

Instat Tutorial

by Roger Stern, Sandro Leidi, Ian Dale and Colin Grayer

Contents

Installation	58
1. Introduction	59
1.1. Tutorial purpose and overview	59
1.2. Getting Started	59
2. Example 1: Basic Use of Instat	59
2.1. Entering data	59
2.2. Describing the data using summary statistics	61
2.3. Plotting the data	63
2.4. Entering sequenced data	65
2.5. Calculating new variates	66
2.6. Closing, saving and (re)opening worksheets	68
3. Example 1 (continued)	70
3.1. Plotting lines	70
3.2. Specifying groups using factors	72
3.3. Deriving statistics for columns	74
3.4. Review of example 1	75
4. Example 2: Boxes, Models and Data Manipulation	76
4.1. Getting a feel for the data	76
4.2. Comparison of means	78
4.3. Manipulating data	79
4.4. Understanding how Instat works	81
4.5. Instat as a calculator	83
4.6. Review of example 2	84
5. Example 3: A Simple Regression Model	85
5.1. Simple Regression	85
5.2. Help in Instat	89
5.3. Leaving Instat	90
6. Review	90
Appendix: Exporting and Importing Data	92



© Statistical Services Centre

The University of Reading, UK

Installation

If Instat has not already been installed on your computer, follow the instructions on Instat's download page on the web, or in the 'ReadMe' file on the CD, to install it onto your PC's hard disk. The 'typical' installation includes all the documentation and example worksheet files.

1. Introduction

1.1. Tutorial purpose and overview

The aim of this tutorial is to help you to become familiar with the basics of using Instat, rather than to help you learn statistics. We first give you an overview of Instat's features, then lead you on a guided tour of an example analysis that uses descriptive statistics. This will take about half the time needed to follow the whole tutorial, and brings you to the end of Section 3.

Once you have gained some idea of what Instat can offer, we present an example that requires you to find your own way around the menus and dialogues to carry out an analysis – though rest assured, we do give plenty of hints and guidance in the text. This second example is in Section 4.

Section 5 builds on this, using an example of an analysis that involves simple regression. Further information on Instat's features and on statistical methods can be found in the documentation and help system: these also are described in this section.

Section 6 is a review of the topics covered, and the tutorial finishes with an appendix about import and export of data.

1.2. Getting Started

Instat is a Windows package for PCs: we assume in this tutorial that you have some experience of working in a Windows environment and of using a mouse.

If you are a beginner to statistical packages, it is important that you start by getting some practice in using Instat. You will not gain very much from just reading the tutorial without practicing.

If you have used another statistical package before, you can learn a lot by simply reading through the tutorial. You should find that trying out the examples is a fairly quick exercise, and that much of Instat will seem familiar, because all of the common statistical packages for Windows operate in a similar way.

Actions that you should take to follow the examples are given in the lines that start with ⇒.

⇒ To launch Instat,¹⁴ double-click on the **Instat** icon  or follow the menu sequence **Start** ⇨ **Programs** ⇨ **Instat**.

The main components of the Instat window are shown in Fig. 1.2.1.

Other windows showing graphs, macros etc., open as you use Instat. The position of the windows can be set from the **Window** menu and saved for future Instat sessions using **Window** ⇨ **Save Window Positions**. Hence the initial appearance of Instat may not be quite as that in Fig. 1.2.1.

2. Example 1: Basic Use of Instat

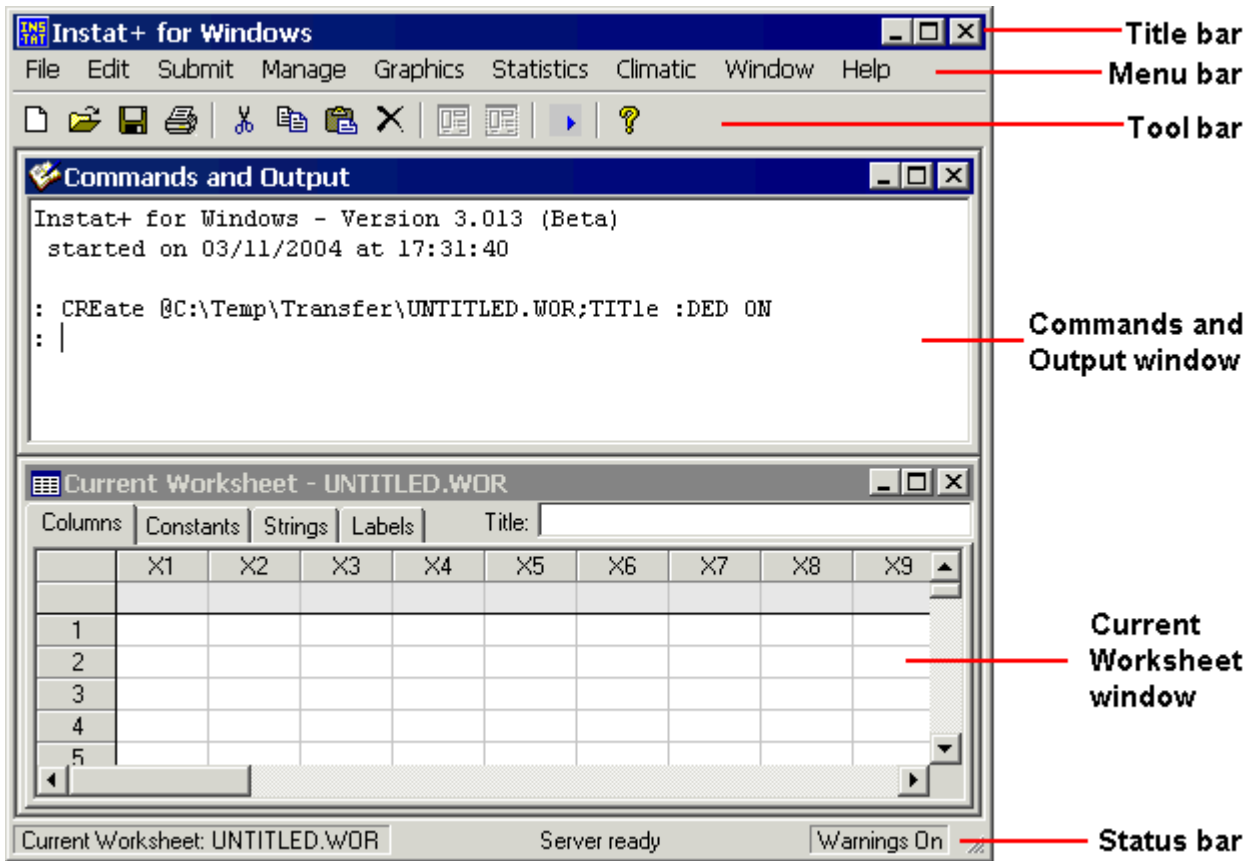
2.1. Entering data

Instat opens with an empty, untitled worksheet in the **Current Worksheet** window.

⇒ Start entering data by clicking in the cell of row 1 of column X1 in the worksheet. Type a number, and then press the **[Enter]** key.

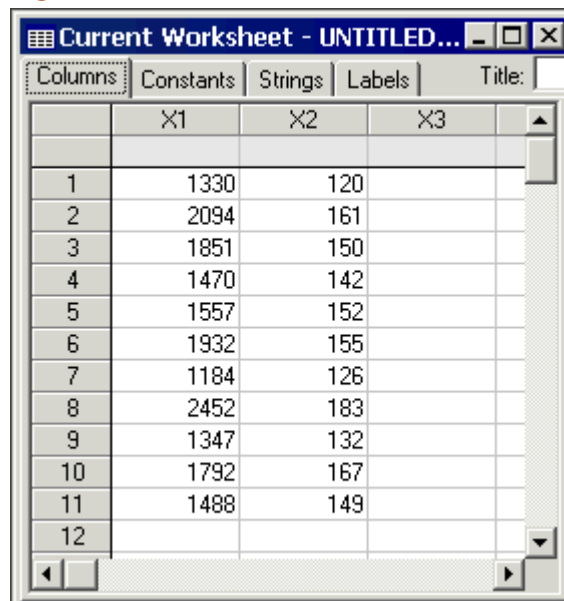
¹⁴ The early Windows versions of Instat were labelled 'Instat+' (i.e. 'Instat Plus') to make the distinction clear between Instat for DOS and Instat for Windows, and 'Instat Plus' is in fact the registered trademark. However, for convenience throughout the documentation, we now simply use 'Instat' to refer to the Windows version.

Fig. 1.2.1. Main components of the Instat windows interface



- ⇒ Enter the following numbers into the column headed X1:
1330, 2094, 1851, 1470, 1557, 1932, 1184, 2452, 1347, 1792, 1488
- ⇒ Press **[Ctrl]+[Enter]** after typing the last number. The cursor will then move to the top of the next column.
- ⇒ Enter these numbers into the second column, X2:
120, 161, 150, 142, 152, 155, 126, 183, 132, 167, 149

Fig. 2.1.1. Enter the data



If you have made any mistakes, these can be corrected: use the arrow keys to move the insertion point to the cell in question and enter the correct value. The values in X1 are the total annual rainfalls from a sequence of 11 years, and the values in X2 are the corresponding numbers of rainy days (Fig. 2.1.1).

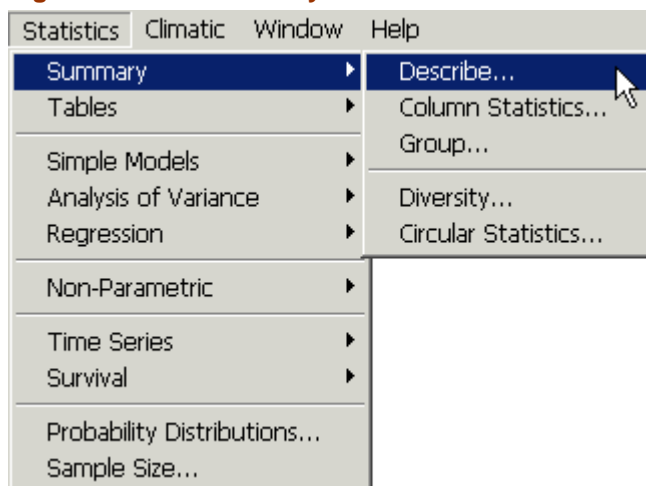
- ⇒ Name the first column by highlighting the cell underneath X1 (the header line) and then typing in 'total'. Similarly name the column X2 as 'raindays'.
- ⇒ The entered data are written to a temporary file automatically, as soon as you click anywhere outside the worksheet window. To ensure that this happens, click in the **Commands and Output** window (Fig. 1.2.1). If you cannot see this window, press [F2] or use **Window ▾ Tile Vertical** to tile the data and output windows.

2.2. Describing the data using summary statistics

For statistical summaries use the **Statistics** menu, shown in Fig. 2.2.1.

- ⇒ Choose **Statistics ▾ Summary ▾ Describe**

Fig. 2.2.1. The Summary menu




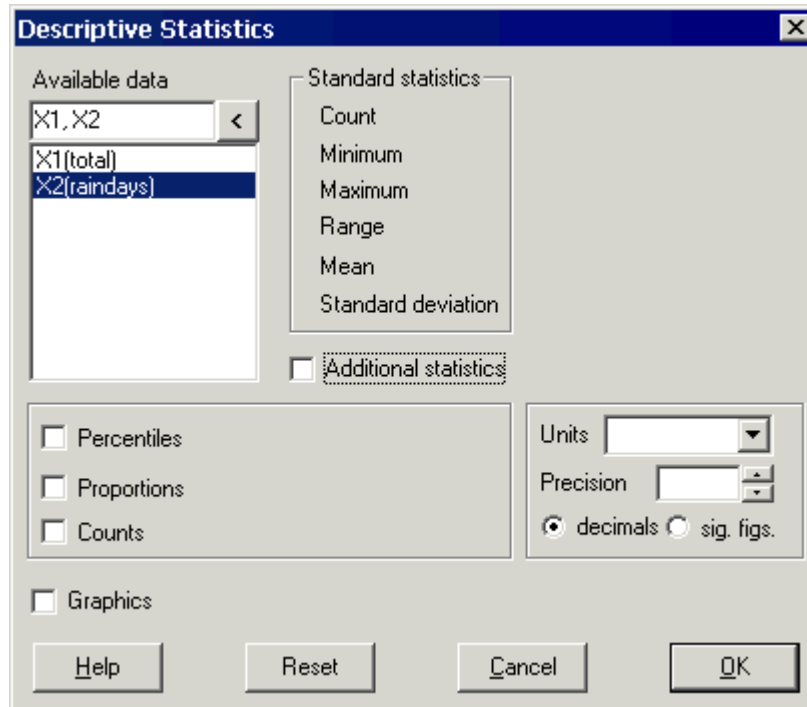
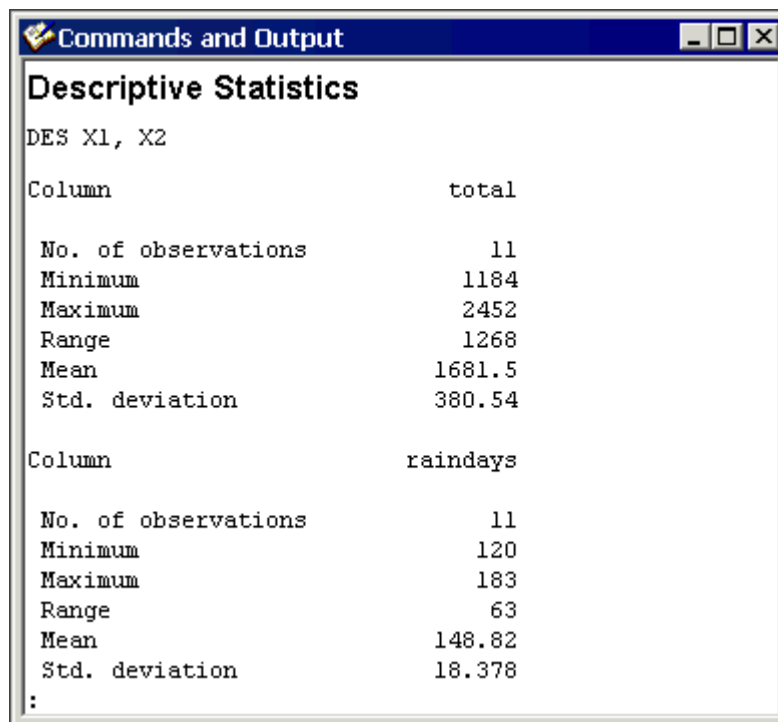
- ⇒ The dialogue shown in Fig. 2.2.2 appears. Select the variates required, either by double-clicking on each in turn, or by marking both and clicking the  button on the dialogue. Then click [OK].

Fig. 2.2.2. The Descriptive Statistics dialogue



⇒ Select the **Commands and Output** window. The results from the **Descriptive Statistics** dialogue are shown in Fig. 2.2.3.

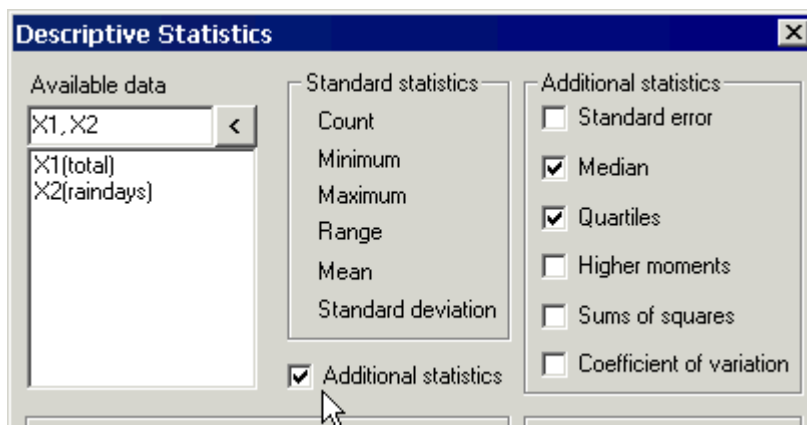
Fig. 2.2.3. Statistics for raindays data



By default, the **Descriptive Statistics** dialogue gives number of observations, minimum, maximum, range, mean and standard deviation. More statistics are available from the same dialogue.

⇒ Find the **Descriptive Statistics** dialogue again and click in the **Additional statistics** box. Select the **Median** and **Quartiles** check boxes (Fig. 2.2.4) and click [OK].

Fig. 2.2.4. Additional descriptive statistics



From the results that appear in the **Commands and Output** window, complete the table below.

