Methods of Applied Statistics I

STA2101H F LEC9101

Week 2

September 21 2022







"BEARER-PARTY TURN LEFT!"

Applied Statistics I September 21 2022



"BEARER-PARTY TURN LEFT!"

subtitle

Applied Statistics I September 21 2022



"BEARER-PARTY TURN LEFT!"

subtitle

"Dr. Fauci turn left"



"BEARER-PARTY TURN LEFT!"

subtitle

"Dr. Fauci turn left"

data **quality** matters

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- 1. Grading scheme, Comments re texts
- 2. Upcoming events
- 3. Steps in analysis; types of studies
- 4. Recap Week 1
- 5. Linear Regression Part 2: testing groups of variables, checking model assumptions, collinearity, p > n
- 6. In the news
 - LM-1,2 Linear Models with R by Faraway (1st and 2nd editions)
- ELM-1,2 Extending the Linear Model with R by Faraway (1st and 2nd editions)
- CD Principles of Applied Statistics by Cox & Donnelly
- SM Statistical Models by Davison

text website

LM (both)

highly rec'd for PhD

Upcoming Events

 Thursday Sep 22 3.30 UY 9014
 Full likelihood inference for abundance from capture-recapture data
 Pengfei Li, U Waterloo



 Thursday Nov 26 5 pm Toronto Data Workshop Mining Software Repositories
 Melina Vidoni Australian National U Online

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Dear friends,

This week the Toronto Data Workshop meets on Zoom at **Thursday, 22 September, at 5pm**. Our guest is Dr Melina Vidoni, who is a lecturer at the Australian National University in the CECS School of Computing.

Abstract: Mining Software Repositories (MSR) is an increasingly common methodology based on extracting open, publicly available software-related data. Hence, it is considered Evidence-Based Research. Since their emergence in 2004, many investigations have analysed different aspects of MSR-based studies, such as validity of sources or data usage. This talk draws from Dr Vidoni's research experience using MSR approaches in several sources to investigate Technical Debt in different paradigms, with a special focus in scientific software. It will discuss common challenges, combining MSRs with developer surveys for mixed-methods approaches, and discuss when to consider Ethical Applications. Additionally, findings derived from MSR studies will be presented.

... upcoming events

- September 29: CANSSI Ontario Research Day
 Schedule and Registration
- Distinguished Lecture Series in Statistical Sciences
- Xihong Lin, Harvard U Details and Registration
- September 29 3.30 89 Chestnut Street, 3rd Floor Lessons learned from the COVID-19 Pandemic: a statistician's reflection
- September 30 3.30 UY9014 Ensemble methods for testing a global null hypothesis



2022 DLSS: Xihong Lin

Professor, Department of BiostatisticsCoordinating Director, Program in Quantitative Genomics; Harvard T.H. Chan School of Public Health; Professor of Statistics, Department of Statistics, Harvard University

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Steps in Analysis

- understand the physical background
- understand the objective
- make sure you know what the client wants
- put the problem into statistical terms

Steps in Analysis

- understand the physical background
- understand the objective
- make sure you know what the client wants
- put the problem into statistical terms
- How were the data collected:
 - are the data observational or experimental? etc.
 - is there nonresponse
 - are there missing values
 - how are the data coded
 - what are the units of measurement
 - beware of data entry errors

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CD §1.2

- start with a scientific question
- assess how data could shed light on this
- plan data collection
- consider of sources of variation and how careful planning can minimize their impact

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- assess the properties of the methods and their impact on the question at hand

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- communicate the results: accurately

but not pessimistically

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• visualization strategies, conveyance of uncertainties

- experiment is a study in which all key elements are under the control of the investigator
- in an observational study features and responses of interest are measured, not assigned by the investigator
- in an experiment, there is typically one or more treatments, and treatment is usually assigned at random using a randomization device
- LM-2 gives two reasons for randomizing treatment assignment
 - 1. groups are balanced on other features
 - 2. can analyse using permutation test
 - 3. elimination of personal judgement in assigning treatment to units in the experiment

randomized, double-blind

clinical trial

on average

• Example: hydroxychloroquine as a treatment for COVID

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 \mathbf{d}

ORIGINAL ARTICLE

Observational Study of Hydroxychloroquine in Hospitalized Patients with Covid-19

Joshua Geleris, M.D., Yifei Sun, Ph.D., Jonathan Platt, Ph.D., Jason Zucker, M.D., Matthew Baldwin, M.D., George Hripcsak, M.D., Angelena Labella, M.D., Daniel K. Manson, M.D., Christine Kubin, Pharm.D., R. Graham Barr, M.D., Dr.P.H., Magdalena E. Sobieszczyk, M.D., M.P.H., and Neil W. Schluger, M.D.

Article Figures/Media	Metrics June 18, 2020
	Metrics June 18, 2020 N Engl J Med 2020; 382:2411-2418
14 References 300 Citing Articles	DOI: 10.1056/NEJM0a2012410
	Chinese Translation 中文翻译
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usponce

"In this observational study involving patients with Covid-19 who had been admitted to the hospital, hydroxychloroquine administration was not associated with either a greatly lowered or an increased risk of the composite end point of intubation or death. Randomized, controlled trials of hydroxychloroquine in patients with Covid-19 are needed."

ORIGINAL ARTICLE					
A Randomized Trial of Hydroxychloroquine as Postexposure Prophylaxis for Covid-19					
David R. Boulware, M.D., M.P.H., Matthew F. Pullen, M.D., Ananta S. Bangdiwala, M.S., Katelyn A. Pa P. Skipper, M.D., Alanna A. Nascene, B.A., Melanie R. Nicol, Pharm.D., Ph.D., Mahsa Abassi, D.C					
Article Figures/Media	Metrics	August 6, 2020 N Engl Med 2020; 383:517-525			
18 References 128 Citing Articles Letters 11 Comments		DOI: 10.1056/NEJMoa2016638			

"We conducted a randomized, double-blind, placebo-controlled trial across the United States and parts of Canada testing hydroxychloroquine as postexposure prophylaxis."

