

SKILL ENHANCEMENT & PSYCHOMETRIC ASSESSMENT

brought to you by Mending Mind



Test Administrator:

Name: **Sonu Kumar**

Date: **17-08-2025**

MENTAL HEALTH EVALUATION

Round 1

This assessment provides insights into your mental well-being and psychological traits to help guide your personal growth journey.

The following pages contain your personalized results from the first round of evaluation.



brought to you by Mending Mind

This assessment is created to guide you toward greater self-awareness and development. It is intended for personal insights only.



+91-8433805514

support@mendingmind.org

mendingmind.org

Shingar vastu building, Gr floor, Flat no 001, JN Road, Mulund west, Mumbai 400080

Mental Health Evaluation - Round 1

Name: Sonu Kumar

ID: LUE-1883-3797

Age: 28

17-08-2025

Sex: Male

Report generated on:

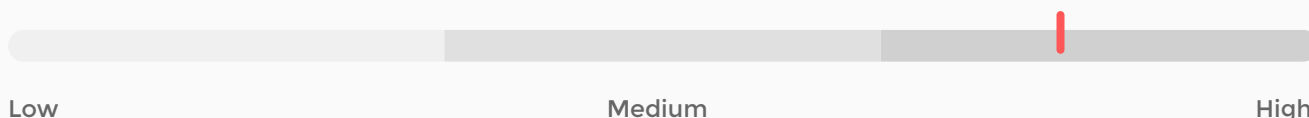
About the Test:

The assessment combines five tools to offer insights into personality, stress, resilience, and decision-making. BFI-10 covers core traits, PSS gauges stress levels, DSS reveals decision styles, CD-RISC measures resilience, and TOSJS evaluates ethical judgment in tax scenarios.

Based on how you answered the questions, your results are as follows:

PERSONALITY TRAITS

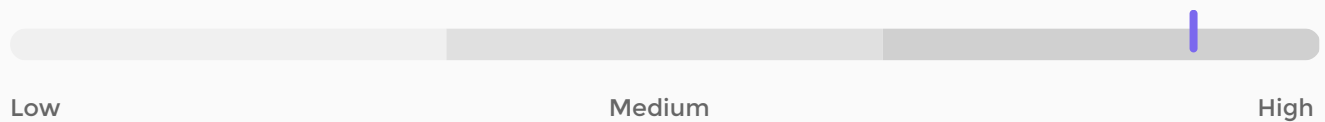
Extraversion



You tend to be expressive & proactive

You are likely energetic, outgoing, persuasive, and socially confident. You thrive in environments that require communication, collaboration, and engagement with others. Your proactive and enthusiastic nature often draws people toward you, making you naturally charismatic and approachable.

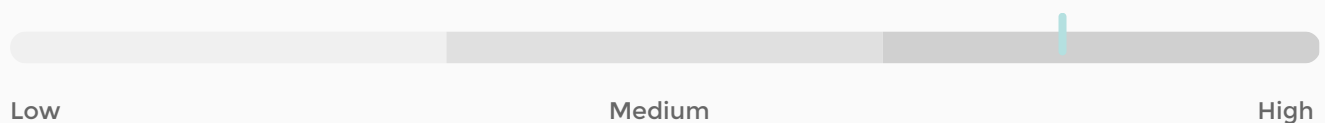
Agreeableness



You tend to be highly cooperative & empathetic

You demonstrate compassion, emotional warmth, and a team-oriented mindset. You are likely empathetic, trusting, supportive, and nurturing toward others. You value harmony and collaboration and often prioritize the emotional well-being of people around you.

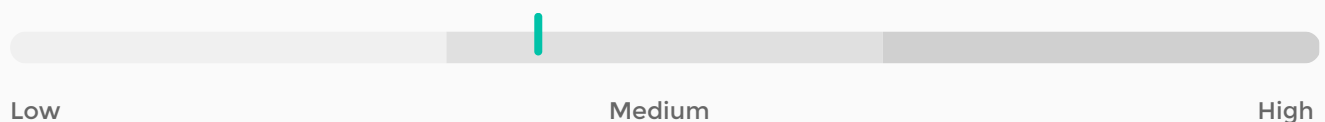
Conscientiousness



You tend to be exceptionally reliable & goal oriented

You are exceptionally reliable, goal-driven, and disciplined. You maintain high standards of organization, structure, and precision in your work. Your focus on achievement and persistence in pursuing objectives make you a dependable and dedicated individual.

