• How well are you able to carry out daily routines? For instance cooking food, washing oneself. 2. Ability to relax • Do you have ways of relaxing that work for you? 3. Conversation between two persons • Are you able to start and sustain conversations with a friend? 4. Conversation in a group • Is it easy for you to converse in a group? For instance expressing your own opinion, speaking when it is your turn, listening to others. 5. Moving around in different locations • Do you have difficulties in moving around outside your home on your own? For instance unfamiliar places, new routes, open spaces. 6. Physical exercise • Do you care for your health by exercising regularly? 7. Eating • Do you eat regularly? • Do you eat regularly? • Do you eat regularly? • Social flexibility • Is it easy for you to make friends? • Are you quick to quarrel with others? 9. Undertaking tasks • How do you manage to undertake tasks that are not especially pleasant but that you are required to undertake? For instance household chores. 10. Sleep and daily rhythm? 11. Ability to concentrate • Is it easy for you to start a task? And is it easy for you to complete a task? 10. Sleep well and sufficiently? • Do you follow a regular daily rhythm? 11. Ability to enember something you have just heard or read? • Is it easy for you to remember something you have just heard or read? • Is it easy for you to remember something you have just heard or read? • Is the easy for you to remember something you have just heard or read? • Is the easy for you to remember something you have just heard or read? • How well do you remember old things? 13. Regulating emotions • Do you shew effective ways of calming yourself down when angry or sad? but the top of pack and only fronctions conversing with one person Conversing with one person Conversing with many people Conversing	SPIRAL-questions for persons undergoing mental health rehabilitation	ICF-code	ICF- classification of health-related domains
For instance cooking food, washing oneself. 2. Ability to relax 5. Do you have ways of relaxing that work for you? 3. Conversation between two persons 4. Conversation between two persons 4. Conversation in a group 4. Conversation in a group 5. Moving around in different locations 5. Physical exercise 5. Do you care for your health by exercising regularly? 4550 5. Social flexibility 5.	1. Daily routines		
2. Ability to relax Do you have ways of relaxing that work for you? 3. Conversation between two persons • Are you able to start and sustain conversations with a friend? 4. Conversation in a group • Is it easy for you to converse in a group? For instance expressing your own opinion, speaking when it is your turn, listening to others. 5. Moving around in different locations • Do you have difficulties in moving around outside your home on your own? For instance unfamiliar places, new routes, open spaces. 6. Physical exercise • Do you ear for your health by exercising regularly? 7. Eating • Do you eat varied meals? 8. Social fiexibility • Do you eat varied meals? 8. Social fiexibility • Outputch to quarrel with others? 9. Undertaking tasks • How do you manage to undertake tasks that are not especially pleasant but that you are required to undertake? • Is it easy for you to start a task? And is it easy for you to complete a task? 10. Sleep and daily rhythm • Do you sleep well and sufficiently? • Do you sleep well and sufficiently? • Do you slow are gular daily rhythm? 11. Ability to concentrate • Is it easy for you to concentrate on more extensive activities? For instance reading a book, filling in a form. • Are you able to concentrate even when surrounded by noise? 13. Regulating emotions • Do you found found in different locations da504 Conversing with one person da504 Conversing with one person da504 Conversing with many people donversing with many people donversing with many people donversing with many people da504 Conversing with many people da5050 Eating Complex interpersonal interactions 4720 Undertaking multiple tasks Undertaking multiple tasks 5 Sleep functions b140 Attention functions 4 Memory functions 10 140 Memory functions 11 Memory functions 11 Memory functions		d230	Carrying out daily routine
Do you have ways of relaxing that work for you? A. Conversation between two persons Are you able to start and sustain conversations with a friend? A. Conversation in a group For instance expressing your own opinion, speaking when it is your turn, listening to others. S. Moving around in different locations Do you have difficulties in moving around outside your home on your own? For instance unfamiliar places, new routes, open spaces. 6. Physical exercise Do you care for your health by exercising regularly? T.Eating Do you eat varied meals? 8. Social flexibility 1s it easy for you to make friends? Are you quick to quarrel with others? 9. Undertaking tasks 1s it easy for you to start a task? And is it easy for you to complete a task? 1o. Sleep and daily rhythm Do you follow a regular daily rhythm? 1o. Sleep and daily rhythm Do you follow a regular daily rhythm? 1o. Sleep and daily rhythm Do you follow a regular daily rhythm? 1o. Sleep and daily rhythm Do you follow a regular daily rhythm? 1o. Sleep and daily rhythm Attention functions blad Memory functions Attention functions blad Memory functions blad Memory functions blad Memory functions	For instance cooking food, washing oneself.		
