

1 Final Project Introduction Statistics Fall 2020

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In [62]:



```
knitr::opts_chunk$set(echo = FALSE)
```

2 dataset: NHANES

The data we're going to work with comes from the National Health and Nutrition Examination Survey (NHANES) program at the CDC. You can read a lot more about NHANES on the CDC's website or Wikipedia. NHANES is a research program designed to assess the health and nutritional status of adults and children in the United States. The survey is one of the only to



combine both survey questions and physical examinations. It began in the 1960s and since 1999 examines a nationally representative sample of about 5,000 people each year. The NHANES interview includes demographic, socioeconomic, dietary, and health-related questions. The physical exam includes medical, dental, and physiological measurements, as well as several standard laboratory tests. NHANES is used to determine the prevalence of major diseases and risk factors for those diseases. NHANES data are also the basis for national standards for measurements like height, weight, and blood pressure. Data from this survey is used in epidemiology studies and health sciences research, which help develop public health policy, direct and design health programs and services, and expand the health knowledge for the Nation.

We are using a small slice of this data. We're only using a handful of variables from the 2011-2012 survey years on about 5,000 individuals. The CDC uses a sampling strategy to purposefully oversample certain subpopulations like racial minorities. Naive analysis of the original NHANES data can lead to mistaken conclusions because the percentages of people from each racial group in the data are different from general population. The 5,000 individuals here are resampled from the larger NHANES study population to undo these oversampling effects, so you can treat this as if it were a simple random sample from the American population.

3 Part I - Descriptive Statistics

3.1 Load the data

```
In [63]: library(dplyr)
library(NHANES)
nh <- read.csv("nhanes.csv")
nh <- tbl_df(nh)
#display the variables of nhanes dataset
names(nh)
```

```
"i.id" "Gender" "Age" "Race" "Education" "MaritalStatus" "RelationshipStatus" "Insured"
"Income" "Poverty" "HomeRooms" "HomeOwn" "Work" "Weight" "Height" "BMI" "Pulse"
"BPSys" "BPDia" "Testosterone" "HDLChol" "TotChol" "Diabetes" "DiabetesAge"
'nPregnancies' 'nBabies' 'SleepHrsNight' 'PhysActive' 'PhysActiveDays' 'AlcoholDay'
'AlcoholYear' 'SmokingStatus'
```

3.2 Recall several built-in functions that are useful for working with data frames.

- Content:
 - `head()`: shows the first few rows
 - `tail()`: shows the last few rows
- Size:
 - `dim()`: returns a 2-element vector with the number of rows in the first element, and the number of columns as the second element (the dimensions of the object)

- `nrow()`: returns the number of rows
- `ncol()`: returns the number of columns
- Summary:
 - `colnames()` (or just `names()`): returns the column names
 - `glimpse()` (from `dplyr`): Returns a glimpse of your data, telling you the structure of the dataset and information about the class, length and content of each column

▼ **3.3 insert table of variables description in nhnanes dataset**

In [64]:

```
library(knitr)
nhanes.dd <- read.csv("nhanes_dd.csv")
kable(nhanes.dd)
```

Variable	Definition
:-----	:-----
id	A unique sample identifier
Gender	Gender (sex) of study participant coded as male or female
Age	Age in years at screening of study participant. Note: Subjects 80 years or older were recorded as 80.
Race	Reported race of study participant, including non-Hispanic Asian category: Mexican, Hispanic, White, Black, Asian, or Other. Not available for 2009-10.
Education	Educational level of study participant Reported for participants aged 20 years or older. One of 8thGrade, 9-11thGrade, HighSchool, SomeCollege, or CollegeGrad.
MaritalStatus	Marital status of study participant. Reported for participants aged 20 years or older. One of Married, Widowed, Divorced, Separated, NeverMarried, or LivePartner (living with partner).
RelationshipStatus	Simplification of MaritalStatus, coded as Committed if MaritalStatus is Married or LivePartner, and Single otherwise.
Insured	Indicates whether the individual is covered by health insurance.
Income	Numerical version of HHIncome derived from the middle income in each category
Poverty	A ratio of family income to poverty guidelines. Smaller numbers indicate more poverty
HomeRooms	How many rooms are in home of study participant (counting kitchen but not bathroom). 13 rooms = 13 or more rooms.
HomeOwn	One of Home, Rent, or Other indicating whether the home of study participant or someone in their family is owned, rented or occupied by some other arrangement.
Work	Indicates whether the individual is current working or not.
Weight	Weight in kg
Height	Standing height in cm. Reported for participants aged 2 years or older.

BMI	Body mass index (weight/height ² in kg/m ²). Reported for participants aged 2 years or older.
Pulse	60 second pulse rate
BPSys	Combined systolic blood pressure reading, following the procedure outlined for BPXSAR.
BPDia	Combined diastolic blood pressure reading, following the procedure outlined for BPXDAR.
Testosterone	Testosterone total (ng/dL). Reported for participants aged 6 years or older. Not available for 2009-2010.
HDLChol	Direct HDL cholesterol in mmol/L. Reported for participants aged 6 years or older.
TotChol	Total HDL cholesterol in mmol/L. Reported for participants aged 6 years or older.
Diabetes	Study participant told by a doctor or health professional that they have diabetes. Reported for participants aged 1 year or older as Yes or No.
DiabetesAge	Age of study participant when first told they had diabetes. Reported for participants aged 1 year or older.
nPregnancies	How many times participant has been pregnant. Reported for female participants aged 20 years or older.
nBabies	How many of participants deliveries resulted in live births. Reported for female participants aged 20 years or older.
SleepHrsNight	Self-reported number of hours study participant usually gets at night on weekdays or workdays. Reported for participants aged 16 years and older.
PhysActive	Participant does moderate or vigorous-intensity sports, fitness or recreational activities (Yes or No). Reported for participants 12 years or older.
PhysActiveDays	Number of days in a typical week that participant does moderate or vigorous-intensity activity. Reported for participants 12 years or older.
AlcoholDay	Average number of drinks consumed on days that participant drank alcoholic beverages. Reported for participants aged 18 years or older.
AlcoholYear	Estimated number of days over the past year that participant drank alcoholic beverages. Reported for participants aged 18 years or older.
SmokingStatus	Smoking status: Current Former or Never.

In [65]: ▶ *# run the following commands*

```
head(nh)
tail(nh)
dim(nh)
names(nh)
glimpse(nh)
```

A tibble: 6 × 32

ï.id	Gender	Age	Race	Education	MaritalStatus	RelationshipStatus	Insured
<int>	<chr>	<int>	<chr>	<chr>	<chr>	<chr>	<chr>
62163	male	14	Asian	NA	NA	NA	
62172	female	43	Black	High School	NeverMarried	Single	
62174	male	80	White	College Grad	Married	Committed	
62174	male	80	White	College Grad	Married	Committed	
62175	male	5	White	NA	NA	NA	
62176	female	34	White	College Grad	Married	Committed	

A tibble: 6 × 32

ï.id	Gender	Age	Race	Education	MaritalStatus	RelationshipStatus	Insured
<int>	<chr>	<int>	<chr>	<chr>	<chr>	<chr>	<chr>
71909	male	28	Mexican	9 - 11th Grade	NeverMarried	Single	
71909	male	28	Mexican	9 - 11th Grade	NeverMarried	Single	
71910	female	0	White	NA	NA	NA	
71911	male	27	Mexican	College Grad	Married	Committed	
71915	male	60	White	College Grad	NeverMarried	Single	
71915	male	60	White	College Grad	NeverMarried	Single	

5000 32

'ï.id' 'Gender' 'Age' 'Race' 'Education' 'MaritalStatus' 'RelationshipStatus'
'Insured' 'Income' 'Poverty' 'HomeRooms' 'HomeOwn' 'Work' 'Weight' 'Height'
'BMI' 'Pulse' 'BPSys' 'BPDia' 'Testosterone' 'HDLChol' 'TotChol' 'Diabetes'

'DiabetesAge' 'nPregnancies' 'nBabies' 'SleepHrsNight' 'PhysActive'
 'PhysActiveDays' 'AlcoholDay' 'AlcoholYear' 'SmokingStatus'

