Supplementary material

Supplementary Table 1. Process of TTM collaborative nursing mode in HCC patients.

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| Stage | Intervention module | Detail strategy |
| Pre-action | HCC knowledge and information | Using a chat room, participants can discuss diet, exercise, and nutrition related issues with experts, as well as actively find ways to overcome obstacles. |
| How to prepare for a lifestyle change | Participants were provided with knowledge and information about dietary patterns and exercise methods of HCC patients, as well as guidance to develop an appropriate exercise diet plan for non-HCC patients. |
| To change lifestyle | Participants meet individually with a trained researcher. A motivational interview technique was used to induce participants’ motivation to change their lifestyles. |
| Action | Self-monitoring | Weekly exercise and diet records were kept by participants. |
| Peer support | Using a chat room, participants can share their experiences of daily diet and lifestyle changes. |
| Expert consultation | Using a chat room, participants can refer diet and exercise-related problems and difficulties to experts at any time and actively look for ways to overcome them. |
| Maintain | Stick to lifestyle changes | Assist patients in making lifestyle changes by providing information and knowledge. |
| Expert consultation | Using a chat room, participants can refer diet and exercise-related problems and difficulties to experts at any time and actively look for ways to overcome them. |

HCC: Hepatocellular carcinoma.