Author’s response to reviews

Title: To strengthen self-confidence as a step in improving prehospital youth laymen basic life support

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Editor Comments:

Thank you for the opportunity to resubmit the manuscript. We are grateful for the constructive and encouraging comments from the reviewers. We have, to our best knowledge, carefully read the comments and revised the manuscript. A detailed list of changes is added in the comments section. We hope that you will find the revised manuscript improved and suitable for publication.

Reviewer reports:

Jostein Rødseth Brede, M.D. (Reviewer 2): Thank you for this revision.

In my opinion, the manuscript is now greatly improved.

The logic is easier to follow and the main findings (that youths are important as resuscitationist and can/should be trained) are stated more clearly.

All my comments from the previous review have been adequately answered.

Thank you

Reviewer 2 (Reviewer 3): GENERAL COMMENTS: This manuscript describes how a group of teens' confidence was impacted by taking a BLS CPR course. Self-confidence is certainly one component of CPR but competence is not assessed in this paper. The statistical approach is simple and reasonable.

REQUESTED REVISIONS:
The authors addressed the prior reviewers, however, I have several concerns with this paper:

1) the result itself, that after taking a course that students feel more confident with the material is not surprising.

We agree. We think it's important to show that this group of laymen show increased self-confidence. This group is possible to reach through schools and they will represent the resuscitationist of the future.

2) there is no assessment of actual competence,

No that is correct. In this study we focused on the self-confidence.

3) the self-confidence was assessed right after taking the course where it is most likely to be highest and may not reflect confidence during an actual arrest situation,

This is absolutely correct. We believe it is important to highlight that under the limitations as: A limitation is that there hasn’t been any focus on how long this enhanced self-confidence remains with the youth.

4) Abstract should mention quantitative results,

Amended: It now states; Results The two-hour training resulted in a significant improvement in the participants’ self-confidence in identifying a cardiac arrest (pre 51, post 90), to perform compressions (pre 65, post 91) and ventilations (pre 64, post 86) and use a defibrillator (pre 61, post 81). In addition, to have the self-confidence to be able to perform, and to actually perform first aid to a person suffering from a traumatic event was significantly improved (pre 54, post 89).

5) Conclusions go far beyond the data presented,

The text in the conclusion includes our study’s result with the text from the background and the discussion. We want to strengthen our result with references that shows how important it is for young people to have confidence.

When the youth believe in their own knowledge, they will dare to intervene. The increase in the proportion of individuals who are willing to perform CPR benefits the whole society as the possibility of survival at a cardiac arrest increases in the population (this study’s result together with The National Agency for Education.)
6) The discussion section describes the increase in self-confidence then describes why that is important to CPR. I would suggest shortening this considerably and focus more on the pedagogy theory, specifically whether self-confidence is actually associated with competence,

Our assumption has been that self-confidence is associated with the intention of performing CPR. We have therefore chosen not to discuss whether self-confidence is associated with competence.

As an example of this, our last lines in the discussion say; Saving lives is not just about knowledge- it is also about wanting to help. The Swedish curriculum indicates that students should develop knowledge of how to act in emergencies. Students learn to help others and get a sense of responsibility for other people.

7) Many limitations are not discussed.

Amended; we have added the limitation; A limitation is that there hasn’t been any focus on how long this enhanced self-confidence remains with the youth.