

Additional file 1. The development of the content of the Abilitator, description of the main concept and ICF category for each question.

The Abilitator 0.1	The Abilitator 0.2	The Abilitator	Reference	Main concept	ICF category of the main concept
<p>Are you:</p> <p>1 Male 2 Female</p>	<p>Are you:</p> <p>1 Male 2 Female 3 Other</p>	<p>(A5) Are you:</p> <p>1 Male 2 Female 3 Other</p> <p>Scale: Confirmation or agreement</p>	<p>New formulation in the Abilitator</p>	<p>Gender</p>	<p>pf</p>
<p>Current age _____ years</p>	<p>Current age _____ years</p>	<p>(A6) Current age _____ years</p> <p>Scale: Confirmation or agreement</p>	<p>New formulation in the Abilitator</p>	<p>Current age in years</p>	<p>pf</p>
<p>How satisfied are you with your life at this moment? Assess your general satisfaction with life.</p> <p>5 Very satisfied 4 Fairly satisfied 3 Not satisfied, but not dissatisfied either 2 Fairly dissatisfied 1 Very dissatisfied</p>	<p>How satisfied are you with your life at this moment? Assess your general satisfaction with life.</p> <p>5 Very satisfied 4 Fairly satisfied 3 Not satisfied, but not dissatisfied either 2 Fairly dissatisfied 1 Very dissatisfied</p>	<p>(B1) How satisfied are you with your life at this moment? Assess your general satisfaction with life.</p> <p>5 Very satisfied 4 Fairly satisfied 3 Not satisfied, but not dissatisfied either 2 Fairly dissatisfied 1 Very dissatisfied</p> <p>Scale: Intensity</p>	<p>82. Kurvinen A, Jolkkonen A. Työllisyyden voimavarat mittari Spatia raportteja 3, 2015.</p> <p>83. Punakallio A, Lusa S, editors. Eri-ikäisten palomiesten terveys- ja toimintakyky: 13-vuoden seurantatutkimus. Helsinki: Finnish Institute of Occupational Health; 2011. Finnish.</p>	<p>Satisfaction in life</p>	<p>pf</p>
<p>In your opinion, is your health currently: Assess your health as a whole.</p> <p>5 Good 4 Fairly good 3 Average 2 Fairly poor 1 Poor</p>	<p>In your opinion, is your health currently: Assess your health as a whole.</p> <p>5 Good 4 Fairly good 3 Average 2 Fairly poor 1 Poor</p>	<p>(B2) In your opinion, is your health currently: Assess your health as a whole.</p> <p>5 Good 4 Fairly good 3 Average 2 Fairly poor 1 Poor</p> <p>Scale: Intensity</p>	<p>81. Koskinen S, Lundqvist A, Ristiluoma N, editors. Health, functional capacity and welfare in Finland in 2011. Report 68. Helsinki: National Institute for Health and Welfare; 2012.</p>	<p>Current health over all</p>	<p>pf</p>

<p>How well do you cope with your everyday activities and tasks? Choose the number that best matches your situation.</p> <p><u>0 1 2 3 4 5 6 7 8 9 10</u></p> <p>0 = I cope very poorly 10 = I cope very well</p>	<p>How well do you cope with your everyday activities and tasks? Choose the number that best matches your situation. Assess your everyday life in general, and how you cope with it.</p> <p><u>0 1 2 3 4 5 6 7 8 9 10</u></p> <p>0 = I cope very poorly 10 = I cope very well</p>	<p>(B3) How well do you cope with your everyday activities and tasks? Choose the number that best matches your situation. Assess your everyday life in general, and how you cope with it.</p> <p><u>0 1 2 3 4 5 6 7 8 9 10</u></p> <p>0 = I cope very poorly 10 = I cope very well</p> <p>Scale: Intensity</p>	<p>New question created for the Abilitator</p>	<p>General ability to function in everyday life</p>	<p>d230 carrying out daily routine</p>
<p>Let's assume that your work ability would receive a score of 10 points at its best. What score would you give your current work ability?</p> <p><u>0 1 2 3 4 5 6 7 8 9 10</u></p> <p>0 = Completely unable to work 10 = Work ability at its best</p>	<p>Let's assume that your work ability would receive a score of 10 points at its best. What score would you give your current work ability? If you do not currently work, give your assessment in relation to your last job, or the demands of your occupation. If you have no profession, assess your situation in relation to the work you would like to do.</p> <p><u>0 1 2 3 4 5 6 7 8 9 10</u></p> <p>0 = Completely unable to work 10 = Work ability at its best</p>	<p>(B4) Let's assume that your work ability would receive a score of 10 points at its best. What score would you give your current work ability? If you do not currently work, give your assessment in relation to your last job, or the demands of your occupation. If you have no profession, assess your situation in relation to the work you would like to do.</p> <p><u>0 1 2 3 4 5 6 7 8 9 10</u></p> <p>0 = Completely unable to work 10 = Work ability at its best</p> <p>Scale: Intensity</p>	<p>76.Tuomi K, Ilmarinen J, Jahkola M, Katajarinne L, Tulkki A. Työkykyindeksi. Työterveyssholto 19. Helsinki: Finnish Institute of Occupational Health; 1997. Finnish.</p> <p>84.WORK ABILITY INDEX™. Helsinki: Finnish Institute of Occupational Health; 2014.</p>	<p>Ability to work</p>	<p>d850 remunerative employment</p> <p>d855 non-remunerative employment</p>

Not in 0.1	Not in 0.2	<p>(B5) How do you feel in relation to work life at the moment? Choose the number that best matches your situation.</p> <p><u>0 1 2 3 4 5 6 7 8 9 10</u></p> <p>0= Work life or employment does not currently apply to me. 1-3= I don't have a job. I'm poorly equipped for work life. I need support in order to obtain employment. 4-5= I don't have a job, but I am equipped for work life. I may need support in order to obtain employment 6-8 = I have a job. I am equipped for work life. I may however need support in order to stay in employment. 9-10= I have a job. I am well-equipped to continue in employment.</p> <p>Scale: Confirmation or agreement</p>	New question created for the Abilitator	Work help and support	<p>d845 acquiring, keeping and terminating a job</p> <p>d850 remunerative employment</p>
<p>Do you receive help in practical matters when you need it?</p> <p>4= Very often 3= Quite often 2= Quite rarely 1= Very rarely 0= Never</p>	<p>Which of the following describe your situation? Choose a number from a scale of 1 = Completely disagree to 5 = Completely agree.</p> <p>I get help when I need it 1 2 3 4 5</p>	<p>Which of the following describe your situation? Choose a number from a scale of 1 = Completely disagree to 5 = Completely agree.</p> <p>(C1) I get help when I need it 1 2 3 4 5</p> <p>Scale: Intensity</p>	New formulation in the Abilitator	Getting help	e3 support and relationships

Not in 0.1	<p>Which of the following describe your situation? Choose a number from a scale of 1 = Completely disagree to 5 = Completely agree.</p> <p>I am necessary others 1 2 3 4 5</p>	<p>Which of the following describe your situation? Choose a number from a scale of 1 = Completely disagree to 5 = Completely agree.</p> <p>(C2) I am needed by others 1 2 3 4 5</p> <p>Scale: Intensity</p>	New question created for the Abilitator	Being needed	d7101 appreciation in relationships
Not in 0.1	<p>Which of the following describe your situation? Choose a number from a scale of 1 = Completely disagree to 5 = Completely agree.</p> <p>I am allowed to express my opinions and they are taken into account 1 2 3 4 5</p>	<p>Which of the following describe your situation? Choose a number from a scale of 1 = Completely disagree to 5 = Completely agree.</p> <p>(C3) I am allowed to express my opinions and they are taken into account 1 2 3 4 5</p> <p>Scale: Intensity</p>	New question created for the Abilitator	Being heard and to have an affect	e4 attitudes
Not in 0.1	<p>Which of the following describe your situation? Choose a number from a scale of 1 = Completely disagree to 5 = Completely agree.</p> <p>I am appreciated 1 2 3 4 5</p>	<p>Which of the following describe your situation? Choose a number from a scale of 1 = Completely disagree to 5 = Completely agree.</p> <p>(C4) I am appreciated 1 2 3 4 5</p> <p>Scale: Intensity</p>	New question created for the Abilitator	Being appreciated	b1800 experience of self
Not in 0.1	<p>Which of the following describe your situation? Choose a number from a scale of 1 = Completely disagree to 5 = Completely agree.</p> <p>I have experienced success 1 2 3 4 5</p>	<p>Which of the following describe your situation? Choose a number from a scale of 1 = Completely disagree to 5 = Completely agree.</p> <p>(C5) I have experienced success 1 2 3 4 5</p> <p>Scale: Intensity</p>	New question created for the Abilitator	Experiences of success	pf

