

# 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.

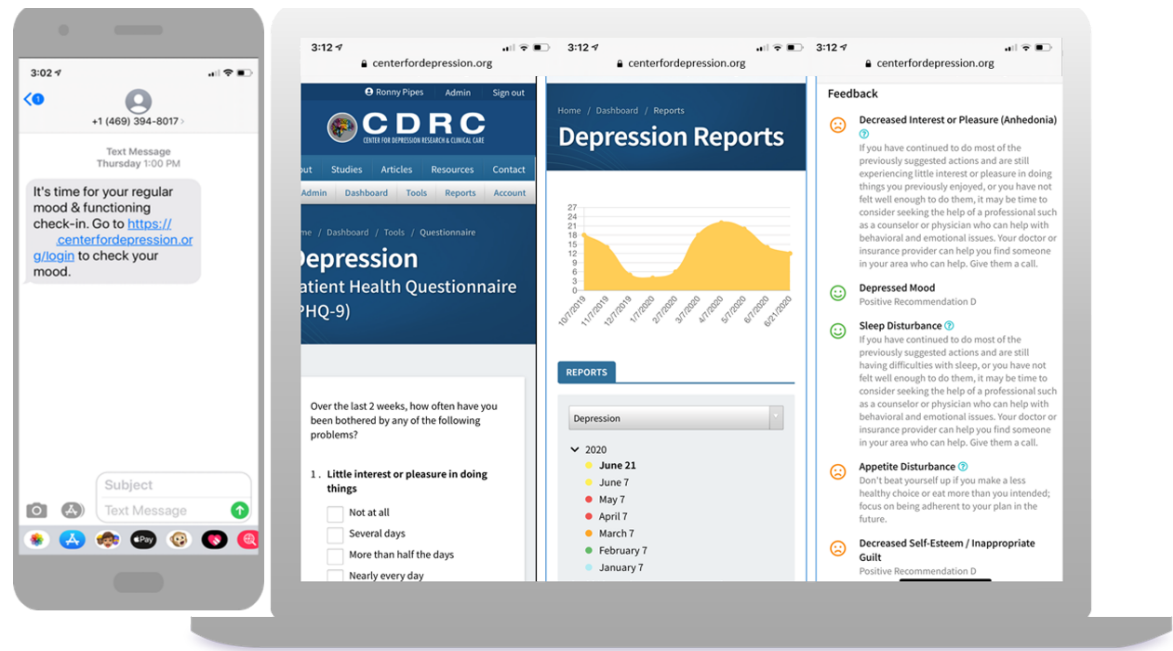
Embark on your wellness journey  
– anytime, anywhere –  
with *ευεξία*.

## 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



# Sneak peek into ευεξία



CDRC  
CENTER FOR DEPRESSION RESEARCH & CLINICAL CARE

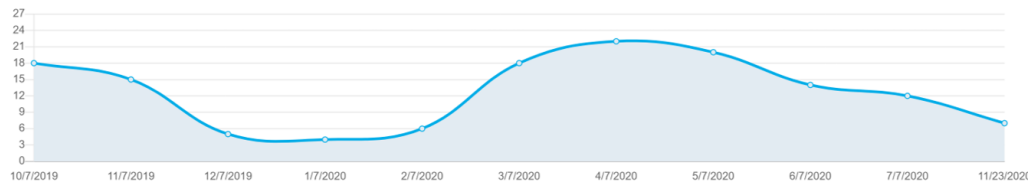
About Studies Articles Resources Contact

Join Sign In

## Welcome to the CDRC

Learn about depression, anxiety and other things that can affect mood - and find ways to get help to manage your emotions.

## Depression Reports



### REPORTS

Depression

#### 2020

- November 23
- July 7
- June 7
- May 7
- April 7
- March 7
- February 7
- January 7

#### 2019

On November 23, 2020, your depression was evaluated as:

**Mild**

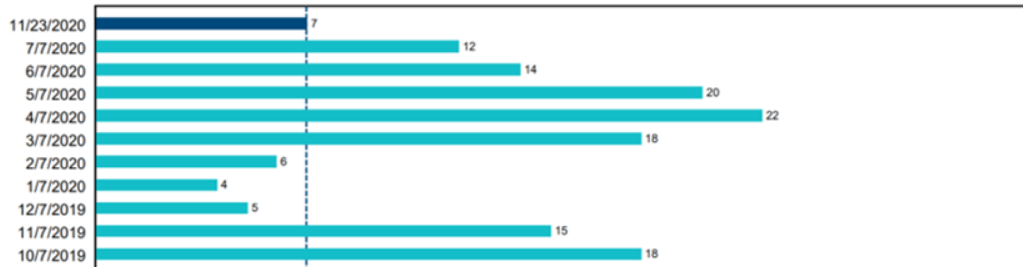
[Print](#) [Download](#) [Edit date](#)

Here's what you need to know:

- Depressed Mood**  
Your mood is much better. Awesome job!
- Sleep Disturbance**  
Your sleep is much better. That is awesome!
- Decreased Interest or Pleasure (Anhedonia)**



