



# Methods which can accommodate observed confounders

Advanced Epidemiology

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6<sup>th</sup> March 2018

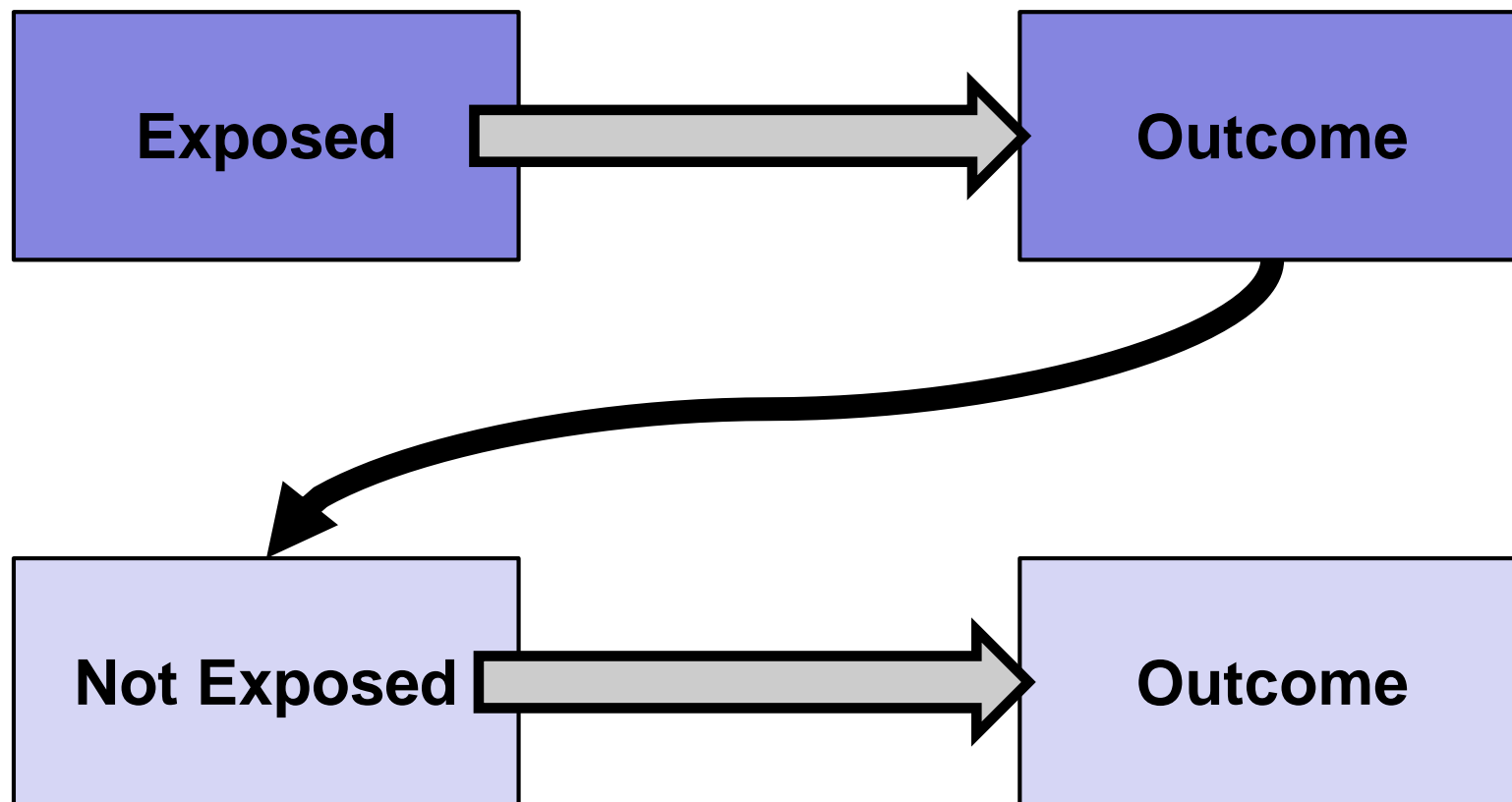
# Lecture– Outline

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- Causal Inference from Observational Research
- DAGS (recap) & mutually adjusted regression
- Collider bias and stratification/selection
- Propensity weighting (IPW)

# Fundamental Problem of Causal Inference

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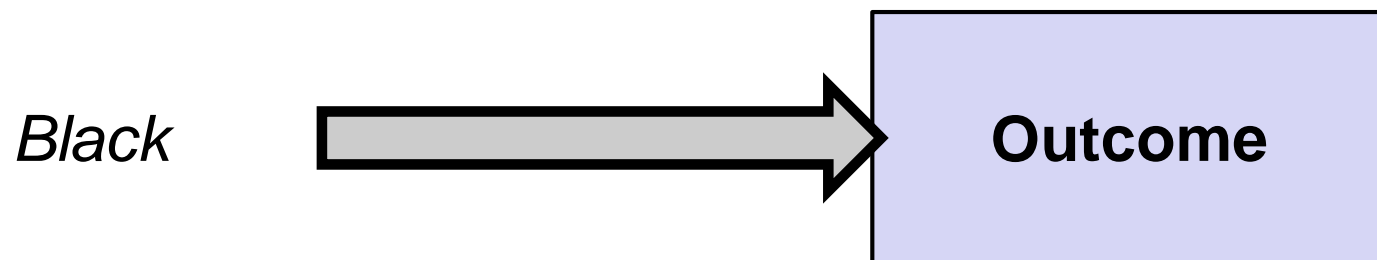


# Fundamental Problem of Causal Inference

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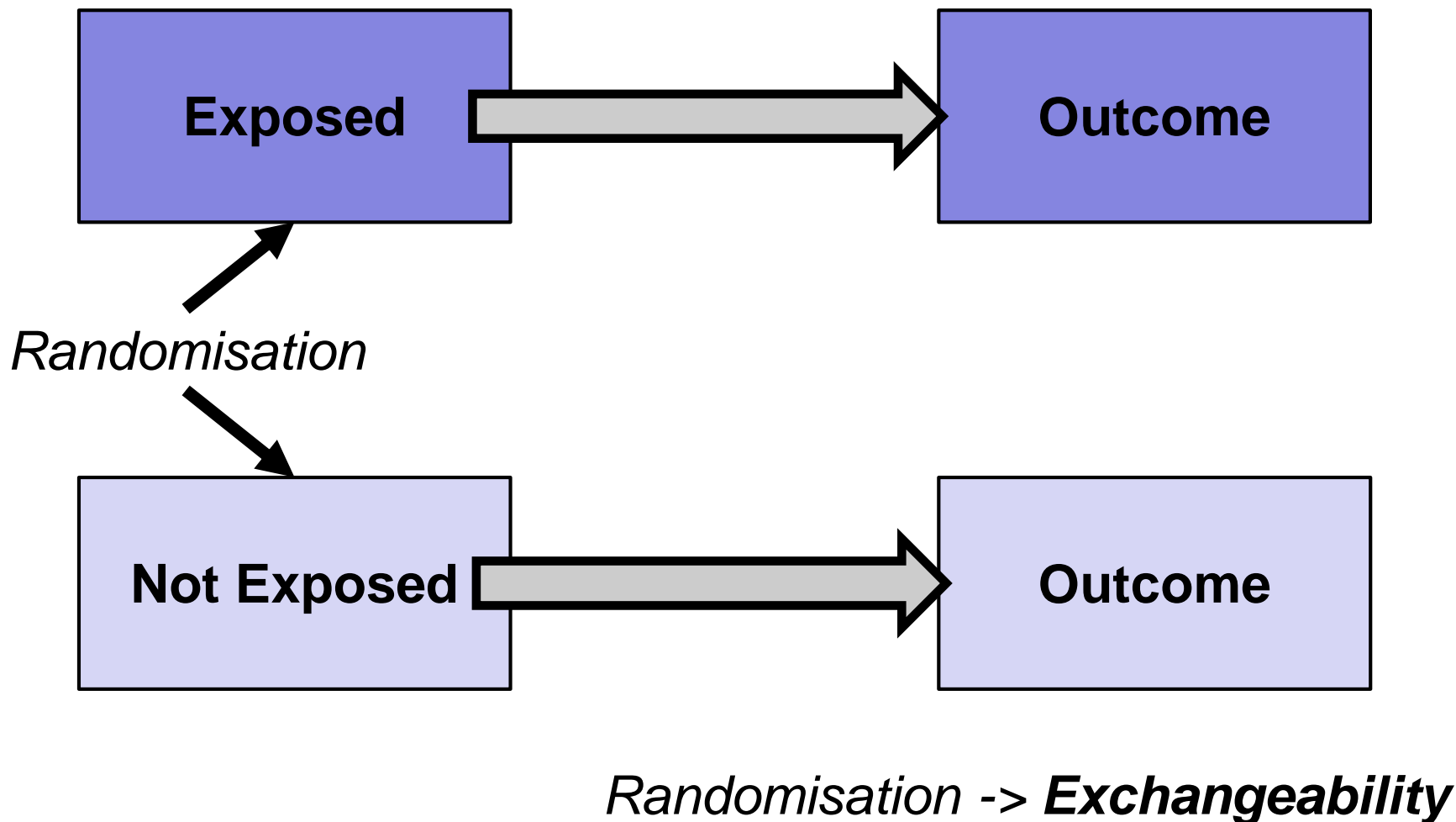


*Vs Alternate Reality*



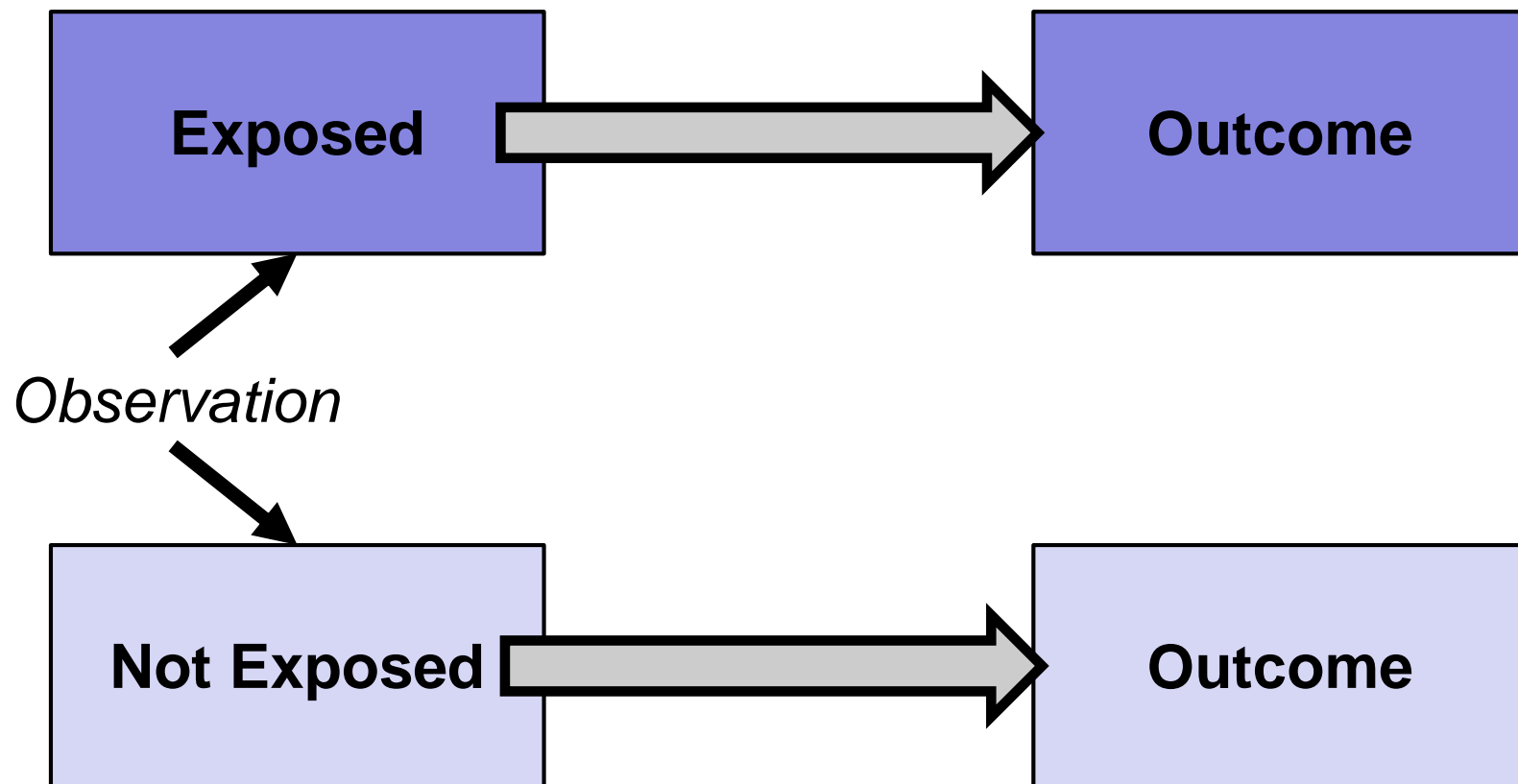
# Fundamental Problem of Causal Inference

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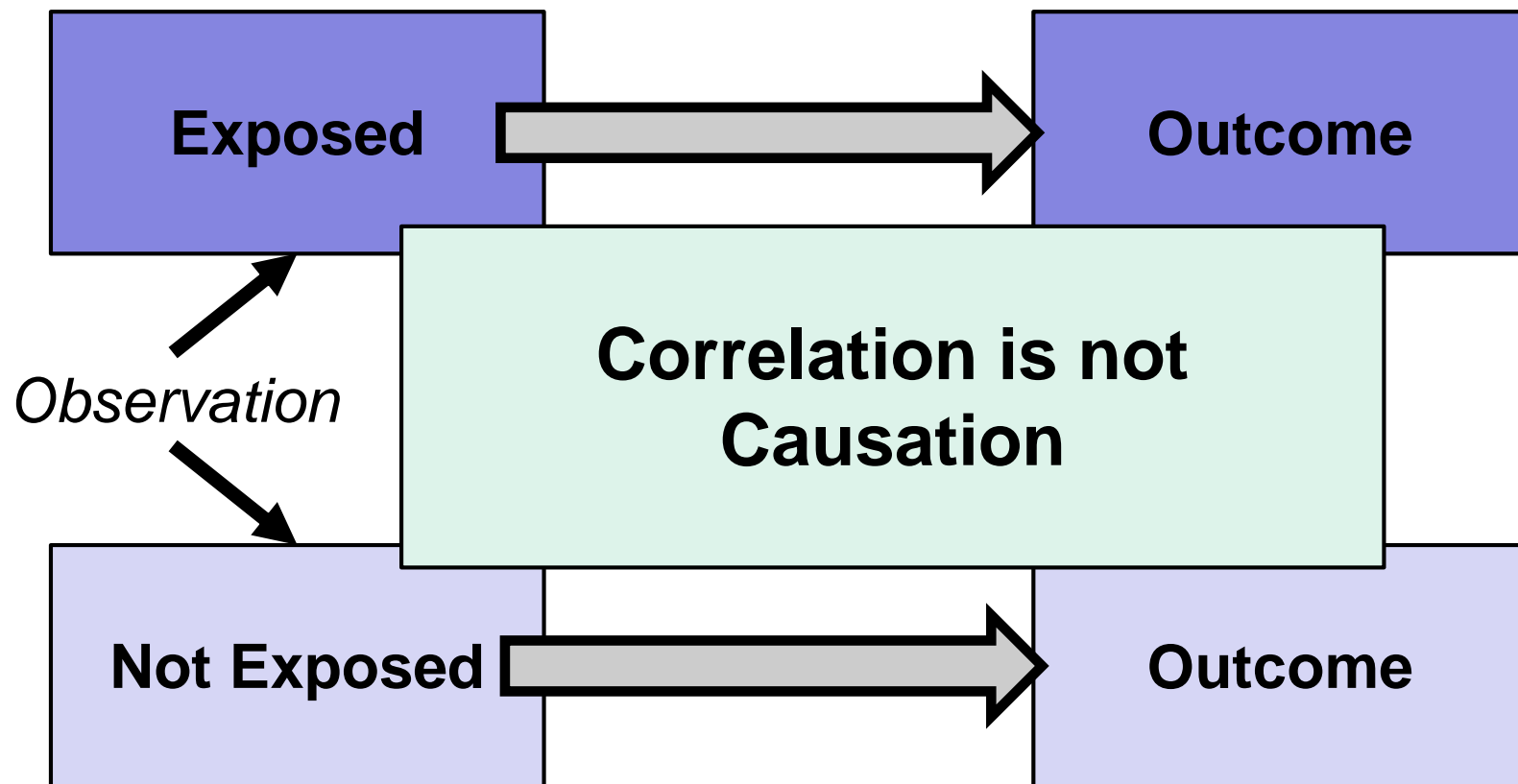
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*Observation*  $\neq$  ***Exchangeability***

# Fundamental Problem of Causal Inference

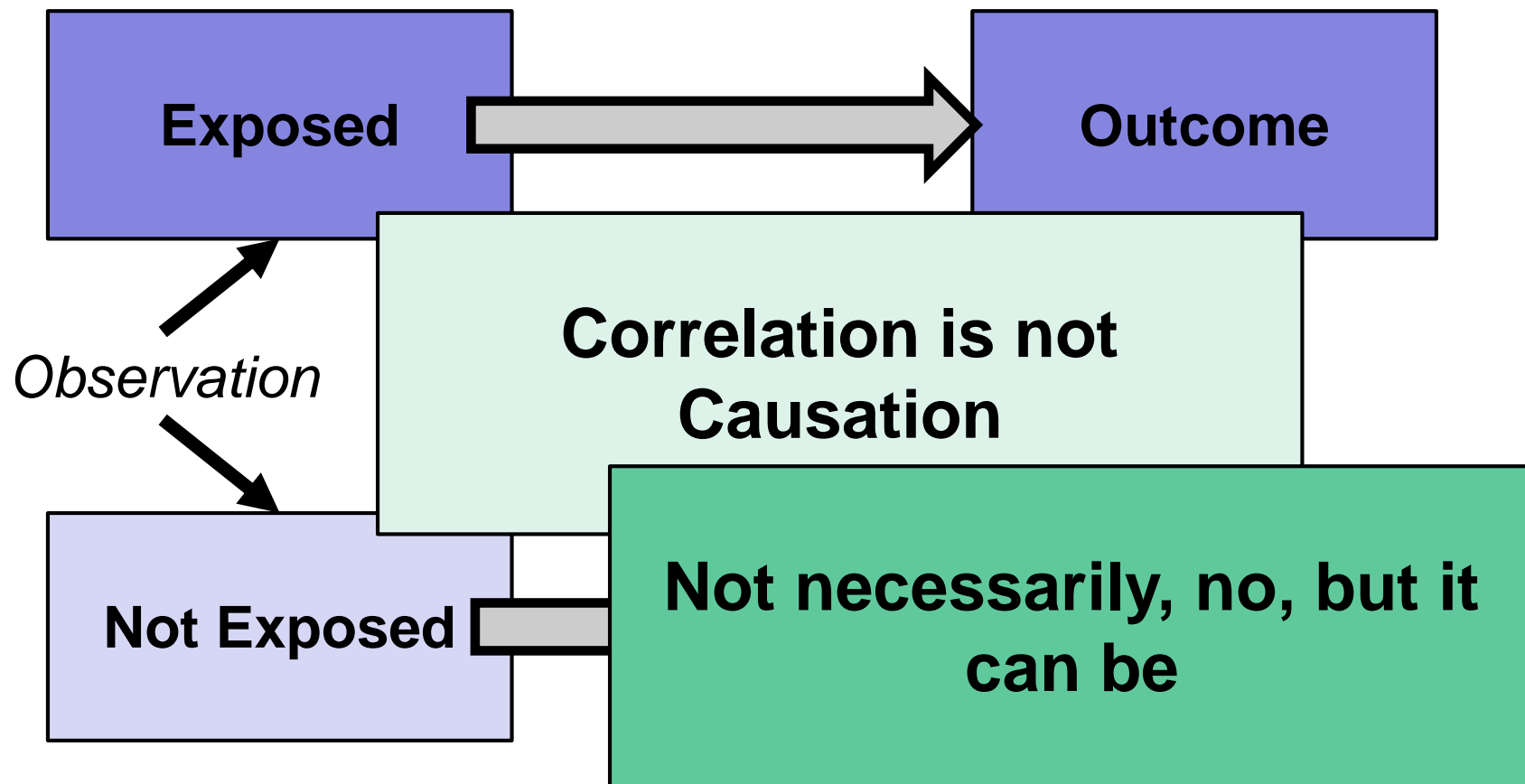
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*Observation*  $\neq$  ***Exchangeability***

# Fundamental Problem of Causal Inference

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*Observation*  $\neq$  **Exchangeability**



# Why do observational research?

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## **Lots of problems aren't well suited to randomised experiments:**

- Consider ethics of randomly exposing people to a risk factor you think may be dangerous
- Randomised experiments are costly to run, so tend to focus more on short-term effects
- Internal vs External Validity
- Some variables aren't randomisable, eg Gender, Race etc

# Causal Language and Estimation

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- **The C-Word:** many prefer to speak of associations rather than causal effects
- But, do we want to estimate an association or a causal effect?

