

Table 1: General Characteristics of 138 Included Articles

Category	Count (percentage)
<i>Date of Publication</i>	
2011-2017	85 (62%)
2005-2010	48 (35)
<2005	5 (4)
<i>Continent^{a,b}</i>	
Africa	2 (1)
Asia	18 (13)
Australasia ^c	9 (7)
Central/South America ^d	1 (1)
North America ^e	49 (36)
Europe ^f	60 (43)
<i>Quality Assessment^b</i>	
4 stars	66 (48)
3 stars	59 (43)

	2 stars	13 (9)
<i>Study Design^{a,b}</i>		
	Cohort	44 (32)
	Cross-sectional	5 (4)
	Mixed method	4 (3)
	Qualitative	4 (3)
	Quasi-experimental	23 (17)
	Randomized control trial	63 (46)
	Other ^g	3 (2)
<i>Theories of Behaviour Change Used^a</i>		
	The Behaviour Change Approach	2 (1)
	The Community Organization Approach	2 (1)
	Goal-Systems Theory	1 (1)
	Health Belief Model	1 (1)
	Innovation-Diffusion Theory	3 (2)
	Integrated Theory of Behaviour Change	1 (1)
	Self-Regulation Theory	2 (1)

Social Cognitive Theory	8 (6)
Social-Ecological Theory	5 (4)
Social Learning Theory	6 (4)
Theory of Planned Behaviour	5 (4)
Transtheoretical Model	16 (12)

^a Total count sums to >138 as studies can fall into more than one category

^b Due to rounding, total percentages do not equal 100

^c China, India, Iran, Korea, Turkey, United Arab Emirates, Indonesia, Sri Lanka, Vietnam, Japan, Malaysia, Taiwan, Pakistan, Singapore, and Uzbekistan

^d Brazil ,Paraguay

^e Canada, Mexico, United States

^f Denmark, Finland, Italy, Netherlands, Spain, Sweden, United Kingdom, France, Poland, Sweden, Croatia, Lithuania, Belgium, Greece, Portugal, Norway, Malta, Switzerland

^g Case-control, case-study

Table 2: *Characteristics of Interventions with Statistically Significant Smoking Cessation Outcomes^a*

Article	Location	Context - Setting	Target population	Type of prevention	Activities used in intervention	Mechanisms used in intervention
3 Behaviour Changes Targeted – ALCOHOL, PHYSICAL ACTIVITY, SMOKING						
Wang et al.,	Asia	Community Setting	Adults with metabolic	Secondary	Education	Capability

2015 [148]		Rural Region	syndrome		Group Interactions Tailored Feedback	Motivation Opportunity
Mastrangelo et al., 2015 [149]	Europe	Workplace Intervention	Adult/elderly male employees	Primary and Secondary	Counselling Education	Capability Motivation
Jelinek et al., 2014 [69]	Australia	Low Socio-Economic Status	Adult/elderly cardiovascular patients	Secondary	Counselling Tailored Feedback	Capability Opportunity
Saltychev et al., 2012 [150]	Europe	Clinical Setting Workplace Intervention	Adult employees	Primary	Group Interactions	Capability Motivation
Kim et al., 2016 [72]	North America	N/A	Adult/elderly cardiovascular patients	Secondary	Education Social Support	Capability Opportunity
3 Behaviour Changes Targeted – ALCOHOL, DIET, SMOKING						
Lopez et al., 2007 [102]	Europe	Clinical Setting	Adult patients attending primary care centers who have a first or second-degree relative affected by cancer.	Primary	Counselling Education Tailored Feedback	Capability Motivation

3 Behaviour Changes Targeted – ALCOHOL, SMOKING, STRESS						
Laaksonen et al., 2013 [151]	Europe	Clinical Setting	Adults	Secondary	Education Incentives Tailored Feedback Pharmacological Support	Capability Motivation Opportunity
3 Behaviours Changes Targeted – DIET, PHYSICAL ACTIVITY, SMOKING						
Gomez-Pardo et al., 2016 [74]	Europe	N/A	Adults with at least 1 cardiovascular risk factor	Primary	Community Organization Education Group Interactions Social Support	Capability Opportunity
Ofori et al., 2015 [78]	Europe	Clinical Setting	Adult/elderly cardiovascular patients	Primary and Secondary	Counselling Education Group	Capability Motivation Opportunity

					Interactions Motivational Interviewing Pharmacological Support Social support Tailored Feedback	
Saraf et al., 2015 [84]	Asia	Rural Region School Intervention	Adolescent students	Primary	Community Organization Education Incentives Social Support	Capability Motivation Opportunity
Eckman et al., 2012 [152]	North America	Clinical Setting	Adult/elderly cardiovascular patients	Secondary	Education	Capability
Ruffin et al., 2011 [107]	North America	Clinical Setting	Adults in the general public	Primary	Tailored Feedback	Motivation

O'Brien et al., 2010 [153]	North America	Community Setting School Intervention	Adolescent students	Primary	Community Organization Counselling Education	Capability Opportunity
Wendel-Vos et al., 2009 [154]	Europe	Community Setting Low Socio-Economic Status	Adults in the general public	Primary	Education Group Interactions Mass Media Campaigns	Capability Opportunity
Plescia et al., 2008 [81]	North America	Clinical Setting Community Setting	Adult/elderly urban, African American community.	Primary	Community Organization Education Group Interaction Mass Media Campaigns	Capability Opportunity
Schumacher et al., 2006 [155]	Europe	Clinical Setting	Adult/elderly cardiovascular patients	Secondary	Counselling	Capability

					Education Group Interactions	Opportunity
Becker et al., 2005 [77]	North America	Community Setting	African American adult siblings of individuals hospitalized for coronary heart disease	Primary	Counseling Incentives Pharmacological Support	Capability Motivation Opportunity
Friesen et al., 2010 [156]	North America	Community Setting School Intervention Workplace Intervention Rural Region	Adults/elderly from general public	Primary	Community Organization Education Group Interactions Mass Media Campaigns	Capability Opportunity
Shalaeva et al., 2017 [67]	Asia	Clinical Setting	Adult/elderly type 2 diabetes patients having undergone trans-femoral amputation (TFA)	Secondary	Education Incentives Tailored Feedback	Capability Opportunity
Monteagudo et al., 2013 [157]	Europe	Clinical Setting	Adult/elderly patients with	Secondary	Counselling	Capability

			COPD		Education Motivational Interviewing	Motivation Opportunity
Arikan et al., 2011 [158]	Asia	Rural Region	Adults from general public	Primary	Education Tailored Feedback	Capability
Richardson et al., 2008 [159]	Europe	Community Setting	Adults from general public	Primary	Education Tailored Feedback	Capability Opportunity
Naser et al., 2008 [103]	Asia	Clinical Setting	Adult cardiovascular patients	Secondary	Counselling Education Tailored Feedback	Capability Motivation
Smith et al., 2007 [160]	Europe	Clinical Setting	Adults with severe mental illness	Secondary	Education Group Interactions	Capability Opportunity

Dendana et al., 2017 [73]	Africa	School Intervention	Adolescent students	Primary	Education Group Interaction Opinion Leaders	Capability Opportunity
Gamble et al., 2012 [161]	North America	Clinical Setting Community Setting	Adult/elderly high-risk type 2 diabetic patients with hypertension and/or albuminuria	Tertiary	Tailored Feedback	Capability
Sadeghi et al., 2011 [162]	Asia	Community Setting	Adult/elderly females from general public	Primary	Education Mass Media Campaign	Capability Opportunity
Lando et al., 1995 [163]	North America	Community Setting Workplace Intervention	Adult/elderly from general public	Primary	Community Organization Education Mass Media Campaign Social Support Tailored	Capability Motivation Opportunity

