Example R and Stata code for a Mendelian randomization analysis

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22 September 2021

# Example R and Stata code to perform a multivariable Mendelian randomization (MVMR) analysis

## R code

* Read in the data

suppressPackageStartupMessages({  
 library(tidyverse)  
 library(haven)  
 library(remotes)  
})  
dat <- read\_dta("https://raw.github.com/remlapmot/mrrobust/master/dodata.dta")  
dat <- dat %>% filter(ldlcp2 < 1e-8)

### Example code using the MendelianRandomization package

* Install the package and load it into memory

library(MendelianRandomization)

* Convert our data frame to the required class

datfmt <- mr\_mvinput(  
 bx = as.matrix(cbind(dat$ldlcbeta, dat$hdlcbeta, dat$tgbeta)),  
 bxse = as.matrix(cbind(dat$ldlcse, dat$hdlcse, dat$tgse)),  
 by = dat$chdbeta,  
 byse = dat$chdse,  
 exposure = "exposure",  
 outcome = "outcome",  
 snps = "snp",  
 effect\_allele = dat$a1,  
 other\_allele = dat$a2,  
 eaf = NA  
)

* Fit an MVMR/MVIVW model

mvivwfit <- mr\_mvivw(datfmt)  
mvivwfit

##   
## Multivariable inverse-variance weighted method  
## (variants uncorrelated, random-effect model)  
##   
## Number of Variants : 73   
##   
## ------------------------------------------------------------------  
## Exposure Estimate Std Error 95% CI p-value  
## exposure\_1 0.429 0.061 0.309, 0.548 0.000  
## exposure\_2 -0.194 0.131 -0.451, 0.062 0.138  
## exposure\_3 0.226 0.123 -0.016, 0.468 0.067  
## ------------------------------------------------------------------  
## Residual standard error = 1.490   
## Heterogeneity test statistic = 155.3766 on 70 degrees of freedom, (p-value = 0.0000)

* Fit an MVMR-Egger model

mvmreggerfit <- mr\_mvegger(datfmt)  
mvmreggerfit

##   
## Multivariable MR-Egger method  
## (variants uncorrelated, random-effect model)  
##   
## Orientated to exposure : 1   
## Number of Variants : 73   
## ------------------------------------------------------------------  
## Exposure Estimate Std Error 95% CI p-value  
## exposure\_1 0.567 0.100 0.371, 0.764 0.000  
## exposure\_2 -0.136 0.133 -0.398, 0.125 0.306  
## exposure\_3 0.274 0.125 0.030, 0.518 0.028  
## (intercept) -0.009 0.005 -0.020, 0.001 0.084  
## ------------------------------------------------------------------  
## Residual standard error = 1.469   
## Heterogeneity test statistic = 148.9290 on 69 degrees of freedom, (p-value = 0.0000)

### Example code using the MVMR and RMVMR packages

* Install the package and load it into memory

if (!requireNamespace("MVMR", quietly = TRUE)) {  
 remotes::install\_github("WSpiller/MVMR")  
}  
library(MVMR)

* Create a data object of the required structure

r\_input <- format\_mvmr(  
 BXGs = dat[,c("ldlcbeta","hdlcbeta","tgbeta")],  
 BYG = dat$chdbeta,  
 seBXGs = dat[,c("ldlcse","hdlcse","tgse")],  
 seBYG = dat$chdse,  
 RSID = dat$rsid  
)

* Fit an MVMR model

mvmrfit <- ivw\_mvmr(r\_input)

##   
## Multivariable MR  
##   
## Estimate Std. Error t value Pr(>|t|)  
## exposure1 0.4286200 0.0609661 7.030464 1.099077e-09  
## exposure2 -0.1941989 0.1308289 -1.484372 1.421994e-01  
## exposure3 0.2260456 0.1232828 1.833554 7.097168e-02  
##   
## Residual standard error: 1.49 on 70 degrees of freedom

* Conditional F-statistics for instrument strength (Sanderson, Spiller, and Bowden 2021)

strength\_mvmr(r\_input)

## Warning in strength\_mvmr(r\_input): Covariance between effect of genetic variants on each exposure  
## not specified. Fixing covariance at 0.

