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
Mental Demand	How mentally den	nanding was the task?
Very Low		Very High
Physical Demand	How physically demanding	g was the task?
Very Low	-2	Very High
Temporal Demand	How hurried or rushed was	s the pace of the task?
Very Low		Very High
	How successful were you i you were asked to do?	n accomplishing what
[-10]		
	How hard did you have to your level of performance?	
[<u> </u>	
Very Low		Very High
	How insecure, discourage and annoyed wereyou?	d, irritated, stressed,
[<u> </u>	
Very Low		Very High

