

Supplementary Table 1: Questions that address self-prevention, as used in daily practice in the Netherlands and provided by the Dutch Society for Podiatrists (NVvP).

QUESTIONS	Yes / No
Do you inspect your feet for abnormalities daily?	
Do you inspect the inside of your shoes for abnormalities daily?	
Do you sometimes walk on bare feet, socks or flip flops	
Do you salve the dry skin of your feet with emollient ointment?	
Do you, or someone else, cut your toe nails straight?	
Do you wash your feet daily?	
In case of any (suspected) foot problems, do you call your health care provider immediately?	

Every 'Yes' is scored as one point (with the exception of question 3, where no is scored as 1 point). The accumulated score indicates someone's self-prevention.