"This randomized trial did not demonstrate a significant benefit of hydroxychloroquine as postexposure prophylaxis for Covid-19. "

data quality

Reprints

HEALTH

Lancet, New England Journal retract Covid-19 studies, including one that raised safety concerns about malaria drugs



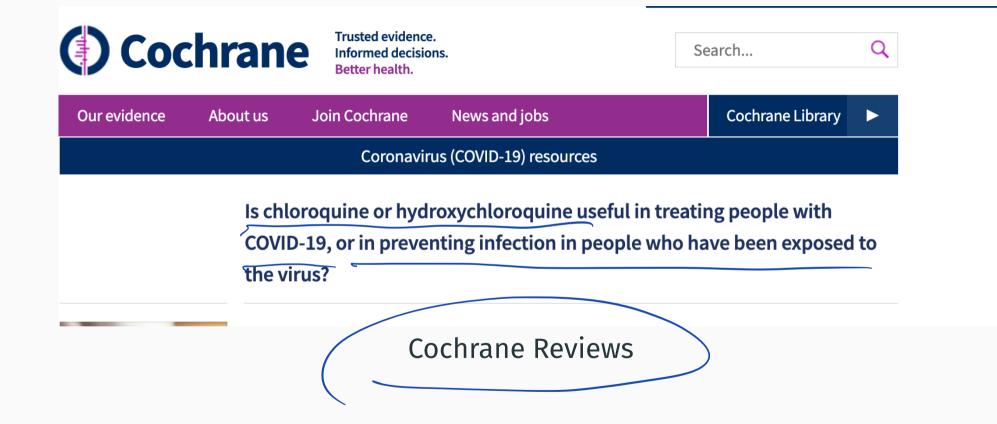
By Andrew Joseph 🎔 June 4, 2020

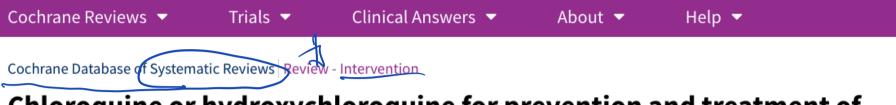


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Chloroquine or hydroxychloroquine for prevention and treatment of COVID-19

Shagteshwar Singh, Hannah Ryan, Tamara Kredo, Marty Chaplin, Tom Fletcher Authors' declarations of interest Version published: 12 February 2021 Version history

https://doi.org/10.1002/14651858.CD013587.pub2 🗷

Collapse all Expand all

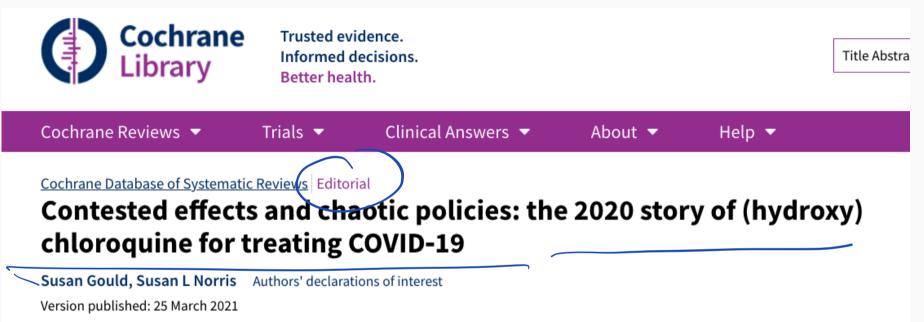
Hydroxychloroquine does not reduce deaths from COVID-19, and probably does not reduce the number of people needing mechanical ventilation.

Hydroxychloroquine caused more unwanted effects than a placebo treatment, though it did not appear to increase the number of serious unwanted effects.

We do not think new studies of hydroxychloroquine should be started for treatment of COVID

