



EXPLORABLE
Think Outside The Box

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Final Evaluation

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Keeping depression in check depends greatly on your ability to reevaluate and reinvent yourself constantly, along with focusing on all that is good.

The purpose of this tool is to highlight symptom reduction, by comparing previous and current scores. You can take advantage of this method, by using it to gain additional motivation for future efforts.

The banner features the Explorable logo and the text "Quiz Time!". Below the logo are three quiz cards:

- Quiz: Psychology 101 Part 2** (Image: Red roller skates on a wooden deck)
- Quiz: Psychology 101 Part 2** (Image: A fan of colorful pencils)
- Quiz: Flags in Europe** (Image: A Ferris wheel at sunset)

[See all quizzes =>](#)

What's the Point?

Last time you completed this questionnaire, we were at the beginning of our journey. Now we're going to ask you to complete it once again, so that you can get an idea about your progress and the areas you currently need to focus on.

Step 1

On a scale of 1 (lowest) to 10 (highest), rate each symptom based on current level of severity.

Step 2

Fill in the previous scores for each symptom, the tool you completed at the beginning of the course.

Step 3

Compare the current level of severity for each symptom with its corresponding previous score. Don't forget to circle the items where you've succeeded, even if that success means a tiny improvement.

- | No. | Signs and symptoms |
|-----|--|
| 1. | You tend to shout at and be easily irritated. |
| 2. | You ruminate (Thinking repetitively about the cause of your issues) at least once daily. |
| 3. | You're troubled by feelings of guilt. |
| 4. | You believe you're the only one to blame for all the bad things that happen, you engage in |
| 5. | It's difficult for you to derive pleasure from activities that are enjoyable to others, or used to |
| 6. | You find it difficult to make decisions. |
| 7. | You often have a sense of worthlessness. |
| 8. | You find it hard to concentrate on daily tasks. |
| 9. | Life seems pointless. |
| 10. | You're constantly lacking motivation. |
| 11. | You feel tired and spent, you don't have energy for regular daily chores. |

12. You often think about death.
13. You sleep more than 8 hours a day, or a lot more than you used to sleep before.
14. At night, you find it difficult to fall asleep.
15. You've lost interest in daily activities, such as hobbies, social activities, etc.
16. You have migraines on a daily basis.
17. You tend to eat more or less than you used to – you experience changes in appetite.
18. Your sex life has deteriorated.
19. You spend less time with your friends and family members.
20. Sometimes, you without knowing why.

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