**Hernán MA.** The C-Word: Scientific Euphemisms Do Not Improve Causal Inference From Observational Data. *American Journal of Public Health* 2018; 108: 616-9.

Contrast these definitions:

- **Calculate:** determine a value by mathematical means
- **Estimate:** provide an informed, approximate calculation, based on specific assumptions

# Causal Language and Estimation

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“A calculated association between two variables in a given population could be considered an “estimate” of the causal effect of one on the other, but even with very narrow confidence intervals it may not be our “best estimate.” Confidence intervals are commonly used to express statistical uncertainty, but there may also be less easily quantifiable (and often implicit) logical uncertainties around a given estimate. Ideally, our “best estimate” would acknowledge and strive to eradicate potential sources of bias, be rooted in existing knowledge and theory, and rest on plausible assumptions. Causal thinking can be an important and useful tool to evaluate the quality of our estimates, make our assumptions explicit, and consider whether our estimates are as good as they could be.”

**Green MJ.** Calculating Versus Estimating Causal Effects. *American Journal of Public Health* 2018; **108**: e4-e5.

# Observational Studies

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- Often use adjusted regression, eg:

$$\text{Health} = a + b*X1 + c*X2 + d*X3 + \text{error}$$

- Where X1,2,3 etc are different exposure measures
- Coefficients b,c,d etc interpreted as effects 'independent' of other factors in the model



**However**, care is needed when interpreting **mutually adjusted** coefficients such as these...

# Observational Studies

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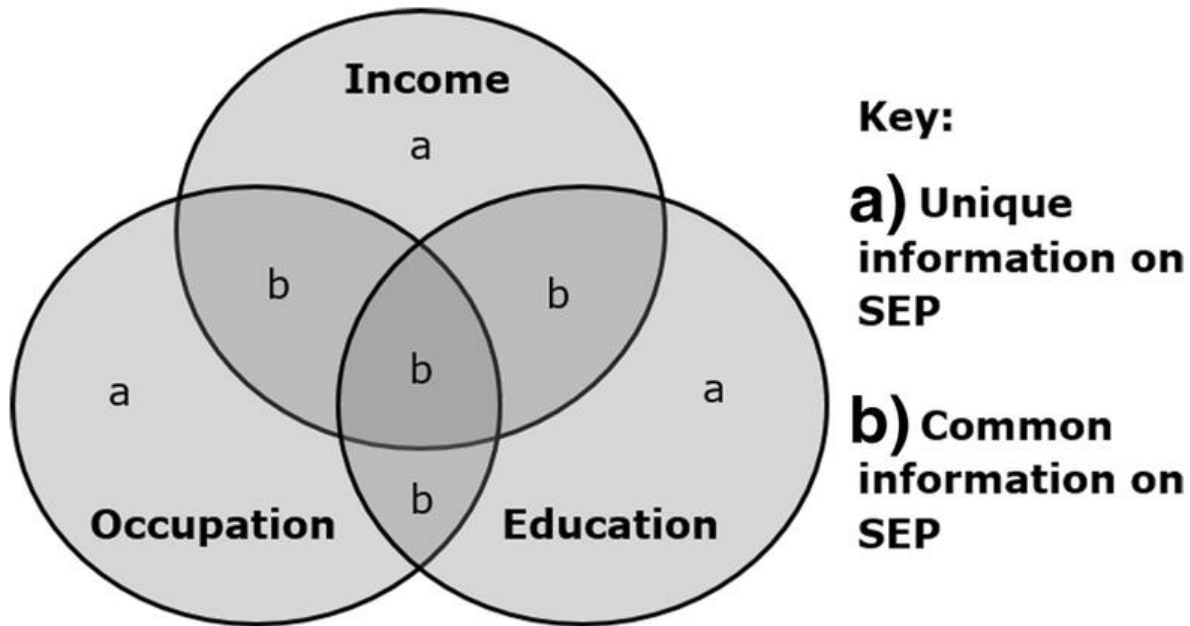
- Where X1,2,3 etc are different exposure measures
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**However**, care is needed when interpreting **mutually adjusted** coefficients such as these...

# Mutual Adjustment

Health = **education** + **occupation** + **income**



**Green MJ, Popham F.** Interpreting mutual adjustment for multiple indicators of socioeconomic position without committing mutual adjustment fallacies. *BMC Public Health* 2019; 19: 10

*Which areas of the diagram do the coefficients for education, occupation & income represent?*

# Directed Acyclic Graphs (DAGs)

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Diagrams intended to provide **clarity** about:

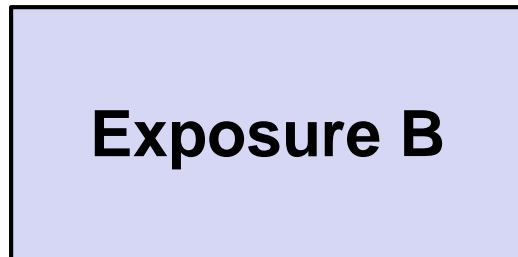
- the **assumptions** that statistical conclusions are based on
- how effects should be **interpreted** based on those assumptions

Great online software:

- <http://www.dagitty.net/>

# DAGS - Basics

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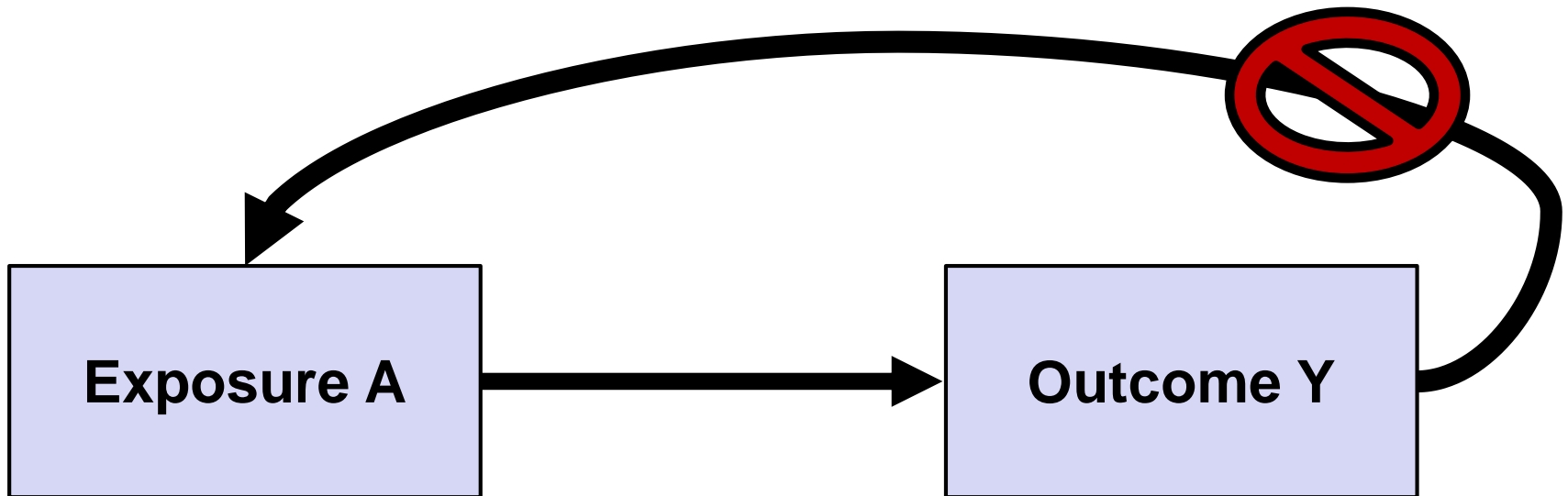
*A directed arrow indicates a causal effect, i.e. A causes Y*

*No directed arrow indicates no causal effect, i.e. B does not cause Y*



# DAGS - Basics

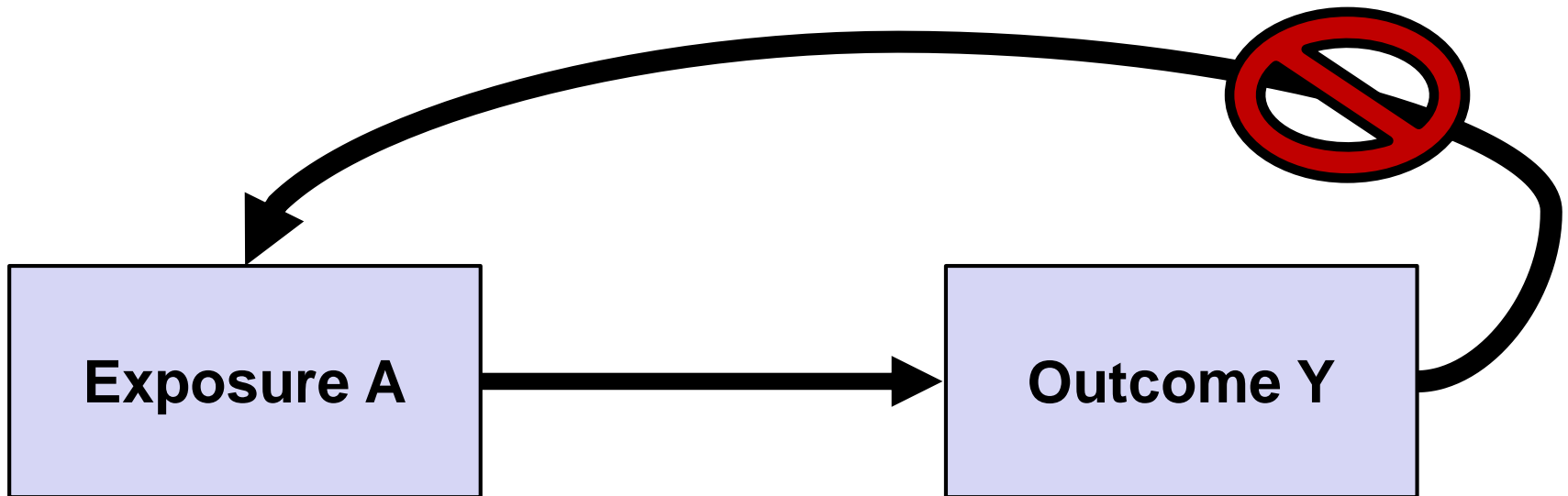
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*Reciprocal/Feedback loops are not allowed*

# DAGS - Basics

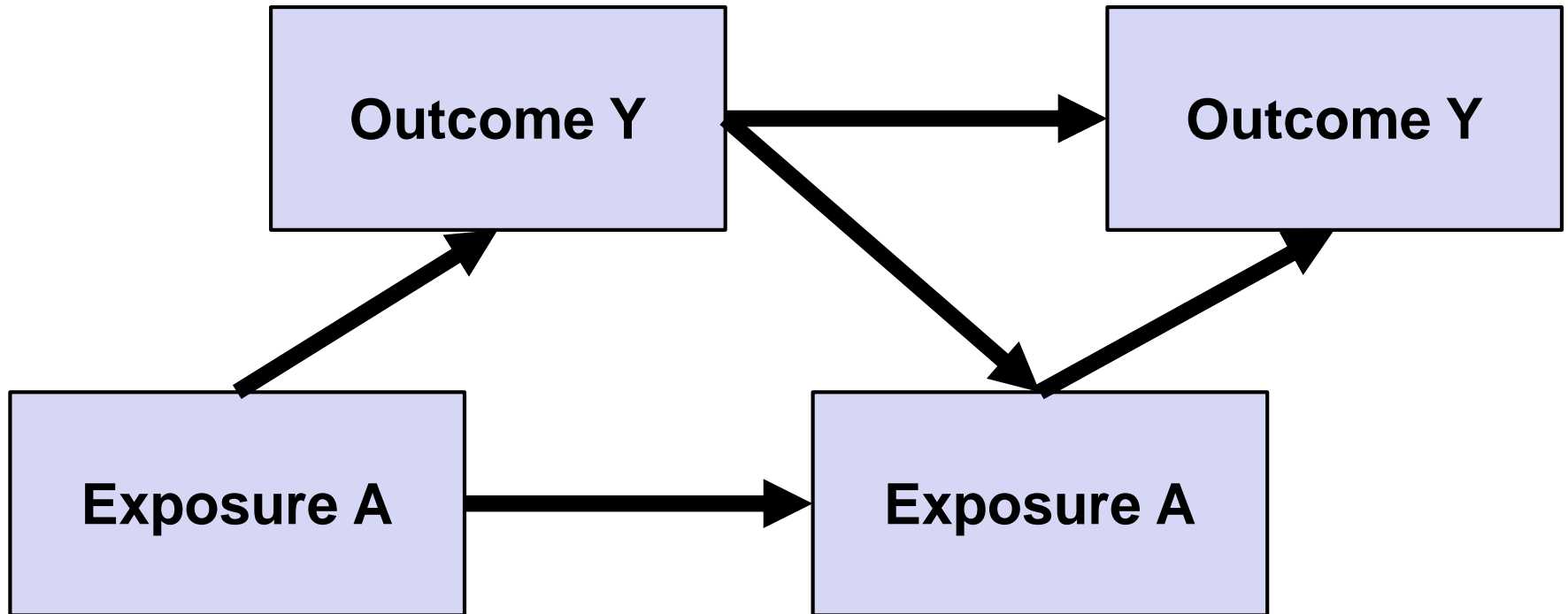
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*Reciprocal/Feedback loops are not allowed*  
**So how do we account for these?**

# DAGS - Basics

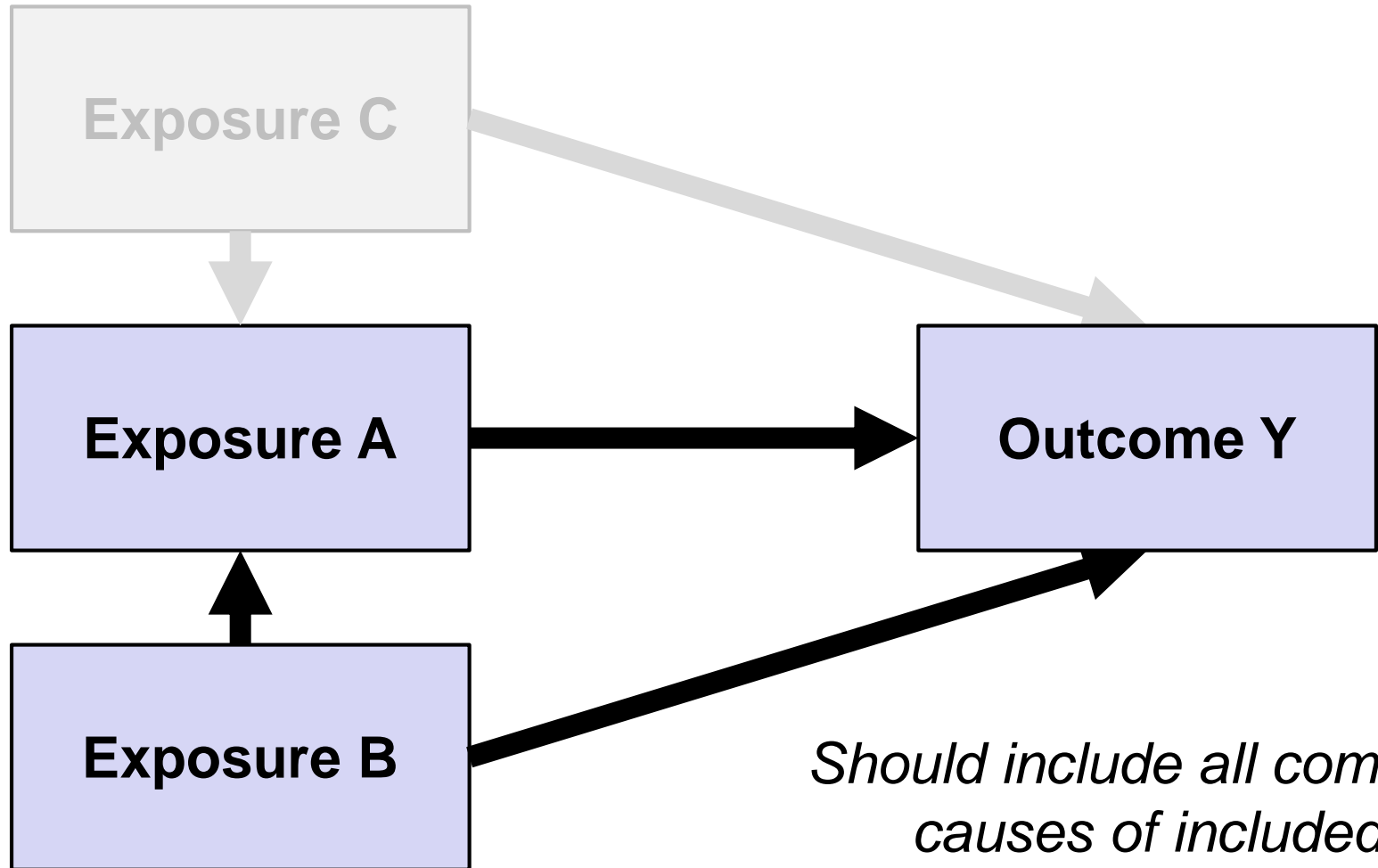
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*Reciprocal/Feedback loops are not allowed*  
**But can be incorporated with multiple  
measures over time**