	Median	Lower Quartile	Upper Quartile	Inter quartile range
X1				
X2				

2.3. Plotting the data

A range of graphs is possible from the **Graphics** menu. Graphs use any column names that have been entered (such as *total* and *raindays*) for presentation; otherwise they use X1, X2 etc.

⇒ Check that the worksheet looks similar to that shown in Fig. 2.3.1.

Fig. 2.3.1. Worksheet showing named columns

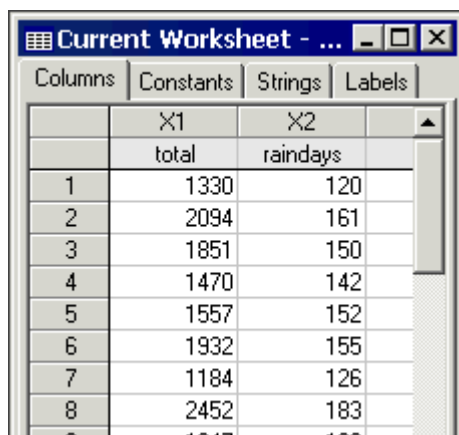
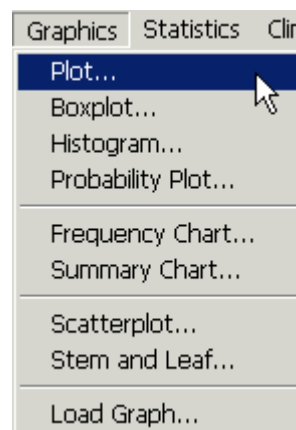


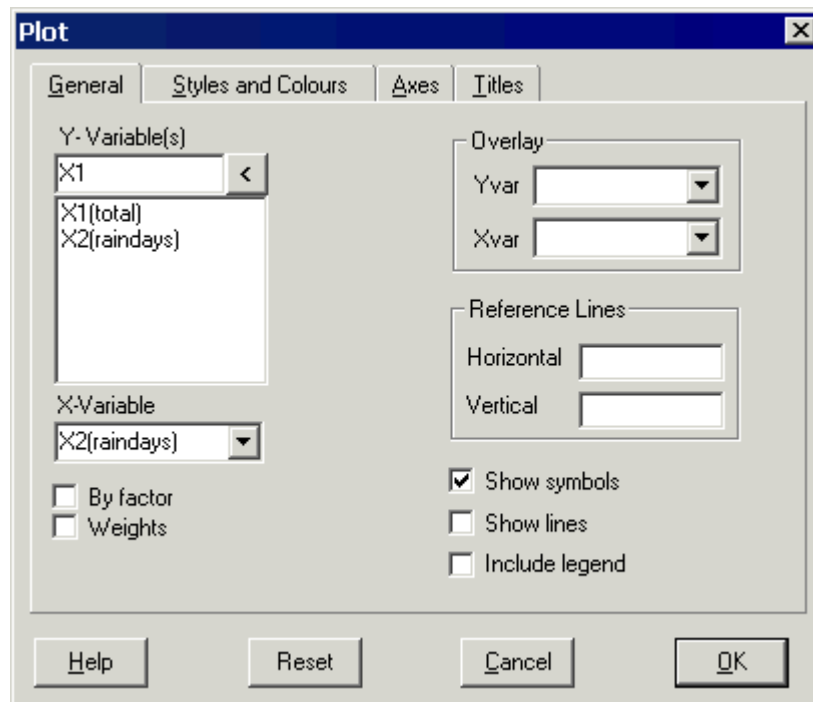
Fig. 2.3.2. Graphics Menu



⇒ Use **Graphics** ▾ **Plot** (Fig. 2.3.2).

⇒ Complete the dialogue, as shown in Fig. 2.3.3, then click **[OK]**.

Fig. 2.3.3. The Plot dialogue



The  button on the tool bar recalls the last dialogue box used.

- ⇒ Click this button to recall the **Plot** dialogue box.
- ⇒ Click on the **Titles** tab, and add a meaningful title to your graph (see Fig. 2.3.4). The other tabs on this dialogue allow adjustments to the x- and y-axis limits, line/symbol settings, etc.
- ⇒ Click **[OK]** to produce a plot similar to that in Fig. 2.3.5.

Fig. 2.3.4. The Plot dialogue's Titles tab

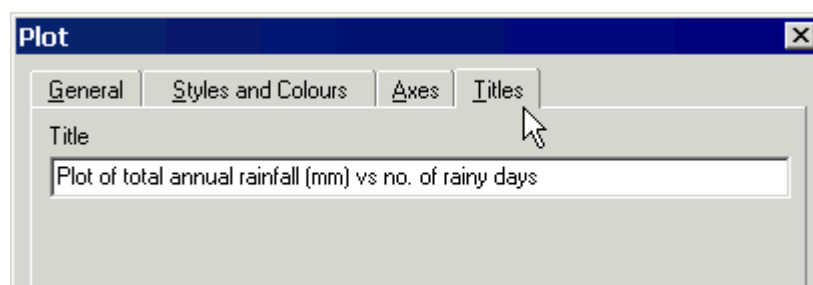
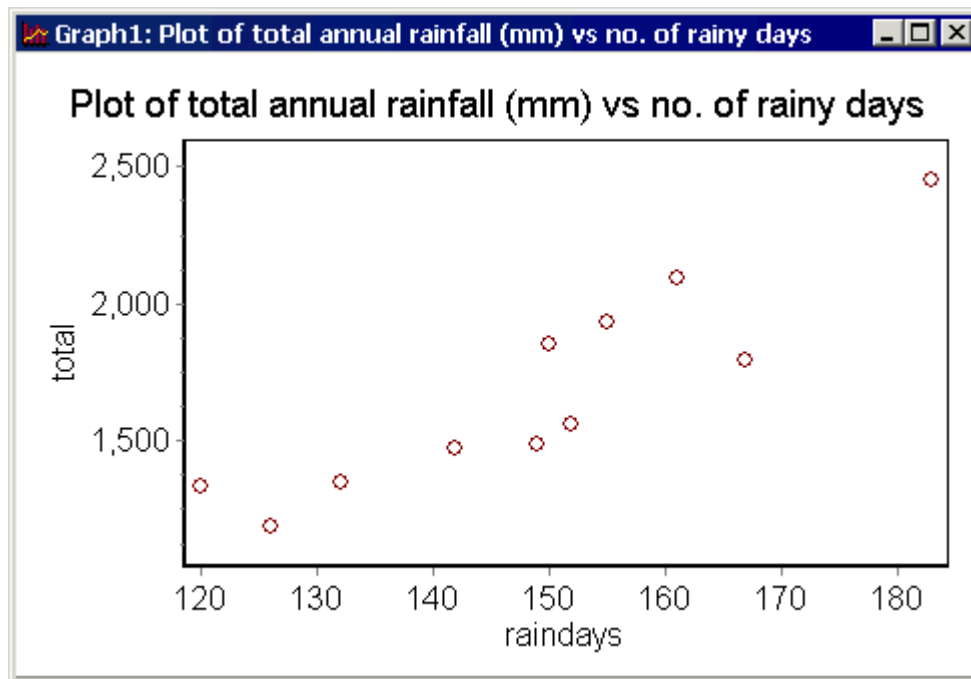


Fig. 2.3.5. The resulting plot



2.4. Entering sequenced data

These data values came from a sequence of 11 years. It would be useful to have this information entered too. Instat provides a flexible means of entering regular sequences of data.

⇒ Select **Manage** ▾ **Data** ▾ **Regular Sequence** (Fig. 2.4.1).

Fig. 2.4.1. The Manage menu

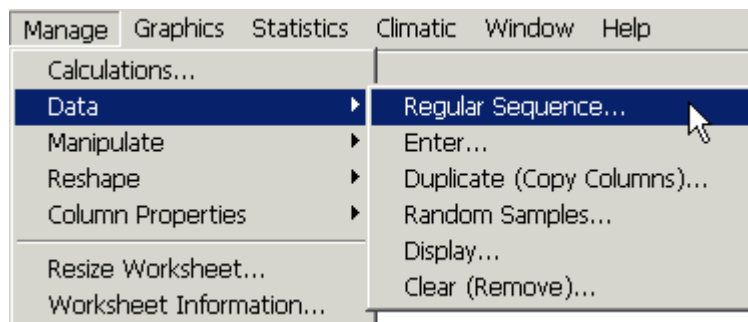
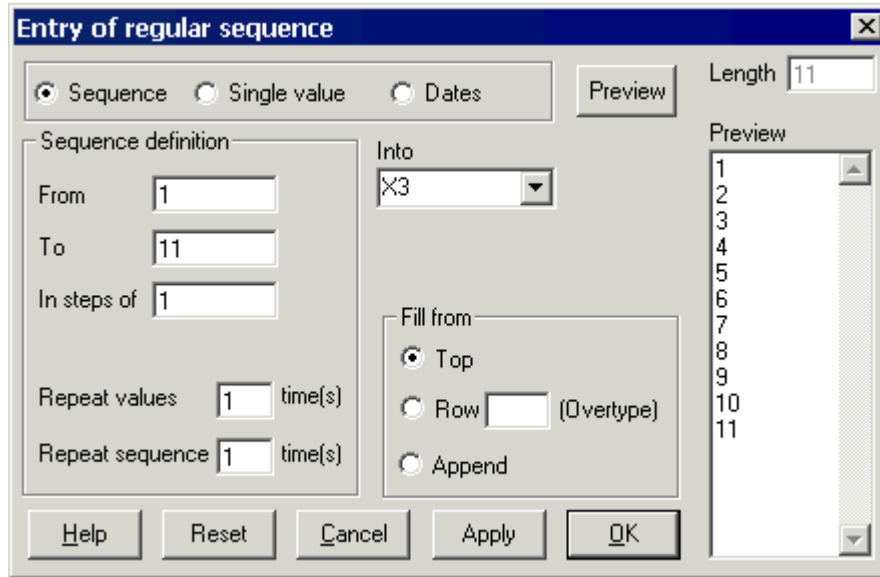


Fig. 2.4.2. Entering a regular sequence



- ⇒ Complete the dialogue as shown in Fig. 2.4.2, to enter the numbers 1-11 into column X3. To see what the sequence will look like, click [**P**review]. Click [**O**K] to generate the values.
- ⇒ Enter *yearnum* into the header line as the name for column X3 (Fig. 2.4.3).

Fig. 2.4.3. Data in *yearnum*

	X1	X2	X3
	total	raindays	<i>yearnum</i>
1	1330	120	1
2	2094	161	2
3	1851	150	3
4	1470	142	4
5	1557	152	5
6	1932	155	6
7	1184	126	7
8	2452	183	8
9	1347	132	9
10	1792	167	10
11	1488	149	11
12			

2.5. Calculating new variates

It is easy to calculate new variates from those already in a worksheet. To demonstrate this, let's find the mean rainfall per rainy day.

- ⇒ To calculate a new column, choose **Manage ▸ Calculations** (Fig. 2.5.1).
- ⇒ Complete the **Calculate** dialogue as shown in Fig. 2.5.2. The calculation can either be typed into the top box, or you can use the mouse to click on the operator buttons and double-click on the variates as required.
- ⇒ To save the results in a new column, click the check box **Save result** and select X4 (the next empty column) from the pull down list. Click [**O**K].
- ⇒ A new variate will be added to the spreadsheet in column X4. Name X4 as *meanrain*.

Fig. 2.5.1. Manage menu

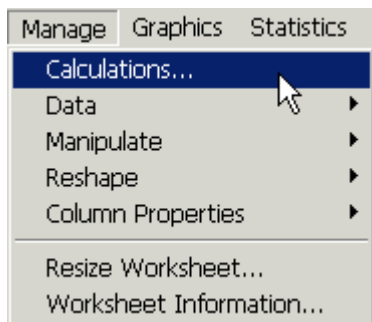


Fig. 2.5.2. Calculate dialogue

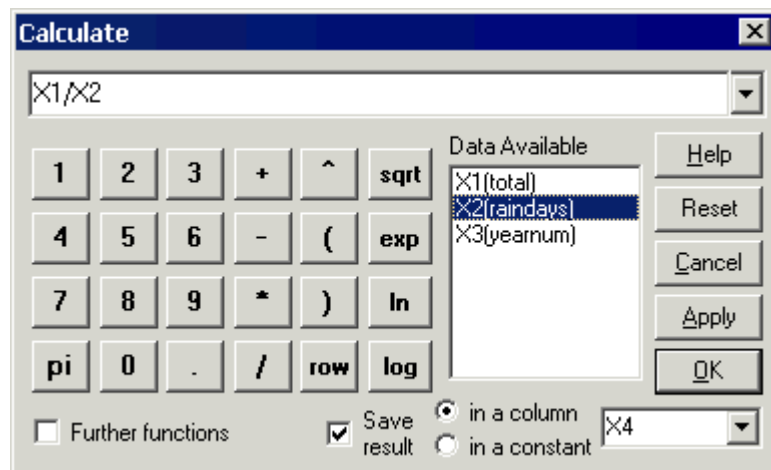


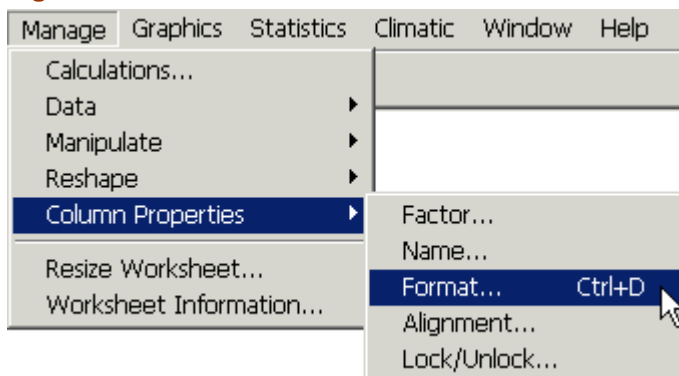
Fig. 2.5.3 shows column X4 (*meanrain*) in the worksheet, which now holds the mean rainfall per rainy day for each of the 11 years. The column is displayed with the same number of significant digits for all the values, which can lead to a variable number of decimal places. Change this by:

⇒ **Manage ▸ Column Properties ▸ Format** (Fig. 2.5.4).

Fig. 2.5.3. Calculation

X4
meanrain
11.08333
13.00621
12.34
10.35211
10.24342
12.46452
9.396826
13.39891
10.20455
10.73054
9.986577

Fig. 2.5.4. Format the data



⇒ As shown in Fig. 2.5.5, select the variate X4 as the column to be formatted and select the format **0.0** to have 1 decimal place displayed.

⇒ Click **[OK]** to effect the change. The resulting formatted data are shown in Fig. 2.5.6.

Fig. 2.5.5. Choose the format

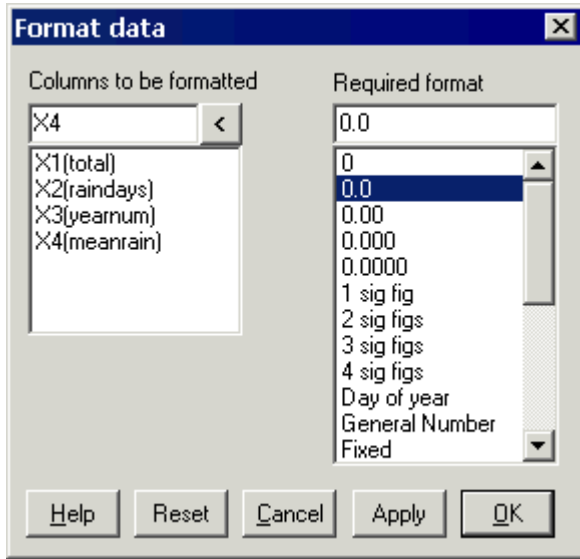


Fig. 2.5.6. Formatted data

X4
meanrain
11.1
13.0
12.3
10.4
10.2
12.5
9.4
13.4
10.2
10.7
10.0

2.6. Closing, saving and (re)opening worksheets

⇒ Close the current worksheet. This can be done by clicking on the **X** button in the upper right corner of the worksheet, or by selecting **File** ▸ **Close Worksheet** from the menu bar (Fig. 2.6.1).

The worksheet you have been using up to this point is stored in a temporary file named *UNTITLED.WOR*. When you try to close it, Instat prompts you to save any changes to the worksheet (Fig. 2.6.2) and – if you choose ‘Yes’ – give the file a more suitable, permanent name.

