



ISPAN'S Customized PSYCHOLOGICAL EVALUATION REPORT

Name: Smruthi Rao

Age: 14 years

Sports: Badminton

Level of sports: Intermediate

Coach: Mahesh

Academy: PBA

PSYCHOLOGICAL EVALUATION

	Low	Moderate	High
<u>Cognitive ability assessment</u>		✓	
Forgetfulness		✓	
Distractibility		✓	
False Triggering		✓	
<u>Competitive Behavior questionnaire</u>	✓		
<u>Sport competition anxiety test</u>			✓

Recommendation:

- Self-Compassion Training
- Personality development
- Integrated Mental and Physical Training:
 - Combining psychological strategies with physical training to create a holistic approach.