March 2021

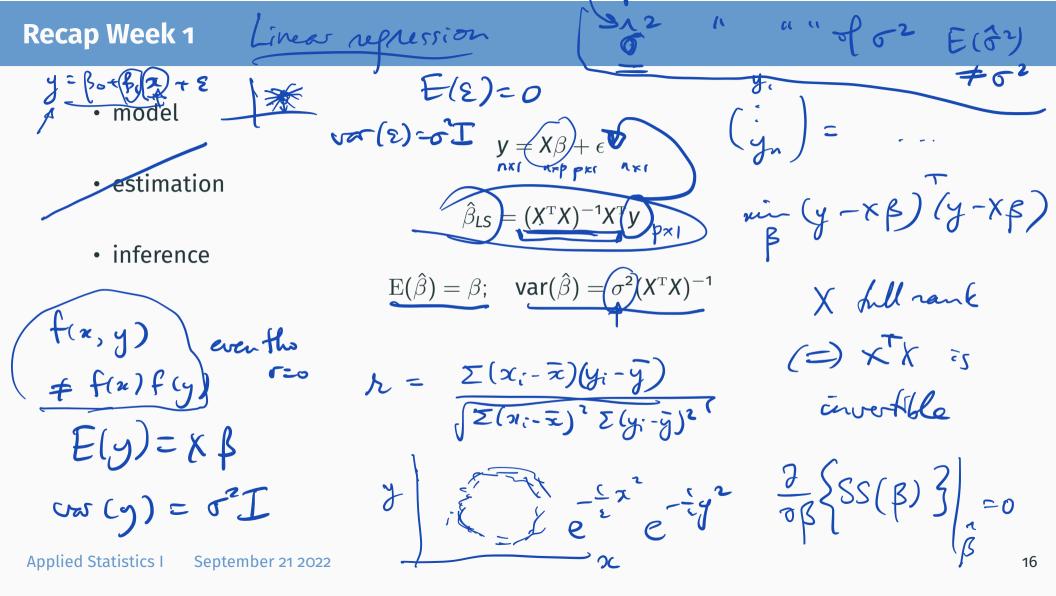
... hydroxychloroquine



https://doi.org/10.1002/14651858.ED000151

Ivermectin

Our evidence Ab	oout us Join Cochrane News and jobs	Cochrane Library 🕨
	Ivermectin for preventing and treating COVID-19	
Published: 21 June 2022	Is ivermectin effective for COVID-19?	Am) score 835 Who is talking about this article?
	Key messages	
Authors: Popp M, Reis S, Schießer S, Hausinger RIIona, Stegemann M, Metzendorf M-I, Kranke P,	We found no evidence to support the use of ivermectin for treating COVID-19 or preventing SARS-CoV-2 infection. The evidence base improved slightly in this update, but is still limited.	Video: Systematic reviews explained
Meybohm P, Skoetz N, Weibel S Primary Review Group: Infectious Diseases Group,	Evaluation of ivermectin is continuing in 31 ongoing trials, and we will update this review again when their results become available.	How our health evidence can help you



Recap Week 1

m (y-xβ) (y-xβ) model $\mathbf{v} = \mathbf{X}\boldsymbol{\beta} + \boldsymbol{\epsilon}$ Sof Kix estimation $\hat{\beta}_{LS} = (X^{\mathrm{T}}X)^{-1}X^{\mathrm{T}}y$ inference हर्न $E(\hat{\beta}) = \beta; \quad var(\hat{\beta}) = \sigma^2 (X^T X)^{-1}$ • if $\epsilon \sim N(0, \sigma^2 I)$: $\hat{\beta} \approx N(\beta_1, \frac{\sigma^2}{\Sigma(x_i - \overline{x})^2})$ $\hat{\beta} \sim N(\beta, \sigma^2(X^{\mathrm{T}}X)^{-1}),$ • estimate of σ^2 : $(\mathbf{y} - \mathbf{X}\hat{\beta})^{\mathrm{T}}(\mathbf{y} - \mathbf{X}\hat{\beta})$ $\tilde{\sigma}^2 =$ • leads to *t*-tests for individual components β_i and confidence intervals

... Recap Week 1

- X is an $n \times p$ matrix of explanatory variables, which may be:
- measured in the sample (bs' & data)
- ・fixed by design (パレン
- introduced to make the model more flexible <---

LM-2 §2.6; LM-1 §2.8; SM Ex 8.3

HW1; LM-1 §3.6; LM-2 §2.11; SM Ex 8.4**,**

LM-2 Ch.9; LM-2 Ch.7; SM Ex 8.2

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in R, model.matrix



... Recap Week 1

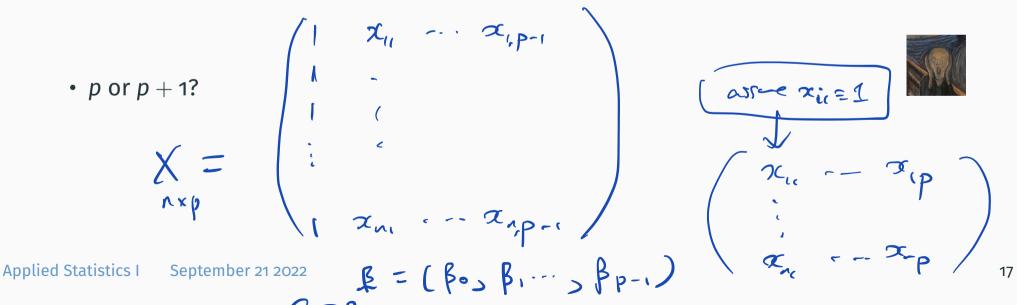
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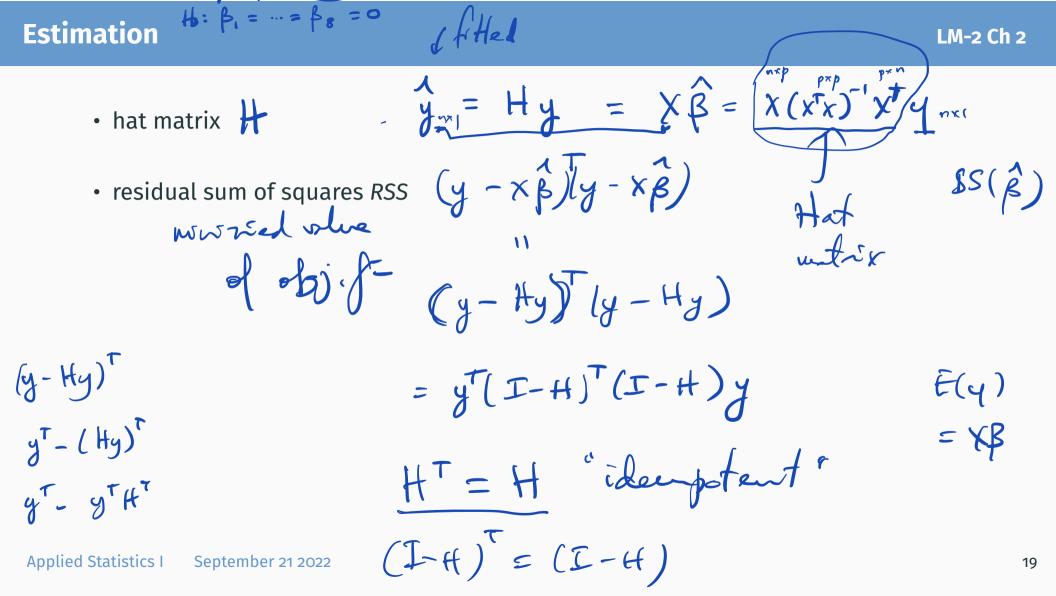