Rows: 5,000

Columns: 32

\$ id	<int> 62163, 62172, 62174, 62174, 62175, 62176, 62178,...
\$ Gender	<chr> "male", "female", "male", "male", "male", "female",...
\$ Age	<int> 14, 43, 80, 80, 5, 34, 80, 35, 17, 15, 57, 57, 5,...
\$ Race	<chr> "Asian", "Black", "White", "White", "White", "White",...
\$ Education	<chr> NA, "High School", "College Grad", "College Grad",...
\$ MaritalStatus	<chr> NA, "NeverMarried", "Married", "Married", NA, "Married",...
\$ RelationshipStatus	<chr> NA, "Single", "Committed", "Committed", NA, "Committed",...
\$ Insured	<chr> "Yes", "Yes", "Yes", "Yes", "Yes", "Yes", "Yes",...
\$ Income	<int> 100000, 22500, 70000, 70000, 12500, 100000, 2500,...
\$ Poverty	<dbl> 4.07, 2.02, 4.30, 4.30, 0.39, 5.00, 0.05, 0.87, ...
\$ HomeRooms	<int> 6, 4, 7, 7, 7, 8, 6, 6, 6, 4, 4, 4, 4, 12, 12,...
\$ HomeOwn	<chr> "Rent", "Rent", "Own", "Own", "Rent", "Own", "Own",...
\$ Work	<chr> NA, "NotWorking", "NotWorking", "NotWorking", NA, "NotWorking",...
\$ Weight	<dbl> 49.4, 98.6, 95.8, 95.8, 23.9, 68.7, 85.9, 89.0, ...
\$ Height	<dbl> 168.9, 172.0, 168.1, 168.1, 119.8, 171.6, 173.5,...
\$ BMI	<dbl> 17.3, 33.3, 33.9, 33.9, 16.7, 23.3, 28.5, 27.9, ...
\$ Pulse	<int> 72, 80, 56, 56, NA, 92, 68, 66, 86, 76, 84, 84, ...
\$ BPSys	<int> 107, 103, 97, 97, NA, 107, 121, 107, 108, 113, 1,...
\$ BPDia	<int> 37, 72, 39, 39, NA, 69, 72, 66, 64, 27, 65, 65, ...
\$ Testosterone	<dbl> 274.95, 47.53, 642.82, 642.82, NA, 21.11, 562.78,...
\$ HDLChol	<dbl> 1.14, 1.89, 1.40, 1.40, NA, 1.42, 1.22, 0.85, 1,...
\$ TotChol	<dbl> 3.98, 4.37, 5.25, 5.25, NA, 4.42, 5.20, 3.70, 3,...
\$ Diabetes	<chr> "No", "No", "No", "No", "No", "No", "No", "No", ...
\$ DiabetesAge	<int> NA, NA, NA, NA, NA, NA, NA, NA, NA, NA, NA, NA, ...
\$ nPregnancies	<int> NA, 3, NA, NA, NA, 5, NA, NA, NA, NA, NA, NA, NA, ...
\$ nBabies	<int> NA, 2, NA, NA, NA, 2, NA, NA, NA, NA, NA, NA, NA, ...

```
$ SleepHrsNight      <int> NA, 8, 9, 9, NA, 7, 6, 7, 7, NA, 8, 8, 8, 8, 6,
...
$ PhysActive         <chr> "No", "No", "No", "No", NA, "Yes", "No", "No",
...
$ PhysActiveDays     <int> 1, 2, 7, 5, 7, 5, NA, NA, 4, 7, 2, NA, 7, NA, N
A...
$ AlcoholDay         <int> NA, 3, NA, NA, NA, 2, NA, 1, NA, NA, 1, 1, 1,
1,...
$ AlcoholYear        <int> NA, 104, 0, 0, NA, 104, NA, 2, NA, NA, 260, 26
0,...
$ SmokingStatus      <chr> NA, "Current", "Never", "Never", NA, "Never",
"N...
```

▼ 3.4 Descriptive statistics

We can access individual variables within a data frame using the *operator*, e. g., *mydataframespecificVariable*. Let's print out all the Race values in the data. Let's then see what are the unique values of each. Then let's calculate the mean, median, and range of the Age variable.

If you run the `summary()` function on a data frame, you get some very basic summary statistics on each variable in the data.

Exercise 1 a) display race values b) get unique values of Race c) length of Race d) Read the functions that dplyr (<https://dplyr.tidyverse.org/>) supports e) do the d) using dplyr way

▼ 3.5 Missing data

Let's try taking the mean of a `income` variable.

In [66]:



```
mean(nh$Income)
```

```
<NA>
```

What happened there? NA indicates missing data. Take a look at the Income variable.

In [67]:



```
glimpse(nh$Income)
```

```
int [1:5000] 100000 22500 70000 70000 12500 100000 2500 22500 22500 30000
...
```

Notice that there are lots of missing values for Income. Trying to get the mean a bunch of observations with some missing data returns a missing value by default. This is almost universally the case with all summary statistics – a single NA will cause the summary to return NA. Now look

at the help for `?mean`. Notice the `na.rm` argument. This is a logical (i.e., TRUE or FALSE) value indicating whether or not missing values should be removed prior to computing the mean. By default, it's set to FALSE. Now try it again.

```
In [68]: ▶ mean(nh$Income, na.rm=TRUE)
```

```
57077.6552022496
```

The `is.na()` function tells you if a value is missing. Get the `sum()` of that vector, which adds up all the TRUEs to tell you how many of the values are missing.

```
In [69]: ▶ #is.na(nh$Income))  
sum(is.na(nh$Income))
```

```
377
```

R `is.na` Function Example (remove, replace, count, if else, is not NA)

Before we can start, let's create some example data in R (or R Studio).

```
In [70]: set.seed(11991) # Set seed
N <- 1000 # Sample size

x_num <- round(rnorm(N, 0, 5)) # Numeric
x_fac <- as.factor(round(runif(N, 0, 3))) # Factor
x_cha <- sample(letters, N, replace = TRUE) # Character

x_num[rbinom(N, 1, 0.2) == 1] <- NA # 20% missings
x_fac[rbinom(N, 1, 0.3) == 1] <- NA # 30% missings
x_cha[rbinom(N, 1, 0.05) == 1] <- NA # 5% missings

data <- data.frame(x_num, x_fac, x_cha, # Create data frame
stringsAsFactors = FALSE)
head(data) # First rows of data
```

A data.frame: 6 × 3

	x_num	x_fac	x_cha
	<dbl>	<fct>	<chr>
1	8	2	p
2	0	NA	a
3	-4	2	j
4	NA	1	x
5	-6	1	s
6	-3	NA	k

Our data consists of three columns, each of them with a different class: numeric, factor, and character. This is how the first six lines of our data look like:

Let's apply the `is.na` function to our **whole data set**:

In [71]: `head(is.na(data))`

A matrix: 6 × 3 of type lgl

x_num	x_fac	x_cha
FALSE	FALSE	FALSE
FALSE	TRUE	FALSE
FALSE	FALSE	FALSE
TRUE	FALSE	FALSE
FALSE	FALSE	FALSE
FALSE	TRUE	FALSE

We are also able to check whether there is or is not an NA value in a column or vector:

In [72]: `head(is.na(data$x_num))` *# Works for numeric ...*
`head(is.na(data$x_fac))` *# ... factor ...*
`head(is.na(data$x_cha))` *# ... and character*

`head(!is.na(data$x_num))` *# The explanation mark still works*
`head(!is.na(data$x_fac))`
`head(!is.na(data$x_cha))`

FALSE FALSE FALSE TRUE FALSE FALSE

FALSE TRUE FALSE FALSE FALSE TRUE

FALSE FALSE FALSE FALSE FALSE FALSE

TRUE TRUE TRUE FALSE TRUE TRUE

TRUE FALSE TRUE TRUE TRUE FALSE

TRUE TRUE TRUE TRUE TRUE TRUE

That's nice, but the real power of `is.na` becomes visible in combination with other functions — And that's exactly what I'm going to show you now.

```

In [73]: # is.na in Combination with Other R Functions
# Remove NAs of Vector or Column
length(data$x_num)
is.na_remove <- data$x_num[!is.na(data$x_num)]

length(is.na_remove)

### Replace NAs with Other Values (i.e. mean)

is.na_replace_mean <- data$x_num # Duplicate fi
x_num_mean <- mean(is.na_replace_mean, na.rm = TRUE) # Calculate me
is.na_replace_mean[is.na(is.na_replace_mean)] <- x_num_mean # Replace by m

#In case of characters or factors, it is also possible in R to set NA to b

is.na_blank_cha <- data$x_cha # Duplicate ch
is.na_blank_cha[is.na(is.na_blank_cha)] <- "" # Class charac

is.na_blank_fac <- data$x_fac # Duplicate fa
is.na_blank_fac <- as.character(is.na_blank_fac) # Convert temp
is.na_blank_fac[is.na(is.na_blank_fac)] <- "" # Class charac
is.na_blank_fac <- as.factor(is.na_blank_fac) # Recode back

```

1000

799

▼ 3.6 Count NAs via sum & colSums

Combined with the R function sum, we can count the amount of NAs in our columns. According to our previous data generation, it should be approximately 20% in x_num, 30% in x_fac, and 5% in x_cha.