Not in 0.1	Which of the following describe your situation? Choose a number from a scale of 1 = Completely disagree to 5 = Completely agree. I am in charge of the course of my life 1 2 3 4 5	Which of the following describe your situation? Choose a number from a scale of 1 = Completely disagree to 5 = Completely agree. (C6) I am in charge of the course of my life 1 2 3 4 5 Scale: Intensity	New question created for the Abilitator	Feeling of being in charge of one's life course	pf
Not in 0.1	Which of the following describe your situation? Choose a number from a scale of 1 = Completely disagree to 5 = Completely agree. I feel part of society 1 2 3 4 5	Which of the following describe your situation? Choose a number from a scale of 1 = Completely disagree to 5 = Completely agree. (C7) I feel part of society 1 2 3 4 5 Scale: Intensity	New question created for the Abilitator	Feeling of being part of society	pf
Not in 0.1	Which of the following describe your situation? Choose a number from a scale of 1 = Completely disagree to 5 = Completely agree. I am happy with my relationships 1 2 3 4 5	Which of the following describe your situation? Choose a number from a scale of 1 = Completely disagree to 5 = Completely agree. (C8) I am happy with my relationships 1 2 3 4 5 Scale: Intensity	New question created for the Abilitator	Satisfaction in one's social relationships	pf
Do you feel lonely? 1 Never 2 Very seldom 3 Sometimes 4 Fairly often 5 All the time	Do you feel lonely? 5 Never 4 Very seldom 3 Sometimes 2 Fairly often 1 All the time	(C9) Do you feel lonely? 5 Never 4 Very seldom 3 Sometimes 2 Fairly often 1 All the time Scale: Frequency	85. Townsend P. The Family Life of Old People. London: Routledge and Kegan Paul; 1957. 80. Koponen P, Borodulin K, Lundqvist A, Sääksjärvi K, Koskinen S, editors. Health, functional capacity and welfare in Finland – FinHealth 2017 study. Report 4. Helsinki: National Institute for Health and Welfare; 2018.	Feeling of loneliness	pf

<p>Is there a person close to you, with whom you can openly discuss personal issues and problems?</p> <p>1 Yes 2 No 3 I don't know</p>	<p>Do you have someone you can openly talk to about personal issues and problems?</p> <p>1 Yes 0 No -1 I don't know</p>	<p>(C10) Do you have someone with whom you can openly discuss personal issues and problems?</p> <p>1 Yes 0 No -1 I don't know</p> <p>Scale: Confirmation or agreement</p>	<p>86. Elo A-L, Leppänen A, Lindström K. OSQ: Occupational stress questionnaire: Urser's instructions. Reviews 19. Helsinki: Finnish Institute of Occupational Health; 1992.</p>	<p>Close relationships</p>	<p>e3 support and relationships</p>
<p>Do you have or is there a pet in your household?</p> <p>0= Yes 1= No</p>	<p>Do you have a pet or animal you care for, that makes you happy?</p> <p>1 Yes 0 No -1 I don't know</p> <p>Scale: Confirmation or agreement</p>	<p>(C11) Do you have a pet or animal you care for, that makes you happy?</p> <p>1 Yes 0 No -1 I don't know</p> <p>Scale: Confirmation or agreement</p>	<p>New question created for the Abilitator</p>	<p>Pets</p>	<p>e350 domesticated animals</p>
<p>Do you take part in a club, organization, society, hobby group or spiritual community (for example a sports club, a tenants' committee, a political party, a choir, a congregation)?</p> <p>1= No 2=Yes, actively 3=Yes, occasionally</p>	<p>Do you have hobbies, or something to do that you enjoy?</p> <p>1 Yes 0 No -1 I don't know</p>	<p>(C12) Do you have hobbies, or something to do that you enjoy?</p> <p>1 Yes 0 No -1 I don't know</p> <p>Scale: Confirmation or agreement</p>	<p>New formulation in the Abilitator 0.2 and the Abilitator</p> <p>In the Abilitator 0.1: 87. Kaikkonen R, Murto J, Pentala O, Koskela T, Virtala E, Härkänen T, Koskenniemi T, Ahonen J, Vartiainen E, Koskinen S. Alueellisen terveys- ja hyvinvointitutkimuksen perustulokset 2010-2014. Helsinki: National Institute for Health and Welfare; 2014. Finnish.</p>	<p>Hobbies, other leisure time activity</p>	<p>d9 community, social and civic life</p>

<p>Do you spend time with friends or acquaintances?</p> <p>1= No 2= Yes, less than once a month 3= Yes, 1-3 times a month 4= Yes, 1-2 times a week 5= Yes, 3 times a week or more</p> <p>How often are in contact with your friends, relatives or acquaintances, who do not live in the same household as you in the following ways?</p> <p>Meeting face-to-face? 1= Almost daily 2= 1-2 times a week 3= 1-3 times a month 4= Less than once a month 5= Never</p> <p>By phone? 1= Almost daily 2= 1-2 times a week 3= 1-3 times a month 4= Less than once a month 5= Never</p> <p>Through the Internet? 0= Constantly 1= Almost daily 2= 1-2 times a week 3= 1-3 times a month 4= Less than once a month 5= Never</p>	<p>How often are you in touch with your friends, relatives or acquaintances who do not live in the same house as you?</p> <p>5 Daily or almost daily 4 1-2 times a week 3 1-3 times a month, 2 Less than once a month 1 Never</p>	<p>(C13) How often do you meet or are you in contact with friends, relatives or acquaintances, with whom you do not live?</p> <p>5 Daily or almost daily 4 1-2 times a week 3 1-3 times a month, 2 Less than once a month 1 Never</p> <p>Scale: Frequency</p>	<p>New formulation in the Abilitator 0.2 and the Abilitator</p> <p>In the Abilitator 0.1: 87. Kaikkonen R, Murto J, Pentala O, Koskela T, Virtala E, Härkänen T, Koskenniemi T, Ahonen J, Vartiainen E, Koskinen S. Alueellisen terveys- ja hyvinvointitutkimuksen perustulokset 2010-2014. Helsinki: National Institute for Health and Welfare; 2014. Finnish.</p>	<p>Meeting with people</p>	<p>d750 informal social relationships</p>
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(WHODAS 2.0) In the last 30 days, how much difficulty did you have in:	Not in 0.2	Not in the Abilitator			
Getting along with people who are close to you? 1= None 2= Mild 3= Moderate 4= Severe 5= Extreme	How well do the following describe your situation? Choose a number from a scale of 1 = Completely disagree to 5 = Completely agree I get on well with those close to me 1 2 3 4 5	How well do the following describe your situation? Choose a number from a scale of 1 = Completely disagree to 5 = Completely agree (C14) I get on well with those close to me 1 2 3 4 5 Scale: Intensity	New formulation in the Abilitator	Getting along with the people closest	d720 complex interpersonal relationships
Maintaining a friendship? 1= None 2= Mild 3= Moderate 4= Severe 5= Extreme	How well do the following describe your situation? Choose a number from a scale of 1 = Completely disagree to 5 = Completely agree I find it easy to maintain my friendships 1 2 3 4 5	How well do the following describe your situation? Choose a number from a scale of 1 = Completely disagree to 5 = Completely agree (C15) I find it easy to maintain my friendships 1 2 3 4 5 Scale: Intensity	New formulation in the Abilitator	Keeping up relationships	d7500 informal relationships with friends
Making new friends? 1= None 2= Mild 3= Moderate 4= Severe 5= Extreme	How well do the following describe your situation? Choose a number from a scale of 1 = Completely disagree to 5 = Completely agree I find it easy to get to know new people 1 2 3 4 5	How well do the following describe your situation? Choose a number from a scale of 1 = Completely disagree to 5 = Completely agree (C16) I find it easy to get to know new people 1 2 3 4 5 Scale: Intensity	New formulation in the Abilitator	Getting to know new people and making friends	d7500 informal relationships with friends
Dealing with people you do not know? 1= None 2= Mild 3= Moderate 4= Severe 5= Extreme	How well do the following describe your situation? Choose a number from a scale of 1 = Completely disagree to 5 = Completely agree I find it easy to socialize with people I do not know 1 2 3 4	How well do the following describe your situation? Choose a number from a scale of 1 = Completely disagree to 5 = Completely agree (C17) I find it easy to socialize with people I do not know 1 2 3 4 Scale: Intensity	New formulation in the Abilitator	Getting along with strangers	d730 relating with strangers

