

## I-CaPP online trial data dictionary

Variable	Variable name	Questionnaire item/s	Description	Label (Value range/ categories)	BL	Imm f/u	3m
<b>Demographics</b>							
Study group	study_grp			1=Bar chart 2=Qualitative 3=Iconograph 4=Lifestyle only			
	Study_grp_bin			1=Intervention 0=Lifestyle advice			
Age	age final_age	How old are you?		30-74	✓		✓
Sex	sex final_sex	Are you... <ul style="list-style-type: none"> <li>Female</li> <li>Male</li> </ul>		0=Female 1= Male	✓		✓
Ethnicity	bl_ethnicity	What is your ethnic group? Choose one option that best describes your ethnic group or background.		1 = White 2 = Mixed/ Multiple ethnic group 3 = Asian/ Asian British 4 = Black/ African/ Caribbean 5 = Other	✓		
	bl_ethnicity_text			Free text other			
FH cancer	bl_family_hist	Have your parents or any brothers or sisters ever had cancer?		0=No 1=Yes 2=Don't know, prefer not to say	✓		
Education	bl_education	Please enter your highest education level		1 = No formal education 2 = Primary education 3 = Secondary education 4 = University education	✓		
<b>Lifestyle</b>							
BMI	bmi		Calculated BMI	15-50	✓		✓

Variable	Variable name	Questionnaire item/s	Description	Label (Value range/categories)	BL	Imm f/u	3m
	final_bmi						
Weight	weight final_weight	How much do you weigh?	Self-report weight	Free text	✓		✓
Height	height final_height	What is your height?	Self-report height	Free text (cleaned to metres)	✓		✓
Smoking status	smokercategory final_smokercategory	Do you currently smoke? <ul style="list-style-type: none"> <li>• Yes</li> <li>• No, but I used to</li> <li>• No, and I never have</li> </ul>	Self-report smoking status	0 = Non smoker 1 = Ex-smoker 2 = Current smoker	✓		✓
Alcohol	alcohol final_alcohol	How many units of alcohol do you drink in a typical week?	Self-report alcohol intake	Free text Truncated to 99 <sup>th</sup> percentile (50 units/week)	✓		✓
Physical activity	physical final_physical	How many hours of physical activity such as brisk walking, cycling, keep fit, aerobics, swimming or jogging, do you do in a typical week?	Self-report physical activity	Free text Truncated to 95 <sup>th</sup> centile 15 hours (78)	✓		✓
	physical_raw final_physical_raw			Non truncated version			
Fruit	fruit final_fruit	How many portions of fruit do you eat on a typical day?	Self-report fruit intake	Free text 0-20 Two obvious outliers set to missing	✓		✓
	fruit_raw final_fruit_raw			Non truncated version			
Veg	veg final_veg	How many portions of vegetables do you eat in a typical day?	Self-report veg intake	Free text 0-20 One obvious outlier set to missing	✓		✓
	veg_raw final_veg_raw			Non truncated version			
Red meat	redmeat final_redmeat	How many portions of red meat do you eat in a typical week?	Self-report red meat intake	Free text 0-21 Two obvious outliers set to missing	✓		✓

Variable	Variable name	Questionnaire item/s	Description	Label (Value range/ categories)	BL	Imm f/u	3m
	redmeat_raw final_redmeat_raw			Non truncated version			
Processed meat	procmeat final_procmeat	How many portions of processed meat do you eat in a typical week?	Self-report processed meat intake	Free text 0-21 As is, no more than 3 portions/day reported)	✓		✓
	procmeat_raw final_procmeat_raw			Non truncated version			
<b>Risk estimates</b>							
RRI	rri final_rri	NA	Modelled risk relative to ideal person of same age and sex	0-infinity	✓		✓
RR	rr final_rr	NA	Modelled risk relative to average person of same age and sex	0-infinity	✓		✓
AR	ar final_ar	NA	Modelled absolute risk	0-100%	✓		✓
<b>Secondary Outcomes</b>							
Tripartite risk	bl_risk_perc_1 immed_fu_risk_perc_1 final_fu_risk_perc_1	How likely do you think is it that you will get one of these five cancers at some point in the next 10 years?	Deliberative (1, 1b, 4 & 7-9) Affective (10-15) Experiential (16-21)	1=Likely 2 3 4 5 6 7=Unlikely	✓	✓	✓
	bl_risk_perc_1b immed_fu_risk_perc_1b final_fu_risk_perc_1b	On a scale from 0 to 100%, how would you rate the probability that you will develop one of these five cancers in the next 10 years?		Free text (cleaned to 0-100%)	✓	✓	✓
	bl_risk_perc_2 immed_fu_risk_perc_2 final_fu_risk_perc_2	How certain are you about your answer to the above question?		1=Not at all certain 2 3 4	✓	✓	✓