In [74]: ▶

```
sum(is.na(data$x_num)) # 213 missings in the first column
sum(is.na(data$x_fac)) # 322 missings in the second column
sum(is.na(data$x_cha)) # 47 missings in the third column

# If we want to count NAs in multiple columns at the same time, we can use
colSums(is.na(data))

# Detect if there are any NAs

# We can also test, if there is at least 1 missing value in a column of ou

any(is.na(data$x_num))
```

201

305

54

x_num

201

x_fac

305

x_cha

54

TRUE

3.6.1 Locate NAs via which

In combination with the which function, is.na can be used to identify the positioning of NAs:

In [75]: ▶

```
head(which(is.na(data$x_num)))
```

4 10 13 15 17 18

Our first column has missing values at the positions 4, 5, 14, 17, 22, 23 and so forth.

3.6.2 if & if else

Missing values have to be considered in our programming routines, e.g. within the if statement or within for loops.

In the following example, I'm printing "Damn, it's NA" to the R Studio console whenever a missing occurs; and "Wow, that's awesome" in case of an observed value.

In [76]:

```
for(i in 1:10) {  
  if(is.na(data$x_num[i])) {  
    print("Damn, it's NA")  
  }  
  else {  
    print("Wow, that's awesome")  
  }  
}
```

```
[1] "Wow, that's awesome"  
[1] "Wow, that's awesome"  
[1] "Wow, that's awesome"  
[1] "Damn, it's NA"  
[1] "Wow, that's awesome"  
[1] "Wow, that's awesome"  
[1] "Wow, that's awesome"  
[1] "Wow, that's awesome"  
[1] "Wow, that's awesome"  
[1] "Damn, it's NA"
```

Note: Within the if statement we use is.na instead of equal to — the approach we would usually use in case of observed values (e.g. if(x[i] == 5)).


Even easier to apply: the ifelse function.

In [77]:

```
head(ifelse(is.na(data$x_num), "Damn, it's NA", "Wow, that's awesome"))
```

```
'Wow, that's awesome' 'Wow, that's awesome' 'Wow, that's awesome' 'Damn, it's NA'  
'Wow, that's awesome' 'Wow, that's awesome'
```

There are a few handy functions in the `Tmisc` package for summarizing missingness in a data frame. You can graphically display missingness in a data frame as holes on a black canvas with `gg_na()` (use `ggplot2` to plot NA values), or show a table of all the variables and the missingness level with `propmiss()`.

```
In [78]:  # Install if you don't have it already
# install.packages("Tmisc")

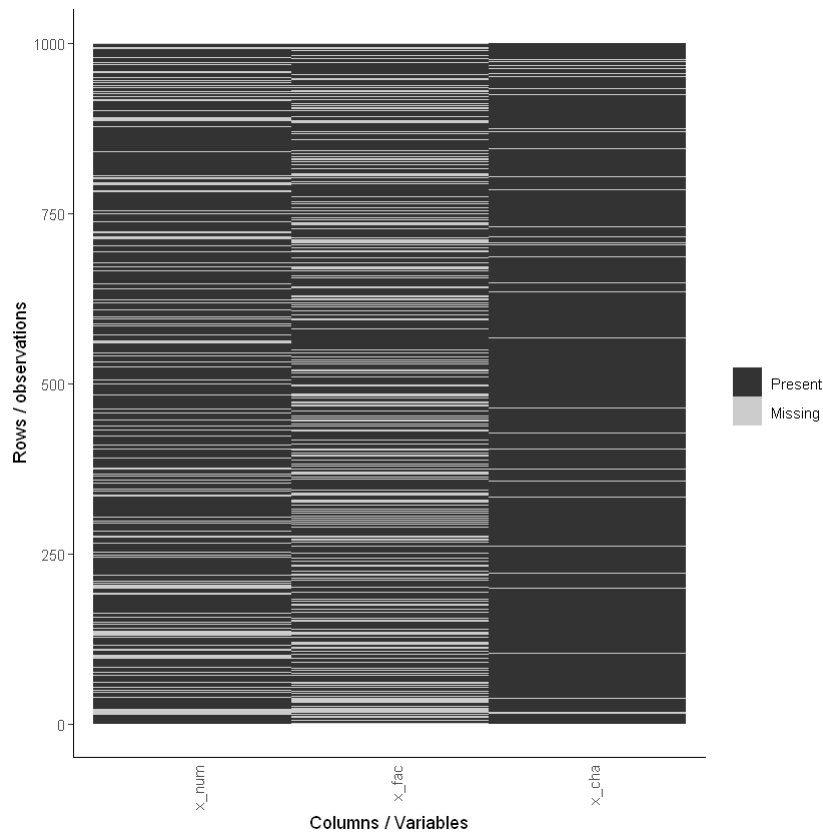
# Load Tmisc
library(Tmisc)
gg_na(data)

propmiss(data)
```

Warning message:
"'propmiss' is deprecated.
Use 'summarize(across(everything(), ~sum(is.na(.))/n()))' instead.
See help("Deprecated")"

A tibble: 3 × 4

var	nmiss	n	propmiss
<chr>	<dbl>	<dbl>	<dbl>
x_num	201	1000	0.201
x_fac	305	1000	0.305
x_cha	54	1000	0.054



Exercise 2 Apply the above functions to other column of the dataset



4 Part II: Exploratory Data Analysis (EDA)

It's always worth examining your data visually before you start any statistical analysis or hypothesis testing. The big ones are histograms and scatterplots.

4.1 Histograms

We can learn a lot from the data just looking at the value distributions of particular variables. Let's make some histograms with ggplot2. Looking at BMI shows a few extreme outliers. Looking at weight initially shows us that the units are probably in kg. Replotting that in lbs with more bins shows a clear bimodal distribution. Are there kids in this data? The age distribution shows us the answer is yes.

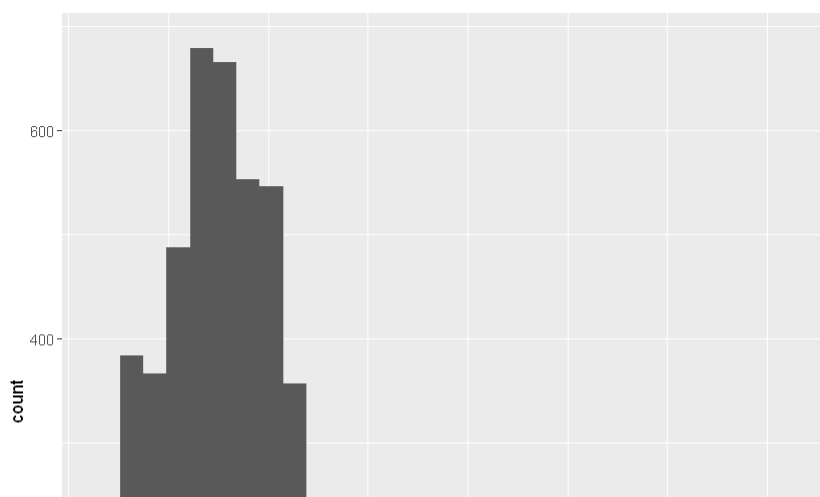

```
In [79]: library(ggplot2)
ggplot(nh, aes(BMI)) + geom_histogram(bins=30)

ggplot(nh, aes(Weight)) + geom_histogram(bins=30)

# In pounds, more bins
ggplot(nh, aes(Weight*2.2)) + geom_histogram(bins=80)

ggplot(nh, aes(Age)) + geom_histogram(bins=30)
```

Warning message:
"Removed 166 rows containing non-finite values (stat_bin)."
Warning message:
"Removed 31 rows containing non-finite values (stat_bin)."



