

MASAK

Mental And Stress Assessment Kit



*The first objective
assessment solution for mental
and physical balance*



by beScored

Our Vision

Our approach is grounded in internationally recognized scientific expertise and an extensive background in elite sport. Drawing on experience from six Olympic Games and more than 20 years leading the Research Department at the French National Institute of Sport (INSEP), we have established a rigorous, evidence-based methodology.

At beScored, we have developed a solution for assessing mental and physical well-being, built on research conducted at the intersection of physiology, neuroscience, and sport psychology. This innovative method provides a detailed, objective, and multidimensional understanding of athletes' mental and physical health, based on scientifically validated indicators.

By combining objective measurements with validated self-reported data, the MASAK delivers actionable insights for athletes, coaches, performance staff, and medical teams. These insights enable the early identification of warning signs of overload, help prevent injuries, and support training load adjustments to optimize performance.



“

We have developed the first medical device that provides an objective assessment of athletes' mental and physical well-being.

Dr. Christophe Hausswirth

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The Challenge

Mental fatigue, stress, pain, and sleep:
key factors influencing athletic performance.

34%

Anxiety & depressive symptoms

Nearly one-third of elite athletes experience symptoms of psychological distress, reflecting the constant pressure associated with performance expectations and competitive environments (Gouttebargue et al., 2019)

42%

Pain & injuries

Almost one in two athletes in individual sports and one in three athletes in team sports sustain at least one injury during a competitive season, highlighting the importance of monitoring fatigue levels and identifying early risk factors (Franco et al., 2021).

64%

Sleep disruption

Nearly two-thirds of athletes report sleep disturbances during their competitive season, particularly before major sporting events. Poor sleep quality can directly impact recovery, cognitive function, and sports performance (Juliff et al., 2015).

29%

Training overload & insufficient recovery

Excessive training loads combined with inadequate recovery may lead to accumulated fatigue, performance decline, and, in severe cases, overreaching or even overtraining syndrome in elite athletes (Grandou et al., 2020).

Maintaining physical and mental balance.

Performance is built on a delicate balance between training demands and mental recovery. When this balance is disrupted, athletes may experience increased fatigue, reduced performance, and decreased motivation. Early identification of these warning signs is essential to prevent overload and support long-term athlete development.

The first all-in-one solution

A comprehensive evaluation combining multiple **cognitive, psychological, and physiological assessments in less than 20 minutes, with an instant personalized report.**



The MASAK provides an objective assessment of athletes' mental state, pain and stress levels, as well as sleep quality. **These data can be used at the individual level to optimize athlete monitoring or at the collective level to support decision-making by coaches, performance staff, and medical teams.**

A new era

Mental health is becoming a major challenge in modern sport.

Competitive pressure, performance demands, intensive training schedules, and academic or professional constraints expose athletes today to numerous factors that can affect their psychological balance and recovery.

MASAK addresses this evolution by providing an objective and multidimensional assessment of athletes' mental and physical balance.

Through scientifically validated indicators, it enables the early identification of mental fatigue, emotional overload, or insufficient recovery, allowing interventions before these factors negatively impact long-term performance.

Athletes' condition is no longer only perceived subjectively. It is now objectively assessed to better support athletes throughout their sporting journey.

The value of MASAK for sustainable performance:

- 1** Athletes regularly assess their mental and physical well-being through a combination of objective data and subjective perceptions.
- 2** Coaches, performance staff, and healthcare professionals access reliable indicators to monitor athlete status, detect potential vulnerabilities, and personalize support strategies.
- 3** Regular assessments allow teams to evaluate the effectiveness of their interventions, including psychological support, recovery strategies, and training load adjustments. The MASAK contributes to a proactive approach focused on preserving athletes' physical and mental health.

The MASAK Dimensions



Sleep Quality

Scientifically validated questionnaires evaluating sleep quality.



