

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.

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|                       |                   |                         |
|-----------------------|-------------------|-------------------------|
| Name<br><b>T. mon</b> | Task<br><b>ZG</b> | Date<br><b>16.03.22</b> |
|-----------------------|-------------------|-------------------------|

  

**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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