Variable	Variable name	Questionnaire item/s	Description	Label (Value range/ categories)	BL	Imm f/u	3m
				5 6 7=Extremely certain			
	bl_risk_perc_3 immed_fu_risk_perc_3 final_fu_risk_perc_3	How confident are you that the estimate you have given is accurate, that is, that it reflects your actual risk?		1=Not at all confident 2 3 4 5 6 7=Extremely confident	✓	✓	✓
	bl_risk_perc_4 immed_fu_risk_perc_4 final_fu_risk_perc_4	How do you think your chance of developing one of these five cancers in the next 10 years compares to the average person of your sex and age?		1=Much lower 2 3 4 5 6 7=Much higher	✓	✓	✓
	bl_risk_perc_5 immed_fu_risk_perc_5 final_fu_risk_perc_5	Again, how certain are you about your answer to the above question?		1=Not at all certain 2 3 4 5 6 7=Extremely certain	✓	✓	✓
	bl_risk_perc_6 immed_fu_risk_perc_6 final_fu_risk_perc_6	How confident are you that the estimate you have given is accurate, that is, that it reflects your actual risk?		1=Not at all confident 2 3 4 5 6 7=Extremely confident	✓	✓	✓
	bl_risk_perc_7 immed_fu_risk_perc_7 final_fu_risk_perc_7	The way I look after my health means that my odds of getting one of these five cancers in the future are:		1=Very low 2 3	✓	✓	✓

Variable	Variable name	Questionnaire item/s	Description	Label (Value range/ categories)	BL	Imm f/u	3m
				4 5 6 7=Very high			
	bl_risk_perc_8 immed_fu_risk_perc_8 final_fu_risk_perc_8	When I think carefully about my lifestyle, it does seem possible that I could get one of these five cancers.		1=Strongly disagree 2 3 4 5 6 7=Strongly agree	✓	✓	✓
	bl_risk_perc_9 immed_fu_risk_perc_9 final_fu_risk_perc_9	If I look at myself as if I was a doctor, I realise that my behaviour puts me at risk of getting one of these five cancers.		1=Strongly disagree 2 3 4 5 6 7=Strongly agree	✓	✓	✓
	bl_risk_perc_10 immed_fu_risk_perc_10 final_fu_risk_perc_10	How worried are you about developing cancer in the future?		1=Not at all 2 3 4 5 6 7=Extremely	✓	✓	✓
	bl_risk_perc_11 immed_fu_risk_perc_11 final_fu_risk_perc_11	How fearful are you about developing cancer in the future?		1=Not at all 2 3 4 5 6 7=Extremely	✓	✓	✓
	bl_risk_perc_12 immed_fu_risk_perc_12	How nervous are you about developing cancer in your lifetime?		1=Not at all 2	✓	✓	✓

Variable	Variable name	Questionnaire item/s	Description	Label (Value range/ categories)	BL	Imm f/u	3m
	final_fu_risk_perc_12			3 4 5 6 7=Extremely			
	bl_risk_perc_13 immed_fu_risk_perc_13 final_fu_risk_perc_13	When you think about cancer for a moment, to what extent do you feel fearful?		1=Not at all 2 3 4 5 6 7=Extremely	✓	✓	✓
	bl_risk_perc_14 immed_fu_risk_perc_14 final_fu_risk_perc_14	When you think about cancer for a moment, to what extent do you feel worried?		1=Not at all 2 3 4 5 6 7=Extremely	✓	✓	✓
	bl_risk_perc_15 immed_fu_risk_perc_15 final_fu_risk_perc_15	When you think about cancer for a moment, to what extent do you feel anxious?		1=Not at all 2 3 4 5 6 7=Extremely	✓	✓	✓
	bl_risk_perc_16 immed_fu_risk_perc_16 final_fu_risk_perc_16	How concerned are you about developing cancer in your lifetime?		1=Not at all 2 3 4 5 6 7=Extremely	✓	✓	✓