intercent

Example

LM Exercise 2.4

summary(model1)	> sumary (model1) (faraway)
Call:	Estimate Std. Error t value Pr(> t)
lm(formula = lpsa ~ ., data = prostate)	Intercept) 0.6693367 1.2963875 0.5163 0.606934
	lcavol 0.5870218 0.0879203 6.6767 2.111e-09
Residuals:	lweight 0.4544674 0.1700124 2.6731 0.008955
Min 1Q Median 3Q Max	age -0.0196372 0.0111727 -1.7576 0.082293
-1.7331 -0.3713 -0.0170 0.4141 1.6381	lbph 0.1070540 0.0584492 1.8316 0.070398
	svi 0.7661573 0.2443091 3.1360 0.002329
Coefficients:	lcp -0.1054743 0.0910135 -1.1589 0.249638
Estimate Std. Error t value Pr(> t)	gleason 0.0451416 0.1574645 0.2867 0.775033
(Intercept) 0.669337 1.296387 0.516 0.60693 🕊	pgg45 0.0045252 0.0044212 1.0235 0.308860
Icavol 0.587022 0.087920 6.677 2.11e-09 *** Iweight 0.454467 0.170012 2.673 0.00896 * - age -0.019637 0.011173 -1.758 0.08229	n = 97, p = 9, Residual SE = 0.70842, R-Squared = 0.65
1bph 0.107054 0.058449 1.832 0.07040 .	ι ι ι
svi lcp -0.105474 0.091013 -1.159 0.24964	
	6 07 0 - 80
	Ar n-1 = 97-9 = 88
$pgg45$ 0.004525 0.004421 1.024 0.30886 $\sigma(x^Tx)$	
Signif. codes: 0 '***' 0.001 '**' 0.01 '*' 0.05 '.' 0.1 ' ' 1	
	SS(A)
Residual standard error: 0.7084 on 88 degrees of freedom	
Multiple R-squared: 0.6548, Adjusted R-squared: 0.6234	
F-statistic: 20.86 on 8 and 88 DF, p-value: < 2.2e-16	$\mathbf{\nabla}$
Applied Statistics I Res Suptember 21 2022	00
RSS/n-p	



Estimation

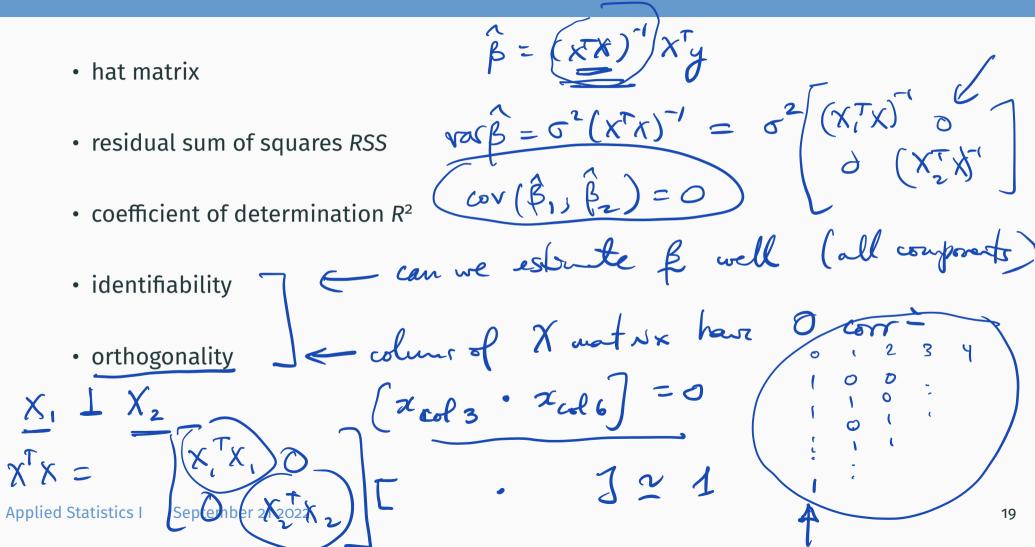
LM-2 Ch 2

• hat matrix
$$H = X^{*}(X^{T}X)^{-1}X^{T}$$
 $\hat{Y} = \hat{H}\hat{Y}$ extract educats
• residual sum of squares RSS $y^{T}(I-H)y$ of H in \mathbb{R}
• coefficient of determination \mathbb{R}^{2} \subset a measure of how good well
- the model fits
 $I = (\frac{\hat{Y}(Y)^{2}}{\hat{Y}(Y)^{2}} = \mathbb{R}^{2} (y-\hat{Y})^{T}(y-\hat{Y})$
 $= \hat{Y}(y-\hat{Y})^{T}(y-\hat{Y})$
 $= \hat{Y}(y-\hat{Y})^{T}(y-\hat{Y})$

