

Global INSPIRE

One way to think about mental health recovery is 'living a satisfying and hopeful life'. Recovery is important to everyone regardless of whether they are using a mental health service or not. This questionnaire asks about what is important for your recovery.

Please read each question and circle the grey box to show how important it is for your recovery.

An important part of my recovery is...

1. Feeling supported by other people	Not at all	Not much	Somewhat	Quite a lot	Very much
2. Having positive relationships with other people	Not at all	Not much	Somewhat	Quite a lot	Very much
3. Having support from other people	Not at all	Not much	Somewhat	Quite a lot	Very much
4. Feeling part of my community	Not at all	Not much	Somewhat	Quite a lot	Very much
5. Feeling hopeful about my future	Not at all	Not much	Somewhat	Quite a lot	Very much
6. Believing that I can recover (live a satisfying and hopeful life)	Not at all	Not much	Somewhat	Quite a lot	Very much
7. Feeling motivated to make changes	Not at all	Not much	Somewhat	Quite a lot	Very much
8. Having hopes and dreams for the future	Not at all	Not much	Somewhat	Quite a lot	Very much
9. Feeling I can deal with mental health stigma	Not at all	Not much	Somewhat	Quite a lot	Very much
10. Feeling good about myself	Not at all	Not much	Somewhat	Quite a lot	Very much
11. Having my spiritual beliefs respected	Not at all	Not much	Somewhat	Quite a lot	Very much

12. Having my ethnic/cultural/racial identity respected	Not at all	Not much	Somewhat	Quite a lot	Very much
13. Understanding my mental health experience	Not at all	Not much	Somewhat	Quite a lot	Very much
14. Doing things that mean something to me	Not at all	Not much	Somewhat	Quite a lot	Very much
15. Rebuilding my life after difficult experiences	Not at all	Not much	Somewhat	Quite a lot	Very much
16. Having a good quality of life	Not at all	Not much	Somewhat	Quite a lot	Very much
17. Feeling in control of my life	Not at all	Not much	Somewhat	Quite a lot	Very much
18. Being able to manage my mental health	Not at all	Not much	Somewhat	Quite a lot	Very much
19. Trying new things	Not at all	Not much	Somewhat	Quite a lot	Very much
20. Building on my strengths	Not at all	Not much	Somewhat	Quite a lot	Very much

Global INSPIRE is a modified version of the Full INSPIRE;

Williams J, Leamy M, Bird V, Le Boutillier C, Norton S, Pesola F, Slade M (2015) *Development and evaluation of the INSPIRE measure of staff support for personal recovery*, *Social Psychiatry and Psychiatric Epidemiology*, **50**, 777-786.