<p>The following are statements about thoughts and feelings. For each one, choose the response that best describes your situation over the last month.</p> <p>I've been feeling optimistic about the future</p> <p>1= Never 2= Seldom 3= Sometimes 4= Often 5= All the time</p>	<p>The following are statements about thoughts and feelings. For each one, choose the response that best describes your situation over the last month.</p> <p>I've been feeling optimistic about the future</p> <p>1= Never 2= Seldom 3= Sometimes 4= Often 5= All the time</p>	<p>The following are statements about thoughts and feelings. For each one, choose the response that best describes your situation over the last month.</p> <p>(D1) I've been feeling optimistic about the future</p> <p>1= Never 2= Seldom 3= Sometimes 4= Often 5= All the time</p> <p>Scale: Frequency</p>	<p>88. Tennant R, Hiller L, Fishwick R, Platt S, Joseph S, Weich S, Parkinson J, Secker J, Stewart-Brown S. The Warwick-Edinburgh Mental Well-Being Scale (WEMWBS): development and UK validation. Health and Quality of Life Outcomes. 2007; 5: 63.</p>	<p>Optimism about the future</p>	<p>b1265 optimism</p>
<p>The following are statements about thoughts and feelings. For each one, choose the response that best describes your situation over the last month.</p> <p>I've been feeling useful</p> <p>1= Never 2= Seldom 3= Sometimes 4= Often 5= All the time</p>	<p>The following are statements about thoughts and feelings. For each one, choose the response that best describes your situation over the last month.</p> <p>I've been feeling useful</p> <p>1= Never 2= Seldom 3= Sometimes 4= Often 5= All the time</p>	<p>The following are statements about thoughts and feelings. For each one, choose the response that best describes your situation over the last month.</p> <p>(D2) I've been feeling useful</p> <p>1= Never 2= Seldom 3= Sometimes 4= Often 5= All the time</p> <p>Scale: Frequency</p>	<p>88. Tennant R, Hiller L, Fishwick R, Platt S, Joseph S, Weich S, Parkinson J, Secker J, Stewart-Brown S. The Warwick-Edinburgh Mental Well-Being Scale (WEMWBS): development and UK validation. Health and Quality of Life Outcomes. 2007; 5: 63.</p>	<p>Feeling of being useful to others</p>	<p>b180 experience of self and time functions</p>
<p>The following are statements about thoughts and feelings. For each one, choose the response that best describes your situation over the last month.</p> <p>I've been feeling relaxed</p> <p>1= Never 2= Seldom 3= Sometimes 4= Often 5= All the time</p>	<p>The following are statements about thoughts and feelings. For each one, choose the response that best describes your situation over the last month.</p> <p>I've been feeling relaxed</p> <p>1= Never 2= Seldom 3= Sometimes 4= Often 5= All the time</p>	<p>The following are statements about thoughts and feelings. For each one, choose the response that best describes your situation over the last month.</p> <p>(D3) I've been feeling relaxed</p> <p>1= Never 2= Seldom 3= Sometimes 4= Often 5= All the time</p> <p>Scale: Frequency</p>	<p>88. Tennant R, Hiller L, Fishwick R, Platt S, Joseph S, Weich S, Parkinson J, Secker J, Stewart-Brown S. The Warwick-Edinburgh Mental Well-Being Scale (WEMWBS): development and UK validation. Health and Quality of Life Outcomes. 2007; 5: 63.</p>	<p>Feeling relaxed</p>	<p>b130 energy and drive functions</p>

<p>The following are statements about thoughts and feelings. For each one, choose the response that best describes your situation over the last month.</p> <p>I've been dealing with problems well I've thought of solutions and considered different options for moving forward.</p> <p>1= Never 2= Seldom 3= Sometimes 4= Often 5= All the time</p>	<p>The following are statements about thoughts and feelings. For each one, choose the response that best describes your situation over the last month.</p> <p>I've been dealing with problems well I've thought of solutions and considered different options for moving forward.</p> <p>1= Never 2= Seldom 3= Sometimes 4= Often 5= All the time</p>	<p>The following are statements about thoughts and feelings. For each one, choose the response that best describes your situation over the last month.</p> <p>(D4) I've been dealing with problems well I've thought of solutions and considered different options for moving forward.</p> <p>1= Never 2= Seldom 3= Sometimes 4= Often 5= All the time</p> <p>Scale: Frequency</p>	<p>88. Tennant R, Hiller L, Fishwick R, Platt S, Joseph S, Weich S, Parkinson J, Secker J, Stewart-Brown S. The Warwick-Edinburgh Mental Well-Being Scale (WEMWBS): development and UK validation. Health and Quality of Life Outcomes. 2007; 5: 63.</p>	<p>Ability to deal with problems</p>	<p>d175 solving problems</p>
<p>The following are statements about thoughts and feelings. For each one, choose the response that best describes your situation over the last month.</p> <p>I've been thinking clearly I've been able to separate my feelings and my actions. My thoughts have stayed clear.</p> <p>1= Never 2= Seldom 3= Sometimes 4= Often 5= All the time</p>	<p>The following are statements about thoughts and feelings. For each one, choose the response that best describes your situation over the last month.</p> <p>I've been thinking clearly I've been able to separate my feelings and my actions. My thoughts have stayed clear.</p> <p>1= Never 2= Seldom 3= Sometimes 4= Often 5= All the time</p>	<p>The following are statements about thoughts and feelings. For each one, choose the response that best describes your situation over the last month.</p> <p>(D5) I've been thinking clearly I've been able to separate my feelings and my actions. My thoughts have stayed clear.</p> <p>1= Never 2= Seldom 3= Sometimes 4= Often 5= All the time</p> <p>Scale: Frequency</p>	<p>88. Tennant R, Hiller L, Fishwick R, Platt S, Joseph S, Weich S, Parkinson J, Secker J, Stewart-Brown S. The Warwick-Edinburgh Mental Well-Being Scale (WEMWBS): development and UK validation. Health and Quality of Life Outcomes. 2007; 5: 63.</p>	<p>Clear thoughts</p>	<p>b160 thought functions</p>

<p>The following are statements about thoughts and feelings. For each one, choose the response that best describes your situation over the last month.</p> <p>I've been feeling close to other people</p> <p>1= Never 2= Seldom 3= Sometimes 4= Often 5= All the time</p>	<p>The following are statements about thoughts and feelings. For each one, choose the response that best describes your situation over the last month.</p> <p>I've been feeling close to other people</p> <p>1= Never 2= Seldom 3= Sometimes 4= Often 5= All the time</p>	<p>The following are statements about thoughts and feelings. For each one, choose the response that best describes your situation over the last month.</p> <p>(D6) I've been feeling close to other people</p> <p>1= Never 2= Seldom 3= Sometimes 4= Often 5= All the time</p> <p>Scale: Frequency</p>	<p>88. Tennant R, Hiller L, Fishwick R, Platt S, Joseph S, Weich S, Parkinson J, Secker J, Stewart-Brown S. The Warwick-Edinburgh Mental Well-Being Scale (WEMWBS): development and UK validation. Health and Quality of Life Outcomes. 2007; 5: 63.</p>	<p>Feeling of closeness to others</p>	<p>d798 interpersonal interactions and relationships other specified: closeness to others</p>
<p>The following are statements about thoughts and feelings. For each one, choose the response that best describes your situation over the last month.</p> <p>I've been able to make up my own mind about things</p> <p>1= Never 2= Seldom 3= Sometimes 4= Often 5= All the time</p>	<p>The following are statements about thoughts and feelings. For each one, choose the response that best describes your situation over the last month.</p> <p>I've been able to make up my own mind about things</p> <p>1= Never 2= Seldom 3= Sometimes 4= Often 5= All the time</p>	<p>The following are statements about thoughts and feelings. For each one, choose the response that best describes your situation over the last month.</p> <p>(D7) I've been able to make up my own mind about things</p> <p>1= Never 2= Seldom 3= Sometimes 4= Often 5= All the time</p> <p>Scale: Frequency</p>	<p>88. Tennant R, Hiller L, Fishwick R, Platt S, Joseph S, Weich S, Parkinson J, Secker J, Stewart-Brown S. The Warwick-Edinburgh Mental Well-Being Scale (WEMWBS): development and UK validation. Health and Quality of Life Outcomes. 2007; 5: 63.</p>	<p>Ability to make decisions about one's own affairs and issues</p>	<p>d177 making decisions</p>
<p>During the past month have you often been bothered by feeling down, depressed, or hopeless?</p> <p>0= No 1= Yes</p>	<p>Not in 0.2</p>	<p>Not in the Abilitator</p>	<p>71. Arroll B, Khin N, Kerse N. Screening for depression in primary care with two verbally asked questions: cross sectional study. BMJ. 2003, 327;1144-6.</p>		
<p>During the past month have you often been bothered by little interest or pleasure in doing things?</p> <p>0= No 1= Yes</p>	<p>Not in 0.2</p>	<p>Not in the Abilitator</p>	<p>71. Arroll B, Khin N, Kerse N. Screening for depression in primary care with two verbally asked questions: cross sectional study. BMJ. 2003, 327;1144-6.-6</p>		

Not in 0.1	<p>The following are statements about thoughts and feelings. For each one, choose the response that best describes your situation over the last month.</p> <p>I've been able to take the initiative with my personal affairs</p> <p>1= Never 2= Seldom 3= Sometimes 4= Often 5= All the time</p>	<p>The following are statements about thoughts and feelings. For each one, choose the response that best describes your situation over the last month.</p> <p>(D8) I've been able to take the initiative with my personal affairs</p> <p>1= Never 2= Seldom 3= Sometimes 4= Often 5= All the time</p> <p>Scale: Frequency</p>	New question created for the Abilitator	Taking initiative with personal affairs	b130 energy and drive functions
Not in 0.1	<p>The following are statements about thoughts and feelings. For each one, choose the response that best describes your situation over the last month.</p> <p>I've taken pleasure in things that are important to me</p> <p>1= Never 2= Seldom 3= Sometimes 4= Often 5= All the time</p>	<p>The following are statements about thoughts and feelings. For each one, choose the response that best describes your situation over the last month.</p> <p>(D9) I've taken pleasure in things that are important to me</p> <p>1= Never 2= Seldom 3= Sometimes 4= Often 5= All the time</p> <p>Scale: Frequency</p>	New question created for the Abilitator	Ability to take pleasure in things	b152 emotional functions

