

# Regression

- Regression is where we want to predict the value of one variable (called our Outcome variable) on the basis of the value of one or more predictor variables.
- Simple regression is when we have one predictor, multiple regression is when we have more than one...
- Most commonly used regression type is OLS (ordinary least squares) which works by minimising the distance (deviation) between the observed data and the linear model.

# Statistical Models

- Most of what we do in applying statistics in Psychology is model building. We build a statistical model and test whether it is a good fit for our data - in other words, whether it describes our data well.
- All models are an approximation of reality, and some are better than others...
- Or to paraphrase the statistician George Box, all models are wrong but some are useful...