

## The diabetic foot self-care questionnaire (English version) (DFSQ-UMA-En)

We would like to know how you practice self-care of your feet. Please choose the option that best suits your habits. Please answer all the questions.

**1. In general, do you check your feet yourself?**

- a. Several times a day.
- b. Once a day.
- c. 2 or 3 times a week.
- d. Once a week.
- e. I don't examine my feet.

**2. Do you check yourself for the presence of wounds or the condition of the skin of your feet?**

- a. Once a day.
- b. 2 or 3 times a week.
- c. Once a week.
- d. Sometimes.
- e. I don't examine my feet.

**3. Do you inspect the condition of your nails? (Do not answer if you have undergone amputation of the toes).**

- a. Everyday.
- b. Once a week.
- c. Once every 2 weeks.
- d. Once a month.
- e. I don't examine my feet.

**4. How important is it for you the frequency of personal foot care?**

- a. I consider it very important, and I review and take care of it personally daily.
- b. I think it's quite important, I check them daily, but I don't pay attention to personal care.
- c. I think it's important and I take care of them personally, but I don't check them daily.
- d. I consider it of little importance, sometimes I take care of my feet and check them.
- e. I think it's not important, I don't check my feet or take care of them.

**5. Regarding the recommendations on how to take care of your feet...**

- a. I have received information and take care of my feet.
- b. I have received information, but I don't take care of my feet.
- c. I have not received information on how to care for them, but I try to pay attention to them.
- d. I have received information on how to take care of them, but I don't pay attention to them.
- e. I have not received information and I do not know how to take care of them.

**6. How do you practice self-care for dry skin and calluses?**

- a. I use moisturizer and a foot file.
- b. I use only a foot file.
- c. I use blades or scalpels.
- d. I use some corn preparations.
- e. I don't pay attention to my feet.

**7. To dry your feet ...**

- a. I use a towel only for the feet and dry the sole of the foot and between the toes.
- b. I use a towel only for the feet and dry the sole of the foot.
- c. I use the same towel as for the body and to dry the plantar foot and between the toes.
- d. I let them air dry.
- e. I cannot dry them.

**8. Is it difficult for you to find comfortable shoes because of your feet?**

- a. It's not hard to find.
- b. A little hard to find.
- c. Pretty hard to find.
- d. Very hard to find.
- e. Impossible to find.

**9. How often do you cut or treat your toenails? (Do not respond if you have undergone amputation of the toes).**

- a. I do it with a frequency of between 1 to 15 days.
- b. I do it with a frequency of between 15 to 30 days.
- c. I do it with a frequency of between 1 to 2 months.
- d. I do it with a frequency greater than 2 months.
- e. I don't do it.

**10. Do you find it difficult to dry your feet after showering? (Do not respond if you have undergone amputation of the feet).**

- a. It isn't hard to do it.
- b. A little hard to do it.
- c. Pretty hard to do it.
- d. Very hard to do it.
- e. Impossible to do it.

**11. Is it difficult for you to find adequate socks due to your feet?**

- a. I have no difficulties.
- b. I have some difficulties.
- c. I have quite a bit of difficulties.
- d. I have many difficulties.
- e. It is impossible to find suitable socks.

**12. Regarding conventional footwear, before using it...**

- a. I check that there are no objects inside, that it is without seams, spacious and with laces.
- b. I make sure that it is wide, and I check the interior.
- c. I note if they are comfortable and flexible but without trying them.
- d. It is important that design is attractive.
- e. I do not give importance to footwear.

**13. Regarding socks...**

- a. I check that they are made of natural fibers and without seams.
- b. I check that they are not tight against the leg and the thigh.
- c. I use synthetic socks.
- d. I do not care about the material.
- e. I don't wear socks or socks.

**14. Regarding new footwear...**

- a. I make sure that it is comfortable and, if not, I change it.
- b. If it is not comfortable I change it with another more comfortable shoe.
- c. I try to adapt it using it little by little.
- d. I don't care if it's uncomfortable.
- e. I don't pay attention to new footwear.

**15. Regarding summer footwear, when it is very hot...**

- a. I wear shoes suitable for heat (breathable).
- b. Alternate open and closed shoe.
- c. I wear flip flops or sandals.
- d. I walk barefoot frequently.
- e. I don't pay attention and it is not important for me.

**16. To warm your feet...**

- a. I use socks made of wool or natural fibers.
- b. I use heat sources such as stoves or radiators.
- c. I use hot water bottles.
- d. I take hot baths.
- e. I don't care what I use.