# DAGS - Basics

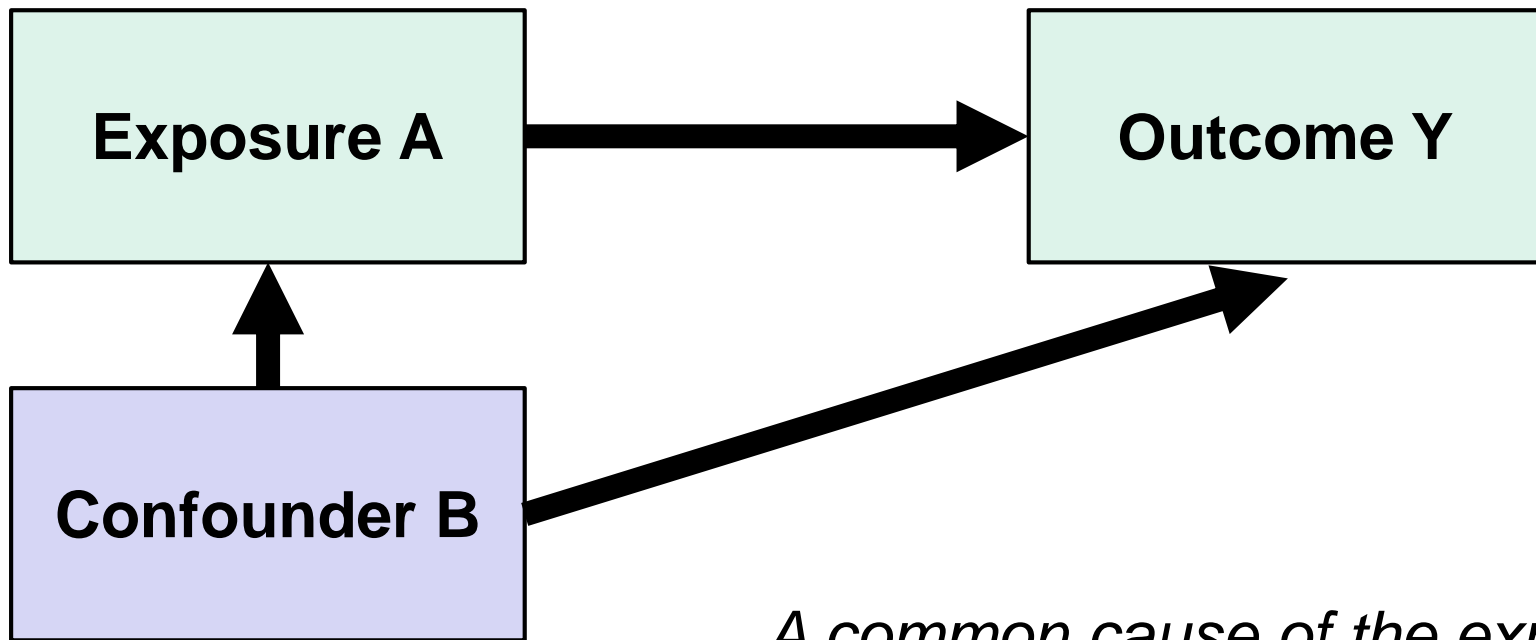
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*Should include all common causes of included variables*

# DAGS – Confounding vs Mediation

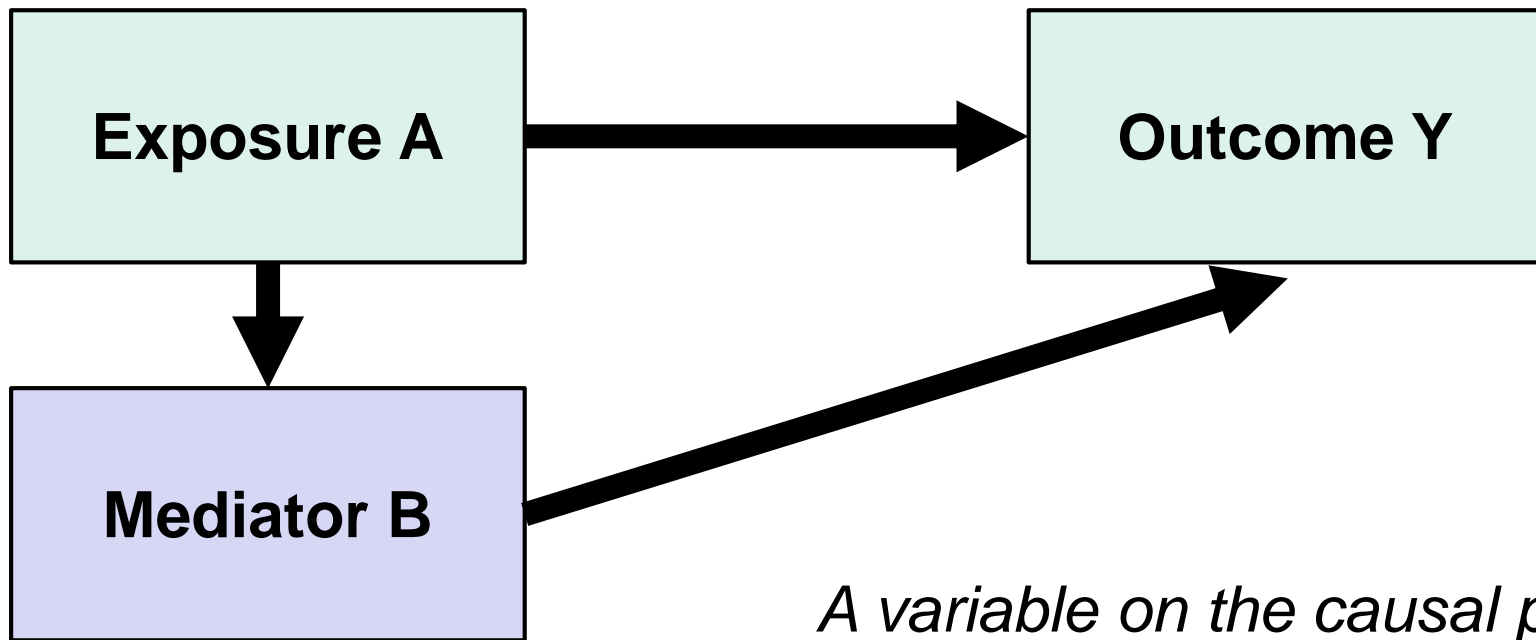
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*A common cause of the exposure and outcome of interest is a **confounder***

# DAGS – Confounding vs Mediation

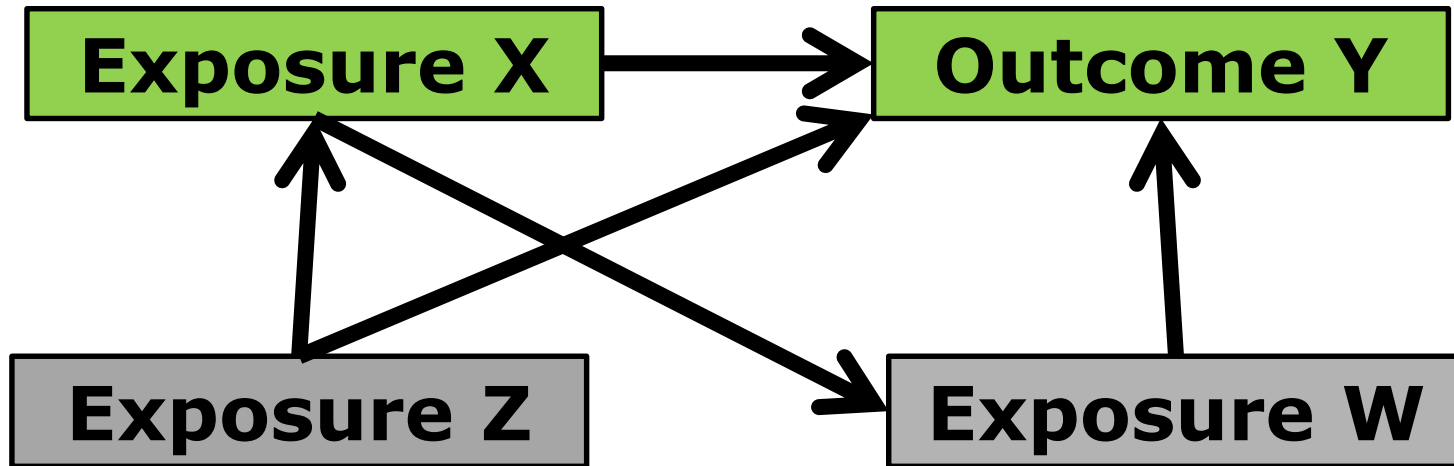
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*A variable on the causal path  
between the exposure and  
outcome of interest is a  
**mediator***

# DAGs and Regression

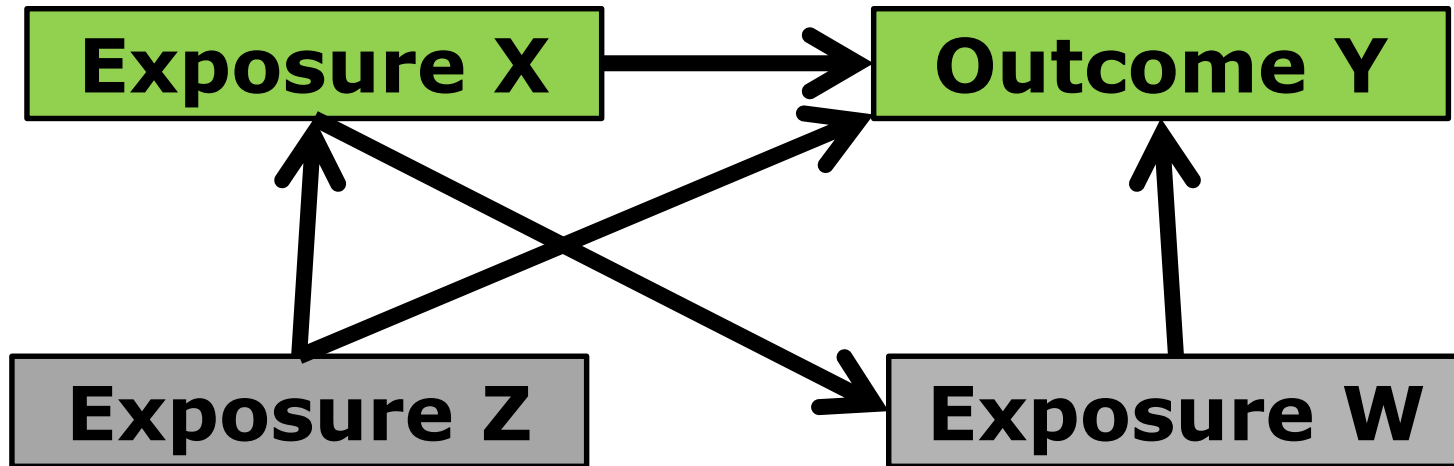
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- Interest is in effect of X on Y
- Regression:  $Y = a + b \cdot X + \text{error}$ 
  - Coefficient for X is effect on Y

# DAGs and Regression

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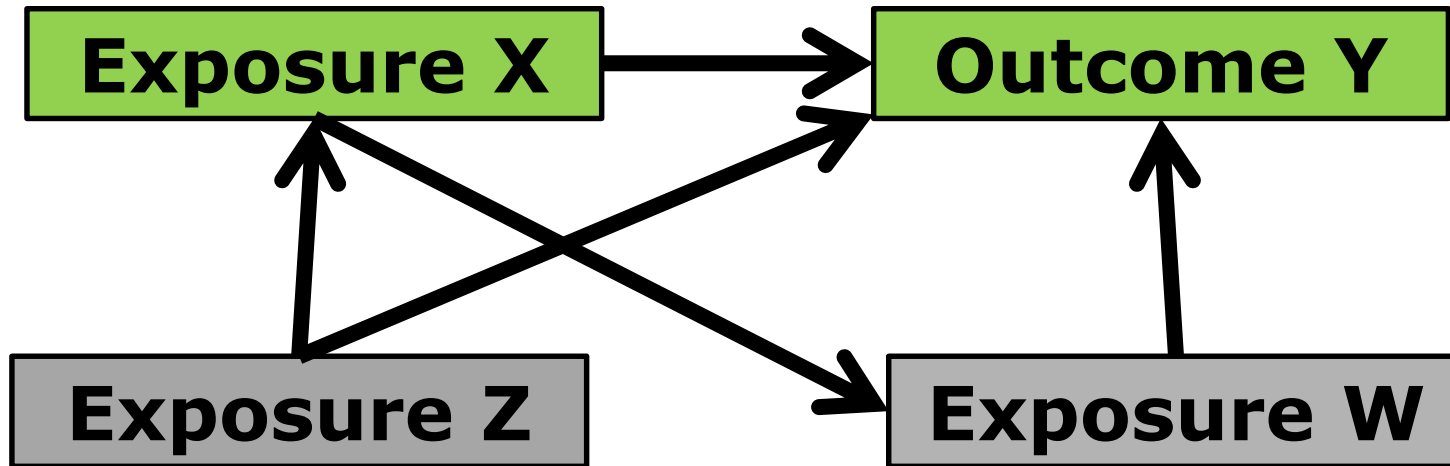


- Interest is in effect of X on Y
- Regression:  $Y = X$ 
  - Why will this estimate be biased?



# DAGs and Regression

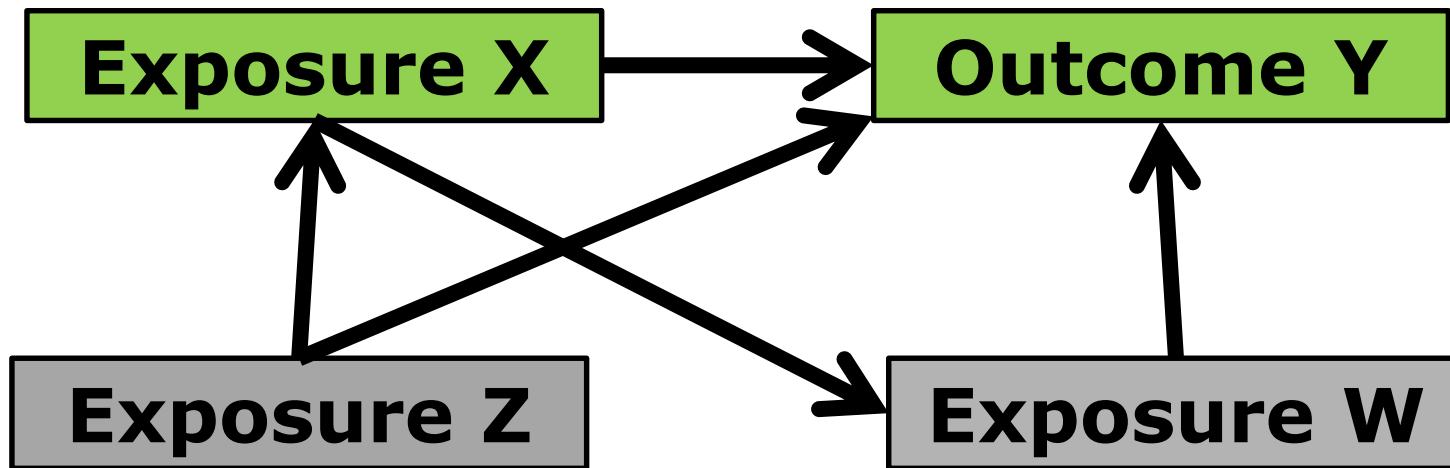
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- Interest is in effect of X on Y
- Regression:  $Y = X + Z$ 
  - The effect of X is **confounded by Z**, so Z needs to be adjusted out

# DAGs and Regression

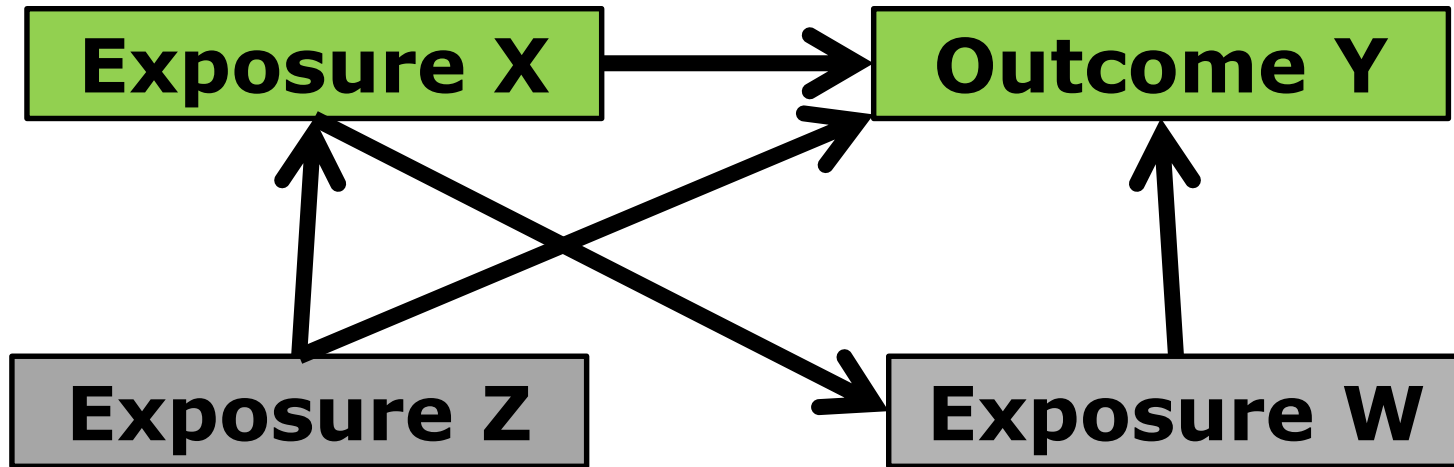
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- Interest is in effect of X on Y
- Regression:  $Y = X + Z + W$ 
  - Why would an estimate that also adjusts for W be biased?

