University of Dongola
Faculty of Medicine & Health Science
Department of Community Medicine

RESEARCH PROPOSAL

Title

Prevalence and Associated Factors of Diabetic Foot Ulcers Among Diabetic Patients Attending Al-Jemaih Diabetic Center, Dongola, Northern State, Sudan, 2026

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Annex 2: Data Collection Tool

Questionnaire No: _____ Date: _____ Collector: _____

Section A: Sociodemographic characteristics

No	Question	Response options
1	Age (years)	Age groups
2	Sex	1 Male 2 Female
3	Residence	1 Urban 2 Rural
4	Education level	1 Illiterate 2 Primary 3 Secondary 4 University
5	Occupation	1 Employee 2 Farmer 3 Business 4 Housewife 5 Retired 6 Other
6	Average monthly income	1 Low 2 Middle 3 High (per local categories)

Section B: Diabetes history, clinical data and measurements

No	Question	Response options
7	Type of diabetes	1 Type 1 2 Type 2
8	Duration of diabetes (years)	1 <5 2 5–10 3 >10
9	Current treatment	1 Diet only 2 Oral drugs 3 Insulin 4 Oral drugs + insulin
10	Hypertension (known diagnosis)	1 Yes 2 No
11	Family history of diabetes	1 Yes 2 No
12	Previous foot ulcer	1 Yes 2 No
13	Latest fasting blood glucose (mg/dL) / HbA1c (%) from file	_____ / _____
14	Attends regular follow-up	1 Yes 2 No
15	Weight (kg) / height (cm) / BMI (measured by nurse)	_____ / _____ / _____
16	Blood pressure (mmHg)	_____ / _____

Section C: Lifestyle

No	Question	Response options
17	Smoking status	1 Never 2 Ex-smoker 3 Current smoker
18	Physical activity (≥30 min, ≥3 days/week)	1 Yes 2 No

Section D: Foot-care practices

No	Question	Response options
19	Do you inspect your feet daily?	1 Yes 2 No
20	Do you wash and dry between the toes?	1 Yes 2 No
21	Do you walk barefoot (indoors or outdoors)?	1 Yes 2 No
22	Usual footwear	1 Closed shoes 2 Sandals 3 Slippers 4 Special diabetic shoes
23	Have you ever received foot-care education?	1 Yes 2 No

Section E: Active foot ulcer

No	Question	Response options
24	Do you have an active foot ulcer (an open wound or sore on the foot, below the ankle) now, during the data-collection period?	1 Yes 2 No