*Do you have ways of relaxing that work for you? *Accompany of the persons of the persons of the person o	2. Ability to relax	4240	Handling stress and other psychological demands
• Are you able to start and sustain conversations with a friend? • Conversation in a group • Is it easy for you to converse in a group? For instance expressing your own opinion, speaking when it is your turn, listening to others. • Moving around in different locations • Do you have difficulties in moving around outside your home on your own? For instance unfamiliar places, new routes, open spaces. • Physical exercise • Do you care for your health by exercising regularly? • Do you eat regularly? • Do you eat regularly? • Do you by to make friends? • Social fiestibility • Is it easy for you to make friends? • How do you manage to undertake tasks that are not especially pleasant but that you are required to undertake? • Is it easy for you to dart a task? And is it easy for you to complete a task? 10. Sleep and daily rhythm • Do you sleep well and sufficiently? • Do you follow a regular daily rhythm? 11. Ability to concentrate • Is it easy for you to concentrate even when surrounded by noise? 12. Memory • How well do you remember old things? 13. Regulating emotions d3504 Conversing with many people d460 Moving around in different locations 6 Physical exercise d460 Self-care, other specified Complex interpersonal interactions 4d20 Complex interpersonal interactions 4d20 Undertaking multiple tasks Undertaking multiple tasks b134 Sleep functions 5 Sleep functions 4 Attention functions 4 Attention functions 10. Attention functions 10. Attention functions 10. Moving around in different locations 6 Pov you have effective ways of calming yourself down when angry or sad? 10. Sleep and daily rhythm? 11. Ability to concentrate 12. Memory 13. Regulating emotions 14. Memory functions 15. Emotional functions	Do you have ways of relaxing that work for you?	u240	Handling stress and other psychological demands
• Are you alloe to start and sustain conversations with a friend? • Conversation in a group • Is it easy for you to converse in a group? For instance expressing your own opinion, speaking when it is your turn, listening to others. 5. Moving around in different locations • Do you have difficulties in moving around outside your home on your own? For instance unfamiliar places, new routes, open spaces. 6. Physical exercise • Do you care for your health by exercising regularly? 7. Eating • Do you eat regularly? • Do you eat regularly? • Social flexibility • Is it easy for you to make friends? • Do you darred with others? 9. Undertaking tasks • How do you manage to undertake tasks that are not especially pleasant but that you are required to undertake? • So is teasy for you to start a task? And is it easy for you to concentrate • Is it easy for you to start a task? And is it easy for you to start a task? 10. Sleep and daily rhythm • Do you sleep well and sufficiently? • Do you sleep well and sufficiently? • Do you slow a regular daily rhythm? 11. Ability to concentrate • Is it easy for you to concentrate on more extensive activities? For instance reading a book, filling in a form. • Are you able to concentrate even when surrounded by noise? 12. Memory • Is it easy for you to remember something you have just heard or read? • How well do you remember old things? 13. Regulating emotions • Do you have effective ways of calming yourself down when angry or sad? bo you have effective ways of calming yourself down when angry or sad? bo you have effective ways of calming yourself down when angry or sad? bo you have effective ways of calming yourself down when angry or sad?	3. Conversation between two persons	43503	Conversing with one person
• Is it easy for you to converse in a group? For instance expressing your own opinion, speaking when it is your turn, listening to others. 5. Moving around in different locations • Do you have difficulties in moving around outside your home on your own? For instance unfamiliar places, new routes, open spaces. 6. Physical exercise • Do you care for your health by exercising regularly? 7. Eating • Do you eat regularly? 8. Social flexibility • Is it easy for you to make friends? • Do you eat undertake tasks that are not especially pleasant but that you are required to undertake? For instance household chores. • Is it easy for you to desire to undertake tasks that are not especially pleasant but that you are required to undertake? • Do you sleep well and sufficiently? • Is it easy for you to concentrate • Is it easy for you to concentrate even when surrounded by noise? 12. Memory • How well do you remember old things? 