Baseline measurement (T0)

Randomization

Control group

Basic intervention group

Plus intervention group

1-month post-intervention (T1)

- Background characteristics
- Primary outcome measures
- Secondary outcome measures
- Mediating variables

4-months post-intervention (T2)

- Primary outcome measures
- Secondary outcome measures
- Mediating variables (except habit, self-control and self-regulation)
- Process measures

9-months post-intervention (T3)

- Primary outcome measures
- Secondary outcome measures