Paper 3 - Causal Roadmap

Table of contents

1	mulate the research question(s)	2				
2 Define a realistic statistical model						
3	Specify a causal model and causal quantity of interest 3.1 Research question 1: What are the short-term effects of childhood exposure to EDCs on the					
	-	outcomes?	4			
	3.2	Research question 2: What are the short-term effects of childhood exposure to EDCs on metabolites and proteins?	4			
	3.3	Research question 3: What are the short-term effects of childhood <i>exposure</i> to metabolites and proteins on the outcomes?	4			
4 Identification and the statistical estimand						
5	5 Estimation from data and statistical inference					
6 Triangulation: Improving causal inference in aetiological epidemiology 6.1 Mendelian Randomization: Assumptions						
7	Inte	erpretation and sensitivity analyses to inform a substantive conclusion	11			
8	App 8.1 8.2 8.3	8.2 Checklist B1: 1mtp package specifications				
Re	ferer	nces	18			

1 Formulate the research question(s)

The aim of the present study is to research the short-term effects of postnatal exposures to non-persistent endocrine disruptors (EDCs) on neurodevelopment and neurobehavior in childhood, and how the metabolome and the proteome might mediate these effects. We will strengthen the estimated effects by making use of the principles and criteria of triangulation (Lawlor, Tilling, and Davey Smith 2016). To estimate these effects, we will primarily rely on the use of modified treatment policies (MTPs) (?; ?; ?) in combination with Targeted Minimum Loss-Based Estimator (TMLE) (van der Laan, Benkeser, and Sofrygin 2018), to avoid relying on arbitrary parametric assumptions. We will consider both additive and multiplicative shifts of the exposures' distribution.

Figure 1 summarizes the research questions and adopted methods to answer them. In case of regression analysis using MTPs, the causal quantity of interest, $\phi^{\Delta,i} = \mathbb{E}[Y^{d_i}] - \mathbb{E}[Y]$, will be *adapted* to the research question (i.e., different policies based on the type of exposure).

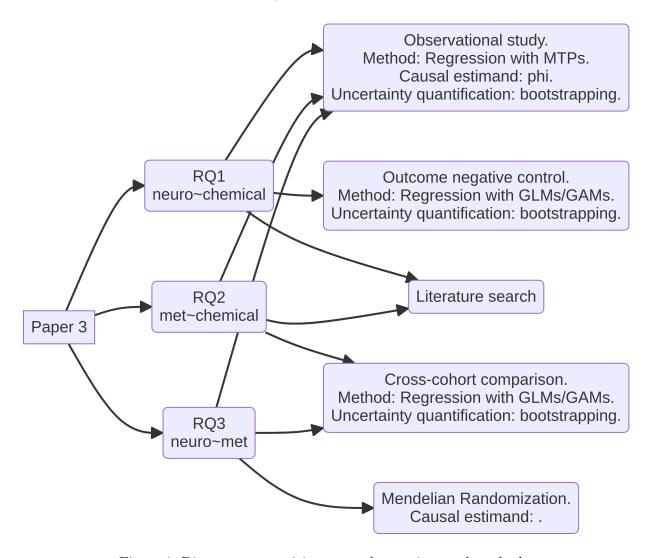


Figure 1: Diagram summarizing research questions and methods.

The primary study **population** is based on the HELIX sub-cohort, consisting of N = 1200 mother-child pairs from six existing European birth cohorts (?). We will replicate the obtained results in the HELIX Child Panel,

consisting of N = 150 children followed twice for one week. **Exposures** consisted of non-persistent EDCs (phenols, phthalates, and organophosphate compounds), measured in childhood in a pool of two urine samples. A single-spot blood sample, collected during the visit, was used for serum metabolomics and plasma proteomics. **Outcomes** related to childhood neurodevelopment and neurobehavior, included:

- Raven's Coloured Progressive Matrices (CPM), for assessing non-verbal intelligence (?). It includes the following outcomes: sum of the right answers, response time in minutes.
- Computerised n-back test, for assessing working memory (Kirchner 1958). The recommended outcome is d'.
- Attention Network Test (ANT), to provide a measure of the efficiency of three different functions of attention (Rueda et al. 2004). The recommended outcome is hit reaction time standard error (HRT-SE), a measure of response speed consistency.
- Child Behavior Checklist (CBCL), for assessing behavioural and emotional problems (?). The recommended outcomes are: internalizing scales-emotional problems, externalizing scales-behavioral problems, and total problems.