Fig. 2.6.1. File menu

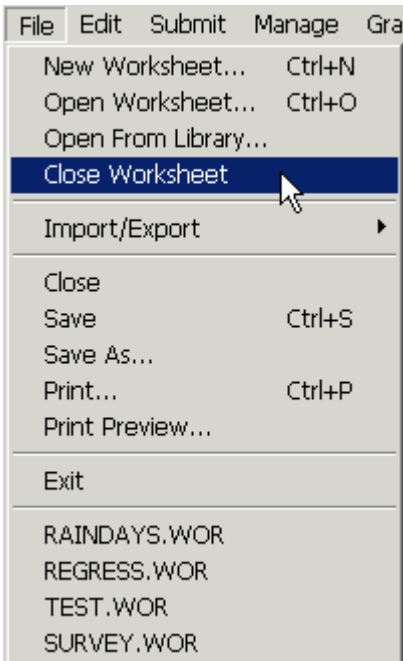
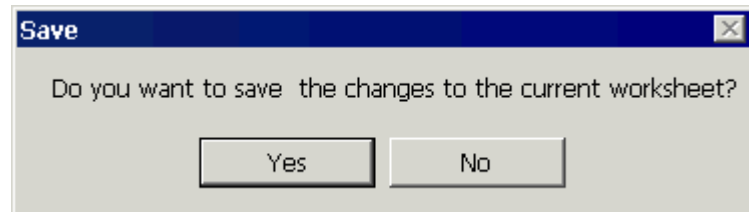


Fig. 2.6.2. Prompt to save changes to the current worksheet

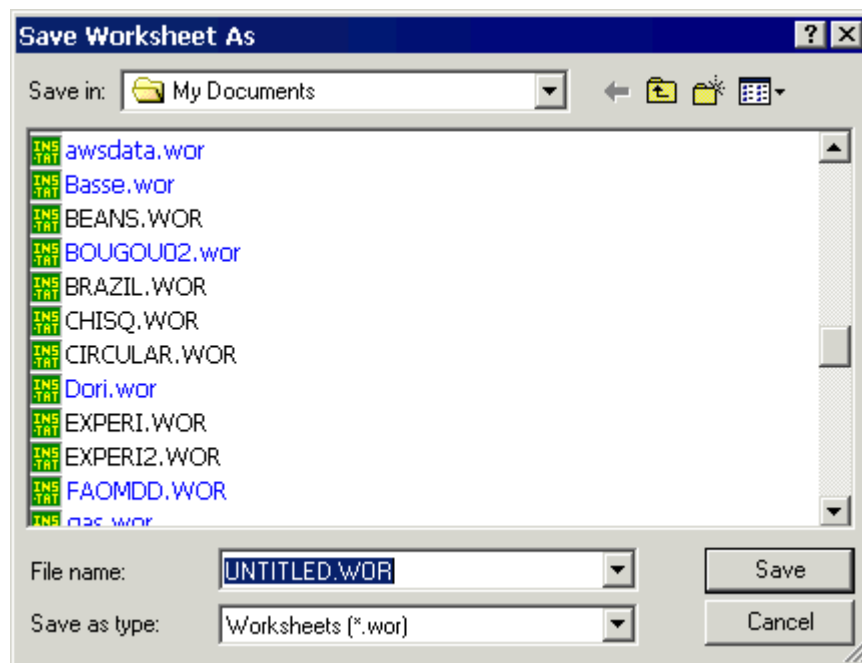


⇒ Choose **[Yes]** (Fig. 2.6.2).

The **Save Worksheet As** dialogue appears (Fig. 2.6.3).

⇒ Type *raindays.wor* as the new name for the file, and click **[OK]**.

Fig. 2.6.3. Dialogue to name and save a worksheet



- ⇒ To open a recently used worksheet, for example, *raindays.wor*, either select it from the list near the bottom of the **File** menu, as shown in Fig. 2.6.4,
- or
- ⇒ Use **File** ▸ **Open Worksheet** and select the file name *raindays.wor* from the list displayed, as shown in Fig. 2.6.5.

Fig. 2.6.4. File menu

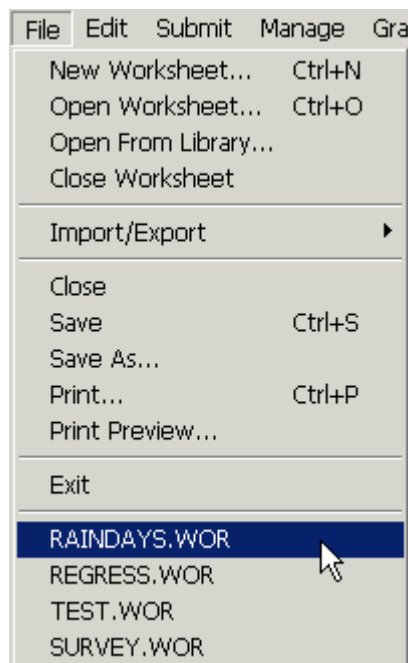
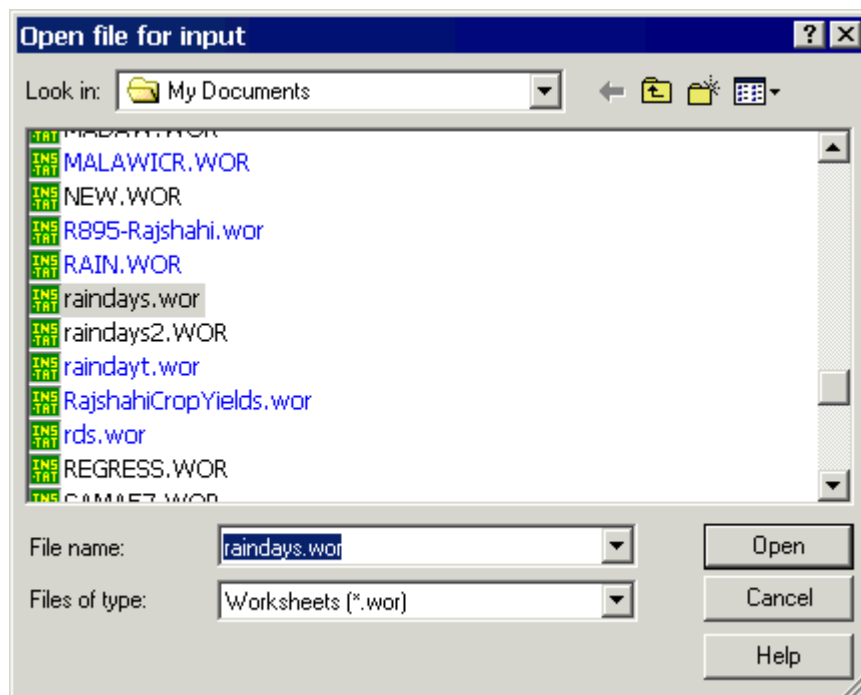


Fig. 2.6.5. Dialogue to open an existing worksheet



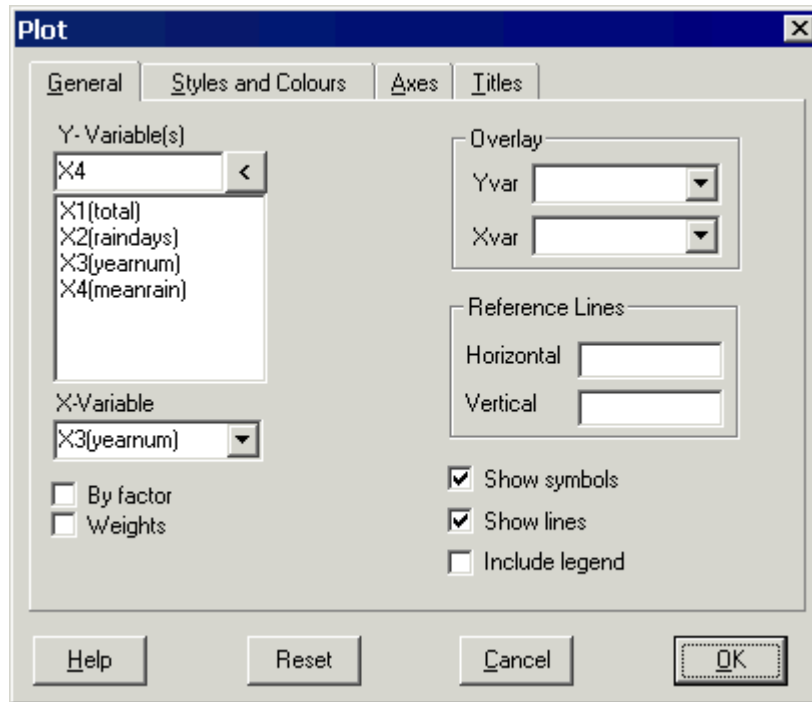
3. Example 1 (continued)

3.1. Plotting lines

Try plotting the mean daily rainfall against the year number.

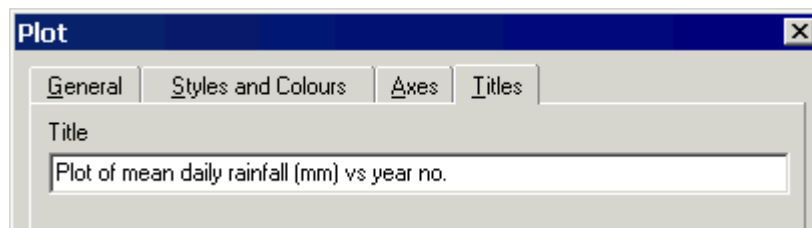
- ⇒ Use **Graphics ▸ Plot** with *meanrain* as the **Y-Variable** and *yearnum* as the **X-Variable**, as shown in Fig. 3.1.1.

Fig. 3.1.1. The Plot dialogue



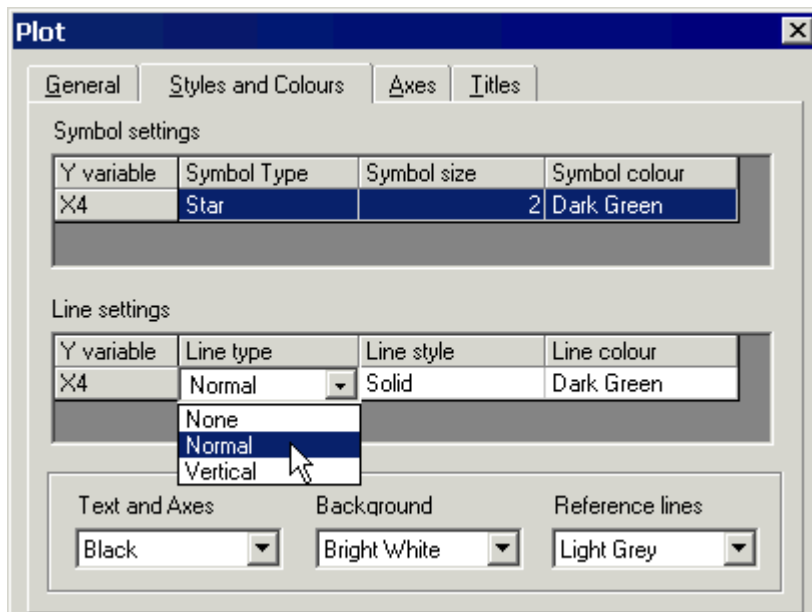
- ⇒ Click on the **Titles** tab to add an appropriate title (see Fig. 3.1.2).

Fig. 3.1.2. The Plot dialogue's Titles tab



- ⇒ To get a line plot, tick the **Show lines** checkbox. To specify the type of lines you want, click on the **Styles and Colours** tab and complete the dialogue as shown in Fig. 3.1.3.

Fig. 3.1.3. Styles and colours for lines and symbols



⇒ Click **[OK]** to display the plot.

Complete the following:

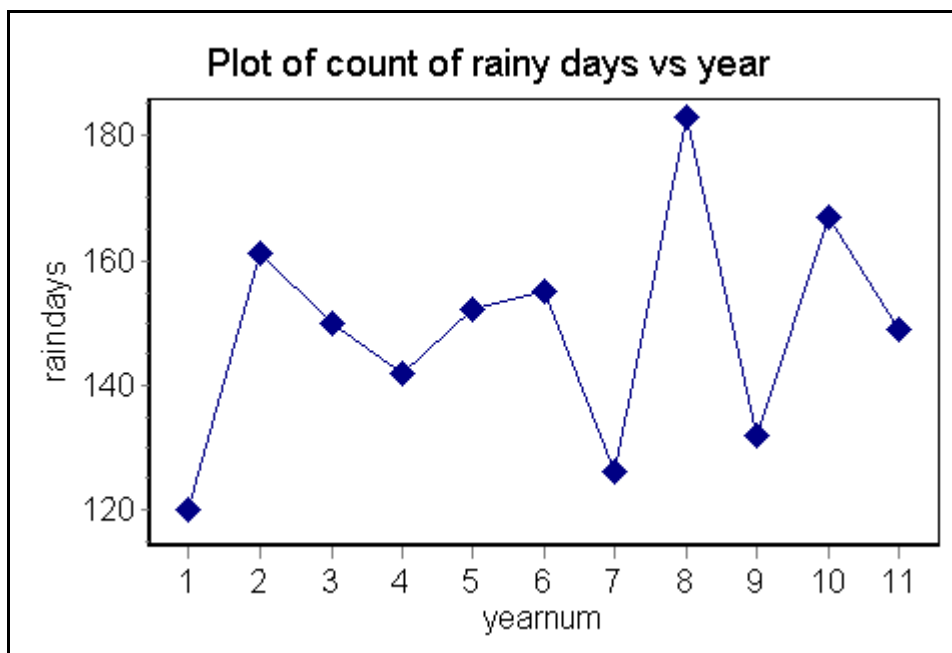
Which year has highest mean rain per day?

Which year has the lowest mean rain per day?

Is there any obvious pattern?

⇒ Try some more plots, using different styles, colours and symbols. For example, plot the *raindays* variate, X2, against the *yearnum* variate. Our version of the resulting plot is shown in Fig. 3.1.4.

Fig. 3.1.4. Plot of *raindays* against *yearnum*



3.2. Specifying groups using factors

Four years in this dataset were 'El Niño' years: the second, third, eighth and tenth. The others were ordinary years. To specify these two groups, you need to define a *factor* with two *levels*, labelled 'E' for El Niño and 'O' for Ordinary (you can type a longer label of up to 8 letters if you wish).

- ⇒ Click in row 1 of column X5 and enter the following data: 1 2 2 1 1 1 1 2 1 2 1
- ⇒ Type *type* as the column name (Fig. 3.2.1).
- ⇒ Select **Manage ▾ Column Properties ▾ Factor** and in the resulting dialogue (Fig. 3.2.2) choose X5 (*type*) as the Data column.
- ⇒ Tick the option to **Attach to new label column**, then edit the labels 'Level1' and 'Level2' to be 'O' and 'E' respectively.
- ⇒ Click [OK].

Fig. 3.2.1. Variate

X5
type
1
2
2
1
1
1
1
2
1
2
1

Fig. 3.2.2. Define a factor

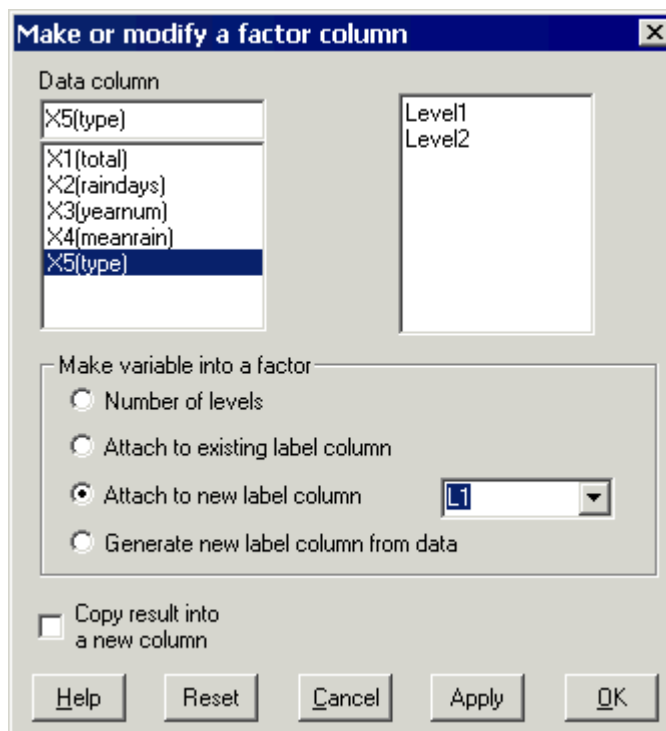


Fig. 3.2.3. Factor

X5 - F
type
O
E
E
O
O
O
O
E
O
E
O

As can be seen in Fig. 3.2.3, the **Make or modify a factor column** dialogue has associated the value 1 in X5 with the label 'O' and the value 2 with the label 'E'. It also designates this column as a factor and shows this in the worksheet column header by 'X5 - F'.

