

**Multicenter international randomized controlled manikin study on different protocols of CPR (MANI-CPR)**

ClinicalTrials.gov Identifier: NCT02632500

**Informed consent**

The undersigned \_\_\_\_\_, born on the / /  
in \_\_\_\_\_, mobile \_\_\_\_\_,  
email address \_\_\_\_\_, Weight (kg) \_\_\_\_\_, Height (cm) \_\_\_\_\_:

- agrees to participate in the study MANI-CPR performing eight minutes of cardiopulmonary resuscitation on a Laerdal Q CPR or ReusciAnne Wireless Skill Reporter manikin connected to Q CPR software following one of the four protocols of the study according to study design.
- is aware that he/she cannot choose the protocol to carry out and that he/she will perform only the protocol determined by randomization without any type of feedback or help.
- agrees that the performance will be videotaped for scientific purposes related to the implementation of the study. The video will not be spread to a third party outside of the researchers of the MANI-CPR study.

**Information regarding processing of personal data**

According to the local law about processing of personal data, we are to provide the necessary information regarding the purposes and methods of processing of personal data and the scope of communication and diffusion, the nature of the data in our possession and how it is provided.

**Aims of treatment**

Implementation of the study " Multicenter international randomized controlled manikin study on different protocols of CPR (MANI-CPR)"

**Processing methods**

The treatment will be carried out with using modern computer systems and by persons authorized to do so.

**Transmission and distribution**

Your personal information will NOT be shared with third parties and will not be disseminated outside of the researchers of the MANI-CPR study.

**Consent**

The undersigned (above) taken note of the above, gives his or her free consent to the processing of their data by Pavia nel Cuore (leader center of the study) and \_\_\_\_\_ (recruiting center).

Signature

\_\_\_\_\_, \_\_\_\_\_

PLEASE, FILL THE QUESTIONNAIRE ON THE BACK

# INTERNATIONAL PHYSICAL ACTIVITY QUESTIONNAIRE (IPAQ)

We are interested in finding out about the kinds of physical activities that people do as part of their everyday lives. The questions will ask you about the time you spent being physically active in the **last 7 days**. Please answer each question even if you do not consider yourself to be an active person. Please think about the activities you do at work, as part of your house and yard work, to get from place to place, and in your spare time for recreation, exercise or sport.

Think about all the **vigorous** activities that you did in the **last 7 days**. **Vigorous** physical activities refer to activities that take hard physical effort and make you breathe much harder than normal. Think *only* about those physical activities that you did for at least 10 minutes at a time.

1. During the **last 7 days**, on how many days did you do **vigorous** physical activities like heavy lifting, digging, aerobics, or fast bicycling?

\_\_\_\_\_ **days per week**

No vigorous physical activities → **Skip to question 3**

2. How much time did you usually spend doing **vigorous** physical activities on one of those days?

\_\_\_\_\_ **hours per day**

\_\_\_\_\_ **minutes per day**

Don't know/Not sure

Think about all the **moderate** activities that you did in the **last 7 days**. **Moderate** activities refer to activities that take moderate physical effort and make you breathe somewhat harder than normal. Think *only* about those physical activities that you did for at least 10 minutes at a time.

3. During the **last 7 days**, on how many days did you do **moderate** physical activities like carrying light loads, bicycling at a regular pace, or doubles tennis? Do not include walking.

\_\_\_\_\_ **days per week**

No moderate physical activities → **Skip to question 5**

4. How much time did you usually spend doing **moderate** physical activities on one of those days?

\_\_\_\_\_ **hours per day**

\_\_\_\_\_ **minutes per day**

Don't know/Not sure

Think about the time you spent **walking** in the **last 7 days**. This includes at work and at home, walking to travel from place to place, and any other walking that you have done solely for recreation, sport, exercise, or leisure.

5. During the **last 7 days**, on how many days did you **walk** for at least 10 minutes at a time?

\_\_\_\_\_ **days per week**

No walking → **Skip to question 7**

6. How much time did you usually spend **walking** on one of those days?

\_\_\_\_\_ **hours per day**

\_\_\_\_\_ **minutes per day**

Don't know/Not sure

The last question is about the time you spent **sitting** on weekdays during the **last 7 days**. Include time spent at work, at home, while doing course work and during leisure time. This may include time spent sitting at a desk, visiting friends, reading, or sitting or lying down to watch television.

7. During the **last 7 days**, how much time did you spend **sitting** on a **week day**?

\_\_\_\_\_ **hours per day**

\_\_\_\_\_ **minutes per day**

Don't know/Not sure

**This is the end of the questionnaire, thank you for participating.**