

Figure 8.6

NASA Task Load Index

Hart and Staveland's NASA Task Load Index (TLX) method assesses work load on five 7-point scales. Increments of high, medium and low estimates for each point result in 21 gradations on the scales.

Name Yana	Task 1	Date 16. 03. 22
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Mental Demand

How mentally demanding was the task?

Very LowVery High

Physical Demand

How physically demanding was the task?

Very LowVery High

Temporal Demand

How hurried or rushed was the pace of the task?

Very LowVery High

Performance

How successful were you in accomplishing what you were asked to do?

PerfectFailure

Effort

How hard did you have to work to accomplish your level of performance?

Very LowVery High

Frustration

How insecure, discouraged, irritated, stressed, and annoyed were you?

Very LowVery High

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NASA Task Load Index

Hart and Staveland's NASA Task Load Index (TLX) method assesses work load on five 7-point scales. Increments of high, medium and low estimates for each point result in 21 gradations on the scales.

Name Yana	Task 2	Date 16.03.22
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Mental Demand

How mentally demanding was the task?

Very Low

Very High

X

Physical Demand

How physically demanding was the task?

Very Low

Very High

X

Temporal Demand

How hurried or rushed was the pace of the task?

Very Low

Very High

X

Performance

How successful were you in accomplishing what you were asked to do?

Perfect

Failure

X

Effort

How hard did you have to work to accomplish your level of performance?

Very Low

Very High

X

Frustration

How insecure, discouraged, irritated, stressed, and annoyed were you?

Very Low

Very High

X