ALTER TABLE my\_contacts

ADD COLUMN interest1 VARCHAR(50),

ADD COLUMN interest2 VARCHAR(50),

ADD COLUMN interest3 VARCHAR(50),

ADD COLUMN interest4 VARCHAR(50);

UPDATE my\_contacts

SET interest1 = SUBSTRING\_INDEX(interests, ',', 1);

UPDATE my\_contacts SET interests = TRIM(RIGHT(interests,

(LENGTH(interests)-LENGTH(interest1) - 1)));

UPDATE my\_contacts SET interest2 = SUBSTRING\_INDEX(interests, ',', 1);

UPDATE my\_contacts SET interests = TRIM(RIGHT(interests, (LENGTH(interests)-

LENGTH(interest2) - 1)));

UPDATE my\_contacts SET interest3 = SUBSTRING\_INDEX(interests, ',', 1);

UPDATE my\_contacts SET interests = TRIM(RIGHT(interests, (LENGTH(interests)-

LENGTH(interest3) - 1)));

UPDATE my\_contacts SET interest4 = interests;