##   
## Conditional F-statistics for instrument strength  
##   
## exposure1 exposure2 exposure3  
## F-statistic 126.7447 35.29937 39.32731

## exposure1 exposure2 exposure3  
## F-statistic 126.7447 35.29937 39.32731

* Fit a radial MVMR model

if (!requireNamespace("RMVMR", quietly = TRUE)) {  
 remotes::install\_github("WSpiller/RMVMR")  
}  
library(RMVMR)  
  
rmvmr\_input <- mrmvinput\_to\_rmvmr\_format(datfmt)  
  
rmvmr\_fit <- ivw\_rmvmr(rmvmr\_input, summary = TRUE)

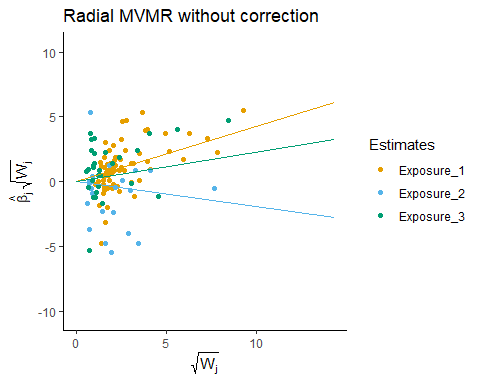
##   
## Radial Multivariable MR  
##   
## Estimate Std. Error t value Pr(>|t|)  
## exposure1 0.4286200 0.0609661 7.030464 1.099077e-09  
## exposure2 -0.1941989 0.1308289 -1.484372 1.421994e-01  
## exposure3 0.2260456 0.1232828 1.833554 7.097168e-02  
##   
## Residual standard error: 1.49 on 70 degrees of freedom

rmvmr\_fit$coef

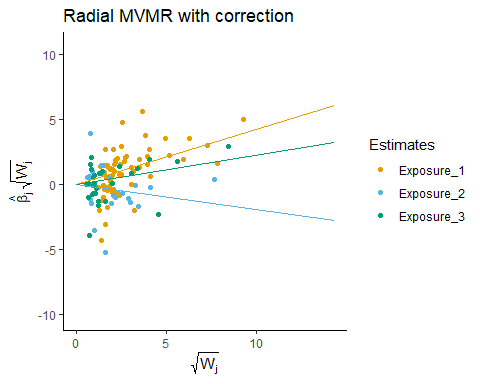
## Estimate Std. Error t value Pr(>|t|)  
## exposure1 0.4286200 0.0609661 7.030464 1.099077e-09  
## exposure2 -0.1941989 0.1308289 -1.484372 1.421994e-01  
## exposure3 0.2260456 0.1232828 1.833554 7.097168e-02

* Plot the radial MVMR models

plt\_rmvmr <- plot\_rmvmr(rmvmr\_input, rmvmr = rmvmr\_fit)  
plt\_rmvmr$p1



plt\_rmvmr$p2



* Heterogeneity statistics

pleio\_rmvmr <- pleiotropy\_rmvmr(rmvmr\_input, rmvmr = rmvmr\_fit)  
pleio\_rmvmr$gq

## q\_statistic p\_value  
## Exposure\_1 76.37356 2.812609e-01  
## Exposure\_2 59.58894 8.243650e-06  
## Exposure\_3 45.88633 1.308596e-02

head(pleio\_rmvmr$qdat)

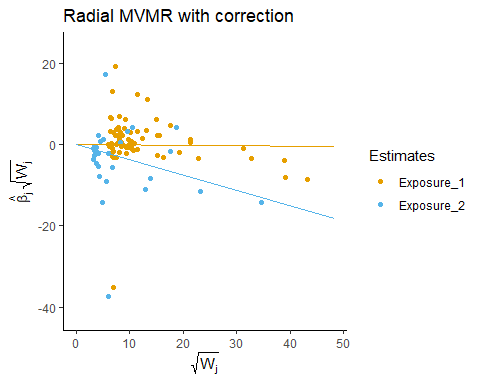
## snp wj corrected\_beta qj qj\_p ref\_exposure  
## 1 snp\_1 2.414215 0.3141338 0.031643343 0.85881269 Exposure\_1  
## 2 snp\_2 3.938760 0.3821443 0.008507667 0.92650973 Exposure\_1  
## 3 snp\_3 3.246657 -0.6057993 3.473998077 0.06234046 Exposure\_1  
## 4 snp\_4 2.001191 0.3273484 0.020524059 0.88608310 Exposure\_1  
## 5 snp\_5 9.278826 0.5414293 0.118081748 0.73112437 Exposure\_1  
## 6 snp\_6 1.317671 1.0713541 0.544339092 0.46064001 Exposure\_1

