

Additional Table: Participants' response to foot care practices questionnaires (n=178)

Items		Frequency (%)
Examine your feet	More than once a day	2 (1.1%)
	Once a day	40 (22.5%)
	2-6 times a week	12 (6.7 %)
	Once a week or less	124 (69.7%)
Check your shoes before you put them on	Often	116 (65.2 %)
	Sometimes	15 (8.4%)
	Never	47 (26.4%)
Check your shoes when you take them off	Often	26 (14.6 %)
	Sometimes	20 (11.2%)
	Rarely	1 (0.6%)
	Never	131 (73.6%)
Wash your feet	More than once a day	76 (42.7 %)
	Once a day	72 (40.4%)
	A few days a week	30 (16.9%)
Check your feet are dry after washing	Often	49 (27.5%)
	Sometimes	28 (15.7%)
	Never	101 (56.7%)
Dry between your toes	Always	7 (3.9%)
	Often	27 (15.2%)
	Sometimes	17 (9.6%)
	Rarely/never	127 (71.3%)
Use moisturizing cream on your feet	Daily	21 (11.8%)
	Once a week	30 (16.9%)
	About once a month	4 (2.2%)
	Never	123 (69.1%)

Additional Table (continued): Participants response to foot care practices questionnaires continued (n=178)

Items		Frequency (%)
Put moisturizing cream between your toes	Daily	15 (8.4%)
	Once a week	21 (11.8%)
	Never	142 (79.8%)
Cut your toenails	About once a week	62 (34.8%)
	About once a month	106 (59.5%)
	Less than once a month	9 (5.1%)
	Never	1 (0.6%)
Wear slippers with no fastening	Most of the time	35 (19.7%)
	Sometimes	126 (70.8%)
	Rarely	3 (1.7 %)
	Never	14 (7.8%)
Wear trainers	Most of the time	49 (27.5%)
	Sometimes	57 (32.0%)
	Rarely	3 (1.7%)
	Never	69 (38.8%)
Wear shoes with lace-up, Velcro or strap fastenings	Most of the time	22 (12.4%)
	Sometimes	91 (51.1%)
	Rarely	4 (2.2%)
	Never	61 (34.3%)
Wear pointed-toed shoes	Most of the time	2 (1.1%)
	Sometimes	21 (11.8%)
	Never	155 (87.1%)
Wear flip-flops	Most of the time	32 (18.0%)
	Sometimes	121 (68.0%)
	Rarely	10(5.6%)
	Never	15 (8.4%)

Additional Table (continued): Participants' response to foot care practices questionnaires (n=178)

Items		Frequency (%)
Break in new shoes gradually	Always	7 (3.9%)
	Most of the time	9 (5.1%)
	Sometimes	14 (7.9%)
	Rarely/never	148 (83.1%)
Wear artificial fibre (e.g. Nylon) socks	Most of the time	8 (4.5%)
	Sometimes	46 (25.9%)
	Rarely	2 (1.1%)
	Never	122 (68.5%)
Wear shoes without socks	Never	77 (43.3%)
	Rarely	6 (3.3%)
	Sometimes	48 (27.0%)
	Often	47 (26.4%)
Change your socks	Daily	52 (29.2%)
	4-6times a week	24 (13.5%)
	Less than 4 times a week	102 (57.3%)
Walk around the house barefoot	Often	6 (3.3%)
	Sometimes	53 (29.8%)
	Never	119 (66.9%)
Walk outside barefoot	Often	1 (0.5%)
	Sometimes	35 (19.7 %)
	Never	142 (79.8%)
Use a hot water bottle in bed	Sometimes	12 (6.7%)
	Never	166 (93.3%)
Put your feet near the fire	Often	2 (1.1%)
	Sometimes	37 (20.8%)
	Never	139 (78.1%)

Additional Table (continued): Participants' response to foot care practices questionnaires (n=178)

Items		Frequency (%)
Put your feet on a radiator	Often	2 (1.1%)
	Sometimes	11(6.2%)
	Never	165 (92.7 %)
Use corn remedies/ corn plasters/paints when you get a corn	Never	125 (70.2%)
	Rarely	22 (12.4%)
	Often	15 (8.5%)
	Sometimes	16 (8.9%)
Put a dry dressing on a blister when you get one	Never	53 (29.8%)
	Rarely	7 (3.9%)
	Sometimes	61 (34.3%)
	Often	57 (32.0 %)
Put a dry dressing on a graze, cut or burn when you get one.	Never	49 (27.5 %)
	Rarely	7 (3.9 %)
	Sometimes	64 (36.0%)
	Often	58 (32.6%)