					Feedback	
Farquhar et al., 1990 [41]	North America	Community Setting School Intervention	Adults from general public	Primary	Education Incentives	Capability Motivation
3 Behaviours Changes Targeted – PHYSICAL ACTIVITY, SMOKING, STRESS						
Baker et al., 2015 [12]	Europe	Clinical Setting	Adult/elderly cardiovascular patients	Secondary Prevention	Counselling	Capability
4 Behaviours Changes Targeted – ALCOHOL, DIET, PHYSICAL ACTIVITY, SMOKING						
Xavier et al., 2016 [71]	Asia	Clinical Setting	Adult/elderly cardiovascular patients	Secondary	Counselling Education	Capability Opportunity
Shin et al., 2015 [164]	Asia	N/A	Patients with diabetes	Secondary	Education	Capability
Van Den Wijngaart et al., 2015 [108]	Europe	Clinical Setting	Adult/elderly cardiovascular patients	Secondary	Motivational Interviewing Tailored Feedback	Motivation
Schulz et al., 2014 [165]	Europe	N/A	Adults from general public	Primary	Education Tailored feedback	Capability Motivation
Busch et al., 2013 [166]	Europe	School Intervention	Adolescent students	Primary	Education	Capability

					Group Interactions	Motivation Opportunity
Fernald et al., 2012 [167]	North America	Clinical Settings	Adults from general public	Primary	Community Organization Counselling Education	Capability Opportunity
Tobari et al., 2010 [104]	Asia	Clinical Settings Community Settings	Adults/elderly cardiovascular patients	Secondary	Counselling Education Tailored Feedback	Capability
Holtrop et al., 2008 [76]	North America	Clinical Setting	Adults from general public	Primary	Counselling Education Motivational Interviewing Tailored Feedback	Capability Motivation Opportunity
Frank et al., 2007 [82]	North America	School Intervention	Adult students	Primary	Counselling	Capability

					Education	Opportunity
Cox et al., 2005 [168]	North America	Clinical Setting	Adult cancer patients	Tertiary	Counselling Education	Capability Motivation
Wills et al., 2017 [169]	Europe	School Intervention	Adult students	Primary	Education	Capability
Dale et al., 2016 [170]	Europe	School Intervention	Disadvantaged adults/adoles- cents	Primary	Counselling Group Interactions Motivational Interviewing Social Support Tailored Feedback	Capability Motivation
Zhou et al., 2010 [171]	Asia	Rural Region	Rural Chinese, Asian/Pacific Islander adult/elderly	Primary and Secondary	Counselling Motivational Interviewing Social	Capability Motivation Opportunity

					Support Tailored Feedback	
Kadda et al., 2016 [172]	Europe	Clinical Setting	Adult/elderly cardiovascular patients	Tertiary	Counselling Education Social Support	Capability Motivation Opportunity
Chander et al., 2013 [173]	Asia	Clinical Setting Low Socio-Economic Status	Adult/elderly cardiovascular patients with diabetes	Secondary	Counselling Education Group Interactions	Capability
Schilling et al., 2005 [174]	Europe	Workplace Intervention	Adult employees	Primary	Education Tailored Feedback	Capability
4 Behaviours Changes Targeted – DIET, PHYSICAL ACTIVITY, SMOKING, STRESS						
Park et al., 2015 [175]	Asia	N/A	Asian/Pacific Islanders adult/elderly cardiovascular patients	Secondary	Counselling Education	Capability Motivation

					Incentives Social Support	Opportunity
Gibson et al., 2014 [70]	Europe	Community Setting	Adults with diabetes and 2 other risk factors (smoking, hypertension or dyslipidaemia)	Secondary	Education Group Interaction Motivational Interviewing Social Support Tailored Feedback Pharmacological Support	Capability Motivation Opportunity
Siddiqui et al., 2012 [176]	Europe	Workplace Intervention	Adult employees	Primary	Counselling Incentives Motivational Interviewing	Capability Opportunity

