Here's **sample data inserts** for all your improved schemas, covering `users`, `products`, `cart_items`, `orders`, `order_items`, and `returns`.

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1. Sample Data for `users`

```
INSERT INTO users (name, email, password_hash, role) VALUES ('Alice Johnson', 'alice@example.com', 'hashedpassword1', 'user'), ('Bob Smith', 'bob@example.com', 'hashedpassword2', 'user'), ('Admin User', 'admin@example.com', 'hashedpassword3', 'admin');
```

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2. Sample Data for `products`

```
INSERT INTO products (title, description, price, stock, status) VALUES ('Notebook', '120 pages, A4 size', 100.00, 20, 'in-stock'), ('Ballpoint Pen', 'Blue ink, smooth writing', 25.50, 100, 'in-stock'), ('Eraser', 'Soft, non-toxic', 10.00, 0, 'out-of-stock'), ('Mechanical Pencil', '0.5 mm lead, ergonomic grip', 150.00, 5, 'in-stock');
```

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3. Sample Data for `cart_items`

```
INSERT INTO cart_items (user_id, product_id, quantity) VALUES (1, 1, 2), -- Alice has 2 Notebooks in cart (1, 2, 5), -- Alice has 5 Ballpoint Pens in cart (2, 4, 1); -- Bob has 1 Mechanical Pencil in cart
```

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4. Sample Data for `orders`

```
INSERT INTO orders (user_id, total_price, status) VALUES (1, 255.50, 'pending'), -- Alice's order (2, 150.00, 'delivered'); -- Bob's order
```

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5. Sample Data for `order_items`

```
INSERT INTO order_items (order_id, product_id, quantity, price) VALUES (1, 1, 2, 100.00), -- 2 Notebooks for Alice's order (1, 2, 3, 25.50), -- 3 Ballpoint Pens for Alice's order (2, 4, 1, 150.00); -- 1 Mechanical Pencil for Bob's order
```

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6. Sample Data for `returns`

```
INSERT INTO returns (order_id, user_id, reason, status) VALUES (2, 2, 'Mechanical
pencil was defective', 'requested'); -- Bob requested return
```

Notes:

- Replace `'hashedpasswordX'` with actual hashed passwords in your app.
- The sample data covers different statuses (`in-stock` , `out-of-stock` , `pending` , `delivered` , `requested`).
- Quantities and prices are realistic based on your schema.