**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 (O11 12)

Human

**Behavior** 

## **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)

## Behavioral Factors (Skills, practice, self efficacy) - 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)