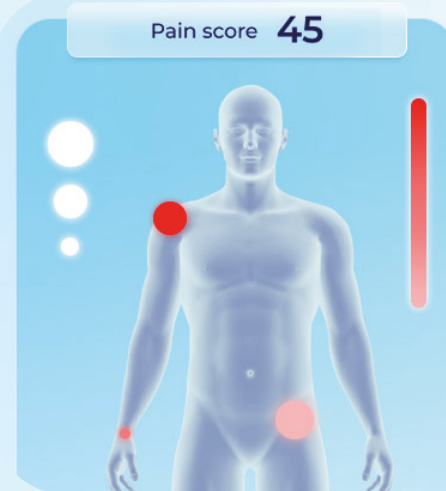
Energy Balance

Measurement of cardiac parameters (heart rate and heart rate variability indices) to objectively characterize athletes' vitality and overall physical condition.



Physical Fitness

Innovative tools quantifying perceived musculoskeletal, tendon-related, and joint pain, as well as fatigue levels and recovery quality.



Mental Fitness

Objective evaluation of mental fatigue through a scientifically validated computerized task (i.e., guided saccade task) using a high-frequency eye tracker.



Emotional Balance

Validated questionnaires assessing stress and anxiety levels related to sports participation, combined with objective stress measurement through pupillary dilation.



Brain Quality

Evaluation of attention, concentration, and memory abilities through three cognitive tasks performed under different time constraints.

The Individual Report



A 360° profile of athletes' mental and physical balance



This individual assessment serves two main purposes:

- 1 Early identification of warning signs of physical and mental overload.
- 2 Personalized athlete support through tailored guidance from coaching and medical staff.

The Collective Report

A collective overview of athletes' mental and physical balance

Identifying risk factors and opportunities for action

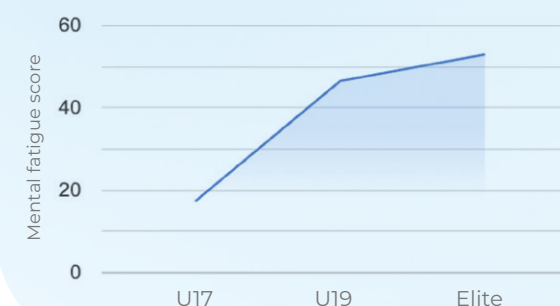
Psychological Insights

Quantification of stress and anxiety levels, as well as concentration abilities.

Understanding the main sources of mental strain:

- Psychological pressure
- Lack of social support
- Interpersonal tensions
- Personal concerns

Segmentation by team / discipline / age category.

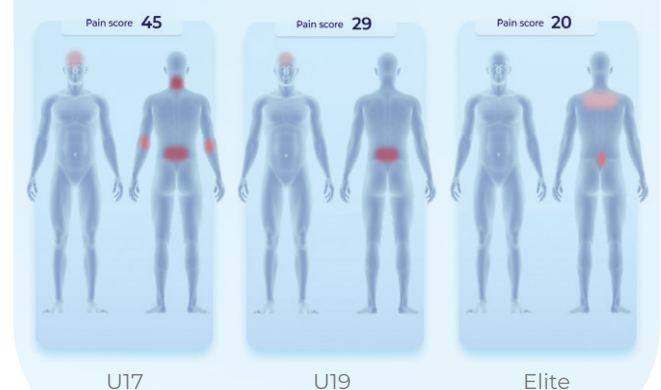


Physical Insights

Detailed mapping of pain locations.

Identification of the main injury risk factors:

- Excessive training or competition load
- Inadequate lifestyle habits (nutrition, sleep, etc.)
- Illness or impaired health status
- Suboptimal equipment or sporting environment



Recovery & Performance Monitoring

- Quantification of athletes' vitality levels and sleep quality
- Monitoring of overall mental and physical well-being status
- Decision-support tools to identify and prioritize key actions



Our Scientific & Medical Leadership Team

A founding team of three researchers in sport and health sciences, combining scientific expertise with strategic, technological, and operational leadership.



