**Sumementary file 1. Description of the simulation scenario.**

For conducting the study, and before its execution, the participants were informed about a simulation scenario where they would find himself/herself alone before a person undergoing a cardiopulmonary arrest in a public place. Thus, all participants went through all experimental conditions (CPRho and CPRb). As this was a quasi-experimental study, the conditions were not randomized in the participants due to the characteristics of this type of research. A safe scenario was designed; therefore, the patient was in a safe area, it was not necessary to perform rescue tasks, and the time invested in these actions was not measured. The participants were informed that they had to perform 2 minutes of BLS (30 compressions and 2 mouth-to-mouth ventilations) (CPRb). For performing the mouth-to-mouth ventilations, face protection devices (Laerdal® Face Shield, Laerdal Medical Corporation, Stavanger, Norway) were made available to the participants. Afterward (after a standardized minimum rest of 4-6 minutes and after the participative feeling of recovery from fatigue by each participant), we informed the participants that they had to perform 2 minutes of CPR hands-only (CPRho) for the same simulation scenario.