

# How can I use Excel to count the number of cells that contain specific text?

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## RECOMMENDED CITATION

stats writer (2024). *How can I use Excel to count the number of cells that contain specific text?*. PSYCHOLOGICAL SCALES. Retrieved from <https://scales.arabpsychology.com/?p=161866>

Excel is a powerful tool that allows users to easily count the number of cells that contain specific text. By using the COUNTIF function, you can specify the text you want to search for and Excel will automatically count the number of cells that meet that criteria. This feature is particularly useful for organizing and analyzing large amounts of data, allowing you to quickly and accurately track the occurrences of specific text within your spreadsheet. With Excel's user-friendly interface and efficient counting capabilities, it is the ideal tool for effectively managing and organizing your data.

## Excel: Count If Cells Contain Text

You can use the following methods to count cells in Excel that contain specific text:

### Method 1: Count Cells that Contain One Specific Text

**=COUNTIF(A2:A13, "\*text\*")**

This formula will count the number of cells in the range A2:A13 that contain "text" in the cell.

### Method 2: Count Cells that Contain One of Several Text

**=SUM(COUNTIF(A2:A13,{"\*text1","\*text2","\*text3\*"}))**

This formula will count the number of cells in the range A2:A13 that contain "text1", "text2", or "text3" in the cell.

The following examples show how to use each method

in practice with the following dataset in Excel:

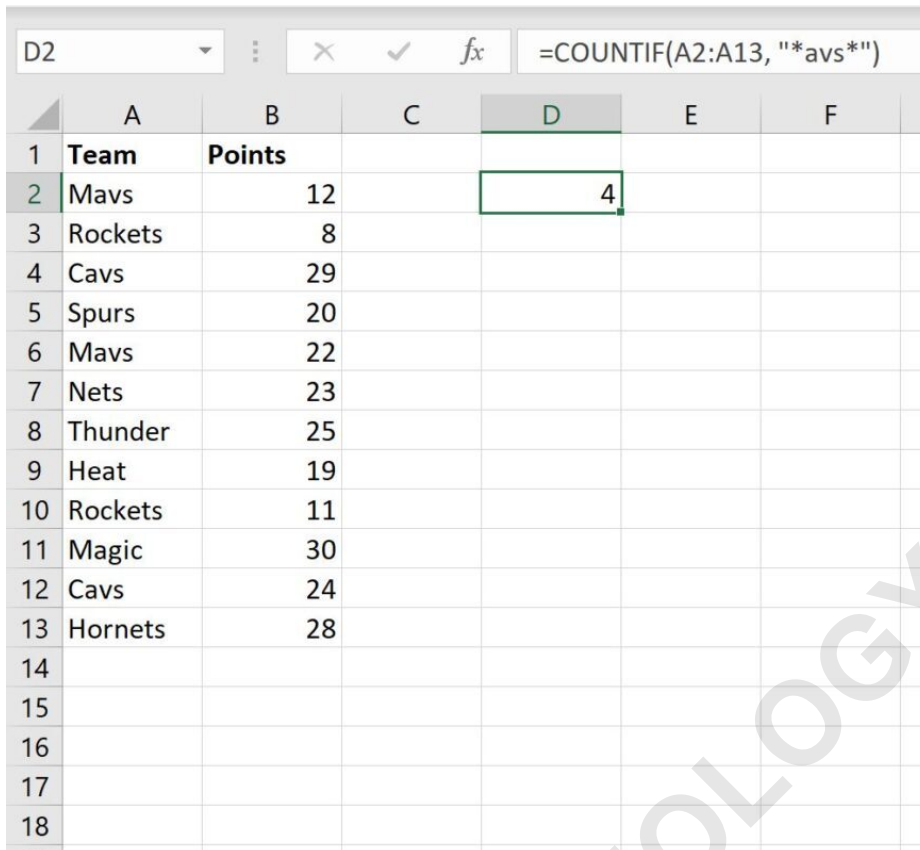
	A	B	C	D	E
1	<b>Team</b>	<b>Points</b>			
2	Mavs	12			
3	Rockets	8			
4	Cavs	29			
5	Spurs	20			
6	Mavs	22			
7	Nets	23			
8	Thunder	25			
9	Heat	19			
10	Rockets	11			
11	Magic	30			
12	Cavs	24			
13	Hornets	28			
14					
15					
16					
17					
18					
19					
20					

**Example 1: Count Cells that Contain One Specific Text**

**We can use the following formula to count the values in the Team column that contain "avs" in the name:**

**=COUNTIF(A2:A13, "\*avs\*")**

**The following screenshot shows how to use this formula in practice:**



	A	B	C	D	E	F
1	<b>Team</b>	<b>Points</b>				
2	Mavs	12		4		
3	Rockets	8				
4	Cavs	29				
5	Spurs	20				
6	Mavs	22				
7	Nets	23				
8	Thunder	25				
9	Heat	19				
10	Rockets	11				
11	Magic	30				
12	Cavs	24				
13	Hornets	28				
14						
15						
16						
17						
18						

