



**ISPAN'S Customized  
PSYCHOLOGICAL EVALUATION REPORT**

**Name: Cynthia Choudhry**

**Age: 18/F**

**Sports: Swimming**

**Level: Advanced**

**Coach: Nataraj**

**Academy: BAC**

**PSYCHOLOGICAL EVALUATION**

<b>Anxiety</b>	<b>Competitive behavior</b>	<b>Attention &amp; Concentration</b>	<b>Decision Making</b>	<b>Memory</b>	<b>Problem solving</b>	<b>Visualization</b>	<b>Reaction Time</b>	<b>Coordination</b>
High	Low	Good	Moderate	Good	Moderate	Moderate	Moderate	Good

**Recommendation:**

- Group counseling sessions
- Self-Compassion Training
- Personality development
- Integrated Mental and Physical Training:
  - Combining psychological strategies with physical training to create a holistic approach.
  - Regular sessions with a psychologist to monitor progress and adjust strategies as needed.