<p>How well do you cope currently with the following everyday tasks?</p> <p>Housework 1 2 3 4 1= I have no trouble coping 2= I can cope, but I have some difficulties 3= I can cope, but it is very difficult for me 4= I am unable to cope</p>	<p>How well do you cope with the following everyday tasks? Please answer even if the services in question are not easily available or if the issue is not relevant to you at the moment.</p> <p>Housework 1 2 3 4 5 For example: cooking, cleaning, laundry 1= I am unable to cope 2= I have a lot of trouble coping 3= have some trouble coping 4= I have very little trouble coping 5= I cope well</p>	<p>How well do you cope with the following everyday tasks? Please answer even if the services in question are not easily available or if the issue is not relevant to you at the moment.</p> <p>(E1) Housework 1 2 3 4 5 For example: cooking, cleaning, laundry 1= I am unable to cope 2= I have a lot of trouble coping 3= have some trouble coping 4= I have very little trouble coping 5= I cope well</p> <p>Scale: Intensity</p>	<p>New formulation in the Abilitator 0.2 and the Abilitator</p> <p>In the Abilitator 0.1: 81. Koskinen S, Lundqvist A, Ristiluoma N, editors. Health, functional capacity and welfare in Finland in 2011. Report 68. Helsinki: National Institute for Health and Welfare; 2012.</p>	<p>Housework</p>	<p>d630 preparing meals d640 doing housework</p>
<p>Not in 0.1</p>	<p>How well do you cope with the following everyday tasks? Please answer even if the services in question are not easily available or if the issue is not relevant to you at the moment.</p> <p>Shopping 1 2 3 4 5 For example: food, clothes, personal hygiene products 1= I am unable to cope 2= I have a lot of trouble coping 3= have some trouble coping 4= I have very little trouble coping 5= I cope well</p> <p>Scale: Intensity</p>	<p>How well do you cope with the following everyday tasks? Please answer even if the services in question are not easily available or if the issue is not relevant to you at the moment.</p> <p>(E2) Shopping 1 2 3 4 5 For example: food, clothes, personal hygiene products 1= I am unable to cope 2= I have a lot of trouble coping 3= have some trouble coping 4= I have very little trouble coping 5= I cope well</p> <p>Scale: Intensity</p>	<p>New question created for the Abilitator</p>	<p>Shopping</p>	<p>d620 acquisition of goods and services</p>

<p>Running errands in a bank, in public services or in a similar situation.</p> <p>1= I have no trouble coping 2= I can cope, but I have some difficulties 3= I can cope, but it is very difficult for me 4= I am unable to cope</p>	<p>How well do you cope with the following everyday tasks? Please answer even if the services in question are not easily available or if the issue is not relevant to you at the moment.</p> <p>Using public services 1 2 3 4 5 For example: bank, social insurance office, pharmacy, employment office, social services</p> <p>1= I am unable to cope 2= I have a lot of trouble coping 3= have some trouble coping 4= I have very little trouble coping 5= I cope well</p>	<p>How well do you cope with the following everyday tasks? Please answer even if the services in question are not easily available or if the issue is not relevant to you at the moment.</p> <p>(E3) Using public services 1 2 3 4 5 For example: bank, social insurance office, pharmacy, employment office, social services</p> <p>1= I am unable to cope 2= I have a lot of trouble coping 3= have some trouble coping 4= I have very little trouble coping 5= I cope well</p> <p>Scale: Intensity</p>	<p>New formulation in the Abilitator 0.2 and the Abilitator</p> <p>In the Abilitator 0.1: 81. Koskinen S, Lundqvist A, Ristiluoma N, editors. Health, functional capacity and welfare in Finland in 2011. Report 68. Helsinki: National Institute for Health and Welfare; 2012.</p>	<p>Using public services or other services</p>	<p>d298 general tasks and demands, other specified: using services</p>
<p>Using the internet</p> <p>1= I have no trouble coping 2= I can cope, but I have some difficulties 3= I can cope, but it is very difficult for me 4= I am unable to cope</p>	<p>How well do you cope with the following everyday tasks? Please answer even if the services in question are not easily available or if the issue is not relevant to you at the moment.</p> <p>Using the internet, searching for information 1 2 3 4 5 For example: internet banking, filling in forms, consulting timetables</p> <p>1= I am unable to cope 2= I have a lot of trouble coping 3= have some trouble coping 4= I have very little trouble coping 5= I cope well</p>	<p>How well do you cope with the following everyday tasks? Please answer even if the services in question are not easily available or if the issue is not relevant to you at the moment.</p> <p>(E4) Using the internet, searching for information 1 2 3 4 5 For example: internet banking, filling in forms, consulting timetables</p> <p>1= I am unable to cope 2= I have a lot of trouble coping 3= have some trouble coping 4= I have very little trouble coping 5= I cope well</p> <p>Scale: Intensity</p>	<p>New formulation in the Abilitator 0.2 and the Abilitator</p> <p>In the Abilitator 0.1: 81. Koskinen S, Lundqvist A, Ristiluoma N, editors. Health, functional capacity and welfare in Finland in 2011. Report 68. Helsinki: National Institute for Health and Welfare; 2012.</p>	<p>Using the internet</p>	<p>d360 using communication devices and techniques</p>

Not in 0.1	<p>How well do you cope with the following everyday tasks? Please answer even if the services in question are not easily available or if the issue is not relevant to you at the moment.</p> <p>Taking care of personal finances 1 2 3 4 5 For example: budgeting, paying bills on time</p> <p>1= I am unable to cope 2= I have a lot of trouble coping 3= have some trouble coping 4= I have very little trouble coping 5= I cope well</p>	<p>How well do you cope with the following everyday tasks? Please answer even if the services in question are not easily available or if the issue is not relevant to you at the moment.</p> <p>(E5) Taking care of personal finances 1 2 3 4 5 For example: budgeting, paying bills on time</p> <p>1= I am unable to cope 2= I have a lot of trouble coping 3= have some trouble coping 4= I have very little trouble coping 5= I cope well</p> <p>Scale: Intensity</p>	New question created for the Abilitator	Taking care of finances	d860 basic economic transactions
Not in 0.1	<p>How well do you cope with the following everyday tasks? Please answer even if the services in question are not easily available or if the issue is not relevant to you at the moment.</p> <p>Looking after your own health and well-being 1 2 3 4 5 For example: personal hygiene, dressing, eating, sleeping, taking medication</p> <p>1= I am unable to cope 2= I have a lot of trouble coping 3= have some trouble coping 4= I have very little trouble coping 5= I cope well</p> <p>Scale: Intensity</p>	<p>How well do you cope with the following everyday tasks? Please answer even if the services in question are not easily available or if the issue is not relevant to you at the moment.</p> <p>(E6) Looking after your own health and well-being 1 2 3 4 5 For example: a balanced diet, exercising, taking your prescribed medication</p> <p>1= I am unable to cope 2= I have a lot of trouble coping 3= have some trouble coping 4= I have very little trouble coping 5= I cope well</p> <p>Scale: Intensity</p>	New question created for the Abilitator	Keeping up health or taking care of health issues	d570 looking after one's health

Not in 0.1	Not in 0.2	<p>How well do you cope with the following everyday tasks? Please answer even if the services in question are not easily available or if the issue is not relevant to you at the moment.</p> <p>(E7) Maintaining a regular daily routine and sufficient sleep 1 2 3 4 5 For example: functioning during the daytime, feeling alert during the day</p> <p>1= I am unable to cope 2= I have a lot of trouble coping 3= have some trouble coping 4= I have very little trouble coping 5= I cope well</p> <p>Scale: Intensity</p>	New question created for the Abilitator	Sleep and circadian rhythm	b134 sleep functions
Not in 0.1	Not in 0.2	<p>How well do you cope with the following everyday tasks? Please answer even if the services in question are not easily available or if the issue is not relevant to you at the moment.</p> <p>(E8) Taking care of personal hygiene 1 2 3 4 5 For example: washing yourself, wearing clean clothes</p> <p>1= I am unable to cope 2= I have a lot of trouble coping 3= have some trouble coping 4= I have very little trouble coping 5= I cope well</p> <p>Scale: Intensity</p>	New question created for the Abilitator	Personal hygiene	D5 self-care

<p>Not in 0.1</p>	<p>How well do you cope with the following everyday tasks? Please answer even if the services in question are not easily available or if the issue is not relevant to you at the moment.</p> <p>Using health services 1 2 3 4 5 For example: doctor's and dentist's appointments, laboratory tests</p> <p>1= I am unable to cope 2= I have a lot of trouble coping 3= have some trouble coping 4= I have very little trouble coping 5= I cope well</p>	<p>How well do you cope with the following everyday tasks? Please answer even if the services in question are not easily available or if the issue is not relevant to you at the moment.</p> <p>(E9) Using health services 1 2 3 4 5 For example: doctor's and dentist's appointments, laboratory tests</p> <p>1= I am unable to cope 2= I have a lot of trouble coping 3= have some trouble coping 4= I have very little trouble coping 5= I cope well</p> <p>Scale: Intensity</p>	<p>New question created for the Abilitator</p>	<p>Using the health care services when needed</p>	<p>d298 general tasks and demands, other specified: using health services</p>
<p>Using public transportation (for example a train, a bus, a tram, the subway)?</p> <p>1= I have no trouble coping 2= I can cope, but I have some difficulties 3= I can cope, but it is very difficult for me 4= I am unable to cope</p>	<p>How well do you cope with the following everyday tasks? Please answer even if the services in question are not easily available or if the issue is not relevant to you at the moment.</p> <p>Getting about outside your home 1 2 3 4 5 For example: public transport, your own car, taxis, bicycle, on foot</p> <p>1= I am unable to cope 2= I have a lot of trouble coping 3= have some trouble coping 4= I have very little trouble coping 5= I cope well</p>	<p>How well do you cope with the following everyday tasks? Please answer even if the services in question are not easily available or if the issue is not relevant to you at the moment.</p> <p>(E10) Getting from place to place outside your home 1 2 3 4 5 For example: public transport, your own car, taxis, bicycle, on foot</p> <p>1= I am unable to cope 2= I have a lot of trouble coping 3= have some trouble coping 4= I have very little trouble coping 5= I cope well</p> <p>Scale: Intensity</p>	<p>New formulation in the Abilitator 0.2 and the Abilitator</p> <p>In the Abilitator 0.1: 81. Koskinen S, Lundqvist A, Ristiluoma N, editors. Health, functional capacity and welfare in Finland in 2011. Report 68. Helsinki: National Institute for Health and Welfare; 2012.</p>	<p>Getting around and commuting outside of one's home</p>	<p>d4601 moving around within building other than home</p> <p>d4602 moving around outside the home and other buildings</p> <p>d470 using transportation</p> <p>d475 driving</p>