# DAGs and Regression

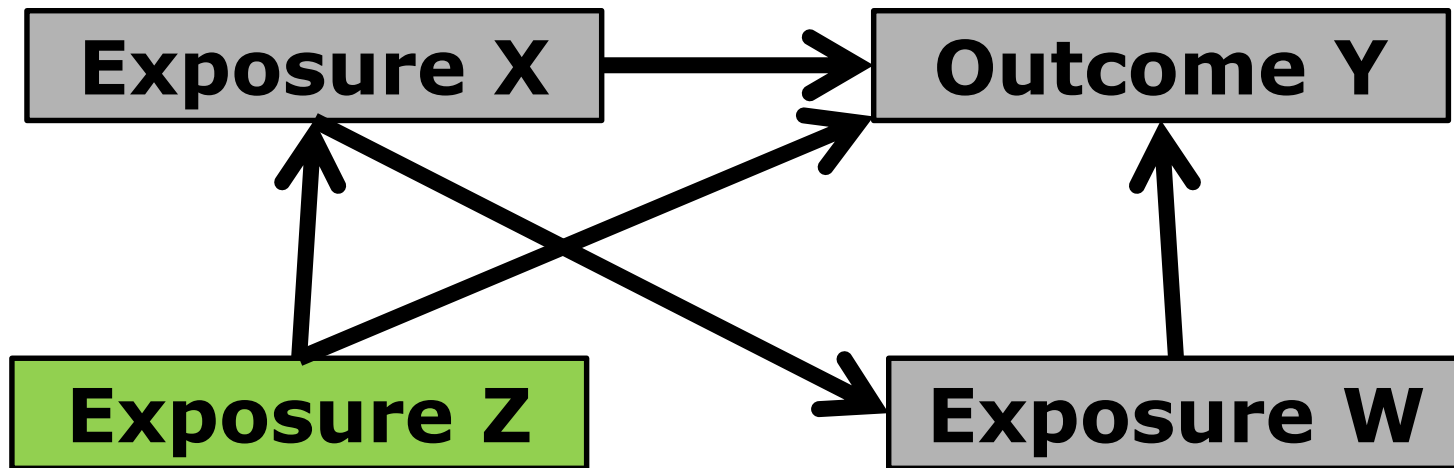
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- Regression:  $Y = X + Z + W$ 
  - W is a **mediator** of the effect of X on Y
  - Adjusting for W only leaves the **direct** effect of X on Y

# DAGs and Regression

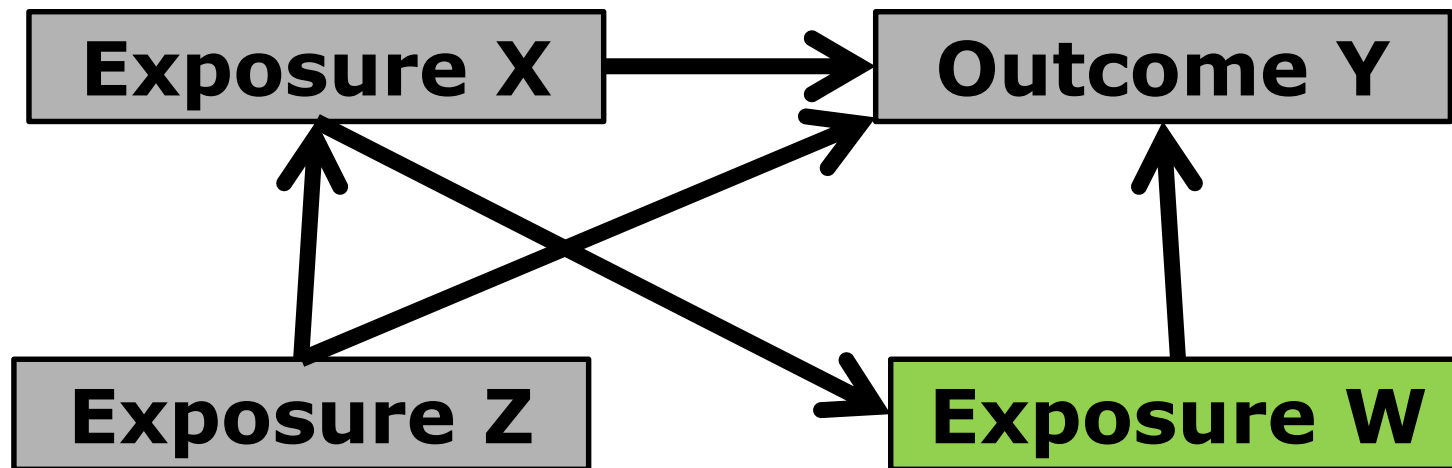
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- **Adjust for confounders**
- Don't adjust for mediators

# DAGs and Regression

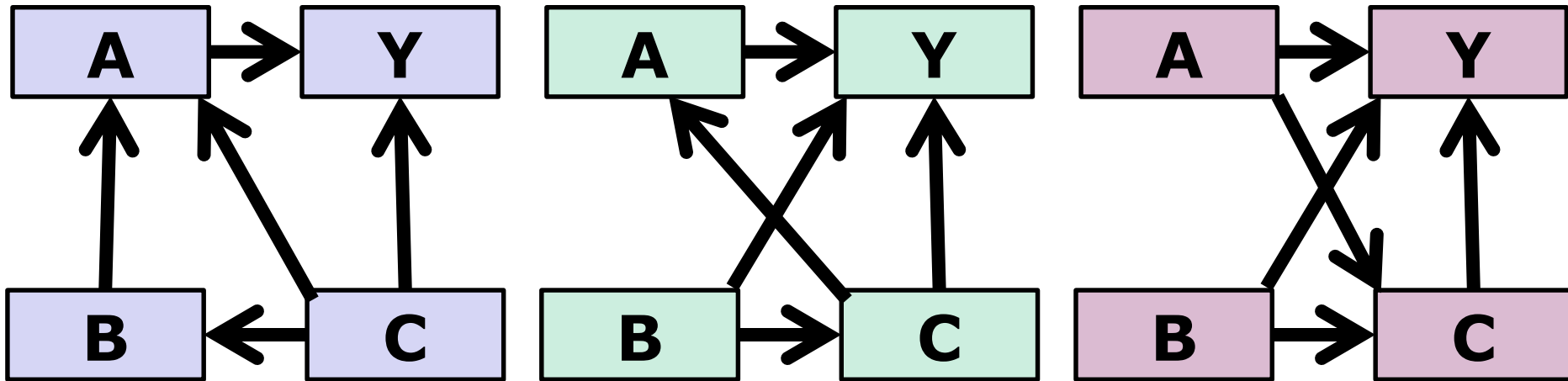
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- Adjust for confounders
- **Don't adjust for mediators**

# Directed Acyclic Graphs (DAGs)

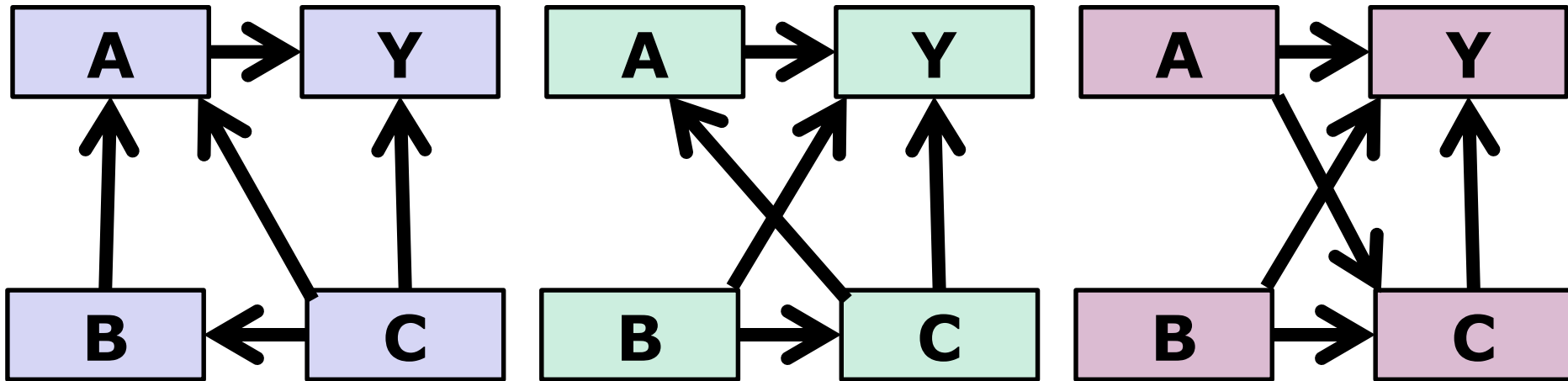
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- Might be multiple ways to draw diagram, representing different assumptions
- Different exposures/diagrams require different analyses

# Directed Acyclic Graphs (DAGs)

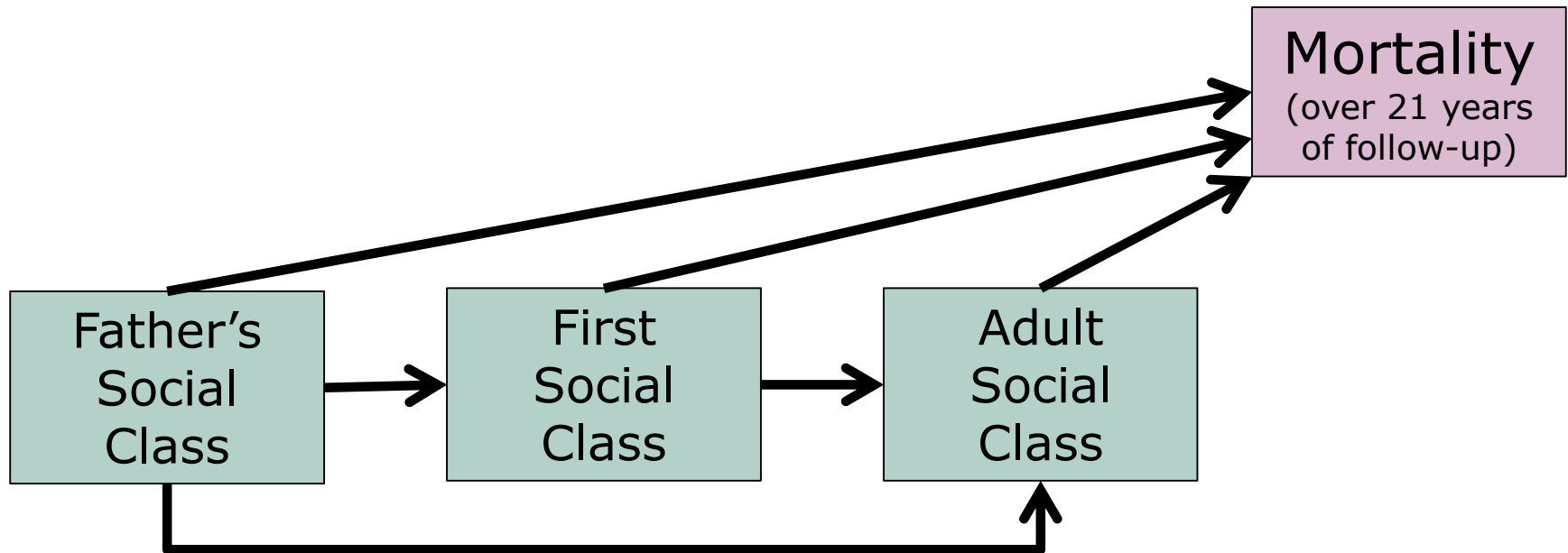
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- In the three scenarios shown here, if you want **effect of C on Y**
  - Should you adjust for A?
  - Should you adjust for B?

# An example

- DAVEY SMITH G., HART C., BLANE D., GILLIS C., HAWTHORNE V. Lifetime socioeconomic position and mortality: prospective observational study, BMJ 1997: 314: 547.
- A study of mortality in relation to social class (manual vs. non-manual) at three stages of the lifecourse





DAVEY SMITH G., HART C., BLANE D., GILLIS C., HAWTHORNE V.  
Lifetime socioeconomic position and mortality: prospective  
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	<b>Unadjusted Hazard Ratio (95% CI)</b>	<b>Mutually Adjusted Hazard Ratio (95% CI)</b>
Father's Social Class	1.44 (1.27-1.64)	1.28 (1.11-1.47)
First Social Class	1.29 (1.16-1.43)	1.01 (0.89-1.16)
Adult Social Class	1.40 (1.27-1.55)	1.29 (1.14-1.47)

- Does Father's or Adult Social Class have the stronger effect on mortality?
- Which two cells should you compare?

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Total effect of  
Father's Social Class

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Direct effect of Father's Social Class  
not mediated by First or Adult Social Class

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Total effect of Adult Social Class  
confounded by First or Father's Social Class

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Lifetime socioeconomic position and mortality: prospective  
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Total effect of Adult Social Class  
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- Comparing these 2 cells the total effect of Father's Social Class is greater than that of Adult Social Class

DAVEY SMITH G., HART C., BLANE D., GILLIS C., HAWTHORNE V.  
Lifetime socioeconomic position and mortality: prospective  
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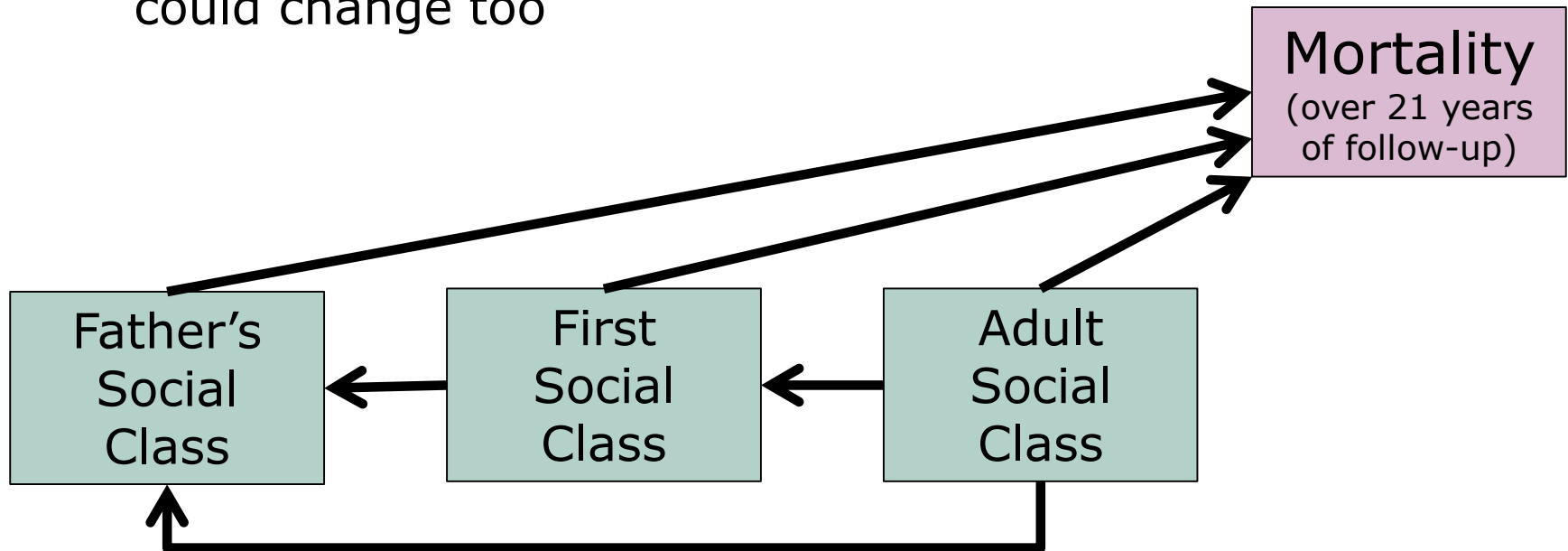
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- The total effect of Adult Social Class is roughly equivalent to the direct effect of Father's Social Class
- ~1/2 the total effect of Father's Social Class is **mediated** by First and Adult Social Class

# Alternative assumptions

- DAVEY SMITH G., HART C., BLANE D., GILLIS C., HAWTHORNE V. Lifetime socioeconomic position and mortality: prospective observational study, BMJ 1997: 314: 547.
- If we changed our assumptions regarding the causal direction between these variables, our interpretation could change too





DAVEY SMITH G., HART C., BLANE D., GILLIS C., HAWTHORNE V.  
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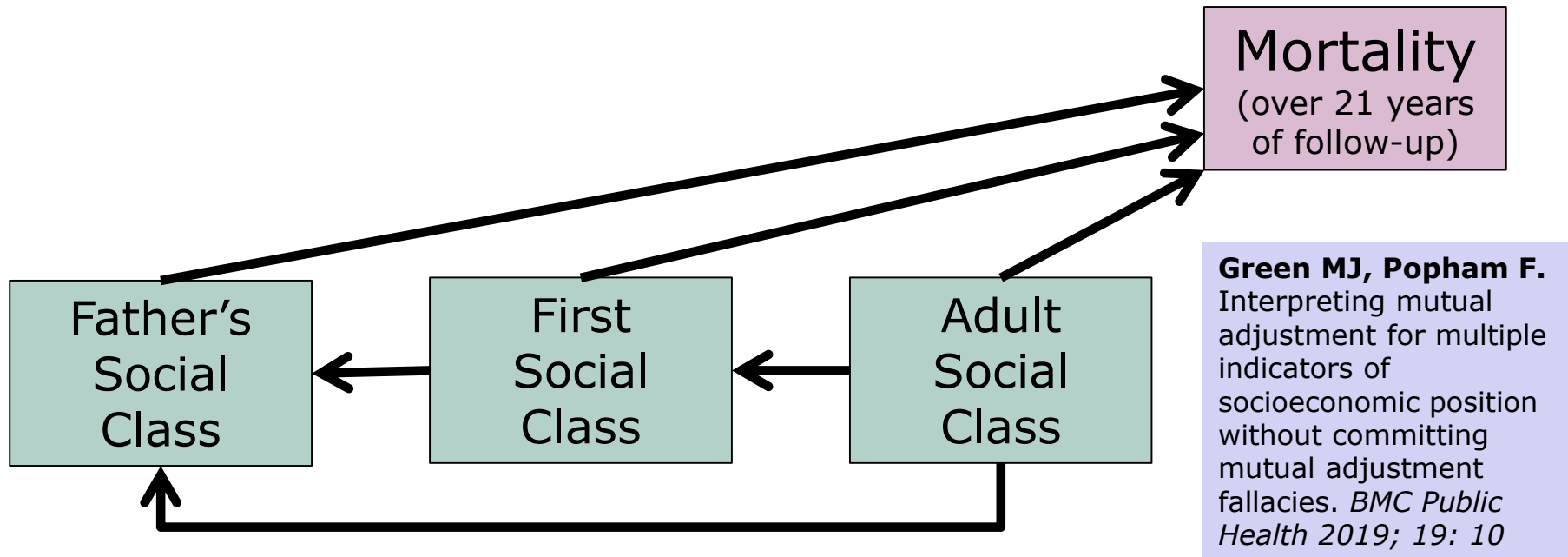
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- Under reversed causal diagram we would compare these two cells to get at whether father's or adult social class is more important (and get a different answer)

