

Questionnaire

for evaluation of the Mainz Footschool

1) Please indicate your sex

female
male

2) Which age group did you belong to when you attended the course?

< 18 years
18-30 years
31-50 years
51-70 years
> 70 years

3) Did you have any specialist medical treatment by an orthopedist or rheumatologist targeting a foot problem prior to attending the foot school?

yes
no

4) Please tick the statement that applies to your habits regarding orthopedic insoles at the time of the course.

I have always worn insoles in all of my shoes.
I have only worn insoles every now and then and in certain shoes, e.g. in sports or hiking boots.
I used to wear insoles, but I did not use them then.
I had never worn insoles.

5) At the time of course, I already had surgery on my feet.

yes
no

6) For what reason did you take the course? Please tick the statements that apply to you (multiple answers are possible).

I had no complaints or known malalignment, but I wanted to do something for my health.
I did not suffer from pain, but I had a foot malalignment such as a flatfoot and wanted to prevent the emergence of complaints.
I suffered from painful feet, bruises or a limited walking distance and wanted to take action.

My foot had deformed (for example, hallux valgus) and I was hoping to be able to work actively against it.

There was surgery up for debate and I was hoping to be able to handle the problem through active practice instead.

Others: _____

7) How do you rate the severity of your foot problem before you attended the course (0 = no complaints, 10 = maximum complaints)?

0	1	2	3	4	5	6	7	8	9	10
0	0	0	0	0	0	0	0	0	0	0

8) The following questions relate to the format of the course. Please tick how much you agree with the statements:

a) ... The overall extent of the course was appropriate.

I totally agree
I rather agree
I tend not to agree
I do not agree

b) ... I have received lots of helpful information.

I totally agree
I rather agree
I tend not to agree
I do not agree

c) ... The ratio of theory to practice was balanced.

I totally agree
I rather agree
I tend not to agree
I do not agree

d) ... I did not perceive the course as stressful.

I totally agree
I rather agree
I tend not to agree
I do not agree

e) I have the following suggestions for the course : _____

f) I have the following criticism about the course : _____

9) The following questions relate to the effects of the course. Please tick how much you agree with the statements:

a) ... Now I have a greater knowledge concerning the function and structure of my feet and I know exercises that enhance statics and function.

- I totally agree
- I rather agree
- I tend not to agree
- I do not agree

b) ... I have a greater awareness and a more differentiated perception of my feet.

- I totally agree
- I rather agree
- I tend not to agree
- I do not agree

c) ... I regularly perform exercises that I learned in the footschool.

- I totally agree
- I rather agree
- I tend not to agree
- I do not agree

d) ... The course has influenced the way I use and treat my feet.

- I totally agree
- I rather agree
- I tend not to agree
- I do not agree

e) ... The participation in the foot school was worthwhile for me.

- I totally agree
- I rather agree
- I tend not to agree
- I do not agree

f) ... I believe that the footschool had an effect on my foot complaints ...

- ... positively.
- ... not at all.
- ... negatively.