Not in 0.1	<p>How well do you cope with the following everyday tasks? Please answer even if the services in question are not easily available or if the issue is not relevant to you at the moment.</p> <p>Looking after others 1 2 3 4 5 For example: children, parents and pets</p> <p>1= I am unable to cope 2= I have a lot of trouble coping 3= have some trouble coping 4= I have very little trouble coping 5= I cope well</p>	<p>How well do you cope with the following everyday tasks? Please answer even if the services in question are not easily available or if the issue is not relevant to you at the moment.</p> <p>(E11) Caring for others 1 2 3 4 5 For example: children, parents and pets</p> <p>1= I am unable to cope 2= I have a lot of trouble coping 3= have some trouble coping 4= I have very little trouble coping 5= I cope well</p> <p>Scale: Intensity</p>	New question created for the Abilitator	Caring for others	<p>d650 caring for household objects</p> <p>d660 assisting others</p>
<p>Are you normally able to concentrate on things?</p> <p>5 Very well 4 Well 3 Well enough 2 Poorly 1 Very poorly</p>	<p>Are you normally able to concentrate on things? For example, reading a book or newspaper, listening to others, filling in forms.</p> <p>5 Very well 4 Well 3 Well enough 2 Poorly 1 Very poorly</p>	<p>(F1) Are you normally able to concentrate on things? For example, reading a book or newspaper, listening to others, filling in forms.</p> <p>5 Very well 4 Well 3 Well enough 2 Poorly 1 Very poorly</p> <p>Scale: Intensity</p>	81. Koskinen S, Lundqvist A, Ristiluoma N, editors. Health, functional capacity and welfare in Finland in 2011. Report 68. Helsinki: National Institute for Health and Welfare; 2012.	Concentrating	d160 focusing attention
<p>Are you able to take in new knowledge and learn new skills?</p> <p>5 Very well 4 Well 3 Well enough 2 Poorly 1 Very poorly</p>	<p>Are you able to take in new knowledge and learn new skills?</p> <p>5 Very well 4 Well 3 Well enough 2 Poorly 1 Very poorly</p>	<p>(F2) Are you able to take in new knowledge and learn new skills?</p> <p>5 Very well 4 Well 3 Well enough 2 Poorly 1 Very poorly</p> <p>Scale: Intensity</p>	81. Koskinen S, Lundqvist A, Ristiluoma N, editors. Health, functional capacity and welfare in Finland in 2011. Report 68. Helsinki: National Institute for Health and Welfare; 2012.	Ability to learn	d155 acquiring skills

<p>How would you currently rate your memory? Is it:</p> <p>5 Very good 4 Good 3 Satisfactory 2 Poor 1 Very poor</p>	<p>How would you currently rate your memory? Is it:</p> <p>5 Very good 4 Good 3 Satisfactory 2 Poor 1 Very poor</p>	<p>(F3) How would you currently rate your memory? Is it:</p> <p>5 Very good 4 Good 3 Satisfactory 2 Poor 1 Very poor</p> <p>Scale: Intensity</p>	<p>81. Koskinen S, Lundqvist A, Ristiluoma N, editors. Health, functional capacity and welfare in Finland in 2011. Report 68. Helsinki: National Institute for Health and Welfare; 2012.</p>	<p>Memory functions</p>	<p>b144 memory functions</p>
<p>Not in 0.1</p>	<p>Not in 0.2</p>	<p>(F4) Have you been diagnosed with a learning, concentration or perception difficulty?</p> <p>1 Yes 0 No 2 I don't know</p> <p>Scale: Confirmation or agreement</p>	<p>New question created for the Abilitator</p>	<p>Diagnosed difficulties</p>	<p>b164 higher-level cognitive functions</p> <p>D1 learning and applying knowledge</p> <p>d160 focusing attention</p>
<p>Not in 0.1</p>	<p>How well do the following statements reflect how you feel about the future and your skills? Choose a number from a scale of 1 = Completely disagree to 5 = Completely agree</p> <p>I feel positive about the future 1 2 3 4 5</p>	<p>How well do the following statements reflect how you feel about the future and your skills? Choose a number from a scale of 1 = Completely disagree to 5 = Completely agree</p> <p>(F5) I feel positive about the future 1 2 3 4 5</p> <p>Scale: Intensity</p>	<p>New question created for the Abilitator</p>	<p>Attitudes about the future</p>	<p>b1265 optimism</p>

Not in 0.1	<p>How well do the following statements reflect how you feel about the future and your skills? Choose a number from a scale of 1 = Completely disagree to 5 = Completely agree</p> <p>I have dreams and hopes for the future 1 2 3 4 5 For example: finding a daily routine, sobriety, education, entering work life</p>	<p>How well do the following statements reflect how you feel about the future and your skills? Choose a number from a scale of 1 = Completely disagree to 5 = Completely agree</p> <p>(F6) I have dreams and hopes for the future 1 2 3 4 5 For example: finding a daily routine, sobriety, education, entering work life</p> <p>Scale: Intensity</p>	New question created for the Abilitator	Optimism about the future	b1265 optimism
Not in 0.1	<p>How well do the following statements reflect how you feel about the future and your skills? Choose a number from a scale of 1 = Completely disagree to 5 = Completely agree</p> <p>I am ready to make an effort and take action in order to make my dreams come true 1 2 3 4 5</p>	<p>How well do the following statements reflect how you feel about the future and your skills? Choose a number from a scale of 1 = Completely disagree to 5 = Completely agree</p> <p>(F7) I am ready to make an effort and take action in order to make my dreams come true 1 2 3 4 5</p> <p>Scale: Intensity</p>	New question created for the Abilitator	Diligence Determination Motivation	b130 energy and drive functions
Not in 0.1	<p>How well do the following statements reflect how you feel about the future and your skills? Choose a number from a scale of 1 = Completely disagree to 5 = Completely agree</p> <p>I have skills that I can use in work life 1 2 3 4 5</p>	<p>How well do the following statements reflect how you feel about the future and your skills? Choose a number from a scale of 1 = Completely disagree to 5 = Completely agree</p> <p>(F8) I have skills that I can use in work life 1 2 3 4 5</p> <p>Scale: Intensity</p>	New question created for the Abilitator	Skills	pf

Not in 0.1	<p>How well do the following statements reflect how you feel about the future and your skills? Choose a number from a scale of 1 = Completely disagree to 5 = Completely agree</p> <p>I am able to express myself in different situations 1 2 3 4 5 e.g. communicate verbally, write my job application, present myself, take part in discussions</p>	<p>How well do the following statements reflect how you feel about the future and your skills? Choose a number from a scale of 1 = Completely disagree to 5 = Completely agree</p> <p>(F9) I am able to verbally express myself in different situations 1 2 3 4 5 For example: express my opinions, take part in conversations</p> <p>Scale: Intensity</p>	New question created for the Abilitator	Self-expression (verbal)	d350 conversation
Not in 0.1	<p>How well do the following statements reflect how you feel about the future and your skills? Choose a number from a scale of 1 = Completely disagree to 5 = Completely agree</p> <p>I am able to express myself in different situations 1 2 3 4 5 e.g. communicate verbally, write my job application, present myself, take part in discussions</p>	<p>How well do the following statements reflect how you feel about the future and your skills? Choose a number from a scale of 1 = Completely disagree to 5 = Completely agree</p> <p>(F10) I am able to express myself in different situations in writing 1 2 3 4 5 For example: write a job application</p> <p>Scale: Intensity</p>	New question created for the Abilitator	Self-expression (written)	d170 writing
<p>In your opinion, is your level of physical fitness:</p> <p>5 Good 4 Fairly good 3 Average 2 Fairly poor 1 Poor</p>	<p>In your opinion, is your level of physical fitness:</p> <p>5 Good 4 Fairly good 3 Average 2 Fairly poor 1 Poor</p>	<p>(G1) In your opinion, is your level of physical fitness:</p> <p>5 Good 4 Fairly good 3 Average 2 Fairly poor 1 Poor</p> <p>Scale: Confirmation or agreement</p>	89. Aromaa A, Koskinen S, editors. Health and functional capacity in Finland. Baseline results of the Health 2000 health examination survey. Report B3. Helsinki: National Public Health Institute; 2002.	Over all physical condition	b4550 general physical endurance