2 Define a realistic statistical model

For time index t, let W_t denote the set of potential confounders, A_t the observed exposures, and Y_t the clinical outcome of interest. For each subject i and each time index t, we assume its observed data $O_{ti} = (W_{ti}, A_{ti}, Y_{ti})$ were generated by sampling from a distribution $\mathbb{P}_{0,t}$ compatible with the causal model specified in Equation 1.

3 Specify a causal model and causal quantity of interest

We specify the following non-parametric Structural Equation Model (NPSEM) to present the data generating process, including its measured confounders W_t , exposures A_t , and outcome Y_t , for each time index t:

$$W_{t} = f_{W_{t}}(U_{W_{t}})$$

$$A_{t} = f_{A_{t}}(W_{t}, U_{A_{t}})$$

$$Y_{t} = f_{Y_{t}}(W_{t}, A_{t}, U_{Y_{t}}),$$
(1)

where $(f_{W_t}, f_{A_t}, f_{Y_t})$ are the non-parametric structural equations, and $(U_{W_t}, U_{A_t}, U_{Y_t})$ are the unmeasured factors contributing the confounders, exposures, and outcome, respectively. The corresponding causal graph (without indexes for ease of notation) is shown in Figure 2.

In order to test the NPSEM's implications (conditional independencies), we will perform simulations from the DAGs, checking assumptions and data consistency, using the dagitty R package.

Following the modified treatment policy (MTP) framework, we will generate counterfactual outcomes $Y^d = f_Y(W, A^d, U_Y)$ by intervening on the causal model to shift the observed exposures by some user-specified function $A^d = d(\cdot)$. We will focus on simple interventions to shift the observed exposure A by an additive constant c or multiplicative constant k: d(A, c) = c + A and $d(A, k) = k \times A$, respectively.

We specify our causal parameter ϕ as the difference in the expected counterfactual outcome under the shifted exposures and the expected outcome under the observed exposures:

$$\phi^{\Delta} = \mathbb{E}[Y^d] - \mathbb{E}[Y],$$

where the expectation is over the individuals of our target population.

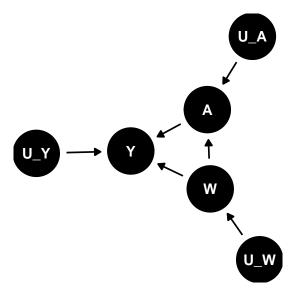


Figure 2: Causal graph corresponding to the structural equations.

As **primary analyses**, we will estimate the short-term effects of childhood exposure to individual non-persistent EDCs in relation to one or more neurodevelopmental outcomes of interest. We will further explore the potential mediating role of the serum metabolome and the plasma proteome.

In the following sections, we present a brief summary of each research question.

3.1 Research question 1: What are the short-term effects of childhood exposure to EDCs on the outcomes?

We will estimate the short-term effects of childhood exposure to non-persistent EDCs on the outcomes of interest measured in childhood. We will perform an ExWAS kind of analysis with the dependent variable y being the outcome, and the independent variable x_i being the levels of endocrine disruptor (EDC) i. We will assume that all associations are confounded by the same set of confounders, independently of the EDC considered. We will further stratify the analyses by sex, to account for potential sex-specific effects of the chemicals.

3.2 Research question 2: What are the short-term effects of childhood exposure to EDCs on metabolites and proteins?

We will estimate the short-term effects of childhood exposure to non-persistent EDCs on metabolites and proteins measured in childhood. We will perform an XWAS analysis with the dependent variable m_i being the metabolite or protein i, and the independent variable x_j being the levels of EDC j. We will assume that all associations are confounded by the same set of confounders, independently of the EDC considered. We will further stratify the analyses by sex, to account for potential sex-specific effects of the chemicals.

