









































Ask now reening & empathize











NASA	TLX	Workload
Title	Endpoints	Description
Mental demand	Low/end	How much mental and perceptual activity was required (e.g. thinking, deciding, etc.)? Was the task easy or demanding, simple or complex?
Physical demand	Low/high	How much physical effort was required (e.g. pushing, pulling, etc.)? Was the task easy or demanding, slack or strenuous, restful or laborious?
Temporal demand	Low/high	How much time pressure did you feel due to the rate or pace at which the tasks or task elements occurred? Was the pace slow and leisurely or rapid and frantic?
Performance	Perfect/failure	How successful do you think you were in accomplishing the goals of the task set by the experimenter (or yourself)? How satisfied were you with your performance in accomplishing these goals?
Effort	Low/high	How hard did you have to work (mentally and physically) to accomplish your level of performance?
Frustration level	Low/high	How insecure, discouraged, irritated, stressed and annoyed as opposed to secure, gratified, content, relaxed and complacent did you feel during your task?



















































