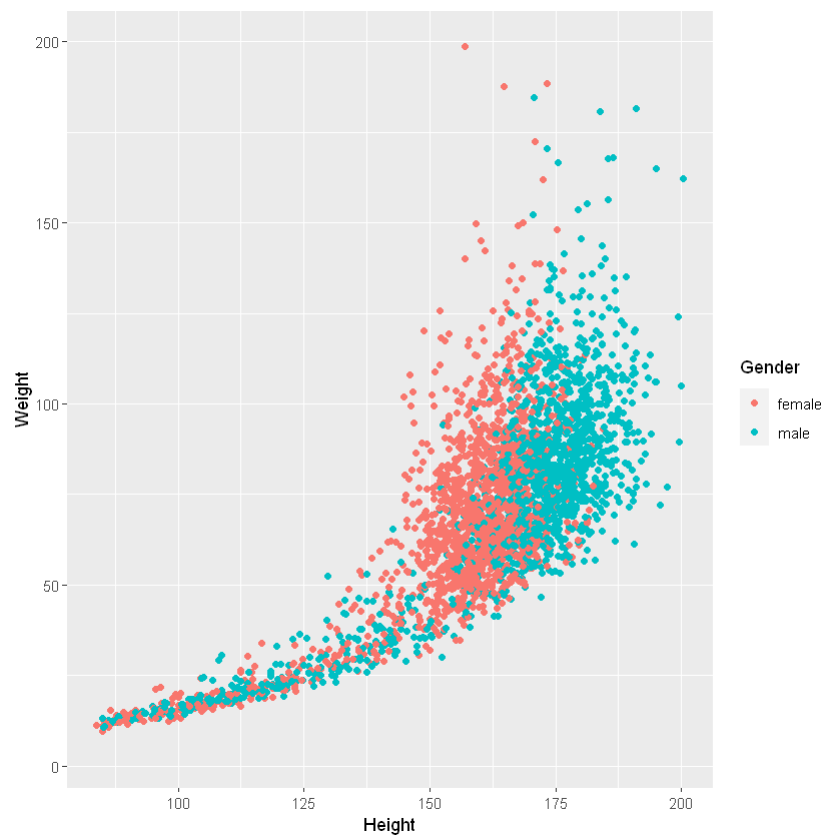
▼ 4.2 Scatterplots

Let's look at how a few different variables relate to each other. E.g., height and weight:

```
In [80]: ggplot(nh, aes(Height, Weight, col=Gender)) + geom_point()
```

Warning message:

"Removed 166 rows containing missing values (geom_point)."



Let's filter out all the kids, draw trend lines using a linear model:

In [81]:

```
nh %>%  
  filter(Age>=18) %>%  
  ggplot(aes(Height, Weight, col=Gender)) +  
    geom_point() +  
    geom_smooth(method="lm")
```

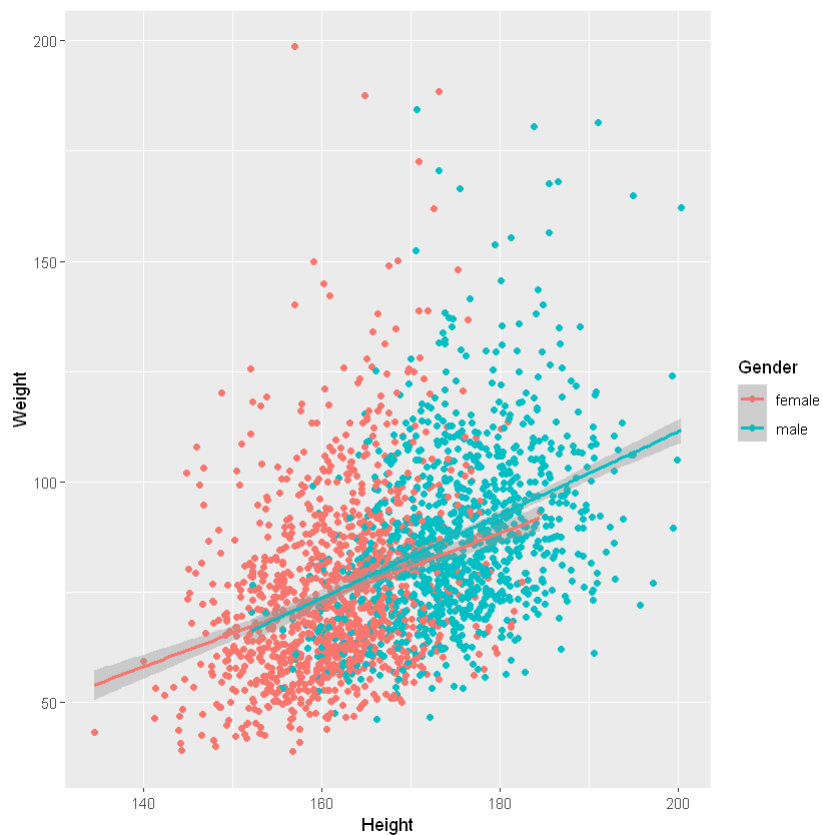
`geom_smooth()` using formula 'y ~ x'

Warning message:

"Removed 31 rows containing non-finite values (stat_smooth)."

Warning message:

"Removed 31 rows containing missing values (geom_point)."



Exercise 3 a) Make some histograms with ggplot2 of 2 variables. b) Look at BMI and indicate whether there outliers. c) Look at weight. What their distribution looks like? d) Check the age distribution. Are there kids in this data? Explain

Exercise 4

1. What's the mean 60-second pulse rate for all participants in the data?
2. What's the range of values for diastolic blood pressure in all participants? (Hint: see help for `min()`, `max()`, and `range()` functions, e.g., enter `?range` without the parentheses to get help).
3. What are the median, lower, and upper quartiles for the age of all participants? (Hint: see help for `median`, or better yet, `quantile`).
4. What's the variance and standard deviation for income among all participants?

5 Continuous variables

5.1 T-tests

First let's create a new dataset from `nh` called `nha` that only has adults. To prevent us from making any mistakes downstream, let's remove the `nh` object.

```
In [82]: nha <- filter(nh, Age>=18)  
rm(nh)
```

Let's do a few two-sample t-tests to test for differences in means between two groups. The function for a t-test is `t.test()`. See the help for `?t.test`. We'll be using the formula method. The usage is `t.test(response~group, data=myDataFrame)`.

Exercise 5

1. Are there differences in age for males versus females in this dataset?
2. Does BMI differ between diabetics and non-diabetics?
3. Do single or married/cohabitating people drink more alcohol? Is this relationship significant?

5.2 Wilcoxon test

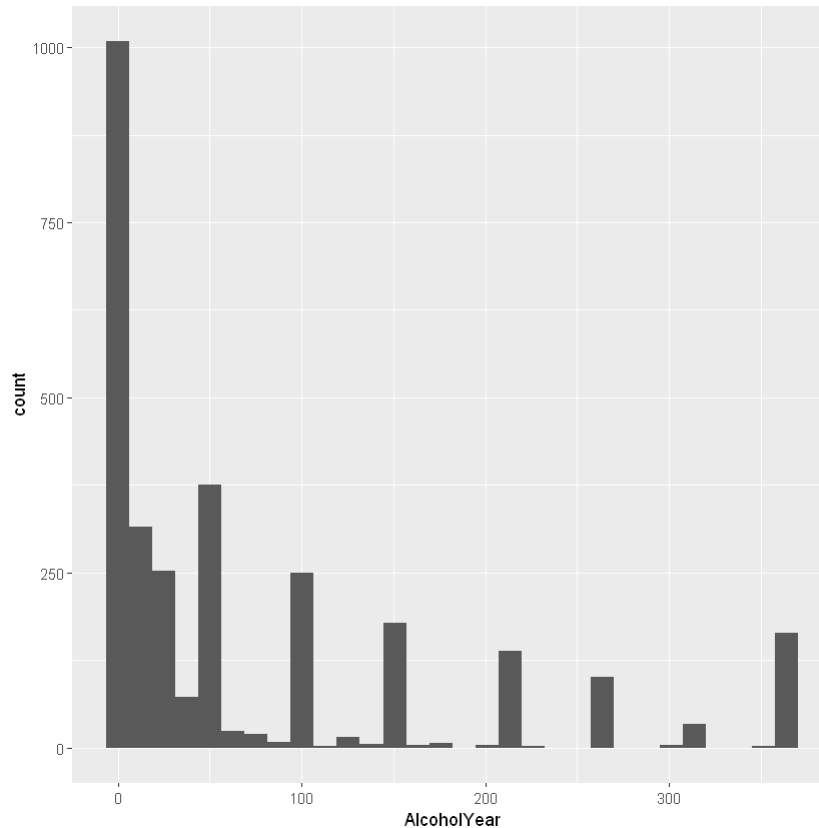
Another assumption of the t-test is that data is normally distributed. Looking at the histogram for `AlcoholYear` shows that this data clearly isn't.

```
In [83]: ggplot(nha, aes(AlcoholYear)) + geom_histogram()
```

```
`stat_bin()` using `bins = 30`. Pick better value with `binwidth`.
```

