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?

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