For simplicity, we have used the letters 'O' and 'E' as the labels. Up to 8 characters are allowed, so 'Ordinary' and 'El Niño' could be typed in full instead.

- ⇒ If you look in the worksheet and press the **Labels** tab (Fig. 3.2.4), you will see how Instat stores the labels for factors (Fig. 3.2.5).

Fig. 3.2.4. The Labels tab

Current Worksheet - raindays.wor					
Columns	Constants	Strings	Labels	Title:	
X1	X2	X3	X4	X5 - F	
total	raindays	yearnum	meL Labels	type	
1	1 2 2 1 1 1 1 2 1 2 1				

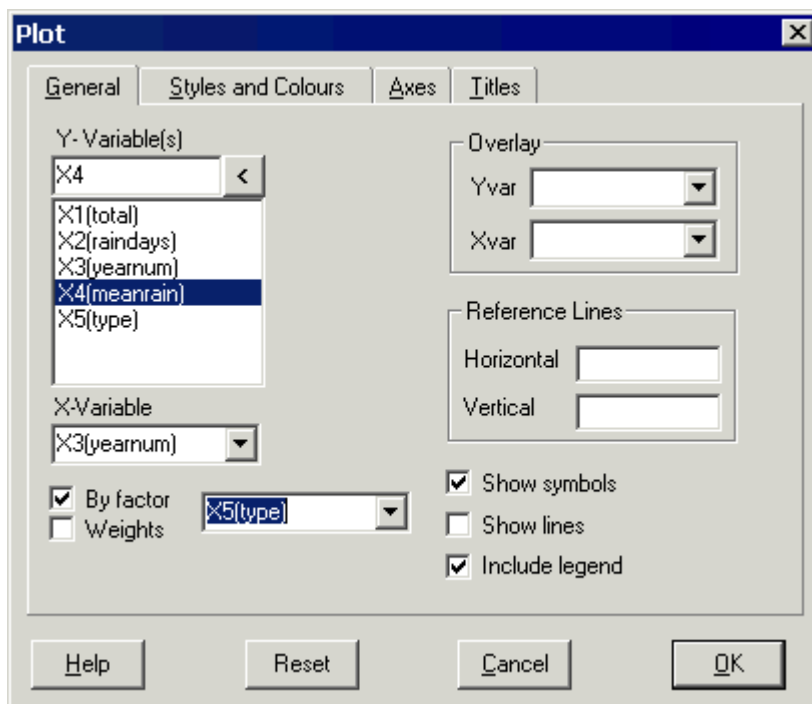
Fig. 3.2.5. Label column L1

Current Worksheet - raindays.wor			
Columns	Constants	Strings	Labels
	L1*	L2	L3
1	O		
2	E		
3			

The *type* column can be used to label a graph.

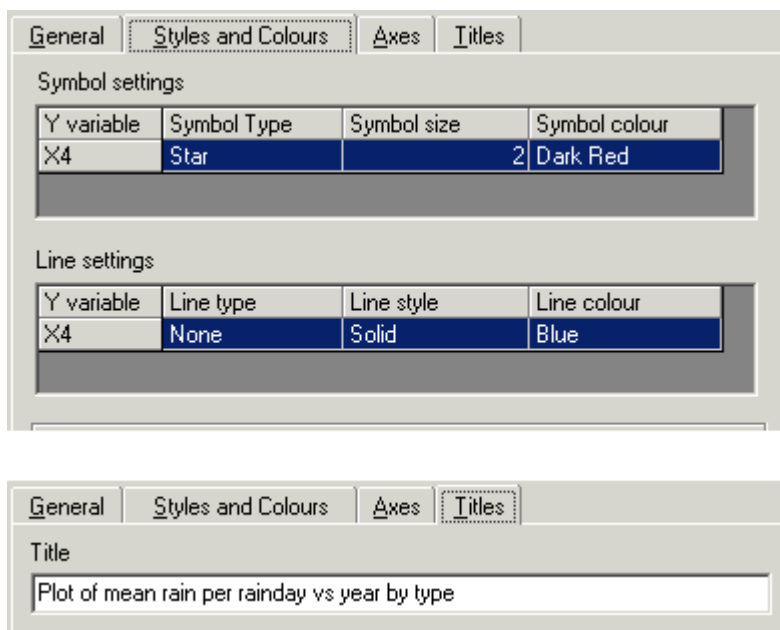
- ⇒ Choose **Graphics** ▾ **Plot**. Select the Y-Variable and X-Variable as shown, tick the **By factor** checkbox, and select X5 from the pull-down list (Fig. 3.2.6).

Fig. 3.2.6. Plot dialogue



- ⇒ Click on the **Styles and Colours** tab, then set the **Symbol Type** to 'Star', and the **Line Type** to 'None' (Fig. 3.2.7). Use the **Titles** tab to set a suitable title for the plot.

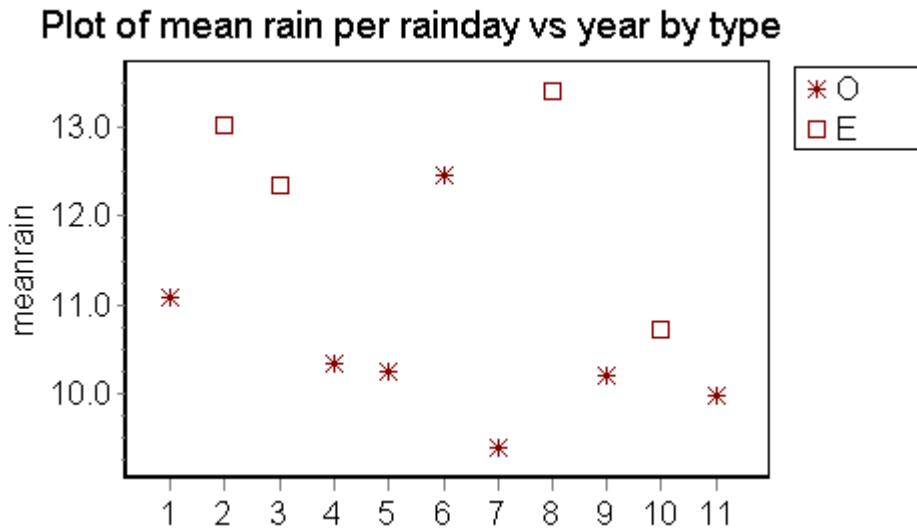
Fig. 3.2.7. Specify Title, Line and Symbol Settings



- ⇒ Click **[OK]** to generate the plot, which should look similar to Fig. 3.2.8.

The points from the two groups are displayed using different symbols, indicated in the legend on the right-hand side of the plot.

Fig. 3.2.8. Plot showing mean rainfall for each level of type



⇒ To close the graph, click on the **X** in the top right corner of the graphics window.

3.3. Deriving statistics for columns

Earlier, you used **Statistics** ▾ **Summary** ▾ **Describe** to give some summaries of the data. Now, with the data in two groups, it is useful to give the summaries for each group individually.

⇒ **Statistics** ▾ **Summary** ▾ **Column Statistics**

⇒ Complete the dialogue as shown in Fig. 3.3.1 and press **OK**. The results appear in the **Commands and Output** window, and are shown in Fig. 3.3.2.

Fig. 3.3.1. Column Statistics dialogue

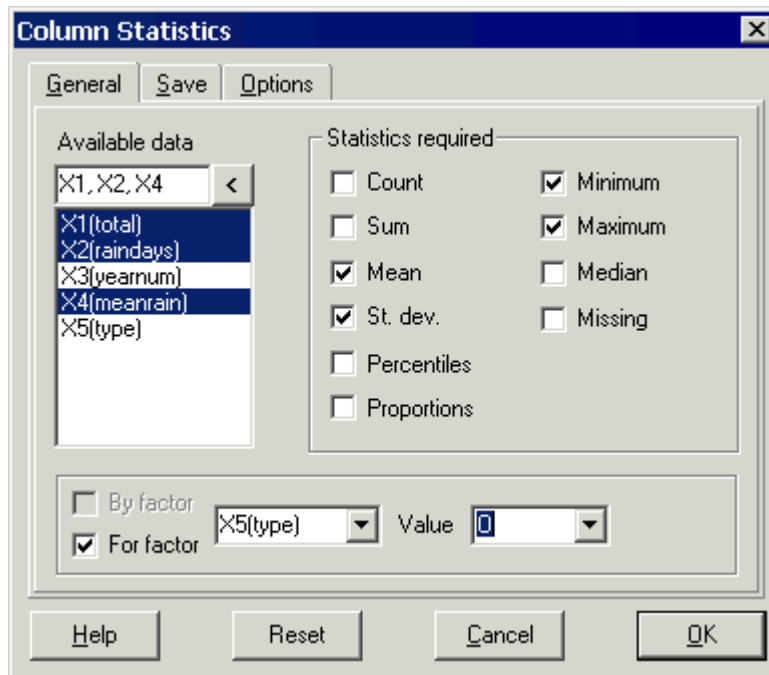


Fig. 3.3.2. Output for level 1 (O)

Column	Mean	Min.	Max.	SDE
Level 0				
total	1473	1184	1932	237.3
raindays	139.4	120	155	13.61
meanrain	10.53	9.397	12.46	0.9872
:				

⇒ To close the worksheet, click on the **X** in the top right corner of the **Worksheet** window.

If you have made any changes to the data in the worksheet, Instat first prompts you to save them – they will be saved by default to *raindays.wor*. The Worksheet window then closes.

The results that appear in the **Commands and Output** window can also be saved if desired:

⇒ Click within the **Commands and Output** window, then select **File** ▾ **Save** to bring up the **Save Commands and Output** dialogue (similar to Fig. 2.6.3).

⇒ Type a suitable filename for the output (e.g. *raindays.out*) and click on **[Save]**.

This is the end of the first example. Leave Instat open, ready for the next exercise.

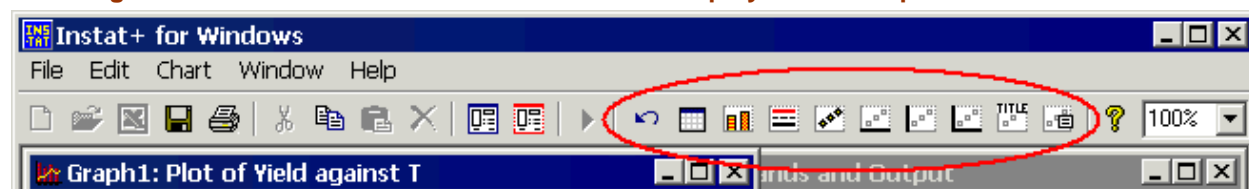
3.4. Review of example 1

You have just carried out a simple descriptive analysis, using a range of features accessed through Instat's menus. Check that you feel confident about finding the menu options needed for these various tasks:

- Create, open, save and close worksheets; save and close output files (**File** menu).
- Enter regular sequences; calculate new columns; format columns; define columns as factors (**Manage** menu).
- Derive summaries (**Statistics** menu).
- Produce scatterplots, line plots, and plots that distinguish between groups (**Graphics** menu).

Note: when a plot is the active window, Instat's menu and toolbar change to provide various plot editing facilities. The plot menu and toolbar are shown in Fig. 3.5.1. If you feel like a challenge, you could explore these facilities, for instance by altering the axes or adding a legend to a plot, then exporting it in a form that can be included in a report.

Fig. 3.5.1. Revised menu and toolbar that are displayed when a plot is the active window



If you have worked through the tutorial to this point without a pause, and are happy about finding your way around Instat using the menus, now is a good time to take a break!

4. Example 2: Boxes, Models and Data Manipulation

In the tutorial so far, we have used only descriptive statistics, to summarise the data numerically and to draw some graphs. Some of Instat's features used in this second example bring in ideas of simple statistical models.

4.1. Getting a feel for the data

This example comes from Mead, Curnow and Hasted (2002), pages 33-34 and 38-39.¹⁵ This compares 6 observations from a new variety of wheat with 10 observations from the standard variety. The yields (in tonnes per hectare) are as follows:

New: **2.5 2.1 2.4 2 2.6 2.2**

Standard: **2.2 1.9 1.8 2.1 2.1 1.7 2.3 2.0 1.7 2.2**

⇒ First create a new worksheet using **File ▸ New Worksheet**

⇒ Enter the data, name the columns and give the worksheet a title, as shown in Fig. 4.1.1.

Fig. 4.1.1. Wheat data set

	X1	X2	X3	X4
	New	Standard		
1	2.5	2.2		
2	2.1	1.9		
3	2.4	1.8		
4	2	2.1		
5	2.6	2.1		
6	2.2	1.7		
7		2.3		
8		2		
9		1.7		
10		2.2		
11				

⇒ Save the worksheet, giving it the name *wheat.wor*.

An informative way to illustrate the main aspects of the data is to use a boxplot.

⇒ Find the **Boxplot** menu option and complete the dialogue, as shown in Fig. 4.1.2.

This gives the display shown in Fig. 4.1.3.

An additional use of boxplots is to show outliers. Fig. 4.1.4 shows (horizontal) boxplots of the wheat data, after editing the 8th value in the Standard group from 2.0 to 2.9. The general shape of the plot is the same, but the 'odd' large value stands out and therefore deserves closer scrutiny.

⇒ Change the value in the 8th row of X2 from **2** to **2.9** (Fig. 4.1.2), then refer to the **Boxplot** dialogue options and try to reproduce the plot in Fig. 4.1.4.

⇒ Once you have succeeded and feel confident about using boxplots, set the edited value back to **2.0** in the worksheet.

¹⁵ Mead, R., Curnow, R.N. and Hasted, A.M. (2002) *Statistical Methods in Agriculture and Experimental Biology*, 3rd edition. Chapman & Hall /CRC, UK. 488pp. ISBN 1584881879.

