

**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 <b>Klaudia</b>	Task <b>Easy Mode</b>	Date <b>18/04/2024</b>
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Mental Demand      How mentally demanding was the task?

Very Low      Very High

Physical Demand      How physically demanding was the task?

Very Low      Very High

Temporal Demand      How hurried or rushed was the pace of the task?

Very Low      Very High

Performance      How successful were you in accomplishing what you were asked to do?

Perfect      Failure

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 were you?

Very Low      Very High