

Study _____

Date _____

Condition _____

Participant ID _____

RAW-NASA-TLX QUESTIONNAIRE

[NASA \(1986\)](#) • Prepared by the [Inclusive Interaction Lab](#)

The following are 20-point Likert scale questions. Please respond by marking the answer that you think best describes your feelings.

Mental Demand

How mentally demanding was the task?

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
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Very low

Very high

Physical Demand

How physically demanding was the task?

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
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Very low

Very high

Temporal Demand

How hurried or rushed was the pace of the task?

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
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Very low

Very high

Performance

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

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
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Perfect

Failure

Effort

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

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
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Very low

Very high

Frustration

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

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
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Very low

Very high