The file `Diet0001.dat` contains data from a hypothetical observational study of $N = 6,000$ adolescent girls to assess the causal effect of dieting on emotional distress. This sample was drawn from an artificial population of one million girls created by J.L. Schafer and J.D.Y. Kang for their manuscript "Average Causal Effects from Observational Studies: A Practical Guide and Simulated Case Example." The data may be used by anyone for research and educational purposes if proper credit is given.

Variables in this population resemble actual variables from the first two waves of the National Longitudinal Study of Adolescent Health (Add Health) (Udry, 2003). However, no actual data from any Add Health participant appears in the population or in the sample; all data were randomly generated from probability distributions as described in the article. The variables in the order that they appear in the data file are listed in Table 1.

Table 1: Variables in the artificial population and in the data file.

Name	Description
ID	ID number of subject in population
DISTR.1	Emotional distress score at Wave I
BLACK	1=Black, 0=otherwise
NBHISP	1=non-Black Hispanic, 0=otherwise
GRADE	Grade in school at Wave I (7, . . . , 11)
SLFHLTH	Self-rating of overall health (1=excellent, 2=very good, 3=good, 4=fair, 5=poor)
SLFWGHT	Self-rating of weight (1=very underweight, 2=slightly under, 3=about right, 4=slightly over, 5=very over)
WORKHARD	"When you get what you want, it's usually because you worked hard for it" (1=strongly agree, . . . , 5=strongly disagree)
GOODQUAL	"You have lots of good qualities" (1=strongly agree, . . . , 5=strongly disagree)
PHYSFIT	"You are physically fit" (1=strongly agree, . . . , 5=strongly disagree)
PROUD	"You have a lot to be proud of" (1=strongly agree, . . . , 5=strongly disagree)
LIKESLF	"You like yourself just the way you are" (1=strongly agree, . . . , 5=strongly disagree)
ACCEPTED	"You feel socially accepted" (1=strongly agree, . . . , 5=strongly disagree)
FEELLOVD	"You feel loved and wanted" (1=strongly agree, . . . , 5=strongly disagree)
DIET	1=dieted, 0=did not diet
Y.0	Potential outcome: Distress at Wave II if DIET=0
Y.1	Potential outcome: Distress at Wave II if DIET=1
DISTR.2	Distress observed at Wave II = DIET $\times$ Y.1 + (1-DIET)
PI.TRUE	True probability of dieting