Variable	Variable name	Questionnaire item/s	Description	Label (Value range/ categories)	BL	Imm f/u	3m
	bl_risk_perc_17 immed_fu_risk_perc_17 final_fu_risk_perc_17	How easy is it for you to imagine yourself developing cancer in the future?		1=Not at all 2 3 4 5 6 7=Extremely	✓	✓	✓
	bl_risk_perc_18 immed_fu_risk_perc_18 final_fu_risk_perc_18	I feel very vulnerable to disease.		1=Strongly disagree 2 3 4 5 6 7=Strongly agree	✓	✓	✓
	bl_risk_perc_19 immed_fu_risk_perc_19 final_fu_risk_perc_19  bl_risk_perc_19_rev immed_fu_risk_perc_19_rev final_fu_risk_pec_19_rev	I am confident that I will not get cancer.	Reverse scored (1=Strongly agree, 7=Strongly disagree)	1=Strongly disagree 2 3 4 5 6 7=Strongly agree	✓	✓	✓
	bl_risk_perc_20 immed_fu_risk_perc_20 final_fu_risk_perc_20	I would be lying if I said "There is no chance of me getting cancer."		1=Strongly disagree 2 3 4 5 6 7=Strongly agree	✓	✓	✓
	bl_risk_perc_21 immed_fu_risk_perc_21 final_fu_risk_perc_21	My first reaction when I hear of someone getting cancer is "that is could be me someday".		1=Strongly disagree 2 3 4 5	✓	✓	✓

Variable	Variable name	Questionnaire item/s	Description	Label (Value range/ categories)	BL	Imm f/u	3m
				6 7=Strongly agree			
Absolute risk accuracy	bl_acc_ab_percent immed_fu_acc_ab_percent final_fu_acc_ab_percent	NA	Accuracy of perceived absolute risk percentage estimate  Perceived within +/-5% of AR	1= Underestimate 2= Accurate 3= Overestimate	✓	✓	✓
	bl_acc_ab_percent_bin immed_fu_acc_ab_percent_bin final_fu_acc_ab_percent_bin	NA	Binary accuracy	1=Accurate 0=Inaccurate	✓	✓	✓
Comparative risk accuracy	bl_acc_comp immed_fu_acc_comp final_fu_acc_comp	NA	Accuracy of perceived comparative risk percentage estimate  Agreement of 7 point scale with RR	1= Underestimate 2= Accurate 3= Overestimate	✓	✓	✓
	bl_acc_comp_bin immed_fu_acc_comp_bin final_fu_acc_comp_bin		Binary accuracy	1=Accurate 0=Inaccurate	✓	✓	✓
Absolute risk conviction	bl_risk_covic_ab immed_fu_risk_convic_ab final_fu_risk_convic_ab	NA	Conviction of perceived absolute risk  Mean of two 1-7 scores of certainty and confidence questions (bl_risk_perc_2 & bl_risk_perc_3, and the same for immediate and 3m follow up)	1-7	✓	✓	✓
Comparative risk conviction	bl_risk_covic_comp immed_fu_risk_convic_comp final_fu_risk_convic_comp	NA	Conviction of perceived comparative risk	1-7	✓	✓	✓