13. Regulating emotions • Do you have effective ways of calming yourself down when angry or sad? b (3504 Conversing with many people d460 Moving around in different locations 6460 Moving around in different locations 6460 Moving around in different locations 6460 Folications 6460 Complex interpersonal interactions 4520 Undertaking multiple tasks Undertaking multiple tasks 16220 For instance reading a book, filling in a form. • Are you able to concentrate even when surrounded by noise? 17. Memory 18. Eating 19. Self-care, other specified 65.0 Eating 64720 Complex interpersonal interactions 4220 Undertaking multiple tasks 19. Sleep functions 10. Sleep and daily rhythm 10. Sleep and daily rhythm 11. Ability to concentrate 10. Is the say for you to concentrate on more extensive activities? For instance reading a book, filling in a form. 10. You have effective ways of calming yourself down when angry or sad? 10. Sl		u3503	Conversing with one person
opinion, speaking when it is your turn, listening to others. 5. Moving around in different locations 5. Moving around in different locations 6. Poysical exercise 6. Physical exercise 6. Physical exercise 7. Eating 7. Eating 8. Social flexibility 8. Social flexibility 9. Undertaking tasks 6. Yer you quick to quarrel with others? 9. Undertaking tasks 6. It is easy for you to start a task? And is it easy for you to complete a task? 7. Sie you sleep well and sufficiently? 8. Do you sleep well and sufficiently? 9. Undertaking tasks 6. It is easy for you to concentrate 6. It is easy for you to concentrate on more extensive activities? 7. For instance reading a book, filling in a form. 6. Are you able to concentrate even when surrounded by noise? 12. Memory 13. Regulating emotions 15. Moving around in different locations 4640 Moving around in different locations 4650 Moving around in different locations 4640 Moving around in different locations 4650 8clf-care, other specified 4650 Eating 6720 Complex interpersonal interactions 4720 Undertaking multiple tasks 46220 Undertaking multiple tasks 46220 Undertaking multiple tasks 5134 Sleep functions 5140 Attention functions 6140 Memory functions 6141 Memory functions 6152 Emotional functions			
5. Moving around in different locations Do you have difficulties in moving around outside your home on your own? For instance unfamiliar places, new routes, open spaces. 6. Physical exercise Do you care for your health by exercising regularly? 7. Eating Do you eat varied meals? 8. Social flexibility 1. Is it easy for you to make friends? 1. Is it easy for you to start a task? And is it easy for you to complete a task? 1. So leep and daily rhythm Do you gollow a regular daily rhythm? 1. Ability to concentrate 1. Is it easy for you to concentrate on more extensive activities? For instance reading a book, filling in a form. Are you able to concentrate even when surrounded by noise? 1. Memory 1. Regulating emotions 1. Regulating emotions 4460 Moving around in different locations 4698 Self-care, other specified 5. Eating Complex interpersonal interactions 4720 Complex interpersonal interactions 4720 Undertaking multiple tasks Undertaking multiple tasks For instance household chores. 5. Is it easy for you to start a task? And is it easy for you to complete a task? 10. Sleep and daily rhythm 5. Do you sleep well and sufficiently? The properties of the prope	• Is it easy for you to converse in a group? For instance expressing your own	d3504	Conversing with many people
• Do you have difficulties in moving around outside your home on your own? For instance unfamiliar places, new routes, open spaces. 6. Physical exercise • Do you care for your health by exercising regularly? 7. Eating • Do you eat regularly? • Do you eat varied meals? 8. Social flexibility • Is it easy for you to make friends? • Are you quick to quarrel with others? 9. Undertaking tasks • How do you manage to undertake tasks that are not especially pleasant but that you are required to undertake? For instance household chores. • Is it easy for you to start a task? And is it easy for you to complete a task? 10. Sleep and daily rhythm • Do you sleep well and sufficiently? • Do you sleep well and sufficiently? • Do you follow a regular daily rhythm? 11. Ability to concentrate • Is it easy for you to concentrate on more extensive activities? For instance reading a book, filling in a form. • Are you able to concentrate even when surrounded by noise? 12. Memory • Is it easy for you to remember something you have just heard or read? • How well do you remember old things? 13. Regulating emotions b 152 Memory functions	opinion, speaking when it is your turn, listening to others.		
