

# How can I use the CHOOSE function in Google Sheets?

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## RECOMMENDED CITATION

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PSYCHOLOGICAL SCALES. Retrieved from <https://scales.arabpsychology.com/?p=159918>

The CHOOSE function in Google Sheets is a useful tool that allows users to select and return a value from a list of options. It takes in a numerical index and a list of values, and returns the value at the corresponding index. This function can be used in a variety of ways, such as selecting a specific option from a set of data or creating a dynamic drop-down list. By using the CHOOSE function, users can efficiently and accurately retrieve specific data from their spreadsheets in a simple and organized manner.

## CHOOSE

Returns an element from a list of choices based on index.

### Sample Usage

```
CHOOSE(2, "A", "B", "C")
```

### Syntax

```
CHOOSE(index, choice1, )
```

**index** - Which choice (of the up to 29 provided) to return.

If **index** is zero, negative, or greater than the number of choices provided, the #NUM! error is returned.

**choice1** - A potential value to return. Required. May be a reference to a cell or an individual value.

**choice2, ...** - Additional values among which to choose.

### See Also

**OFFSET**: Returns a range reference shifted a specified number of rows and columns from a starting cell reference.

### Examples

Uses an **index** to return a value from the specified list of up to 30 values.