Variable	Variable name	Questionnaire item/s	Description	Label (Value range/ categories)	BL	Imm f/u	3m
			Mean of two 1-7 scores of certainty and confidence questions (bl_risk_perc_5 & bl_risk_perc_6, and the same for immediate and 3m follow up)				
Awareness of cancer risk factors		Below are some of the things that can increase a person's chance of developing cancer. How much do you agree that each of these can increase a person's chance of developing cancer?		1=Strongly disagree 2=Disagree 3=Not sure 4=Agree 5=Strongly agree	✓	✓	✓
	final_fu_cam_1 immed_fu_cam_1 bl_fu_cam_1	Smoking any cigarettes at all			✓	✓	✓
	final_fu_cam_2 immed_fu_cam_2 bl_fu_cam_2	Exposure to another person's cigarette smoke			✓	✓	✓
	final_fu_cam_3 immed_fu_cam_3 bl_fu_cam_3	Drinking more than 1 unit of alcohol a day			✓	✓	✓
	final_fu_cam_4 immed_fu_cam_4 bl_fu_cam_4	Eating less than 5 portions of fruit and vegetables a day			✓	✓	✓
	final_fu_cam_5 immed_fu_cam_5 bl_fu_cam_5	Eating red or processed meat once a day or more			✓	✓	✓
	final_fu_cam_6 immed_fu_cam_6 bl_fu_cam_6	Being overweight (BMI over 25)			✓	✓	✓
	final_fu_cam_7 immed_fu_cam_7 bl_fu_cam_7	Getting sunburnt more than once as a child			✓	✓	✓
	final_fu_cam_8	Being over 70 years old			✓	✓	✓

Variable	Variable name	Questionnaire item/s	Description	Label (Value range/ categories)	BL	Imm f/u	3m
	immed_fu_cam_8 bl_fu_cam_8						
	final_fu_cam_9 immed_fu_cam_9 bl_fu_cam_9	Having a close relative with cancer			✓	✓	✓
	final_fu_cam_10 immed_fu_cam_10 bl_fu_cam_10	Infection with HPV (Human Papillomavirus)			✓	✓	✓
	final_fu_cam_11 immed_fu_cam_11 bl_fu_cam_11	Doing less than 30 mins of moderate physical activity 5 times a week			✓	✓	✓
	bl_cam immed_fu_cam final_fu_cam		Sum of scores for each question (/55)		✓	✓	✓
Self-efficacy		6 questions (3 physical activity and 3 fruit and veg) 5 point scale			1=Strongly disagree 2=Disagree 3=Neither agree nor disagree 4=agree 5=Strongly agree		
	immed_fu_se_1	I would like to be physically active but I don't know if I can.	Q1 reverse scored			✓	
	immed_fu_se_2	I feel confident in my ability to be active at a moderate intensity for at least 30 minutes per day on at least 5 days a week.				✓	
	immed_fu_se_3	I am confident that I could be physically active if I wanted to.				✓	
	immed_fu_se_4	I would like to eat more fruit and vegetables but I don't know if I can.	Q4 reverse scored			✓	
	immed_fu_se_5	I feel confident in my ability to consume 5 servings of fruit and vegetables each day.				✓	
	immed_fu_se_6	I am confident that I could eat more fruit and vegetables if I wanted to.				✓	

Variable	Variable name	Questionnaire item/s	Description	Label (Value range/ categories)	BL	Imm f/u	3m
	immed_fu_se	NA	Sum of all 6 Qs	6-30		✓	
	immed_fu_se_diet	NA	Sum of 3 diet Qs (immed_fu_se_4-6)	3-15		✓	
	immed_fu_se_pa	NA	Sum of 3 PA Qs ((immed_fu_se_1-3)	3-15		✓	
Response- efficacy		Please read each of the statements below and tick the most appropriate box to indicate how much you agree or disagree with each statement.	6 questions (3 physical activity and 3 healthy diet) 5 point scale	1=Strongly disagree 2=Disagree 3=Neither agree nor disagree 4=agree 5=Strongly agree			
	immed_fu_re_1	If I were to be active at a moderate intensity for at least 30 minutes per day on at least 5 days a week, I would reduce my risk of developing cancer.				✓	
	immed_fu_re_2	Being physically active is effective in preventing cancer.				✓	
	immed_fu_re_3	If I am physically active, I am less likely to develop cancer.				✓	
	immed_fu_re_4	If I were to consume 5 servings of fruit and vegetables each day, I would reduce my risk of developing cancer.				✓	
	immed_fu_re_5	Eating a healthy diet is effective in preventing cancer.				✓	
	immed_fu_re_6	If I eat a healthy diet, I am less likely to develop cancer.				✓	
	immed_fu_re	NA	Sum of all 6 Qs	6-30		✓	
	immed_fu_re_diet	NA	Sum of 3 diet Qs (immed_fu_re_4-6)	3-15		✓	
	immed_fu_re_pa	NA	Sum of 3 diet Qs (immed_fu_re_1-3)	3-15		✓	
Maladaptive coping		For each of the following statements, select the option that best applies to you:		1=Strongly disagree 2=Disagree			

