*Different File Formats and Their Programmes:*

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|  | **SPSS** | **SAS** | **Excel** | **STATA** | **R** | **Access** | **Notepad** | **Notes** |
| **.sav** | This is an SPSS file format | It can be opened using SAS | It can be opened using Excel | Extra stata-programme required (available for free) | It can be opened but extra r-programme is required (available for free) | It can be opened but cumber-some | It cannot be opened in Notepad | .sps is SPSS commands .por is SPSS portable (rarely used) |
| **.sas** | It can be opened but labels go missing | This is an SAS file format |  | It can be opened if data saved in SAS-export format (.xpt) | It can be opened if data saved in SAS-export format (.xpt) | It can be opened but extremely cumbersome | It cannot be opened in Notepad |  |
| **.xls/.xlsx** | It can be opened | It can be opened | This is an Excel file format | First save as .csv | .csv recommended over .xls | It can be opened | It cannot be opened in Notepad |  |
| **.csv** | It can be opened | It can be opened | This is an Excel file format | It can be opened | It can be opened | It can be opened | It cannot be opened in Notepad | Comma-separated variables |
| **.dta** | It can be opened | It can be opened | It can be opened | This is a STATA file format | It can be opened | It cannot be opened in Access | It cannot be opened in Notepad | .do is STATA commands |
| **.rdata** | It cannot be opened in SPSS | It can be opened | First save it as .csv | It cannot be opened in Stata | This is an R file format | It cannot be opened in Access | It cannot be opened in Notepad |  |
| **.acc** | First save as .xls | First save as .xls | It can be opened | It can be opened - bit awkward, first save as .csv | It can be opened - bit awkward, first save as .csv | This is an MS Access file format | It cannot be opened in Notepad | .mbd is old Access extension |