

# **R Training Book for IKU**



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# Preface

## Introduction

The Institute for Public Health (IPH) (Malay: Institut Kesihatan Umum, IKU) is a research institution under the Ministry of Health Malaysia, primarily focusing on public health research. In its daily activities, software like SPSS and STATA plays a crucial role in data analysis. However, using these softwares results in significant operational costs for the institute due to the purchase of software licenses. Recognising this issue, IKU is committed to transitioning towards using open-source and free software such as R and Python. This shift reduces cost burdens and empowers IKU staff with more flexible and advanced tools for data analysis.

R is a practical programming language for statistical analysis and graphics production. Its open-source and free nature makes it the preferred choice for research in public health. Through this book, it is hoped that the data analysis skills among IKU staff will be enhanced, leading to improvements in the quality of IKU's research.

## Objective

1. Introduce R software and RStudio.
2. Enhance statistical data analysis skills, including NHMS data.
3. Explore advanced features of R and RStudio in public health applications.

## Way Forward

R offers capabilities that extend well beyond statistical analysis. As more IKU staff become proficient in R, we anticipate leveraging R's diverse project capabilities to benefit IKU significantly:

1. Shiny: Develop interactive dashboards for dynamic and near-real-time result presentation.
2. Quarto: Utilize this publishing system for expedited reports and paper production.
3. IKU-specific R packages: Create tailored R packages incorporating functions for tasks such as sample size calculation, importing data from REDCap via API, standardising analysis of NHMS data, and uniform reporting of NHMS findings.

This forward-looking approach aims to harness R's full potential to streamline and enhance IKU's research and reporting processes, making them more efficient and impactful.

## Collaborators Are Welcome

In the spirit of open science and continuous improvement, individuals both within and outside IPH are invited for collaboration. Whether one is an author with insights to share, an editor with an eye for detail, or possesses constructive suggestions, these contributions can significantly enhance the utility and reach of this manual. It is particularly interested in contributions in the following areas:

- Content Enhancement: The addition of new chapters or sections covering unexplored areas of R, the introduction of advanced statistical techniques, or the expansion on the applications of R in public health research are welcomed.
- Technical Review: Contributors can help ensure the accuracy of code examples, update or optimize R scripts, and contribute towards a repository of R functions tailored for public health data analysis.
- Case Studies: The IPH appreciates the sharing of real-world applications of R in public health, especially those within the context of IKU's research projects. This could include case studies on data visualization, statistical analysis, or the development of interactive applications with Shiny.
- Educational Materials: There is a need for developing tutorials, exercises, or additional learning resources that complement the manual's content, thereby facilitating a deeper understanding of R programming among IPH staff.

How to Contribute:

Individuals interested in contributing or who have suggestions to improve this manual are encouraged not to hesitate in reaching out. Your input is invaluable in making this resource more comprehensive, accurate, and beneficial for all users.

Contact Information:

## Collaborators Are Welcome

Ideas, proposals for collaboration, or any feedback should be emailed to Mohd Azmi Bin Suliman at the Centre for Non-communicable Diseases Research (CNCDR). The institute looks forward to hearing from contributors and exploring how collaboration can further advance public health research through the power of R programming.

Mohd Azmi Bin Suliman  
Centre for Non-communicable Diseases Research (CNCDR)  
February 2024





# **1 Introduction**

## **1.1 R**

## **1.2 RStudio**

## **1.3 Quarto**



## 2 Data Wrangling

In summary, this book has no content whatsoever.

```
1 1 + 1
```

```
[1] 2
```



### 3 Data Wrangling

In summary, this book has no content whatsoever.

```
1 1 + 1
```

```
[1] 2
```



## 4 Data Wrangling

In summary, this book has no content whatsoever.

```
1 1 + 1
```

```
[1] 2
```





## 5 Complex Sampling Design in NHMS

### 5.1 Why Complex Sampling Design?

Surveys are essential for understanding population characteristics, offering a more efficient and resource-friendly alternative to censuses. Censuses, aiming to collect data from every individual within a population, are historically resource-intensive. In contrast, surveys, whether conducted by governments or researchers, enable effective population inferences with less expenditure.