Clouse et al., 2012 [177]	North America	Community Setting Prison/Jail	Adult incarcerated males (residents of a correctional substance abuse program)	Primary	Community Organization Education Group Interactions Opinion Leaders Mass Media Campaigns	Capability Motivation Opportunity
Jolly et al., 2007 [83]	Europe	Clinical Setting Low Socio- Economic Status	Adult/elderly cardiovascular patients	Secondary	Counselling Education	Capability Motivation Opportunity
Long et al., 2010 [66]	North America	Workplace Intervention	Adult employees	Primary	Counselling Education Group Interactions Incentives Pharmacolo-	Capability Motivation Opportunity

					<p>gical Support</p> <p>Opinion Leaders</p> <p>Tailored Feedback</p>	
Niederhauser et al., 2005 [178]	North America	Community Setting`	Active duty infantry soldiers and their spouses	Primary	<p>Community Organization</p> <p>Counselling</p> <p>Education</p> <p>Incentives</p>	<p>Capability</p> <p>Motivation</p> <p>Opportunity</p>
White et al., 2015 [105]	North America	Workplace Intervention	Adult employees	Primary	<p>Counselling</p> <p>Education</p> <p>Tailored Feedback</p>	<p>Capability</p> <p>Motivation</p>
Chaves et al., 2015 [179]	Central America /South America /Caribbean	Clinical Setting	Adult/elderly from general public	Primary and Secondary	<p>Counselling</p> <p>Education</p> <p>Social Support</p>	<p>Capability</p>

Kelishadi et al., 2011 [180]	Asia	Clinical setting Community Setting School Intervention	Adults from general public	Primary and Secondary	Community Organization Education Mass Media Campaigns Opinion Leaders	Capability Opportunity
Puska et al., 1985 [40]	Europe	Clinical Setting Community Setting School Intervention	Adults from general public	Primary	Community Organization Education Mass Media Campaigns Opinion Leaders Social Support	Capability Motivation Opportunity
5 Behaviours Changes Targeted– ALCOHOL, DIET, PHYSICAL ACTIVITY, SMOKING, STRESS						
Baker et al., 2009 [75]	Australia	N/A	Adult smokers with non-acute psychiatric disorders	Primary	Counselling Education	Capability Motivation

					Incentives Motivational Interviewing Pharmacological Support Tailored Feedback	Opportunity
Byrne et al., 2011 [181]	North America	Workplace Intervention	Adult/elderly employees	Primary	Community Organization Counselling Education Group Interactions Incentives Tailored Feedback	Capability Motivation Opportunity
Henke et al., 2011 [65]	North America	Workplace Intervention	Adult employees	Primary	Community Organization Incentives	Capability Motivation

					Tailored Feedback	Opportunity
Goetzel et al., 2014 [182]	North America	Workplace Intervention	Adult employees	Primary	Community Organization Counselling Education Tailored Feedback	Capability Motivation
6 Behaviours Changes Targeted – ALCOHOL, DIET, PHYSICAL ACTIVITY, SLEEP, SMOKING, STRESS						
Kuehl et al., 2016 [68]	North America	Workplace Intervention	Adult employees	Primary	Education Group Interactions Social Support	Capability Motivation Opportunity

^a N/A stands for not available. There was no information available from the article for the specific category.

Table 3: *Interventions with a Four Star Quality Rating and Statistical Analyses That Reported Using “Opportunity”.*

Mechanism ^a	Total number of interventions using the C-M-O	Number of interventions using the C-M-O that report improvement in smoking
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		cessation outcome
CONTEXT		
NORTH AMERICA		
Opportunity	11 [60, 61, 65, 66, 68, 72, 76, 77, 81, 82, 85]	8 (73%) [65, 66, 68, 72, 76, 77, 81, 82]
Opportunity – Access	7 [60, 65, 66, 76, 77, 81, 82]	6 (86%) [65, 66, 76, 77, 81, 82]
Opportunity – Changing Physical and/or Social Environment	6 [61, 65, 66, 68, 81, 82]	5 (83%) [65, 66, 68, 81, 82]
Opportunity – Social Support	6 [60, 65, 66, 68, 72, 76]	5 (83%) [65, 66, 68, 72, 76]
ASIA		
Opportunity – Social Support	3 [67, 71, 80]	2 (67%) [67, 71]
CLINICAL SETTING		
Opportunity – Access	3 [76, 81, 83]	3 (100%) [76, 81, 83]
COMMUNITY BASED CARE		

