

Appendix 2: TDF Domains and Their Definitions

Domain	Definition
Knowledge	An awareness of the existence of something.
Skills	An ability or proficiency acquired through practice.
Social/professional role and identity	A coherent set of behaviours and displayed personal qualities of an individual in a social or work setting.
Beliefs about capabilities	Acceptance of the truth, reality, or validity about an ability, talent, or facility that a person can put to constructive use.
Optimism	The confidence that things will happen for the best or that desired goals will be attained.
Beliefs about consequences	Acceptance of the truth, reality or validity about outcomes of a behaviour in a given situation.
Reinforcement	Increasing the probability of a response by arranging a dependent relationship, or contingency, between the response and a given stimulus.
Intentions	A conscious decision to perform a behaviour or a resolve to act in a certain way.
Goals	Mental representations of outcomes or end states that an individual wants to achieve.
Memory, attention, and decision processes	The ability to retain information, focus selectively on aspects of the environment and choose between two or more alternatives.
Environmental context and resources	Any circumstance of a person's situation or environment that discourages or encourages the development of skills and abilities, independence, social competence, and adaptive behaviour.
Social influences	Those interpersonal processes that can cause individuals to change their thoughts, feelings, or behaviours.
Emotion	A complex reaction pattern, involving experiential, behavioural, and physiological elements, by which the individual attempts to deal with a personally significant matter or event.
Behavioural regulation	Anything aimed at managing or changing objectively observed or measured actions.

* Reproduced from [6]