



## ISPAN'S Customized PSYCHOLOGICAL EVALUATION REPORT

**Name:** Tanvee

**Age:** 9 years

**Sports:** Badminton

**Level of sports:** Beginner

**Coach:** Mahesh, Tejas, Vaibhav

**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.