3.3 Research question 3: What are the short-term effects of childhood *exposure* to metabolites and proteins on the outcomes?

We will estimate the short-term effects of childhood exposure to metabolites and proteins on the outcomes of interest measured in childhood. We will perform an XWAS analysis with the dependent variable y being the outcome, and the independent variable m_i being the metabolite or protein i. We will assume that all associations are confounded by the same set of confounders, independently of the biomarker considered.

4 Identification and the statistical estimand

For the causal parameter ϕ^{Δ} , which involves a summary measure of the distribution of counterfactuals, to be identified in terms of the observed data distribution, several assumptions would be required:

- No unmeasured confounding. There are no unmeasured common causes of the exposure and the subsequent outcome, which we can formalize as $Y^d \perp \!\!\! \perp A|W$. In our context, this assumption would be violated if, for example, an unmeasured variable influences both the exposure levels and the clinical outcome. We cannot guarantee that this assumption holds, and therefore limit our interpretations to statistical associations rather than causal effects.
- **Positivity**. If (a, w) is within the support of A, W, then (d(a, c), w) for additive shifts and (d(a, k), w) for multiplicative shifts must also be within the support of A, W. In practice, this means that for any given time index and set of adjustment covariates, there is a positive probability of finding a subject with the same covariate values and a exposure level matching the shifted value. We will attempt to improve plausibility of this assumption by considering small shifts, while recognizing that this approach makes our causal effect data-adaptive.
- **Independence** of subjects. This assumption also implies **no interference**: the exposure level a for a given subject does not affect the outcomes of the other subjects.
- Consistency. If A = a for any subject, then Y(a) = Y, and hence the full observed set of outcomes when $A^d = A$ is simply $Y(A^d) = Y$. This means that the counterfactual outcome for a subject with its observed exposure level is the observed outcome.
- Time-ordering. The confounders W precede the exposure A, which also precedes the outcome Y.

If these identifiability assumptions held, we could specify and focus our estimation efforts on a statistical estimand that equals the wished-for causal effect. In the likely case that they are not satisfied, we could still specify and focus our estimation efforts on a statistical estimand that is as close as possible to the causal parameter. Factoring the joint distribution of the observed data \mathbb{P}_0 into $\mathbb{P}_0(O) = \mathbb{P}_0(Y|A,W)\mathbb{P}_0(A|W)\mathbb{P}_0(W)$, it can be shown that the statistical estimand corresponding to expected counterfactual outcome under shift d, $\mathbb{E}[Y^d]$, is given by

$$\psi_0(A^d) = \int \mathbb{E}(Y|A = a^d, W = w) dF_{A,W}(a, w),$$

with $dF_{A,W}(a, w)$ as the joint density of received exposures A and covariate levels W being integrated over. We refer to $\psi_0(A^d)$ as the *shift parameter*. Under no shift, the expected outcome was identified as $\psi_0(A^d) = \mathbb{E}(Y)$. Therefore, our statistical estimand of interest, corresponding to the expected difference in the outcome under shifted and observed exposure levels, is

$$\psi_0^{\Delta} = \psi_0(A^d) - \psi_0(A) = \int \mathbb{E}(Y|A = a^d, W = w) dF_{A,W}(a, w) - \mathbb{E}(Y).$$

5 Estimation from data and statistical inference

To estimate the expected outcome under the observed exposure $\psi_0(A) = \mathbb{E}(Y)$, we will use the empirical mean outcome. For estimating the shift parameter $\psi_0(A^d)$, we will use TMLE, which typically uses the factorization of the observed data distribution into an outcome regression $\bar{Q}(A,W) = \mathbb{E}(Y|A,W)$ and an intervention mechanism g(A|W) = P(A|W). Then, an initial estimate of the outcome regression is updated by a fluctuation that is a function of the intervention mechanism. In this study, we will use the implementation of (?). Here, we summarize the algorithm for the shift parameter $\psi_0(A^d)$. We first define the density ratio

$$r(a, w) = \frac{g^d(a|w)}{g(a|w)}.$$

Estimation of the conditional density g is done by recasting it as a classification problem. It can be shown that

