

How to Apply Conditional Formatting Based on Adjacent Cell in Excel?

Authored by
stats writer

November 18, 2025

RECOMMENDED CITATION

stats writer (2025). *How to Apply Conditional Formatting Based on Adjacent Cell in Excel?*. PSYCHOLOGICAL SCALES. Retrieved from <https://scales.arabpsychology.com/?p=95662>

Introduction to Conditional Formatting based on Adjacent Cells

Excel offers powerful tools for data visualization, and applying Conditional Formatting is arguably one of the most effective methods. Unlike standard formatting rules that rely solely on the value within the selected cell, advanced conditional formatting allows users to apply rules based on the values present in an **adjacent cell** or any other cell within the spreadsheet. This technique is indispensable for auditors, analysts, and anyone needing quick visual identification of patterns or exceptions across related data points.

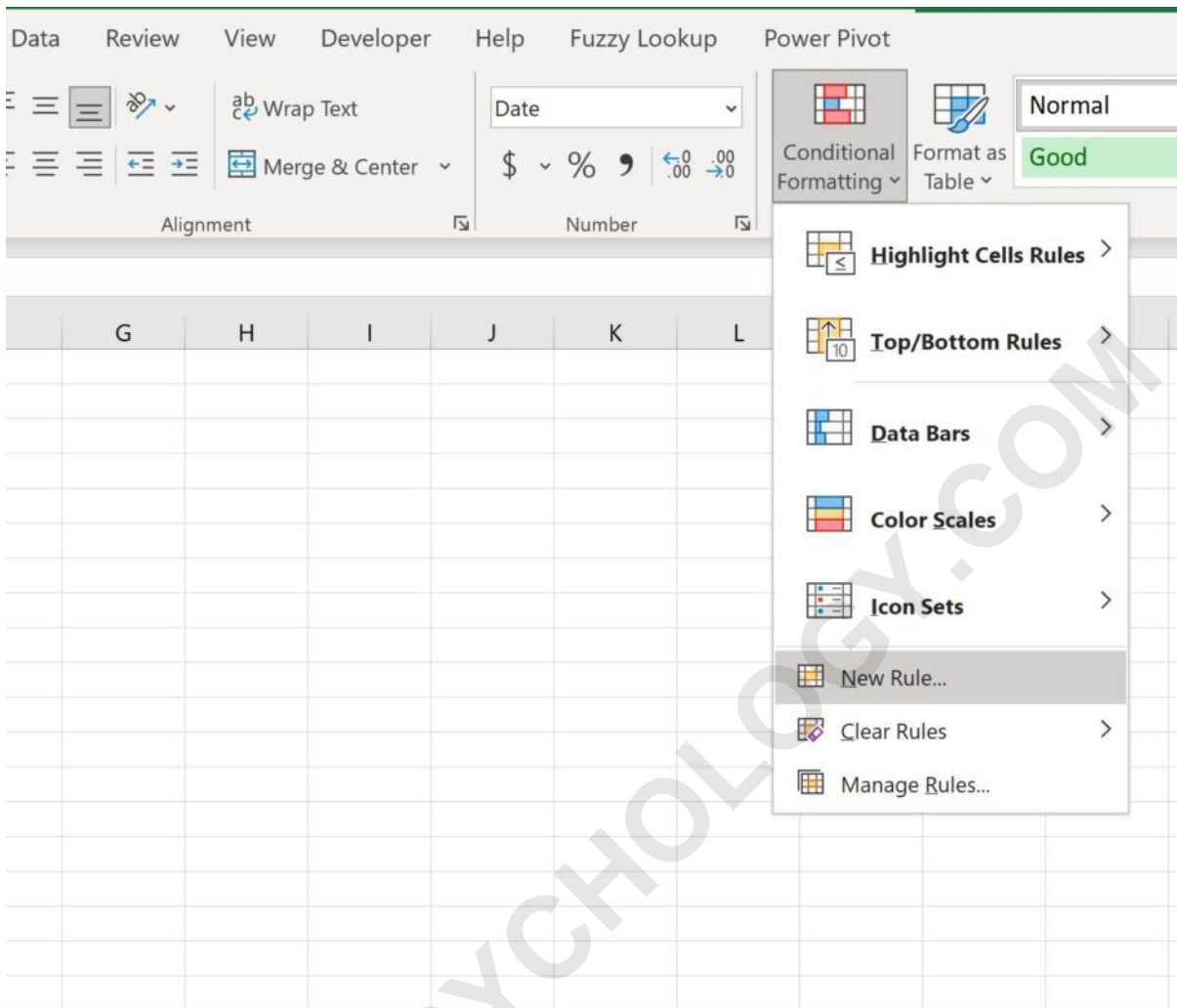
To achieve this specialized formatting, you must utilize the **New Rule** option found within the Conditional Formatting dropdown menu, which is located in the **Styles** group of the **Home** tab. This method relies on constructing a logical Formula that dictates when the formatting should be applied across the selected range.