Fig. 4.1.2. Boxplot dialogue

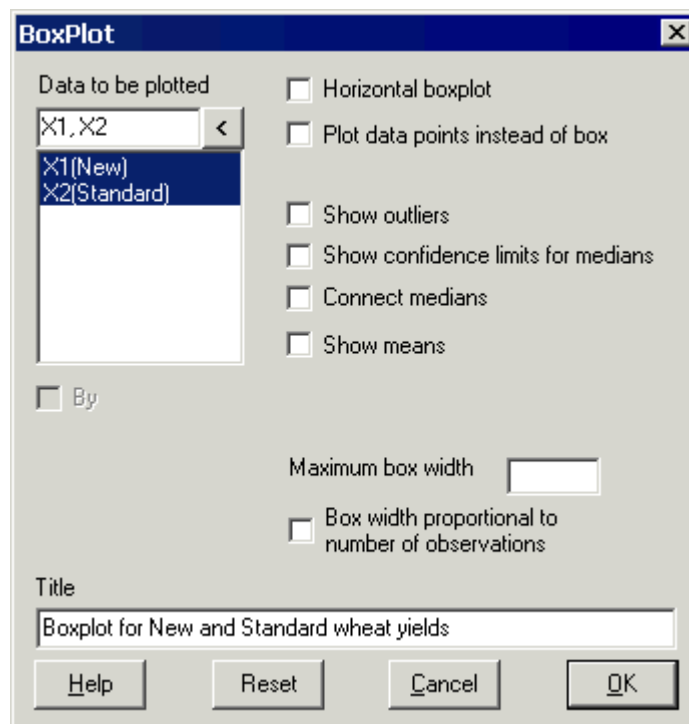


Fig. 4.1.3. Boxplots for New and Standard wheat yields (t/ha)

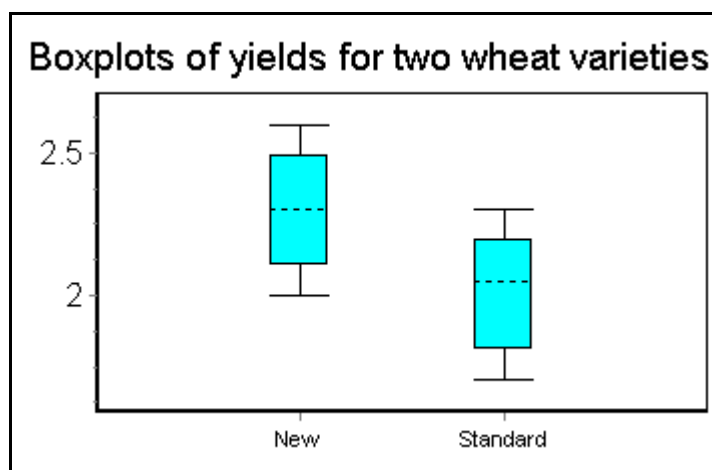
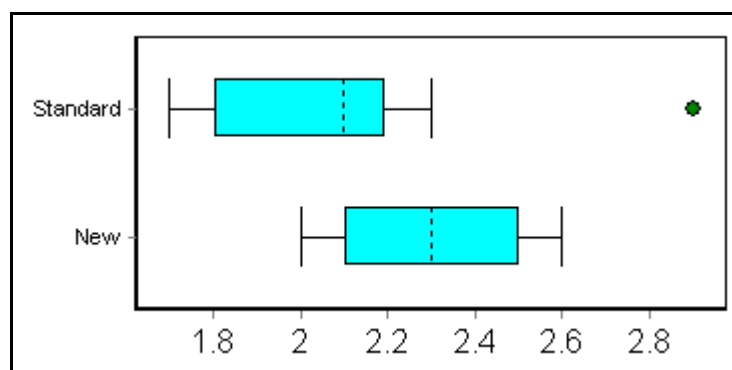


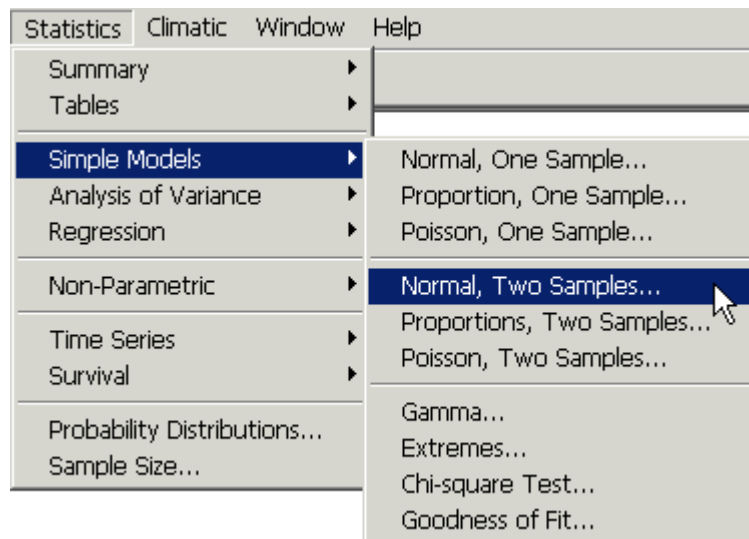
Fig. 4.1.4. Horizontal boxplots for the two wheat varieties, highlighting an outlier



4.2. Comparison of means

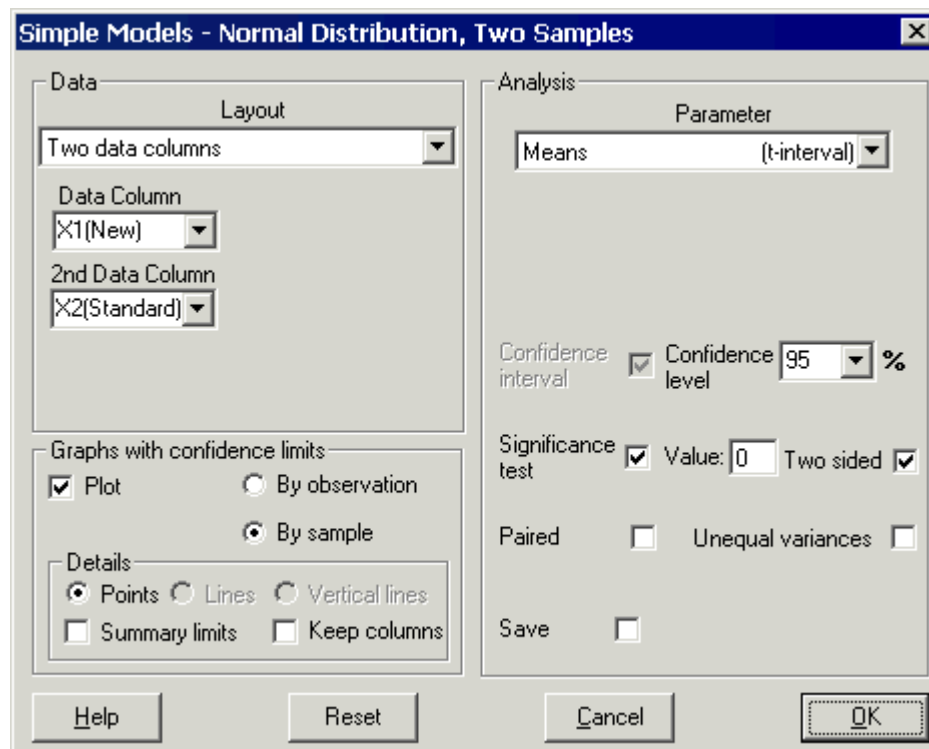
⇒ A comparisons of the means of two different samples can be made using the menu option **Statistics** ▸ **Simple Models** ▸ **Normal, Two Samples** (Fig. 4.2.1).

Fig. 4.2.1. Simple Models menu



⇒ Complete the dialogue as in Fig. 4.2.2, ticking both the **Significance Test** and **Plot** boxes.

Fig. 4.2.2. Two sample confidence interval and ttest



The resulting output is shown in Fig. 4.2.3 and the plot in Fig. 4.2.4. The 'confidence interval' and 'null hypothesis' are indicated in the plot, to highlight issues that could be discussed when teaching statistics. In this tutorial the main concern is to show how to use Instat to produce results.

Fig. 4.2.3. Comparison of means

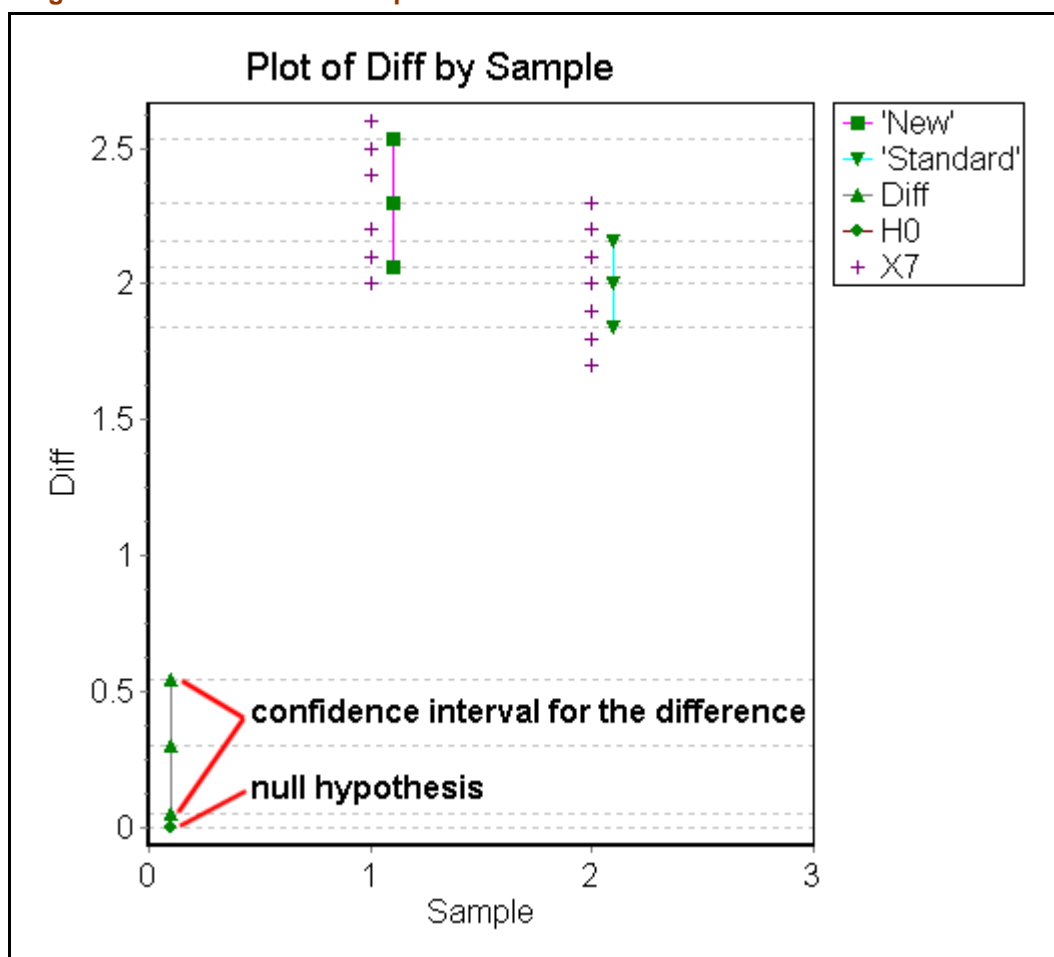
```

: TINT 'New' 'Standard'
Column          New      Standard
Sample size     6        10
Minimum         2         1.7
Maximum         2.6       2.3
Range           0.6       0.6
Mean            2.3       2
Std. Deviation  0.23664  0.21602

Pooled standard deviation = 0.223607

Difference between means = 0.3  s.e. of difference = 0.11547
with 14 d.f.
95% confidence interval for the difference between means
    0.05234  to  0.54766
t value testing mean difference=0          is 2.60
Significance level is 2.11% for 2 sided test
    
```

Fig. 4.2.4. Plot from two sample t-test



4.3. Manipulating data

Data often need reorganising before analysis. Many of Instat's data reorganisation facilities are to be found on the **Manage** menu.

⇒ Examine the various options offered by the **Manage** menu.

In the two-sample example that was used for the *t*-test, the data were put into two separate columns, *New* and *Standard*. We now wish to append the data from the two columns into X3 and add a factor column, X4, to indicate from which set each observation has come.

⇒ Find the **Stack** option from the menu, and complete the dialogue as shown in Fig. 4.3.1. Note that ‘stacking’, or appending one column onto the end of another, is an example of reshaping the worksheet.

⇒ Give the name *Yield* to the new column in X3.

The stacked column, X3, and the corresponding factor column, X4, are shown in Fig. 4.3.2.

Fig. 4.3.1. Stack columns

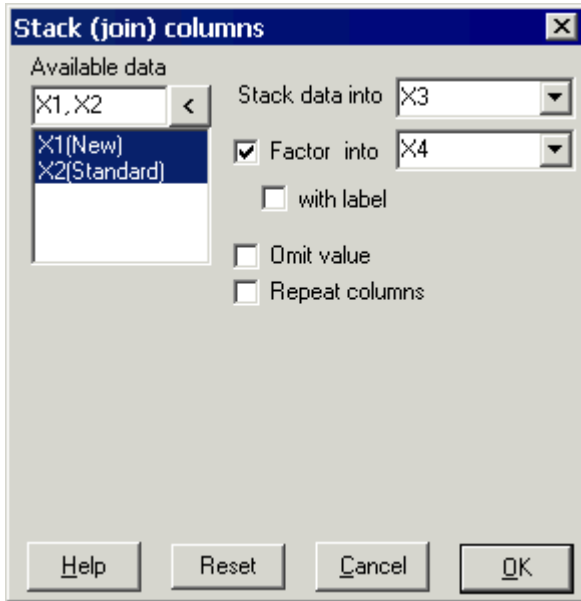
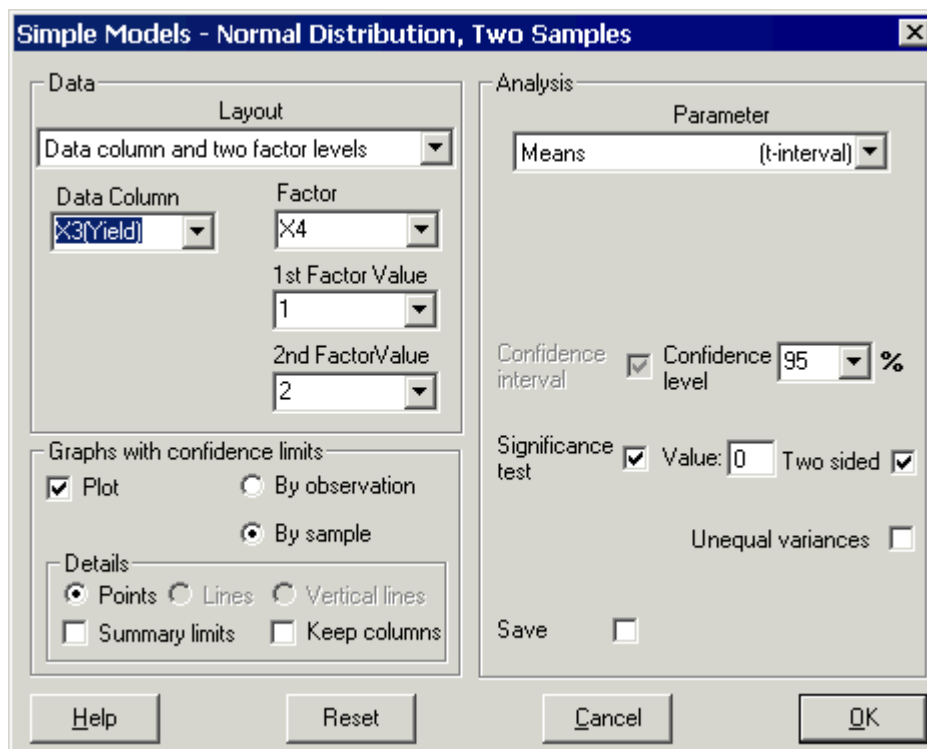


Fig. 4.3.2. Stacked data

Columns	Constants	Strings	Labels	Title:	Wheat
	X1	X2	X3	X4 - F	X5
	New	Standard			
1	2.5	2.2	2.5	1	
2	2.1	1.9	2.1	1	
3	2.4	1.8	2.4	1	
4	2	2.1	2	1	
5	2.6	2.1	2.6	1	
6	2.2	1.7	2.2	1	
7		2.3	2.2	2	
8		2	1.9	2	
9		1.7	1.8	2	
10		2.2	2.1	2	
11			2.1	2	
12			1.7	2	
13			2.3	2	
14			2	2	
15			1.7	2	
16			2.2	2	

⇒ Return to the *t*-test dialogue. Change the dialogue options to those shown in Fig. 4.3.3 and click **[OK]**.

Fig. 4.3.3. Analysis for a single column with two factor levels




You should find that the output and the plot show essentially the same results as the method using two columns in Section 4.2.

The stacked form of the data, with a factor column indicating the groups, is more common. This 'list' format, as it is called, is the standard way of arranging data for statistical work.

4.4. Understanding how Instat works

Before the Windows version of Instat was developed, you could use it only if you knew its 'command language'. You typed commands that you 'submitted' to perform an action. Instat may still be used in this way, as shown next. Instat may also be used as a calculator. The Windows version of Instat gives you several ways of preparing instructions for submission to the Instat server (i.e. the program at the heart of Instat), as follows.

4. Type commands directly into the **Commands and Output** window
5. Open an **Editing** window, type commands, and submit them (e.g. using the  toolbar button)
6. Use the menus and dialogues, as described in previous sections.

Here these three alternative ways of working are illustrated by performing a simple calculation.

Method 1

⇒ Click in the **Commands and Output** window. At the '?' prompt, type ? 3 + 4 and press <Enter>. The answer 7 is displayed, as shown in Fig. 4.4.1.

N.B. If the **Commands and Output** window is not visible (e.g. it may be hidden by other windows), you can make it appear by selecting it from the list near the bottom of the **Window** menu.

Method 2

⇒ Use **Edit** ▾ **Edit Text** ▾ **New** (Fig. 4.4.2). This gives you an **Editing** window.

