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	Task	Date
Mental Demand	How mentally dem	nanding was the task?
Very Low		Very High
Physical Demand How physically demanding was the task?		
Very Low		Very High
Temporal Demand How hurried or rushed was the pace of the task?		
Very Low		Very High
Performance How successful were you in accomplishing what you were asked to do?		
Perfect		Failure
Effort	How hard did you have to v your level of performance?	
Very Low		Very High
	How insecure, discouraged and annoyed wereyou?	d, irritated, stressed,
Very Low		Very High