

<b>SPIRAL-questions for young persons with autism spectrum disorders</b>	<b>ICF-code</b>	<b>ICF- classification of health-related domains</b>
1. Solving problems • Are you able to act in unexpected situations? <i>For instance if you notice on your way home that you have left your keys at home.</i>	d175	Solving problems
2. Making choices • Is it easy for you to choose between two or more alternatives? <i>For instance different dishes, clothes.</i>	d177	Making decisions
3. Group work • Is it easy for you to act in a group? • Are you able to participate in a group discussion? <i>For instance expressing your own opinion, speaking when it is your turn, listening to others.</i>	d2103 d2203 d3504	Undertaking a single task in a group Undertaking multiple tasks in a group Conversing with many people
4. Ability to relax • Is it easy for you to relax? What kind of ways to relax do you have?	d240	Handling stress and other psychological demands
5. Use of communication devices in contacts • Do you use a phone or a computer when contacting your friends?	d360	Using communication devices and techniques
6. Moving around in different locations • Do you move about outside your home on your own? <i>For instance unfamiliar places, new routes.</i>	d460	Moving around in different locations
7. Taking care of personal hygiene and appearance • Do you yourself regularly take care of washing yourself? • Do others remind you for instance about taking a shower?	d510 d520 d5404	Washing oneself Caring for body parts Choosing appropriate clothing
8. Eating • Do you eat well and in sufficient quantity? Do others remind you about eating? • Is it easy for you to try new dishes?	d550	Eating
9. Rules in personal relationships • Is it clear for you how you should behave in other people's company? • How well do you usually succeed with this? <i>For instance courteous behaviour: greeting, thanking.</i>	d710 d730 d7202	Basic interpersonal interactions Relating with strangers Regulating behaviours within interactions
10. Relationships with friends • Do you have friends of the same age as you? Is it easy for you to make friends? • Are you quick to quarrel with your friends?	d7500	Informal relationships with friends
11. School • How are you doing in school?	d820	School education
12. Personal financial skills • Are you able to go shopping independently?	d860	Basic economic transactions

<ul style="list-style-type: none"> <li>• Do you have money of your own?</li> </ul>		
<p>13. Leisure activities</p> <ul style="list-style-type: none"> <li>• Do you find something to do in your spare time?</li> <li>• Do you have hobbies or other leisure activities that are meaningful to you?</li> </ul>	d920	Recreation and leisure
<p>14. Undertaking tasks</p> <ul style="list-style-type: none"> <li>• How do you manage to undertake tasks that are not pleasant but that you are required to undertake? <i>For instance household chores, homework.</i></li> <li>• Is it easy for you to plan and complete tasks that involve several stages? <i>For instance writing an essay, cleaning your own room.</i></li> </ul>	d220	Undertaking multiple tasks
<p>15. Self-control</p> <ul style="list-style-type: none"> <li>• Are you able to resist sudden impulses or desires? How? <i>For instance waiting for your turn while enthusiastic, curbing your first reaction (for instance hitting or shouting) when angered.</i></li> </ul>	b1304	Impulse control
<p>16. Sleep</p> <ul style="list-style-type: none"> <li>• Do you sleep well and sufficiently?</li> <li>• Do you follow a regular daily rhythm?</li> </ul>	b134	Sleep functions
<p>17. Ability to concentrate</p> <ul style="list-style-type: none"> <li>• How are you able to concentrate? <i>For instance studies, reading.</i></li> <li>• Are you able to concentrate even when surrounded by noise?</li> </ul>	b140	Attention functions
<p>18. Memory</p> <ul style="list-style-type: none"> <li>• Can you easily remember what you have seen or heard?</li> <li>• How well are you able to recollect things that you have learnt previously for instance for exams?</li> </ul>	b144	Memory functions
<p>19. Regulating emotions</p> <ul style="list-style-type: none"> <li>• Are you able to calm yourself down when angry/sad? How?</li> <li>• Do you sometimes show your emotions so strongly that you regret it later? <i>For instance you unintentionally hurt someone else's feelings.</i></li> </ul>	b152	Emotional functions
<p>20. Seeing the big picture</p> <ul style="list-style-type: none"> <li>• Is it easy for you to for instance find the most important facts in a text in a schoolbook?</li> </ul>	b1568	Perceptual functions, other specified
<p>21. Flexibility of thought</p> <ul style="list-style-type: none"> <li>• Do you easily get stuck on one thought?</li> <li>• Are you able to change your own point of view or your opinion 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></li> </ul>	b1603	Control of thought

<p>22. Time management</p> <ul style="list-style-type: none"> <li>• Are you able to estimate the time required to undertake different tasks? <i>For instance the time needed to travel, the time needed for homework.</i></li> <li>• Do you usually arrive in time to an appointed place?</li> </ul>	b1642	Time management
<p>23. Sensory functions</p> <ul style="list-style-type: none"> <li>• Do you find it difficult to tolerate certain noises, smells, tastes or touching?</li> </ul>	b240 b255 b250 b265 b279	Sensations associated with hearing and vestibular function Smell function Taste function Touch function Additional sensory functions, other specified and unspecified
<p>24. Understanding others</p> <ul style="list-style-type: none"> <li>• Do you notice if you have hurt someone else's feelings?</li> <li>• Are you able to communicate with others without words? <i>For instance facial expressions, tones of voice, body movements.</i></li> </ul>	b189	Specific mental functions, other specified and unspecified
<p><b>• RESOURCES AND SUPPORT</b></p>		
<p>Family</p> <p>Friends</p> <p>School (supportive teaching, assistive devices etc.)</p> <p>Health care (doctor, psychologist, therapist etc.)</p>	e310  e320 e585  e1101	<p>Immediate family and technology of buildings for private use</p> <p>Friends</p> <p>Education and training services, systems and policies</p> <p>Health professionals</p>