

Plotting One Variable Distributions Cheat Sheet

MIT Biological Engineering Communication Lab

Understanding your data

How many points do you have?

What does your data look like?

What is your message?

Example: "4 drug conditions, $n = 3$ mice per condition, each condition has small ranges"

► Condition 1 results in longer survival.

Choosing a representation

Bar graph
Discrete, $n < 10$
*must also show points

Dot plot
Discrete, $n < 30$

Boxplot
Discrete/continuous, $n > 10$
*should also show points

Violin plot
Continuous, $n > 30$
*can also show points

Ridgeline plot (Joy plot)
Discrete/continuous, $n > 30$

Building a figure

"Biomechanics of predator-prey arms race in lion, zebra, cheetah and impala"

Data was pulled directly from Wilson et al. Nature (2018) and describes peak power/ kg of muscle for pairs of predatory and prey.

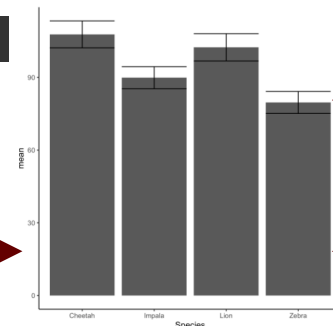
What does our data look like?
4 groups, $n > 30$ per group with a broad distribution per group

Intended message
Predator peak muscle power is larger
prey muscle power, only slightly.

► Boxplot or violin plot

Follow along with the associated
code notebooks in Python and R.

Default



Bars and error
bars are ugly and
undescriptive

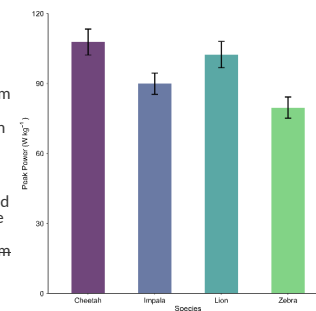
Spacing between
bars and axes

What do we need to fix?

- ☐ Text size is illegible
- ☐ Bars are wide and uniform
- ☐ Scales are off
- ☐ The distribution is hidden

Changing the axes limits and
adjusting the bars eliminate

- ☒ Bars are wide and uniform
- ☒ Scales are off



Bar Graph*

Let's focus on

- ☐ Text size is illegible
- ☐ The distribution is hidden

1. Display all the points
2. Increase the font sizes

To make this even clearer,

- ☒ Colors and markers are redundant
- ☒ Horizontal plot makes labels easier to read

*With this data, we **would not** suggest a bar graph

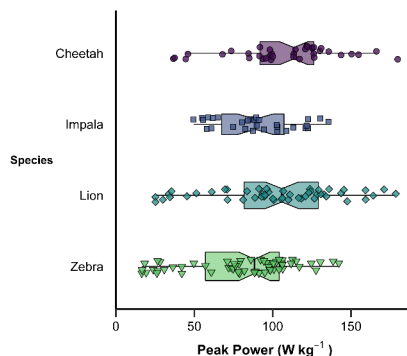
Boxplot

> great for highlighting characteristics
of the underlying distribution, but

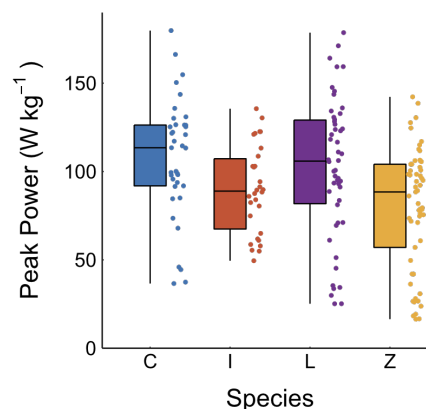
> can still be misleading if the points
are not shown.

The notches represent the 95%
confidence interval of the medians,
providing

- > the characteristic meaningful to
our message
- > information about the uncertainty of
the median
- > ability for viewer to interpret
differences between species



The boxplot was the authors' choice
Below is our reproduced version:



What are the strengths?

- ☒ Points are shown
- ☒ Points next to boxplots make
it easier to understand both
- ☒ Large text, simple axes
- ☒ Median information make it
easier to compare between
species

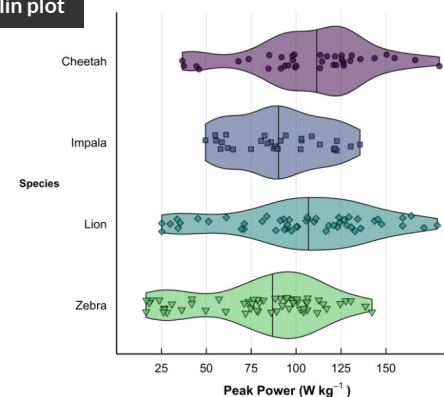
What are the weaknesses?

- ☐ Abbreviated labels, which are
repeated throughout the
paper, do not standalone
- ☐ The distribution of points is
difficult to quantify
- ☐ Gathering exact quantities is
difficult from few axis labels

Violin plot

We can address these limitations

- ☒ By adding clear, horizontal
species labels
- ☒ Using a violin plot to display
the underlying distribution
- ☒ Light gridlines and expanded
axis allows to identify values
and compare between species



Elements checklist

- ☐ Plot + data labels (label directly if possible)
- ☐ Appropriate axes scales and tick marks
- ☐ Gridlines if desired and needed
- ☐ Redundant (color + shape) markers
- ☐ Lines and points are thick and clear
- ☐ All text is clearly legible
- ☐ Units and annotations are directly on plot
- ☐ Plot is reproducible from clean workspace
- ☐ High-resolution output (DPI > 300)
- ☐ Statistical markers added if needed
- ☐ Peer/mentor proofread