Multimedia Appendix 4. Intervention development: sources used to inform the development of the intervention

Trial	Message content based on:	Professionals involved in development of the message content	Frequency of the messages based on:	Timing of the messages based on:	Duration of the intervention based on:	Directionality of the messages (1-way v 2-ways) based on:	Level of tailoring based on:
TEXT ME [9, 19, 32]	<ul style="list-style-type: none"> • CG 	<ul style="list-style-type: none"> • Cardiologist • Nurses • Dieticians • Psychologists • Public health and primary care physicians • Patients and public representative 	<ul style="list-style-type: none"> • LR 	<ul style="list-style-type: none"> • LR 	<ul style="list-style-type: none"> • LR 	<ul style="list-style-type: none"> • LR 	<ul style="list-style-type: none"> • LR
Text4Heart [21, 29]	<ul style="list-style-type: none"> • CG 	<ul style="list-style-type: none"> • Health psychologist • Cardiac rehabilitation nurses and cardiologists • End-users 	<ul style="list-style-type: none"> • Previous study^a 	<ul style="list-style-type: none"> • Previous study^a 	<ul style="list-style-type: none"> • Previous study^a 	<ul style="list-style-type: none"> • Previous study^a 	<ul style="list-style-type: none"> • Previous study^a
Islam [22, 33]	<ul style="list-style-type: none"> • CG • Expert opinion 	<ul style="list-style-type: none"> • Primary care physicians • Diabetologists • Cardiologists • Epidemiologists • Anthropologists • Nurses • Nutritionists • Research Fellows • Medical students 	<ul style="list-style-type: none"> • LR • EC 	<ul style="list-style-type: none"> • LR • EC 	<ul style="list-style-type: none"> • LR • EC 	<ul style="list-style-type: none"> • EC 	None
Heart [24-26, 30]	<ul style="list-style-type: none"> • CG • Primary qualitative research 	<ul style="list-style-type: none"> • Investigators • Cardiologists • Nurse specialists • Maori researchers • Exercise physiologists • Behaviour change and public health researchers 	<ul style="list-style-type: none"> • LR 	<ul style="list-style-type: none"> • Primary qualitative research • LR 	<ul style="list-style-type: none"> • LR 	<ul style="list-style-type: none"> • LR 	<ul style="list-style-type: none"> • LR

StAR[8, 18]	<ul style="list-style-type: none"> • CG • Expert opinion 	<ul style="list-style-type: none"> • Qualitative researchers • Quantitative researchers • Academics • Clinicians • Patient and public representatives 	<ul style="list-style-type: none"> • LR 	<ul style="list-style-type: none"> • Primary qualitative research 	<ul style="list-style-type: none"> • LR 	<ul style="list-style-type: none"> • LR 	<ul style="list-style-type: none"> • LR
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CG, clinical guidelines; EC, expert consultation; LR, literature review

a: Data obtained from a previous similar study (process evaluation and pilot testing of HEART trial)