

How to Easily Sum Cells Containing Specific Text in Excel

Authored by
stats writer

November 30, 2025

RECOMMENDED CITATION

stats writer (2025). *How to Easily Sum Cells Containing Specific Text in Excel*.

PSYCHOLOGICAL SCALES. Retrieved from <https://scales.arabpsychology.com/?p=102352>

The SUMIFS function in Excel can be used to sum numeric values in a range of cells that meet criteria based on text strings. This is done by setting up criteria that match what is contained in the text cells, and then entering the range of cells to sum. The result is a sum of all the cells with the matching text string. This is a useful tool for summarizing data that contains text strings as well as numeric values.

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

Method 1: Sum Cells that Contain One Specific Text

=SUMIF(A2:A11, "*avs*", B2:B11)

This formula will sum the cells in the range **B2:B11** where the corresponding cells in **A2:A11** contain "avs" in the cell.

Method 2: Sum Cells that Contain One of Several Text

=SUMIF(A2:A11, "*avs*", B2:B11)+SUMIF(A2:A11, "*eat*", B2:B11)

This formula will sum the cells in the range **B2:B11** where the corresponding cells in **A2:A11** contain "avs" or "eat" 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	Team	Points			
2	Mavs	12			
3	Spurs	10			
4	Cavs	5			
5	Mavs	8			
6	Spurs	6			
7	Rockets	5			
8	Mavs	10			
9	Heat	13			
10	Warriors	14			
11	Cavs	17			
12					
13					
14					
15					
16					
17					
18					
19					

Example 1: Sum Cells that Contain One Specific Text

We can use the following formula to sum the values in the **Points** column where the **Team** name contains "avs" in the name:

=SUMIF(A2:A11, "*avs*", B2:B11)

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

D2							
	A	B	C	D	E	F	G
1	Team	Points		Contains "avs"			
2	Mavs	12		52			
3	Spurs	10					
4	Cavs	5					
5	Mavs	8					
6	Spurs	6					
7	Rockets	5					
8	Mavs	10					
9	Heat	13					
10	Warriors	14					
11	Cavs	17					
12							
13							
14							
15							
16							
17							
18							
19							
20							

We can see that the cells where the **Team** column contains "avs" scored a total of **52** points.

We can manually verify this by summing the values where the **Team** column contains "avs":

Sum of Points for Teams with "avs" in name: $12 + 5 + 8 + 10 + 17 = 52$.

Example 2: Sum Cells that Contain One of Several Text

We can use the following formula to sum the values in the **Points** column where the **Team** name contains "avs" or "eat" in the name:

=SUMIF(A2:A11, "*avs*", B2:B11)+SUMIF(A2:A11, "*eat*", B2:B11)

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

D2				=SUMIF(A2:A11, "*avs*", B2:B11)+SUMIF(A2:A11, "*eat*", B2:B11)				
	A	B	C	D	E	F	G	H
1	Team	Points		Contains "avs" or "eat"				
2	Mavs	12		65				
3	Spurs	10						
4	Cavs	5						
5	Mavs	8						
6	Spurs	6						
7	Rockets	5						
8	Mavs	10						
9	Heat	13						
10	Warriors	14						
11	Cavs	17						
12								
13								
14								
15								
16								
17								
18								
19								
20								
21								

We can see that the cells where the **Team** column contains "avs" or "eat" scored a total of **65** points.

We can manually verify this by summing the values where the **Team** column contains "avs" or "eat":

Sum of Points for Teams with "avs" or "eat" in name: $12 + 5 + 8 + 10 + 13 + 17 = 65$.