

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 Timon | Task 12 | Date 16.03.22 |
|----------------------|-------------------|-------------------------|

Mental Demand How mentally demanding was the task?

X

|

Very LowVery High

Physical Demand How physically demanding was the task?

X

|

Very LowVery High

Temporal Demand How hurried or rushed was the pace of the task?

X

|

Very LowVery High

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

|

X

PerfectFailure

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

X

|

Very LowVery High

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

|

X

Very LowVery High
