Reviewer's report

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

Version: 1 Date: 23 Jul 2019

Reviewer: Jostein Rødseth Brede

Reviewer's report:

Thank you for the opportunity to review this manuscript. This is an important subject and it is positive that the authors grant attention to the youths, an important part of the bystanders. The authors present a useful overview of the concept and how to focus on the "will", not only on the "how".

I have some remarks and questions and hope they could be of use to the authors and/or the Editor.

«Inclusion criteria were participation in BLS and CPR education", does that mean that all the participants earlier have received their mandatory BLS/CPR education in middle/high school? If not, this should be described in the "Limitations" chapter.

If this is the case, there is no description of how long time since that training. It is likely that individuals that recently has participated in an BLS/CPR-course will answer with higher scores than the others. If available, this time difference should be described or at least this discrepancy should be described in the "Limitations" chapter.

-Please explain abbreviations the first time, e.g CPR in the "Background"-section.

-I would recommend changing reference-style to Vancouver or other numeric value style. This makes it easier to read and is perhaps a more frequent used form of reference.

-In my opinion the manuscript is a bit too long. I would advise to rewrite the manuscript in a bit more condensed matter, I think some stylistic changes would create a stronger and more compelling argument.

The first two passages could be shortened to emphasize the message - that bystander CPR is crucial, and it is important to reach potential bystanders (youths).

There are also a few parts in the "Discussion" that are repeated from "Background".

The second passage on page 9 could be shortened and moved to "Background" or be set in conjunction to the third passage on page 9.
-PE is missing in the list of abbreviations. Although, does it need to be an abbreviation? «Physical education» is only used two times.

-This study, as many others, show that practice works. Even though this study measures self-confidence and are not grading a performance, the concept is still the same. When does the authors think this 2-hour course should be held for youths, to maximize the effect? During one of the mandatory courses or later? This should be addressed.

**Are the methods appropriate and well described?**
If not, please specify what is required in your comments to the authors.

Yes

**Does the work include the necessary controls?**
If not, please specify which controls are required in your comments to the authors.

Yes

**Are the conclusions drawn adequately supported by the data shown?**
If not, please explain in your comments to the authors.

Yes

**Are you able to assess any statistics in the manuscript or would you recommend an additional statistical review?**
If an additional statistical review is recommended, please specify what aspects require further assessment in your comments to the editors.

I am able to assess the statistics

**Quality of written English**
Please indicate the quality of language in the manuscript:

Needs some language corrections before being published

**Declaration of competing interests**
Please complete a declaration of competing interests, considering the following questions:

1. Have you in the past five years received reimbursements, fees, funding, or salary from an organisation that may in any way gain or lose financially from the publication of this manuscript, either now or in the future?

2. Do you hold any stocks or shares in an organisation that may in any way gain or lose financially from the publication of this manuscript, either now or in the future?
3. Do you hold or are you currently applying for any patents relating to the content of the manuscript?

4. Have you received reimbursements, fees, funding, or salary from an organization that holds or has applied for patents relating to the content of the manuscript?

5. Do you have any other financial competing interests?

6. Do you have any non-financial competing interests in relation to this paper?

If you can answer no to all of the above, write 'I declare that I have no competing interests' below. If your reply is yes to any, please give details below.

I declare that I have no competing interest

I agree to the open peer review policy of the journal. I understand that my name will be included on my report to the authors and, if the manuscript is accepted for publication, my named report including any attachments I upload will be posted on the website along with the authors' responses. I agree for my report to be made available under an Open Access Creative Commons CC-BY license (http://creativecommons.org/licenses/by/4.0/). I understand that any comments which I do not wish to be included in my named report can be included as confidential comments to the editors, which will not be published.

I agree to the open peer review policy of the journal