Form Approved
OMB No. 0920-XXXX
Exp. Date xx/xx/20xx

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 wereyou?

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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