

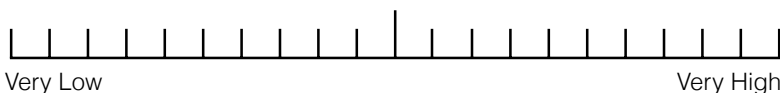
NASA Task Load Index

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 Demand

How mentally demanding was the task?



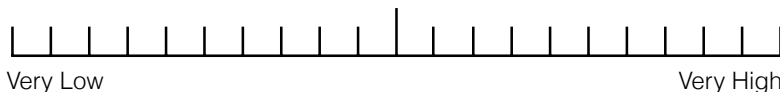
Physical Demand

How physically demanding was the task?



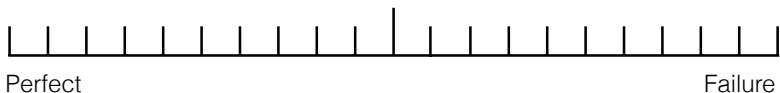
Temporal Demand

How hurried or rushed was the pace of the task?



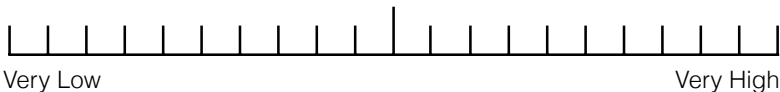
Performance

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



Effort

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



Frustration

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