Simple random sampling, the traditional gold standard, offers a straightforward approach to population inference due to its readily implemented methodology and unbiased estimates. However, its effectiveness wanes in populations with high heterogeneity, potentially leading to underrepresentation of minority groups. This limitation necessitates the exploration of more intricate sampling designs, such as stratified sampling, despite their inherent complexities and potential for biased selection probabilities.

One of the significant advantages of complex sampling designs is their feasibility without a comprehensive population list, focusing instead on broader stratifications like specific localities, simplifying the sampling process.

#### 5.1.1 Benefits of Complex Sampling Design

The National Health and Morbidity Survey (NHMS), conducted by the Institute for Public Health (IPH), benefits extensively from complex sampling designs, showcasing several advantages:

1. **Cost Efficiency:** By clustering samples within selected strata or areas, operational costs are notably reduced, obviating the need to cover extensive and potentially scattered geographical locations.
2. **Enhanced Representativeness:** Stratification techniques ensure the sample accurately reflects specific subgroups or geographic areas, improving the survey's overall representativeness and reliability.
3. **Data Analysis Advantages:** Complex sampling designs facilitate the adjustment of sampling weights, enabling the generation of accurate national or state-level estimates. Furthermore, they support comprehensive subgroup analyses, ensuring sufficient statistical power.

## 5 Complex Sampling Design in NHMS

### 5.1.2 Challenges in Implementing Complex Sampling Design

Despite their benefits, complex sampling designs require meticulous planning and sophisticated analytical techniques. These designs necessitate accounting for factors like clustering and weighting, demanding specialised expertise for both the sample's design and subsequent data analysis.

### 5.1.3 Example: Sampling Probability of a Sabahan

**Problem:** Consider a hypothetical scenario within a diverse group of 100 people, composed of 60% Malay, 20% Chinese, 15% Indian, and an additional 5% from other ethnic backgrounds, including 1% Sabahan.

**Answer:** To calculate the probability of selecting at least one Sabahan in a 10-person sample, one might initially consider the likelihood of not choosing a Sabahan and subtract this figure from 1. With 99 of the 100 individuals not being Sabahan, the probability of not selecting a Sabahan in a single attempt is 99/100. Over 10 independent selections, this probability becomes  $(99/100)^{10}$ . Consequently, the probability of selecting at least one Sabahan is  $1 - (99/100)^{10}$ , equating to approximately 9.56%. This calculation suggests a close to 10% chance that the sample will include at least one Sabahan.

## 5.2 Conclusion

Complex sampling designs present a pragmatic and efficient approach for conducting extensive surveys like the NHMS. They ensure a representative sample, optimise resource utilisation, and require careful planning and specialised statistical expertise for accurate population inferences.

## 5.3 Practical

In complex survey analysis using the `survey::` package in R, it's crucial to account for the design aspects of the survey beyond just the outcome variables and covariates. This includes specifying:

Required Information/Specification	Common NHMS Variable Name
Cluster IDs (PSU)	EB ID
Strata	State.Strata, State.wt
Sampling Weight	ADW, weight_final, weight

### 5.3.1 Setup Project

1. Setup your project
2. Copy the NHMS dataset into the working directory
3. Create Quarto document
  - update the YAML metadata to make the document self-contained

```

1 ---
2 title: "Sesi 4 - NHMS"
3 format:
4   html:
5     embed-resources: true
6 ---

```

### 5.3.2 Analysis

#### 5.3.2.1 Setup

0. Understand the dataset context
  - In this practical, the example was shown using NHMS NCD 2019's cholesterol dataset.
  - we will focus on known hypercholesterolaemia status (column `known_chol`) as the outcome
1. Import Dataset
  - On the Files pane, click on the `spps.sav` file
  - Select Import Dataset ...
  - Copy the code into the `r` code chunk
  - add function `as_factor()` to convert labelled code

## 5 Complex Sampling Design in NHMS

```
1 library(tidyverse)
2 library(haven)
3
4 nhms19ds <- read_sav("nhms19ds.sav") %>%
5   as_factor()
6
7 nhms19ds
```

### Note

there are 40 columns in the dataset, hence the dataset is not shown here.

2. Briefly (or in detail, up to you), explore the dataset.

- Identify the outcome variable
  - data type: numerical, character or factor?
  - any missing data
- Identify the complex sampling related variable:
  - the cluster ids
  - the strata
  - the sampling weight

### Tip

some packages and functions that offer a quick data exploration:

- skimr:: package: skim(\_) function.
- summarytools:: package: dfSummary(\_) function.

```
1 library(skimr)
2
3 nhms19ds %>%
4   select(known_chol) %>%
5   skim()
```

Variable Name	Variable Label	Variable Name	Variable Label
state	[Final] State	c03a	years since was told to have high cholesterol
strata_gp	[Final] Locality	c04a	on medication for past 2 week
A2101	[Final] Gender	c04b	advice for special low fat diet
A2104	Age (Numerical)	c04c	advice to loose weight
A2104_grp	[Final] Age Group - 16 groups	c04d	advice to exercise
A2106_5grp	Ethnicity (5 groups)	c05	treatment - herbal/TCM
A2107	Citizenship	c06	common place to receive treatment
A2108_3grp	[Final] Marital Status (3 groups)	u303	Total Cholesterol (mmol/L)
A2109_4grp	[Final] Highest Education Level (5 groups)	known_chol	_no label_
A2221	If working, type of occupation	undiagnosed_chol	_no label_
A2222_7grp	Employment status (7 groups)	total_chol	_no label_
A2222_5grp	[Final] Occupation (5 groups)	bodyweight1	Body Weight (kg)
indvid	_no label_	bodyweight2	Body Weight (kg)
hh_id	_no label_	bodyheight1	Body Height (cm)
state_st	PSU	bodyheight2	Body Height (cm)
ebid	EB ID - Cluster	wc2	Waist Circumference (cm)
wtfinal_ncd	Sampling Weight	wc1	Waist Circumference (cm)
c01	ever had total blood cholesterol level measured	weight	Body Weight (kg)
c02	ever told have high cholesterol level	height	Body Height (cm)
c03	when told to have high cholesterol	wc	Waist Circumference (cm)

## 5 Complex Sampling Design in NHMS

Table 5.1: Data summary

Name	Piped data
Number of rows	10472
Number of columns	1
Column type frequency:	
factor	1
Group variables	
None	

Variable type: factor

skim_variable	n_missing	complete_rate	ordered	n_unique	top_counts
known_chol	6	1	FALSE	2	No: 8451, Yes: 2015, N/A: 0

### Warning

there are missing values in the outcome variable `known_chol`. while is it not a must to remove sample with no outcome, as the analysis will automatic remove sample with no outcome using `na.rm = T` parameter, it is advisable to remove any sample that do not have the outcome.

### Tip

later in complex sampling design analysis, the analysis accept the variable outcome (i.e. the `known_chol`) variable in either numeric or factor type. but binary type is preferable

3. In this practical we will make some data wrangling

- remove missing outcome
- transform factor type to numerical binary type

```
1 nhms19ds <- nhms19ds %>%
2   as_factor() %>%
3   filter(!is.na(known_chol)) %>%
4   mutate(known_cholN = as.numeric(known_chol)-2)
```

**i** Note

The variable `known_col` have there levels, which can be check using `levels(_)` function: `levels(nhms19ds$known_col)`. When converted to numeric using `as.numeric(_)` function, the `known_col` value was either 1 (correspond to NA), 2 (correspond to No) and 3 (correspond to Yes), thus the value need to minus 2, so that No is correspond to value 0 and Yes is correspond with value 1.

the conversion can be check by looking at both the variable

```
1 nhms19ds %>%
2   select(known_col, known_colN)
```

#### 4. Specifying the Complex Sampling Design

- Add options at the top of Quarto file
- These option is to handle in which if there is single PSU within strata or domains

```
1 library(survey)
2
3 options(survey.lonely.psu = 'adjust',
4         survey.adjust.domain.lonely = TRUE)
```

