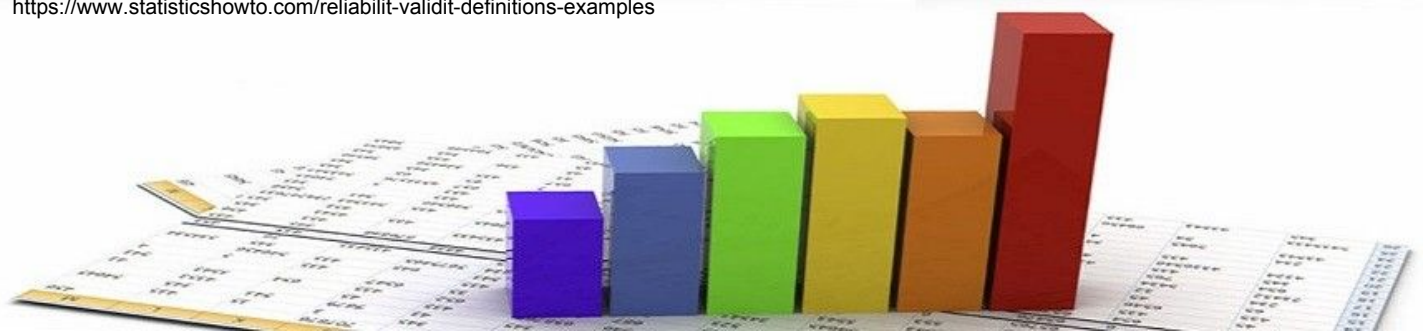


# Statistics How To

Statistics for the rest of us!

<https://www.statisticshowto.com/reliabilit-validit-definitions-examples>



## Reliability and Validity in Research

### Overview of Reliability and Validity

Outside of statistical research, *reliability* and *validity* are used interchangeably. For research and testing, there are subtle differences. **Reliability implies consistency:** if you take the ACT five times, you should get roughly the same results every time. **A test is valid if it measures what it's supposed to.**

Tests that are valid are also reliable. However, tests that are reliable aren't always valid. For example, let's say your thermometer is always ONE degree off. It would be reliable (giving you the same results each time) but not valid (because the thermometer wasn't recording the correct temperature).