Fig. 4.4.1. Typing directly into the Commands and Output window

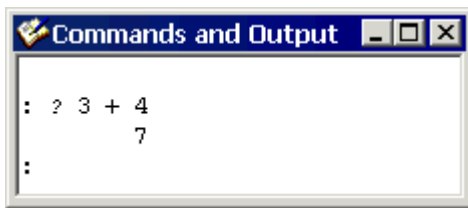
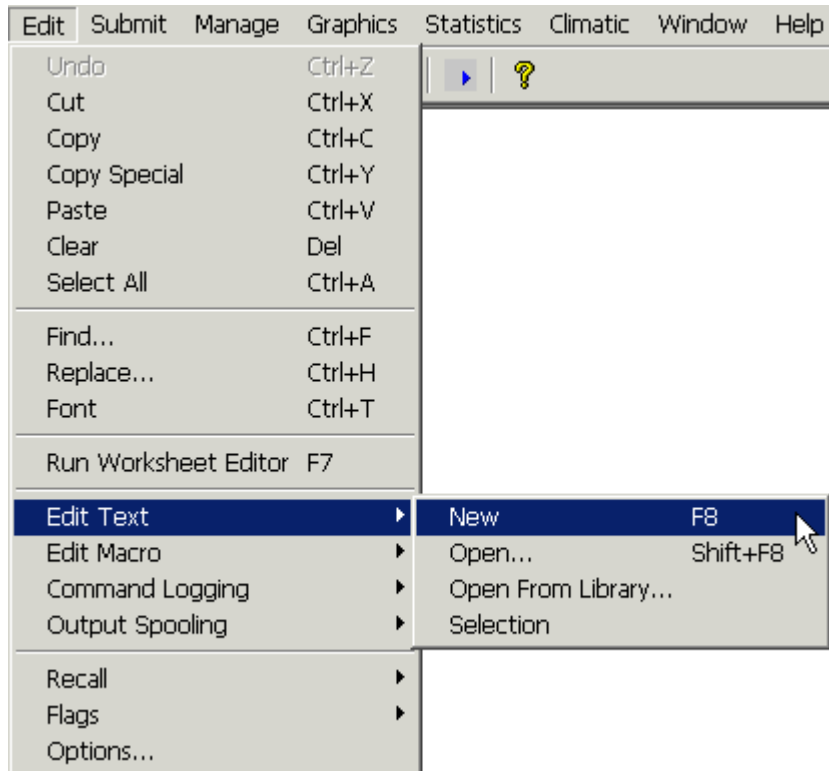


Fig. 4.4.2. Open a text editing window

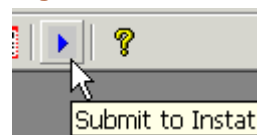


- ⇒ In this window, type ? 3+4 as shown Fig. 4.4.3.
- ⇒ Click on the **Submit to Instat** button (Fig. 4.4.4).

Fig. 4.4.3. Editing window



Fig. 4.4.4. Submit button



You have now submitted your ‘program’ of commands – a single line of instructions – to the Instat server. Instat normally echoes the command in the **Commands and Output** window, and the results appear exactly as before (as in Fig. 4.4.1). Note that this answer is only displayed; it is not saved in the worksheet.

Method 3

- ⇒ The third method is to use **Manage ▸ Calculations**. Type **3 + 4** as the function, then click on **[OK]**. If you look in the **Commands and Output** window, notice that 3 + 4 still equals 7!

So that is how Instat works. You prepare commands, which are submitted to the Instat server. The Windows version simply gives you a variety of ways to prepare commands for Instat. Instat obeys the commands and (usually) puts the results in the **Output** Window.

If the commands produce graphs, then Instat puts the graphs in a **Graphics** Window. If you make a mistake in the command, it prints an error message in the status line at the bottom of the Instat screen, and also in the **Output** window.

4.5. Instat as a calculator

The example above ($3 + 4 = 7$) showed how Instat may be used as a simple calculator. Here we build on this idea. Suppose you want to calculate the difference between 4.35 and 2.37 expressed as a percentage of 4.35.

⇒ Open the calculator using **Manage ▾ Calculations**, construct the calculation shown in Fig. 4.5.1 (i.e. $100 * (4.35 - 2.37) / 4.35$)

It is important that parentheses – ‘(’ and ‘)’ – are included where appropriate in the formula to ensure that the calculation you are trying to do has only one meaning.

Fig. 4.5.1. Instat as a calculator: the Calculate dialogue

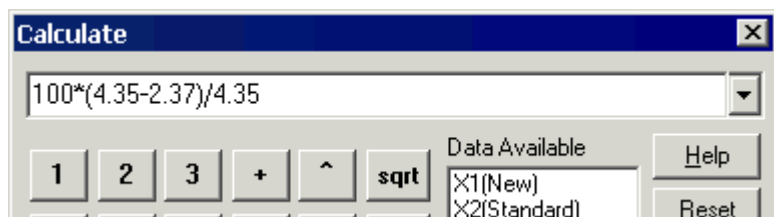
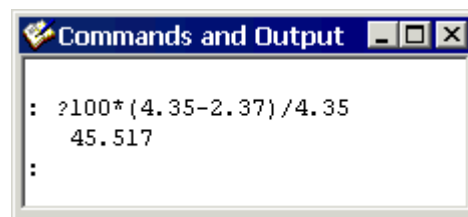


Fig. 4.5.2. Output from calculation



⇒ Click **[OK]** to get the result, namely 45.517 (Fig. 4.5.2): i.e. the difference is 45.52% of 4.35.

⇒ To try some more calculations, click the **Edit last dialogue** button on the toolbar (Fig. 4.5.3) to recall the Calculations dialogue.

Notice that Instat remembers the previous calculation (Fig. 4.5.4).

Fig. 4.5.3. Edit last dialogue

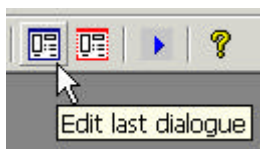
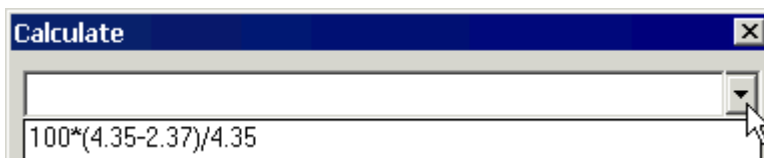


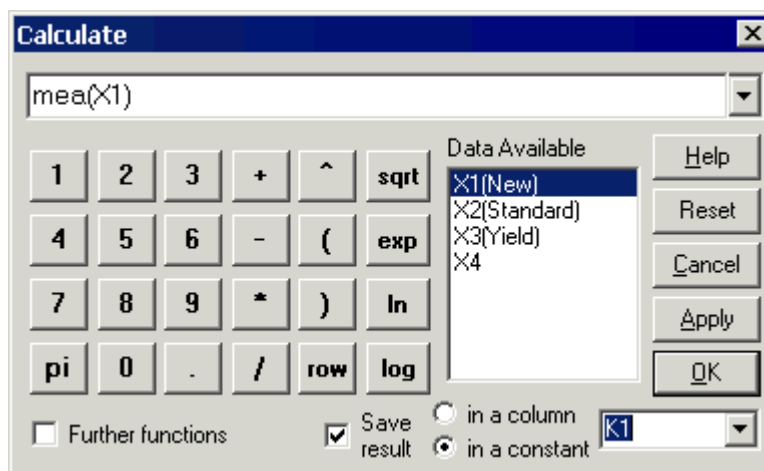
Fig. 4.5.4. ... remembers previous calculations



This time we will find the mean of X1 and save the result from the calculation in a constant, K1.

⇒ Make sure that the worksheet *wheat.wor* is open. In the **Calculate** dialogue, construct the expression **mea(X1)** in the formula field, click the **Save Result** box, choose the option to save **in a constant** and select **K1** as the result (Fig. 4.5.5). Click **[OK]**.

Fig. 4.5.5. Save result in a constant

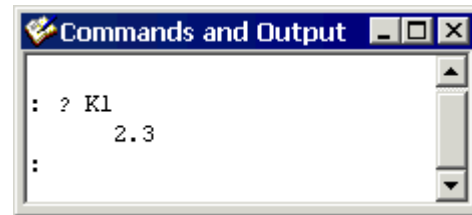


⇒ To see the result, either click the **Constant** tab in the Current Worksheet window (Fig. 4.5.6) or type **? K1 <Enter>** in the **Commands and Output** window (Fig. 4.5.7).

Fig. 4.5.6. View result in Worksheet window



Fig. 4.5.7. Show result in Output window



The examples so far show that Instat, in common with all other statistics packages, is basically a column calculator. The main component of an Instat worksheet comprises the columns X1, X2 etc. (See, for example, Fig. 4.3.2.) Occasionally, as in the calculation above, it is useful to store single values, for which the 'constants' (K1, K2 ...) are provided.

Next we show how Instat can be used as a scientific column calculator. It allows a wide range of data transformations, which are sometimes required before the data are analysed.

- ⇒ Bring up the **Calculate** dialogue. In the formula field box, either type or use the calculator keys to enter **sqr(X1)** (as shown in Fig. 4.5.8). Choose the option to **save the result in a column**, and select **X5** from the list of available columns. This will give the square root of the data contained in the column **New**, and save the results in a new column, X5. Click **[OK]**.
- ⇒ Name X5 as **SqrNew** and format the result to display 3 decimal places (Fig. 4.5.9).

Fig. 4.5.8. Calculations using functions

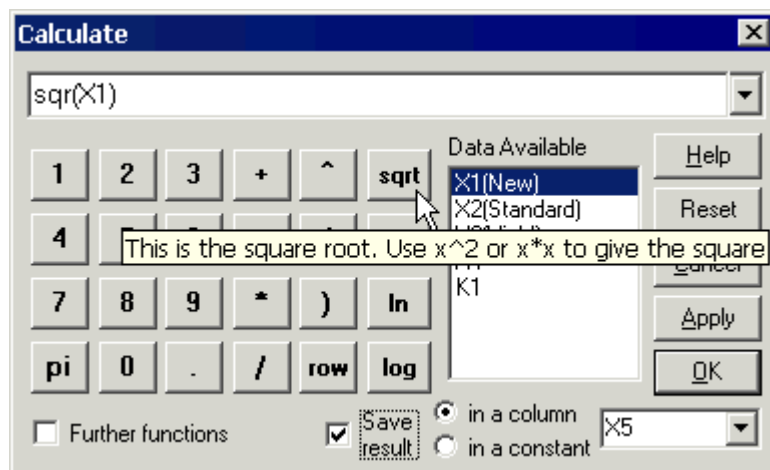


Fig. 4.5.9. SqrNew

X5
SqrNew
1.581
1.449
1.549
1.414
1.612
1.483

4.6. Review of example 2

This second example introduced some more of Instat's facilities, showing several ways to compare the means of two samples. In the process, some reorganisation of the data columns was needed. As you read the points below, refer back at the example to remind yourself about the menus and dialogues used.

- Boxplots allow a visual comparison to be made of the average (mean, median) and spread of data in a single column or in several columns.
- The means of data from two samples can be compared by assuming that a normal model is suitable, and the difference then tested by calculating the *t*-value. (More on the underlying statistical ideas is given in the Instat Introductory Guide.)
- Columns can be joined or stacked, and a new, classifying (factor) column generated: this type of manipulation is frequently necessary to put data in a suitable form for analysis.
- Instat can be used via the menus and dialogues. You can also type and submit commands.

- For statistical analysis, the data are arranged in columns. So statistical packages can be thought of as 'column calculators'.

5. Example 3: A Simple Regression Model

The final example in this tutorial is of simple regression and it reviews some of the key elements of data analysis using Instat. This example is taken from pages 193–196 of Mead, Curnow and Hasted (2002),¹⁶ and deals with the uptake of CO₂ by leaves (in cm³/dm²/hour) at various concentrations of CO₂ in the air.

5.1. Simple Regression

- ⇒ Start a new worksheet using **File ▸ New Worksheet**
- ⇒ Enter the concentration and uptake data and name the two columns, as shown in Fig. 5.1.1.
- ⇒ Give the worksheet the title **MCH Example, p193-196**.

Fig. 5.1.1 Data for simple linear regression example

	X1	X2	X3	X4	X5
	Conc	Uptake			
1	75	0			
2	100	0.65			
3	100	0.5			
4	100	0.4			
5	120	1			
6	130	0.95			
7	130	1.3			
8	160	1.8			
9	160	1.8			
10	160	2.1			
11	190	2.8			
12	200	2.5			
13	200	2.9			
14	200	2.45			
15	200	3.05			
16	240	4.3			
17	250	4.5			
18					

- ⇒ Click outside the worksheet and when prompted, save it as *leaves.wor*.
- ⇒ Calculate some summary statistics for each of the columns of data.
- ⇒ Produce a scatterplot by completing the appropriate dialogue as shown in Fig. 5.1.2.

Your plot should look similar to Fig. 5.1.3. There is clearly a linear relationship between the two variables.

¹⁶ Mead, R., Curnow, R.N. and Hasted, A.M. (2002) *Statistical Methods in Agriculture and Experimental Biology*, 3rd edition. Chapman & Hall /CRC, UK. 488pp. ISBN 1584881879.

Fig. 5.1.2. Plot dialogue showing options available using the tabs

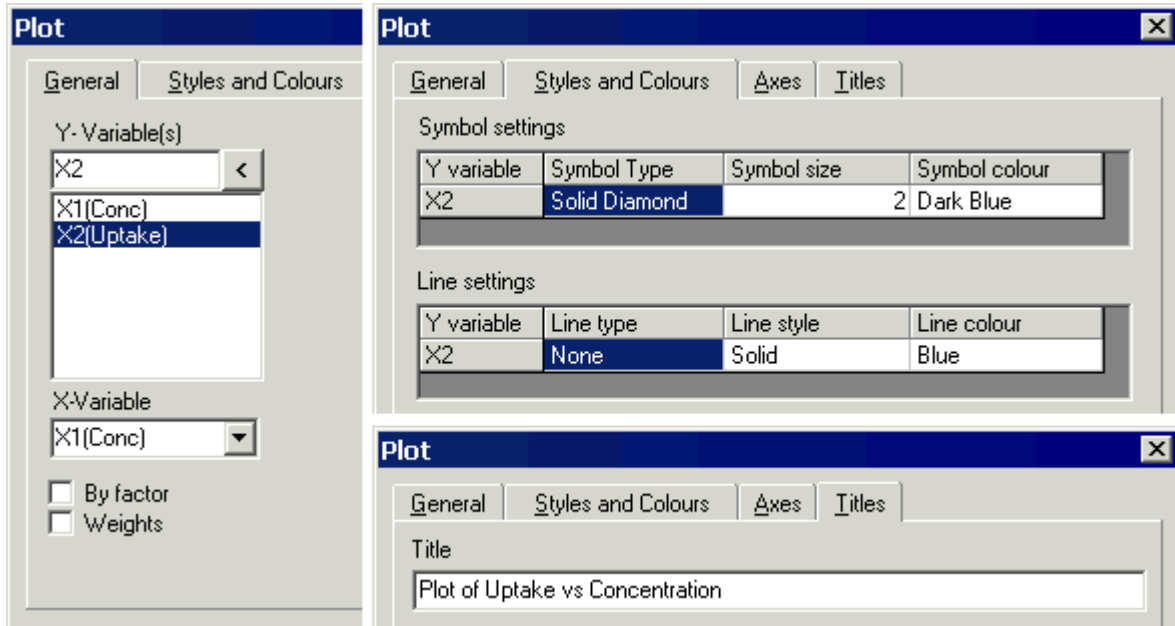
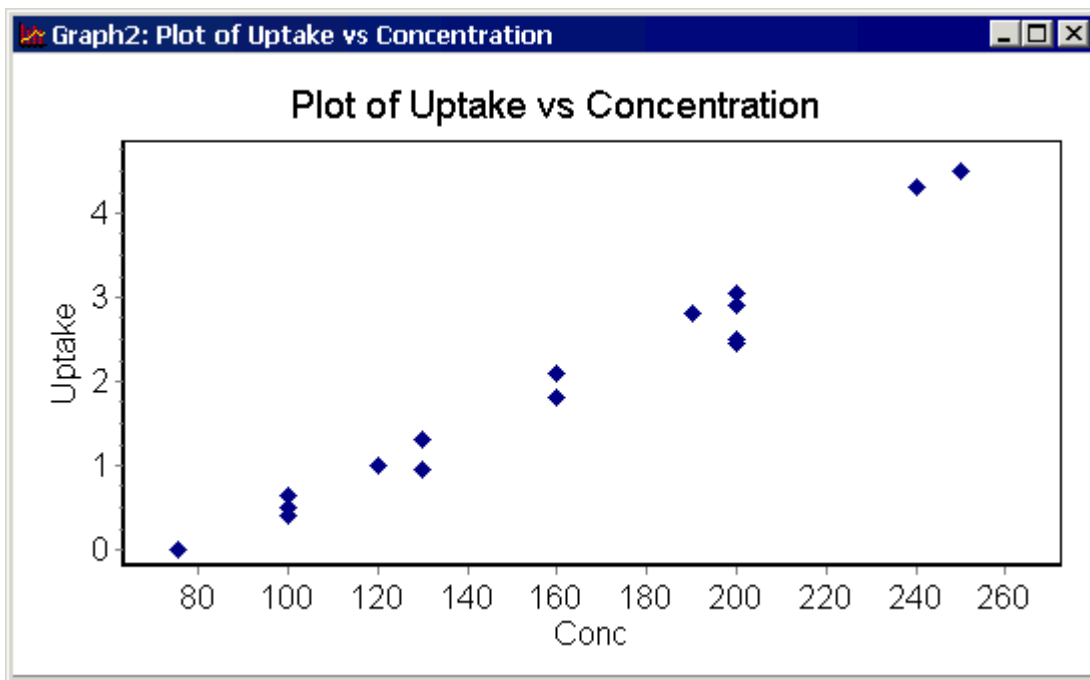


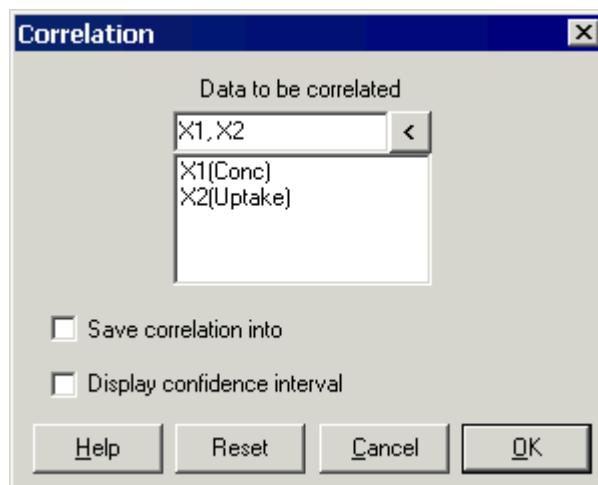
Fig. 5.1.3. Plot as specified by the dialogue options in Fig. 5.1.2



⇒ Find the **Correlation** dialogue and complete it, as shown in Fig. 5.1.4, to give the correlation between *Uptake* and *Conc*.

