Intervention

**Working mechanisms (mediators):**
- Self-regulation skills: goal setting, action and coping planning, monitoring (T0, T2, T3)
- Self-efficacy (T0, T2, T3)
- Intention (T0, T2, T3)

**Behavioral outcomes:**
- Physical activity (T0, T2, T3)
- Dietary intake (T0, T2, T3)

**Health outcomes:**
- Body weight and BMI (T0, T2, T3)

**Moderators:**
- Demographic characteristics (T0, T2, T3)
- Information processing style (T0, T2, T3)
- Self-efficacy (T0, T2, T3)
- Intention (T0, T2, T3)
- Program appreciation (T1, T2)
- Action planning (T1)
- Intervention use (T1)
- Media preference (T0)
- Perceived body image (T0)