**Online resource 4**

**Fig 1.** Examples of forms, used to guide the Participatory Approach

| Form 3 | Form 4 |
|--------|--------|
| **Barriers for exerting self-control?** | **What are possible solutions?** |
| **Barrier 1** | **Barrier 1** |
| Causes | Solutions | Feasibility? |
| **Barrier 2** | **Barrier 2** |
| Causes | Solutions | Feasibility? |
| **Barrier 3** | | |