The subsequent guide will walk through two distinct, practical scenarios demonstrating how to leverage this feature effectively:

Applying conditional formatting based on a specific **text value** found in an adjacent column.

Applying conditional formatting based on a specific **numeric value** comparison (e.g., greater than) found in an adjacent column.

Understanding the concept of relative and absolute cell references is crucial when developing these custom rules, as it ensures the formula checks the correct adjacent cell for every row in your selection. Let us delve into the specifics.



Example 1: Formatting Based on Text Value in an Adjacent Cell

For our first illustration, imagine working with a sports Dataset containing information about basketball players. We are specifically tracking their positions and the points they scored during a season. Our objective is to highlight the total points scored only for players whose designated position is "Forward." This requires the formatting of the "Points" column to be conditional on the text content of the corresponding "Position" column.

Consider the initial Dataset structured as follows:

	A	B	C	D	E	F
1	Position	Points				
2	Guard	22				
3	Forward	15				
4	Forward	19				
5	Guard	30				
6	Center	35				
7	Forward	19				
8	Guard	18				
9	Guard	12				
10	Forward	22				
11	Guard	27				
12	Center	13				
13						
14						
15						
16						
17						

We want the formatting applied to cells in the **Points** column (Column B) only when the adjacent cell in the **Position** column (Column A) contains the exact text value "Forward." The key to success here lies in defining the formatting range first and then creating a formula that begins its evaluation from the first cell of the data range.

Step 1: Selecting the Target Range and Initiating the New Rule

The first critical step involves selecting the range where the formatting should be applied. Since we wish to highlight the points scored, we must highlight the data range in the Points column, which is **B2:B12**. Once this range is active, navigate to the **Home** tab, click the **Conditional Formatting** dropdown menu, and select **New Rule**. This action opens the dialog box necessary for advanced rule creation.

When defining custom rules based on adjacent cells, selecting the correct range is essential. The formula we write will be tested against the top-left cell of the selected range (in this case, B2) and then automatically adjusted for every subsequent cell in that range. This is why using relative and Absolute Reference is so vital.

Step 2: Defining the Conditional Formula and Formatting Style

Within the **New Formatting Rule** window, select the rule type: **Use a formula to determine which cells to format**. This option provides the flexibility needed for referencing other cells. In the formula input box, we will input the following Formula:

```
=A2="Forward"
```

Let's analyze this formula:

