

How can I check if a cell contains text from a list in Excel?

Authored by
stats writer

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To check if a cell in Excel contains text from a list, follow the steps below:

1. Create a list of text values that you want to check for in a cell.
2. In the cell where you want to perform the check, use the formula `=ISNUMBER(MATCH(A1, list, 0))`.
3. Replace "A1" with the cell reference that you want to check and "list" with the range of cells containing the text values.
4. If the cell contains any text from the list, the formula will return "TRUE". If not, it will return "FALSE".

This method allows for a quick and efficient way to determine if a cell contains text from a predefined list in Excel. It is useful for data validation and ensuring accuracy in data entry.

Excel: Check if Cell Contains Text from List

You can use the following formula in Excel to check if a cell contains text from a list:

```
=IF(OR(COUNTIF(A1, "*" & $E$2:$E$8 & "*")), "Yes", "No")
```

In this example, if cell A1 contains any of the text values in the range E2:E8 then it will return a Yes, otherwise it will return a No.

The following example shows how to use this formula in practice.

Example: Check if Cell Contains Text from List in Excel

Suppose we have the following dataset in Excel that shows the number of points scored by various basketball players:

	A	B	C	D	E	F
1	Team	Points				
2	Mavs	24				
3	Nets	25				
4	Mavs	20				
5	Lakers	19				
6	Warriors	14				
7	Thunder	29				
8	Spurs	32				
9	Mavs	14				
10	Spurs	33				
11	Rockets	30				
12	Hornets	26				
13	Spurs	20				
14						
15						
16						
17						
18						
19						

There are three teams in the list from Texas: Mavs, Spurs, and Rockets.

Suppose we'd like to create a new column that tells us whether each team is from Texas or not.

First, we'll create a list of the Texas teams in column E:

	A	B	C	D	E	F
1	Team	Points			List	
2	Mavs	24			Mavs	
3	Nets	25			Spurs	
4	Mavs	20			Rockets	
5	Lakers	19				
6	Warriors	14				
7	Thunder	29				
8	Spurs	32				
9	Mavs	14				
10	Spurs	33				
11	Rockets	30				
12	Hornets	26				
13	Spurs	20				
14						
15						
16						
17						
18						

Then we'll use the following formula to check if the value in the Team column contains any of the text values in column E:

```
=IF(OR(COUNTIF(A2,"*"&$E$2:$E$4&"*")), "Yes", "No")
```

We can type this formula into cell C2 and then copy and paste it down to the remaining cells in column C:

	A	B	C	D	E	F	G	H
1	Team	Points	Texas Team?		List			
2	Mavs	24	Yes		Mavs			
3	Nets	25	No		Spurs			
4	Mavs	20	Yes		Rockets			
5	Lakers	19	No					
6	Warriors	14	No					
7	Thunder	29	No					
8	Spurs	32	Yes					
9	Mavs	14	Yes					
10	Spurs	33	Yes					
11	Rockets	30	Yes					
12	Hornets	26	No					
13	Spurs	20	Yes					
14								
15								
16								
17								
18								

Notice that any row that contains Mavs, Spurs, or Rockets receives a value of Yes while all other rows receive a value of No.

Also note that we could return values other than "Yes" and "No."

=IF(OR(COUNTIF(A2,"*"&\$E\$2:\$E\$4&"*")), "Texas", "Not Texas")

The following screenshot shows how to use this

formula in practice:

	A	B	C	D	E	F	G	H	I
1	Team	Points	Texas Team?		List				
2	Mavs	24	Texas		Mavs				
3	Nets	25	Not Texas		Spurs				
4	Mavs	20	Texas		Rockets				
5	Lakers	19	Not Texas						
6	Warriors	14	Not Texas						
7	Thunder	29	Not Texas						
8	Spurs	32	Texas						
9	Mavs	14	Texas						
10	Spurs	33	Texas						
11	Rockets	30	Texas						
12	Hornets	26	Not Texas						
13	Spurs	20	Texas						
14									
15									
16									
17									
18									
19									
20									
21									

Notice that any row that contains Mavs, Spurs, or Rockets receives a value of Texas while all other rows receive a value of Not Texas.

Additional Resources

The following tutorials explain how to perform other common tasks in Excel: