


**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
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Mental DemandHow mentally demanding was the task?

Very Low|Very High




Physical DemandHow physically demanding was the task?

Very Low|Very High




Temporal DemandHow hurried or rushed was the pace of the task?

Very Low|Very High




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

Perfect|Failure



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

Very Low|Very High



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

Very Low|Very High

