

Multimedia Appendix 4. Main findings for secondary outcomes with descriptive data.

Table 2. Descriptive statistics of outcomes and process measures by allocation at baseline and post holiday (N=42).

Descriptive statistics		Baseline (total sample)					Postholiday (total sample)				
		Frequencies, n (%)	Median	Interquartile range (IQR)	Minimum	Maximum	Frequencies, n (%)	Median	IQR	Minimum	Maximum
Skin damage (cycle threshold values)											
	mDNA ^a skin damage: nose	--	1.53 (N=34)	0.17	0.71	1.79	--	1.53 (N=33)	0.20	1.24	1.70
	mDNA skin damage: arm	--	1.46 (N=31)	0.20	1.21	1.68	--	1.52 (N=36)	0.26	1.26	1.83
Sunscreen use											
	Sunscreen weight (g)	--	477 (N=41)	4	460	711	--	324 (N=41)	147	74	470
	Residual sunscreen weight (g)	--	--	--	--	--	--	143 (N=41)	161	9	402
	Daily sunscreen use (no. of events)	--	--	--	--	--	--	6 (N=28)	6	0	10
Self-reported sun protection practices											
	Sun exposure weekdays (% ≥4 hours)	26 (68)	--	--	--	--	21 (76)	--	--	--	--
	Sun exposure weekends (% ≥4 hours)	28 (74)	--	--	--	--	20 (49)	--	--	--	--
	Sunscreen use (% often and always)	31 (82)	--	--	--	--	38 (93)	--	--	--	--
	T-shirt use (% often and always)	10 (26)	--	--	--	--	7 (17)	--	--	--	--
	Hat use (% often and always)	10 (26)	--	--	--	--	13 (32)	--	--	--	--

	Seek shade (% often and always)	5 (13)	--	--	--	--	12 (29)	--	--	--	--
	Sunglasses use (% often and always)	30 (79)	--	--	--	--	37 (90)	--	--	--	--
Number of sunburn (≥ 1)		19 (50)	--	--	--	--	14 (34)	--	--	--	--
Process variables^b											
	Intention to use sun protection	--	4.7 (n=38)	2.1	2.3	6.3	--	5.0 (n=41)	1.8	2.0	7.0
	Intention to suntan (mode)	--	7.0 (n=38)	4.0	1	7	--	5.0 (n=41)	4.0	1.0	7.0
Attitudes											
	Short-term, affective	--	5.3 (n=38)	2.7	3.0	7.0	--	5.0 (n=41)	2.2	1.0	7.0
	Short-term, rational	--	5.6 (n=38)	0.9	3.6	7.0	--	5.4 (n=41)	1.0	3.6	7.0
	Long-term	--	5.5 (n=38)	1.6	1.7	7.0	--	5.7 (n=41)	1.6	2.5	7.0
	Attitudes toward a tan	--	5.5 (n=38)	1.8	2.0	7.0	--	5.2 (n=41)	1.7	1.0	7.0
	Self-efficacy	--	5.3 (38)	1.2	3.6	6.9	--	5.8 (n=41)	1.1	4.0	7.0
	Social norms for sun protection	--	1.7 (n=38)	1.6	1.0	4.0	--	1.5 (n=41)	1.2	1.0	5.0
	Social norms for tanning	--	3.5 (n=38)	1.6	1.0	5.5	--	3.5 (n=41)	1.7	1.0	6.5
	Consideration of future consequences	--	3.0 (n=38)	0.6	1.8	4.0	--	--	--	--	--
	Consideration of immediate consequences	--	2.8 (n=38)	0.6	2.0	3.9	--	--	--	--	--
	Knowledge	--	--	--	--	--	--	2.2 (n=41)	0.5	1.7	3.0

^amDNA: mitochondrial deoxyribonucleic acid. ^bHigher scores indicate responses favoring sun protection behaviors (except for social norms for sun protection, where lower values indicate more favorable social norms for sun protection).