

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 <i>2 Bdc</i>	Date
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Mental DemandHow mentally demanding was the task?

X

Very Low

Very High

Physical DemandHow physically demanding was the task?

X

Very Low

Very High

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

X

Very Low

Very High

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

X

Perfect

Failure

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

X

Very Low

Very High

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

X

Very Low

Very High

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Name	Task <i>3 Back</i>	Date
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Mental Demand How mentally demanding 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 work to accomplish your level of performance?

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Frustration How insecure, discouraged, irritated, stressed, and annoyed were you?

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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

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Frustration How insecure, discouraged, irritated, stressed, and annoyed were you?

Very Low Very High