take the example where m=0 and n=1 for spin orbs. then, I understand how an integral of this form $[mn|nm] = [01|10] = \int dr_2 dr_1 \alpha^*(r_1)\beta(r_1)\beta^*(r_2)\alpha(r_2)(00|00) = 0*(00|00) = 0$ would take into account spin, but I don't know how an integral of this $[mm|nn] = [00|11] = \int dr_2 dr_1 \alpha^*(r_1)\alpha(r_1)\beta^*(r_2)\beta(r_2)(00|11) = 1*(00|11)$ form would take into account spin though.