Warning message:

```
"Removed 723 rows containing non-finite values (stat_bin)."
```



The Wilcoxon rank-sum test (a.k.a. Mann-Whitney U test) is a nonparametric test of differences in mean that does not require normally distributed data. When data is perfectly normal, the t-test is uniformly more powerful. But when this assumption is violated, the t-test is unreliable. This test is called in a similar way as the t-test.

```
In [84]: wilcox.test(AlcoholYear~RelationshipStatus, data=nha)
```

Wilcoxon rank sum test with continuity correction

```
data: AlcoholYear by RelationshipStatus
W = 1067955, p-value = 0.0001659
alternative hypothesis: true location shift is not equal to 0
```

5.3 ANOVA

Where t-tests and their nonparametric substitutes are used for assessing the differences in means between two groups, ANOVA is used to assess the significance of differences in means between multiple groups. In fact, a t-test is just a specific case of ANOVA when you only have two groups. And both t-tests and ANOVA are just specific cases of linear regression, where you're trying to fit a model describing how a continuous outcome (e.g., BMI) changes with some predictor variable (e.g., diabetic status, race, age, etc.). The distinction is largely semantic – with a linear model you're asking, “do levels of a categorical variable affect the response?” where with ANOVA or t-tests you're asking, “does the mean response differ between levels of a categorical variable?”

Let's examine the relationship between BMI and relationship status (RelationshipStatus was derived from MaritalStatus, coded as Committed if MaritalStatus is Married or LivePartner, and Single otherwise). Let's first do this with a t-test, and for now, let's assume that the variances between groups are equal.

```
In [85]: t.test(BMI~RelationshipStatus, data=nha, var.equal=TRUE)
```

Two Sample t-test

```
data: BMI by RelationshipStatus
t = -1.5319, df = 3552, p-value = 0.1256
alternative hypothesis: true difference in means is not equal to 0
95 percent confidence interval:
 -0.77817842  0.09552936
sample estimates:
mean in group Committed    mean in group Single
      28.51343              28.85475
```

It looks like single people have a very slightly higher BMI than those in a committed relationship, but the magnitude of the difference is trivial, and the difference is not significant. Now, let's do the same test in a linear modeling framework. First, let's create the fitted model and store it in an object called fit.

```
In [86]: fit <- lm(BMI~RelationshipStatus, data=nha)
```

You can display the object itself, but that isn't too interesting. You can get the more familiar ANOVA table by calling the `anova()` function on the fit object. More generally, the `summary()` function on a linear model object will tell you much more.

In [87]: `anova(fit)`

A anova: 2 × 5

	Df	Sum Sq	Mean Sq	F value	Pr(>F)
	<int>	<dbl>	<dbl>	<dbl>	<dbl>
RelationshipStatus	1	98.31983	98.31983	2.346685	0.1256388
Residuals	3552	148819.30437	41.89733	NA	NA

5.3.1 ANOVA

Recap: t-tests are for assessing the differences in means between two groups. A t-test is a specific case of ANOVA, which is a specific case of a linear model. Let's run ANOVA, but this time looking for differences in means between more than two groups.

Let's look at the relationship between smoking status (Never, Former, or Current), and BMI.

In [88]: `fit <- lm(BMI~SmokingStatus, data=nha)`
`anova(fit)`

A anova: 2 × 5

	Df	Sum Sq	Mean Sq	F value	Pr(>F)
	<int>	<dbl>	<dbl>	<dbl>	<dbl>
SmokingStatus	2	1411.01	705.50494	16.98847	4.539974e-08
Residuals	3553	147550.57	41.52845	NA	NA

The ANOVA table tells us that there is a significant difference in means between current, former, and never smokers ($p=4.54 \times 10^{-8}$)

6 Linear regression

Linear models seek to explain the relationship between a variable of interest, our Y , outcome, response, or dependent variable, and one or more X , predictor, or independent variables. Previously we talked about t-tests or ANOVA in the context of a simple linear regression model with only a single predictor variable, X :

$$Y = \beta_0 + \beta_1 X \quad (1)$$

But you can have multiple predictors in a linear model that are all additive, accounting for the effects of the others:

$$Y = \beta_0 + \beta_1 X_1 + \beta_2 X_2 + \epsilon \quad (2)$$

- Y is the response
- X_1 and X_2 are the predictors
- β_0 is the intercept, and β_1, β_2 etc are coefficients that describe what 1 -unit changes in X_1 and X_2 do to the outcome variable Y .
- ϵ is random error. Our model will not perfectly predict Y . It will be off by some random amount. We assume this amount is a random draw from a Normal distribution with mean 0 and standard deviation σ .

Building a linear model means we propose a linear model and then estimate the coefficients and the variance of the error term. Above, this means estimating $\beta_0, \beta_1, \beta_2$ and σ . This is what we do in R. Let's look at the relationship between height and weight.

```
In [89]: fit <- lm(Weight~Height, data=nha)
summary(fit)
```

Call:

```
lm(formula = Weight ~ Height, data = nha)
```

Residuals:

	Min	1Q	Median	3Q	Max
	-40.339	-13.109	-2.658	9.309	127.972

Coefficients:

	Estimate	Std. Error	t value	Pr(> t)
(Intercept)	-73.70590	5.08110	-14.51	<2e-16 ***
Height	0.91996	0.03003	30.63	<2e-16 ***

Signif. codes: 0 '***' 0.001 '**' 0.01 '*' 0.05 '.' 0.1 ' ' 1

Residual standard error: 18.57 on 3674 degrees of freedom
(31 observations deleted due to missingness)

Multiple R-squared: 0.2034, Adjusted R-squared: 0.2032

F-statistic: 938.4 on 1 and 3674 DF, p-value: < 2.2e-16

The relationship is highly significant ($P < 2.2 \times 10^{-16}$). The intercept term is not very useful most of the time. Here it shows us what the value of Weight would be when Height=0, which could never happen. The Height coefficient is meaningful - each one unit increase in height results in a 0.92 increase in the corresponding unit of weight. Let's visualize that relationship:


```
In [90]: ggplot(nha, aes(x=Height, y=Weight)) + geom_point() + geom_smooth(method="
```

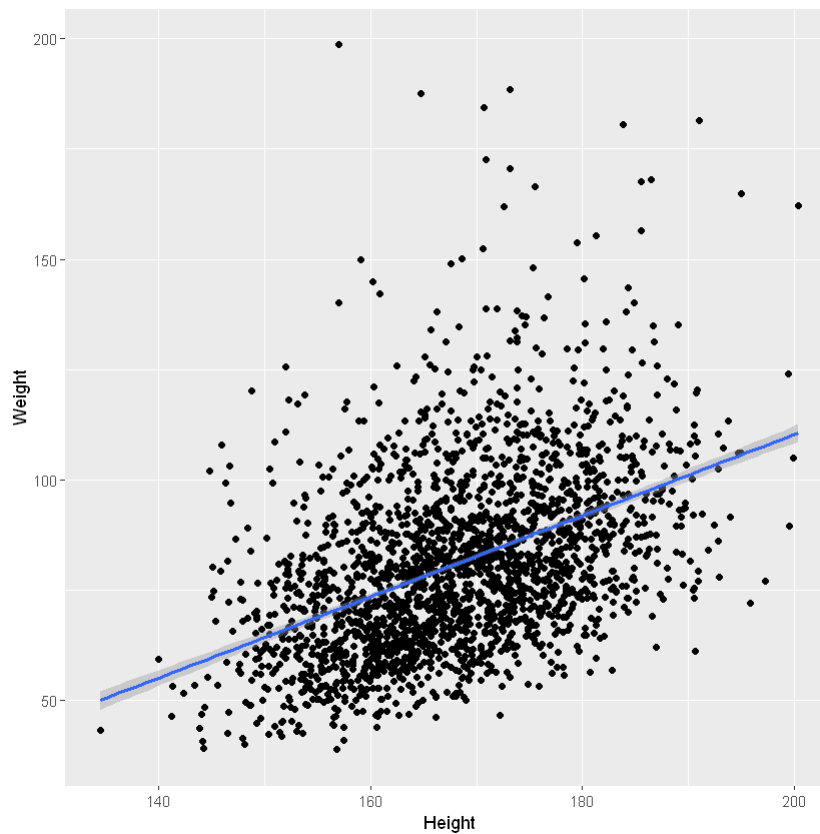
```
`geom_smooth()` using formula 'y ~ x'
```

Warning message:

"Removed 31 rows containing non-finite values (stat_smooth)."

