

## Multimedia Appendix 2

### TIDieR checklist for the mISkin mobile-phone intervention.

TIDieR checklist item	mISkin intervention
<b>What</b>	<p><i>Mobile phone app features:</i></p> <ol style="list-style-type: none"> <li>1. 'My skin': Skin sensitivity questionnaire with general feedback on skin type;</li> <li>2. 'How to be sun smart': short videos on sun-protection recommendations, information on consequences of unprotected sun-exposure, and appearance-related concerns (e.g. UV photos).</li> <li>3. 'Sun safety quiz': a game with questions about sun-protection and tanning beliefs, with provision of immediate feedback that would provide information on general recommendations for sun-protection.</li> <li>4. 'Sun alert service': prompts about sun-protection, with a minimum of 2 per day and with the option to customize these prompts in accordance to participants wishes (e.g. times, frequency).</li> <li>5. Self-monitoring: assessment of sun-protection practices between 11am and 3pm if the person is outside (detected by the app) at least once a day (when UVR levels are 3 or above) and customizable by participant.</li> <li>6. UV levels forecast with indication of the most effective protection behaviour.</li> </ol>
<b>Who delivered</b>	The face-to-face installation of the app session was delivered by a researcher (AR). The remaining intervention was automated.
<b>How</b>	Automated via the app/phone.
<b>Where</b>	A face-to-face session with the researcher (AR) in location of participants' convenience. Then solely app-based delivery.
<b>When and How much</b>	Holiday period intervention. The initial face-to-face session with the researcher (AR) was conducted in a 15-minute appointment slot. The information on the app was delivered daily.
<b>Tailoring</b>	Every intervention participant received personalised feedback from the skin type assessment submitted via the app.
<b>Fidelity</b>	Fidelity was assessed by exploring app usage.
<b>Included BCTs from CALO-RE taxonomy<sup>30</sup></b>	<p>Provide information on consequences of unprotected sun-exposure to the individual according to skin type;</p> <p>Provide information on consequences of behaviour in general;</p> <p>Provide information on where and when to perform the behaviour;</p> <p>Provide instructions on how to perform the behaviour;</p> <p>Model/demonstrate the behaviour;</p> <p>Appearance-based fear appeals;</p> <p>Provide feedback on performance;</p> <p>Provide information about others' approval;</p> <p>Provide normative information about others' behaviour;</p> <p>Facilitate social comparison;</p> <p>Prompt practice;</p> <p>Prompt self-monitoring of the behaviour;</p> <p>Prompt self-monitoring of the outcome of the behaviour.</p>