CDRC Self-Monitoring Tool

ευεξία

Named from the Greek word for wellness, ευεξία (pronounced ‘Evexia’) is an individual-focused, cloud-based tool that allows you to screen and monitor your mental health.

ευεξία lets you track your wellness, depression/anxiety symptoms, and function over time. It also provides you with information & recommendations to improve your mental health and overall well-being.

Embark on your wellness journey — anytime, anywhere — with ευεξία.

Importance of Self-Monitoring

Take active control of your mental health care! Tracking your symptoms and behaviors will help you better understand patterns and will empower you to talk to your doctors about your mental health in a way that meets your needs.

Join now at: centerfordepression.org

Developed by the Center for Depression Research and Clinical Care
UT Southwestern Medical Center
Why should I track my symptoms?

- Empower yourself to take control of your mental health
- Notice patterns in symptoms and behaviors
- Capture important data for health care providers
- Improve self-management skills
- Establish healthy attitudes and behaviors
- Learn and raise awareness

How do I self-monitor my mental health?

- Access services from home via website
- Complete self-reports regularly
- Use dashboard to track symptoms over time
- Receive tips for improving symptoms
- Bring reports to your doctor to show progression

What does the service provide?

Self-Report Measures: Health behaviors - Social functioning - Quality of life - Lifestyle - Depression symptoms - Anxiety

Dashboard to track symptoms and functioning

Affirmations & Recommendations to improve quality of life