

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 hargopal choudhry	Task single finger	Date 10/19
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Mental Demand How mentally demanding was the task?

0 100

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Very Low Very High

50

Physical Demand How physically demanding was the task?

0 100

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Very Low Very High

30

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

0 100

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Very Low Very High

20

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

100 **0**

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Perfect Failure

90

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

0 100

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Very Low Very High

30

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

0 100

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Very Low Very High

90