For instance unfamiliar places, new routes, open spaces. 6. Physical exercise • Do you care for your health by exercising regularly? 7. Eating • Do you eat regularly? • Social flexibility • Is it easy for you to make friends? • Are you quick to quarrel with others? • Oundertaking tasks • How do you manage to undertake tasks that are not especially pleasant but that you are required to undertake? • Is it easy for you to start a task? And is it easy for you to complete a task? 10. Sleep and daily rhythm • Do you sleep well and sufficiently? • Do you follow a regular daily rhythm? 11. Ability to concentrate • Is it easy for you to concentrate on more extensive activities? For instance reading a book, filling in a form. • Are you able to concentrate even when surrounded by noise? 12. Memory • Is it easy for you to remember something you have just heard or read? • How well do you remember old things? 13. Regulating emotions • Do you have effective ways of calming yourself down when angry or sad? b 152 • Eating Complex interpersonal interactions 4520 Undertaking multiple tasks Undertaking multiple tasks b Undertaking multiple tasks 4220 Fating Attention functions			Maying around in different legations
6. Physical exercise	• Do you have difficulties in moving around outside your home on your own?	d460	Moving around in different locations
6. Physical exercise			
• Do you care for your nealth by exercising regularity? 7. Eating • Do you eat regularly? • Do you eat varied meals? 8. Social flexibility • Is it easy for you to make friends? • Are you quick to quarrel with others? 9. Undertaking tasks • How do you manage to undertake tasks that are not especially pleasant but that you are required to undertake? For instance household chores. • Is it easy for you to start a task? And is it easy for you to complete a task? 10. Sleep and daily rhythm • Do you sleep well and sufficiently? • Do you follow a regular daily rhythm? 11. Ability to concentrate • Is it easy for you to concentrate on more extensive activities? For instance reading a book, filling in a form. • Are you able to concentrate even when surrounded by noise? 12. Memory • Is it easy for you to remember something you have just heard or read? • How well do you remember old things? 13. Regulating emotions • Do you have effective ways of calming yourself down when angry or sad? b152 Eating Complex interpersonal interactions Complex interpersonal interactions Loudertaking multiple tasks Undertaking multiple tasks For instance household chores. Undertaking multiple tasks For instance household chores. b134 Sleep functions b144 Memory functions		4500	Calf and ather analisis d
 Do you eat regularly? Do you eat varied meals? Social flexibility Is it easy for you to make friends? Are you quick to quarrel with others? Undertaking tasks How do you manage to undertake tasks that are not especially pleasant but that you are required to undertake? Is it easy for you to start a task? And is it easy for you to complete a task? O. Sleep and daily rhythm Do you sleep well and sufficiently? Do you follow a regular daily rhythm? Ability to concentrate Is it easy for you to concentrate on more extensive activities? For instance reading a book, filling in a form. Are you able to concentrate even when surrounded by noise? De you follow a regular daily rhythm? Attention functions Memory Is it easy for you to remember something you have just heard or read? How well do you remember old things? Regulating emotions Do you have effective ways of calming yourself down when angry or sad? Emotional functions 	Do you care for your health by exercising regularly?	0598	Seif-care, other specified
 Do you eat regularly? Do you eat varied meals? Social flexibility Is it easy for you to make friends? Are you quick to quarrel with others? Undertaking tasks How do you manage to undertake tasks that are not especially pleasant but that you are required to undertake? Is it easy for you to start a task? And is it easy for you to complete a task? O. Sleep and daily rhythm Do you sleep well and sufficiently? Do you follow a regular daily rhythm? Ability to concentrate Is it easy for you to concentrate on more extensive activities? For instance reading a book, filling in a form. Are you able to concentrate even when surrounded by noise? De you follow a regular daily rhythm? Attention functions Memory Is it easy for you to remember something you have just heard or read? How well do you remember old things? Regulating emotions Do you have effective ways of calming yourself down when angry or sad? Emotional functions 			