Warning message:

"Removed 31 rows containing missing values (geom_point)."



By default, this is only going to show the prediction over the range of the data. This is important! You never want to try to extrapolate response variables outside of the range of your predictor(s). For example, the linear model tells us that weight is -73.7kg when height is zero. We can extend the predicted model / regression line past the lowest value of the data down to height=0. The bands on the confidence interval tell us that the model is apparently confident within the regions defined by the gray boundary. But this is silly – we would never see a height of zero, and predicting past the range of the available training data is never a good idea.

```
In [91]: ggplot(nha, aes(x=Height, y=Weight)) +  
  geom_point() +  
  geom_smooth(method="lm", fullrange=TRUE) +  
  xlim(0, NA) +  
  ggtitle("Friends don't let friends extrapolate.")
```

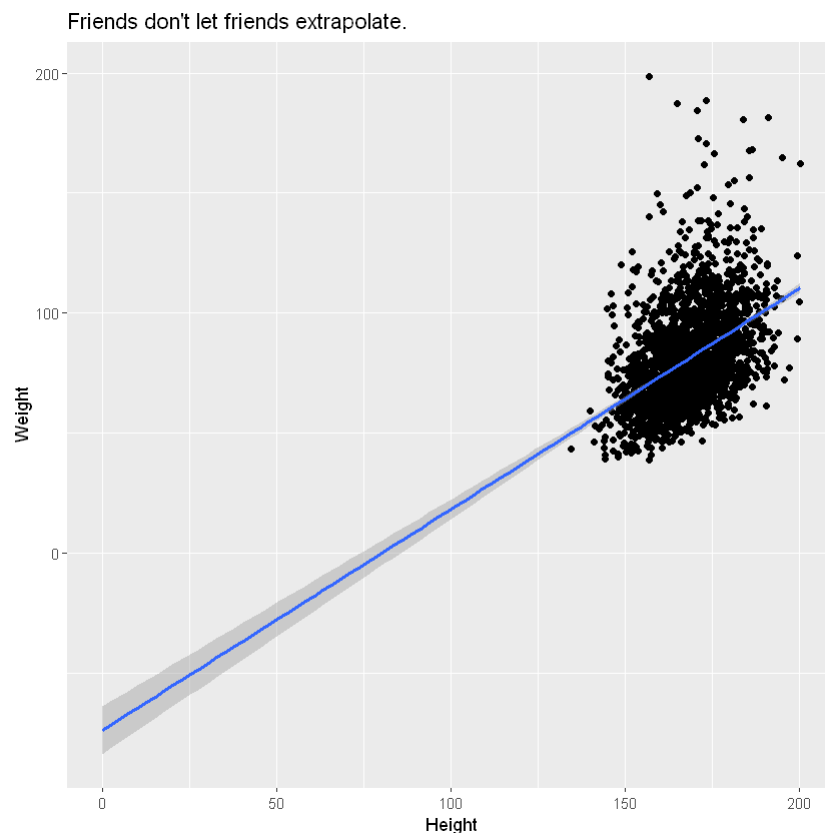
`geom_smooth()` using formula 'y ~ x'

Warning message:

"Removed 31 rows containing non-finite values (stat_smooth)."

Warning message:

"Removed 31 rows containing missing values (geom_point)."



7 Multiple regression

Finally, let's do a multiple linear regression analysis, where we attempt to model the effect of multiple predictor variables at once on some outcome. First, let's look at the effect of physical activity on testosterone levels. Let's do this with a t-test and linear regression, showing that you get the same results.

```
In [92]: t.test(Testosterone~PhysActive, data=nha)
```

Welch Two Sample t-test

```
data: Testosterone by PhysActive
t = -2.4349, df = 3335.2, p-value = 0.01495
alternative hypothesis: true difference in means is not equal to 0
95 percent confidence interval:
 -34.781568 -3.752469
sample estimates:
mean in group No mean in group Yes
      207.5645      226.8315
```

```
In [93]: summary(lm(Testosterone~PhysActive, data=nha))
```

Call:

```
lm(formula = Testosterone ~ PhysActive, data = nha)
```

Residuals:

Min	1Q	Median	3Q	Max
-224.5	-196.5	-115.9	167.0	1588.0

Coefficients:

	Estimate	Std. Error	t value	Pr(> t)
(Intercept)	207.565	5.873	35.34	<2e-16 ***
PhysActiveYes	19.267	7.929	2.43	0.0152 *

Signif. codes: 0 '***' 0.001 '**' 0.01 '*' 0.05 '.' 0.1 ' ' 1

Residual standard error: 231.4 on 3436 degrees of freedom
(269 observations deleted due to missingness)

Multiple R-squared: 0.001715, Adjusted R-squared: 0.001425

F-statistic: 5.904 on 1 and 3436 DF, p-value: 0.01516

In both cases, the p-value is significant ($p=0.01516$), and the result suggest that increased physical activity is associated with increased testosterone levels. Does increasing your physical activity increase your testosterone levels? Or is it the other way – will increased testosterone encourage more physical activity? Or is it none of the above – is the apparent relationship between physical activity and testosterone levels only apparent because both are correlated with yet a third, unaccounted for variable? Let's throw Age into the model as well.

```
In [94]: summary(lm(Testosterone~PhysActive+Age, data=nha))
```

Call:

```
lm(formula = Testosterone ~ PhysActive + Age, data = nha)
```

Residuals:

Min	1Q	Median	3Q	Max
-238.6	-196.8	-112.3	167.4	1598.1

Coefficients:

	Estimate	Std. Error	t value	Pr(> t)
(Intercept)	247.8828	13.0853	18.944	< 2e-16 ***
PhysActiveYes	13.6740	8.0815	1.692	0.090735 .
Age	-0.8003	0.2322	-3.447	0.000574 ***

Signif. codes: 0 '***' 0.001 '**' 0.01 '*' 0.05 '.' 0.1 ' ' 1

Residual standard error: 231 on 3435 degrees of freedom
(269 observations deleted due to missingness)

Multiple R-squared: 0.005156, Adjusted R-squared: 0.004577

F-statistic: 8.901 on 2 and 3435 DF, p-value: 0.0001394

This shows us that after accounting for age that the testosterone / physical activity link is no longer significant. Every 1-year increase in age results in a highly significant decrease in testosterone, and since increasing age is also likely associated with decreased physical activity, perhaps age is the confounder that makes this relationship apparent.

Adding other predictors can also swing things the other way. We know that men have much higher testosterone levels than females. Sex is probably the single best predictor of testosterone levels in our dataset. By not accounting for this effect, our unaccounted-for variation remains very high. By accounting for Gender, we now reduce the residual error in the model, and the physical activity effect once again becomes significant. Also notice that our model fits much better (higher R-squared), and is much more significant overall.

```
In [95]: ► summary(lm(Testosterone~PhysActive+Age+Gender, data=nha))
```

Call:

```
lm(formula = Testosterone ~ PhysActive + Age + Gender, data = nha)
```

Residuals:

Min	1Q	Median	3Q	Max
-397.91	-31.01	-4.42	20.50	1400.90

Coefficients:

	Estimate	Std. Error	t value	Pr(> t)	
(Intercept)	46.6931	7.5729	6.166	7.83e-10	***
PhysActiveYes	9.2749	4.4617	2.079	0.0377	*
Age	-0.5904	0.1282	-4.605	4.28e-06	***
Gendermale	385.1989	4.3512	88.526	< 2e-16	***

Signif. codes: 0 '***' 0.001 '**' 0.01 '*' 0.05 '.' 0.1 ' ' 1

Residual standard error: 127.5 on 3434 degrees of freedom

(269 observations deleted due to missingness)

Multiple R-squared: 0.6969, Adjusted R-squared: 0.6966

F-statistic: 2632 on 3 and 3434 DF, p-value: < 2.2e-16

We've only looked at the `summary()` and `anova()` functions for extracting information from an `lm` class object. There are several other accessor functions that can be used on a linear model object. Check out the help page for each one of these to learn more.