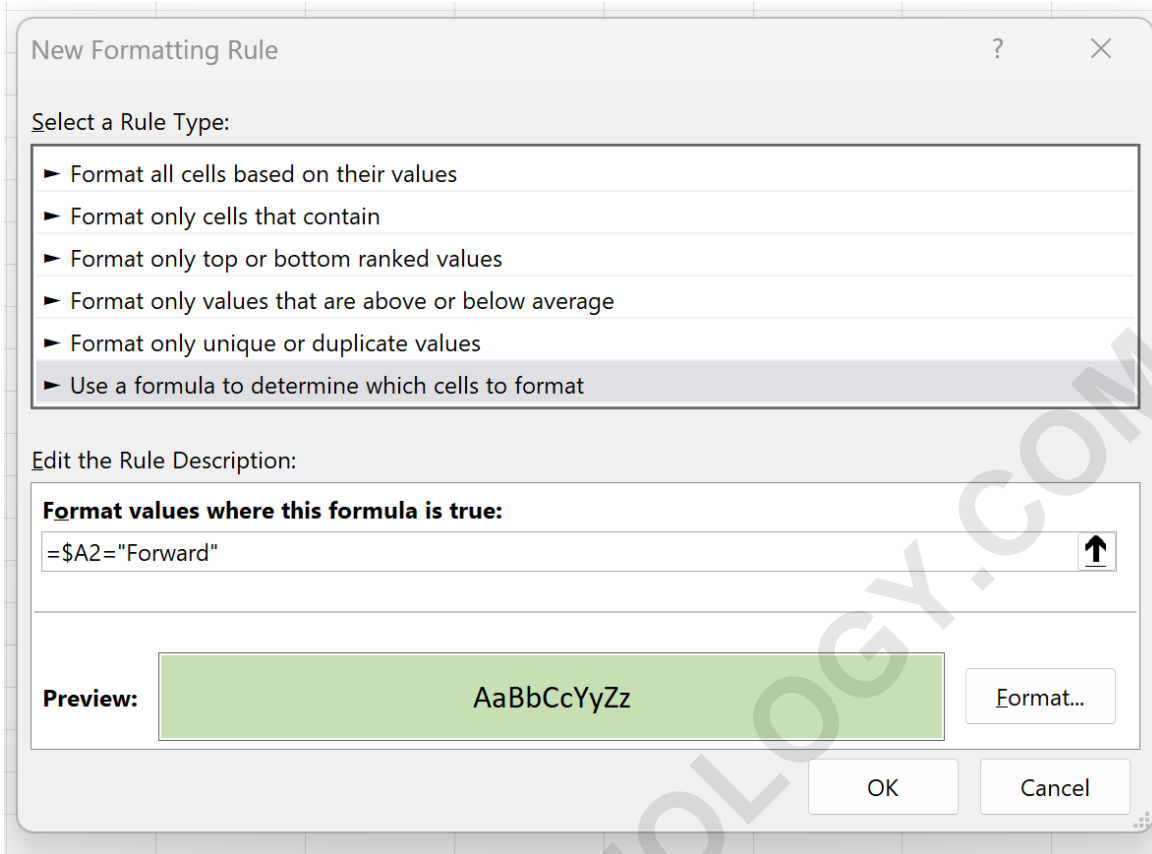
The equals sign (=) initiates the formula, as is standard in Excel.

The reference to **\$A2** is crucial. By placing a dollar sign before the column letter (A), we create an Absolute Reference to Column A, ensuring that as the rule is applied down the range B2:B12, it always looks specifically in Column A.

However, the row number (2) is left relative (no dollar sign). This allows the row number to automatically increment (A2, A3, A4, etc.) as the rule moves down the selected range (B2, B3, B4, etc.), maintaining the adjacency check.

The condition =**"Forward"** specifies that the cell in Column A must contain this exact text string for the rule to trigger.

After entering the formula, click the **Format** button to choose the desired fill color or font style. Once the format is selected, click **OK** to apply the rule.



Verification of Text-Based Conditional Formatting

Upon confirming the rule, Excel instantly applies the formatting. All cells in the range **B2:B12** that have "Forward" in the corresponding adjacent cell in the range **A2:A12** are now highlighted. This provides immediate visual confirmation of the data subsets meeting the specified criterion.

	A	B	C	D	E
1	Position	Points			
2	Guard	22			
3	Forward	15			
4	Forward	19			
5	Guard	30			
6	Center	35			
7	Forward	19			
8	Guard	18			
9	Guard	12			
10	Forward	22			
11	Guard	27			
12	Center	13			
13					
14					
15					
16					
17					
18					

This example clearly illustrates how locking the column reference while allowing the row reference to float is the cornerstone of conditional formatting based on adjacent cells, enabling a dynamic check across an entire range using a single rule.