8. Social flexibility • Is it easy for you to make friends? • Are you quick to quarrel with others? 9. Undertaking tasks • How do you manage to undertake tasks that are not especially pleasant but that you are required to undertake? For instance household chores. • Is it easy for you to start a task? And is it easy for you to complete a task? 10. Sleep and daily rhythm • Do you sleep well and sufficiently? • Do you sleep well and sufficiently? • Do you follow a regular daily rhythm? 11. Ability to concentrate • Is it easy for you to concentrate on more extensive activities? For instance reading a book, filling in a form. • Are you able to concentrate even when surrounded by noise? 12. Memory • Is it easy for you to remember something you have just heard or read? • How well do you remember old things? 13. Regulating emotions • Do you have effective ways of calming yourself down when angry or sad? b 152 Complex interpersonal interactions d 220 Undertaking multiple tasks Undertaking multiple tasks b 1420 Sleep functions b 144 Memory functions		d550	Eating
8. Social flexibility • Is it easy for you to make friends? • Are you quick to quarrel with others? 9. Undertaking tasks • How do you manage to undertake tasks that are not especially pleasant but that you are required to undertake? For instance household chores. • Is it easy for you to start a task? And is it easy for you to complete a task? 10. Sleep and daily rhythm • Do you sleep well and sufficiently? • Do you sleep well and sufficiently? • Do you follow a regular daily rhythm? 11. Ability to concentrate • Is it easy for you to concentrate on more extensive activities? For instance reading a book, filling in a form. • Are you able to concentrate even when surrounded by noise? 12. Memory • Is it easy for you to remember something you have just heard or read? • How well do you remember old things? 13. Regulating emotions • Do you have effective ways of calming yourself down when angry or sad? b 152 Complex interpersonal interactions d 220 Undertaking multiple tasks Undertaking multiple tasks b 1420 Sleep functions b 144 Memory functions			
• Its it easy for you to make firelists? • Are you quick to quarrel with others? 9. Undertaking tasks • How do you manage to undertake tasks that are not especially pleasant but that you are required to undertake? • For instance household chores. • Is it easy for you to start a task? And is it easy for you to complete a task? 10. Sleep and daily rhythm • Do you sleep well and sufficiently? • Do you follow a regular daily rhythm? 11. Ability to concentrate • Is it easy for you to concentrate on more extensive activities? For instance reading a book, filling in a form. • Are you able to concentrate even when surrounded by noise? 12. Memory • Is it easy for you to remember something you have just heard or read? • How well do you remember old things? 13. Regulating emotions • Do you have effective ways of calming yourself down when angry or sad? b 140 Memory functions b 152 Emotional functions			Carantan international
• Are you quick to quarrel with others? 9. Undertaking tasks • How do you manage to undertake tasks that are not especially pleasant but that you are required to undertake? For instance household chores. • Is it easy for you to start a task? And is it easy for you to complete a task? 10. Sleep and daily rhythm • Do you sleep well and sufficiently? • Do you follow a regular daily rhythm? 11. Ability to concentrate • Is it easy for you to concentrate on more extensive activities? For instance reading a book, filling in a form. • Are you able to concentrate even when surrounded by noise? 12. Memory • Is it easy for you to remember something you have just heard or read? • How well do you remember old things? 13. Regulating emotions • Do you have effective ways of calming yourself down when angry or sad? but the day of th	• Is it easy for you to make friends?	d720	Complex interpersonal interactions