- Unweighted Design
  - cluster ids set as 1 (i.e., no clustering)
  - weight as 1 (i.e., same probability)

```
1 nhms_unwdsg <- svydesign(id = ~1,
2                        weights = ~1,
3                        data = nhms19ds)
```

- Weighted Design
  - cluster id set as the PSU (commonly the variable `ebid`)
  - strata set as the stratification. since most NHMS applied two stage of stratification, the strata must include both 1st stage and 2nd stage (commonly the variable `state_st`)
  - weights set as the sampling weight
  - Note that parameter `nest = T` to ensure that the cluster is nested within the specified strata

```
1 nhms_surdsg <- svydesign(id = ~ebid,
2                        strata = ~state_st,
3                        weights = ~wtfinal_ncd,
4                        data = nhms19ds,
5                        nest = T)
```

## 5 Complex Sampling Design in NHMS

we can use function `summary(_)` to view our complex sample design

```
summary(nhms_unwdsg)
```

Independent Sampling design (with replacement)

```
svydesign(id = ~1, weights = ~1, data = nhms19ds)
```

Probabilities:

Min.	1st Qu.	Median	Mean	3rd Qu.	Max.
1	1	1	1	1	1

Data variables:

[1] "state"	"strata_gp"	"A2101"	"A2104"
[5] "A2104_grp"	"A2106_5grp"	"A2107"	"A2108_3grp"
[9] "A2109_4grp"	"A2221"	"A2222_7grp"	"A2222_5grp"
[13] "indvid"	"hh_id"	"state_st"	"ebid"
[17] "wtfinal_ncd"	"c01"	"c02"	"c03"
[21] "c03a"	"c04a"	"c04b"	"c04c"
[25] "c04d"	"c05"	"c06"	"u303"
[29] "known_chol"	"undiagnosed_chol"	"total_chol"	"bodyweight1"
[33] "bodyweight2"	"bodyheight1"	"bodyheight2"	"wc2"
[37] "wc1"	"weight"	"height"	"wc"
[41] "known_cholN"			

in unweighted design, the probability for sample range from 1 to 1.

```
summary(nhms_surdsg)
```

Stratified 1 - level Cluster Sampling design (with replacement)

With (475) clusters.

```
svydesign(id = ~ebid, strata = ~state_st, weights = ~wtfinal_ncd,  
data = nhms19ds, nest = T)
```

Probabilities:

Min.	1st Qu.	Median	Mean	3rd Qu.	Max.
1.405e-05	3.608e-04	7.000e-04	2.850e-03	2.000e-03	1.200e-01

Stratum Sizes:

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
obs	584	274	281	263	281	307	331	319	294	245	302	338	307	333	317	265	258
design.PSU	27	13	13	11	12	12	12	12	12	12	12	12	12	14	12	16	11
actual.PSU	27	13	13	11	12	12	12	12	12	12	12	12	12	14	12	16	11
	18	19	20	21	22	23	24	25	26	27	28	29	30				
obs	294	898	224	301	341	405	429	388	358	504	420	99	506				
design.PSU	12	53	11	11	13	20	19	16	14	25	19	4	33				
actual.PSU	12	53	11	11	13	20	19	16	14	25	19	4	33				

Data variables:

[1] "state"	"strata_gp"	"A2101"	"A2104"
[5] "A2104_grp"	"A2106_5grp"	"A2107"	"A2108_3grp"
[9] "A2109_4grp"	"A2221"	"A2222_7grp"	"A2222_5grp"



### 5.3 Practical

[13]	"indvid"	"hh_id"	"state_st"	"ebid"
[17]	"wtfinal_ncd"	"c01"	"c02"	"c03"
[21]	"c03a"	"c04a"	"c04b"	"c04c"
[25]	"c04d"	"c05"	"c06"	"u303"
[29]	"known_chol"	"undiagnosed_chol"	"total_chol"	"bodyweight1"
[33]	"bodyweight2"	"bodyheight1"	"bodyheight2"	"wc2"
[37]	"wc1"	"weight"	"height"	"wc"
[41]	"known_cholN"			

#### 5.3.2.2 Estimating Prevalence



## References

