

SKILL ENHANCEMENT & PSYCHOMETRIC ASSESSMENT

brought to you by Mending Mind



Test Administrator:

Name: **Kanish 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: Kanish Kumar

ID: IAH-9718-6573

Age: 22

17-08-2025

Sex: Male

Report generated on:

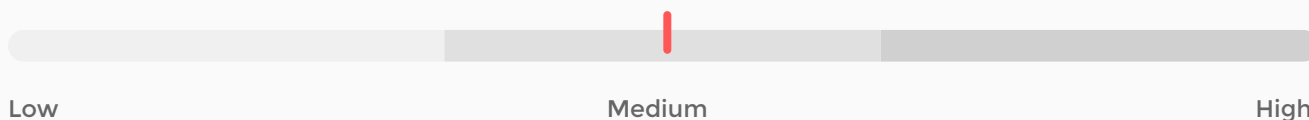
About the Test:

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

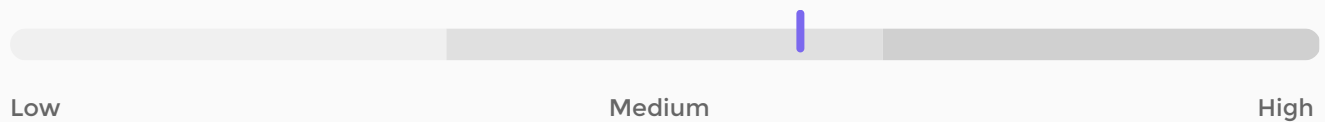
Extraversion



You tend to be calmly engaged & situationally social

You appear composed, adaptable, and selectively social. You balance being engaging when required with maintaining personal space when needed. You are thoughtful, diplomatic, and responsive to social cues, making you an effective communicator without being overly extroverted.

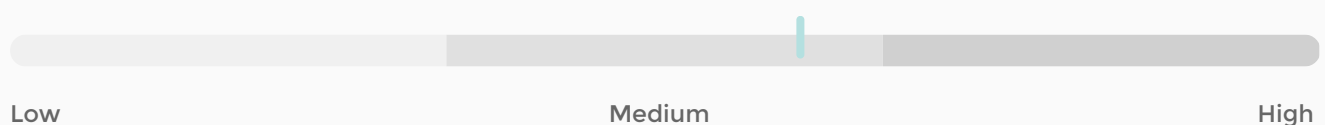
Agreeableness



You tend to be tactful & objectively balanced

You exhibit tact, objectivity, and a balanced approach to social interactions. You can be considerate and fair without overextending emotionally. You appreciate different perspectives, practice respectful assertiveness, and maintain healthy boundaries while staying open-minded.

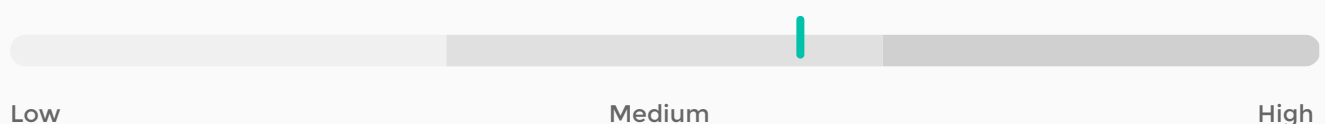
Conscientiousness



You tend to be efficient & practically balanced

You are steady, efficient, and practically structured. You demonstrate responsibility and focus while remaining adaptable to changing circumstances. You value balance between planning and flexibility, ensuring tasks are handled thoughtfully without rigidity.

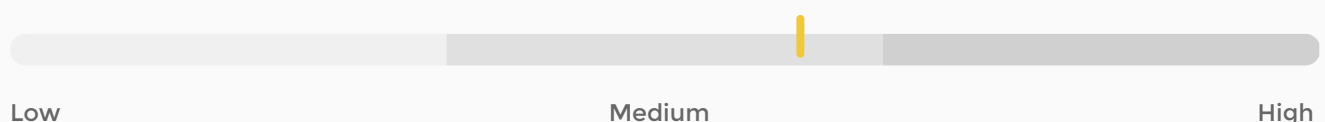
Neuroticism



You tend to be emotionally aware & responsive

You show emotional awareness, thoughtful expression, and adaptability under moderate stress. You remain self-aware of your emotions and manage them constructively, maintaining a reasonable balance between expression and regulation during challenging times.

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.

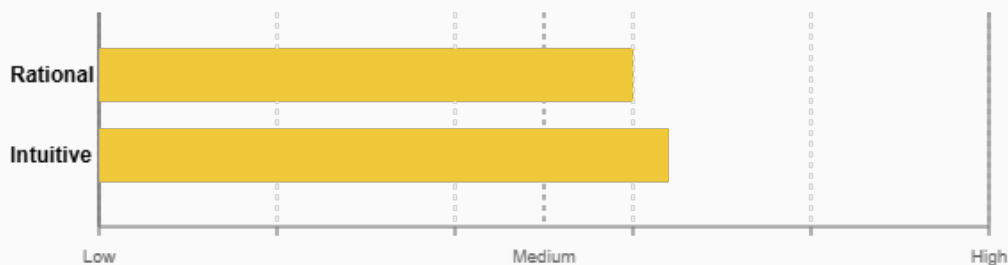
Perceived Stress Scale (PSS)



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 Steady & Adaptively Growing

You demonstrate steadiness and adaptable growth. You handle challenges thoughtfully, maintaining calmness under pressure while remaining emotionally aware and solution-focused. Your willingness to learn and improve supports continued resilience development.

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