9. Undertaking tasks • How do you manage to undertake tasks that are not especially pleasant but that you are required to undertake? For instance household chores. • Is it easy for you to start a task? And is it easy for you to complete a task? 10. Sleep and daily rhythm • Do you sleep well and sufficiently? • Do you follow a regular daily rhythm? 11. Ability to concentrate • Is it easy for you to concentrate on more extensive activities? For instance reading a book, filling in a form. • Are you able to concentrate even when surrounded by noise? 12. Memory • Is it easy for you to remember something you have just heard or read? • How well do you remember old things? 13. Regulating emotions • Do you have effective ways of calming yourself down when angry or sad? budget d220 Undertaking multiple tasks			
 How do you manage to undertake tasks that are not especially pleasant but that you are required to undertake? For instance household chores. Is it easy for you to start a task? And is it easy for you to complete a task? 10. Sleep and daily rhythm Do you sleep well and sufficiently? Do you follow a regular daily rhythm? 11. Ability to concentrate Is it easy for you to concentrate on more extensive activities? For instance reading a book, filling in a form. Are you able to concentrate even when surrounded by noise? 12. Memory Is it easy for you to remember something you have just heard or read? How well do you remember old things? 13. Regulating emotions Do you have effective ways of calming yourself down when angry or sad? b152 Emotional functions 			
that you are required to undertake? For instance household chores. Is it easy for you to start a task? And is it easy for you to complete a task? 10. Sleep and daily rhythm Do you sleep well and sufficiently? Do you follow a regular daily rhythm? 11. Ability to concentrate Is it easy for you to concentrate on more extensive activities? For instance reading a book, filling in a form. Are you able to concentrate even when surrounded by noise? 12. Memory Is it easy for you to remember something you have just heard or read? How well do you remember old things? 13. Regulating emotions Do you have effective ways of calming yourself down when angry or sad? Indicating multiple tasks d220 Ondertaking multiple tasks d220 Sleep functions Sleep functions b144 Attention functions b140 Memory functions Emotional functions			
For instance household chores. • Is it easy for you to start a task? And is it easy for you to complete a task? 10. Sleep and daily rhythm • Do you sleep well and sufficiently? • Do you follow a regular daily rhythm? 11. Ability to concentrate • Is it easy for you to concentrate on more extensive activities? For instance reading a book, filling in a form. • Are you able to concentrate even when surrounded by noise? 12. Memory • Is it easy for you to remember something you have just heard or read? • How well do you remember old things? 13. Regulating emotions • Do you have effective ways of calming yourself down when angry or sad? b 134 Sleep functions b 140 Attention functions b 144 Memory functions b 144 Emotional functions		d220	Undertaking multiple tasks
10. Sleep and daily rhythm • Do you sleep well and sufficiently? • Do you follow a regular daily rhythm? 11. Ability to concentrate • Is it easy for you to concentrate on more extensive activities? For instance reading a book, filling in a form. • Are you able to concentrate even when surrounded by noise? 12. Memory • Is it easy for you to remember something you have just heard or read? • How well do you remember old things? 13. Regulating emotions • Do you have effective ways of calming yourself down when angry or sad? b134 Sleep functions b140 Attention functions b144 Memory functions Emotional functions			
10. Sleep and daily rhythm • Do you sleep well and sufficiently? • Do you follow a regular daily rhythm? 11. Ability to concentrate • Is it easy for you to concentrate on more extensive activities? For instance reading a book, filling in a form. • Are you able to concentrate even when surrounded by noise? 12. Memory • Is it easy for you to remember something you have just heard or read? • How well do you remember old things? 13. Regulating emotions • Do you have effective ways of calming yourself down when angry or sad? b134 Sleep functions b140 Attention functions b144 Memory functions Emotional functions	• Is it easy for you to start a task? And is it easy for you to complete a task?		