Example 2: Formatting Based on Numeric Value in an Adjacent Cell

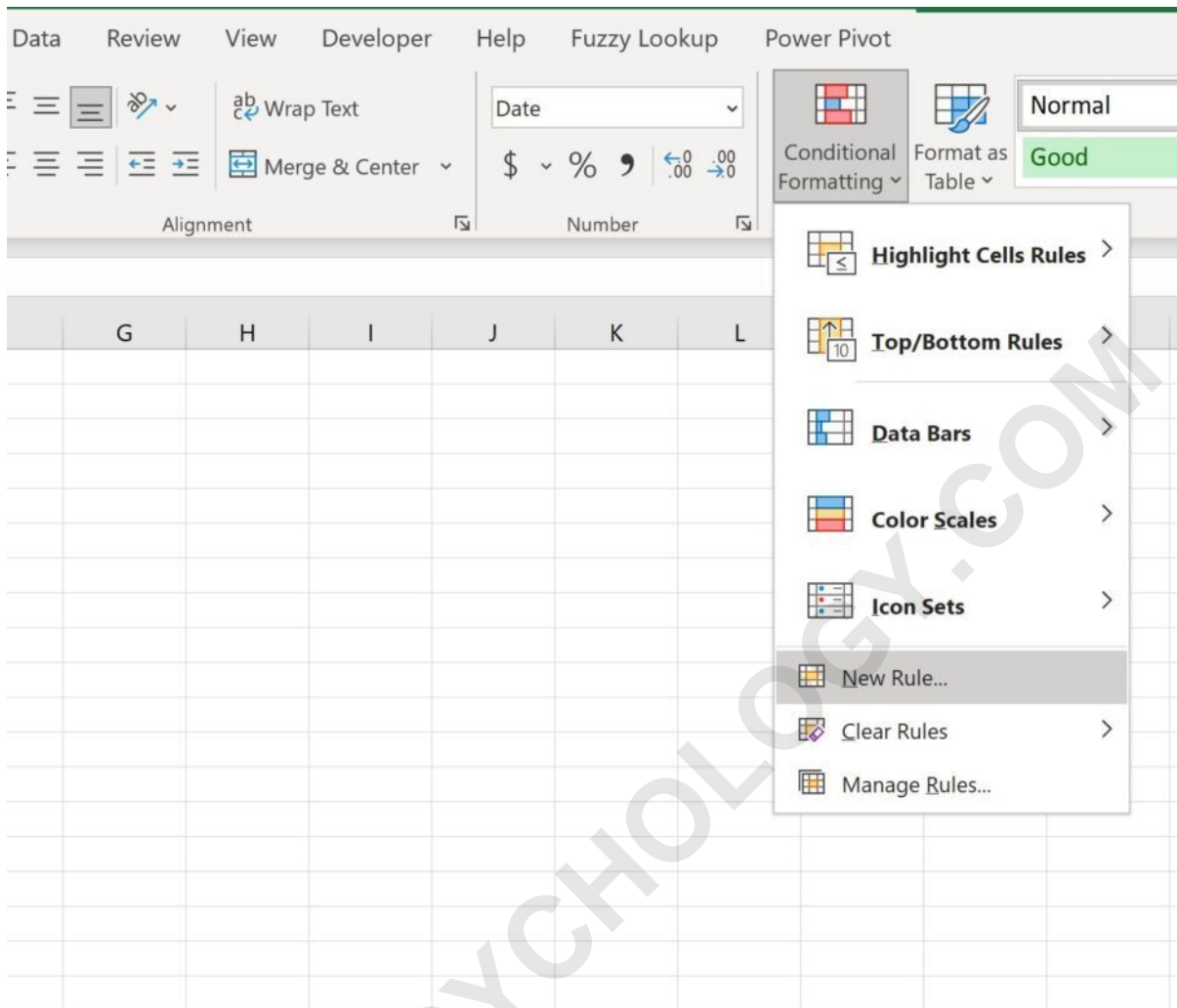
In our second scenario, we will use the same basketball Dataset, but this time, the condition will be numerical. Suppose we want to highlight the **Position** of the players (Column A) only if the adjacent **Points** scored (Column B) is exceptionally high--specifically, if the points are greater than 20.