Not in 0.1	Not in 0.2	<p>(G2) Do you exercise? Exercise includes all leisure-time physical activity, general physical movement or other physical effort that causes breathlessness and sweating.</p> <p>5 I exercise at least three times a week 4 I exercise once or twice a week 3 I exercise, but not every week 2 I exercise less than once a month 1 I don't exercise</p> <p>Scale: Frequency</p>	New question created for the Abilitator	Physical activity, frequency	d5701 managing diet and fitness
	<p>Do you regularly use any aids or equipment for moving around, for example, a wheel chair or a walking stick?</p> <p>0 Yes 1 No</p>	<p>(G3) Do you regularly use any aids or equipment for moving around, for example, a wheel chair or a walking stick?</p> <p>0 Yes 1 No</p> <p>Scale: Confirmation or agreement</p>	New question created for the Abilitator	Regular use of aids to move	e1201 assistive products and technology for personal indoor and outdoor mobility and transportation
<p>Are you able to walk about a kilometre without having to rest?</p> <p>4 Yes, with no difficulties 3 Yes, but with some difficulties 2 Yes, but it is very difficult 1 I can't do this at all</p>	<p>Are you able to walk about a kilometre without having to rest?</p> <p>4 Yes, with no difficulties 3 Yes, but with some difficulties 2 Yes, but it is very difficult 1 I can't do this at all</p>	<p>If your answer was to G3 was No, please proceed to questions G4 and G6</p> <p>(G4) Are you able to walk about a kilometre without having to rest?</p> <p>4 Yes, with no difficulties 3 Yes, but with some difficulties 2 Yes, but it is very difficult 1 I can't do this at all</p> <p>Scale: Intensity</p>	New formulation in the Abilitator	Walking, condition of the circulatory system, endurance	d4501 walking long distances

<p>Can you run a reasonably short distance (about a hundred meters)?</p> <p>4 Yes, with no difficulties 3 Yes, but with some difficulties 2 Yes, but it is very difficult 1 I can't do this at all</p>	<p>Can you run a reasonably short distance (about a hundred meters)?</p> <p>4 Yes, with no difficulties 3 Yes, but with some difficulties 2 Yes, but it is very difficult 1 I can't do this at all</p>	<p>If your answer was to G3 was No, please proceed to questions G4 and G6</p> <p>(G6) Can you run a reasonably short distance (about a hundred meters)?</p> <p>4 Yes, with no difficulties 3 Yes, but with some difficulties 2 Yes, but it is very difficult 1 I can't do this at all</p> <p>Scale: Intensity</p>	<p>87.Kaikkonen R, Murto J, Pentala O, Koskela T, Virtala E, Härkänen T, Koskeniemi T, Ahonen J, Vartiainen E, Koskinen S. Alueellisen terveys- ja hyvinvointitutkimuksen perustulokset 2010-2014. Helsinki: National Institute for Health and Welfare; 2014. Finnish.</p>	<p>Running, muscular functions, muscle reactivity, body coordination, ability to cope in unexpected situations when moving</p>	<p>d4552 running</p>
	<p>If you use a manual wheelchair or other aid, are you able to spin this or walk about a kilometre without having to rest?</p> <p>4 Yes, with no difficulties 3 Yes, but with some difficulties 2 Yes, but it is very difficult 1 I can't do this at all</p>	<p>If your answer to G3 was Yes, please proceed to questions G5 and G7</p> <p>(G5) If you use a manual wheelchair or other aid, are you able to spin this or walk about a kilometre without having to rest?</p> <p>4 Yes, with no difficulties 3 Yes, but with some difficulties 2 Yes, but it is very difficult 1 I can't do this at all</p> <p>Scale: Intensity</p>	<p>New question created for the Abilitator</p>	<p>Walking or moving using aids, condition of the circulatory system, endurance</p>	<p>d465 moving around using equipment b455 exercise tolerance functions</p>
	<p>If you use a manual wheelchair or other aid, are you able to spin this or walk fast for a short distance?</p> <p>4 Yes, with no difficulties 3 Yes, but with some difficulties 2 Yes, but it is very difficult 1 I can't do this at all</p>	<p>If your answer to G3 was Yes, please proceed to questions G5 and G7</p> <p>(G7) If you use a manual wheelchair or other aid, are you able to spin this or walk fast for a short distance?</p> <p>4 Yes, with no difficulties 3 Yes, but with some difficulties 2 Yes, but it is very difficult 1 I can't do this at all</p> <p>Scale: Intensity</p>	<p>New question created for the Abilitator</p>	<p>Moving fast with aids, ability to cope in unexpected situations when moving</p>	<p>b730 muscle power functions d465 moving around using equipment</p>

<p>Do you suffer from a prolonged illness, handicap or injury?</p> <p>0 No 1 Yes</p> <p>Scale: Confirmation or agreement</p>	<p>Do you have a long-term illness, symptom, or injury?</p> <p>0 No 1 Yes</p>	<p>(G8) Do you suffer from one or more prolonged physical or psychological illness, symptom or injury? By prolonged we mean lasting at least six months.</p> <p>0 No 1 Yes</p> <p>Scale: Confirmation or agreement</p>	<p>New formulation in the Abilitator</p>	<p>Illness, symptom or injury</p>	<p>pf</p>
<p>If you answered Yes Assess how much of an impediment these illnesses, handicaps or injuries are. Choose the number that best describes the extent of this impediment.</p> <p>Leisure-time activities <u>0 1 2 3 4 5 6 7 8 9 10</u></p> <p>0 = no impediment 10 = worst possible impediment or huge impediment</p>	<p>If you answered Yes: Assess how much of an impediment these illnesses, symptoms or injuries are. Choose the number that best describes the extent of this impediment.</p> <p>Leisure-time activities <u>0 1 2 3 4 5 6 7 8 9 10</u></p> <p>0 = no impediment 10 = worst possible impediment or huge impediment</p>	<p>If you answered Yes to G8: Assess how much of an impediment these illnesses, symptoms or injuries are. Choose the number that best describes the extent of this impediment.</p> <p>(G9) Leisure-time activities <u>0 1 2 3 4 5 6 7 8 9 10</u></p> <p>0 = no impediment 10 = worst possible impediment or huge impediment</p> <p>Scale: Intensity</p>	<p>New formulation in the Abilitator</p>	<p>Affects of Health impediments on leisure-time</p>	<p>d920 recreation and leisure</p>
<p>If you answered Yes Assess how much of an impediment these illnesses, handicaps or injuries are. Choose the number that best describes the extent of this impediment.</p> <p>Housework <u>0 1 2 3 4 5 6 7 8 9 10</u></p> <p>0 = no impediment 10 = worst possible impediment or huge impediment</p>	<p>If you answered Yes: Assess how much of an impediment these illnesses, symptoms or injuries are. Choose the number that best describes the extent of this impediment.</p> <p>Housework <u>0 1 2 3 4 5 6 7 8 9 10</u></p> <p>0 = no impediment 10 = worst possible impediment or huge impediment</p>	<p>If you answered Yes to G8: Assess how much of an impediment these illnesses, symptoms or injuries are. Choose the number that best describes the extent of this impediment.</p> <p>(G10) Housework <u>0 1 2 3 4 5 6 7 8 9 10</u></p> <p>0 = no impediment 10 = worst possible impediment or huge impediment</p> <p>Scale: Intensity</p>	<p>New formulation in the Abilitator</p>	<p>Affects of Health impediments on house work</p>	<p>d640 doing housework</p>

<p>If you answered Yes Assess how much of an impediment these illnesses, handicaps or injuries are. Choose the number that best describes the extent of this impediment.</p> <p>Work or possible work <u>0 1 2 3 4 5 6 7 8 9 10</u></p> <p>0 = no impediment 10 = worst possible impediment or huge impediment</p>	<p>If you answered Yes: Assess how much of an impediment these illnesses, symptoms or injuries are. Choose the number that best describes the extent of this impediment.</p> <p>Work or possible work <u>0 1 2 3 4 5 6 7 8 9 10</u></p> <p>0 = no impediment 10 = worst possible impediment or huge impediment</p>	<p>If you answered Yes to G8: Assess how much of an impediment these illnesses, symptoms or injuries are. Choose the number that best describes the extent of this impediment.</p> <p>(G11) Work or possible work <u>0 1 2 3 4 5 6 7 8 9 10</u></p> <p>0 = no impediment 10 = worst possible impediment or huge impediment</p> <p>Scale: Intensity</p>	<p>New formulation in the Abilitator</p>	<p>Affects of Health impediments on work or possible work</p>	<p>d850 remunerative employment</p> <p>d855 non-remunerative employment</p>
<p>Not in 0.1</p>	<p>Not in 0.2</p>	<p>If you answered Yes to G8: Assess how much of an impediment these illnesses, symptoms or injuries are. Choose the number that best describes the extent of this impediment.</p> <p>(G12) Personal relationships <u>0 1 2 3 4 5 6 7 8 9 10</u></p> <p>0 = no impediment 10 = worst possible impediment or huge impediment</p> <p>Scale: Intensity</p>	<p>New question created for the Abilitator</p>	<p>Affects of Health impediments on social life</p>	<p>d729 general interpersonal interactions, other specified and unspecified</p>