$$r(a, w) = \frac{P(\Lambda = 1|a, w)}{1 - P(\Lambda = 1|a, w)},$$

with Λ indicating whether each subject received the natural or shifted value of treatment. We refer to $P(\Lambda = 1|a, w)$ as $\bar{\lambda}$. To implement estimation of $\bar{\lambda}$ and \bar{Q} flexibly, we will use the ensemble machine learning algorithm Super Learner (SL) (?; Naimi and Balzer 2018). In the following, we present the steps necessary to estimate $\psi_0(A^d)$ and the associational parameter ψ_0^{Δ} . We note that our bounded continuous outcome will be scaled to [0,1], and that to handle missing covariates $W_{i,j}$, we will redefine the data to include δ_{ij} , where $\delta_{ij}=1$ if the covariate was observed and 0 otherwise.

- 1. Define and calculate the density ratio under the specified shift $\hat{r}(a_i, w_i)$ for each subject i = 1, ..., n from $\bar{\lambda}$ estimated via SL.
- 2. Generate initial conditional expectations for each subject, denoted $\bar{Q}(A, W)$.
- 3. Fit the following logistic regression on the observed (scaled) Y values, using the logit of the initial estimates as an offset

$$logit(\bar{Q}^*(A, W)) = logit(\bar{Q}(A, W)) + \epsilon$$

with weights $\hat{r}(a_i, w_i)$, calculating the estimated intercept $\hat{\epsilon}$, where $\bar{Q}^*(A, W)$ is now a targeted estimate of the conditional mean outcome.

4. Use the resulting $\hat{\epsilon}$ value to generate targeted predictions under a shift, $\bar{Q}^*(A^d, W)$:

$$\bar{Q}^*(A^d, W) = \text{logit}^{-1} \left[\text{logit}(\bar{Q}(A^d, W)) + \hat{\epsilon} \right].$$

5. With the updated estimates $\bar{Q}^*(A^d,W)$ in hand (after unscaling), define:

$$\hat{\psi}_{\text{tmle}} = \frac{1}{n} \sum_{i=1}^{n} \bar{Q}^{*}(A^{d}, W).$$

Using the empirical mean $\hat{Y} = \frac{1}{n} \sum_{i=1}^{n} Y_i$, to estimate $\psi_0(A) = \mathbb{E}(Y)$, we obtain an estimate of the statistical association parameter $\psi_0^{\Delta} = \psi_0(A^d) - \psi_0(A)$ with

$$\hat{\psi}^{\Delta} = \hat{\psi}_{\text{tmle}} - \bar{Y}.$$

The 95% Wald-style confidence interval $\hat{\psi}^{\Delta} \pm 1.96\sqrt{Var(\hat{\psi}^{\Delta})}$ is obtained from the influence curve.

Using 10-fold cross-validation (CV), SL builds the best weighted combination of predictions from the algorithms listed in Table 3. In case of repeated measures of the exposures, an ID variable will be used to make sure that the 10-fold CV splits will keep observations from the same individuals in the same split.

6 Triangulation: Improving causal inference in aetiological epidemiology

From (Lawlor, Tilling, and Davey Smith 2016):

Triangulation is the practice of obtaining more reliable answers to research questions through integrating results from several different approaches, where each approach has different key sources of potential bias that are unrelated to each other. With respect to causal questions in aetiological epidemiology, if the results of different approaches all point to the same conclusion, this strengthens confidence in the finding. This is particularly the case when the key sources of bias of some of the approaches would predict that findings would point in opposite directions if they were due to such biases.

Table 1 summarizes the approaches that we will use to perform triangulation, based on (Lawlor, Tilling, and Davey Smith 2016).

