

Additional file 4. Fidelity assessment of planning interventions

| Study (Author, published year) | Fidelity assessment item | | | | |
|--------------------------------|---|--|--|--|--|
| | Treatment delivery (Is there any description of standardized procedure of planning intervention?) | Study design (Was there any auxiliary means for participants making qualified action plans?) | Provider training (Is there any description about standard training for intervention provider) | Enactment of Treatment skills (Was the action plan made by participant measured or documented) | Treatment receipt (Was the quality of action plans made by participant ensured or reviewed?) |
| Almeida et al. 2015 | Yes | Yes | Online session | No | No |
| Armitage et al. | Yes | Yes | Online session | No | Yes |
| Armitage et al. | Yes | Yes | Online session | No | Yes |
| Ayre et al. 2020 | Yes | Yes | No | Yes | Yes |
| Bélanger-Gravel et al. 2013 | Yes | No | No | Yes | Yes |
| Boekhout et al. | Yes | Yes | Online session | No | No |
| Breslin et al. 2019 | Yes | Yes | No | No | Yes |
| Broekhuizen et al. 2012 | Yes | No | Online session | Yes | No |
| Cheung et al. 2017 | Yes | No | No | Yes | No |
| de Freitas Agondi et al. 2014 | Yes | Yes | No | No | No |
| Dombrowski et al. 2016 | Yes | Yes | No | Yes | No |
| Duan et al. 2018 | No | Yes | Online session | Yes | No |
| Fleig et al. 2011 | No | No | No | Yes | No |
| Göhner et al. 2012 | No | No | No | Yes | No |
| Groeneveld et al. 2011 | No | No | No | No | No |
| Hayes et al. 2020 | Yes | Yes | No | No | Yes |
| Helena et al. 2014 | Yes | No | No | Yes | No |
| Jackson et al. 2005 | Yes | Yes | No | No | No |
| Janssen et al. 2014 | No | No | No | No | No |
| Kim et al. 2019 | No | Yes | No | No | No |
| Leung et al. 2019 | Yes | No | No | No | No |

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|---------------------------------------|---|--|--|--|--|
| Luszczynska 2006 | Yes | Yes | No | Yes | Yes |
| Luszczynska, Scholz et al. 2007 | Yes | Yes | No | No | Yes |
| Luszczynska, Sobczyk et al. 2007 | Yes | Yes | No | Yes | Yes |
| Obara-Golebiowska et al. 2015 | Yes | No | No | No | Yes |
| Rodrigues et al. 2013 | Yes | No | No | No | Yes |
| Rodgers et al. 2014 | Yes | Yes | No | No | No |
| Scholz et al. 2007 | Yes | Yes | Yes | Yes | Yes |
| Scholz et al. 2013 | Yes | Yes | Yes | Yes | Yes |
| Sniehotta et al. | Yes | Yes | No | Yes | Yes |
| Sniehotta et al. | Yes | Yes | Yes | No | Yes |
| Sniehotta et al. | No | Yes | No | Yes | Yes |
| Soureti et al. 2011a | Yes | Yes | Online session | Yes | Yes |
| Soureti et al. 2011b | Yes | Yes | Online session | Yes | Yes |
| Stevens et al. 2001 | No | No | No | No | No |
| Ströbl et al. 2013 | Yes | Yes | Yes | No | Yes |
| Svetkey et al. 2008 | Yes | Yes | No | No | Yes |
| Thoolen et al. 2009 | Yes | Yes | No | No | Yes |
| van Genugten et al. 2014 | Yes | Yes | Online session | Yes | No |
| Vinkers et al. 2014 | Yes | Yes | Yes | No | Yes |
| Wilczynska et al. 2019 | Yes | Yes | No | Yes | No |
| Wooldridge et al. 2019 | Yes | Yes | No | No | Yes |
| Zakrisson et al. | Yes | No | Yes | No | Yes |
| Zandstra et al. 2010 | Yes | Yes | No | No | No |

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|---------------------------------------|---|--|--|--|--|
| Silva et al. 2020 | Yes | Yes | No | No | Yes |
| Christiansen et al. 2010 | Yes | Yes | No | No | Yes |
| Gagnon-Girouard et al. 2010 | No | No | No | No | No |
| Richardson et al. 2012 | Yes | Yes | Yes | Yes | No |
| Miller et al. 2016 | Yes | No | No | Yes | Yes |
| Kwasnicka et al. 2020 | Yes | No | Yes | Yes | Yes |
| Kivelä et al. 2020 | Yes | Yes | Yes | No | No |
| Osborn et al. 2018 | No | No | Yes | Yes | No |