

## NASA Task Load Index

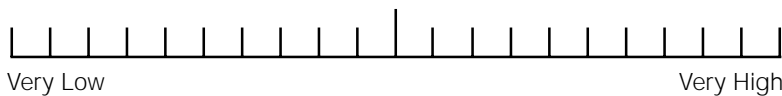
Hart and Staveland's NASA Task Load Index (TLX) method assesses work load on five 7-point scales. Increments of high, medium and low estimates for each point result in 21 gradations on the scales.

Name	Task	Date
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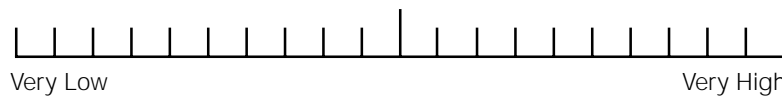
Mental Demand      How mentally demanding was the task?



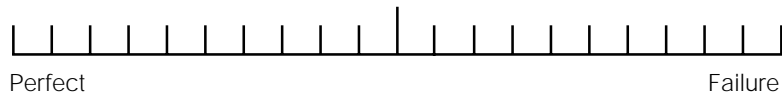
Physical Demand      How physically demanding was the task?



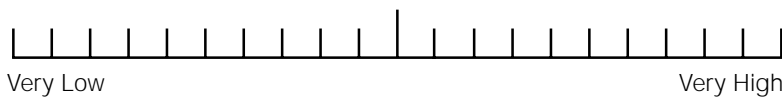
Temporal Demand      How hurried or rushed was the pace of the task?



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



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



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

