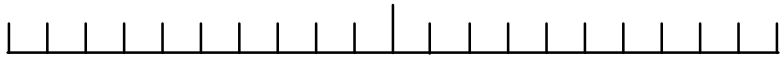
NASA Task Load Index

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 demanding was the task?



Very Low — Very High

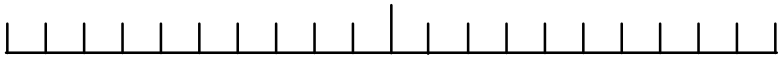
Physical Demand — How physically demanding was the task?

Very Low — Very High

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

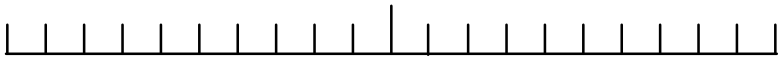
Very Low — Very High

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



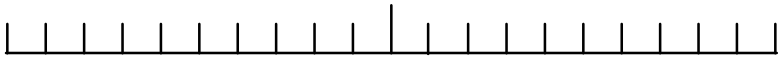
Perfect — Failure

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



Very Low — Very High

Frustration — How insecure, discouraged, irritated, stressed, and annoyed wereyou?



Very Low — Very High