**Supplemental table S1: Eligibility criteria**

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| **Criterion** | **Description** |
| Type of participant | Healthy individuals, no restriction to age |
| Type of comparison | Habitual barefoot vs habitual shod |
| Type of outcome measure | Motor performance, biomechanics, foot morphology, injuries |
| Type of study  | Prospective surveys, cohort studies, cross-sectional studies were included |
| Publication status | Peer-reviewed journal publication |
| Publication date  | Included studies were not restricted to certain date of publication |
| Language of publication | English, German, Dutch and Spanish language |