<p>What is your personal status? You may choose more than one option. Please reply in accordance with your true situation.</p> <p>1 I live alone 2 I live with my parent or parents 3 I am a single parent 4 Married or co-habiting, no children 5 Married or co-habiting with children 6 I live in a household with several other adults 7 I live in a group home or an institution 8 I don't have a permanent address</p>	<p>What is your personal status? You may choose more than one option. Please reply in accordance with your true situation.</p> <p>1 I live alone 2 I live with my parent or parents 3 I am a single parent 4 I have joint custody of my children 5 Married or co-habiting, no children 6 Married or co-habiting with children 7 I live in a household with several other adults, e.g. house-sharing or student accommodation 8 I live in a group home or an institution 9 I live in a reception centre 10 I live in a sheltered housing unit 11 I don't have a permanent address</p>	<p>(H1) What is your personal status? You may choose more than one option. Please reply in accordance with your true situation.</p> <p>1 I live alone 2 I live with my parent or parents 3 I am a single parent 4 I have joint custody of my children 5 Married or co-habiting, no children 6 Married or co-habiting with children 7 I live in a household with several other adults, e.g. house-sharing or student accommodation 8 I live in a group home or an institution 9 I live in a reception centre 10 I live in a sheltered housing unit 11 I don't have a permanent address</p> <p>Scale: Confirmation or agreement</p>	<p>New formulation in the Abilitator</p>	<p>Personal status</p>	<p>pf</p>
<p>Does the total income of your household cover your costs:</p> <p>6 Very easily 5 Easily 4 Fairly easily 3 Fairly poorly 2 Poorly 1 Very poorly</p>	<p>Does the total income of your household cover your costs:</p> <p>6 Very easily 5 Easily 4 Fairly easily 3 Fairly poorly 2 Poorly 1 Very poorly</p>	<p>(H2) Does the total income of your household cover your costs:</p> <p>6 Very easily 5 Easily 4 Fairly easily 3 Fairly poorly 2 Poorly 1 Very poorly</p> <p>Scale: Confirmation or agreement</p>	<p>87.Kaikkonen R, Murto J, Pentala O, Koskela T, Virtala E, Härkänen T, Koskeniemi T, Ahonen J, Vartiainen E, Koskinen S. Alueellisen terveystutkimuksen perustulokset 2010-2014. Helsinki: National Institute for Health and Welfare; 2014. Finnish.</p>	<p>Total income of household</p>	<p>e1650 financial assets</p>

<p>What is your educational background?</p> <p>Basic education:</p> <ol style="list-style-type: none"> 1 Former primary school 2 Current comprehensive school, primary school 3 I am currently at comprehensive school 4 I dropped out of comprehensive school 5 I have no basic education 	<p>What is your educational background?</p> <p>Basic education:</p> <ol style="list-style-type: none"> 1 Comprehensive school, primary school 2 I am currently at comprehensive school 3 I dropped out of comprehensive school 4 I have no basic education 	<p>What is your educational background?</p> <p>(H3) Basic education:</p> <ol style="list-style-type: none"> 1 Comprehensive school, primary school 2 I am currently at comprehensive school 3 I dropped out of comprehensive school 4 I have no basic education <p>Scale: Confirmation or agreement</p>	<p>New formulation in the Abilitator</p>	<p>Education (Basic)</p>	<p>pf</p>
<p>Post-comprehensive education: You may choose more than one option.</p> <ol style="list-style-type: none"> 1 No education after comprehensive school 2 High school/matriculation 3 Preparatory education for upper secondary vocational education and training (VALMA) or other such courses (e.g. education for immigrants) 4 Course-based vocational training, further vocational qualification module 5 Vocational school or college qualification, also competence-based qualification 6 Bachelor's degree 7 University degree 8 Currently in education 9 I dropped out of further education 	<p>What is your educational background? Post-comprehensive education: You may choose more than one option.</p> <ol style="list-style-type: none"> 1 No education after comprehensive school 2 High school/matriculation 3 Preparatory education for upper secondary vocational education and training (VALMA) or other such courses (e.g. education for immigrants) 4 Course-based vocational training, further vocational qualification module 5 Vocational school or college qualification, also competence-based qualification 6 Bachelor's degree 7 Master's degree 8 Licentiate or PhD 9 I dropped out of further education 	<p>What is your educational background?</p> <p>(H4) Post-comprehensive education: You may choose more than one option.</p> <ol style="list-style-type: none"> 1 No education after comprehensive school 2 High school/matriculation 3 Preparatory education for upper secondary vocational education and training (VALMA) or other such courses (e.g. education for immigrants) 4 Course-based vocational training, further vocational qualification module 5 Vocational school or college qualification, also competence-based qualification 6 Bachelor's degree 7 Master's degree 8 Licentiate or PhD 9 I dropped out of further education <p>Scale: Confirmation or agreement</p>	<p>New formulation in the Abilitator</p>	<p>Education (Post-Comprehensive)</p>	<p>pf</p>

Which of the following best describes your current work situation? You may choose more than one option.	Which of the following best describes your current work situation? You may choose more than one option.	(11) Which of the following best describes your current work situation? You may choose more than one option.	New formulation in the Abilitator	Work status	d8 major life areas
<ul style="list-style-type: none"> 1 Paid employee including work with pay subsidy 2 Entrepreneur or farmer 3 Self-employed or freelancer 4 Work supported by a grant or scholarship 5 Non-paid work, for example voluntary or charity work 6 Student 7 At home (stay-at-home parent or carer) 8 Retired (work disability pension, survivor's pension, rehabilitation allowance) 9 Training, work trial, workshop work, rehabilitative work or similar 10 Unemployed 	<ul style="list-style-type: none"> 1 Paid employee (full-time, part-time, work with pay subsidy) 2 Entrepreneur or farmer 3 Self-employed, freelancer 4 Work supported by funding 5 Non-paid work, such as voluntary or charity work 6 Community service 7 Student, apprentice 8 At home (stay-at-home parent or carer) 9 Retired (work disability pension, partial work disability, rehabilitation allowance or partial survivor's pension) 10 Trainee 11 Workshop work, rehabilitative work 12 Work trial 13 Unemployed (job-seeker at employment office) 14 Unemployed (not a job-seeker at unemployment office) 	<ul style="list-style-type: none"> 1 Trainee 2 Workshop work or rehabilitative work 3 Work trial 4 Unemployed (job-seeker at employment office) 5 Unemployed (not a job-seeker at employment office) 6 Non-paid work, for example voluntary or charity work 7 Community service 8 Student or apprentice 9 At home (stay-at-home parent or carer) 10 On sick leave or partial sick leave 11 Retired (work disability pension, partial work disability, rehabilitation allowance or partial rehabilitation allowance, survivor's pension) 12 Paid employee (full-time, part-time, work with pay subsidy) 13 Entrepreneur or farmer 14 Self-employed or freelancer <p>Scale: Confirmation or agreement</p>			

<p>If you are unemployed, how long has your current period of unemployment lasted? If you are in rehabilitation etc., consider the duration of your unemployment before this.</p> <p>1 Less than a year 2 1–2 years 3 3–4 years 4 5–10 years 5 Over 10 years 6 I have never worked in employment 7 I am not currently unemployed</p>	<p>How long has your current period of unemployment lasted? If you are in rehabilitation etc., consider the duration of your unemployment before this.</p> <p>1 Less than a year 2 1-2 years 3 3-4 years 4 5-10 years 5 Over 10 years 6 I have never worked in employment 7 I am not currently unemployed</p>	<p>(12) How long has your current period of unemployment lasted? If you are in rehabilitation etc., consider the duration of your unemployment before this.</p> <p>1 Less than a year 2 1–2 years 3 3–4 years 4 5–7 years 5 8–10 years 6 Over 10 years 7 I have never worked in employment 8 I am not currently unemployed</p> <p>Scale: Confirmation or agreement</p>	<p>New formulation in the Abilitator</p>	<p>Duration of current unemployment</p>	<p>NC</p>
<p>How difficult do the following make it for you to participate in work life?</p> <p>Lack of job opportunities</p> <p>1. Not difficult at all 2. Slightly difficult 3. Rather difficult 4. I don't know</p>	<p>How difficult do the following make it for you to participate in work life?</p> <p>Lack of job opportunities</p> <p>1= Extremely difficult 2= Rather difficult 3= Somewhat difficult 4= Slightly difficult 5= Not difficult at all 6= I don't know</p>	<p>How difficult do the following make it for you to participate in work life?</p> <p>(13) Lack of job opportunities</p> <p>1= Extremely difficult 2= Rather difficult 3= Somewhat difficult 4= Slightly difficult 5= Not difficult at all 6= I don't know</p> <p>Scale: Intensity</p>	<p>New formulation in the Abilitator</p>	<p>Job opportunities</p>	<p>e590 labour and employment services, systems and policies</p>
<p>Not in 0.1</p>	<p>Not in 0.2</p>	<p>How difficult do the following make it for you to participate in work life?</p> <p>(14) Commuting difficulties For example: difficult transport connections, long distances.</p> <p>1= Extremely difficult 2= Rather difficult 3= Somewhat difficult 4= Slightly difficult 5= Not difficult at all 6= I don't know</p> <p>Scale: Intensity</p>	<p>New question created for the Abilitator</p>	<p>Distances, commuting</p>	<p>e540 transportation, services, systems and policies</p>

