

Task Demand Comparisons

For each of the following, please place a mark to indicate which of the two was more demanding for you.

1. _____ Physical Demand OR _____ Mental Demand
2. _____ Temporal Demand OR _____ Mental Demand
3. _____ Performance OR _____ Mental Demand
4. _____ Frustration level OR _____ Mental Demand
5. _____ Effort OR _____ Mental Demand
6. _____ Temporal Demand OR _____ Physical Demand
7. _____ Performance OR _____ Physical Demand
8. _____ Frustration level OR _____ Physical Demand
9. _____ Effort OR _____ Physical Demand
10. _____ Temporal Demand OR _____ Performance
11. _____ Temporal Demand OR _____ Frustration level
12. _____ Temporal Demand OR _____ Effort
13. _____ Performance OR _____ Frustration level
14. _____ Performance OR _____ Effort
15. _____ Effort OR _____ Frustration level