

Supplementary file: questionnaires used directly after training and at six months follow-up

Questionnaire directly after training

Have you previously practiced

chest compressions? Yes No

ventilations? Yes No

Do you think that your skills are sufficient to perform

chest compressions? Yes No Do not know

ventilations? Yes No Do not know

Are you more confident now than before the training to act and start CPR?

Yes No Do not know

You are at home. How would you act if a friend or relative suffered a sudden cardiac arrest? Tick one answer:

I would not dare or want to intervene

I would give chest compressions only

I would give ventilations only

I would give both compressions and ventilations

Enter the reason that you do not dare or want to do chest compressions?

Lack of knowledge

Afraid to hurt the person

Afraid of transmitted disease

Other reasons

Do not know

Enter the reason that you do not dare or want to do ventilations?

Lack of knowledge

Afraid to hurt the person

Afraid of transmitted disease

Other reasons

Do not know

You are standing at a bus stop. How would you act if an unknown person suffered a sudden cardiac arrest? Tick one answer:

I would not dare or want to intervene

I would give chest compressions only

I would give ventilations only

I would give both compressions and ventilations

Enter the reason that you do not dare or want to do chest compressions?

Lack of knowledge

Afraid to hurt the person

I do not want to touch a stranger

Afraid of transmitted disease

Other reasons

Do not know

Enter the reason that you do not dare or want to do ventilations?

Lack of knowledge

Afraid to hurt the person

I do not want to touch a stranger

Afraid of transmitted disease

Other reasons

Do not know

Questionnaire at six months follow-up

Have you done a lifesaving intervention in real life after the CPR training? Yes No

If yes, please describe your lifesaving intervention and the situation: _____

Do you think it is important to learn cardiopulmonary resuscitation in school? Yes No Do not know

Do you think that your skills are sufficient to perform chest compressions? Yes No Do not know

ventilations? Yes No Do not know

Are you more confident now than before the training to act and start CPR? Yes No Do not know

You are at home. How would you act if a friend or relative suffered a sudden cardiac arrest? Tick one answer:

I would not dare or want to intervene

I would give chest compressions only

I would give ventilations only

I would give both compressions and ventilations

Enter the reason that you do not dare or want to do chest compressions?

Lack of knowledge

Afraid to hurt the person

- Afraid of transmitted disease
- Other reasons
- Do not know

Enter the reason that you do not dare or want to do ventilations?

- Lack of knowledge
- Afraid to hurt the person
- Afraid of transmitted disease
- Other reasons
- Do not know

You are standing at a bus stop. How would you act if an unknown person suffered a sudden cardiac arrest? Tick one answer:

- I would not dare or want to intervene
- I would give chest compressions only
- I would only give ventilations
- I would give both compressions and ventilations

Enter the reason that you do not dare or want to do chest compressions?

- Lack of knowledge
- Afraid to hurt the person
- I do not want to touch a stranger
- Afraid of transmitted disease
- Other reasons
- Do not know

Enter the reason that you do not dare or want to do ventilations?

- Lack of knowledge
- Afraid to hurt the person
- I do not want to touch a stranger
- Afraid of transmitted disease
- Other reasons
- Do not know

How many times have you used/read on the app "Save the heart" (including any lesson in school)?

- 1
- 2-3
- 4-5
- > 5
- Do not know

Have you shown the app for someone else? Yes No Do not know