 Do you sleep well and sufficiently? Do you follow a regular daily rhythm? 11. Ability to concentrate Is it easy for you to concentrate on more extensive activities? For instance reading a book, filling in a form. Are you able to concentrate even when surrounded by noise? 12. Memory Is it easy for you to remember something you have just heard or read? How well do you remember old things? 13. Regulating emotions Do you have effective ways of calming yourself down when angry or sad? Emotional functions 			
 Do you follow a regular daily rhythm? 11. Ability to concentrate Is it easy for you to concentrate on more extensive activities? For instance reading a book, filling in a form. Are you able to concentrate even when surrounded by noise? 12. Memory Is it easy for you to remember something you have just heard or read? How well do you remember old things? 13. Regulating emotions Do you have effective ways of calming yourself down when angry or sad? b152 Emotional functions 		b134	Sleep functions
11. Ability to concentrate Is it easy for you to concentrate on more extensive activities? For instance reading a book, filling in a form. Are you able to concentrate even when surrounded by noise? 12. Memory Is it easy for you to remember something you have just heard or read? How well do you remember old things? 13. Regulating emotions Do you have effective ways of calming yourself down when angry or sad? b140 Attention functions b140 Memory functions b144 Memory functions			'
For instance reading a book, filling in a form. • Are you able to concentrate even when surrounded by noise? 12. Memory • Is it easy for you to remember something you have just heard or read? • How well do you remember old things? 13. Regulating emotions • Do you have effective ways of calming yourself down when angry or sad? b140 Attention functions b144 Memory functions b152 Emotional functions			
For instance reading a book, filling in a form. • Are you able to concentrate even when surrounded by noise? 12. Memory • Is it easy for you to remember something you have just heard or read? • How well do you remember old things? 13. Regulating emotions • Do you have effective ways of calming yourself down when angry or sad? b140 Attention functions b144 Memory functions b152 Emotional functions	•		
 Are you able to concentrate even when surrounded by noise? 12. Memory Is it easy for you to remember something you have just heard or read? How well do you remember old things? 13. Regulating emotions Do you have effective ways of calming yourself down when angry or sad? b144 Memory functions b152 Emotional functions 		b140	Attention functions
12. Memory • Is it easy for you to remember something you have just heard or read? • How well do you remember old things? 13. Regulating emotions • Do you have effective ways of calming yourself down when angry or sad? b144 Memory functions b152 Emotional functions			
 Is it easy for you to remember something you have just heard or read? How well do you remember old things? 13. Regulating emotions Do you have effective ways of calming yourself down when angry or sad? b144 Memory functions b152 Emotional functions 	,		
 Is it easy for you to remember something you have just heard or read? How well do you remember old things? 13. Regulating emotions Do you have effective ways of calming yourself down when angry or sad? b144 Memory functions b152 Emotional functions 	12. Memory		
 How well do you remember old things? 13. Regulating emotions Do you have effective ways of calming yourself down when angry or sad? b152 Emotional functions 	,	b144	Memory functions
13. Regulating emotions • Do you have effective ways of calming yourself down when angry or sad? b152 Emotional functions			,
• Do you have effective ways of calming yourself down when angry or sad? b152 Emotional functions			
		b152	Emotional functions
	Do you sometimes react so strongly that you regret it later?		
14. Control of thought b1603 Control of thought		b1603	Control of thought

• Do you find that you are able to identify, separate and regulate your thoughts well?		
Do thoughts compulsively get stuck in your mind?		
15. Orderliness		
• Is it easy for you to plan your life ahead?	b1641	Organization and planning
• Is it easy for you to organize things?	01041	Organization and planning
For instance arranging appointments and arranging parties.		
16. Time management		
• Do you use a calendar?	b1642	Time management
Do you usually arrive in time for appointments?		
17. Flexibility of thought		
 Are you able to easily change your own point of view if the situation so 		
requires?	b1643	Cognitive flexibility
For instance when a majority of the group wants to proceed in a different way		
than you do.		
18. Nonverbal communication		Communicating with - receiving - nonverbal
Are you able to interpret nonverbal messages such as facial expressions and	d315	messages
gestures?	d335	Producing nonverbal messages
gestures:		
19. Tolerating changes		
Are you able to act in unexpected situations?	d2304	Managing changes in daily routine
• Is it difficult for you if there are sudden changes to things that have been	u2304	rianaging changes in daily routine
agreed beforehand?		
20. Family relationships		
 What kind of relations do you have to your family members? And to your 	d760	Family relationships
relatives?		
21. Rules in personal relationships		
• Do you know what kind of behaviour is appropriate in the company of others?	d710	Basic interpersonal interactions
For instance knowing the rules of courtesy and good manners.		
22. Intimate relationships		
• Is it easy for you to have a romantic relationship?	d770	Intimate relationships
23. Coping with work	1050	
Are you able to follow agreed working hours?	d850	Remunerative employment
Are you able to complete job tasks assigned to you appropriately?		
24. Pain	b289	Sensation of pain, other specified and unspecified
Do you experience physical pain?		, , , , , , , , , , , , , , , , , , , ,
• RESOURCES AND SUPPORT	255	T
Health professionals	e355	Health professionals
Family	e310	Immediate family
		and technology of buildings for private use

Friends	e320	Friends
Drugs	e1101	Drugs