**We can see that a total of 4 cells in the Team column contain "avs" in the name.**

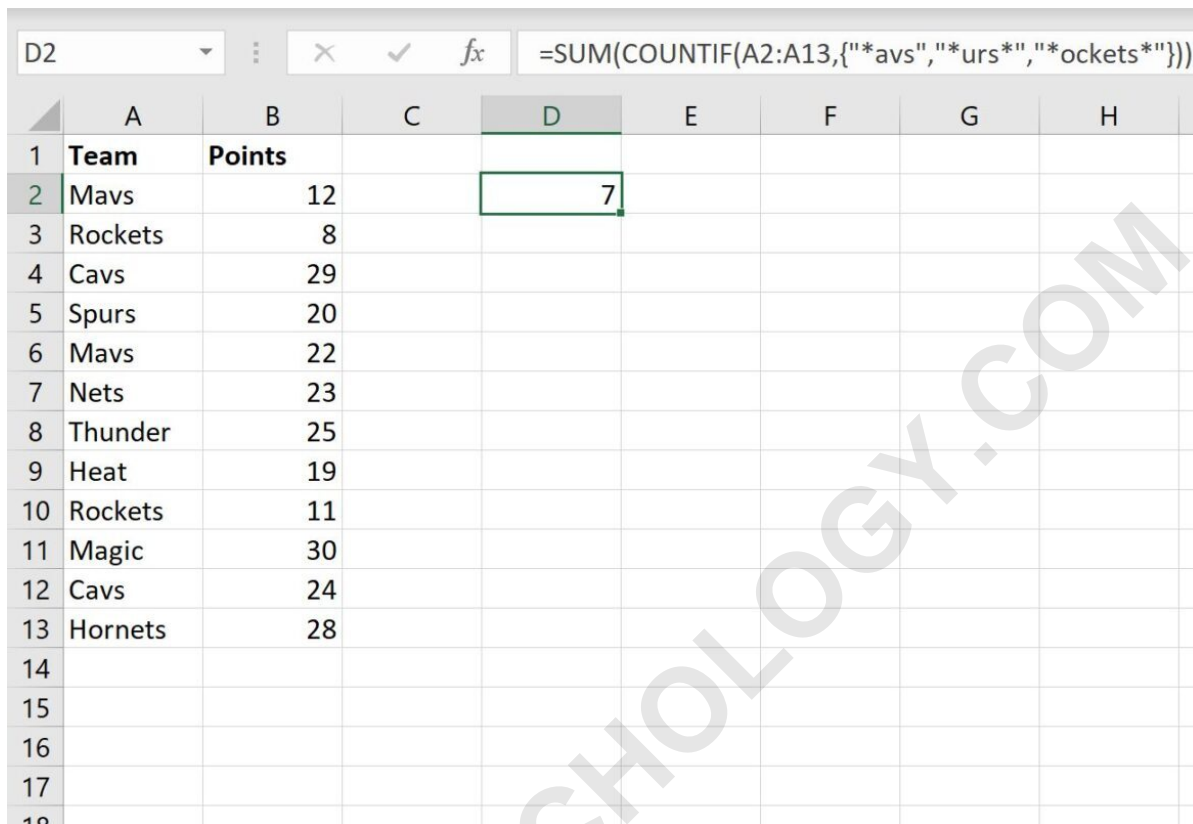
**Example 2: Count Cells that Contain One of Several Text**

**We can use the following formula to count the number of cells in the Team column that contain "avs", "urs", or "ockets" in the name:**

**=SUM(COUNTIF(A2:A13,{"\*avs","\*urs","\*ockets\*"}))**

**The following screenshot shows how to use this**

## formula in practice:



The image shows an Excel spreadsheet with the following data:

	A	B	C	D	E	F	G	H
1	<b>Team</b>	<b>Points</b>						
2	Mavs	12		7				
3	Rockets	8						
4	Cavs	29						
5	Spurs	20						
6	Mavs	22						
7	Nets	23						
8	Thunder	25						
9	Heat	19						
10	Rockets	11						
11	Magic	30						
12	Cavs	24						
13	Hornets	28						
14								
15								
16								
17								
18								

The formula bar shows the formula: `=SUM(COUNTIF(A2:A13,{"*avs","*urs","*ockets*"}))`

We can see that a total of 7 cells in the Team column contain "avs", "urs", or "ockets" in the name.

### Additional Resources

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