Opportunity	5 [40, 60, 70, 77, 81]	4 (80%) [40, 70, 77, 81]
Opportunity – Access	4 [60, 70, 77, 81]	3 (75%) [70, 77, 81]
WORKPLACE		
Opportunity – Access	3 [62, 65, 66]	2 (67%) [65, 66]
Opportunity – Social Support	3 [65, 66, 68]	3 (100%) [65, 66, 68]
SCHOOLS		
Opportunity	4 [40, 73, 82, 84]	4 (100%) [40, 73, 82, 84]
Opportunity – Changing Physical and/or Social Environment	4 [40, 73, 82, 84]	4 (100%) [40, 73, 82, 84]
TARGET POPULATION		
PRIMARY PREVENTION		
Opportunity	20 [40, 56, 58, 59, 61, 62, 65, 66, 68,	13 (65%) [40, 65, 66, 68, 73-78, 81, 82,

	73-79, 81, 82, 84, 86]	84]
Opportunity – Access	8 [62, 65, 66, 76, 77, 81, 82, 84]	7 (88%) [65, 66, 76, 77, 81, 82, 84]
Opportunity - Changing Physical and/or Social Environment	11 [40, 59, 61, 62, 65, 66, 68, 73, 81, 82, 84]	8 (73%) [40, 65, 66, 68, 73, 81, 82, 84]
Opportunity – Social Support	9 [65, 66, 68, 74-76, 78, 79, 86]	7 (78%) [65, 66, 68, 74-76, 78]
SECONDARY PREVENTION		
Opportunity – Access	4 [60, 69, 70, 83]	3 (75%) [69, 70, 83]
TYPE OF MODIFIABLE RISK BEHAVIOUR INTERVENTION ADDRESSED^b		
ALCOHOL		
Opportunity	13 [56, 58-60, 63, 65, 68, 69, 71, 72, 75, 76, 82]	8 (62%) [65, 68, 69, 71, 72, 75, 76, 82]
Opportunity – Access	5 [60, 65, 69, 76, 82]	4 (80%) [65, 69, 76, 82]

Opportunity – Changing Physical and/or Social Environment	4 [59, 65, 68, 82]	3 (75%) [65, 68, 82]
Opportunity – Social Support	7 [60, 65, 68, 71, 72, 75, 76]	6 (86%) [65, 68, 71, 72, 75, 76]
DIET		
Opportunity – Access	11 [60, 62, 65, 66, 70, 76, 77, 81-84]	9 (82%) [65, 66, 70, 76, 77, 81-84]
Opportunity – Changing Physical and/or Social Environment	11 [40, 59, 61, 62, 65, 66, 68, 73, 81, 82, 84]	8 (73%) [40, 65, 66, 68, 73, 81, 82, 84]
Opportunity – Social Support	14 [60, 64-68, 71, 74-76, 78-80, 86]	9 (64%) [65-68, 71, 74-76, 78]
PHYSICAL ACTIVITY		
Opportunity – Access	12 [60, 62, 65, 66, 69, 70, 76, 77, 81-84]	10 (83%) [65, 66, 69, 70, 76, 77, 81-84]
Opportunity – Changing Physical and/or Social Environment	11 [40, 59, 61, 62, 65, 66, 68, 73, 81, 82, 84]	8 (73%) [40, 65, 66, 68, 73, 81, 82, 84]
Opportunity – Social Support	15 [60, 64-68, 71, 72, 74-76, 78-80,	10 (67%)

