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Questionnaire "Assessing Awareness, Knowledge and Attitude toward Basic Life Support"

The questionnaire consists of two parts:

A. Personal information.

B) Questions about your knowledge and opinion of using life saving methods.

A- Demographic information:

Please state your gender: ☐ Male ☐ Female

Please state your age:

University: ☐ King Abdulaziz University ☐ Jeddah University

Speciality: ☐ Science ☐ Engineering ☐ Economics and Administration ☐ Arts and Humanities ☐ Computing and Information technology ☐ Law ☐ Education

☐ Preparation year ☐ English language ☐ Other

Academic Year: ☐ 1st ☐ 2^{ed} ☐ 3^{ed} ☐ 4th ☐ 5th ☐ 6th

GPA: ☐ >4.5 ☐ 3.5- 4.49 ☐ 2.5- 3.49 ☐ < 2.5

Please state your marital status: ☐ I am married ☐ I am not married ☐ I am divorced

1) Which of the following may be a sign of sudden cardiac arrest? (You can choose more than one option)

- ☐ Loss of consciousness (the individual appearing to have fainted)
- ☐ Discontinuation of breathing (respiratory standstill)
- ☐ Discontinuation of circulation (the heart sound not being heard or not feeling the pulse)
- ☐ Cyanosis
- ☐ Nausea
- ☐ Chest pain
- ☐ Breathing difficulties
- ☐ Faintness of the skin
- ☐ The individual is not moving

2) How can the consciousness state of the individual be determined?

- ☐ No response when called
- ☐ No response when touched
- ☐ Not moving at all
- ☐ I do not know

3) How can the absence of respiration be determined?

- ☐ Not having any respiratory movement
- ☐ Not having any respiratory sound
- ☐ Not coming air out of the mouth of individual
- ☐ Not steaming up a mirror placed in front of the mouth of individual

- ☐ I do not know

4) How can the absence of circulation be determined?

- ☐ The lack of circulation signs
- ☐ Not feeling a pulse in the vessels of the neck
- ☐ Not feeling a pulse in the vessels of the arm

5) Have you ever witnessed a sudden death? If yes, who was he/she?

- ☐ Somebody from my family
- ☐ Somebody from my friends or acquaintances
- ☐ A stranger
- ☐ I have not seen this

6) If you have witnessed such an event, what did you do in the situation?

- ☐ I began to give cardiac massage
- ☐ I conducted mouth to mouth ventilation (I respired)
- ☐ I both gave cardiac massage and conducted mouth to mouth ventilation (I gave CPR)
- ☐ I called an ambulance (911)
- ☐ I told somebody to call for help
- ☐ I called for help by telephone
- ☐ I just watched and left
- ☐ I have not seen this

7) What do you think a “cardiac compression” means?

- ☐ To scrub the chest at certain intervals
- ☐ To apply strong compression to the chest at certain intervals (compress)
- ☐ To scrub the heart directly opening the chest wall
- ☐ To apply compression directly to the heart opening the chest wall
- ☐ I have no idea

8) If sudden death occurs in the following people, for whom would you conduct respiration and give cardiac massage?

(You can choose more than one option)

- ☐ Someone from the family
- ☐ Your friend
- ☐ Your neighbour
- ☐ A youth in the sports hall
- ☐ A stranger in the supermarket
- ☐ A person who has poor personal hygiene at the bus stop
- ☐ A gamin who is drug dependent and uses glue, hashish and heroin

9) If somebody from among your family members or friends felt faint (sudden death) what would you do?

- ☐ I would begin to give cardiac massage
- ☐ I would call an ambulance (911)
- ☐ I would call somebody or call for help
- ☐ I would just watch and leave

10) What would you do if you witness a stranger feeling faint (sudden death)?

- ☐ I would begin to give cardiac massage
- ☐ I would call an ambulance (911)
- ☐ I would call somebody or call for help
- ☐ I would just watch and leave

11) What concerns may prevent you from giving cardiac massage to your friends or relatives?

- ☐ Making a mistake
- ☐ Causing bone fractures
- ☐ Causing harm to organs
- ☐ Stopping a working heart
- ☐ Punishment due to legal reasons
- ☐ Contamination by blood or vomit
- ☐ Contracting a contagious disease

12) What concerns may prevent you from giving cardiac massage to a stranger?

- ☐ Making a mistake
- ☐ Causing bone fractures
- ☐ Causing harm to organs
- ☐ Stopping a working heart
- ☐ Punishment due to legal reasons
- ☐ Contamination by blood or vomit
- ☐ Contracting a contagious disease

13) Do you know how to give cardiac massage in the case of cardiac arrest and respiratory standstill (namely, sudden death)?

- ☐ Yes
- ☐ No

14) Have you received any training in this subject? (Basic Life Support training)

- ☐ Yes
- ☐ No

15) If your reply is yes to the above question, where did you receive the training?

- ☐ At school
- ☐ At university
- ☐ During my military service

- ☐ During the driving school
- ☐ At a Resuscitation Society course
- ☐ At a course given by the trainers of the Ministry of Health
- ☐ At a course given by the municipality
- ☐ In a sports club
- ☐ At a course given in the workplace
- ☐ Television-Internet-Media
- ☐ Social media (YouTube, Snapchat, Instagram, Twitter)
- ☐ I did not receive any CPR training
- ☐ Other

16) If you are confronted with a person whose heart has stopped, which of the Basic Life Support applications can you apply?

- ☐ I can open the airway
- ☐ I can control respiration
- ☐ I can ventilate/conduct mouth to mouth ventilation (kiss of life)
- ☐ I can give cardiac massage
- ☐ I can both ventilate and give cardiac massage
- ☐ I do not know

17) What is the proper rate of cardiac massage/artificial ventilation during cardiac massage?

- ☐ 5/1
- ☐ 15/2
- ☐ 30/2

18) Which area must cardiac massage be applied on?

- ☐ Upper part of the chest
- ☐ Middle of the chest
- ☐ Lower part of the chest

19) What must be the rate of the cardiac massage?

- ☐ At least 150 times per minute
- ☐ At least 100 times per minute
- ☐ At least 50 times per minute
- ☐ I do not know

20) How much force must be applied during heart massage?

- ☐ Enough that the rib cage moves down 1 to 2 cm
- ☐ Moderate force, such that the rib cage moves down 5 to 6 cm
- ☐ High force, such that the rib cage moves down 6 to 10 cm
- ☐ As much force as possible

21) What do you know about the device defined as a “defibrillator” that is used during cardiac massage when necessary?

- ☐ I have never heard of it
- ☐ I have heard of it before but have not seen it
- ☐ It is a device supporting respiration
- ☐ It is a device to restart a heart that has stopped working

22) Do you have any idea about where an “Automated External Defibrillator” or “Pace Maker” can be found?

- ☐ Yes
- ☐ I do not know