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	menta	ılly d	lema	andir	ng v	was	the	task?
Very Low	1 1								 Very	 / High
Physical Demand How physically demanding was the task?										
Very Low							1		l Very	High
Temporal Demand How hurried or rushed was the pace of the task?										
Very Low									Very	 y High
Performance How successful were you in accomplishing what you were asked to do?										
Perfect				Ш					F	ailure
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 wereyou?										
Very Low						*			Very	 / High