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Estimation

LM-2 Ch 2

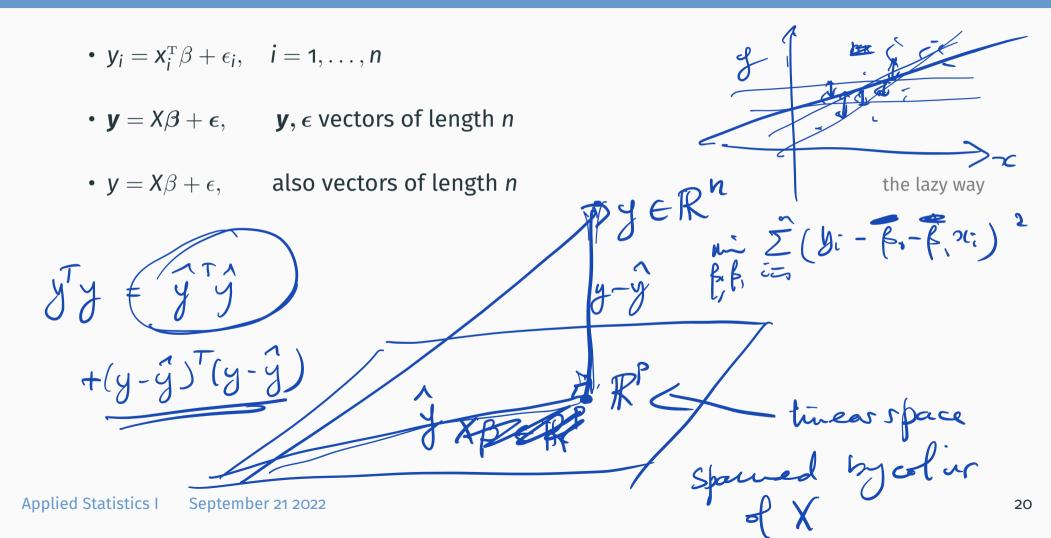


Aside: Lazy Notation

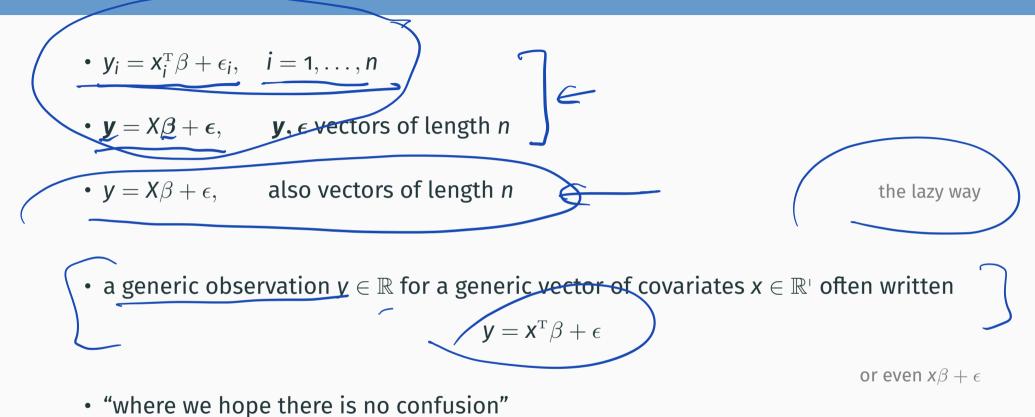
•
$$y_i = x_i^{\mathrm{T}}\beta + \epsilon_i, \quad i = 1, \dots, n$$

• $\mathbf{y} = X\beta + \epsilon$, \mathbf{y}, ϵ vectors of length n

Aside: Lazy Notation



Aside: Lazy Notation





Comparing Models

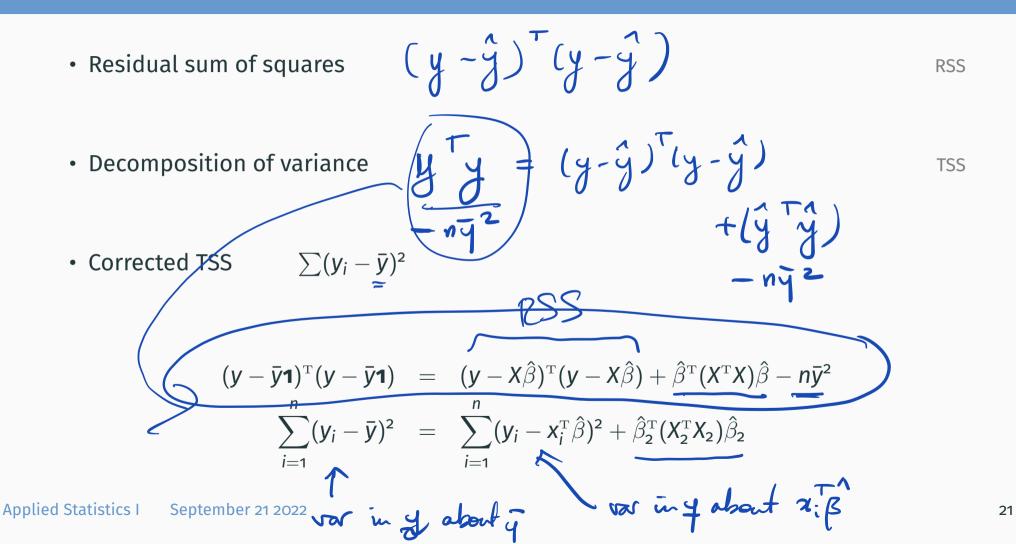
LM 3.1,2; SM 8.5

• Residual sum of squares
$$(y - \hat{y})^{T}(y - \hat{y})$$

 $\vdots (y; -x; \hat{k})^{2}$
• Decomposition of variance
Total SS $Zy;^{2} = y^{T}y = (y - \hat{y} + \hat{y})^{T}(y - \hat{y} + \hat{y})$
Total SS $Zy;^{2} = y^{T}y = (y - \hat{y} + \hat{y})^{T}(y - \hat{y} + \hat{y})$
 $= \Sigma(y; -x; \hat{k})^{2} + \tilde{z}(x; \hat{k})^{2}$
 $= (y - \hat{y})^{T}(y - \hat{y}) + \tilde{y}^{T}\hat{y}$
 $H^{T}H = H$

