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.

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_{Name} Klaudia	Task Hard		Date 18/04/2024
	Tidid		10/04/2024
Mental Demand	Н	ow mentally den	nanding was the task?
	1 1 1	_X	
Very Low			Very High
Š			, J
Physical Demand How physically demanding was the task?			
X	1 1 1	1	
Very Low			Very High
· ·	How burrio	d or ruched was	
Temporal Demand	now nume	u oi Tusheu was	the pace of the task?
Very Low			Very High
Performance How successful were you in accomplishing what you were asked to do?			
		1	
		X	
Perfect			Failure
Effort How hard did you have to work to accomplish your level of performance?			
		X	
Very Low			Very High
Frustration How insecure, discouraged, irritated, stressed, and annoyed wereyou?			
Very Low			Very High
-			3 3