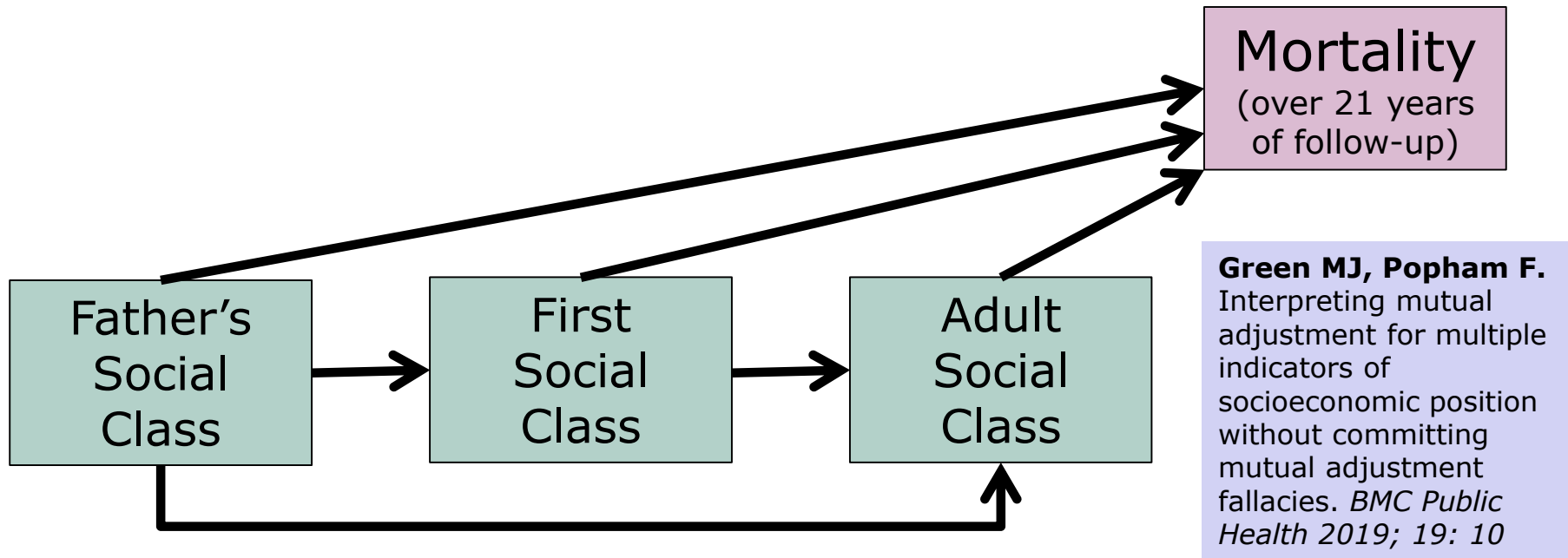
# Alternative assumptions

- Important to specify our assumptions, so that readers can understand how we're interpreting mutually adjusted coefficients
- Mutually adjusted coefficients could be compared if you wanted to compare causal estimates under different causal assumptions
- But 'mutual adjustment' is poor short-hand for this
- When we speak of effects being 'independent' it's important to specify whether we mean from confounders or mediators



# Alternative assumptions

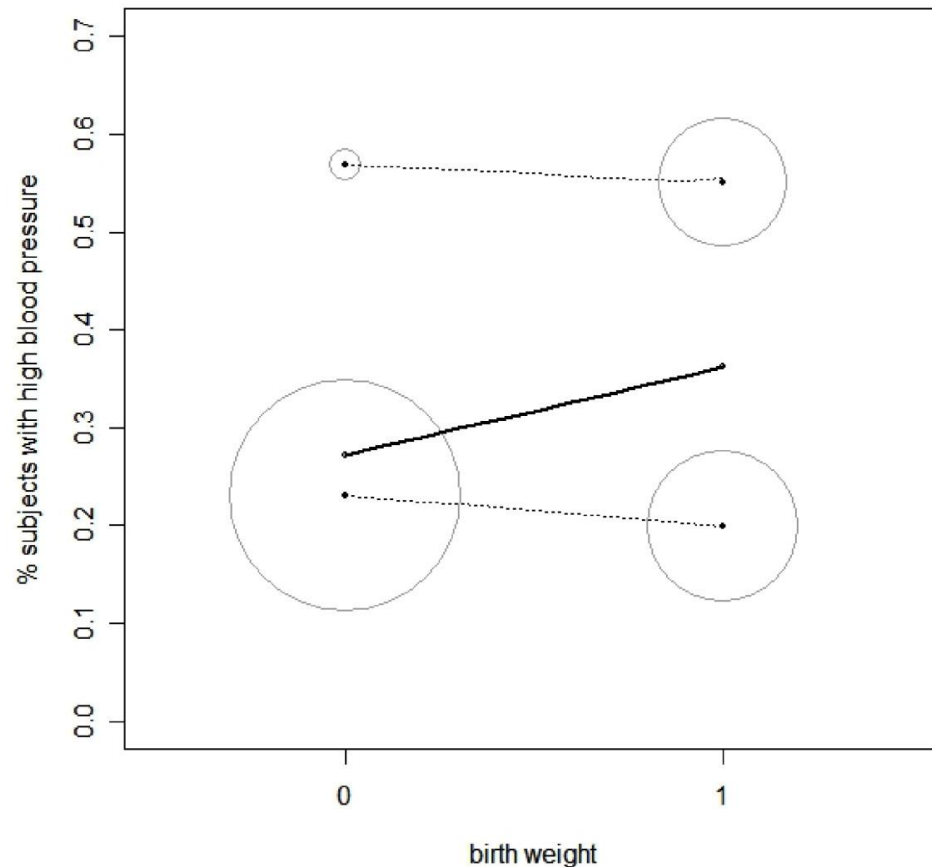
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# Another example: birthweight, current weight & blood pressure

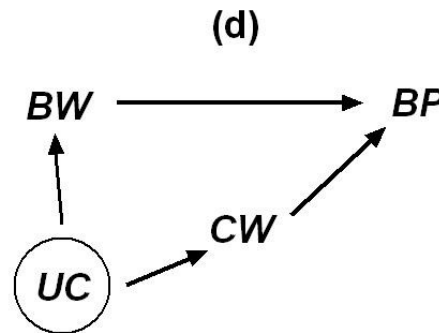
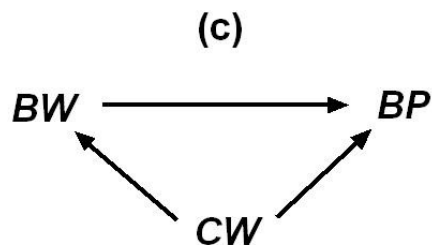
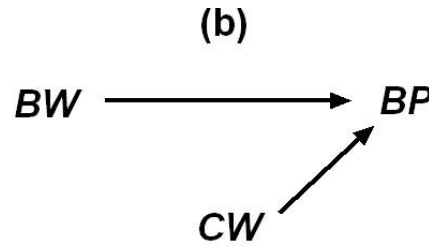
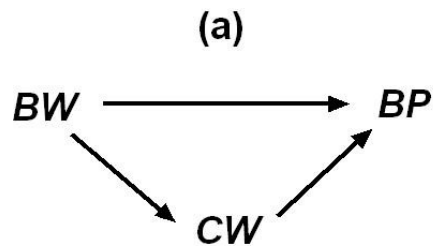
	Normal BP	High BP	Total	Percentage of subjects with high BP
<b>Overall:</b>				
Low birth weight	354	132	486	27.2%
High birth weight	328	186	514	36.2%
Total	682	318	1,000	31.8%
<b>Current weight &lt; 90 Kg</b>				
Low birth weight	329	99	428	23.1%
High birth weight	221	55	276	19.9%
Total	550	154	704	21.9%
<b>Current weight &gt; 90 Kg</b>				
Low birth weight	25	33	58	56.9%
High birth weight	107	131	238	55.0%
Total	132	164	296	55.4%

# Why does this happen?



- Upper circles = high current weight
- Lower circles = low current weight
- Circle size = n
- Thick line = overall association between birth weight and BP
- Dotted lines = association between birth weight and BP, **conditional on current weight**

# Importance of Theory



- Figures a, c & d can explain correlations between BW, CW & BP
- How we estimate true effect of BW on BP depends on which DAG is correct

*BW=Birthweight*  
*CW=Current Weight*  
*BP=Blood Pressure*

# Birthweight & Blood Pressure

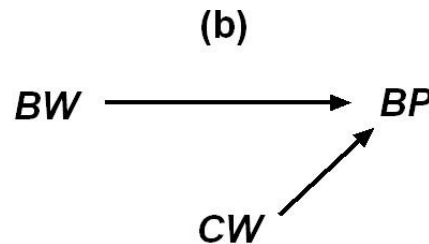
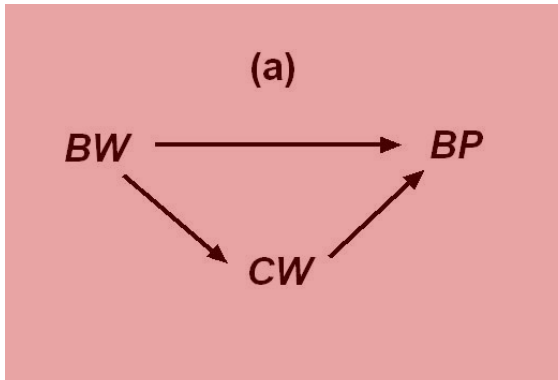
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Huxley & Collins **(2002)** *Unravelling the fetal origins hypothesis: is there really an inverse association between birthweight and subsequent blood pressure?* Lancet, **360** (9334): 659-665

- Reviewed 55 studies showing associations between birthweight and blood pressure
- Most showed an inverse association (but with a trend towards smaller effects in larger studies)
- 49 of the 55 studies had adjusted for current weight

# Importance of Theory

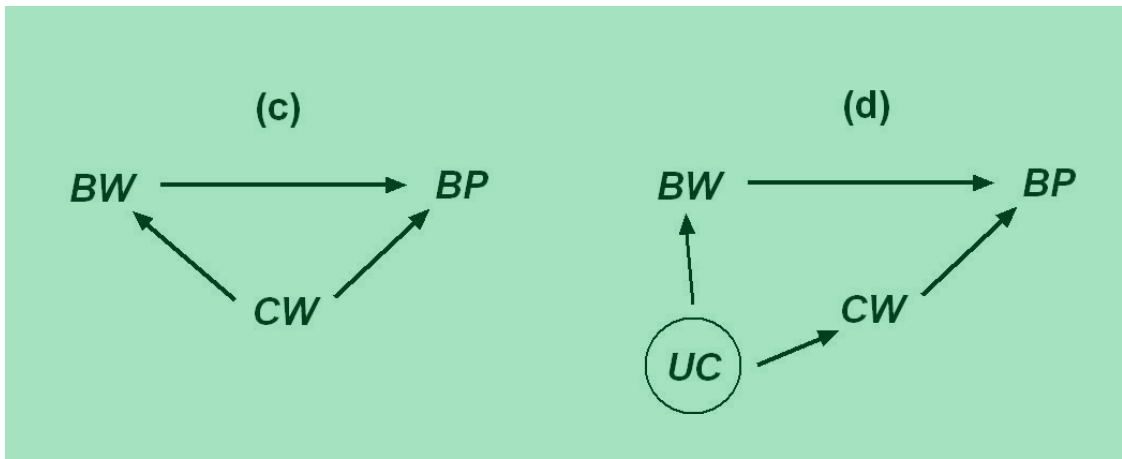
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- Majority of the evidence base in that review is either:
  - Based on fig c or fig d

Or:

- Wrong based on fig A





# Brief Re-cap...

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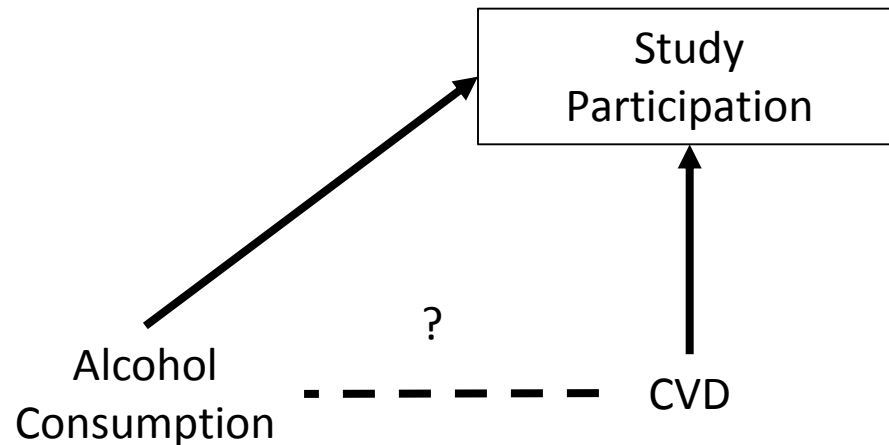


**Health = Exp1 + Exp2 + Exp3**

- Take care when interpreting '**mutually adjusted**' co-efficients such as these
- Interpretation are not equivalent and depend on assumptions about how exposures relate to one another
- Important distinction between **Total** and **Direct** effects

# Selection Bias

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*If participation is caused by both the exposure of interest and the outcome, this can induce a spurious correlation between them*

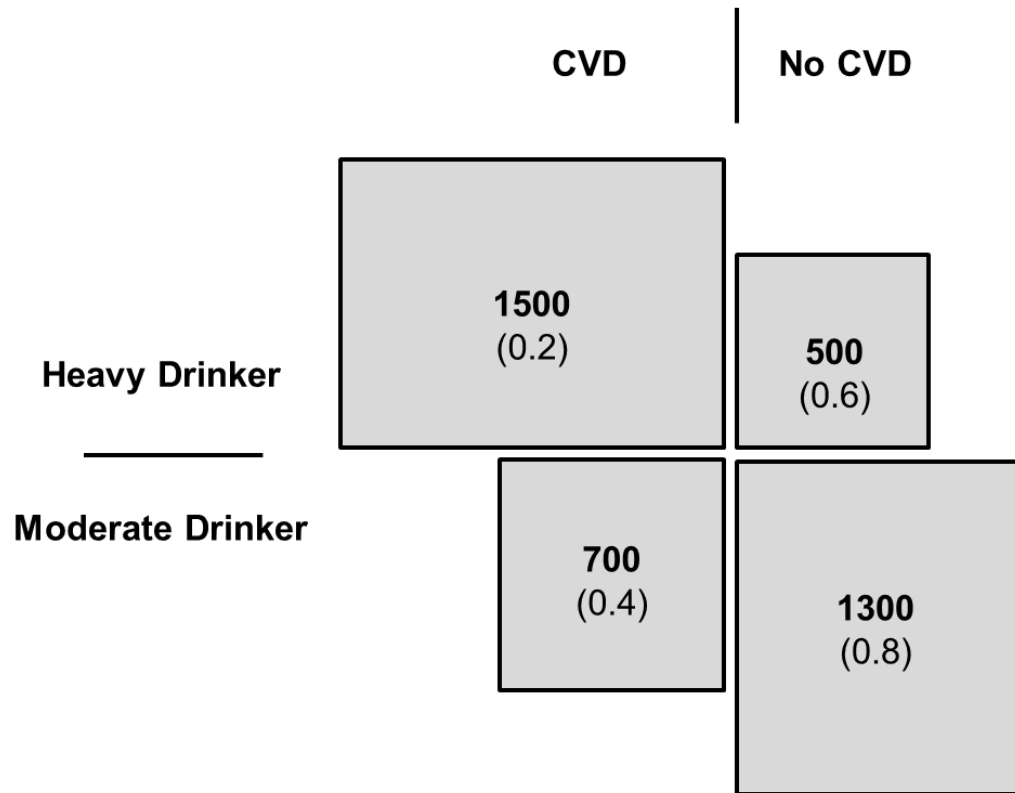
**Katikireddi SV, Green MJ, Taylor AE, Davey Smith G, Munafò MR.**

Assessing causal relationships using genetic proxies for exposures: an introduction to Mendelian randomization.

*Addiction* 2018; 113: 764-74

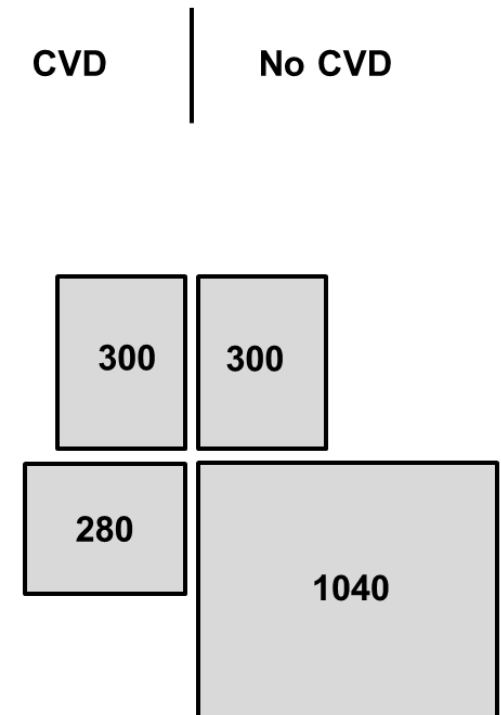
# Selection Bias

*True Population*  
(Sampling Probabilities\*)



**Relative Risk: 2.14**  
**Odds Ratio: 5.57**

*Observed Population*

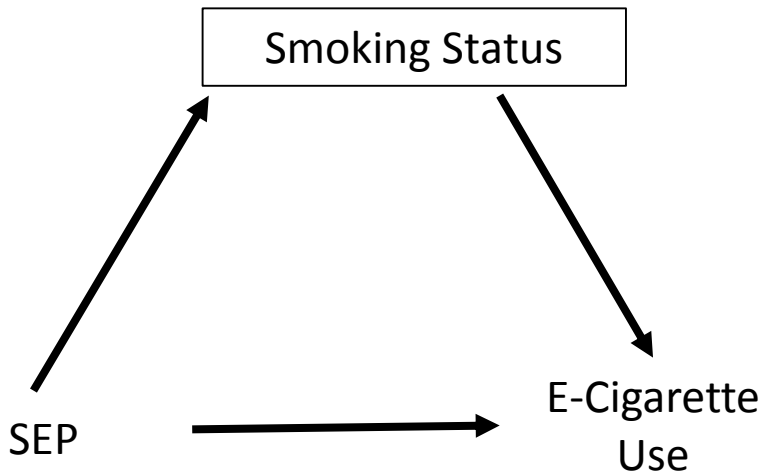


**Relative Risk: 2.36**  
**Odds Ratio: 3.71**

\*Sampling probabilities were assigned as 0.8, with reductions of 0.4 for having CVD and 0.2 for being a heavy drinker.

