

What is the purpose of the TRIM function in Excel?

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June 29, 2024

RECOMMENDED CITATION

stats writer (2024). *What is the purpose of the TRIM function in Excel?*. PSYCHOLOGICAL SCALES. Retrieved from <https://scales.arabpsychology.com/?p=158343>

The TRIM function in Excel is used to remove all extra spaces from a given text or string. It is primarily used to clean up and standardize data, making it easier to work with and ensuring accuracy in calculations. The purpose of the TRIM function is to help users maintain consistent and uniform data, ultimately improving the overall quality and efficiency of their spreadsheets. It is particularly useful when working with large datasets or when importing data from external sources. By eliminating unnecessary spaces, the TRIM function aids in creating more organized and visually appealing spreadsheets.

Excel TRIM Function

TRIM Function

The **TRIM** function is premade in Excel and used to remove irregular text spacing and keep single spaces between words.

It is typed =TRIM

If you want to use the function on a single cell, write:

=TRIM(**cell**)

If you want to use the function on a range of cells, write:

=TRIM(**start cell:end cell**)

Note: Irregular spacing is unnecessary spacing within the dataset that can occur before, after or between text or numbers within a cell.

Example TRIM Function

Use **Trim** to tidy up irregular spaces in the dataset within the range A2:C21.

Note: To define the range, separate the range values with a colon symbol :

How to Use TRIM Function

Step 1) Start the TRIM function

Select a cell E2Type =TRIMDouble click the **TRIM** command

	A	B	C	D	E
1	Name	Type 1	Total stats		
2	Mankey	Fighting	305		=TRIM
3	Poliwrath	Water	510		
4	Victreebel	Grass	490		
5	Tentacool	Water	335		
6	Magnetron	Electric	465		
7	Dewgong	Water	475		
8	Cloyster	Water	525		
9	Onix	Rock	385		
10	Dragonair	Dragon	420		
11	Pidgeotto	Normal	349		
12	Rattata	Normal	253		
13	Beedrill	Bug	395		
14	Doduo	Normal	310		
15	Kingler	Water	475		
16	Nidoqueen	Poison	505		
17	Hitmonchan	Fighting	455		
18	Charmeleon	Fire	405		
19	Arbok	Poison	438		
20	Gastly	Ghost	310		
21	Magikarp	Water	200		

Step 2) Select a range of cells to be used in the TRIM function

Select a range (A2:C21) Hit enter

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	A	B	C	D	E	F
1	Name	Type 1	Total stats			
2	Mankey	Fighting	305		=TRIM(A2:C21)	
3	Poliwrath	Water	510		TRIM (text)	
4	Victreebel	Grass	490			
5	Tentacool	Water	335			
6	Magneton	Electric	465			
7	Dewgong	Water	475			
8	Cloyster	Water	525			
9	Onix	Rock	385			
10	Dragonair	Dragon	420			
11	Pidgeotto	Normal	349			
12	Rattata	Normal	253			
13	Beedrill	Bug	395			
14	Doduo	Normal	310			
15	Kingler	Water	475			
16	Nidoqueen	Poison	505			
17	Hitmonchan	Fighting	455			
18	Charmeleon	Fire	405			
19	Arbok	Poison	438			
20	Gastly	Ghost	310			
21	Magikarp	Water	200			
22						

Try it yourself!

Copy the values in the example above and try it on your own!

The range of values will be tidied up.

The function returns a dataset formatted without irregular spaces:

	A	B	C	D	E	F	G
1	Name	Type 1	Total stats				
2	Mankey	Fighting	305		Mankey	Fighting	305
3	Poliwrath	Water	510		Poliwrath	Water	510
4	Victreebel	Grass	490		Victreebel	Grass	490
5	Tentacool	Water	335		Tentacool	Water	335
6	Magnetron	Electric	465		Magnetron	Electric	465
7	Dewgong	Water	475		Dewgong	Water	475
8	Cloyster	Water	525		Cloyster	Water	525
9	Onix	Rock	385		Onix	Rock	385
10	Dragonair	Dragon	420		Dragonair	Dragon	420
11	Pidgeotto	Normal	349		Pidgeotto	Normal	349
12	Rattata	Normal	253		Rattata	Normal	253
13	Beedrill	Bug	395		Beedrill	Bug	395
14	Doduo	Normal	310		Doduo	Normal	310
15	Kingler	Water	475		Kingler	Water	475
16	Nidoqueen	Poison	505		Nidoqueen	Poison	505
17	Hitmonchan	Fighting	455		Hitmonchan	Fighting	455
18	Charmeleon	Fire	405		Charmeleon	Fire	405
19	Arbok	Poison	438		Arbok	Poison	438
20	Gastly	Ghost	310		Gastly	Ghost	310
21	Magikarp	Water	200		Magikarp	Water	200

Step 3) Use the TRIM function with spacing between text:

Use =TRIM function by following the steps in the example above to format the text:

	A
1	A wild Mankey appeared!
2	=TRIM(A1)
3	

The text looks much better now!

	A
1	A wild Mankey appeared!
2	A wild Mankey appeared!
3	
4	

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