

Bacteria in shoes worn with and without socks

Students were randomly allocated to groups: wearing shoes with or without socks. They did 1 hour of vigorous activity, then the shoes were swabbed and put into bacterial growth dishes and kept warm. The measure is the maximum diameter of the bacterial growth (mm) after 5 days.

socks 28	barefeet 52	socks 28	barefeet 52
socks 32	barefeet 57	socks 32	barefeet 57
socks 18	barefeet 45	socks 18	barefeet 45
socks 37	barefeet 35	socks 37	barefeet 35

Group A : shoes with socks

Group B: shoes with bare feet

socks 28	barefeet 52
socks 32	barefeet 57
socks 18	barefeet 45
socks 37	barefeet 35

socks 28	barefeet 52
socks 32	barefeet 57
socks 18	barefeet 45
socks 37	barefeet 35

Group A (socks)

Group B (no socks)

Group A (socks)

Group B (no socks)

Group A (socks)

Group B (no socks)

Group A (socks)

Group B (no socks)

socks 28	barefeet 52
socks 32	barefeet 57
socks 18	barefeet 45
socks 37	barefeet 35

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socks 32	barefeet 57
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