Table 1: Triangulation for Paper 3

Effect	Approach	Description	Key sources of bias
$\begin{array}{c} Chemical \\ \rightarrow \\ outcome \end{array}$	Multivariate analysis in observa- tional data	Application of multivariable regression to observational data.	Residual confounding. Reverse causality. Misclassification of exposure is related to the outcome, or vice versa.
	Outcome negative control study	Aims to reproduce the same conditions as the real study, but using an outcome that is not plausibly causally related to the exposure.	There are differences in the sources of bias between the two outcomes (explore the association of observed confounders with the negative-control outcome). There is a real, but unknown, causal effect of the negative-control outcome on the exposure.
	Literature search	Aims to validate the obtained results with data from the published scientific literature.	Positive-results bias. Use of different nomenclatures (e.g., with metabolites).
$\begin{array}{c} Chemical \\ \rightarrow \ omic \end{array}$	Multivariate analysis in observa- tional data	Application of multivariable regression to observational data.	Residual confounding. Reverse causality. Misclassification of exposure is related to the outcome, or vice versa.
	Cross- cohort compari- son	Aims to compare results between two or more populations in different contexts that result in different confounding structures.	The confounding structure is the same in the populations being compared (for observed confounders, differences between the two populations should be described). There are different sources of bias (e.g., differential misclassification of exposure or outcome). Measurement and its quality of the exposure and outcome should be the same or very similar in the populations being compared.
	Literature search	Aims to validate the obtained results with data from the published scientific literature.	Positive-results bias. Use of different nomenclatures (e.g., with metabolites).

Effect	Approach	Description	Key sources of bias
$Omic \rightarrow outcome$	Multivariate analysis in observa- tional data	Application of multivariable regression to observational data.	Residual confounding. Reverse causality. Misclassification of exposure is related to the outcome, or vice versa.
	Cross- cohort compari- son	Aims to compare results between two or more populations in different contexts that result in different confounding structures.	The confounding structure is the same in the populations being compared (for observed confounders, differences between the two populations should be described). There are different sources of bias (e.g., differential misclassification of exposure or outcome). Measurement and its quality of the exposure and outcome should be the same or very similar in the populations being compared.
	Mendelian Random- ization (MR)	Aims to use instrumental variables (IVs), genetic variants that have been shown to robustly relate to the exposure.	Violation of the exclusion restriction criteria, as a result of horizontal pleiotropy, is likely to be the main source of bias (using multiple genetic IVs that likely have different paths to the exposure and employing recently developed sensitivity analyses to these, can test and control to some extent for this violation). Population stratification produces confounding (this may be avoided by using ethnically homogeneous populations and/or controlling for principal components that reflect different population subgroups). With increasing availability of results from large-scale GWAS studies and application of two-sample MR to these, weak instrument bias is less likely, and when it occurs would bias towards the null.

For each research question, and each approach, we will perform the following analyses:

• outcome ~ chemical

- Regression analysis. We will use TMLE in combination with SL, and a library of estimators including both simple parametric models (i.e., glm), and data-adaptive semi-parametric models. Specifically, we will make use of the lmtp R package, in combination with TMLE and SL. We will also compare the results obtained with TMLE with those obtained with a sequentially doubly robust estimator (SDRE). Table 3 provides detailed information about the specifications used for lmtp. TODO: specify the treatment and reference policies. The models will be adjusted for relevant confounders, as identified with dagitty. We hypothesize the presence of residual confounding, especially due to genetic and parental socio-economic (SE) factors, which would result in exaggeration of any true causal effect.
- Outcome negative control study. We will try to identify outcomes in the same cohorts that would be affected by confounders that are relevant in the association of EDCs exposure to the clinical outcome of interest, but for which a biological/causal effect of the exposures is unlikely. We postulate that SE factors represent the main confounders for this association. We identified outcomes that are associated to SE factors, but that are not causally associated to the chemicals: having a car, and whether the child has their own room. A possible issue is represented by the fact that these outcomes are measured on different scales. We hypothesized that a higher SE position is positively

associated to, e.g., having a car, and negatively associated to the chemicals' concentrations. This would result in a (confounded) **inverse** relationship. We will thus test the assumptions regarding the relation between the SE factors with each outcome, and check whether these associations are in the anticipated direction.

