NASA TLX

Thanks for taking part in this evaluation!

* If you have any questions, please feel free to ask.
  * Required

1. 

   How difficult was driving the car (Session 1)?

   The following assessment is used to measure your personal opinion on how much workload was required of you during the task you just completed. There is no right or wrong answer.

2. Mental Demand *
   How mentally demanding was the task?

   Mark only one oval.

   0 1 2 3 4 5 6 7 8 9 10
   Very Low  Very High

3. Physical Demand *
   How physically demanding was the task?

   Mark only one oval.

   0 1 2 3 4 5 6 7 8 9 10
   Very Low  Very High

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

   Mark only one oval.

   0 1 2 3 4 5 6 7 8 9 10
   Very Low  Very High
5. Performance *
   How successful were you in accomplishing what you were asked to do?
   
   *Mark only one oval.*

   0  1  2  3  4  5  6  7  8  9  10

   Failure  Perfect

6. Effort *
   How hard did you have to work to accomplish your level of performance?
   
   *Mark only one oval.*

   0  1  2  3  4  5  6  7  8  9  10

   Very Low  Very High

7. Frustration *
   How insecure, discouraged, irritated, stressed, and annoyed were you?
   
   *Mark only one oval.*

   0  1  2  3  4  5  6  7  8  9  10

   Very Low  Very High

8. Any comments? What was good / bad / unexpected / difficult?

   ________________________________

   ________________________________

   ________________________________

   ________________________________

How difficult was driving the car (Session 2)?

The following assessment is used to measure your personal opinion on how much workload was required of you during the task you just completed. There is no right or wrong answer.
9. Mental Demand *
   How mentally demanding was the task?

   *Mark only one oval.*

   0  1  2  3  4  5  6  7  8  9  10
   Very Low  □  □  □  □  □  □  □  □  □  □  Very High

10. Physical Demand *
    How physically demanding was the task?

    *Mark only one oval.*

    0  1  2  3  4  5  6  7  8  9  10
    Very Low  □  □  □  □  □  □  □  □  □  □  Very High

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

    *Mark only one oval.*

    0  1  2  3  4  5  6  7  8  9  10
    Very Low  □  □  □  □  □  □  □  □  □  □  Very High

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

    *Mark only one oval.*

    0  1  2  3  4  5  6  7  8  9  10
    Failure  □  □  □  □  □  □  □  □  □  □  □  Perfect
13. **Effort** *
How hard did you have to work to accomplish your level of performance?

*Mark only one oval.*

| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|----|
| **Very Low** | | | | | | | | | | **Very High** |

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

*Mark only one oval.*

| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|----|
| **Very Low** | | | | | | | | | | **Very High** |

15. **Any comments? What was good / bad / unexpected / difficult?**

______________________________________________________________________________

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16. **Mental Demand** *
How mentally demanding was the task?

*Mark only one oval.*

| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|----|
| **Very Low** | | | | | | | | | | **Very High** |

*The following assessment is used to measure your personal opinion on how much workload was required of you during the task you just completed. There is no right or wrong answer.*
17. Physical Demand *
   How physically demanding was the task?
   
   Mark only one oval.
   
   0  1  2  3  4  5  6  7  8  9  10
   Very Low  □  □  □  □  □  □  □  □  □  □  Very High

18. Temporal Demand *
   How hurried or rushed was the pace of the task?
   
   Mark only one oval.
   
   0  1  2  3  4  5  6  7  8  9  10
   Very Low  □  □  □  □  □  □  □  □  □  □  Very High

19. Performance *
   How successful were you in accomplishing what you were asked to do?
   
   Mark only one oval.
   
   0  1  2  3  4  5  6  7  8  9  10
   Failure  □  □  □  □  □  □  □  □  □  □  Perfect

20. Effort *
   How hard did you have to work to accomplish your level of performance?
   
   Mark only one oval.
   
   0  1  2  3  4  5  6  7  8  9  10
   Very Low  □  □  □  □  □  □  □  □  □  □  Very High
21. Frustration *
How insecure, discouraged, irritated, stressed, and annoyed were you?

*Mark only one oval.*

| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|----|
| Very Low | | | | | | | | | | Very High |

22. Any comments? What was good / bad / unexpected / difficult?

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How difficult was driving the car (Session 4)?

The following assessment is used to measure your personal opinion on how much workload was required of you during the task you just completed. There is no right or wrong answer.

23. Mental Demand *
How mentally demanding was the task?

*Mark only one oval.*

| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|----|
| Very Low | | | | | | | | | | Very High |

24. Physical Demand *
How physically demanding was the task?

*Mark only one oval.*

| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|----|
| Very Low | | | | | | | | | | Very High |
25. **Temporal Demand**
   How hurried or rushed was the pace of the task?
   
   *Mark only one oval.*

   | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
   |---|---|---|---|---|---|---|---|---|---|----|
   | Very Low | | | | | | | | | | Very High |

26. **Performance**
   How successful were you in accomplishing what you were asked to do?
   
   *Mark only one oval.*

   | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
   |---|---|---|---|---|---|---|---|---|---|----|
   | Failure | | | | | | | | | | Perfect |

27. **Effort**
   How hard did you have to work to accomplish your level of performance?
   
   *Mark only one oval.*

   | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
   |---|---|---|---|---|---|---|---|---|---|----|
   | Very Low | | | | | | | | | | Very High |

28. **Frustration**
   How insecure, discouraged, irritated, stressed, and annoyed were you?
   
   *Mark only one oval.*

   | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
   |---|---|---|---|---|---|---|---|---|---|----|
   | Very Low | | | | | | | | | | Very High |
29. Any comments? What was good / bad / unexpected / difficult?




How difficult was driving the car (Session 5)?

The following assessment is used to measure your personal opinion on how much workload was required of you during the task you just completed. There is no right or wrong answer.

30. Mental Demand *

How mentally demanding was the task?

*Mark only one oval.*

| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|----|
| Very Low | | | | | | | | | | Very High |

31. Physical Demand *

How physically demanding was the task?

*Mark only one oval.*

| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|----|
| Very Low | | | | | | | | | | Very High |

32. Temporal Demand *

How hurried or rushed was the pace of the task?

*Mark only one oval.*

| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|---|----|
| Very Low | | | | | | | | | | Very High |
33. **Performance** *
   How successful were you in accomplishing what you were asked to do?

   *Mark only one oval.*

   |   0   |   1   |   2   |   3   |   4   |   5   |   6   |   7   |   8   |   9   |   10  |
   |-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
   | Failure |       |       |       |       |       |       |       |       |       | Perfect |

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

   *Mark only one oval.*

   |   0   |   1   |   2   |   3   |   4   |   5   |   6   |   7   |   8   |   9   |   10  |
   |-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
   | Very Low |       |       |       |       |       |       |       |       |       | Very High |

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

   *Mark only one oval.*

   |   0   |   1   |   2   |   3   |   4   |   5   |   6   |   7   |   8   |   9   |   10  |
   |-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
   | Very Low |       |       |       |       |       |       |       |       |       | Very High |

36. **Any comments? What was good / bad / unexpected / difficult?**

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