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