**Name:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Task:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Date:**\_\_\_\_\_\_\_\_\_\_\_

**NASA Task Load Index (2 pages)**

We are interested in the workload you experienced while completing this task. As workload can be caused by several different factors, we ask you to rate several of the factors individually on the scales provided.

**Note:** Performance goes from good on the left to bad on the right.

|  |
| --- |
| **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** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

For each of the following pairs, please circle the scale title that contributed more to your experience of workload during this run.

In other words, which of the pair made the task *harder*?

|  |  |  |
| --- | --- | --- |
| 1 | Mental Demand | Physical Demand |
| 2 | Temporal Demand | Performance |
| 3 | Effort | Frustration |
| 4 | Mental Demand | Temporal Demand |
| 5 | Effort | Physical Demand |
| 6 | Performance | Frustration |
| 7 | Effort | Mental Demand |
| 8 | Temporal Demand | Frustration |
| 9 | Physical Demand | Performance |
| 10 | Mental Demand | Performance |
| 11 | Temporal Demand | Effort |
| 12 | Frustration | Physical Demand |
| 13 | Frustration | Mental Demand |
| 14 | Physical Demand | Temporal Demand |
| 15 | Performance | Effort |