TASK LOAD INDEX SURVEY

SUBJECT NUMBER: INTERFACE:

Mental Demand How mental									mar	ndi	ng	Wa	as t	he t	ask?
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Very Low													٧	/ery	High
Physical Demand	Н	low	phy	ysica	ally	der	mar	ndin	g w	as	th	e ta	ask	?	
Very Low	1	1	L	1			1			1			L	_ /ery	High
Temporal Demand	H	low	hur	ried	or	rusl	nec	wa	s th	e	oad	се	of t	he t	ask?
	1		L			L	L	I				L	L		
Very Low													١	/ery	High
Performance				cces e asl			100		in a	acc	con	npl	ishi	ing	what
		L	L			L	1	L	L	L			L	1	Ш
Perfect														Fa	ailure
Effort	fort How hard did you have to work to accomplish your level of performance?														
			Ĩ			L	L		Ĺ	l			L	1	Ш
Very Low													V	ery/	High
Frustration				ecur					ed, i	rrit	ate	ed,	str	ess	ed,
		Ì	ĺ	L		L	L	Ĺ	I	l		L	Ĺ	1	Ш
Very Low													\	/ery	High