Variable	Variable name	Questionnaire item/s	Description	Label (Value range/ categories)	BL	Imm f/u	3m
	bl_mal_beh_1 immed_fu_mal_beh_1 final_fu_mal_beh_1	I try not to think about the possibility of developing cancer. <i>[Avoidance]</i>		3=Neither agree nor disagree 4=agree 5=Strongly agree	✓	✓	✓
	bl_mal_beh_2 immed_fu_mal_beh_2 final_fu_mal_beh_2	If you are destined to develop cancer you will, there is really very little you can do about it. <i>[Fatalism]</i>			✓	✓	✓
	bl_mal_beh_3 immed_fu_mal_beh_3 final_fu_mal_beh_3	Given what I know about cancer, I sometimes feel it is almost useless to try to stay healthy. <i>[Hopelessness]</i>					
	bl_mal_beh immed_fu_mal_beh final_fu_mal_beh		Sum of 3 items	Score 3-15	✓	✓	✓
Intention to change behaviour		We are interested in your views about making changes to your lifestyle in the future. Please read each of the statements below and select the most appropriate box to indicate your view.		1 = Strongly disagree 2 = Disagree 3 = Slightly disagree 4 = Neither agree nor disagree 5 = Slightly agree 6 = Agree 7 = Strongly agree			
	immed_fu_intention_1	I am determined to do everything I can to avoid getting cancer in the future.	General intention			✓	
	immed_fu_intention_2	I am committed to engaging in behaviours that protect me against getting cancer in the future.				✓	
	immed_fu_intention_3	I fully intend to have a lifestyle that will prevent me from getting cancer in the future.				✓	
	immed_fu_intention_4	I will try to do all I can to avoid getting cancer in the future.				✓	
	immed_fu_intention_gen	NA	Sum of general intention items	4-28		✓	

Variable	Variable name	Questionnaire item/s	Description	Label (Value range/ categories)	BL	Imm f/u	3m
			(immed_fu_intention_1-4)				
	immed_fu_intention_5	I intend to be more physically active in the next 3 months	PA	1 = Strongly disagree 2 = Disagree 3 = Neither agree nor disagree 4 = Agree 5 = Strongly agree		✓	
	immed_fu_intention_6	I intend to eat a more fruit and vegetables in the next 3 months	Fruit and veg			✓	
	immed_fu_intention_7	I intend to drink less alcohol in the next 3 months	Alcohol			✓	
	immed_fu_intention_8	I intend to eat less red meat in the next 3 months	Red meat			✓	
	immed_fu_intention_9	I intend to eat less processed meat in the next 3 months	Processed meat			✓	
	immed_fu_intention_10	I intend to cut down or quit in the next 3 months smoking	Smoking			✓	
	immed_fu_intention_11	I intend to try and lose weight in the next 3 months	Weight			✓	
Worry (Lerman cancer worry scale)		For each of the following statements, select the option that best applies to you:			1=Not at all 2=Rarely 3=Sometimes 4=Often 5=A lot		
	bl_cws_1 cws final_fu_cws_1 cws	During the past month, how often have you thought about your own chances of getting cancer?		✓			✓
	bl_cws_2 cws final_fu_cws_2 cws	During the past month, how often have thoughts about your chances of getting cancer affected your mood?		✓			✓
	bl_cws_3 cws final_fu_cws_3 cws	During the past month, how often have thoughts about your chances of getting cancer affected your ability to perform your daily activities?		✓			✓
	bl_cws final_fu_cws	NA	Sum of 3 items	3-15		✓	

