

Figure S1 lists twenty questions of BLS/ACLS/ICLS KAP and their statistics in the total survey sample, including trained and untrained people. The upper-tailed t-test results represented by one star, two stars, three stars, and four stars depicted the significant rises (the upper-tailed test) in self-efficacy levels during the periods of 2016–2017, 2017–2018, 2018–2020, and 2016–2020. On the contrary, the three-minus-symbol label marks a significant fall (the lower-tailed t-test) in the self-efficacy levels during 2018–2020. Generally, there was an increase in the KAP of almost twenty parameters in the entire study and particularly in Stage I. Although the statistical results in Stage II revealed significant decreases in the KAP of ten parameters (questions number 2, 3, 4, 9, 10, 11, 12, 13, 14, 20), the average scores were sustained in the other nine parameters and increased at the 17th parameter from 2018 to 2020 ($t_{3098}=-3.62$, $P<.001$).

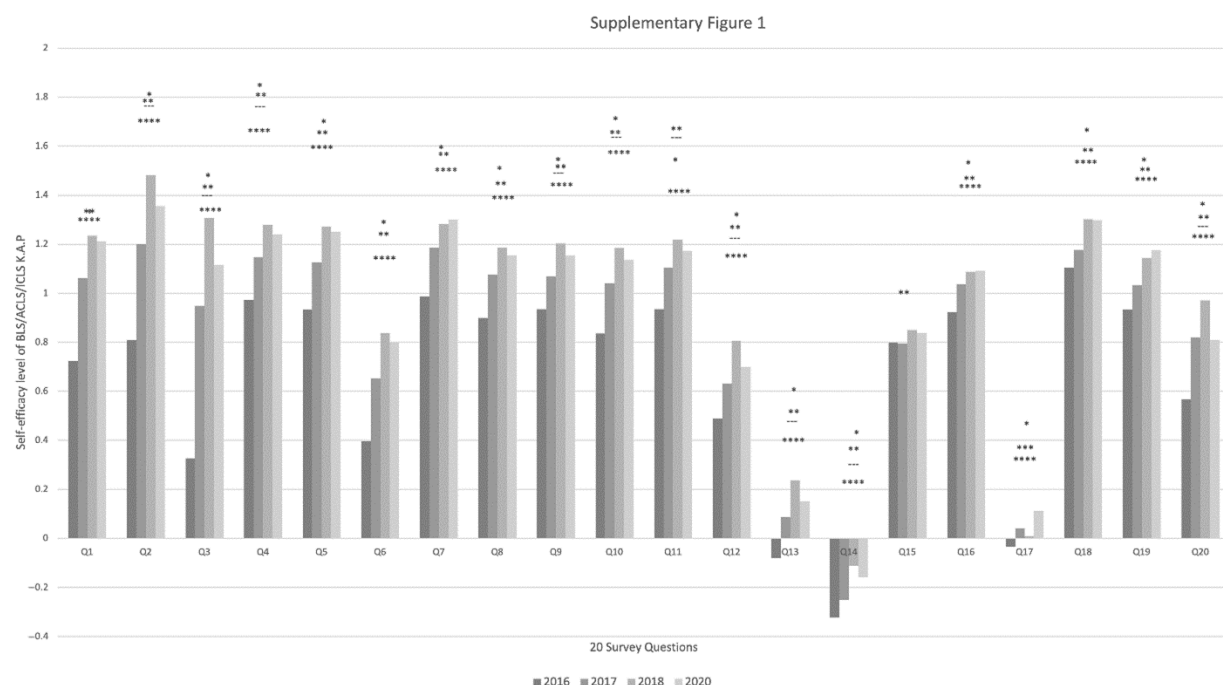


Figure S1. Self-efficacy level of BLS/ACLS/ICLS knowledge, attitude, and practice (KAP). This figure illustrates the self-efficacy level of 20 parameters for the assessment of BLS/ACLS/ICLS KAP. There are four types of symbols of the upper-tailed t-test results ($\alpha=0.05$): one star (*), two stars (**), three stars (***), and four stars (****), which represent significant increases in the self-efficacy levels for 2016–2017, 2017–2018, 2018–2020, and 2016–2020, respectively. By contrast, the three-hyphen label (---) marks a significant fall (lower-tailed t-test) in self-efficacy levels in Stage II. The 17th parameter is the only one marked (***) with $t_{3098}=-3.62$, $P<0.001$. The twenty questions – Q1 to Q20 are listed in order as below.

Q1. I know what BLS is

Q2. I know there are BLS training courses in the world

Q3. I know BLS courses are held in the University of Yamanashi Hospital

Q4. I know what to do at first when I see someone collapses

- Q5. I know how to check the consciousness of someone who collapses
- Q6. I can assess if the breathing is abnormal or normal
- Q7. I can assess the pulse rates
- Q8. I know how to maintain an airway
- Q9. I can assist a patient's ventilation
- Q10. I can do the chest compression
- Q11. I know how to use the AED
- Q12. I know how to use the defibrillator function of the AED
- Q13. I think I can do the right things when a patient's condition suddenly changes
- Q14. I can keep calm and give the right treatment when a patient's condition suddenly changes
- Q15. I think I am not good at giving the treatment when a patient's condition suddenly changes
- Q16. I would like to be trained in a BLS course if it is free
- Q17. I would like to be trained in a BLS course even if it is charged
- Q18. I think I can call for help as needed
- Q19. I think I need BLS skills
- Q20. I know the nearest AED/ Defibrillator location from my department

Table S1. The internal consistency and integrity of the BLS/ACLS/ICLS KAP items in the survey questionnaire

Contents	No. of Items	Value of Cronbach's Alpha
BLS/ACLS/ICLS KAP	20	0.92-0.97