	86]	[65-68, 71, 72, 74-76, 78]
STRESS		
Opportunity	10 [40, 59, 60, 65, 66, 68, 70, 75, 83, 85]	7 (70%) [40, 65, 66, 68, 70, 75, 83]
Opportunity – Access	5 [60, 65, 66, 70, 83]	4 (80%) [65, 66, 70, 83]
Opportunity – Changing Physical and/or Social Environment	5 [40, 59, 65, 66, 68]	4 (80%) [40, 65, 66, 68]
Opportunity – Social Support	5 [60, 65, 66, 68, 75]	4 (80%) [65, 66, 68, 75]
NUMBER OF MODIFIABLE RISK BEHAVIOURS		
3 BEHAVIOURS		
Opportunity – Access	5 [62, 69, 77, 81, 84]	4 (80%) [69, 77, 81, 84]
Opportunity – Changing Physical and/or Social Environment	5 [61, 62, 73, 81, 84]	3 (60%) [73, 81, 84]
4 BEHAVIOURS		
Opportunity	11	7 (64%)

	[40, 56, 58, 63, 66, 70, 71, 76, 82, 83, 85]	[40, 66, 70, 71, 76, 82, 83]
Opportunity – Access	5 [66, 70, 76, 82, 83]	5 (100%) [66, 70, 76, 82, 83]
Opportunity – Changing Physical and/or Social Environment	3 [40, 66, 82]	3 (100%) [40, 66, 82]
Opportunity – Social Support	3 [66, 71, 76]	3 (100%) [66, 71, 76]
5 BEHAVIOURS		
Opportunity – Social Support	3 [60, 65, 75]	2 (67%) [65, 75]

^a The mechanisms within these interventions may not be exclusively for addressing smoking behaviour. It could be part of the overall intervention or for other risk behaviours within that intervention.

^b This category examines interventions that include the specific risk behaviour (i.e. alcohol) as one of the targeted behaviours.

Table 4: *Interventions with a Four Star Quality Rating and Statistical Analyses That Reported Using “Capability”.*

Mechanism ^a	Total number of interventions using the C-M-O	Number of interventions using the C-M-O that report improvement in smoking cessation outcome
CONTEXT		
NORTH AMERICA		
Capability - Empowerment	3 [65, 97, 99]	1 (33%) [65]
EUROPE		
Capability	19 [40, 56-58, 64, 70, 74, 78, 79, 83, 86, 88-92, 94, 95, 102]	6 (32%) [40, 70, 74, 78, 83, 102]
Capability - Beliefs about Interventions	3 [64, 89, 90]	0 (0%)
Capability- Capacity to Plan	14 [40, 56, 57, 64, 74, 78, 79, 83, 86, 88, 90, 92, 95, 102]	5 (36%) [40, 74, 78, 83, 102]
Capability- Empowerment	6 [74, 79, 90, 92, 94, 95]	1 (17%) [74]
Capability - Enhance Knowledge and Skills of Individual	18 [40, 56-58, 70, 74, 78, 79, 83, 86, 88-92, 94, 95, 102]	6 (33%) [40, 70, 74, 78, 83, 102]
ASIA		

Capability	8 [59, 63, 67, 71, 80, 84, 103, 104]	5 (63%) [67, 71, 84, 103, 104]
Capability - Capacity to Plan	5 [63, 71, 80, 103, 104]	3 (60%) [71, 103, 104]
Capability - Enhance Knowledge and Skills of Individual	8 [59, 63, 67, 71, 80, 84, 103, 104]	5 (63%) [67, 71, 84, 103, 104]
AUSTRALASIA		
Capability	5 [12, 69, 75, 87, 98]	2 (40%) [69, 75]
Capability - Capacity to Plan	4 [12, 75, 87, 98]	1 (25%) [75]
CLINICAL SETTING		
Capability	27 [12, 40, 43, 57, 58, 64, 67, 71, 76, 78-81, 83, 85, 86, 89, 91-95, 99, 100, 102-104]	10 (37%) [40, 67, 71, 76, 78, 81, 83, 102-104]
Capability – Beliefs about Intervention	3 [64, 71, 89]	1 (33%) [71]
Capability – Capacity to Plan	20 [12, 40, 43, 57, 64, 71, 76, 78-80, 83, 86, 92, 93, 95, 99, 100, 102-104]	8 (40%) [40, 71, 76, 78, 83, 102-104]
Capability -	7	2 (29%)