# Collider Bias

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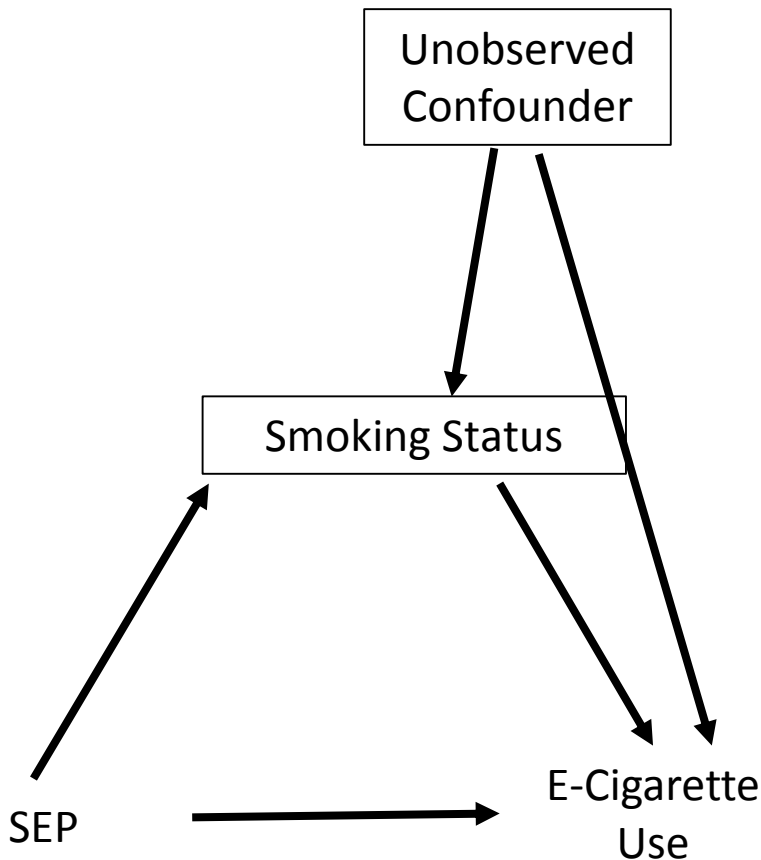


*Say we're interested in effects of SEP on E-Cigarette Use, but want to stratify by smoking status.*

*Why might the results be biased?*

# Collider Bias

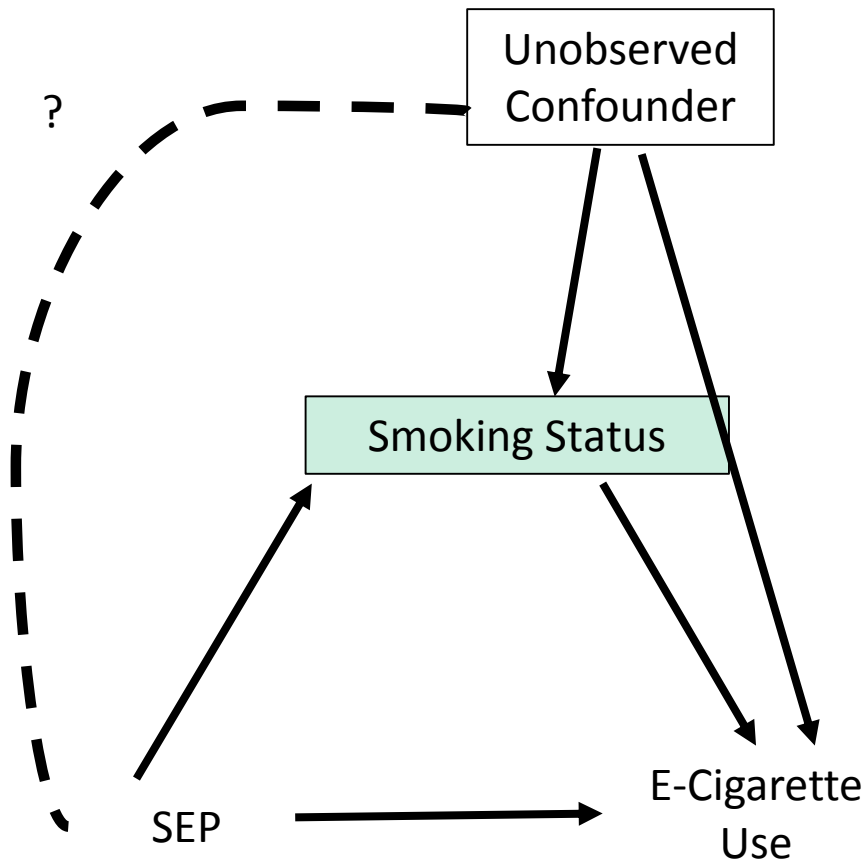
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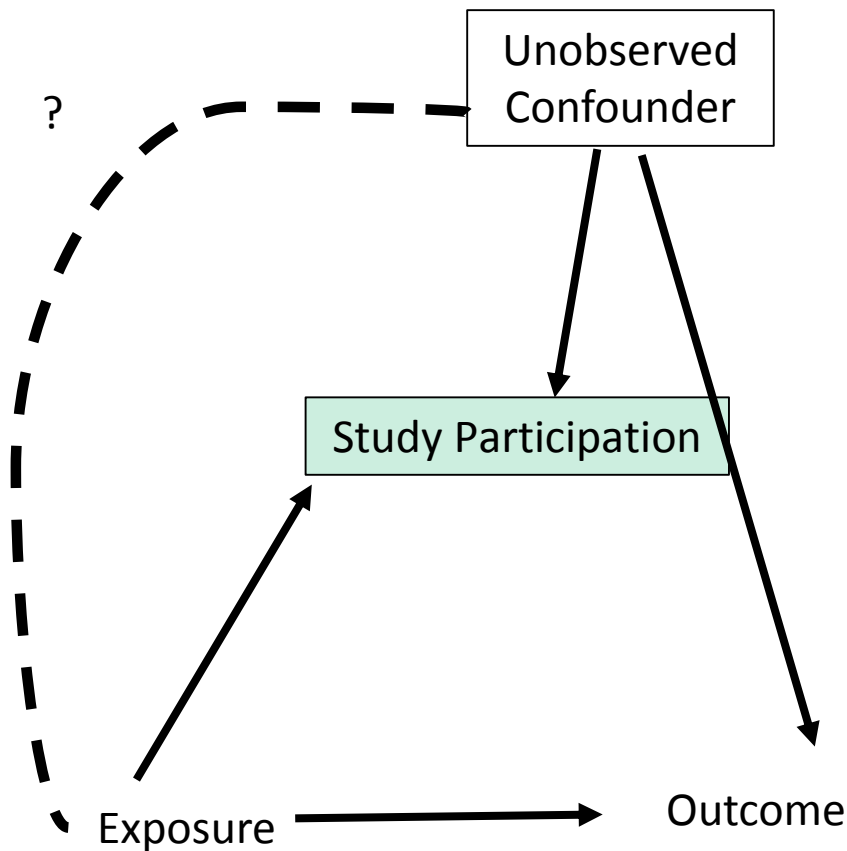


*Say we're interested in effects of SEP on E-Cigarette Use, but want to stratify by smoking status.*

*Why might the results be biased?*

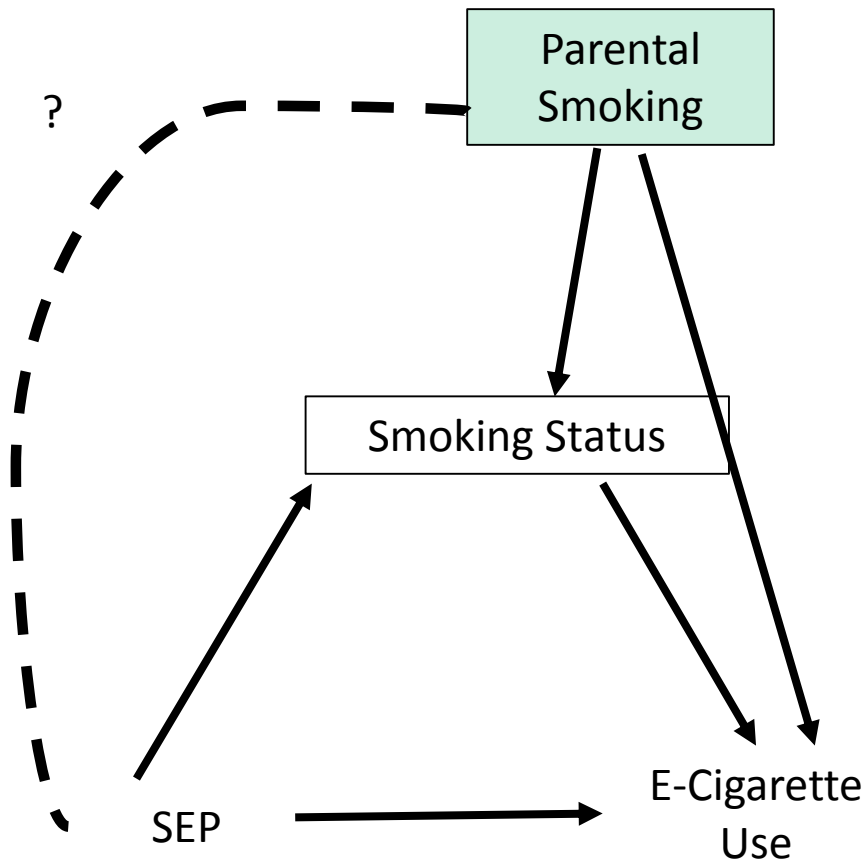
# Selection & Collider Bias

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*Study participation doesn't **have** to be determined by the outcome to be a problem*

# Collider Bias



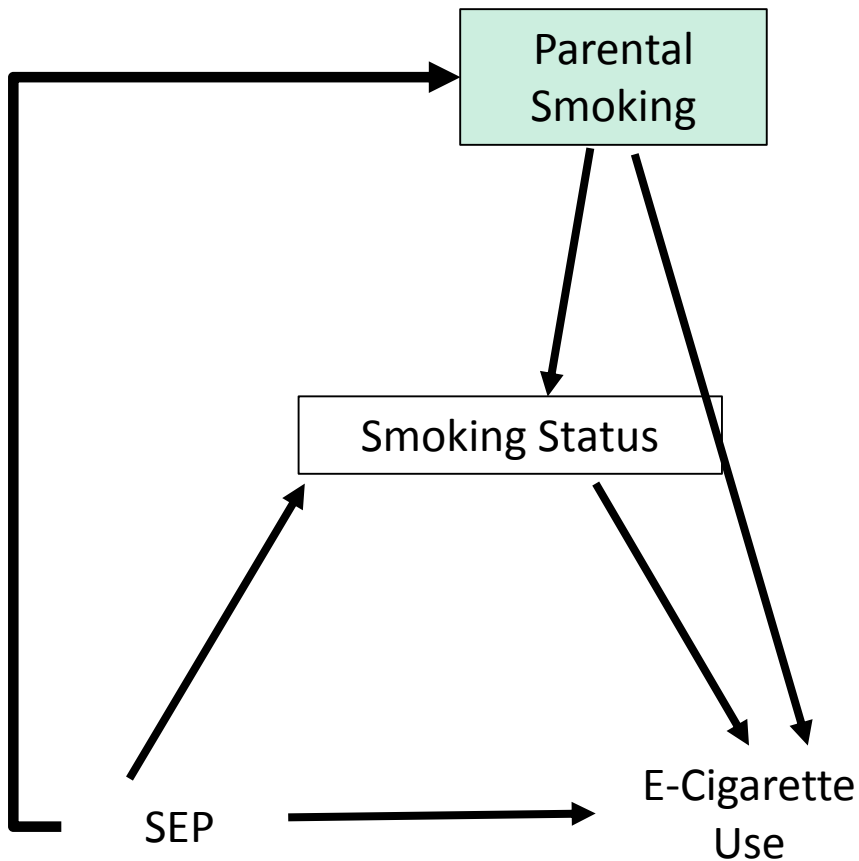
*What if we measure and adjust for the unobserved confounder?*

*Blocks the 'back-door' path...*

*Unless...*



# Collider Bias

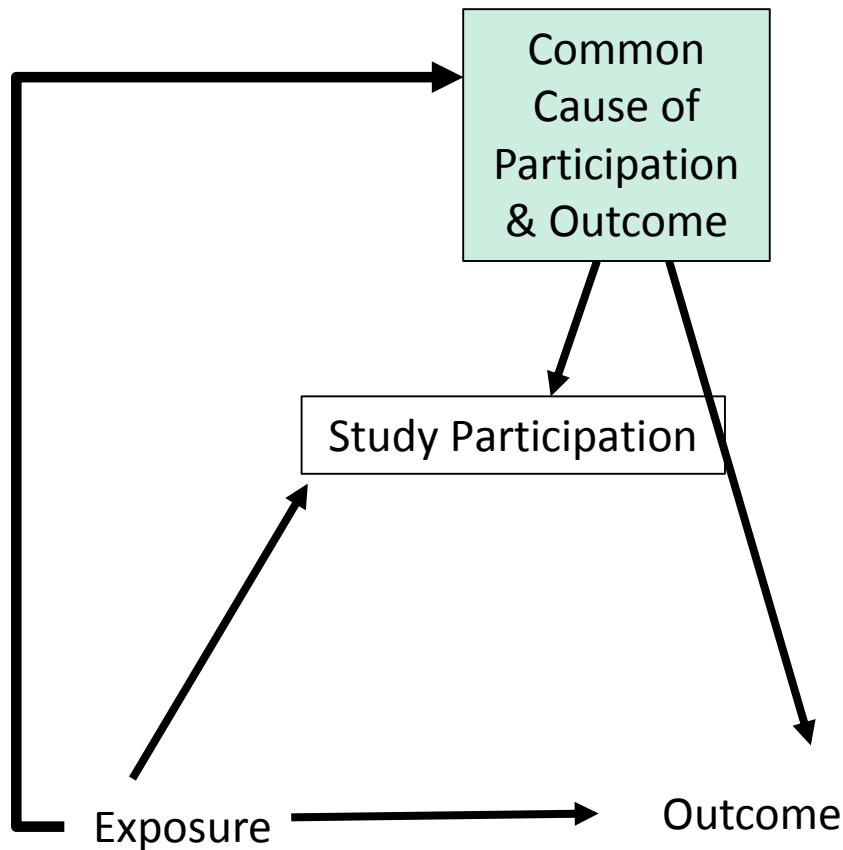


***If the mediator-outcome confounder is caused by the exposure of interest:***

- Not adjusting for it induces collider bias
- Adjusting for it removes part of the effect of interest

# Selection & Collider Bias

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***If the mediator-outcome confounder is caused by the exposure of interest:***

- Not adjusting for it induces collider bias
- Adjusting for it removes part of the effect of interest

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# Break

## Exercise 1

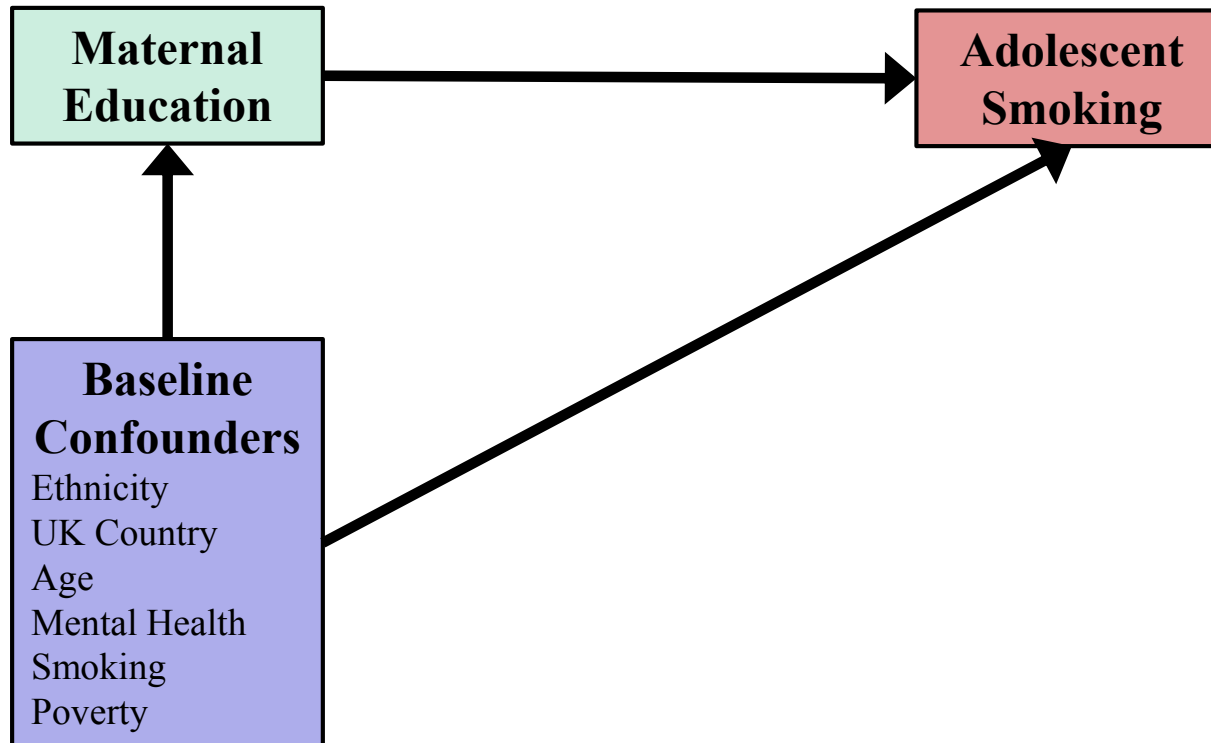
# Exercise 1

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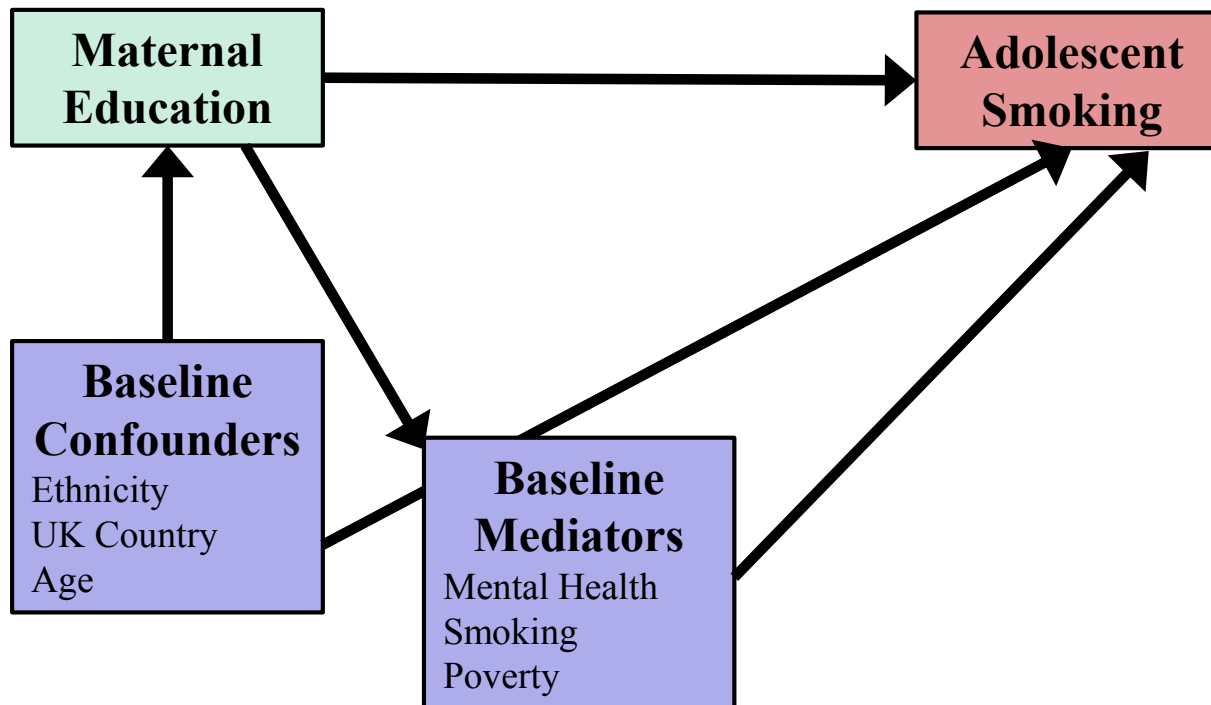
# Exercise 1