The structure remains the same, but the formatting range and the logic of the Formula are inverted compared to Example 1. Here, the format is applied to the text field (Position), contingent upon the numeric field (Points).

	A	B	C	D	E	F
1	Position	Points				
2	Guard	22				
3	Forward	15				
4	Forward	19				
5	Guard	30				
6	Center	35				
7	Forward	19				
8	Guard	18				
9	Guard	12				
10	Forward	22				
11	Guard	27				
12	Center	13				
13						
14						
15						
16						
17						

Step 3: Selecting the New Target Range and Rule Setup

First, highlight the cells in the target range: **A2:A12** (the Position column). This is the area that will receive the conditional formatting. Next, as before, access the **Conditional Formatting** dropdown menu on the **Home** tab and select **New Rule**. This consistency in navigation ensures a smooth workflow, regardless of whether the condition is text-based or numeric-based.



Choosing the correct range before creating the rule is perhaps the most common source of error in Conditional Formatting. Always remember that the formatting applies to the selected cells, while the formula defines the criteria based on other cells.

Step 4: Implementing the Numeric Comparison Logic

In the **New Formatting Rule** window, select the option **Use a formula to determine which cells to format**. The numerical comparison formula needs to reference the Points column (Column B) and check if the value meets the threshold of 20. The Formula is constructed as follows:

`=B2>20`

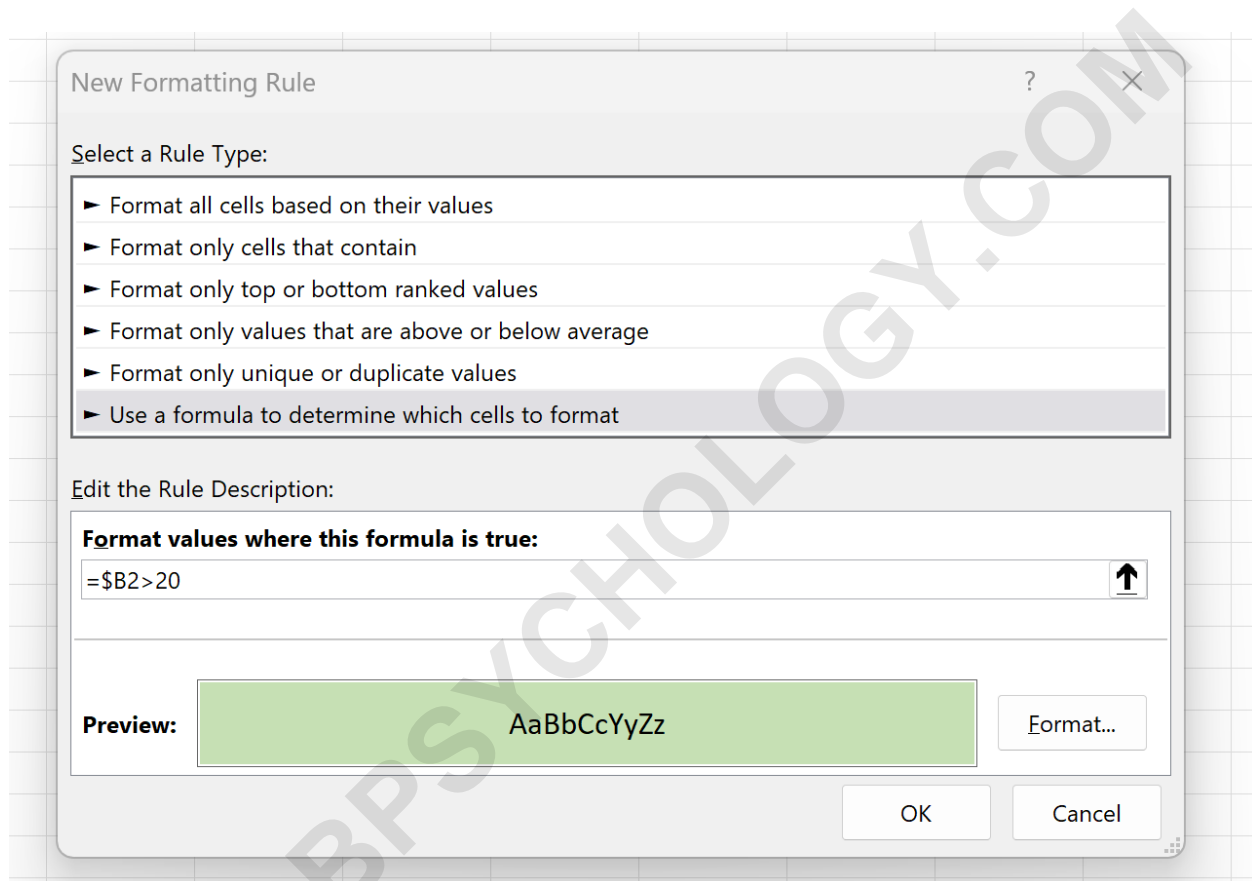
The logic here mirrors the previous example regarding referencing:

\$B2: We use an Absolute Reference for Column B (\$B), ensuring the check always occurs in the Points column, regardless of which cell in Column A is being formatted.

The row number (2) remains relative, enabling the check to move down the table row by row (B2, B3, B4, etc.).

>20: This is the conditional operator, instructing Excel to trigger the format only if the value in the adjacent cell is strictly greater than 20.

After entering the formula, click the **Format** button to choose a visual style (for instance, a light green fill) and confirm the settings by clicking **OK**.



Verification of Numeric-Based Conditional Formatting

Once the rule is finalized, the visual result is immediate. All cells in the **A2:A12** range corresponding to a score greater than 20 in the adjacent **B2:B12** range are highlighted. This method proves highly effective for flagging high-performance metrics or outliers within a Dataset.

	A	B	C	D	E	F
1	Position	Points				
2	Guard	22				
3	Forward	15				
4	Forward	19				
5	Guard	30				
6	Center	35				
7	Forward	19				
8	Guard	18				
9	Guard	12				
10	Forward	22				
11	Guard	27				
12	Center	13				
13						
14						
15						
16						
17						
18						
19						

It is important to note that while we used a simple comparison operator (greater than), you can employ any valid Formula here, including complex functions like `AND`, `OR`, or statistical calculations, provided the formula ultimately returns a Boolean value (TRUE or FALSE) to determine whether the formatting should be applied.

Summary of Best Practices for Adjacent Cell Formatting

Mastering Conditional Formatting based on adjacent cell values requires a clear understanding of the interaction between the selected range and the custom formula. Adhering to these best practices will ensure accuracy and maintainability of your rules:

Selection First: Always select the full range of cells you intend to format *before* clicking "New Rule." The rule is always written relative to the first cell in your selection.

Use Mixed References: When referencing the adjacent column that contains the condition, use a mixed reference, such as **\$A2**. The dollar sign locks the column letter (making it absolute) but leaves the row number relative, ensuring the rule slides down row-by-row correctly.

Start Row Reference at the Top: Ensure the row number in your formula (e.g., the '2' in \$A2) matches the starting row of your selected range. If your data starts at row 5, your formula should reference \$A5.

Customization: Remember that the visual format (color, font, border) is entirely customizable. Choose colors and styles that maximize contrast and clarity for the intended audience.

By implementing these techniques, you transform raw data in Excel into visually intuitive and easily digestible information, making it simpler to identify critical data points based on complex, inter-column relationships.

ARABPSYCHOLOGY.COM