Appendix A: NASA-TLX questionnaire and detailed description

NASA-TLX score was calculated in two different steps dealing with six subscales (mental demand, physical demand, temporal demand, performance, effort, frustration).

First, each of the six subscales was quoted for its perceived importance in the workload in a visual analogue scale (VAS). Second, each subscale was associated in pairs with others (i.e. total 15 pairs of subscales) and participant had to select for each pair, the subscale that influenced most the workload. Then, each subscale was weighted with the VAS multiplied by the number of time the subscale was selected and divided by 15. The overall NASA-TLX score was calculated as the sum of each weighted subscale. The score was a number from zero (task load minimal) to 100 (task load maximal)

