

CGA/18/11 – Developing a behavioural Intervention to Improve the Effectiveness of CPR training for Lay People

In Scotland, ~3,500 people/year experience out-of-hospital cardiac arrest; only 5% survive to home. Early cardiopulmonary resuscitation (CPR) from lay bystanders is essential for survival. However, most (65%) CPR-trained lay-people do NOT attempt resuscitation when required. CPR is behaviour, yet behavioural science has not yet been systematically applied to this problem. We will use behavioural science to identify behaviour change techniques 1) demonstrated to increase CPR initiation in existing evidence. 2) delivered within existing training programmes. This will inform the content of an NIHR application to develop and test a text-messaging behavioural-intervention to prolong lay-trainees' competence and increase willingness to initiate CPR