

NASA Task Load Index

Name	Task	Date
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Mental Demand

How mentally demanding was the task?

Very Low
Very High

Physical Demand

How physically demanding was the task?

Very Low
Very High

Temporal Demand

How hurried or rushed was the pace of the task?

Very Low
Very High

Performance

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

Perfect
Failure

Effort

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

Very Low
Very High

Frustration

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

Very Low
Very High

Game 1

35 [loop 1]

↓

72 (hyp 5 2)

C4d

Game 2

64 (Chap 1)

gg cm



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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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