

Table S1 Survey instruments

Construct	No.	Question
Primary task support	1	The app provides me with means to achieve my health target
	2	The app helps to achieve my health target
	3	The app helps me change my habit
Dialogue support	4	The app provides me with appropriate feedback
	5	The app provides me with appropriate counselling
	6	The app encourages me
Perceived credibility	7	The app is trustworthy
	8	The app is reliable
	9	The app shows expertise
	10	The app instills confidence
	11	The app is made by health professionals
Design aesthetics	12	The screen in the app (i.e., colours, layout, presenters, etc.) is attractive
	13	The general appearance of the app is appealing
	14	The app provides a nice visual experience
Perceived persuasiveness	15	The app has an influence on me
	16	The app is personally relevant for me
	17	The app makes me reconsider my habits
Unobtrusiveness	18	Using the app fits into my daily life
	19	Using the app disrupts my daily routines
	20	Using the app is practical/convenient for me
	21	Finding the time to use the app is not a problem for me
Intention to continue using the system	22	I plan to keep using the app
	23	I plan to stop using the app