Appendix 1: A diagram representing the survey variables mapped to the three pillars of the Social Cognitive Theory

- **Cognitive Factors (Personal Factors)**
  - Knowledge, Expectations, Attitudes
    - Age (Q1)
    - Gender (Q2)
    - Baseline BMI (Q3,5)
    - Education (Q13)
    - PHQ-2 (Q30)
    - GAD-2 (Q31)
    - Information Seeking (Q22)
    - Crowding index (Q11,12)

- **Behavioral Factors**
  - GSES (Q32)
  - Alcohol intake (Q43)
  - Smoking (Q39)
  - Exercise (Q37)
  - Eating Scale (stratified into overeating/binge eating, unbalanced food pattern, high fat and calorie diet, dietary impulse pattern) (Q36)

- **Environmental Factors**
  - Social norms, access in community, ability to change environment
  - Mode of Work/Study (Q18)
  - Close Grocery (Q49)
  - Availability of home cooked meals (Q33)
  - Available Space to Walk (Q48)