<p>How difficult do the following make it for you to participate in work life?</p> <p>Lack of training and skills</p> <ol style="list-style-type: none"> 1. Not difficult at all 2. Slightly difficult 3. Rather difficult 4. I don't know 	<p>How difficult do the following make it for you to participate in work life?</p> <p>Lack of training and skills For example: language skills, lack of professional qualifications or outdated qualifications</p> <ol style="list-style-type: none"> 1= Extremely difficult 2= Rather difficult 3= Somewhat difficult 4= Slightly difficult 5= Not difficult at all 6= I don't know 	<p>How difficult do the following make it for you to participate in work life?</p> <p>(15) Lack of training and skills For example: language skills, lack of professional qualifications or outdated qualifications</p> <ol style="list-style-type: none"> 1= Extremely difficult 2= Rather difficult 3= Somewhat difficult 4= Slightly difficult 5= Not difficult at all 6= I don't know <p>Scale: Intensity</p>	<p>New formulation in the Abilitator</p>	<p>Lack of education or skills</p>	<p>pf</p>
<p>How difficult do the following make it for you to participate in work life?</p> <p>Diminished work motivation or desire to work</p> <ol style="list-style-type: none"> 1. Not difficult at all 2. Slightly difficult 3. Rather difficult 4. I don't know 	<p>How difficult do the following make it for you to participate in work life?</p> <p>Diminished work motivation or desire to work</p> <ol style="list-style-type: none"> 1= Extremely difficult 2= Rather difficult 3= Somewhat difficult 4= Slightly difficult 5= Not difficult at all 6= I don't know 	<p>How difficult do the following make it for you to participate in work life?</p> <p>(16) Diminished work motivation or desire to work</p> <ol style="list-style-type: none"> 1= Extremely difficult 2= Rather difficult 3= Somewhat difficult 4= Slightly difficult 5= Not difficult at all 6= I don't know <p>Scale: Intensity</p>	<p>New formulation in the Abilitator</p>	<p>Motivation to work</p>	<p>b1301 motivation</p>
<p>How difficult do the following make it for you to participate in work life?</p> <p>Problems connected to health or functional capacity</p> <ol style="list-style-type: none"> 1. Not difficult at all 2. Slightly difficult 3. Rather difficult 4. I don't know 	<p>How difficult do the following make it for you to participate in work life?</p> <p>Problems connected to health or functional capacity</p> <ol style="list-style-type: none"> 1= Extremely difficult 2= Rather difficult 3= Somewhat difficult 4= Slightly difficult 5= Not difficult at all 6= I don't know 	<p>How difficult do the following make it for you to participate in work life?</p> <p>(17) Problems connected to health or functional capacity</p> <ol style="list-style-type: none"> 1= Extremely difficult 2= Rather difficult 3= Somewhat difficult 4= Slightly difficult 5= Not difficult at all 6= I don't know <p>Scale: Intensity</p>	<p>New formulation in the Abilitator</p>	<p>Health, functional capacity</p>	<p>ND</p>

<p>How difficult do the following make it for you to participate in work life?</p> <p>Issues outside work (For example: family, financial situation)</p> <ol style="list-style-type: none"> 1. Not difficult at all 2. Slightly difficult 3. Rather difficult 4. I don't know 	<p>How difficult do the following make it for you to participate in work life?</p> <p>Personal life situation For example: family, relatives, friends, financial situation</p> <ol style="list-style-type: none"> 1= Extremely difficult 2= Rather difficult 3= Somewhat difficult 4= Slightly difficult 5= Not difficult at all 6= I don't know 	<p>How difficult do the following make it for you to participate in work life?</p> <p>(18) Personal life situation For example: family, relatives, friends</p> <ol style="list-style-type: none"> 1= Extremely difficult 2= Rather difficult 3= Somewhat difficult 4= Slightly difficult 5= Not difficult at all 6= I don't know <p>Scale: Intensity</p>	<p>New formulation in the Abilitator</p>	<p>Life situation, relationships</p>	<p>e310 immediate family</p> <p>e315 extended family</p>
<p>Not in 0.1</p>	<p>How difficult do the following make it for you to participate in work life?</p> <p>Alcohol/drug or other addictions</p> <ol style="list-style-type: none"> 1= Extremely difficult 2= Rather difficult 3= Somewhat difficult 4= Slightly difficult 5= Not difficult at all 6= I don't know 	<p>How difficult do the following make it for you to participate in work life?</p> <p>(19) Substance dependence and other addictions</p> <ol style="list-style-type: none"> 1= Extremely difficult 2= Rather difficult 3= Somewhat difficult 4= Slightly difficult 5= Not difficult at all 6= I don't know <p>Scale: Intensity</p>	<p>New question created for the Abilitator</p>	<p>Factors hindering work life participation, one's own experience</p>	<p>b1303 craving</p>
<p>Not in 0.1</p>	<p>Not in 0.2</p>	<p>How difficult do the following make it for you to participate in work life?</p> <p>(10) Criminal or drugs record</p> <ol style="list-style-type: none"> 1= Extremely difficult 2= Rather difficult 3= Somewhat difficult 4= Slightly difficult 5= Not difficult at all 6= I don't know <p>Scale: Intensity</p>	<p>New question created for the Abilitator</p>	<p>Factors hindering work life participation, one's own experience</p>	<p>NC</p>

<p>How difficult do the following make it for you to participate in work life?</p> <p>Issues outside work (For example: family, financial situation)</p> <p>1 Not difficult at all 2 Slightly difficult 3 Rather difficult 4 I don't know</p>	<p>Not in 0.2</p>	<p>How difficult do the following make it for you to participate in work life?</p> <p>(I11) Financial situation For example: debts, enforcement orders</p> <p>1= Extremely difficult 2= Rather difficult 3= Somewhat difficult 4= Slightly difficult 5= Not difficult at all 6= I don't know</p> <p>Scale: Intensity</p>	<p>New formulation in the Abilitator</p>	<p>Factors hindering work life participation, one's own experience</p>	<p>e165 assets</p>
<p>How actively have you applied for work or education in the last four weeks?</p> <p>1 Haven't applied at all 2 Have applied once 3 Have applied 2-3 times 4 Have applied more than 3 times</p>			<p>New question in the Abilitator 0.1</p>		
	<p>Do you believe that you will find paid work to match your current skills?</p> <p>5 Yes, definitely 4 Yes, fairly sure 3 Maybe, maybe not 2 No 1 This question is not relevant to me at the moment</p>		<p>Modified from Kirves 2014</p>		
<p>Do you believe you will find any paid work?</p> <p>1 Yes, definitely 2 Yes, fairly sure 3 Maybe, maybe not 4 Unlikely 5 No 6 This question isn't relevant to me at the moment</p>	<p>Do you believe you will find some other kind of paid work?</p> <p>5 Yes, definitely 4 Yes, fairly sure 3 Maybe, maybe not 2 No 1 This question is not relevant to me at the moment</p>	<p>(I12) Do you believe you will find paid work?</p> <p>5 Yes, definitely 4 Yes, fairly sure 3 Maybe, maybe not 2 No 1 This question is not relevant to me at the moment</p> <p>Scale: Confirmation or agreement</p>	<p>New formulation in the Abilitator</p>	<p>Optimism for getting employed, one's own experience</p>	<p>b1265 optimism</p>

<p>Do you believe you will find some other work (for example entrepreneurship, self-employment, freelance)?</p> <p>1 Yes, definitely 2 Yes, fairly sure 3 Maybe, maybe not 4 Unlikely 5 No 6 This question isn't relevant to me at the moment</p> <p>Scale: Confirmation or agreement</p>	<p>Not in 0.2</p>	<p>Not in the Abilitator</p>	<p>New question in the Abilitator 0.1</p>		
<p>Do you believe you will find a meaningful study programme or a training course?</p> <p>1 Yes, definitely 2 Yes, fairly sure 3 Maybe, maybe not 4 Unlikely 5 No 6 This question isn't relevant to me at the moment</p>	<p>Do you believe you will find a meaningful study programme or a training course?</p> <p>5 Yes, definitely 4 Yes, fairly sure 3 Maybe, maybe not 2 No 1 This question is not relevant to me at the moment</p>	<p>(I13) Do you believe you will find a meaningful study programme or a training course?</p> <p>5 Yes, definitely 4 Yes, fairly sure 3 Maybe, maybe not 2 No 1 This question is not relevant to me at the moment</p> <p>Scale: Confirmation or agreement</p>	<p>New question created for the Abilitator</p>	<p>Optimism for getting a suitable education, one's own experience</p>	<p>b1265 optimism</p>
<p>Employment or education is not relevant to me at the moment</p> <p>•</p>	<p>Not in 0.2</p>	<p>Not in the Abilitator</p>	<p>New question created for the Abilitator 0.1</p>		

Not in 0.1	<p>Which areas of your life do you wish would change? You may choose more than one option.</p> <ol style="list-style-type: none"> 1 My physical fitness 2 Management of everyday life 3 My competence and professional skills 4 My emotional well-being 5 My personal relationships 6 My hobbies and general ability to participate 7 My financial situation 8 My use of alcohol/drugs or other addictions 9 I don't know 10 I feel no need for improvements 	<p>(114) Which areas of your life do you wish to change? You may choose more than one option.</p> <ol style="list-style-type: none"> 1 My work or employment situation 2 My competence and professional skills 3 My financial situation 4 My health 5 My sleep and body clock rhythm 6 My diet 7 My physical fitness 8 Management of everyday life 9 My emotional well-being 10 My personal relationships 11 My hobbies and general ability to participate 12 My use of alcohol, drugs or other addictions 13 I don't know 14 I feel no need for improvements <p>Scale: Confirmation or agreement</p>	New question created for the Abilitator	Wishes for changes in life	NC
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