

Paperwork Reduction Act Burden Statement

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	Date

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?

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The OMB Control Number for this information collection is 2130-XXXX.

Public reporting for this collection of information is estimated to be approximately 1 minute per scenario, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, completing and reviewing the collection of information.

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