**NASA TLX (Time Load Index)**

1. One of the most widely known tools for subjective overload
2. Task’s workload can exceed the individual’s ability
3. Created to provide a reference for those who are interested in task Mind Work Load (MWL)
4. Six subscales
   1. Subjective Importance
   2. Magnitude
5. 3 broad categories of scales
   1. Task-Related
   2. Physical Demands
      1. Physical demands such as pushing buttons
      2. Mental Demands
      3. Temporal Demands – Time Related
   3. Behaviour-Realted
      1. Own Performance
      2. Effort
   4. Subject-Related
      1. Frustrations