**Additional file 5**

**Figure S1: *Knowledge: Before and 4 Weeks After the Course***



**P**aired samples t-test with 85 cases: “Knowledge” before and four weeks after the course; mean difference 8.7 (95%CI = 7.8 to 9.6; p < 0.0005); Cohen’s d = 2.7.

Accordingly to Cohen’s d of 2.7 the magnitude shows a significant effect.