

SPIRAL-questions for persons undergoing mental health rehabilitation	ICF-code	ICF- classification of health-related domains
1. Daily routines • How well are you able to carry out daily routines? <i>For instance cooking food, washing oneself.</i>	d230	Carrying out daily routine
2. Ability to relax • Do you have ways of relaxing that work for you?	d240	Handling stress and other psychological demands
3. Conversation between two persons • Are you able to start and sustain conversations with a friend?	d3503	Conversing with one person
4. Conversation in a group • Is it easy for you to converse in a group? <i>For instance expressing your own opinion, speaking when it is your turn, listening to others.</i>	d3504	Conversing with many people
5. Moving around in different locations • Do you have difficulties in moving around outside your home on your own? <i>For instance unfamiliar places, new routes, open spaces.</i>	d460	Moving around in different locations
6. Physical exercise • Do you care for your health by exercising regularly?	d598	Self-care, other specified
7. Eating • Do you eat regularly? • Do you eat varied meals?	d550	Eating
8. Social flexibility • Is it easy for you to make friends? • Are you quick to quarrel with others?	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? <i>For instance household chores.</i> • Is it easy for you to start a task? And is it easy for you to complete a task?	d220	Undertaking multiple tasks
10. Sleep and daily rhythm • Do you sleep well and sufficiently? • Do you follow a regular daily rhythm?	b134	Sleep functions
11. Ability to concentrate • Is it easy for you to concentrate on more extensive activities? <i>For instance reading a book, filling in a form.</i> • Are you able to concentrate even when surrounded by noise?	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?	b144	Memory functions
13. Regulating emotions • Do you have effective ways of calming yourself down when angry or sad? • Do you sometimes react so strongly that you regret it later?	b152	Emotional functions
14. Control of thought	b1603	Control of thought

<ul style="list-style-type: none"> • 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 <ul style="list-style-type: none"> • Is it easy for you to plan your life ahead? • Is it easy for you to organize things? <i>For instance arranging appointments and arranging parties.</i>	b1641	Organization and planning
16. Time management <ul style="list-style-type: none"> • Do you use a calendar? • Do you usually arrive in time for appointments? 	b1642	Time management
17. Flexibility of thought <ul style="list-style-type: none"> • Are you able to easily change your own point of view if the situation so requires? <i>For instance when a majority of the group wants to proceed in a different way than you do.</i>	b1643	Cognitive flexibility
18. Nonverbal communication <ul style="list-style-type: none"> • Are you able to interpret nonverbal messages such as facial expressions and gestures? 	d315 d335	Communicating with - receiving - nonverbal messages Producing nonverbal messages
19. Tolerating changes <ul style="list-style-type: none"> • Are you able to act in unexpected situations? • Is it difficult for you if there are sudden changes to things that have been agreed beforehand? 	d2304	Managing changes in daily routine
20. Family relationships <ul style="list-style-type: none"> • What kind of relations do you have to your family members? And to your relatives? 	d760	Family relationships
21. Rules in personal relationships <ul style="list-style-type: none"> • Do you know what kind of behaviour is appropriate in the company of others? <i>For instance knowing the rules of courtesy and good manners.</i>	d710	Basic interpersonal interactions
22. Intimate relationships <ul style="list-style-type: none"> • Is it easy for you to have a romantic relationship? 	d770	Intimate relationships
23. Coping with work <ul style="list-style-type: none"> • Are you able to follow agreed working hours? • Are you able to complete job tasks assigned to you appropriately? 	d850	Remunerative employment
24. Pain <ul style="list-style-type: none"> • Do you experience physical pain? 	b289	Sensation of pain, other specified and unspecified
• RESOURCES AND SUPPORT		
Health professionals Family	e355 e310	Health professionals Immediate family and technology of buildings for private use

Friends Drugs	e320 e1101	Friends Drugs
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