- Literature search. For each outcome ~ chemical association, we will perform a literature search to compare the obtained results. More precisely, we will adopt the following strategies:
 - * PubChem (Kim et al. 2023). We will search each chemical, and report the results from the sections Associated Disorders and Diseases and Chemical-Disease Co-Occurrences in Literature. We will report the total number of hits for each section, the number of hits relevant for our outcome(s), and the number of articles for each hit.
 - * The Comparative Toxicogenomics Database (CTD) (Davis et al. 2023). We will search each chemical, and report the results from the section *Diseases*. We will specifically look for *curated* associations. We will report the total number of hits, the number of hits relevant for our outcome(s), and the detailed information for each of these.

• omic ~ chemical

- Regression analysis. As above.
- Cross-cohort comparison. We will compare the regression models' results between subjects of different ethnic origins. We postulate that SE factors represent the main confounders for this association. Based on the associations between SE factors (e.g., maternal education) and the omic markers, we will compare the results of omic ~ chemical with the expected modified associations (e.g., weaker or stronger).
- Literature search. As above.
- outcome ~ omic
 - Regression analysis. As above.
 - Cross-cohort comparison. We postulate that SE factors represent the main confounders for this association. We will thus test the association between SE factors and the omics, separately for the two sub-populations (e.g., white British and Pakistani in BiB (Wright et al. 2013)). If this association is smaller among Pakistani, if the association among white British were due to residual SE factor confounding, we would expect a weaker association among Pakistani.
 - Mendelian Randomization (MR). A simplified directed acyclic graph (DAG) is shown in Figure 3. We will make use, ideally, of a weighted allele score of genetic variants known to be robustly associated with the omic markers as an instrumental variable (IV). We will use methods, including sensitivity analysis, to explore the possibility of bias due to: (i) weak instruments, and (ii) violation of the exclusion restriction criteria. Based on these, we will postulate whether the obtained results might be biased towards the null or not. By using MR, we assume that this approach tests exposure to omic markers across the whole of childhood. Specifically, we will perform the following analyses:
 - * We will use the *standard* inverse-variance weighted (IVW) (Burgess, Butterworth, and Thompson 2013; Bowden et al. 2019) method for primary MR analyses.
 - * We will use MR-Egger (Bowden, Davey Smith, and Burgess 2015), weighted median (Bowden et al. 2016), and MR-PRESSO (Verbanck et al. 2018) for sensitivity analyses. For *secondary* sensitivity analyses, we will use: Steiger filtering and/or bi-directional MR, Cochran's Q-statistics (to check for heterogeneity), and the Egger intercept (to check for horizontal pleiotropy ¹) (citations needed).

We will make use of two-sample Mendelian Randomization (2SMR) (Davey Smith and Ebrahim 2003; Pierce and Burgess 2013; Davey Smith and Hemani 2014). We will thus employ results from two

¹In order to address the issue of horizontal pleiotropy, and to study the joint effects of multiple traits, another possibility is represented by the use of univariable MR for screening purposes, followed by multivariable (with clumping for linkage disequilibrium (LD)) MR (Decina et al. 2023).

different types of genome-wide association studies (GWASs): a exposure genome-wide association study (GWAS), using The Metabolomics GWAS Server (?; Shin et al. 2014), and a outcome GWAS, using the OpenGWAS project (Hemani et al. 2018; Elsworth et al. 2020). The effects of the selected genetic variants will then be harmonized. We will fit simple regression models to examine whether the selected instrumental variables (IVs) predict the relevant nodes of the DAG (i.e., exposures and outcomes), using the F-statistics. Furthermore, we will fit simple regression models of the form confounder ~ SNP, adjusted for the top genetic principal components (PCs), to test whether the single-nucleotide polymorphisms (SNPs) are separately associated with the confounders. As done in previous works, we will standardized all the considered outcomes. The results (both of the main and the sensitivity analyses) will be presented by means of forest plots, for the significant associations. In the case of one-sample Mendelian Randomization (1SMR), we will make use of the following criteria to select the SNPs for both the exposures and the outcomes:

- * We will favour cis-variants.
- * We will a priori define a p-value threshold.
- * We will perform LD clumping of the genetic variants.
- * We will a priori define a minor allele frequency (MAF) threshold. Similarly, the models will be adjusted for the top genetic PCs.

