

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
J		

  

**Mental Demand**      How mentally demanding was the task?

Very Low

Very High

-5

**Physical Demand**      How physically demanding was the task?

Very Low

Very High

4

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

Very Low

Very High

10

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

Perfect

Failure

-2

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

Very Low

Very High

7

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

Very Low

Very High

7

Game 1

38 (hops 1)

45 (hops 2)

Game 2

23 (hops 1)

28 (hops 2)



**APPROVED**

Mahidol University  
Central Institutional  
Review Board (MU-CIRB)  
Protocol No. 2024/041.0202

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Date: 2024.03.05 17:12:38 +07'00'