



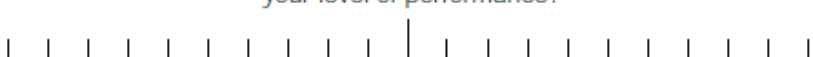



**Instrument G**

**NASA TASK LOAD INDEX**

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 were you?
	
Very Low	Very High

Hart, S. G., & Staveland, L. E. (1988). Development of NASA-TLX (Task Load Index): Results of empirical and theoretical research. In *Advances in psychology* (Vol. 52, pp. 139-183). North-Holland.

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