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 de	manding was the task?
Very Low		Very High
Physical Demand	How physically demandin	g was the task?
Very Low		Very High
Temporal Demand	How hurried or rushed wa	s the pace of the task?
Very Low		Very High
	How successful were you you were asked to do?	in accomplishing what
Perfect		Failure
	How hard did you have to your level of performance	
Very Low		Very High
Frustration How insecure, discouraged, irritated, stressed, and annoyed wereyou?		
Very Low		Very High