Variable	Variable name	Questionnaire item/s	Description	Label (Value range/ categories)	BL	Imm f/u	3m
Anxiety (short-item SSAI)		A number of statements which people have used to describe themselves are given below. Please read each statement and then circle the most appropriate number to the right of the statement to indicate how you feel right now, at this moment. There are no right or wrong answers. Do not spend too much time on any one statement but give the answer which seems to describe your present feelings best.	6 item anxiety scale (not cancer specific)	1=Not at all 2=Somewhat 3=Moderately 4=Very much			
	bl_ssai_1 bl_ssai_1_rev immed_fu_ssai_1 immed_fu_ssai_1_rev final_fu_ssai_1 final_fu_ssai_1_rev	I feel calm	Reverse scored (high anxiety=high score)		✓	✓	✓
	bl_ssai_2 immed_fu_ssai_2 final_fu_ssai_2	I feel tense			✓	✓	✓
	bl_ssai_3 imed_fu_ssai_3 final_fu_ssai_3	I feel upset			✓	✓	✓
	bl_ssai_4 bl_ssai_4_rev immed_fu_ssai_4 immed_fu_ssai_4_rev final_fu_ssai_4 final_fu_ssai_4_rev	I feel relaxed	Reverse scored (high anxiety=high score)		✓	✓	✓
	bl_ssai_5 bl_ssai_5_rev immed_fu_ssai_5 immed_fu_ssai_5_rev final_fu_ssai_5	I feel content	Reverse scored (high anxiety=high score)		✓	✓	✓

Variable	Variable name	Questionnaire item/s	Description	Label (Value range/ categories)	BL	Imm f/u	3m
	final_fu_ssai_5_rev						
	bl_ssai_6 immed_fu_ssai_6 final_fu_ssai_6	I feel worried			✓	✓	✓
	bl_ssai immed_fu_ssai final_fu_ssai	NA	Sum of 6 items (incorporating reverse scored items)	6-24	✓	✓	✓
<b>Potential mediators and moderators</b>							
Numeracy (As used by Schwartz et al, 1997)	bl_numeracy_1	Imagine we flip a fair coin 1000 times. What is your best guess at how many times the coin would come up heads in 1000 flips?	Free text answers to each question		✓		
	bl_numeracy_2	In the UK National Lottery®, the chance of winning a £10 prize is 1%. What is your best guess at how many people would win a £10 prize if 1000 people each bought a single ticket to UK NATIONAL LOTTERY®?			✓		
	bl_numeracy_3	In the EuroMillions® Lottery, the chance of winning a car is 1 in 1000. What percent of the EuroMillions® tickets win a car?			✓		
	num1score num2score num3score	NA	Binary variables for each question	1=Correct 0=Incorrect	✓		
	numscoretotal	NA	Sum num1score + num2score + num3score	0-3	✓		
	num_bin num_bin	NA	Binary numeracy variable	0=<2 (low numeracy) 1=>=2 (high numeracy)	✓		

Variable	Variable name	Questionnaire item/s	Description	Label (Value range/ categories)	BL	Imm f/u	3m
Time orientation		For each of the following statements, select the option that best applies to you:	First 4 items future orientated and last 5 items present orientated.	1=Very unlike me 2 3 4 5=Very like me			
	bl_time_orientation_1	Thinking about the future is pleasant to me.			✓		
	bl_time_orientation_2	When I want to achieve something I set goals and consider specific means of reaching those goals.			✓		
	bl_time_orientation_3	Meeting tomorrow's deadlines and doing other necessary work comes before tonight's play.			✓		
	bl_time_orientation_4	It seems to me that my future plans are pretty well laid out.			✓		
	bl_time_orientation_5 bl_time_orientation_5_rev	I think that it seems useless to plan too far ahead because things hardly ever come out the way you planned anyway.	Reverse scored		✓		
	bl_time_orientation_6	If I don't get done on time, I don't worry about it.			✓		
	bl_time_orientation_7	I try to live one day at a time.			✓		
	bl_time_orientation_8	I feel that it's more important to enjoy what you are doing than to get the work done on time.			✓		
	bl_time_orientation_9	I don't do things that are good for me if they don't feel good now.			✓		
	bl_time_orientation_future	NA	Sum of 4 items relating to future orientation	5-25	✓		