- `coefficients()`
- `predict.lm()`
- `fitted.values()`
- `residuals()`

Exercise 6 Is the average BMI different in single people versus those in a committed relationship? Perform a t-test.

Exercise 7

2. The work variable is coded "Looking" (n=159), "NotWorking" (n=1317), and "Working" (n = 2230)

- Fit a linear model. Assign this to an object called `fit`. What does the `fit` object tell you when you display it directly?
- Run an `anova()` to get the ANOVA table. Is the model significant?
- Instead of thinking of this as ANOVA, think of it as a linear model. After you've thought about it, get some `summary()` statistics on the fit. Do these results agree with the ANOVA model?

Exercise 8 Examine the relationship between HDL cholesterol levels (`HDLChol`) and whether someone has diabetes or not (`Diabetes`).

- Is there a difference in means between diabetics and nondiabetics? Perform a t-test without a Welch correction (that is, assuming equal variances - see `?t.test` for help).
- Do the same analysis in a linear modeling framework.
- Does the relationship hold when adjusting for weight?
- What about when adjusting for weight, Age, Gender, PhysActive (whether someone participates in moderate or vigorous-intensity sports, fitness or recreational activities, coded as yes/no). What is the effect of each of these explanatory variables?

▼ 8 Discrete variables

Until now we've only discussed analyzing continuous outcomes / dependent variables. We've tested for differences in means between two groups with t-tests, differences among means between n groups with ANOVA, and more general relationships using linear regression. In all of these cases, the dependent variable, i.e., the outcome, or Y variable, was continuous, and usually normally distributed. What if our outcome variable is discrete, e.g., "Yes/No", "Mutant/WT", "Case/Control", etc.? Here we use a different set of procedures for assessing significant associations.

▼ 9 Contingency tables

In statistics, a contingency table (also known as a cross tabulation or crosstab) is a type of table in a matrix format that displays the (multivariate) frequency distribution of the variables. They are heavily used in survey research, business intelligence, engineering, and scientific research. They provide a basic picture of the interrelation between two variables and can help find interactions between them.

The `xtabs()` function is useful for creating contingency tables from categorical variables. Let's create a gender by diabetes status contingency table, and assign it to an object called `xt`. After making the assignment, type the name of the object to view it.

In [96]: `xt <- xtabs(~Gender+Diabetes, data=nha)`
`xt`

	Diabetes	
Gender	No	Yes
female	1692	164
male	1653	198

There are two useful functions, `addmargins()` and `prop.table()` that add more information or manipulate how the data is displayed. By default, `prop.table()` will divide the number of

observations in each cell by the total. But you may want to specify which margin you want to get proportions over. Let's do this for the first (row) margin.

```
In [97]: # Add marginal totals  
addmargins(xt)
```

A table: 3 × 3 of type dbl

	No	Yes	Sum
female	1692	164	1856
male	1653	198	1851
Sum	3345	362	3707

```
In [98]: # Get the proportional table  
prop.table(xt)
```

Diabetes		
Gender	No	Yes
female	0.45643377	0.04424063
male	0.44591314	0.05341246

```
In [99]: # That wasn't really what we wanted.  
# Do this over the first (row) margin only.  
prop.table(xt, margin=1)
```

Diabetes		
Gender	No	Yes
female	0.91163793	0.08836207
male	0.89303079	0.10696921

Looks like men have slightly higher rates of diabetes than women. But is this significant?

The chi-square test is used to assess the independence of these two factors. That is, if the null hypothesis that gender and diabetes are independent is true, then we would expect a proportionally equal number of diabetics across each sex. Males seem to be at slightly higher risk than females, but the difference is just short of statistically significant.

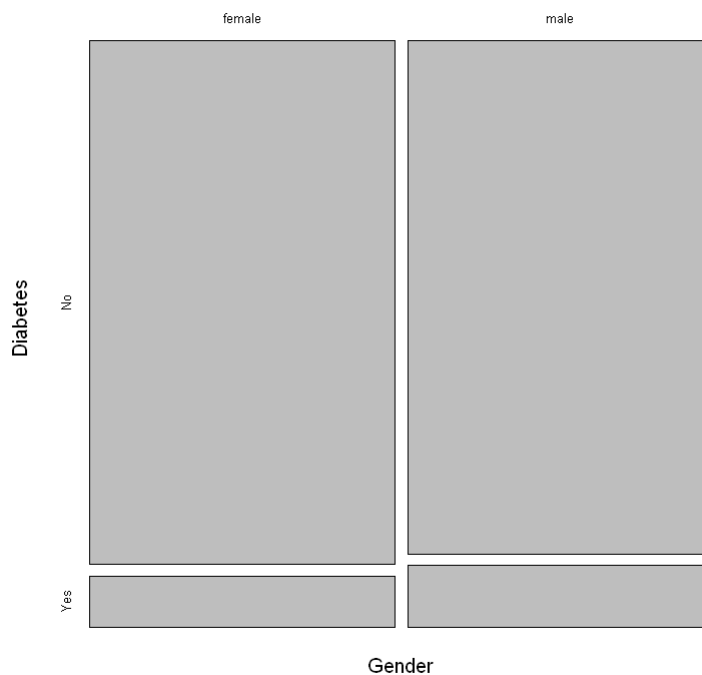
```
In [100]: ▶ chisq.test(xt)
```

Pearson's Chi-squared test with Yates' continuity correction

```
data: xt
X-squared = 3.4332, df = 1, p-value = 0.0639
```

There's a useful plot for visualizing contingency table data called a mosaic plot. Call the `mosaicplot()` function on the contingency table object.

```
In [101]: ▶ mosaicplot(xt, main=NA)
```



10 Logistic regression

What if we wanted to model the discrete outcome, e.g., whether someone is insured, against several other variables, similar to how we did with multiple linear regression? We can't use linear regression because the outcome isn't continuous - it's binary, either Yes or No. For this we'll use logistic regression to model the log odds of binary response. That is, instead of modeling the outcome variable, Y , directly against the inputs, we'll model the log odds of the outcome variable.

If p is the probability that the individual is insured, then $\frac{p}{1-p}$ is the odds that person is insured. Then it follows that the linear model is expressed as:

$$\log\left(\frac{p}{1-p}\right) = \beta_0 + \beta_1 x_1 + \cdots + \beta_k x_k \quad (3)$$

Where β_0 is the intercept, β_1 is the increase in the odds of the outcome for every unit increase in x_1 , and so on.

Logistic regression is a type of **generalized linear model** (GLM). We fit GLM models in R using the `glm()` function. It works like the `lm()` function except we specify which GLM to fit using the `family` argument. Logistic regression requires `family=binomial`. The typical use looks like this:

```
mod <- glm(y ~ x, data=yourdata, family='binomial') summary(mod)
```

Before we fit a logistic regression model let's relevel the Race variable so that "White" is the baseline. We saw above that people who identify as "White" have the highest rates of being insured. When we run the logistic regression, we'll get a separate coefficient (effect) for each level of the factor variable(s) in the model, telling you the increased odds that that level has, as compared to the baseline group.

```
In [102]: ▶ nha$Race <- relevel(factor(nha$Race), ref="White")
xyz.Insured <- as.factor(nha$Insured)
head(xyz.Insured)
```

```
Yes Yes Yes Yes Yes Yes
```

► **Levels:**

Now, let's fit a logistic regression model assessing how the odds of being insured change with different levels of race.

```
In [103]: fit <- glm(xyz.Insured~Race, data=nha, family=binomial)
summary(fit)
```

Call:

```
glm(formula = xyz.Insured ~ Race, family = binomial, data = nha)
```

Deviance Residuals:

Min	1Q	Median	3Q	Max
-2.0377	0.5177	0.5177	0.5177	1.1952

Coefficients:

	Estimate	Std. Error	z value	Pr(> z)
(Intercept)	1.94218	0.06103	31.825	< 2e-16 ***
RaceAsian	-0.64092	0.17715	-3.618	0.000297 ***
RaceBlack	-0.59744	0.13558	-4.406	1.05e-05 ***
RaceHispanic	-1.41354	0.14691	-9.622	< 2e-16 ***
RaceMexican	-1.98385	0.13274	-14.946	< 2e-16 ***
RaceOther	-1.26430	0.22229	-5.688	1.29e-08 ***

