

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 |
|------|------|------|
| Sean |      |      |

  

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

Very Low      Very High

3

  

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

Very Low      Very High

8

  

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

Very Low      Very High

5

  

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

Perfect      Failure

-10

  

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

Very Low      Very High

+2

  

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

Very Low      Very High

5

Game 1

36 (hours 1)

62 (hours 2)

Game 2

26 (hours 1)

61 (hours 2)



**APPROVED**

Mahidol University  
Central Institutional  
Review Board (MU-CIRB)  
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