

**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.*

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Name	Task	Date
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Mental DemandHow mentally demanding was the task?

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Very LowVery High

Physical DemandHow physically demanding was the task?

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Very LowVery High

Temporal DemandHow hurried or rushed was the pace of the task?

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Very LowVery High

PerformanceHow successful were you in accomplishing what you were asked to do?

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PerfectFailure

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

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Very LowVery High

FrustrationHow insecure, discouraged, irritated, stressed, and annoyed were you?

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Very LowVery High

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