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.

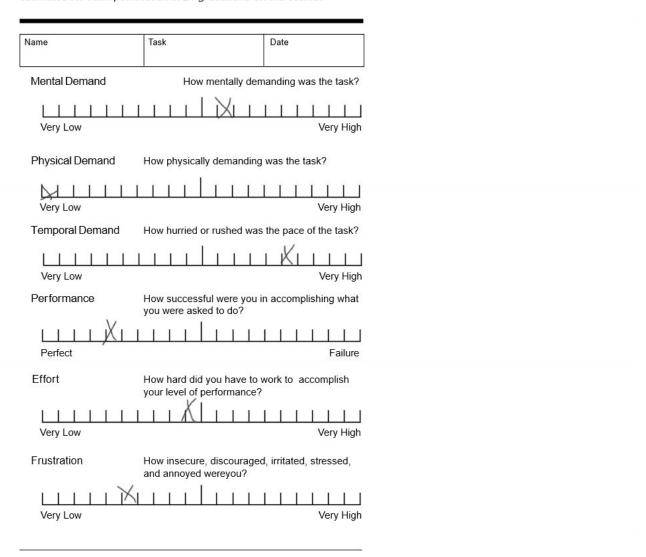


Figure 8.6

NASA Task Load Index

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| Name | Task | Date |
|-----------------|---|---------------------------|
| Mental Demand | How mentally of | demanding was the task? |
| Very Low | | Very High |
| Physical Demand | How physically demand | ling was the task? |
| Very Low | | Very High |
| Temporal Demand | How hurried or rushed v | was the pace of the task? |
| Very Low | | Very High |
| Performance | How successful were you were asked to do? | ou in accomplishing what |
| Perfect | | Failure |
| Effort | How hard did you have your level of performance | |
| Very Low | | Very High |
| Frustration | How insecure, discoura and annoyed wereyou? | ged, irritated, stressed, |
| Very Low | | Very High |

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Figure 8.6

NASA Task Load Index

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| | 1 | |
|-----------------|---|-------------------------|
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| 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 |
| | How successful were you in you were asked to do? | n accomplishing what |
| Perfect | | Failure |
| | 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 |

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Figure 8.6

NASA Task Load Index

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| Frustration | How insecure, discouraged and annoyed wereyou? | d, irritated, stressed, |
| Very Low | | Very High |

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