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| Introduction   * Explanation definitions (mild intellectual disability or borderline intellectual functioning, severe mental health problems) * Explanation research * Reading break intervention   Key questions (four main themes)   1. Content  * Talking about recovery: which items are important and should be included? * Points of improvement  1. Assignments/exercises  * Which assignments fit within this intervention and are educational/fun/challenging/appealing? * Points of improvement  1. Understandable language  * Which language use is appropriate for this intervention? * Points of improvement  1. Visual support  * At what time does visual support add value and do the pictures support the text? * Points of improvement   Structure and lay-out   * Points of improvement   Closing questions   * Important topics not covered * Resume |

Supplementary Material 2. topic list used in focus groups and interviews with participants