

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	Task	Date
Yun	Virtual	

Mental Demand How mentally demanding was the task?

Very Low Very High

Scale: 1 to 100 (21 gradations). Marked at 9.

Physical Demand How physically demanding was the task?

Very Low Very High

Scale: 1 to 100 (21 gradations). Marked at 7.

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

Very Low Very High

Scale: 1 to 100 (21 gradations). Marked at 2.

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

Perfect Failure

Scale: 1 to 100 (21 gradations). Marked at 10.

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

Very Low Very High

Scale: 1 to 100 (21 gradations). Marked at 8.

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

Very Low Very High

Scale: 1 to 100 (21 gradations). Marked at 7.

Game 1

46 (hours 1)

58 (hours 2)

Game 2

35 (hours 1)

44 (hours 2)



APPROVED

Mahidol University
Central Institutional
Review Board (MU-CIRB)
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