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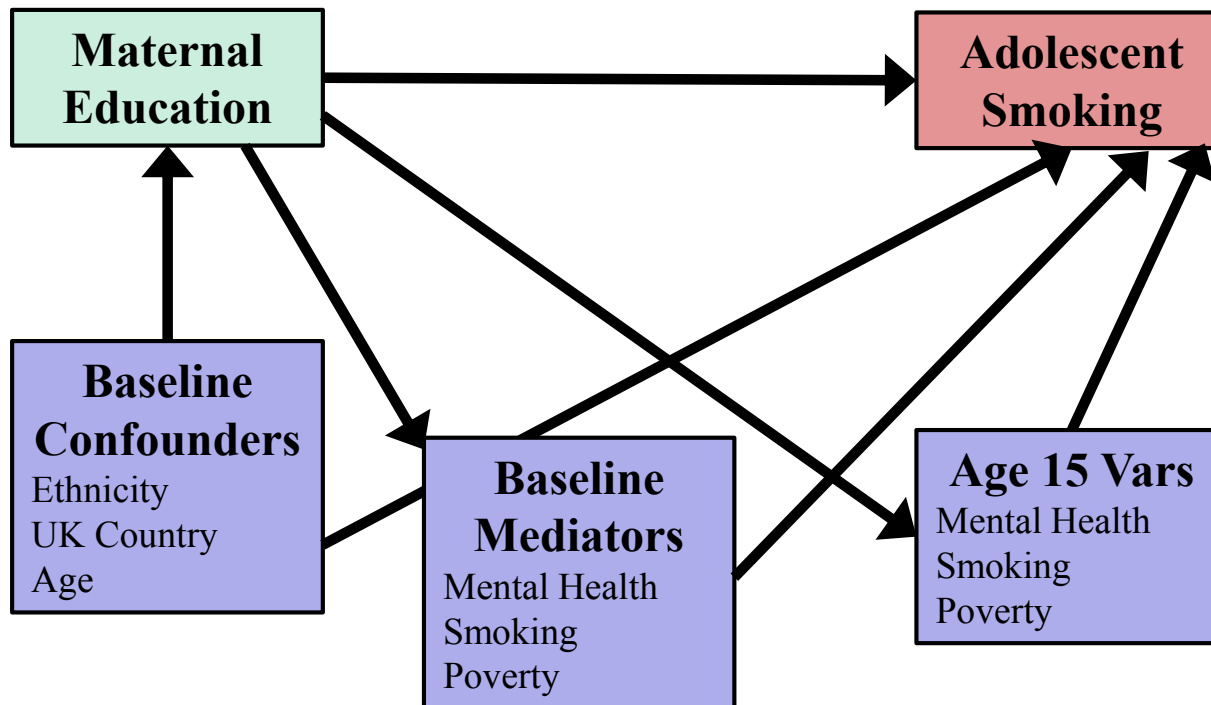
# Exercise 1

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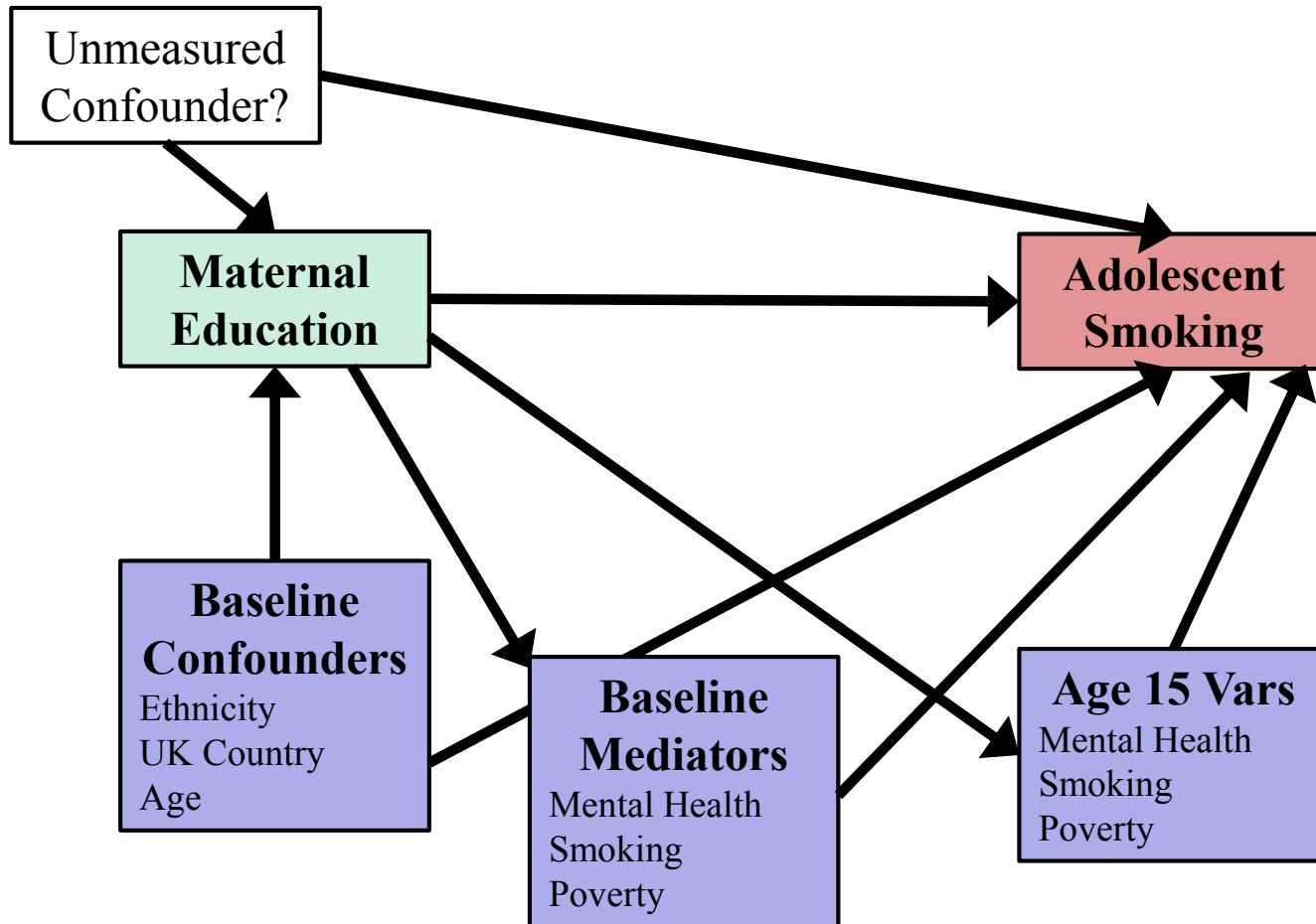
# Exercise 1

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# Exercise 1

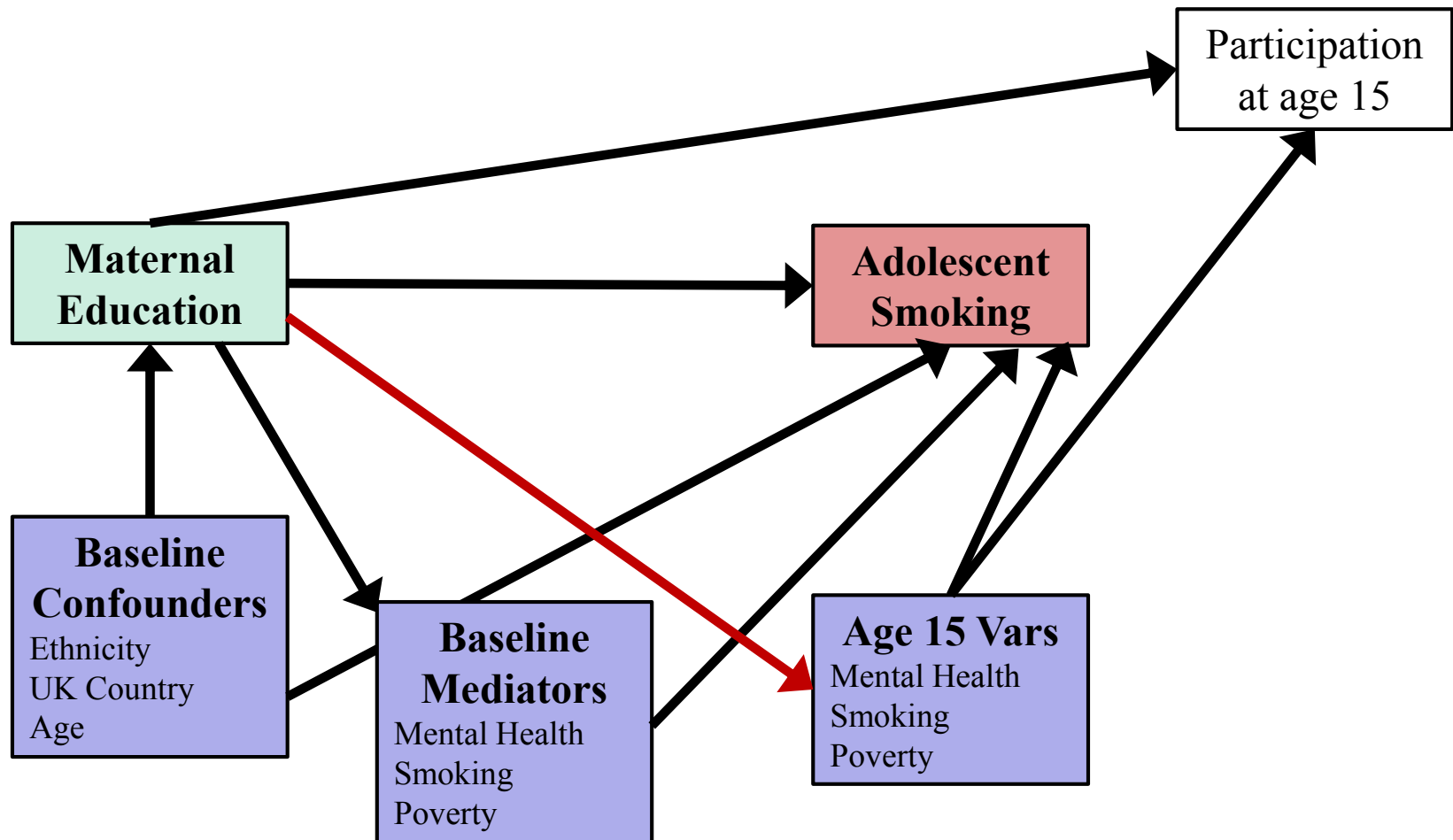
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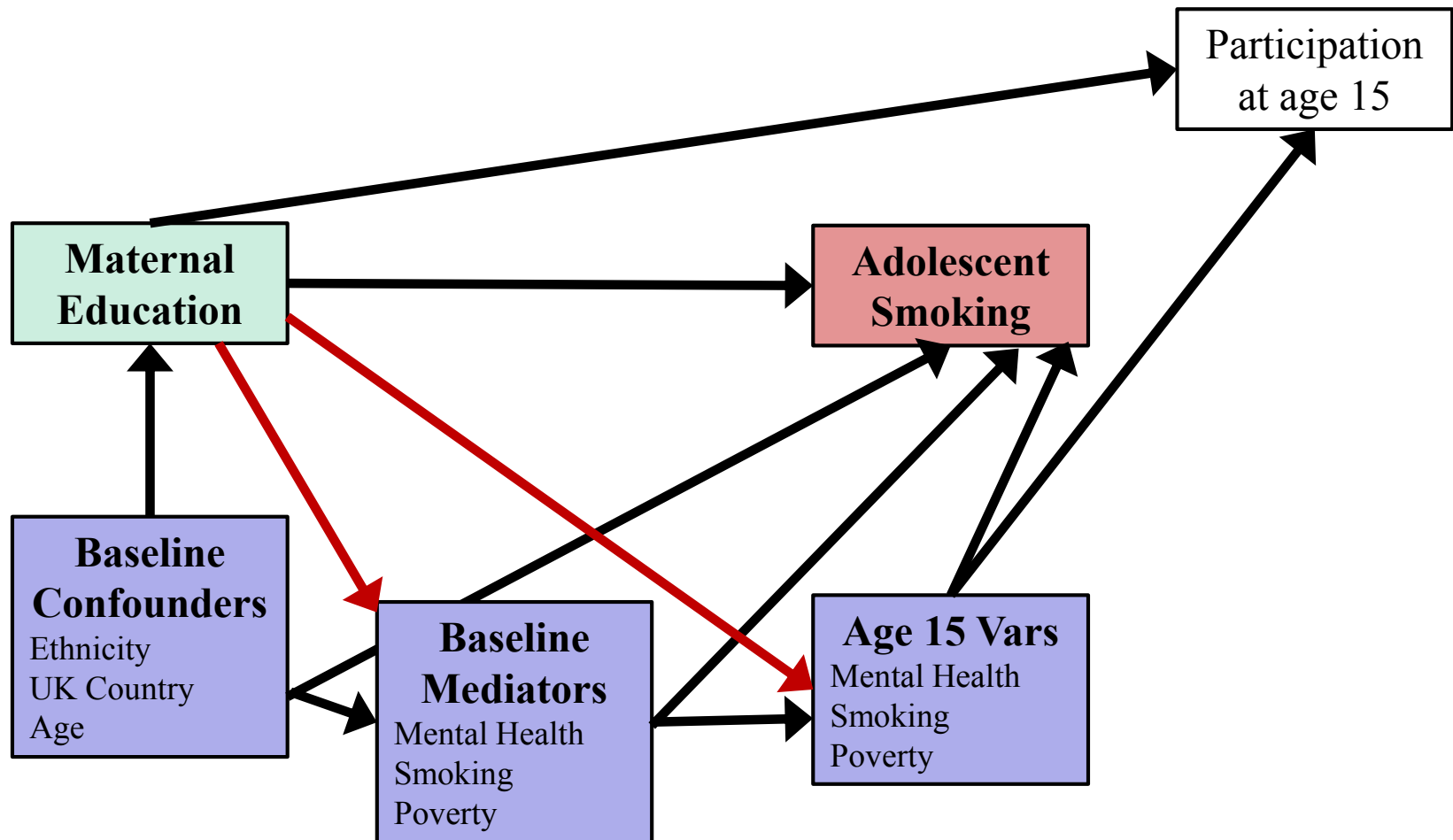
# Exercise 1

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# Exercise 1

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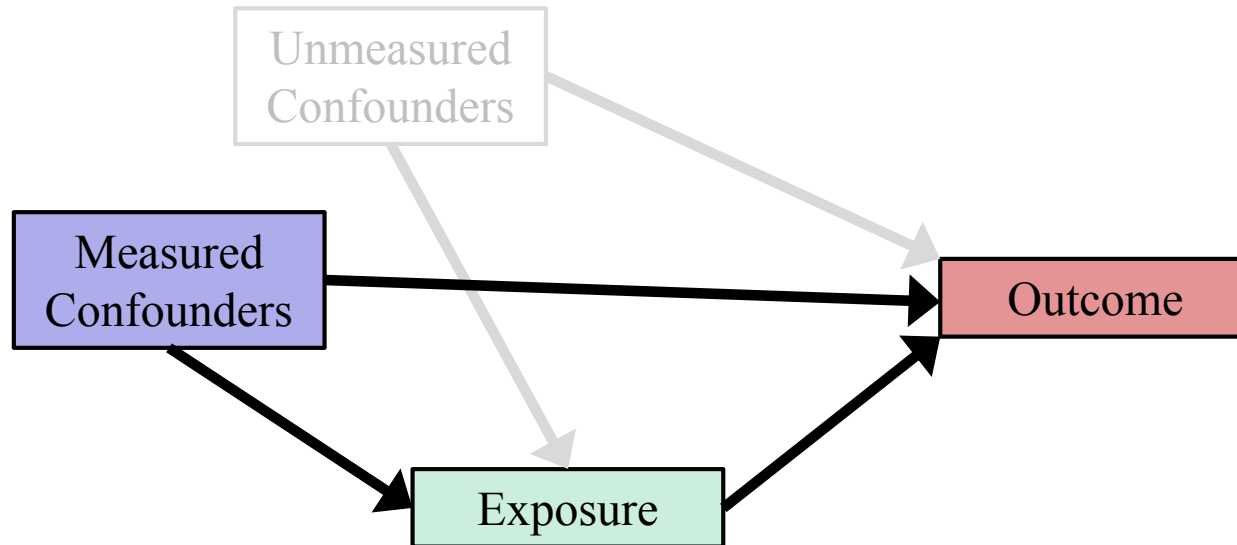
# Recap: What are we trying to do?