Dr. Christophe Hausswirth, PhD, HDR (CEO)
Founder and CEO of beScored, Christophe leads the strategic vision for MASAK, with the ambition of transforming the assessment of mental and physical well-being through an integrated scientific and technological approach. Associate member of Université Bourgogne Europe and Université Côte d'Azur, and Adjunct Professor at the University of Technology Sydney (Australia), he brings more than 20 years of experience leading the Research Department at INSEP, where he supported athletes across six Olympic Games. Today, he leverages his extensive international network to accelerate the development and global reach of MASAK.



Dr. Alexandre Coste, PhD (CTO)
PhD in Human Movement Sciences, Alexandre has developed extensive expertise in the ergonomic evaluation of medical devices, integrating biomechanical, neurophysiological, and cognitive approaches. As CTO, he oversees MASAK's technological development, ensuring the optimal integration of scientific advances and software innovations to deliver a reliable and high-performance solution.



Dr. Geoffrey Millour, PhD (COO)
PhD in Sport Sciences and External Member of the MIP Laboratory (Nantes Université), Geoffrey is recognized for his expertise in elite sport, particularly in physiological and biomechanical performance analysis. He now focuses his research on optimizing innovative approaches that promote holistic well-being. He leads all scientific studies conducted within beScored, which directly contribute to the ongoing development of MASAK.

A global vision of mental and physical balance supported by a Scientific & Medical Advisory Board composed of internationally recognized experts in psychiatry, sleep medicine, biology, neuroscience, and human performance.



Dr. François DUFOREZ, MD
Sleep Medicine Physician
Founder of the European Sleep Center (ESC)



Dr. Xavier Bigard, MD, PhD
Member of the French National Academy of Medicine
Chief Medical Officer of the Union Cycliste Internationale (UCI)



Dr. Cyril Schmit, PhD
Neuroscientist
Associate Researcher at the Institut du Cerveau



Dr. Vincent Raimondi, MD
Medical Biologist
Founder of Infinite Health
Former CEO of Cerballiance



Marc Laidet
CEO Secteur Santé
President of FHP psy
Vice-President of Acteurs de la Prévention



Dr. Laurent Morasz, MD
Psychiatrist
Founder of Clinipsy Group and Ykoé Group

Expert Insights



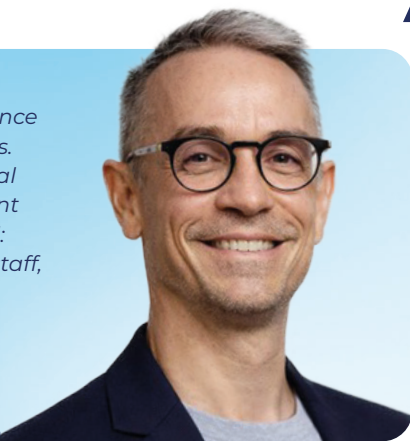
As a former elite athlete and now a performance project coach, I see MASAK as a tool that finally brings together two dimensions that have long been separated in sports performance: the physical and the mental. By analysing objective data, it enables staff to refine training plans and make more informed decisions, supporting sustainable performance while respecting the athlete's overall balance. For athletes, MASAK provides concrete insights to better understand their performance and to act more precisely on the factors they can control. In my opinion, it is this combination of science, data, and human experience that truly makes this tool valuable.

Amélie Cazé
Coach & Mental Performance Specialist
Three-time Modern Pentathlon World Champion



Detecting early signs of fatigue or overload before they impact health and performance remains one of the greatest challenges in the day-to-day management of athletes. By combining validated indicators such as sleep quality, emotional balance, mental fatigue, and pain, MASAK provides a multidimensional and longitudinal assessment that few tools currently offer. For a performance institute, the benefits are twofold: establishing a common language between the athlete, the coach, and the medical staff, and objectively monitoring the impact of interventions over time.

François Bieuzen, PhD
Director of Sport Science and Performance Physiology



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in discovering
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Mental And Stress Assessment Kit
by beScored



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