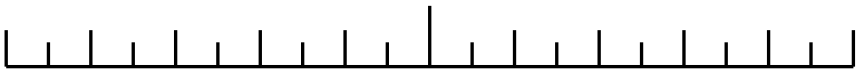
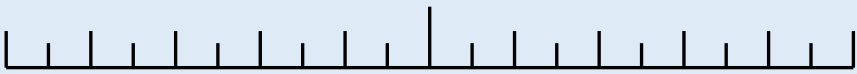
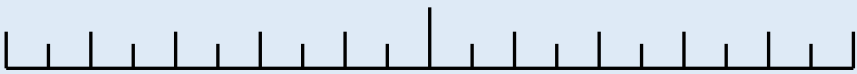
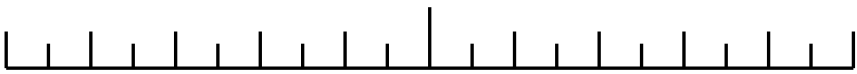


Considering the tasks as a whole while wearing the sensors, please circle the vertical line that best matches your experience.

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	
Any other general comments?		

For each pair, circle the Scale Title that represents the more important contributor to workload for the specific task(s) you performed in this experiment.

Effort or Performance	Temporal Demand or Frustration	Temporal Demand or Effort
Physical Demand or Frustration	Performance or Frustration	Physical Demand or Temporal Demand
Physical Demand or Performance	Temporal Demand or Mental Demand	Frustration or Effort
Performance or Mental Demand	Performance or Temporal Demand	Mental Demand or Effort
Mental Demand or Physical Demand	Effort or Physical Demand	Frustration or Mental Demand

Any additional feedback, comments, or suggestions:

INSTRUCTIONS: RATING SCALES

We are not only interested in assessing your performance but also the experiences you had during the different task conditions. Right now we are going to describe the technique that will be used to examine your experiences. In the most general sense we are examining the "workload" you experienced. Workload is a difficult concept to define precisely. but a simple one to understand generally. The factors that influence your experience of workload may come from the task itself, your feelings about your own performance. how much effort you put in, or the stress and frustration you felt. The workload contributed by different task elements may change as you get more familiar with a task, perform easier or harder versions of it, or move from one task to another. Physical components of workload are relatively easy to conceptualize and evaluate. However, the mental components of workload may be more difficult to measure.

Since workload is something that is experienced individually by each person, there are no effective "rulers" that can be used to estimate the workload of different activities. One way to find out about workload is to ask people to describe the feelings they experienced. Because workload may be caused by many different factors. we would like you to evaluate several of them individually rather than lumping them into a single global evaluation of overall workload This set of six rating scales was developed for you to use in evaluating your experiences during different tasks. Please read the descriptions of the scales carefully. If you have a question about any of the scales in the table. please ask me about it. It is extremely important that they be clear to you. You may keep the descriptions with you for reference during the experiment.

After performing each of the tasks, you will be given a sheet of rating scales. You will evaluate the task by marking each of the six scales at the point which matches your experience. Each line has two endpoint descriptors that describe the scale. Note that "performance" goes from "good" on the left to "bad" on the right. This order has been confusing for some people. Please consider your responses carefully in distinguishing among the different task conditions. Consider each scale individually. Your ratings will play an important role in the evaluation being conducted, so your active participation is essential to the success of this experiment and is greatly appreciated by all of us.

INSTRUCTIONS: SOURCES-OF-WORKLOAD EVALUATION

Throughout this experiment the rating scales are used to assess your experiences in the different task conditions. Scales of this sort are extremely useful. but their utility suffers from the tendency people have to interpret them in individual ways. For example, some people feel that mental or temporal demands are the essential aspects of workload regardless of the effort they expended on a given task or the level of performance they achieved. Others feel that if they performed well the workload must have been low and if they performed badly it must have been high. Yet others feel that effort or feelings of frustration are the most important factors in workload: and so on. The results of previous studies have already found every conceivable pattern of values. In addition, the factors that create levels of workload differ depending on the task. For example, some tasks might be difficult because they must be completed very quickly. Others may seem easy or hard because of the intensity of mental or physical effort required. Yet others feel difficult because they cannot be performed well, no matter how much effort is expended.

The evaluation you are about to perform is a technique that has been developed by NASA to assess the relative importance of six factors in determining how much workload you experienced. The procedure is simple: You will be presented with a series of pairs of rating scale titles (for example, Effort vs. Mental Demands) and asked to choose which of the items was more important to your experience of workload in the task(s) that you just performed. Each pair of scale titles will appear on a separate card.

Circle the Scale Title that represents the more important contributor to workload for the specific task(s) you performed in this experiment.

After you have finished the entire series we will be able to use the pattern of your choices to create a weighted combination of the ratings from that task into a summary workload score. Please consider your choices carefully and make them consistent with how you used the rating scales during the particular task you were asked to evaluate. Don't think that there is any correct pattern: we are only interested in your opinions.

If you have any questions. please ask them now. Otherwise, start whenever you are ready. Thank you for your participation.