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- Trying to mimic randomised experiment
- Control condition & treatment (or exposure) condition
- In an experiment randomisation aims to provide 'balance'
- In observational studies exposures are not assigned randomly so conditions may be 'unbalanced'

# Confounder Adjusted Regression

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***So we can use regression to estimate causal effect of exposure on outcome, based on explicit assumptions***

More assertive than saying exposure is associated with outcome but correlation  $\neq$  causation

# Causal Effect Definitions

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## ***What works, for whom, and in which circumstances?***

- Acknowledges effect heterogeneity

## **We can distinguish (at least) two types of treatment effect:**

- **Average Treatment Effect (ATE):** whole population is exposed vs no-one is exposed
- **Average Treatment Effect among the Treated (ATT):** effect of exposure for those who actually experienced it; observed level of exposure vs no-exposure

*– Why might these estimates differ?*

# Propensity Scores

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- **Propensity score**= probability of treatment/exposure, given measured confounders
- Usually estimated in some kind of logistic regression model
- Variety of ways to use these to achieve (observed) confounder balance:
  - Propensity Matching
  - Propensity Stratification
  - Propensity Regression
  - **Propensity Weighting (aka Inverse-Probability Weighting: IPW)**

# Propensity Matching

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- Form pairs of subjects in exposed/unexposed groups with similar propensity scores
- Lots of different methods for matching
  - With/Without replacement
  - Greedy/optimal
  - With/Without caliper
  - Many-1/1-1
- If you match exposed participants to unexposed participants with similar propensity scores then this **estimates the ATT**

# Propensity Stratification

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- Rank subjects by their propensity score
- Stratify into groups (eg quintiles)
- Estimate difference between exposed/unexposed within each group
- Average results
  - ATE: straight average of group estimates
  - ATT: group estimates weighted by proportion of treated subjects in group



# Propensity Regression

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- Regression of exposure on outcome with adjustment for propensity score
- Can be used to estimate ATE or ATT, but doesn't perform well in simulations

# Propensity (or Inverse-Probability) Weighting (IPW)

	<b>Unexposed</b> re-weighted to resemble...	<b>Exposed</b> re-weighted to resemble...	<b>Interpretation of the comparison:</b>
Average Treatment Effect (ATE)	Whole population <b><math>W=P/P^{\wedge}</math></b>	Whole population <b><math>W=P/P^{\wedge}</math></b>	All exposed vs no exposure
Average Treatment Effect among the Treated (ATT)	Exposed <b><math>W=(1-P^{\wedge})/P^{\wedge}</math></b>	Exposed <b><math>W=1</math></b>	Observed level of exposure vs no exposure

W=Weight

P=Overall probability of individual's observed exposure level

$P^{\wedge}$ =Probability of individual's observed exposure level conditional on confounders

# Comparison of propensity methods

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- **Matching & weighting** perform better at removing bias than stratification and regression
- **Matching and weighting** equivalent in some settings; matching moderately better in others
- **Weighting easily gives ATE or ATT, while matching only gives ATT**
- Weighting uses all your data, matching discards some
- Matching is complicated (lots of decisions), while **weighting is relatively simple**

# IPW Steps/stages

---

- Estimate a model predicting exposure based on observed confounders and use this to calculate weights
- Check overlap of propensity score distributions between exposed/unexposed
- Check confounder balance between exposed/unexposed
- (repeat these steps as necessary until balance is achieved)
- **Only then estimate treatment effect on outcome**
  - Important as separates analysis from results

# IPW Steps/stages

---

- **Estimate a model predicting exposure based on observed confounders and use this to calculate weights**
- Check overlap of propensity score distributions between exposed/unexposed
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- (repeat these steps as necessary until balance is achieved)
- Only then estimate treatment effect on outcome
  - Important as separates analysis from results

# IPW Steps/stages: Modelling exposure

---

- Estimate a model for the exposure
  - e.g. logistic regression for binary exposure
  - Conditional on observed confounders
- Use this to estimate predicted probabilities for each individual's observed exposure value, e.g. if  $P_x$  is predicted probability of  $\text{exp}=1$  based on confounders, then:
  - If  $\text{exp}=1$ ,  $P^\wedge = P_x$
  - If  $\text{exp}=0$ ,  $P^\wedge = (1 - P_x)$
- Calculate weights for ATE/ATT as indicated earlier

# Propensity (or Inverse-Probability) Weighting (IPW)

	<b>Unexposed</b> re-weighted to resemble...	<b>Exposed</b> re-weighted to resemble...	<b>Interpretation of the comparison:</b>
Average Treatment Effect (ATE)	Whole population <b><math>W=P/P^{\wedge}</math></b>	Whole population <b><math>W=P/P^{\wedge}</math></b>	All exposed vs no exposure
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# IPW Steps/stages

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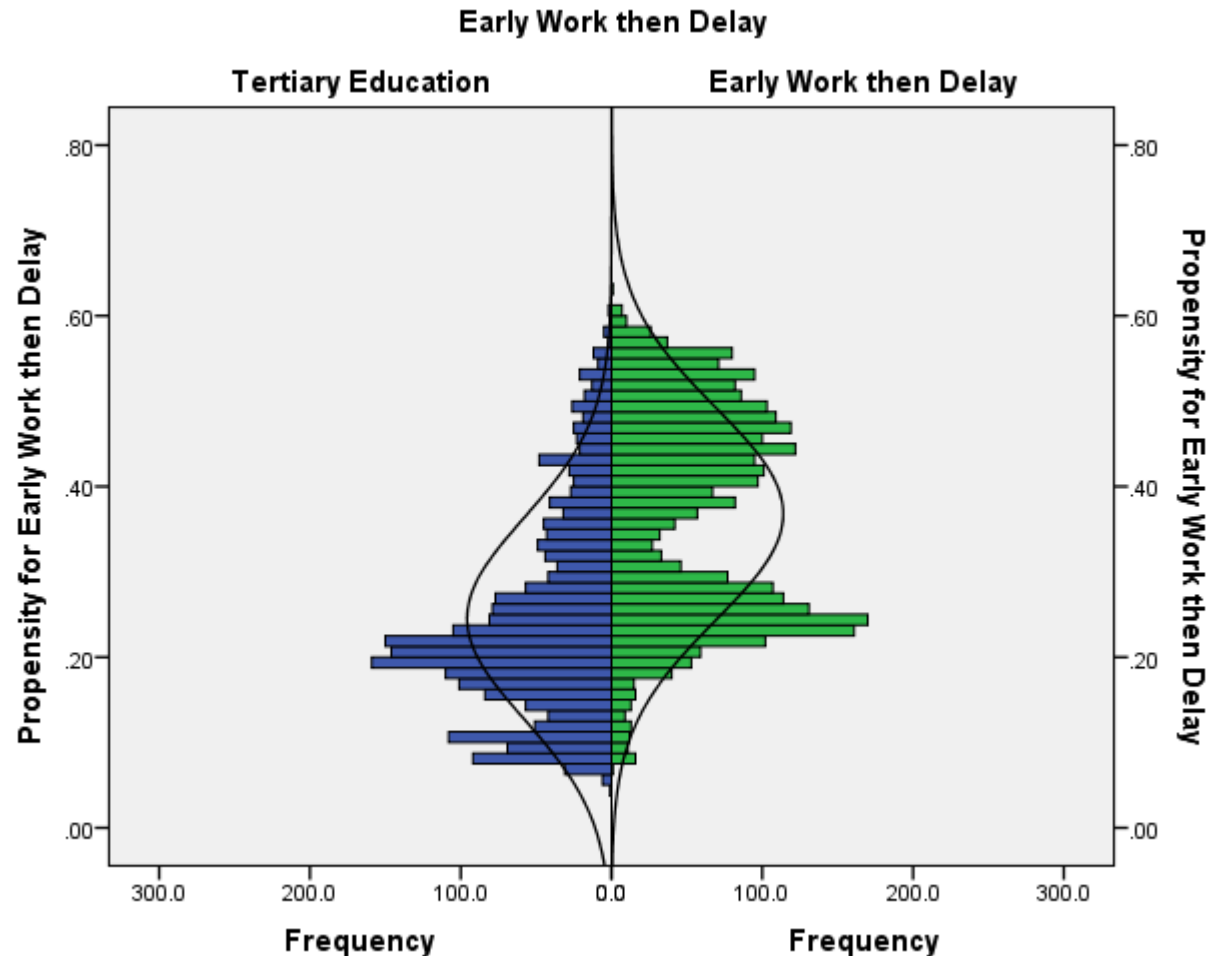


Estimate a model predicting exposure based on observed confounders and use this to calculate weights

- **Check overlap of propensity score distributions between exposed/unexposed**
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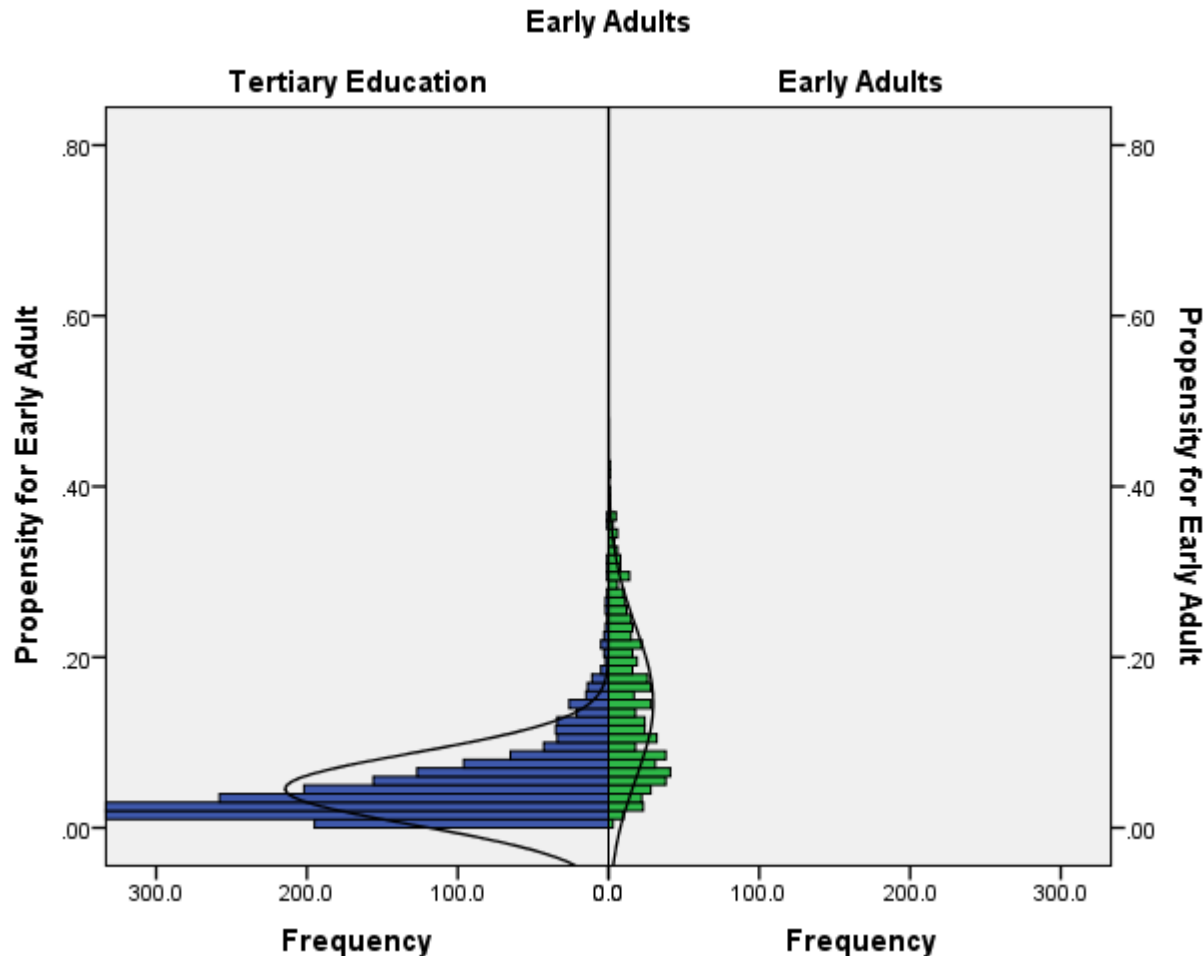


# Propensity distributions comparisons



**Green MJ, Leyland AH, Sweeting H, Benzeval M.** Causal effects of transitions to adult roles on early adult smoking and drinking: Evidence from three cohorts. *Social Science and Medicine* 2017; 187: 193-202.

# Propensity distributions comparisons



**Green MJ, Leyland AH, Sweeting H, Benzeval M.** Causal effects of transitions to adult roles on early adult smoking and drinking: Evidence from three cohorts. *Social Science and Medicine* 2017; 187: 193-202.

# Propensity distributions comparisons

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- If distributions are clearly separated, then there is a risk of **off-support inference**, i.e. exposure groups are so different from each other that you don't have enough information for causal inference
  - **This risk will still be there if you use regression, but is less explicit/obvious**
- Comparing distributions can be informative BUT
- No clear threshold for what constitutes sufficient overlap for causal inference

## **Other indicators of limited information:**

- Mean ATE weights should be close to 1, if not suggests some subjects being assigned extreme weights
- Effect estimates/confounder balance are sensitive to truncation of weights (e.g. at 95% percentile)

# IPW Steps/stages

---

- ✓ Estimate a model predicting exposure based on observed confounders and use this to calculate weights
- ✓ Check overlap of propensity score distributions between exposed/unexposed
  - **Check confounder balance between exposed/unexposed**
  - (repeat these steps as necessary until balance is achieved)
  - Only then estimate treatment effect on outcome
    - Important as separates analysis from results

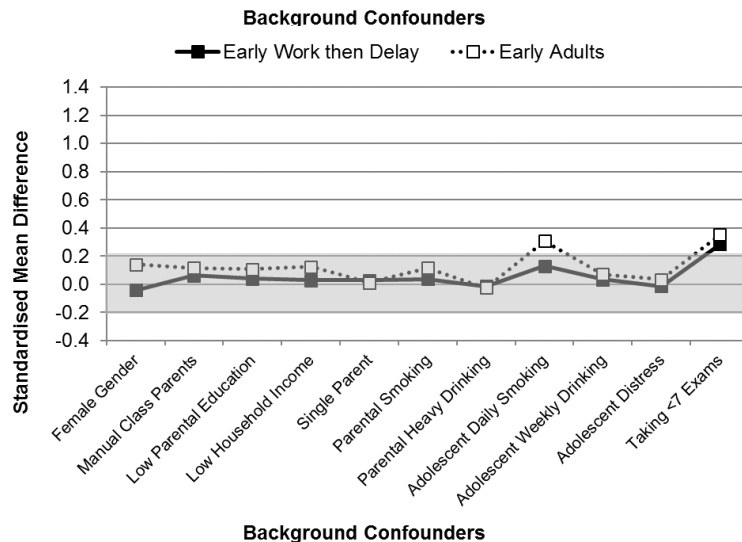
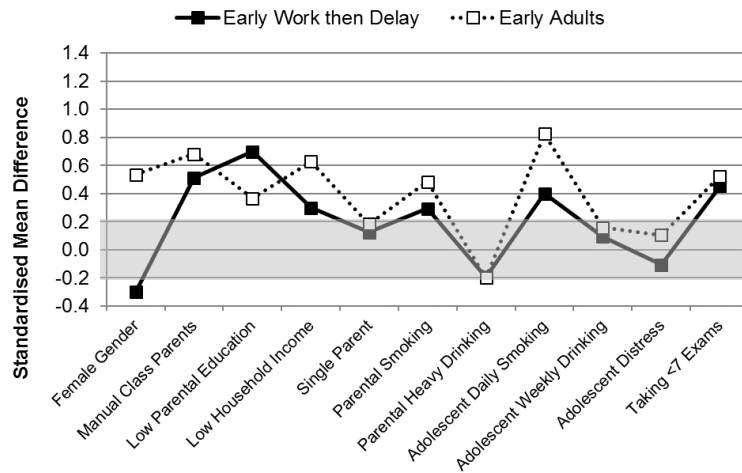
# Checking Confounder Balance

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Unpublished results deleted

Standardised Mean Differences in Confounders associated with Youth use of e-cigarettes

# Checking Confounder Balance



- Regression and IPW both assume no **unmeasured** confounding
- BUT in both, you may not entirely remove **measured** confounding either

## If balance not achieved:

- Revisit your exposure prediction model
- Otherwise, report and acknowledge potential bias

**Green MJ, Leyland AH, Sweeting H, Benzeval M.**  
Causal effects of transitions to adult roles on early adult smoking and drinking: Evidence from three cohorts.  
*Social Science and Medicine* 2017; 187: 193-202.

# IPW Steps/stages

---

- ✓ Estimate a model predicting exposure based on observed confounders and use this to calculate weights
  - ✓ Check overlap of propensity score distributions between exposed/unexposed
  - ✓ Check confounder balance between exposed/unexposed
  - ✓ (repeat these steps as necessary until balance is achieved)
- **Only then estimate treatment effect on outcome**
    - Important as separates analysis from results

# Estimate Causal Effects

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Unpublished results deleted

ORs associated with  
Youth use of e-  
cigarettes



# Interpretation of effects

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E-Cigarette example:

ATE: smoking rates would be higher if all youths used e-cigarettes, compared to no youth using them

ATT: smoking rates are higher because some youth currently use e-cigarettes and would reduce if we intervened to stop current usage

Estimates on previous slide showed less evidence for the ATT interpretation than the ATE, so:

- Effect of e-cigarette use varies depending on the background factors predicting usage

# IPW vs Adjusted Regression

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- Both assume no unmeasured confounding
- IPW approach has explicit checks for off-support inference and confounder balance
- Separation of design and analysis; less temptation to modify regression model until desired outcome is achieved
- Regression can be suspect to a catch-22 where a variable is both a confounder and a mediator
  - Extensions of IPW can get around this
- It is not clear what population regression effect estimates based on (i.e. ATE or ATT?)

# What population are regression estimates based on?

	No Weight			IPW		Outcome Regression	
	Total	X = 0	X = 1	X = 0	X = 1	X = 0	X = 1
Z = 0	49.1	47.2	54.7	49.1	49.1	52.7	52.7
Z = 1	50.9	52.8	45.3	50.9	50.9	47.3	47.3
Q = 0	86.7	85.3	90.4	86.7	86.7	89.4	89.4
Q = 1	13.3	14.7	9.6	13.3	13.3	10.6	10.6
Z = 0, Q = 0	43.2	40.8	49.9	43.2	43.2	47.6	47.6
Z = 0, Q = 1	6.0	6.4	4.8	6.0	6.0	5.2	5.2
Z = 1, Q = 0	43.5	44.5	40.5	43.5	43.5	41.8	41.8
Z = 1, Q = 1	7.4	8.3	4.8	7.4	7.4	5.4	5.4

IPW indicates inverse probability weighting.

- Two confounders Z and Q and exposure of interest X

**Popham F, Leyland AH.** Assessing Confounder Balance in Outcome Regressions. *Epidemiology* 2018; **29**: e47-e8.

# What population are regression estimates based on?

	No Weight			IPW		Outcome Regression	
	Total	X = 0	X = 1	X = 0	X = 1	X = 0	X = 1
Z = 0	49.1	47.2	54.7	49.1	49.1	52.7	52.7
Z = 1	50.9	52.8	45.3	50.9	50.9	47.3	47.3
Q = 0	86.7	85.3	90.4	86.7	86.7	89.4	89.4
Q = 1	13.3	14.7	9.6	13.3	13.3	10.6	10.6
Z = 0, Q = 0	43.2	40.8	49.9	43.2	43.2	47.6	47.6
Z = 0, Q = 1	6.0	6.4	4.8	6.0	6.0	5.2	5.2
Z = 1, Q = 0	43.5	44.5	40.5	43.5	43.5	41.8	41.8
Z = 1, Q = 1	7.4	8.3	4.8	7.4	7.4	5.4	5.4

IPW indicates inverse probability weighting.

- IPW ATE balances Z and Q at population average

**Popham F, Leyland AH.** Assessing Confounder Balance in Outcome Regressions. *Epidemiology* 2018; **29**: e47-e8.

# What population are regression estimates based on?

	No Weight			IPW		Outcome Regression	
	Total	X = 0	X = 1	X = 0	X = 1	X = 0	X = 1
Z = 0	49.1	47.2	54.7	49.1	49.1	52.7	52.7
Z = 1	50.9	52.8	45.3	50.9	50.9	47.3	47.3
Q = 0	86.7	85.3	90.4	86.7	86.7	89.4	89.4
Q = 1	13.3	14.7	9.6	13.3	13.3	10.6	10.6
Z = 0, Q = 0	43.2	40.8	49.9	43.2	43.2	47.6	47.6
Z = 0, Q = 1	6.0	6.4	4.8	6.0	6.0	5.2	5.2
Z = 1, Q = 0	43.5	44.5	40.5	43.5	43.5	41.8	41.8
Z = 1, Q = 1	7.4	8.3	4.8	7.4	7.4	5.4	5.4

IPW indicates inverse probability weighting.

- Outcome regression balances Z and Q at levels different from the population average

Popham F, Leyland AH. Assessing Confounder Balance in Outcome Regressions. *Epidemiology* 2018; **29**: e47-e8.

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# Thanks

## Exercise 2