Comparing Models

LM 3.1,2; SM 8.5



• Residual sum of squares

• Decomposition of variance

TSS

RSS

• Residual sum of squares

• Decomposition of variance

• Corrected TSS $\sum (y_i - \bar{y})^2$

$$(y - \bar{y}\mathbf{1})^{\mathrm{T}}(y - \bar{y}\mathbf{1}) = (y - X\hat{\beta})^{\mathrm{T}}(y - X\hat{\beta}) + \hat{\beta}^{\mathrm{T}}(X^{\mathrm{T}}X)\hat{\beta} - n\bar{y}^{2}$$
$$\sum_{i=1}^{n} (y_{i} - \bar{y})^{2} = \sum_{i=1}^{n} (y_{i} - X_{i}^{\mathrm{T}}\hat{\beta})^{2} + \hat{\beta}_{2}^{\mathrm{T}}(X_{2}^{\mathrm{T}}X_{2})\hat{\beta}_{2}$$

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TSS

RSS

 $\beta_{L} = (\beta_{1} \cdots \beta_{p-1})$

$$\sum_{i=1}^{n} (y_i - \bar{y})^2 = (y - X\hat{\beta})^{\mathrm{T}}(y - X\hat{\beta}) + \hat{\beta}_2^{\mathrm{T}}(X_2^{\mathrm{T}}X_2)\hat{\beta}_2$$

Total SS = Residual SS + Regression SS (without β .)
(corr d) (RSS, SS($\hat{\beta}$)

• LHS is

• comparison of LHS to $SS(\hat{\beta})$ reflects

TSS Corrid R=

it you leave out fo then for **Applied Statistics** September 21 2022

$$F = \frac{(TSS - RSS)/(p-1)}{RSS/(n-p)} \sim F_{p-1}, n-p$$

$$F = \frac{(TSS - RSS)/(p-1)}{RSS/(n-p)} = F_{p-1}, n-p$$

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$$\sum_{i=1}^{n} (y_i - \bar{y})^2 = (y - X\hat{\beta})^{\mathrm{T}} (y - X\hat{\beta}) + \hat{\beta}^{\mathrm{T}} (X^{\mathrm{T}} X)\hat{\beta}$$

Total SS = Residual SS + Regression SS

RSS, SS $(\hat{\beta})$

- LHS is residual SS fitting only the 1-vector
- comparison of LHS to SS(²/₂) reflects importance of other βs, i.e. importance of explanatory variables

$$\sum_{i=1}^{n} (y_i - \bar{y})^2 = (y - X\hat{\beta})^{\mathrm{T}} (y - X\hat{\beta}) + \hat{\beta}^{\mathrm{T}} (X^{\mathrm{T}} X)\hat{\beta}$$

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RSS, SS $(\hat{\beta})$

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- comparison of LHS to $SS(\hat{\beta})$ reflects importance of other β s, i.e. importance of explanatory variables

$$F = \frac{\frac{Peg}{SS}}{\frac{(TSS - RSS)}{(p-1)}} \sim F_{p-1,n-p}$$

$$\sum_{i=1}^{n} (y_i - \bar{y})^2 = (y - X\hat{\beta})^{\mathrm{T}} (y - X\hat{\beta}) + \hat{\beta}^{\mathrm{T}} (X^{\mathrm{T}} X)\hat{\beta}$$

Total SS = Residual SS + Regression SS

RSS, SS($\hat{\beta}$)

- LHS is residual SS fitting only the 1-vector
- comparison of LHS to $SS(\hat{\beta})$ reflects importance of other β s, i.e. importance of explanatory variables

- same argument can be derived for comparing submodels
- for example, testing $(\beta_2, \beta_3, \beta_4) = (0, 0, 0)$

- same argument can be derived for comparing submodels
- for example, testing $(\beta_2, \beta_3, \beta_4) = (0, 0, 0)$
- fit full model RSS_{full} ; fit reduced model RSS_{red}

$$F = \frac{(RSS_{red} - RSS_{full})/(p-q)}{RSS_{full}/(n-p)} \sim F$$

$$f = \frac{p-q}{p-q} - p$$

residual SC

٠

- same argument can be derived for comparing submodels
- for example, testing $(\beta_2, \beta_3, \beta_4) = (0, 0, 0)$
- fit full model $\longrightarrow RSS_{full}$; fit reduced model $\longrightarrow RSS_{red}$

$$F = \frac{(RSS_{red} - RSS_{full})/(p-q)}{RSS_{full}/(n-p)}$$

- see LM 3.1, SM §8.2 (p.367) for connection to likelihood ratio test
- when would we want to do this?

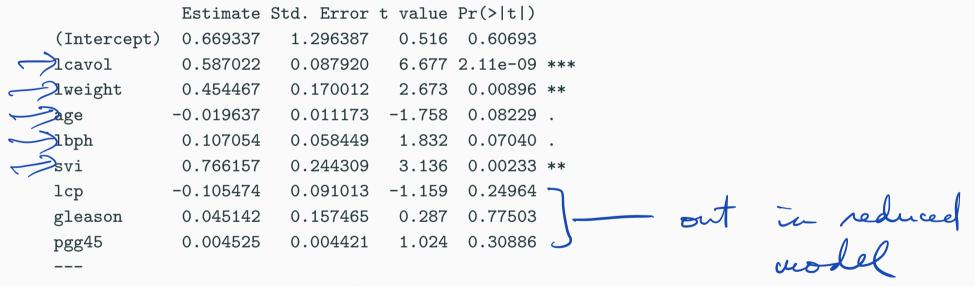
head(prostate)

