Wide to Long Format

Converted this

I	D	Χ	Υ
ŀ	A1	1	250
Е	35	0	120

To this

ID	Value	Variable
		Name
A1	1	Χ
A1	250	Υ
B5	0	Х
B5	120	Υ

What piece of information do you need to know?

- The "ID" column which uniquely identifies an observation (id_cols)
- Name of a column that contains X and Y values (*values_to*)
- Name of a column that specifies whether the values are X or Y (names_to)

Long to Wide Format

Converted this

ID	Value	Variable
		Name
001	1	Χ
002	0	Χ
002	90	Υ
003	1	Χ
003	110	Υ

To this

ID	Χ	Υ
001	1	NA
002	0	90
003	1	110

What pieces of information did you need to know?

- The "ID" of the column that will uniquely identify a row in the wide format
- The names of the new columns (names_from)
- The values that will populate each column (*values_from*)