

Table S7. Univariate Logistic Regression Analysis for Knowledge, Attitude, Practice

Dimension	Variables	Univariate Analysis		P
		OR	95% CI	
Knowledge	Age	1.002	0.985-1.018	0.845
	Gender			
	Male	0.878	0.573-1.329	0.545
	Female	Reference		
	BMI	0.993	0.955-1.031	0.723
	Education			
	Junior high school or below	Reference		
	High school / Vocational school	1.551	0.756-3.220	0.233
	College / Bachelor's degree	1.586	0.916-2.867	0.111
	Master's degree and above	2.333	0.764-6.834	0.125
	Ethnicity			
	Han ethnicity	1.405	0.814-2.531	0.238
	Ethnic minority	Reference		
	Employment			
	Employed	1.996	1.366-2.922	<0.001
	Unemployed	Reference		
	Monthly Per Capita Income, Yuan			
	<2,000	Reference		
	2,000-5,000	1.687	0.856-3.503	0.143
	5,000-10,000	2.377	1.172-5.061	0.020
	>10,000	2.064	0.920-4.768	0.082
	Prefer not to disclose	0.774	0.375-1.661	0.497
	Smoking			
	Never smoked	Reference		
	Former smoker	0.569	0.271-1.100	0.111
	Current smoker	0.868	0.494-1.478	0.612
	Alcohol Consumption			
	Never consumed alcohol	Reference		

Former drinker	0.821	0.473-1.388	0.471
Current drinker	0.668	0.421-1.043	0.081
<b>Medical Insurance</b>			
Yes	1.776	1.082-3.020	0.028
No	Reference		
<b>Frequent Walking on Uneven Surfaces</b>			
Yes	1.253	0.854-1.834	0.247
No	Reference		
<b>Frequent Participation in Sports</b>			
Yes	1.532	1.040-2.251	0.030
No	Reference		
<b>History of Ankle Sprains</b>			
Yes	1.727	1.186-2.519	0.004
No	Reference		
<b>UnfixeD Tender Points Around the Ankle Joint</b>			
With	1.673	1.053-2.647	0.028
Without	Reference		
Unclear	0.701	0.425-1.132	0.154
<b>Severity of Ankle Injury</b>			
Very severe, unable to walk	0.488	0.140-1.328	0.200
Moderately severe, pain with pressure	0.804	0.436-1.421	0.468
Not very severe, slight pain with pressure	Reference		
<b>Cartilage Injury Of The Talus</b>			
Yes	1.119	0.431-2.744	0.809
No	Reference		
Unclear	0.442	0.291-0.662	<0.001
<b>Recovered From Ankle Injury</b>			
Yes	1.571	0.892-2.913	0.132
No	Reference		
<b>Underlying or Chronic Diseases</b>			
Hypertension			
Yes	0.805	0.312-1.849	0.628

	No	Reference		
	Hyperlipidemia			
	Yes	0.977	0.139-4.584	0.978
	No	Reference		
	Other			
	Yes	0.956	0.446-1.921	0.904
	No	Reference		
	None			
	Yes	1.621	1.007-2.686	0.053
	No	Reference		
Attitude				
	Knowledge	1.042	1.003-1.084	0.036
	Age	0.968	0.947-0.987	0.001
	Gender			
	Male	0.596	0.377-0.922	0.023
	Female	Reference		
	BMI	1.031	0.993-1.069	0.107
	Education			
	Junior high school or below	Reference		
	High school / Vocational school	1.589	0.742-3.454	0.235
	College / Bachelor's degree	2.123	1.194-4.000	0.014
	Master's degree and above	1.314	0.337-4.293	0.667
	Ethnicity			
	Han ethnicity	1.062	0.627-1.858	0.828
	Ethnic minority	Reference		
	Employment			
	Employed	0.637	0.424-0.947	0.028
	Unemployed	Reference		
	Monthly Per Capita Income, Yuan			
	<2,000	Reference		
	2,000-5,000	1.328	0.656-2.844	0.446
	5,000-10,000	1.747	0.838-3.832	0.148