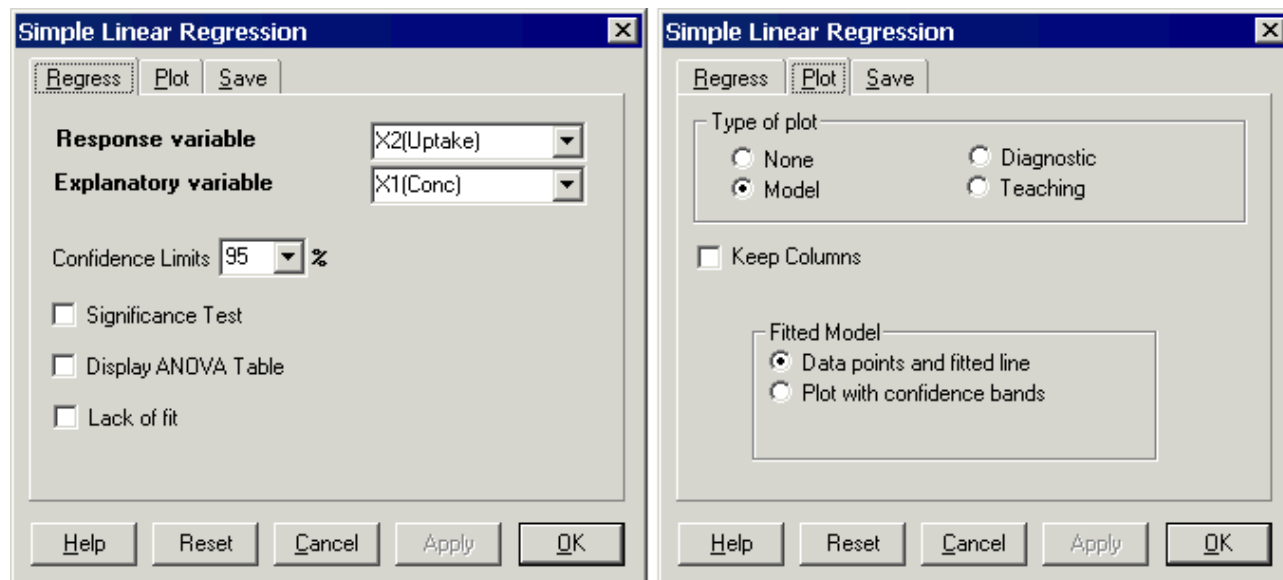
The result appears in the output window: you should find that the value is 0.984.

Fig. 5.1.4 Correlation dialogue



⇒ Find the dialogue for **Simple Linear Regression** and complete it, as shown in Fig. 5.1.5.

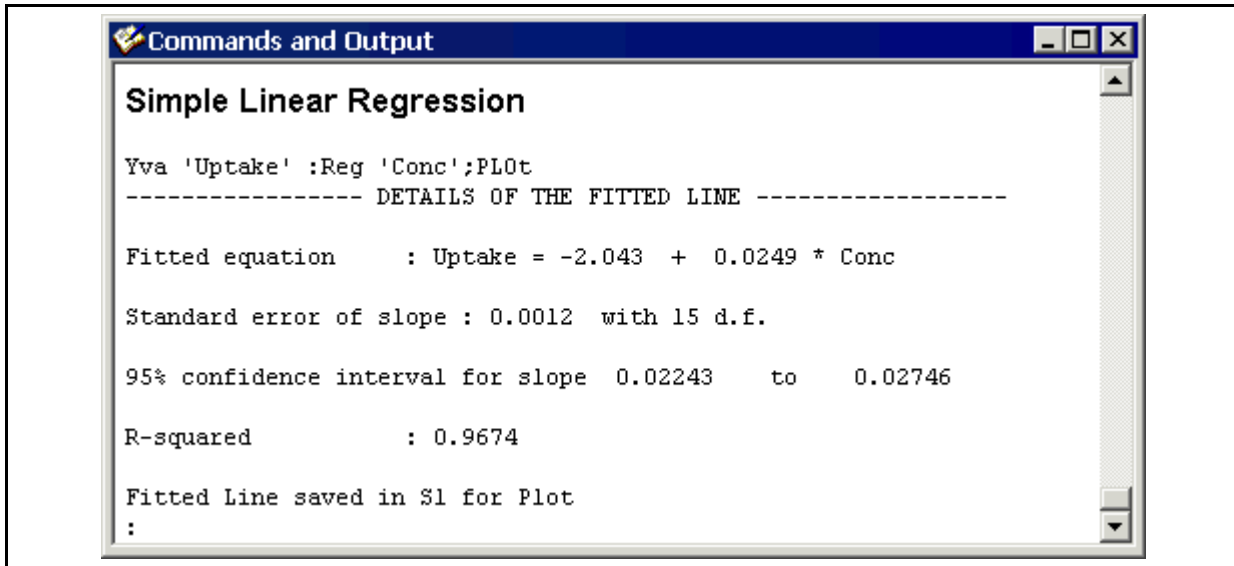
Fig. 5.1.5. Simple Linear Regression dialogue (left: regression options, right: plot options)



The results are in the output window (Fig. 5.1.6). They show that the fitted equation is:

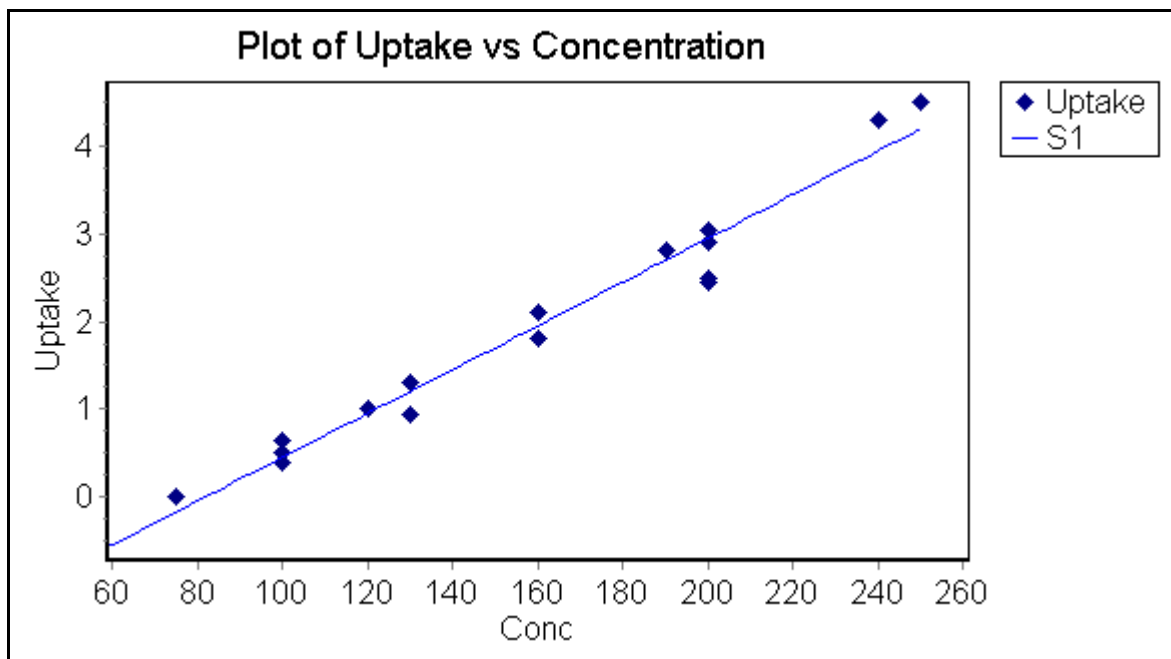
$$\text{Uptake} = - 2.043 + 0.0249 * \text{Conc}$$

Fig. 5.1.6. Output from the regression



A plot of the regression data and the fitted line are shown in Fig. 5.1.7. The line is labelled 'S1' in the figure: this is an abbreviated form of 'String 1'.

Fig. 5.1.7. Plot of points and fitted line



⇒ Return to the *leaves* worksheet and press the **Strings** tab (Fig. 5.1.8).

Fig. 5.1.8. The contents of S1

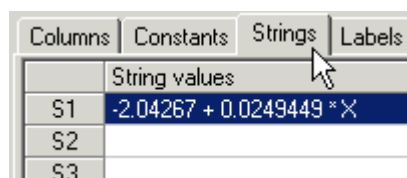


Fig. 5.1.8 shows that Instat has stored, in S1, the equation of the fitted line plotted in Fig. 5.1.7. This indicates that with Instat you are able to plot functions, as well as points and lines.

5.2. Help in Instat

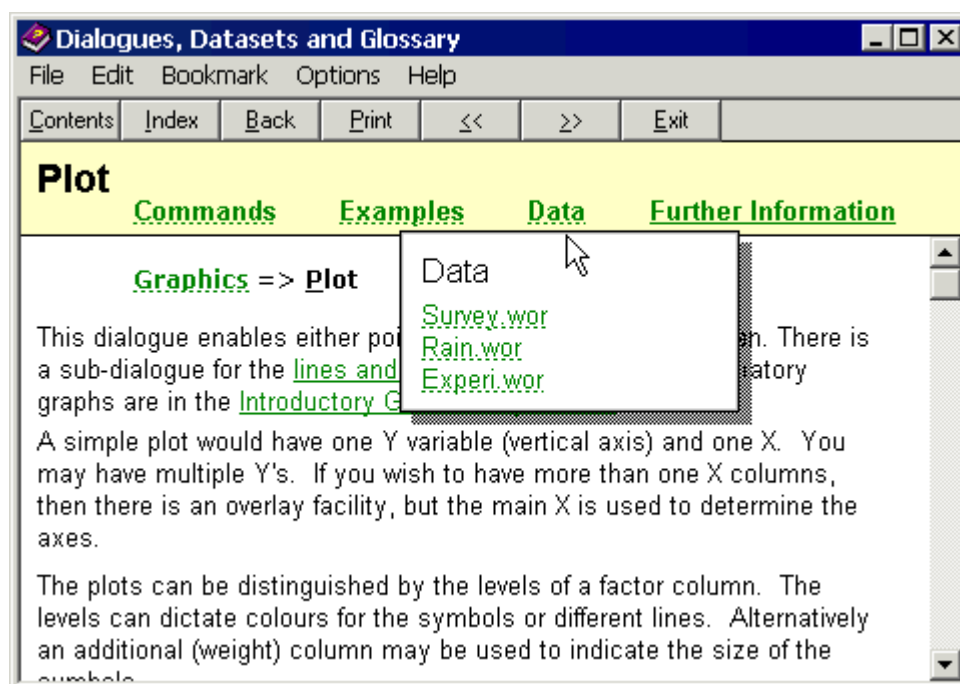
There are many ways to get help. Some users will look for help from the dialogues. Every Instat dialogue has a **Help** button, which provides information about the purpose of the dialogue and usually includes three links labelled '**Commands**', '**Examples**' and '**Data**'. An example can be seen (Fig. 5.2.1) if you click on **Help** in the **Plot** dialogue (shown in Fig. 3.2.6).

Commands lists the Instat commands that perform the same function(s) as the dialogue. Each listed item links directly to the appropriate place in the **Reference Guide**.

Examples describes where the facilities in the dialogue are used. Most items link to relevant sections in Instat's **Introductory Guide** or **Climatic Guide**, where more information is provided.

Data tells you which of Instat's sample datasets can be used to illustrate the working of the dialogue (e.g. Fig. 5.2.1). From there you can jump to a full description.

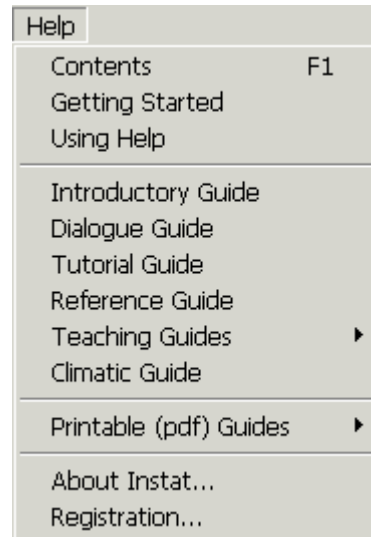
Fig. 5.2.1. Help for the Plot dialogue



The main alternative to using the button on the dialogues is the **Help** menu (Fig. 5.2.2), which gives access to general information and to the contents of all Instat's documentation (which runs to more than 1000 pages). There are four ways to access the help using this menu:

- ⇒ Choose **Help** ▾ **Contents** (or press the <F1> shortcut key, which has the same effect).
- ⇒ For help on how to use Instat, select **Help** ▾ **Getting Started**.
- ⇒ To get help on the syntax of an Instat command, choose **Help** ▾ **Reference Guide**.
- ⇒ To see, for example, how to analyse your data using ANOVA, choose **Help** ▾ **Introductory Guide** and go to Chapter 16 (Analysis of Variance).

Fig. 5.2.2. The Help menu



If you are typing an Instat command and need help on its use, then press <F1> while on the same line as the command. You will be taken directly to the reference information for that command.

5.3. Leaving Instat

⇒ To end an Instat session, choose **File P Exit**. You will be asked if you want to save any of the open windows or spreadsheets. For the purposes of this tutorial, select **No** for all windows, and **[Exit]** from Instat.

6. Review

Here is your chance to review some of the tasks you have undertaken in the tutorial. Make brief notes in the Comment boxes to remind yourself how to carry out each of the tasks.

Task	Comment	Hint
Open a set of data that you entered earlier (for example, the file <i>wheat.wor</i>).		Figs 2.6.4 and 2.6.5
Enter a new set of data that has 3 columns and 6 rows.		Figs 1.2.1 and 2.1.1
Derive a new column that contains the squares of the values in an existing column.		Fig. 4.5.8
Examine data in two columns by means of boxplots.		Figs 4.1.2–4
Produce a line plot.		Figs 3.1.1–4
Summarise a column of data.		Figs 2.2.1–4 and 3.3.1–2
Mention three ways to submit commands to the Instat server.		Section 4.4
Explain what is meant by a		Section 3.2 and

factor column.		Fig. 4.3.2
Make an existing column into a factor column.		Figs 3.2.1–3
Describe the roles of the four types of data stored in an Instat worksheet?		Fig. 2.1.1 (X) Fig. 3.2.4 (L) Fig. 4.5.6 (K) Fig. 5.1.8 (S)
Leave Instat? (If you cannot do this, just keep practising!)		Section 5.3
Why are statistics packages mainly 'column calculators'? How does this compare with a spreadsheet package like Excel, or a database package like Access?		

