Exercise 3: Using Recipes

Time: 20 minutes
Goal: Calculate total scores automatically and export analysis-ready data to SPSS

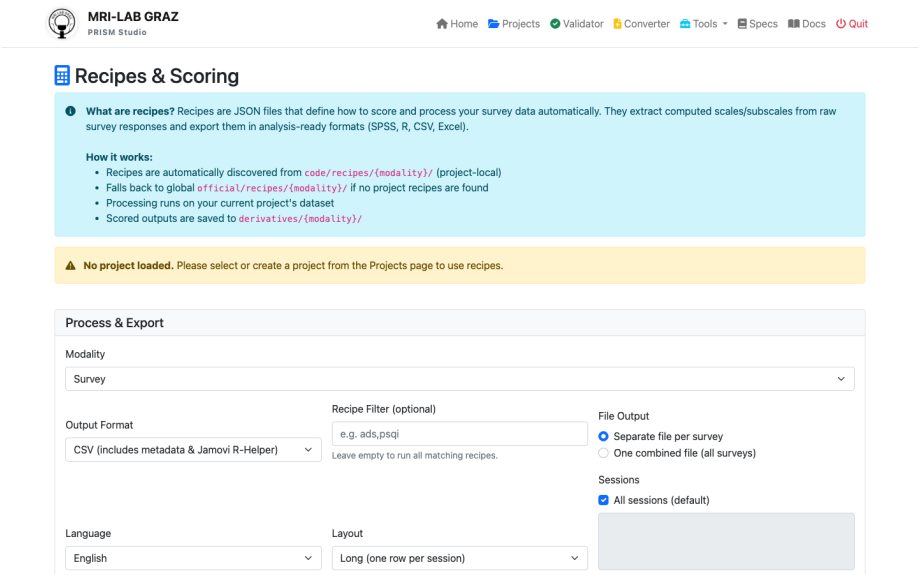

Figure 1: Exercise 3 UI (Light Mode)

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 (.save) 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.

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 in the workshop materials, e.g. `examples/workshop/exercise_3_using_recipes/reci`

Step 2: Open Recipes & Scoring Tool

1. Open **PRISM Studio** (http://localhost:5001)
2. Click **"Recipes"** (or **"Recipes & Scoring"**, depending on your build) 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: `examples/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 (.save)` or `Excel (.xlsx)`
- Click **"Run Scoring & Export"**

For Fitness Data (Bonus):

- **Modality:** Select `Biometrics`
- **Recipe:** Select `fitness`
- Click **"Run Scoring & Export"**

Step 5: Verify Results

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

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/`