Empowerment	[67, 71, 79, 92, 94, 95, 99]	[67, 71]
COMMUNITY BASED CARE		
Capability	7 [40, 60, 70, 77, 81, 100, 104]	5 (71%) [40, 70, 77, 81, 104]
Capability - Capacity to Plan	5 [40, 60, 77, 100, 104]	3 (60%) [40, 77, 104]
Capability - Enhance Knowledge and Skills of individual	6 [40, 60, 70, 77, 81, 104]	5 (83%) [40, 70, 77, 81, 104]
WORKPLACE		
Capability - Capacity to Plan	4 [65, 66, 68, 97]	3 (75%) [65, 66, 68]
SCHOOLS		
Capability	5 [40, 73, 82, 84, 90]	4 (80%) [40, 73, 82, 84]
Capability – Capacity to Plan	3 [40, 82, 90]	2 (67%) [40, 82]
Capability – Enhance Knowledge and Skills of Individual	5 [40, 73, 82, 84, 90]	4 (80%) [40, 73, 82, 84]
TARGET POPULATION		
SECONDARY PREVENTION		
Capability – Capacity to Plan	15 [60, 63, 71, 72, 78, 80, 83, 86-88,	6 (40%) [71, 72, 78, 83, 103, 104]

	92, 93, 99, 103, 104]	
Capability – Empowerment	5 [67, 71, 92, 94, 99]	2 (40%) [67, 71]
PROFESSION		
MULTI-DISCIPLINARY TEAM		
Capability – Capacity to Plan	10 [40, 57, 72, 76-79, 99, 103, 104]	7 (70%) [40, 72, 76-78, 103, 104]
Capability – Enhance Knowledge and Skills of Individual	13 [40, 57, 61, 62, 70, 72, 76-79, 89, 103, 104]	8 (62%) [40, 70, 72, 76-78, 103, 104]
TYPE OF MODIFIABLE RISK BEHAVIOURS INTERVENTION ADDRESSED ^b		
ALCOHOL		
Capability - Beliefs about Interventions	3 [71, 89, 90]	1 (33%) [71]
Capability - Empowerment	5 [65, 71, 75, 90, 94]	3 (60%) [65, 71, 75]
DIET		
Capability - Beliefs about Interventions	4 [64, 71, 89, 90]	1 (25%) [71]
PHYSICAL ACTIVITY		
Capability - Beliefs	4	1 (25%)

about Interventions	[64, 71, 89, 90]	[71]
STRESS		
Capability - Capacity to Plan	10 [40, 60, 65, 66, 68, 75, 83, 87, 96, 97]	6 (60%) [40, 65, 66, 68, 75, 83]
Capability - Empowerment	3 [65, 75, 97]	2 (67%) [65, 75]
NUMBER OF MODIFIABLE RISK BEHAVIOURS		
3 BEHAVIOURS		
Capability - Capacity to Plan	19 [12, 57, 64, 72, 74, 77-80, 86, 88, 92, 93, 95, 96, 99, 100, 102, 103]	6 (32%) [72, 74, 77, 78, 102, 103]
Capability - Empowerment	7 [67, 74, 79, 92, 94, 95, 99]	2 (29%) [67, 74]
4 BEHAVIOURS		
Capability – Beliefs about Intervention	3 [71, 89, 90]	1 (33%) [71]
5 BEHAVIOURS		
Capability	7 [59, 60, 65, 75, 87, 91, 97]	2 (29%) [65, 75]
Capability – Capacity to Plan	5 [60, 65, 75, 87, 97]	2 (40%) [65, 75]

Capability – Empowerment	3 [65, 75, 97]	2 (67%) [65, 75]
Capability - Enhance Knowledge and Skills of Individual	6 [59, 60, 75, 87, 91, 97]	1 (17%) [75]

^a The mechanisms within these interventions may not be exclusively for addressing smoking behaviour. It could be part of the overall intervention or for other risk behaviours within that intervention.

^b This category examines interventions that include the specific risk behaviour (i.e. alcohol) as one of the targeted behaviours.