Appendix: Exporting and Importing Data

You might wish to export Instat worksheets to other applications, like Genstat, that have more powerful statistical techniques, or that have more immediate data management and plotting facilities, like Excel.

Exporting from Instat

As a demonstration, we will export data from Instat to Excel, do some work in Excel, and then import back from Excel to Instat.

- ⇒ From the menu select **File** ▸ **Import/Export** ▸ **Export as**
- ⇒ Using the upper **Browse** button, select *raindays.wor* as the worksheet to be exported
- ⇒ Use the lower **Browse** button to specify the file name for the exported data. This lets you specify the File type from a pull-down list: select **Excel**, specify the filename *raindays* and click [**Open**] and then [**OK**].
- ⇒ Minimise the Instat window, load Excel and open the *raindays.xls* file, which should contain a single spreadsheet.
- ⇒ Insert a new Excel spreadsheet and call it *managedata*.
- ⇒ Copy the columns *yearnum*, *total* and *type* across to this new worksheet.

Figures A.1 and A.2 show how to produce boxplots in Excel. This facility is currently only available in Excel if you have installed an add-in that provides high-resolution graphics. One possibility, used here, is the SSC-Stat add-in available on the CD and described elsewhere in this handbook. If you have not installed this add-in then read the next part and continue the tutorial from after Fig. A.2.

- ⇒ From the menu choose **SSC-Stat** ▸ **Visualisation** ▸ **Boxplot**, then plot *total* by factor *type* and check the **Display outliers** box. Name the new worksheet **Boxplots**.

Fig. A.1. Boxplots using SSC-Stat in Excel

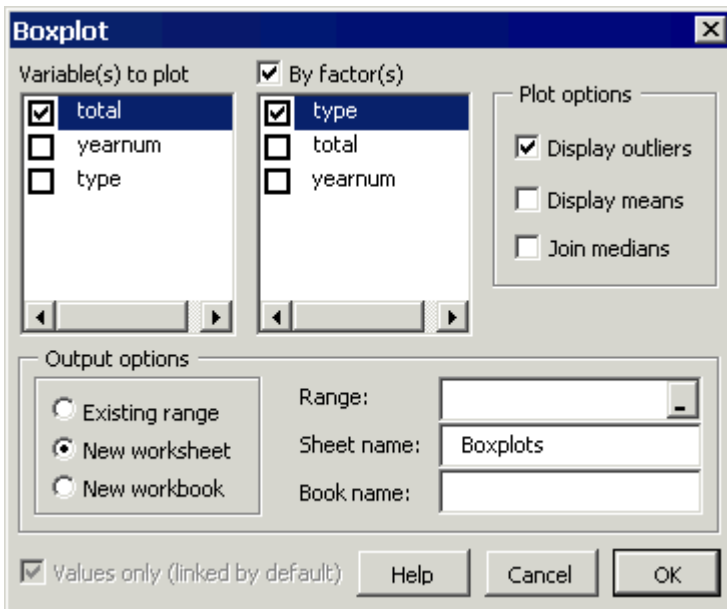
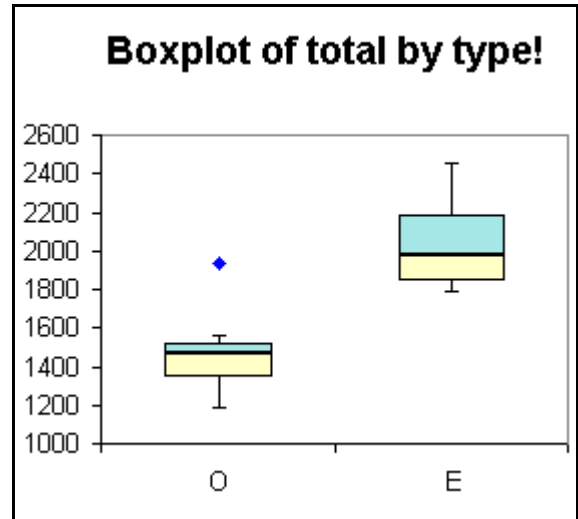


Fig. A.2. Boxplots in Microsoft Excel



In the *managedata* spreadsheet, add new information about the predicted year (from a seasonal forecast) and the average yields, as shown in Fig. A.3.

- ⇒ In a column named *pred* type the codes (using L for low, A for average and H for High):
H H A H L A L A H L L

- ⇒ In a column named *yield* type: **1.2 0.7 0.9 1.3 1.1 0.6 1.2 0.7 0.9 0.9 1.0**
- ⇒ To save these changes use **File ▾ Save**. This updates the Excel workbook file *raindays.xls*.
- ⇒ Close Excel.

Fig. A.3. The Excel worksheet *managedata*

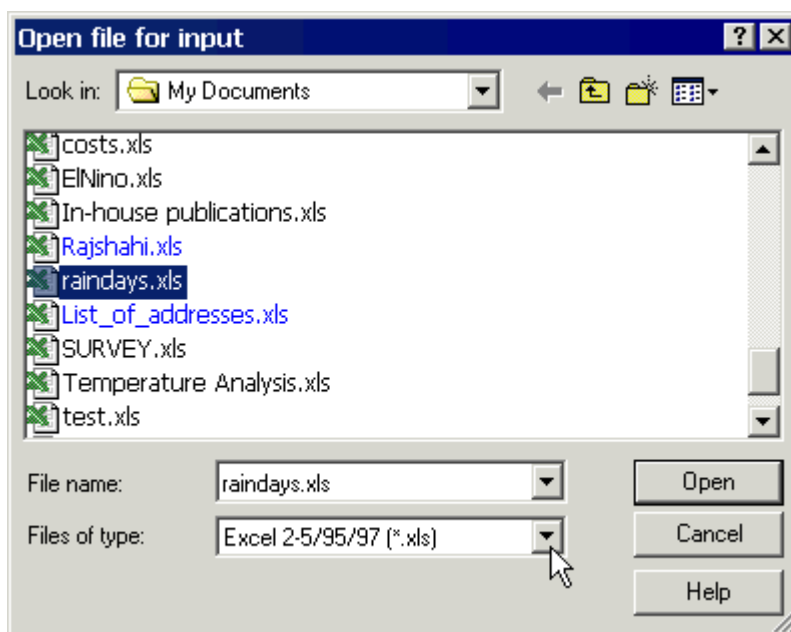
	A	B	C	D	E	F	G	H	I
1	total	yearnum	type!	pred	yield				
2	1330	1	O	H	1.2				
3	2094	2	E	H	0.7				
4	1851	3	E	A	0.9				
5	1470	4	O	H	1.3				
6	1557	5	O	L	1.1				
7	1932	6	O	A	0.6				
8	1184	7	O	L	1.2				
9	2452	8	E	A	0.7				
10	1347	9	O	H	0.9				
11	1792	10	E	L	0.9				
12	1488	11	O	L	1				
13									

If you want to analyse these data it is usually quicker in Instat than in Excel. The next section describes the import of data into Instat.

Importing datasets from external sources

Instat can import datasets from a range of different formats from spreadsheets to databases to other statistical packages. We give an example of importing from Excel because the flexibility of spreadsheets makes Excel an obvious package for data entry.

Fig. A.4. Instat’s Open file for input dialogue

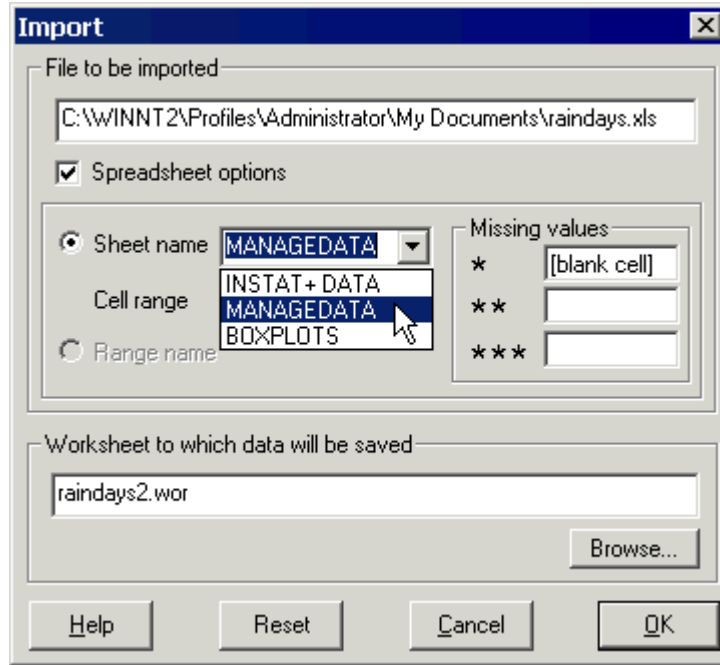


To import the *managedata* spreadsheet from Excel into an Instat worksheet, do the following:

- ⇒ In Instat, use **File ▾ Open Worksheet** and select the **file type** to **Excel** (Fig. A4).

- ⇒ Locate the file *raindays.xls* and click [**Open**] to invoke the **Import** dialogue shown in Fig. A.5.
- ⇒ Tick **Spreadsheet options** and select *MANAGEDATA* from the list of sheet names.
- ⇒ To preserve the original *raindays.wor* worksheet, change the **Worksheet to which data will be saved** from the name suggested (*MANAGEDATA*) to *raindays2.wor* (Fig. A.5).

Fig. A.5. Instat's Import dialogue



Text columns (such as *type* and *pred* in this example) are imported into Instat as a factors.

Fig. A.6. Instat worksheet showing imported data

Columns	Constants	Strings	Labels	Title: Data from C:\My Documents\raindays.xls			
	X1	X2	X3 - F	X4 - F	X5	X6	
	total	yearnum	type	pred	yield		
1	1330	1	O	H		1.2	
2	2094	2	E	H		0.7	
3	1851	3	E	A		0.9	
4	1470	4	O	H		1.3	
5	1557	5	O	L		1.1	
6	1932	6	O	A		0.6	
7	1184	7	O	L		1.2	
8	2452	8	E	A		0.7	
9	1347	9	O	H		0.9	
10	1792	10	E	L		0.9	
11	1488	11	O	L		1	

Importing data using ODBC (Open DataBase Connectivity)

Open DataBase Connectivity provides a very flexible way of importing data from external sources using features typical of database queries, like subsetting rows by specifying criteria such as numeric ranges, factor levels or logical operators.

As an example, let's say we wish to import only the ordinary years (classified as 'O') into Instat.

- ⇒ Use Instat's menu **File ▸ Export/Import ▸ ODBC Query** to start the ODBC process.
- ⇒ In the **Select Data Source** dialogue (Fig. A.7), click the **Machine Data Source** tab and select **Excel files**. Click [**OK**].
- ⇒ Locate the folder where you saved the file *raindays.xls* and click [**OK**] (Fig. A.8).

Fig. A.7. Choosing Excel in files

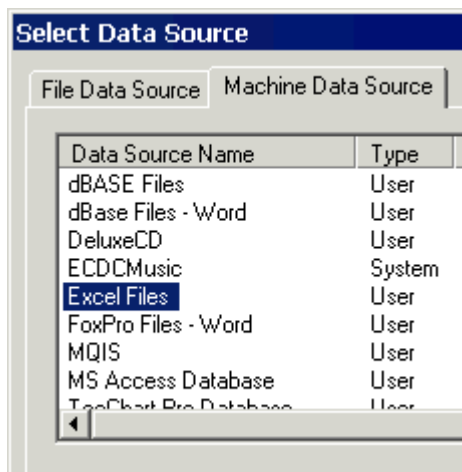
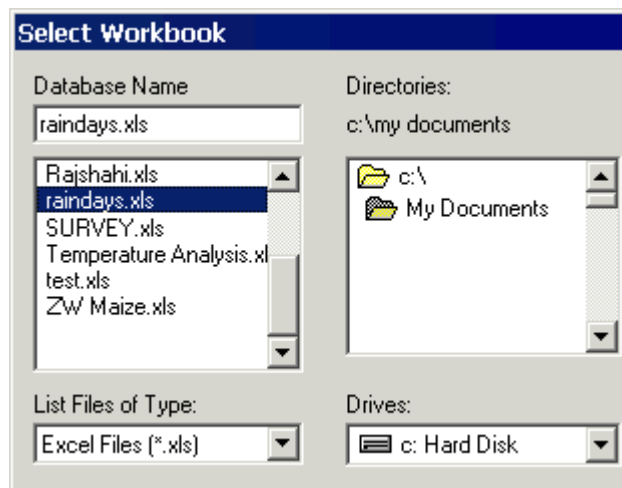


Fig. A.8. Choosing the file



In the **Open Spreadsheet from ODBC Data** dialogue (Fig. A.9), the **Table** field initially displays the first worksheet in the workbook, i.e. **Table: 'InstatData\$'**.

- ⇒ Use the pull-down arrow to select **SYSTEM:managedata\$** – this refers to the *managedata* sheet, which holds 3 numeric columns (prefixed 'N:') and 2 character columns (prefixed 'C:').
- ⇒ Select all but the *yearnum* column, as shown (Fig. A.9).
- ⇒ To import only selected rows, click on the **[Where]** button to bring up the **ODBC Data: Select rows with Where statement** dialogue (Fig. A.10). In the top box type **type_ = 'O'** and then click **[OK]** to return to the previous dialogue.

Fig. A.9. Choosing the columns

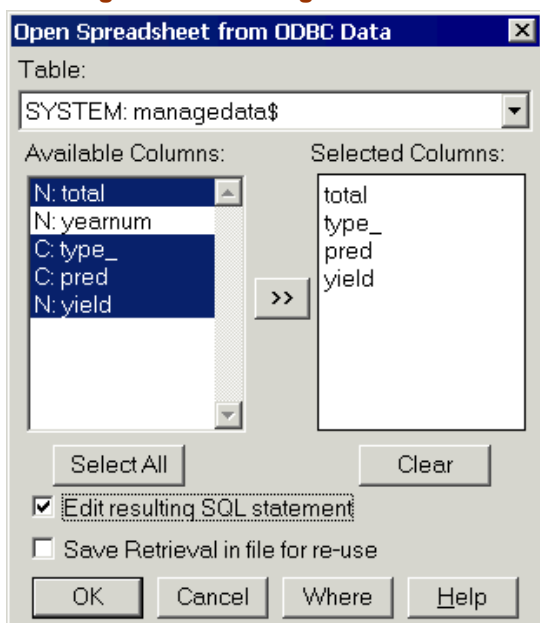
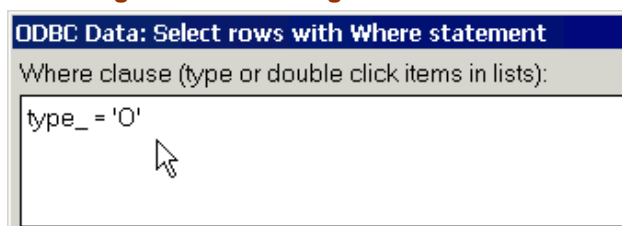


Fig. A.10. Choosing the rows of data



- ⇒ If you want to view the SQL statement, tick the **Edit resulting SQL statement** checkbox, as shown in Fig. A.9, and click **[OK]**. The SQL statement appears in a new dialogue with the title **ODBC: Edit SQL statement** (Fig. A.11).

Fig. A.11. ODBC: Edit SQL Statement dialogue



⇒ Click [**OK**] to accept the ODBC query, click [**OK**] again to perform the selection and save the results in a new Instat worksheet named *raindays3.wor*.

This action does not automatically open the Instat worksheet that is produced. To do so,

⇒ Use **File** ▸ **Open Worksheet**, locate the file that you just saved (*raindays3.wor*), and check that the correct subset of data has been imported. If so, your worksheet should look like that in Fig. A.12.

Fig. A.12. Worksheet containing only the 'ordinary' years

Columns	Constants	Strings	Labels	Title: Data from ODBC.WOR	
	X1	X2 - F	X3 - F	X4	X5
	total	type_	pred	yield	
1	1330	0	H	1.2	
2	1470	0	H	1.3	
3	1557	0	L	1.1	
4	1932	0	A	0.6	
5	1184	0	L	1.2	
6	1347	0	H	0.9	
7	1488	0	L	1	

The ODBC query option can be used in a similar way to extract data from sources of data other than Excel, such as Access.