**Appendix 2: Modified Mental Imagery Questionnaire (mMIQ)**

1. **How ready or ‘energized’ do you feel to participate in a crisis situation?**

Not at all ready/ 1 2 3 4 5 6 7 Very ready/

Energized energized

1. **How confident do you feel that you are able to participate in a crisis simulation?**

Not at all 1 2 3 4 5 6 7 Very confident

confident

1. **How well do you think you can perform in a crisis situation compared to your peers?**

Not well at all 1 2 3 4 5 6 7 Very well

1. **How helpful is the activity you have just been performing in preparing you to perform in a crisis situation?**

Not well at all 1 2 3 4 5 6 7 Very well

1. **How easily can you ‘see’ yourself performing in a crisis situation?**

Not easily at all 1 2 3 4 5 6 7 Very easily

1. **How vivid or clear are the steps in management of a crisis situation in your mind?**

Not vivid/clear 1 2 3 4 5 6 7 Very vivid/

at all clear

1. **How easily can you ‘feel’ yourself managing a crisis situation?**

Not easily at all 1 2 3 4 5 6 7 Very easily

1. **How easily would you be able to walk someone else through the steps of an adult cardiac arrest?**

Not easily at all 1 2 3 4 5 6 7 Very easily