Variable	Variable name	Questionnaire item/s	Description	Label (Value range/categories)	BL	Imm f/u	3m
			(bl_time_orientation_1-4 plus reverse scored 5)				
	bl_time_orientation_present	NA	Sum of 4 items relating to present orientation (bl_time_orientation_6-9)	5-20	✓		
Self-rated general health	bl_gen_health	How would you rate your general health?		1=Very good 2=Quite good 3=Neither good nor poor 4=Quite poor 5=Poor	✓		
Previous information on risk of developing cancer	bl_prior_cancer_risk	Have you ever received information on your risk of developing cancer?		No=0 Yes=1	✓		
	bl_prior_cancer_risk_info		Free text response to above question	Free text	✓		
<b>Cognitive evaluation of provision of cancer risk scores</b>							
Lifestyle information		Thinking about the risk information and lifestyle advice you received, select the option that best applies to you:					
	views_life_info_1	The lifestyle advice was understandable and helped me to decide about decreasing my risk of cancer.	Understandable	1=Strongly disagree 2=Disagree 3=Neither agree nor disagree 4=agree 5=Strongly agree		✓	
	views_life_info_2	The lifestyle advice was trustworthy and helped me to decide about decreasing my risk of cancer.	Trustworthy			✓	
	views_life_info_3	The lifestyle advice was useful and helped me to decide about decreasing my risk of cancer.	Useful			✓	

Variable	Variable name	Questionnaire item/s	Description	Label (Value range/ categories)	BL	Imm f/u	3m
	views_life_info_4	The lifestyle advice was motivating and helped me to decide about decreasing my risk of cancer.	Motivating			✓	
	views_life_info_5	The lifestyle advice was important and helped me to decide about decreasing my risk of cancer.	Important			✓	
	views_life_info_6	The lifestyle advice was well presented and helped me to decide about decreasing my risk of cancer.	Well presented			✓	
Risk information	risk_info_1	The risk information was understandable and helped me to decide about decreasing my risk of cancer.	Understandable	1=Strongly disagree 2=Disagree 3=Neither agree nor disagree 4=agree 5=Strongly agree		✓	
	risk_info_2	The risk information was trustworthy and helped me to decide about decreasing my risk of cancer.	Trustworthy			✓	
	risk_info_3	The risk information was useful and helped me to decide about decreasing my risk of cancer.	Useful			✓	
	risk_info_4	The risk information was motivating and helped me to decide about decreasing my risk of cancer.	Motivating			✓	
	risk_info_5	The risk information was important and helped me to decide about decreasing my risk of cancer.	Important			✓	
	risk_info_6	The risk information was well presented and helped me decide about decreasing my risk of cancer.	Well presented			✓	
<b>Process Measures</b>							
Total intervention time	page_time	NA	Total time spent on the intervention (time stamp when participant completed the task after the risk intervention minus time stamp when	Median 2.05 minutes (IQR 1.19-3.26)			

Variable	Variable name	Questionnaire item/s	Description	Label (Value range/ categories)	BL	Imm f/u	3m
			the participant finished the task prior to the risk intervention)				
Number of additional targets	no_of_targets	NA	Number of times people set targets and calculated risk	1-12			
	no_of_addtargets_cat	NA	Categorised variable for number of times people set additional* targets (*participants had to enter their risk info at least once)	1=0 2=1-2 3= $\geq$ 3			
Written goals	setgoal	NA	Was a written goal/s set?	1=Yes 0=No			
Number of goals	no_of_goals	NA	Number of written goals	0-11			
	no_of_goals_cat	NA	Categorised no of goals	1=0 2=1-2 3= $\geq$ 3			
No of pages viewed	total_pages_viewed	NA	Number of risk information pages viewed	0-8			
	total_pages_viewed_cat	NA	Categorised no of pages	1=0 2=1-2 3= $\geq$ 3			
Which pages	viewrisk_activity viewrisk_alcohol viewrisk_fruit viewrisk_meat viewrisk_smoking viewrisk_weight	NA	Which risk pages viewed	1=viewed 0=not viewed			