

NASA Task Load Index

Name	Task	Date
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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

Date _____

Simulator Sickness Questionnaire

Participant _____
SSQ-X

Are you motion sick now? Circle YES or NO

Circle how much each symptom below is affecting you now.

0 = “not at all”

1 = “mild”

2 = “moderate”

3 = “severe”

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|-----------------------------|---|---|---|---|
| 1. General discomfort | 0 | 1 | 2 | 3 |
| 2. Fatigue | 0 | 1 | 2 | 3 |
| 3. Headache | 0 | 1 | 2 | 3 |
| 4. Eyestrain | 0 | 1 | 2 | 3 |
| 5. Difficulty focusing | 0 | 1 | 2 | 3 |
| 6. Increased salivation | 0 | 1 | 2 | 3 |
| 7. Sweating | 0 | 1 | 2 | 3 |
| 8. Nausea | 0 | 1 | 2 | 3 |
| 9. Difficulty concentrating | 0 | 1 | 2 | 3 |
| 10. Fullness of head | 0 | 1 | 2 | 3 |
| 11. Blurred vision | 0 | 1 | 2 | 3 |
| 12. Dizziness (eyes open) | 0 | 1 | 2 | 3 |
| 13. Dizziness (eyes closed) | 0 | 1 | 2 | 3 |
| 14. Vertigo* | 0 | 1 | 2 | 3 |
| 15. Stomach awareness** | 0 | 1 | 2 | 3 |
| 16. Burping | 0 | 1 | 2 | 3 |

*Vertigo is experienced as loss of orientation with respect to vertical upright

**Stomach awareness is usually used to indicate a feeling of discomfort that is just short of nausea.