



**Name: Aahidha**  
**Age: 13**  
**Education: 10th**  
**Sport: Tennis**  
**Academy: Truffle**

**PSYCHOLOGICAL EVALUATION**

		<18	18-26	>26
<b>Psychology</b>	Cognitive state anxiety			✓
	Somatic state anxiety	✓		
	Self confidence			✓
	Perceived stress	0-13	14-26	27-40
			✓	
<b>Depression</b>		0 - 7	8 - 23	>24
	Hamilton depression rating scale	✓		
<b>Recommendation:</b> Mental skills Training, Enhancing Emotional Regulation, Stress management, Individual counselling sessions and Long term athletic plan for mind and body preparation, effective conditioning and performance enhancement. (Custom programmes )				