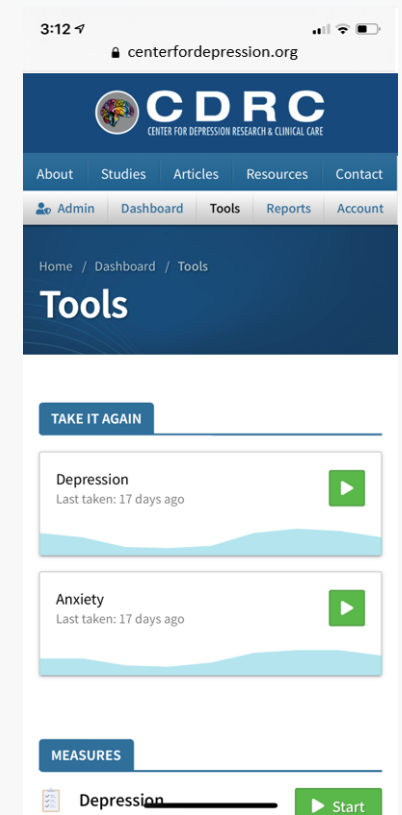
### HISTORICAL SEVERITY OF DEPRESSION



On desktop:



On mobile:



3:12 centerfordepression.org

CDRC  
CENTER FOR DEPRESSION RESEARCH & CLINICAL CARE

About Studies Articles Resources Contact

Admin Dashboard Tools Reports Account

Home / Dashboard / Tools

## Tools

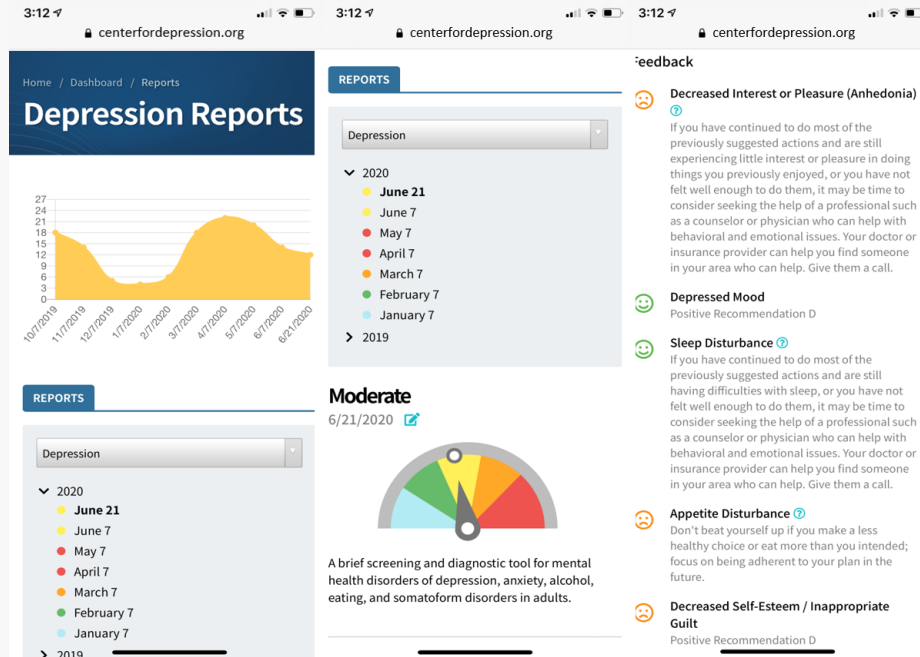
TAKE IT AGAIN

Depression  
Last taken: 17 days ago

Anxiety  
Last taken: 17 days ago

MEASURES

Depression Start



3:12 centerfordepression.org

Home / Dashboard / Reports

## Depression Reports

REPORTS

Depression

2020

- June 21
- June 7
- May 7
- April 7
- March 7
- February 7
- January 7

2019

6/21/2020

**Moderate**

A brief screening and diagnostic tool for mental health disorders of depression, anxiety, alcohol, eating, and somatoform disorders in adults.

Feedback

- Decreased Interest or Pleasure (Anhedonia)**  
If you have continued to do most of the previously suggested actions and are still experiencing little interest or pleasure in doing things you previously enjoyed, or you have not felt well enough to do them, it may be time to consider seeking the help of a professional such as a counselor or physician who can help with behavioral and emotional issues. Your doctor or insurance provider can help you find someone in your area who can help. Give them a call.
- Depressed Mood**  
Positive Recommendation D
- Sleep Disturbance**  
If you have continued to do most of the previously suggested actions and are still having difficulties with sleep, or you have not felt well enough to do them, it may be time to consider seeking the help of a professional such as a counselor or physician who can help with behavioral and emotional issues. Your doctor or insurance provider can help you find someone in your area who can help. Give them a call.
- Appetite Disturbance**  
Don't beat yourself up if you make a less healthy choice or eat more than you intended; focus on being adherent to your plan in the future.
- Decreased Self-Esteem / Inappropriate Guilt**  
Positive Recommendation D