

Extended Results

The group of participants

The top three reasons for participation (Q6) cited were 1) “I suffered from painful feet, bruises, or had a limited walking distance and wanted to address this” (49%); 2) “My foot was deformed (for example, hallux valgus), and I was hoping to be able to do something about it” (40%); and 3) “I did not suffer from pain, but I had a foot malalignment, such as flat feet, and wanted to prevent the development of complaints” (20.4%).

The course format

Similar to the opinions regarding the extent and information content, the opinions regarding the balance of theoretical and practical shares (Q8c) were also predominantly positive (97.2%, "I totally agree" or "I rather agree"). When asked whether the course caused any stress (Q8d), only a very small portion of participants expressed a negative opinion (3.6%, "I tend not to agree" or "I do not agree").

The course effects

Additionally to the difference between the preventive and curative group, the influence of the type of course attended and age and sex of the participants on their assessment of whether the course was worthwhile or not were tested as part of an exploratory data analysis. The influence of the course type could not be further examined because the model as a whole was not significant (chi-square (1) = 0.115, $p = 0.735$, $n = 249$). To assess the influence of age, participants who were below the average age were compared with those who were above it. Again, the model was not significant (chi-square (1) = 0.023, $p = 0.880$, $n = 249$). When testing the influence of sex, the model was significant (chi-square (1) = 7.586, $p = 0.006$, $n = 249$).

However, a z-test revealed that sex did not have an effect on the assessment of whether the course was labelled advantageous or not (Wald (1) < 0.001, p = 0.998).