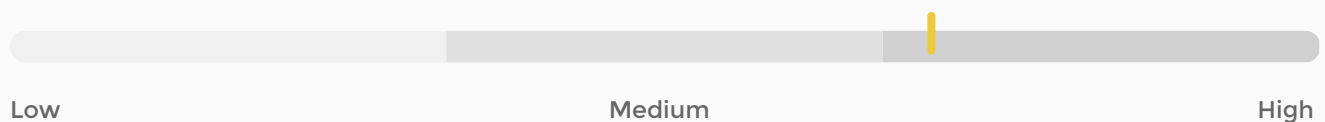
Neuroticism



You tend to be sensitive & deeply reflective

You are emotionally sensitive, deeply introspective, and highly reflective. You engage closely with your inner emotional world and are attuned to both internal and external changes. Your emotional openness allows you to experience and process deeper levels of self-awareness and connection.

Openness



You tend to be balanced & thoughtfully receptive

You maintain a balanced openness to new experiences, engaging thoughtfully with novel ideas while maintaining practical realism. You are reflective, solution-focused, and intellectually engaged, appreciating both innovation and grounded application.

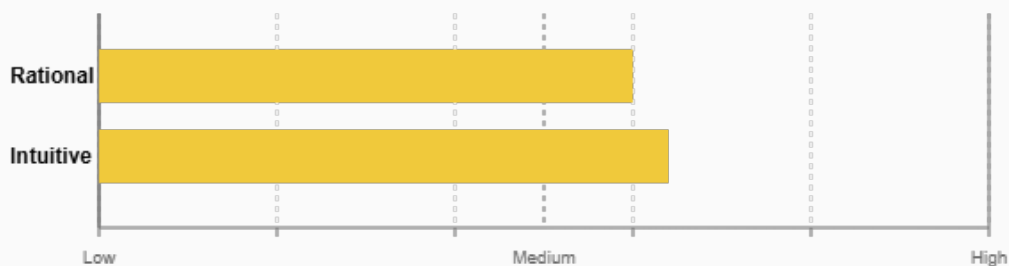
Perceived Stress Scale (PSS)



You seem to adapt well, with occasional emotional load

You adapt well to stress with occasional emotional fluctuations. You are generally steady and self-aware but may experience moments of strain requiring rest or realignment. Your awareness of when to step back and recharge supports ongoing emotional balance and growth.

Decision Making Style Assessment



Balanced Style

You demonstrate versatility by integrating both rational analysis and intuitive insight. You adapt your decision-making style depending on the situation, balancing structure and flexibility to make contextually appropriate choices.

Rational

You balance analytical thinking with flexibility in your decision-making approach. You can evaluate information systematically while remaining adaptable to changing circumstances.

Intuitive

You balance intuitive insights with careful consideration in your decision-making. You can trust your instincts while still taking time to verify information when needed.

Resilience Assessment



You may be Resilient & Resourceful

You are emotionally strong, confident, and resourceful in adversity. You recover quickly from setbacks, approach challenges with clarity and optimism, and embody a grounded and proactive attitude toward change and uncertainty.

Workplace Situational Judgement Scale (WSJS)

Moderate Scores

You may be Responsible & Strategically Emerging

You demonstrate responsibility, fairness, and practical adaptability. You are balanced in your approach, blending ethical judgment with strategic growth, and are committed to learning and evolving your decision-making over time.



Final Reflections

- 1. Self-awareness sparks growth:**
Noticing patterns is the first step toward change.
- 2. There's no perfect score:**
This is about progress, not perfection.
- 3. Small steps shape big shifts:**
Tiny actions lead to long-term impact.
- 4. Support builds strength:**
You don't have to do it all alone.
- 5. Flexibility is power:**
Adapting doesn't mean losing direction.
- 6. You already have what you need:**
Resilience, insight, and potential are all within you.



For collaborations Contact:
support@mendingmind.org

Follow us on:



Connect with us:



 [+91-8433805514](tel:+91-8433805514)

 support@mendingmind.org

 mendingmind.org