

## ABSTRACT

This study was a cross-sectional, descriptive investigation of seventy-three people with diabetes over fifty years of age in a regional Australian city (Greater Bendigo). The aim of the study was to determine how confident the participants were in undertaking various foot care activities, and whether an association could be found between confidence and various demographic characteristics of the sample. A modified version of the "Foot Care Confidence Scale" was used to measure confidence in the sample.

Results indicated a high level of confidence across the sample. Those who indicated that they undertook their own care of their feet were significantly more confident than those who relied on others. Those who indicated that they had seen a private podiatrist were significantly more confident than those who indicated they had seen a public podiatrist.

In general, people with diabetes aged over fifty years were very confident that they could undertake foot care activities. What is now essential is a predictive study that investigates the ability of the Foot Care Confidence Scale to predict actual behaviour with respect to foot care.

**Keywords:** diabetic foot, self efficacy, self care, questionnaires, foot care confidence

---

Australasian Journal of Podiatric Medicine  
2006; Vol 40, No.1 : 3-8

---

**Correspondence:** Byron Perrin, John Lindell Rehabilitation Unit,  
Bendigo Health Care Group  
PO Box 126, Bendigo, Victoria, Australia 3552  
Email: [bperrin@bendigohealth.org.au](mailto:bperrin@bendigohealth.org.au)