

## Exercise 3: Using Recipes

**Time:** 20 minutes

**Goal:** Calculate total scores automatically and export analysis-ready data to SPSS

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### What You'll Learn

By the end of this exercise, you will:

- Understand the recipe system for automated scoring
- Apply recipes to calculate total scores and subscales
- Export data to SPSS (.sav) with full metadata
- Generate codebooks and methods text automatically
- Open and verify the results in SPSS/Jamovi

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### Starting Point

You'll use the dataset you completed in Exercise 1:

- Location: `../exercise_1_raw_data/my_dataset/`
- Status: Properly structured.

**Requirements:**

- Your dataset must be valid.
- JSON sidecars should ideally have metadata, but the recipe can work with raw columns too.

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### What Are Recipes?

**Recipes** are JSON files that define scoring logic:

- Which items to sum/average
- How to reverse-code items (if needed)
- How to calculate subscales
- Clinical cutoffs for interpretation

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### Your Task

Apply the Wellbeing and Fitness recipes to your dataset to:

1. Calculate the wellbeing total score (sum of 5 items)
2. Calculate the fitness composite if you converted the biometrics data
3. Export results to SPSS format

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### Step-by-Step Instructions

#### Step 1: Verify Recipe File Exists

The recipes are located at `demo/workshop/recipes/surveys/wellbeing.json` and `demo/workshop/recipes/biometrics/fitness.json`.

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## **Step 2: Open Recipes & Scoring Tool**

1. Open **PRISM Studio** (<http://localhost:5001>)
  2. Click “**Recipes & Scoring**” in the navigation menu
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## **Step 3: Select Your Dataset**

**Dataset Folder:** 1. Click “**Browse**” button next to “PRISM Dataset Folder”  
2. Navigate to: `demo/workshop/exercise_1_raw_data/my_dataset/` 3. Select this folder

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## **Step 4: Configure Recipe Settings**

### **For Wellbeing Survey:**

- **Modality:** Select Survey
- **Recipe:** Select `wellbeing`
- **Output Format:** Select SPSS (.sav) or Excel (.xlsx)
- Click “**Run Scoring & Export**”

### **For Fitness Data (Bonus):**

- **Modality:** Select Biometrics
  - **Recipe:** Select `fitness`
  - Click “**Run Scoring & Export**”
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## **Step 5: Verify Results**

Check your output folder (usually the same as the dataset or a `derivatives/` subfolder): - You should see `wellbeing_scores.sav` (or .xlsx) - Open it and check the new columns (e.g., `wellbeing_total`) - Notice that the variable labels and value labels are preserved!

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## **What Just Happened?**

**You went from raw data to analysis-ready results in minutes!**

Instead of manual summing in Excel, you used a **machine-readable recipe** that: - Summarized your data automatically - Preserved all your hard-earned metadata - Created a format ready for statistical software - Documented exactly how the scores were calculated

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**Next Steps:** Now that you've processed your data, let's learn how to create your own survey templates from scratch!

**Ready for Exercise 4?** → Go to [..../exercise\\_4\\_templates/](#)