

Using the NASA TLX

1. Define the task(s) for analysis
2. Conduct a hierarchical task analysis for the task under study
(*NOT REQUIRED FOR ASSIGNMENT*)
3. Select participants
4. Brief participants on the task and the measures
5. Have participant perform task under study (i.e *Stroop test, Elephant Memory, Visual Search, Flight simulation*)
6. Have participant complete the 15 pairwise comparisons
 - a. Participants should circle the category that was most influential to the workload of the task
7. Have participants complete the NASA TLX subscale
 - a. Rate each subscale from 1 – 20 (round up if participants marks in the center of the ticks)
8. Calculate the weights using the pairwise comparisons
 - a. The number of times each factor is selected should be tallied
 - b. 0 = not relevant, 5 = most important
 - c. Each category will then a weight ranging from 0 -5
9. Multiply the weight by the subscale rating to get the adjusted rating for each subscale measure (mental demand, physical demand, etc...)
10. Calculate the weighted TLX score [TLX Score = (sum of weighted scores)/ 15] for each task
 - a. Workload score should be between 0 – 100 [i.e TLX = (1160)/15 = 77.33]