From the metabolomics dataset, we will remove derived ratios and composite measures, and we will consider only the total lipids of each subclass (Decina et al. 2023). Among the remaining metabolomic features, we will check their genetic correlation.

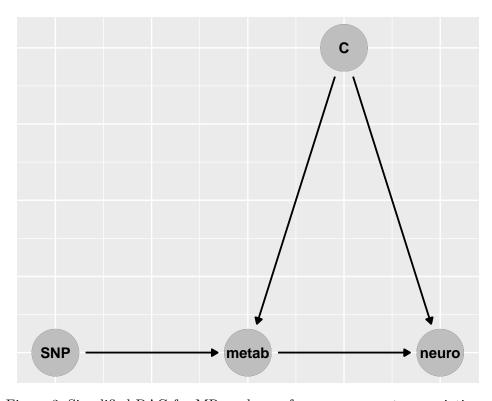


Figure 3: Simplified DAG for MR analyses of outcome ~ omic associations.

6.1 Mendelian Randomization: Assumptions

MR requires three IV assumptions (taken from Wikipedia):

• The genetic variant(s) used as instruments for the exposure is associated with the exposure (relevance assumption).

- There are no confounders of the association between the genetic variant(s) and the outcome (independence or exchangeability assumption).
- There is no pathway between the genetic variant(s) and the outcome, other than through the exposure (exclusion restriction or no horizontal pleiotropy assumption).

7 Interpretation and sensitivity analyses to inform a substantive conclusion

8 Appendix

8.1 Checklist A: Replicability

Table with random seed, names, version numbers, and description of the main software packages.

Name	Version	Description	
Random seed	NA	Will be set to X	
R	4.3.1	Statistical programming environment	
lmtp 1.3.2		Non-parametric Causal Effects of Feasible	
-		Interventions Based on Modified Treatment	
		Policies	
labelled	2.12.0	Manipulate metadata	
dlookr	0.6.2	Diagnose, explore, and transform data	
dagitty	0.3.1	Graphical Analysis of Structural Causal	
		Models	
	• • •	•••	

8.2 Checklist B1: 1mtp package specifications

Table providing values for all non-data arguments, and brief rationale when departing from the default specification.

Is it possible to include models from the 'brms' R package?

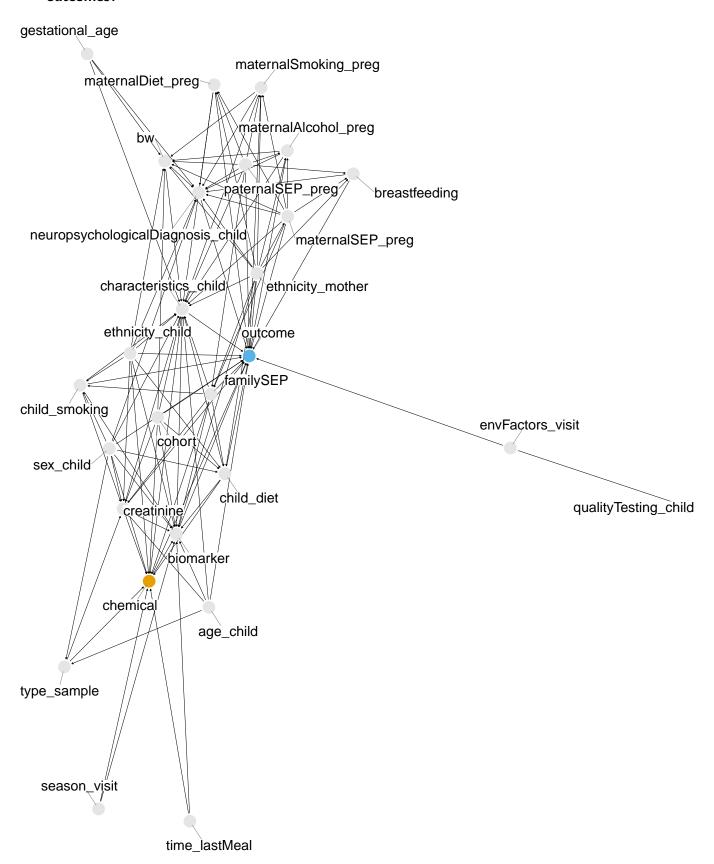
Table 3: Specifications for the 1mtp R package.

