**Figure 8.6**

***NASATaskLoad 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  Sreyasi | Task  color | Date |

Mental Demand How mentally demanding was the task?

X

Very Low Very High

Physical Demand How physically demanding was the task?

X

VeryLow Very High

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

X

Very Low Very High

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

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

X