

NASA TASK LOAD INDEX

Mental Demand How mentally demanding was the task?



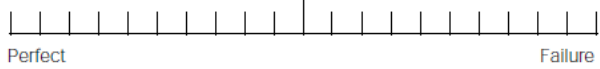
Physical Demand How physically demanding was the task?



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



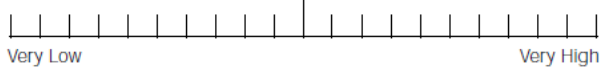
Performance How successful were you in accomplishing what you were asked to do?



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



Frustration How insecure, discouraged, irritated, stressed, and annoyed were you?



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.