POES interview - examples of questions

**Daily rhythm of activity and rest**

- Does your day/usual routine take you a lot of energy?
- Is it difficult for you to get started in the morning, to get up? Is it related to your medications?
- On a daily basis, how many hours do you spend in bed or in front of the television?
- Do you lay down sometimes when you have nothing to do?
- Sometimes, do you need to lie down after an activity because you’re tired?
- Do you lie down because you get bored?
- On a daily basis, how many times per day do you feel the need to sleep, to rest or to sit down? And When?
  - Does it help you? Does it help to engage in other activities?

**If time is pass at the computer: define the activities.**

**Places**

- Does your occupations make you to go out every day?
- On a weekly basis, where do you go when you go out?
- Do you leave your home sometimes?
  - To go were?
  - To do what?
  - Can you give me a reason why you do or do not go out?
  - How often do you go out?
  - With whom?
- How do you manage to do your groceries or errands?
- Where do you realize your main occupations?
  - What do you do there?
- Do you have any difficulties to take the bus or to go somewhere?
- At home, in which room (s) do you spend most of your time?
When you get out of your bedroom, are you able to go spend time with your family?

Depending on the answers...

- Are the grocery store/convenience store/drugstore, etc. far from your home?
- Are you used to go to these places?
- Do you sometimes change places where you do your errands?
- Is it crowded of people where you go or is it quiet?

**Variety and range of occupations**

- Are you doing any of these activities?
  - ADLs (ex. house work, budget)?
  - Sports or leisures?
  - Volunteer activities?
  - Work?
  - Studies?
- Do you attend therapy, workshops, etc.?
- In what you are doing: is it for fun? as an obligation?
- Have you been doing the same things for a while?
  - Can you talk to me about it?

**Social environment**

- Are you doing your activities alone or with others?
- Who is the main person you’re doing your activities with?
- Do you have any friends?
- How many?
  - Do you see them often?
  - Do you chat with them? On Facebook?
  - Are they childhood’s friends? Friends from therapy? Members of your family?
- Have you reconnected with a friend or a family member since your hospitalisation (if applicable)
Social interplay

- How many persons you consider important for you do you have around you?
- How is it going when you speak to others?
  - Do you initiate contact with others sometimes?
  - Do you have any conversation with them sometimes?
- Do you initiate contact and talk only with people you know? Or as well with people you don’t know?
- Are you a part of a group in the community?
- In a group of how many people do you feel comfortable?
- Did you refrain from going out or doing an activity because you would have to speak to people?
- In which context do you speak with others?
  - Only in therapy, in the street...?

** Explore the collaboration aspect if applicable

Interpretation

- What do you think of your routine?
- How do you feel about your routine, your days?
- Are you satisfied with your activities or your routine?
  - If unsatisfied: what would you need to be satisfied?
- What’s a good day for you or a bad one? Could you describe it for me?
- Is there anything you do that you are proud of?
- What define you the most in what you do?
- What do you dislike?
Extent of meaningful occupations

- How many significant activities do you feel you have currently?
- Of all the things you do, which activity/occupation is the most meaningful that you would not be able to take it off from your schedule?
- Of all the things you do, which activity is the most fulfilling?
- Are your occupations important for you?
  - In which way?
- What is the most enjoyable aspect when you realize activities? What makes you have fun?
  - When was the last time you had fun?

Routines

- Does your journal of the last 24 hours represent your usual days?
  - Is there any difference between the week and the weekend?
- Are you the one who decides what you have to do or is it your parents or somebody else?
- Do you do some activities because you’ve seen somebody else do it?
- Do you change your routine sometimes? If so, why?
- How do you manage the unexpected changes in your routine?
- How would you describe your routine? Stable, organised, rigid/inflexible?

Initiating performance

- How do you plan your days?
- Do you decide ahead of time or according to how you feel?
  - Do you decide at the beginning of the day, a day before or a week before?
- Do you decide what you have to do on your own or others (family members) decide for you, stimulate or push you?
- Do you propose sometimes, invite some friends to do something?
- What would you like to accomplish next year?
  - What are your personal goals?
  - Do you feel like what you realize is directed towards a goal?