

NASA-TLX Mental Workload Rankings

For each of the pairs listed below, circle the scale title that represents the more important contributor to workload in the display.

Mental Demand or Physical Demand

Mental Demand or Temporal Demand

Mental Demand or Performance

Mental Demand or Effort

Mental Demand or Frustration

Physical Demand or Temporal Demand

Physical Demand or Performance

Physical Demand or Effort

Physical Demand or Frustration

Temporal Demand or Performance

Temporal Demand or Frustration

Temporal Demand or Effort

Performance or Frustration

Performance or Effort

Frustration or Effort

Total Weighted Mental Workload Score²: _____

1. To calculate an un-weighted score, average the raw data scores from the 6 factors.
2. To calculate a weighted score, add the number of times a factor was selected on the ranking page. Divide that number by 15. Multiply it by the factor score. Add all ranking*rating combination to get the total weighted score.