>10,000	1.958	0.854-4.632	0.117
Prefer not to disclose	1.741	0.869-3.701	0.131
<b>Smoking</b>			
Never smoked	Reference		
Former smoker	1.146	0.616-2.066	0.658
Current smoker	0.486	0.248-0.889	0.026
<b>Alcohol Consumption</b>			
Never consumed alcohol	Reference		
Former drinker	0.707	0.392-1.226	0.230
Current drinker	0.957	0.615-1.474	0.843
<b>Medical Insurance</b>			
Yes	1.234	0.769-2.027	0.394
No	Reference		
<b>Frequent Walking on Uneven Surfaces</b>			
Yes	1.281	0.871-1.880	0.206
No	Reference		
<b>Frequent Participation in Sports</b>			
Yes	1.335	0.902-1.969	0.146
No	Reference		
<b>History of Ankle Sprains</b>			
Yes	0.873	0.593-1.279	0.489
No	Reference		
<b>Unfixed Tender Points Around the Ankle Joint</b>			
With	0.717	0.427-1.175	0.196
Without	Reference		
Unclear	0.809	0.505-1.276	0.369
<b>Severity of Ankle Injury</b>			
Very severe, unable to walk	1.094	0.412-2.627	0.847
Moderately severe, pain with pressure	0.867	0.470-1.534	0.636
Not very severe, slight pain with pressure	Reference		
<b>Cartilage Injury Of The Talus</b>			
With	0.506	0.143-1.411	0.231

	Without	Reference		
	Unclear	0.699	0.470-1.032	0.074
	<b>Recovered From Ankle Injury</b>			
	Yes	1.267	0.731-2.290	0.414
	No	Reference		
	<b>Underlying or Chronic Diseases</b>			
	Hypertension			
	Yes	0.837	0.324-1.922	0.690
	No	Reference		
	Hyperlipidemia			
	Yes	0.418	0.022-2.477	0.422
	No	Reference		
	Other			
	Yes	0.995	0.463-1.999	0.988
	No	Reference		
	None			
	Yes	1.031	0.656-1.649	0.898
	No	Reference		
<b>Practice</b>				
	<b>Knowledge</b>	1.145	1.096-1.198	<0.001
	<b>Attitude</b>	1.151	1.095-1.212	<0.001
	<b>Age</b>	1.000	0.982-1.018	0.967
	<b>Gender</b>			
	Male	0.481	0.284-0.785	0.005
	Female	Reference		
	<b>BMI</b>	0.999	0.958-1.040	0.969
	<b>Education</b>			
	Junior high school or below	Reference		
	High school / Vocational school	1.175	0.548-2.524	0.677
	College / Bachelor's degree	1.158	0.657-2.136	0.623
	Master's degree and above	2.508	0.818-7.392	0.097
	<b>Ethnicity</b>			

Han ethnicity	1.547	0.846-3.033	0.177
Ethnic minority	Reference		
<b>Employment</b>			
Employed	1.347	0.892-2.026	0.154
Unemployed	Reference		
<b>Monthly Per Capita Income, Yuan</b>			
<2,000	Reference		
2,000-5,000	1.814	0.821-4.448	0.162
5,000-10,000	3.232	1.446-8.010	0.007
>10,000	2.942	1.192-7.827	0.023
Prefer not to disclose	1.275	0.562-3.180	0.578
<b>Smoking</b>			
Never smoked	Reference		
Former smoker	0.423	0.171-0.908	0.041
Current smoker	0.544	0.271-1.015	0.069
<b>Alcohol Consumption</b>			
Never consumed alcohol	Reference		
Former drinker	0.587	0.308-1.057	0.088
Current drinker	0.510	0.300-0.838	0.010
<b>Medical Insurance</b>			
Yes	1.911	1.103-3.501	0.027
No	Reference		
<b>Frequent Walking on Uneven Surfaces</b>			
Yes	0.964	0.632-1.458	0.863
No	Reference		
<b>Frequent Participation in Sports</b>			
Yes	0.913	0.591-1.394	0.678
No	Reference		
<b>History of Ankle Sprains</b>			
Yes	1.158	0.769-1.737	0.481
No	Reference		
<b>Unfixed Tender Points Around the Ankle Joint</b>			

With	0.799	0.467-1.331	0.400
Without	Reference		
Unclear	0.513	0.292-0.868	0.016
<b>Severity of Ankle Injury</b>			
Very severe, unable to walk	0.679	0.194-1.855	0.491
Moderately severe, pain with pressure	0.791	0.400-1.466	0.477
Not very severe, slight pain with pressure	Reference		
<b>Cartilage Injury Of The Talus</b>			
With	2.586	1.039-6.369	0.037
Without	Reference		
Unclear	0.556	0.355-0.860	0.009
<b>Recovered from Ankle Injury</b>			
Yes	2.066	1.071-4.400	0.042
No	Reference		
<b>Underlying or Chronic Diseases</b>			
Hypertension			
Yes	1.370	0.555-3.085	0.465
No	Reference		
Others			
Yes	1.011	0.441-2.110	0.979
No	Reference		
None	1.162	0.712-1.954	0.558