Argument	Setting	$\mathbf{Default} (\mathrm{Y/N})$	Comment
learners_outcome	SL.mean	N	
learners_outcome	SL.glm	Y	
learners_outcome	SL.gam	N	
learners_outcome	SL.hal9001	N	
learners_outcome	SL.bart	N	
learners_trt	SL.mean	N	
learners_trt	SL.glm	Y	
learners_trt	SL.gam	N	
learners_trt	SL.hal9001	N	
learners_trt	SL.bart	N	
folds	10	Y	The number of folds to
			be used for
			cross-fitting

Argument	Setting	Default (Y/N)	Comment
.learners_outcome_foldsl0		Y	The number of CV folds for
.learners_trt_folds	10	Y	learners_outcome The number of CV folds for learners_trt

8.3 DAGs

8.3.1 Research question 1: What are the short-term effects of childhood exposure to EDCs on the outcomes?



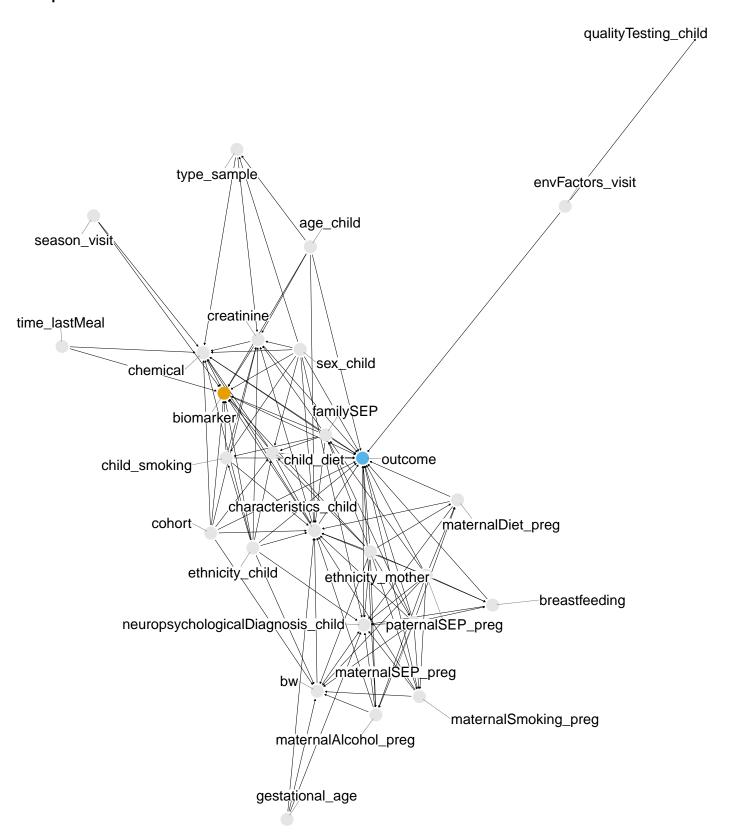
There are a total of 1 minimal sufficient adjustment sets for estimating the direct effect. The first one is:

[1] "age_child" "biomarker" "characteristics_child"
[4] "child_diet" "child_smoking" "cohort"
[7] "creatinine" "ethnicity_child" "ethnicity_mother"
[10] "familySEP" "sex_child"

8.3.2 Research question 2: What are the short-term effects of childhood exposure to EDCs on metabolites and proteins?

There are a total of 1 minimal sufficient adjustment sets for estimating the direct effect. The first one is:

8.3.3 Research question 3: What are the short-term effects of childhood *exposure* to metabolites and proteins on the outcomes?



outcome

There are a total of 1 minimal sufficient adjustment sets for estimating the direct effect. The first one is:

```
[1] "age_child" "characteristics_child" "chemical"
[4] "child_diet" "child_smoking" "cohort"
[7] "creatinine" "ethnicity_child" "ethnicity_mother"
[10] "familySEP" "sex_child"
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