**Supplement 1: Consolidated Criteria for Reporting Qualitative Research (COREQ) guidelines.**

**Supplement 2: Semi-structured interview guide.**

1. In your opinion, what constitutes as healthy eating behaviour?

2. How would you describe your ability to regulate your eating behaviour?

3. Think of a time when you wanted to control your eating behaviour but failed to do so. What was/were the triggers? Are there any other triggers that cause you to give in to food temptations?

4. Out of these 27 pre-defined lapse triggers, which one applies to you?

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| **Lapse triggers**  |
| Date |
| Time |
| Temptation (e.g. advertisement, visual food availability) |
| LocationWork/schoolHome others |
| Presence of others |
| Affect |
| Sad |
| Bored/lonely |
| Angry/irritated |
| Stressed/anxious |
| Happy |
| Physiological state |
| Hungry |
| Full (satiety) |
| Tired |
| Warm |
| Cold |
| Availability of forbidden food |
| Special occasion (e.g. family dinner/birthday meal) |
| Alcohol consumption  |
| Tobacco consumption |
| Hours of sleep |
| Consideration of future consequences on weight loss |
| Confidence in resisting temptations |
| Activity while eating |
| Watching videos on TV or electronic devices |
| On social media |
| Working |
| Chatting (on phone messaging, call or in person) |
| Physical activities right before trigger event |

**Supplement 3: Subthemes, sub-categories and corresponding participant quotes of the theme “eating triggers”.**

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| **Subthemes**  | **Sub-categories** | **Participant quotes** |
| Activities  | Scrolling through social media | “Sometimes it’s just like a I see an advertisement online, or when watching Youtube, then I suddenly start to think about it, then I was like, ok I feel like eating it tomorrow or something like that. Then after that then you gian tio (tempted) right, then you will go to 24 hours supermarket and buy.” -P20, Male, 30, Chinese- |
|  | Watching shows on the television |  |
|  | Eating | “There used to be people telling me that you eat an apple, it will fill you, and you won’t want to eat. but I realised after eating apple, my appetite will get better.” -P13, Female, 39, Chinese- |
|  | Shopping  | “Sometimes when you are just like you know when you go shopping centre you see eh I have not been eating this for a long time, I just grab and just eat” -P7, Female, 34, Malay- |
|  | Special occasion  | “When there’s something new. and you know its for all of us. then I want to do it, I also want to try.” -P14, Female, 47, Indian- |
|  | Smoking cessation | “If I stop smoking, I’ll start to eat. I’ll start to snack” -P5, Female, 27, Chinese |
| Eating with family, friends and colleagues | - | “Probably with friends then of course we tend to eat a bit more more. When you go hawker centre and all that then you know eh let's buy one popiah and share, we buy one plate of char siew to share, you know everything's to share that of course, I end up eating more yeah because can share haha.” P11, Male, 36, Chinese“Normally we go out and order stuff, I will eat less than I normally eat because, if you splitting the bill then is like a bit, I a bit paiseh (embarrassed), so I will eat a bit less. Like if with my family then I will just eat like normal.” -P20, Male, 30, Chinese- |
| Provision of food by someone | - | “Because I have a helper, she's cooking, so you make her cook, then okay it's easy for somebody to cook dessert for you, so you just eat every day.” -P24, Female, 44, Indian- |
| Emotions | Feeling bored at home | “For me if I’m very bored then I might, like when I nothing to do, or suddenly my mouth itchy then I will feel like snacking and stuff like that.” -P20, Male, 30, Chinese-“If you don't get me engaged in something, then a lot of things will start to come into my head. Later want to eat what? Later got enough time to eat or not? Is there any like snacks to eat. Can I eat snacks? can I eat this? so a lot of things.” P12, Female, 29, Malay- |
|  | Feeling sad | “Because of the low mood and stuff, I just ended up spending a lot of time just, just eating. I just used to just eat my sadness away. I don't think it's a distraction, it is more of just, coz food makes you feel like, I guess it's the only thing in your control. Because you feel a bit like out of control. And so you can eat what you want. And be where you are at. I think that gives you a sense of control.” P21, Female, 26, Indian- |
|  | Feeling stressed | “I'll get like erm stressed over some things, or upset over some things, and then erm when I get tired over some things then these kind of things really comes to the mind. like I really need to have this to make myself happy.” -P7, Female, 34, Malay- |
| Physiological condition  | Feeling cool especially on rainy days | “I feel more hungry when i'm cold.” -P24, Female, 44, Indian- |
|  | Experiencing premenstrual syndrome | “Normally is a week before the PMS period where I will have tonnes of cravings you know.” -P13, Female, 39, Chinese- |
|  | Feeling tired after much activities | “Then less you sleep, the more you eat. I feel that. I don’t know. I think its in the brain. Just to give you energy.” -P19, Female, 39, Malay- |
| Time of the day | 3-4pm at work | “I think tea break. Because I think thats the most stressful part of the day. ya. then after lunch you will feel a bit sleepy, then the stress comes in, then I will tend to like snack.” -P23, Male, 39, Chinese- |
|  | At night | “So sometimes the whole night sometimes I spend, ok la eat la. Eat whatever there is, at home” P6, Male, 68, Malay- |