#	lcavol	lweight	age	lbph	svi	lcp	gleason	pgg45	lpsa
1	-0.5798185	2.7695	50	-1.386294	0	-1.38629	6	0	-0.43078
2	-0.9942523	3.3196	58	-1.386294	0	-1.38629	6	0	-0.16252
3	-0.5108256	2.6912	74	-1.386294	0	-1.38629	7	20	-0.16252
4	-1.2039728	3.2828	58	-1.386294	0	-1.38629	6	0	-0.16252
5	0.7514161	3.4324	62	-1.386294	0	-1.38629	6	0	0.37156
6	-1.0498221	3.2288	50	-1.386294	0	-1.38629	6	0	0.76547

model1 <- lm(lpsa ~ ., data = prostate)</pre>

> summary(model1)

Coefficients:



Residual standard error: 0.7084 on 88 degrees of freedom

F-statistic: 20.86 on 8 and 88 DF, p-value: < 2.2e-16

```
model3 <- lm(lpsa ~ lcavol + lweight + age + lbph + svi, data = prostate)</pre>
   anova(model3,model1)
   Analysis of Variance Table
   Model 1: lpsa ~ lcavol + lweight + age + lbph + svi
   Model 3: lpsa ~ lcavol + lweight + age + lbph + svi + lcp + gleason +
       pgg45
                                   F Pr(>F)
     Res.Df RSS Df Sum of Sq
   1
         91 45.526
         88 44.163 (3)
                                                                      = 8-5=3
   2
                         1.3625 0.905 0.442
                                         Pn F 88 > 0.90
                                                                    does this make sense?
                 3,88
                                    = 0.4421
                                                                            Cea 1
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```

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Factor variables

- F-tests are used when the columns to be removed form a group
- if a covariate is a factor. .e. categorical, then 1m will construct a set of dummy variables as part of the model matrix
- these variables should either all be in, or all be out

in most cases

$$y \sim ns(x, 3)$$

- F-tests are used when the columns to be removed form a group
- if a covariate is a factor, i.e. categorical, then 1m will construct a set of dummy variables as part of the model matrix
- these variables should either all be in, or all be out

in most cases

 prostate\$gleason_factor <- factor(prostate\$gleason) levels(prostate\$gleason_factor)
 [1] "6" "7" "8" "9" model_fac <- lm(lpsa ~ .-gleason, data=prostate)

... factor variables

```
model_fac <- lm(lpsa ~ .-gleason, data=prostate)</pre>
 sumary(model_fac)
 Estimate Std. Error t value Pr(>|t|)
(Intercept)
                         0.84084
                                         0.2804
               0.91328
                                   1.09
lcavol
               0.56999
                         0.09010
                                   6.33
                                        1.1e-08
           0.46879
                         0.16961 2.76
                                         0.0070
lweight
                         0.01136 -1.91
                                        0.0589
              -0.02175
age
               0.09968
                         0.05898 1.69
                                         0.0946
lbph
               0.74588
                         0.24740
                                   3.01
                                         0.0034
svi
                                  -1.31
lcp
              -0.12511
                         0.09559
                                         0.1941
pgg45
              0.00499
                         0.00467
                                   1.07
                                         0.2885
gleason_factor7 0.26761
                         0.21942
                                   1.22
                                         0.2259
gleason_factor8 0.49682
                         0.76927 0.65
                                         0.5201
gleason_factor9 -0.05621
                         0.50020
                                  -0.11
                                         0.9108
```

n = 97, p = 11, Residual SE = 0.70, R-Squared = 0.67

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model_nog <- lm(lpsa ~ . - gleason - gleason_factor, data = prostate)</pre>

anova(model_fac, model_nog) # compare two models

```
Analysis of Variance Table
```

```
Model 1: lpsa ~ (lcavol + lweight + age + lbph + svi + lcp + gleason +
pgg45 + gleason_factor) - gleason - gleason_factor
Model 2: lpsa ~ (lcavol + lweight + age + lbph + svi + lcp + gleason +
pgg45 + gleason_factor) - gleason
Res.Df RSS Df Sum of Sq F Pr(>F)
1 89 44.2
2 86 42.7 3 1.48 0.99 0.4
Applied Statistics | September 21 2022
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- with designed experiments, covariates are often factors set at pre-determined levels
- see Ch 14 LM-2 (Ch 13 LM-1)

Example 8.4 in SM

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- if the design is perfectly balanced, then X has orthogonal columns, and X^TX is diagonal
- so $\hat{\beta}_j$'s are uncorrelated, and hence independent (under normality assumption)

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- if the design is perfectly balanced, then X has orthogonal columns, and X^TX is diagonal
- so $\hat{\beta}_j$'s are uncorrelated, and hence independent (under normality assumption)
- more generally we might have X^TX block diagonal, e.g. importance?

read Ch 3.5

Ch 3.3, 3.4, 3.6 more specialized

New Brunswick

'Nice snake, shame about the legs' and other science humour



Does humour in a scholarly paper's title make scientists want to read more?



Mia Urquhart · CBC News · Posted: Sep 20, 2022 7:00 AM AT | Last Updated: 9 hours ago

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see humour-science.pdf

Tea drinkers enjoy possible health benefits, study suggests

relaxing.

Tea can be part of a healthy diet and people who al Cancer Institute asked about drink tea may even be a little more likely to live longer than those who don't, according to a large dom, then followed them for up to study.

Tea contains helpful substances known to reduce inflammation. Past studies in China and Iapan, where green tea is popular, new study extends the good news

cup of tea just got a bit more to the U.K.'s favourite drink: black lower risk of death from any cause tea.

Scientists from the U.S. Nationthe tea habits of nearly a half million adults in the United King-14 years. They adjusted for risk factors such as health, socioeconomics, smoking, alcohol intake, diet, age, race and gender.

suggested health benefits. The cups daily - was linked to a modest benefit: A nine to 13 per cent Inoue-Choi, who led the study.

versus non-tea drinkers. Tea temperature, or adding milk or sugar, didn't change the results.

