

Outcome	Time points	Lifesaver only	F2F only	Combined	Lifesaver vs F2F		Combined vs Lifesaver only		Combined vs F2F only	
					Difference (95%CI)	P value	Difference (95%CI)	P value	Difference (95%CI)	P value
Chest compression depth, mm Mean± SD	Immediate	26.44± 2.40	37.35± 2.48	42.09± 1.61	-11.676 (-18.34 to -5.01)	0.0001	16.13 (9.77 to 22.49)	0.0001	4.45 (-2.05 to 10.95)	0.237
	3 months	30.44± 2.58	32.35± 2.37	37.39± 1.79	-3.35 (-10.40 to 3.69)	0.493	8.13 (1.44 to 14.81)	0.013	4.78 (-2.08 to 11.63)	0.224
	6 months	32.56± 3.06	32.50± 2.23	41.96± 1.86	-2.07 (-10.07 to 5.93)	0.809	11.84 (4.33 to 19.35)	0.001	9.77 (2.15 to 17.39)	0.009
Chest compression rate, no./min Mean± SD	Immediate	115.17 ±5.73	126.05± 5.9	117.61± 4.57	-11.89 (-30.39 to 6.61)	0.280	0.25 (-17.40 to 17.90)	0.999	-11.64 (-29.68 to 6.39)	0.277
	3 months	119.44± 5.14	113.75± 7.56	97.91± 5.53	1.876 (-18.17 to 21.92)	0.973	-19.50 (-38.51 to -0.48)	0.043	-17.62 (-37.11 to 1.87)	0.084
	6 months	115.72 ±4.63	113.95 ±4.81	100.13 ±4.56	2.67 (-12.77 to 18.11)	0.910	-16.23 (-30.77 to -1.78)	0.024	-13.60 (-28.30 to 1.09)	0.075
Flow fraction Mean± SD	Immediate	80.33 ±4.5	73.55 ±4.27	64.09 ±3.98	3.42 (-10.29 to 17.12)	0.823	-11.16 (-24.23 to 1.92)	0.110	-7.74 (-21.10 to 5.62)	0.354
	3 months	60.67 ±5.15	54.10 ±4.89	61.78 ±4.56	3.01 (-13.11 to 19.14)	0.895	5.11 (-10.18 to 20.41)	0.703	8.13 (-7.55 to 23.80)	0.432
	6 months	42.33 ±3.74	48.90 ±3.54	57.04 ±3.30	-9.52 (-21.47 to 2.43)	0.144	17.81 (6.59 to 29.03)	0.001	8.29 (-3.08 to 19.67)	0.195
CPR score (out of 10)	Immediate	3.86 ±1.82	5.95 ±2.09	7.91 ±1.78	-2.26 (-3.53 to -0.99)	0.0001	4.02 (2.81 to 5.22)	0.001	1.76 (0.51 to 3.00)	0.003
	3 months	4.14 ±2.41	3.90 ±2.24	6.17 ±1.97	0.02 (-1.52 to 1.56)	0.999	2.31 (0.84 to 3.79)	0.001	2.33 (0.80 to 3.86)	0.001
	6 months	4.71 ±2.45	4.35 ±2.68	6.26 ±2.44	0.04 (-1.80 to 1.88)	0.998	1.92 (0.19 to 3.64)	0.026	1.96 (0.17 to 3.75)	0.029
CPR achieved, no./total no, (%)	Immediate	4/16 (25.0)	14/24 (58.3)	22/24 (91.7)	-0.33 (-0.66 to 0.01)	0.043	0.67 (0.34 to 0.99)	0.0001	0.33 (0.04 to 0.62)	0.02
	3 months	10/25 (40.0)	8/22 (36.4)	19/26 (73.1)	0.03 (-0.03 to 0.37)	0.964	0.33 (0.01 to 0.65)	0.043	0.37 (0.03 to 0.70)	0.028
	6 months	10/21 (47.6)	7/19 (36.8)	19/24 (79.2)	0.11 (-0.25 to 0.47)	0.752	0.32 (-0.02 to 0.65)	0.073	0.42 (0.07 to 0.77)	0.014

Table 2 Attitude measures

Time points	Question	Group 1 (F2F only)	Group 2 (Lifesaver only)	Group 3 (Combined)	Lifesaver only vs F2F only		Combined vs Lifesaver only		Combined vs F2F only	
					Difference (95%CI)	P value	Difference (95%CI)	P value	Difference (95%CI)	P value
Pre-training	1 (out of 5)	2.88 ± 1.08	4.07 ± 0.84	2.78 ± 1.01	-0.10 (-0.75 to 0.56)	0.933	1.29 (0.67 to 1.91)	0.0001	1.19 (0.55 to 1.84)	0.0001
	2 (out of 5)	2.96 ± 1.00	3.76 ± 1.06	2.96 ± 0.86	0.01 (-0.65 to 0.66)	0.999	0.80 (0.17 to 1.42)	0.009	0.80 (0.16 to 1.44)	0.011
	3 (out of 5)	2.92 ± 1.10	2.93 ± 1.36	2.7 ± 1.07	-2.13 (-1.01 to 0.39)	0.800	0.227 (-0.53 to 0.99)	0.756	0.01 (-0.77 to 0.80)	0.999
	4 (out of 5)	4.42 ± 0.72	4.83 ± 0.38	4.41 ± 1.12	-0.01 (-0.54 to 0.52)	0.999	0.42 (-0.09 to 0.93)	0.124	0.41 (-0.11 to 0.93)	0.152
	Total (out of 20)	13.17 ± 2.66	15.59 ± 2.40	12.83 ± 2.71	-3.15 (-2.05 to 1.42)	0.902	2.73 (1.08 to 4.39)	0.0001	2.42 (0.71 to 4.13)	0.003
Immediately after training	1 (out of 5)	4.13 ± 0.74	4.69 ± 4.7	4.04 ± 0.61	-0.09 (-0.05 to 0.33)	0.879	0.65 (0.24 to 1.06)	0.001	0.57 (0.15 to 0.98)	0.005
	2 (out of 5)	3.54 ± 1.10	3.85 ± 1.29	3.56 ± 1.04	0.18 (-0.77 to 0.81)	0.998	0.29 (-0.49 to 1.06)	0.650	0.30 (-0.48 to 1.08)	0.621
	3 (out of 5)	2.71 ± 1.08	3.54 ± 1.14	3.80 ± 0.91	1.09 (0.37 to 1.81)	0.001	-0.262 (-0.97 to 0.44)	0.649	0.83 (0.12 to 1.54)	0.018
	4 (out of 5)	4.75 ± 0.53	4.96 ± 0.20	4.92 ± 0.40	0.17 (-0.10 to 0.44)	0.296	0.04 (-0.22 to 0.31)	0.926	0.21 (-0.06 to 0.48)	0.15
	Total (out of 20)	15.12 ± 1.48	17.04 ± 2.07	16.32 ± 1.95	1.20 (-0.08 to 2.46)	0.070	0.72 (-0.53 to 1.97)	0.357	1.91 (0.65 to 3.17)	0.001