Signif. codes: 0 '***' 0.001 '**' 0.01 '*' 0.05 '.' 0.1 ' ' 1

(Dispersion parameter for binomial family taken to be 1)

Null deviance: 3614.6 on 3704 degrees of freedom
Residual deviance: 3336.6 on 3699 degrees of freedom
(2 observations deleted due to missingness)
AIC: 3348.6

Number of Fisher Scoring iterations: 4

The Estimate column shows the log of the odds ratio – how the log odds of having health insurance changes at each level of race compared to White. The P-value for each coefficient is on the far right. This shows that every other race has significantly less rates of health insurance coverage. But, as in our multiple linear regression analysis above, are there other important variables that we're leaving out that could alter our conclusions? Lets add a few more variables into the model to see if something else can explain the apparent Race-Insured association. Let's add a few things likely to be involved (Age and Income), and something that's probably irrelevant (hours slept at night).

```
In [104]: fit <- glm(xyz.Insured~Race+Age+Income+SleepHrsNight, data=nha, family=binomial)
summary(fit)
```

Call:

```
glm(formula = xyz.Insured ~ Race + Age + Income + SleepHrsNight,
     family = binomial, data = nha)
```

Deviance Residuals:

Min	1Q	Median	3Q	Max
-2.4815	0.3025	0.4370	0.6252	1.6871

Coefficients:

	Estimate	Std. Error	z value	Pr(> z)
(Intercept)	-3.501e-01	2.919e-01	-1.199	0.230
RaceAsian	-4.550e-01	2.031e-01	-2.241	0.025 *
RaceBlack	-2.387e-01	1.536e-01	-1.554	0.120
RaceHispanic	-1.010e+00	1.635e-01	-6.175	6.61e-10 ***
RaceMexican	-1.404e+00	1.483e-01	-9.468	< 2e-16 ***
RaceOther	-9.888e-01	2.422e-01	-4.082	4.46e-05 ***
Age	3.371e-02	2.949e-03	11.431	< 2e-16 ***
Income	1.534e-05	1.537e-06	9.982	< 2e-16 ***
SleepHrsNight	-1.763e-02	3.517e-02	-0.501	0.616

Signif. codes: 0 '***' 0.001 '**' 0.01 '*' 0.05 '.' 0.1 ' ' 1

(Dispersion parameter for binomial family taken to be 1)

Null deviance: 3284.3 on 3395 degrees of freedom
Residual deviance: 2815.0 on 3387 degrees of freedom
(311 observations deleted due to missingness)
AIC: 2833

Number of Fisher Scoring iterations: 5

A few things become apparent:

1. Age and income are both highly associated with whether someone is insured. Both of these variables are highly significant ($P < 2.2 \times 10^{-16}$), and the coefficient (the Estimate column) is positive, meaning that for each unit increase in one of these variables, the odds of being insured increases by the corresponding amount.
2. Hours slept per night is not meaningful at all.
3. After accounting for age and income, several of the race-specific differences are no longer statistically significant, but others remain so.
4. The absolute value of the test statistic (column called z value) can roughly be taken as an estimate of the "importance" of that variable to the overall model. So, age and income are the most important influences in this model; selfidentifying as Hispanic or Mexican are also very highly important, hours slept per night isn't important at all, and the other race categories fall somewhere in between.

What's the relationship between diabetes and participating in rigorous physical activity or sports?

Exercise 9

- Create a contingency table with Diabetes status in rows and physical activity status in columns.
- = Display that table with margins.
- Show the proportions of diabetics and nondiabetics, separately, who are physically active or not.
- Is this relationship significant?
- Create two different visualizations showing the relationship.

Model the same association in a logistic regression framework to assess the risk of diabetes using physical activity as a predictor.

- Fit a model with just physical activity as a predictor, and display a model summary.
- Add gender to the model, and show a summary.
- Continue adding weight and age to the model. What happens to the gender association?
- Continue and add income to the model. What happens to the original association with physical activity?

▼ 11 Power & sample size

Statistical power, also sometimes called sensitivity, is defined as the probability that your test correctly rejects the null hypothesis when the alternative hypothesis is true. That is, if there really is an effect (difference in means, association between categorical variables, etc.), how likely are you to be able to detect that effect at a given statistical significance level, given certain assumptions. Generally there are a few moving pieces, and if you know all but one of them, you can calculate what that last one is.

1. Power: How likely are you to detect the effect? (Usually like to see 80% or greater).
2. N: What is the sample size you have (or require)?
3. Effect size: How big is the difference in means, odds ratio, etc?

If we know we want 80% power to detect a certain magnitude of difference between groups, we can calculate our required sample size. Or, if we know we can only collect 5 samples, we can calculate how likely we are to detect a particular effect. Or, we can work to solve the last one - if we want 80% power and we have 5 samples, what's the smallest effect we can hope to detect?

All of these questions require certain assumptions about the data and the testing procedure. Which kind of test is being performed? What's the true effect size (often unknown, or estimated from preliminary data), what's the standard deviation of samples that will be collected (often unknown, or estimated from preliminary data), what's the level of statistical significance needed (traditionally $p < 0.05$, but must consider multiple testing corrections).

12 T-test power/N

The `power.t.test()` empirically estimates power or sample size of a t-test for differences in means. If we have 20 samples in each of two groups (e.g., control versus treatment), and the standard deviation for whatever we're measuring is 2.3, and we're expecting a true difference in means between the groups of 2, what's the power to detect this effect?

```
In [105]: ► power.t.test(n=20, delta=2, sd=2.3)
```

Two-sample t test power calculation

```
      n = 20
    delta = 2
      sd = 2.3
sig.level = 0.05
  power = 0.7641668
alternative = two.sided
```

NOTE: n is number in *each* group

What's the sample size we'd need to detect a difference of 0.8 given a standard deviation of 1.5 , assuming we want 80% power?

```
In [106]: ► power.t.test(power=.80, delta=.8, sd=1.5)
```

Two-sample t test power calculation

```
      n = 56.16413
    delta = 0.8
      sd = 1.5
sig.level = 0.05
  power = 0.8
alternative = two.sided
```

NOTE: n is number in *each* group

13 Proportions power/N

What about a two-sample proportion test (e.g., chi- square test)? If we have two groups (control and treatment), and we're measuring some outcome (e.g., infected yes/no), and we know that the proportion of infected controls is 80% but 20% in treated, what's the power to detect this effect in 5 samples per group?

```
In [107]: ► power.prop.test(n=5, p1=0.8, p2=0.2)
```

Two-sample comparison of proportions power calculation

```
      n = 5
      p1 = 0.8
      p2 = 0.2
sig.level = 0.05
  power = 0.4688159
alternative = two.sided
```

NOTE: n is number in *each* group

How many samples would we need for 90% power?

```
In [108]: ► power.prop.test(power=0.9, p1=0.8, p2=0.2)
```

Two-sample comparison of proportions power calculation

```
      n = 12.37701
      p1 = 0.8
      p2 = 0.2
sig.level = 0.05
  power = 0.9
alternative = two.sided
```

NOTE: n is number in *each* group

Also check out the `pwr` package which has power calculation functions for other statistical tests.

Function	Power calculations for
<code>pwr.2p.test()</code>	Two proportions (equal n)
<code>pwr.2p2n.test()</code>	Two proportions (unequal n)
<code>pwr.anova.test()</code>	Balanced one way ANOVA
<code>pwr.chisq.test()</code>	Chi-square test
<code>pwr.f2.test()</code>	General linear model
<code>pwr.p.test()</code>	Proportion (one sample)
<code>pwr.r.test()</code>	Correlation
<code>pwr.t.test()</code>	T-tests (one sample, 2 sample, paired)
<code>pwr.t2n.test()</code>	T-test (two samples with unequal n)

Exercise 10

1. You're doing a gene expression experiment. What's your power to detect a 2-fold change in a gene with a standard deviation of 0.7, given 3 samples? (Note - fold change is usually given on the \log_2 scale, so a 2-fold change would be a delta of 1. That is, if the fold change is $2x$, then $\log_2(2) = 1$, and you should use 1 in the calculation, not 2).
2. How many samples would you need to have 80% power to detect this effect?
3. You're doing a population study looking at the effect of a SNP on disease X. Disease X has a baseline prevalence of 5% in the population, but you suspect the SNP might increase the risk of disease X by 10% (this is typical for SNP effects on common, complex diseases). How many samples do you need to have 80% power to detect this effect, given that you want a statistical significance of $p < 0.001$?