The study, published Monday in Annals of Internal Medicine. found the association held up for heart-disease deaths, but there was no clear trend for cancer deaths. Researchers weren't sure why, but it's possible there we-Higher tea intake-two or more ren't enough cancer deaths for any effect to show up, said Maki

A study like this, based on observing people's habits and health, can't prove cause and effect.

"Observational studies like this always raise the question: Is there something else about tea drinkers that makes them healthier?" said Marion Nestle, a professor of food studies at New York University, "I like tea. It's great to drink. But a cautious interpretation seems like a good idea."

There's not enough evidence to Education.

advise changing tea habits, said Inoue-Choi.

"If you drink one cup a day already. I think that is good," she said. "And please enjoy your cup of tea."

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NEWS RELEASES

Media Advisory

Monday, August 29, 2022

NIH study of tea drinkers in the UK suggests health benefits for black tea

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What

A prospective study of half a million tea drinkers in the United Kingdom has shown that higher tea intake was associated with a modestly lowered risk of death. The study, led by researchers at the National Cancer Institute, part of the National Institutes of Health, is a large and comprehensive analysis of the potential mortality benefits of drinking black tea, which is the most common type of tea consumed in the U.K.

Past studies finding a modest association between higher tea intake and lower risk of death have mainly focused on Asian populations, who commonly drink green tea. Studies on black tea have yielded mixed results.

In the new study, the researchers found that people who consumed two or more cups of tea per day had a 9% to 13% lower risk of death from any cause than people who did not drink tea. Higher tea consumption was also associated with a lower risk of death from cardiovascular disease, ischemic heart disease, and stroke. The association was seen regardless of preferred tea temperature, the addition of milk or sugar, and genetic variations affecting the rate at which people metabolize caffeine.

The findings, which appear Aug. 30, 2022, in the *Annals of Internal Medicine*, suggest that black tea, even at higher levels of intake, can be part of a healthy diet, the researchers wrote.

The study involved 498,043 men and women between ages 40 and 69 who participated in a large cohort study called UK Biobank. The participants were followed for about 11 years, and death information came from a linked database from the UK National Health

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Annals of Internal Medicine

ORIGINAL RESEARCH

Tea Consumption and All-Cause and Cause-Specific Mortality in the UK Biobank

A Prospective Cohort Study

Maki Inoue-Choi, PhD; Yesenia Ramirez, MPH; Marilyn C. Cornelis, PhD; Amy Berrington de González, DPhil; Neal D. Freedman, PhD; and Erikka Loftfield, PhD

Background: Tea is frequently consumed worldwide, but the association of tea drinking with mortality risk remains inconclusive in populations where black tea is the main type consumed.

Objective: To evaluate the associations of tea consumption with all-cause and cause-specific mortality and potential effect modification by genetic variation in caffeine metabolism.

Design: Prospective cohort study.

Setting: The UK Biobank.

Participants: 498 043 men and women aged 40 to 69 years who completed the baseline touchscreen questionnaire from 2006 to 2010.

Measurements: Self-reported tea intake and mortality from all causes and leading causes of death, including cancer, all cardiousecular disease (CVD) inchamic heart disease strates

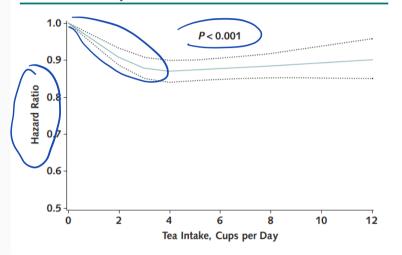
see tea-study.pdf

participants drinking 1 or fewer, 2 to 3, 4 to 5, 6 to 7, 8 to 9, and 10 or more cups per day were 0.95 (95% Cl, 0.91 to 1.00), 0.87 (Cl, 0.84 to 0.91), 0.88 (Cl, 0.84 to 0.91), 0.88 (Cl, 0.84 to 0.92), 0.91 (Cl, 0.86 to 0.97), and 0.89 (Cl, 0.84 to 0.95), respectively. Inverse associations were seen for mortality from all CVD, ischemic heart disease, and stroke. Findings were similar regardless of whether participants also drank coffee or not or of genetic score for caffeine metabolism.

Limitation: Potentially important aspects of tea intake (for example, portion size and tea strength) were not assessed.

Conclusion: Higher tea intake was associated with lower mortality risk among those drinking 2 or more cups per day, regardless of genetic variation in caffeine metabolism. These findings suggest that tea, even at higher levels of intake, can be part of a healthy diet.

Figure 1. Dose-response association of tea consumption and all-cause mortality* in the UK Biobank.



* Hazard ratio was adjusted for age; sex; race and ethnicity (White, Black, Asian, mixed, or other race), assessment center, Townsend deprivation score, general health status (excellent, good, fair, or poor), cancer (yes or no), cardiovascular disease (yes or no), diabetes (yes or no), BMI (kg/m²), tobacco smoking (25-level variable including current smoking status, smoking intensity [current and former smokers], time since guitting [former smokers], and cigar and pipe use [current and former smokers]); physical activity (>10 minutes of moderate or vigorous activity; days per week); alcohol intake (never drinker, former drinker, infrequent drinker [<1 drink per week], occasional drinker [>1 drink per week but <1 drink per day], moderate daily drinker [1 to 3 drinks per day]), or heavy drinker [>3 drinks per day]; coffee intake (cups per day); and dietary intake including vegetables (tablespoons per day), fruits (pieces per day), red meat (beef, lamb, and pork; 0 to 1, 1.5, 2, 2.5, 3 to 21 times per week as guintiles), and processed meat (0, <1, 1, 2 to 4, 5 to 6, and \geq 7 times per week). The solid line represents hazard ratio; the dotted line represents 95% CI.

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