To import a tab-delimited data file into Excel, perform the following steps:

1. Within the dataset you want to download, click the **Delimited** link in the Dataset Downloads section at the bottom of the page.

2. Click **Yes** to agree to the SAMHDA Terms of Use.
3. Select whether you want to open or save the file. Most of the files downloaded from the SAMHDA site are compressed into a tsv.zip file. The system saves the tsv.zip file in your computer’s Downloads folder, which looks similar to the following:

4. Double-click on the **tsv.zip** file. Two folders display, one for data and one for info, similar to the following:



1. Open the data folder and double-click the TSV or CSV file (for example: NSDUH-2015-DS0001-data-excel.tsv or N0MHSS-2015-DS0001-data-excel.csv) to open it in Excel. Because the files are quite large, this may take a minute or so to load.
2. If the TSV file is not recognized by Excel, right-click it and select Open With > Excel.
3. Review the imported data file. Row 1 will contain the names of the variables. Column A will be the ID variable.



1. To confirm that the import worked properly, scroll across and down to check the number of variables and cases imported. Compare these figures against those provided by SAMHDA for this file.