* Conditional F-statistics for instrument strength (Sanderson, Spiller, and Bowden 2021)

str\_rmvmr <- strength\_rmvmr(rmvmr\_input)

## Warning in MVMR::strength\_mvmr(r\_input, gencov): Covariance between effect of genetic variants on  
## each exposure not specified. Fixing covariance at 0.

str\_rmvmr$plot[[2]]



str\_rmvmr$qstat[[2]]

## q\_statistic p\_value  
## Exposure\_1 335.0602 6.799449e-36  
## Exposure\_2 371.0830 1.403374e-61

## Stata code

* Load the Statamarkdown package to enable Stata code chunks in an R Markdown file

if (!requireNamespace("Statamarkdown", quietly = TRUE)) {  
 remotes::install\_github("Hemken/Statamarkdown")  
}  
library(Statamarkdown)

* Read in the data and create an indicator variable to select observations with *p*-value between the genotype and LDL-C < 10-8

use https://raw.github.com/remlapmot/mrrobust/master/dodata, clear  
gen byte sel1 = (ldlcp2 < 1e-8)

### Example code using the mrrobust package

* Install the mrrobust package using the github package

// Note: output suppressed  
net install mrrobust, from("https://raw.github.com/remlapmot/mrrobust/master/")  
mrdeps

* Fit and MVMR model with phenotypes LDL-c and HDL-c (Burgess, Dudbridge, and Thompson 2015).

mvmr chdbeta ldlcbeta hdlcbeta [aw=1/(chdse^2)] if sel1==1

Number of genotypes = 73  
 Number of phenotypes = 2  
 Standard errors: Random effect  
 Residual standard error = 1.514  
------------------------------------------------------------------------------  
 | Coef. Std. Err. z P>|z| [95% Conf. Interval]  
-------------+----------------------------------------------------------------  
chdbeta |  
 ldlcbeta | .4670719 .0581901 8.03 0.000 .3530214 .5811224  
 hdlcbeta | -.2930048 .1211822 -2.42 0.016 -.5305175 -.0554921  
------------------------------------------------------------------------------

* Additionally include a third phenotype – triglycerides.

mvmr chdbeta ldlcbeta hdlcbeta tgbeta [aw=1/(chdse^2)] if sel1==1

Number of genotypes = 73  
 Number of phenotypes = 3  
 Standard errors: Random effect  
 Residual standard error = 1.490  
------------------------------------------------------------------------------  
 | Coef. Std. Err. z P>|z| [95% Conf. Interval]  
-------------+----------------------------------------------------------------  
chdbeta |  
 ldlcbeta | .42862 .0609661 7.03 0.000 .3091286 .5481113  
 hdlcbeta | -.1941989 .1308289 -1.48 0.138 -.4506189 .0622211  
 tgbeta | .2260456 .1232828 1.83 0.067 -.0155842 .4676755  
------------------------------------------------------------------------------

* Report the QA statistic for instrument validity and the conditional F-statistics for instrument strength for each phenotype (Sanderson et al. 2019; Sanderson, Spiller, and Bowden 2021).

mvmr chdbeta ldlcbeta hdlcbeta tgbeta [aw=1/(chdse^2)] if sel1==1, gxse(ldlcse hdlcse tgse)

> e hdlcse tgse)  
  
 Number of genotypes = 73  
 Number of phenotypes = 3  
 Standard errors: Random effect  
 Residual standard error = 1.490  
------------------------------------------------------------------------------  
 | Coef. Std. Err. z P>|z| [95% Conf. Interval]  
-------------+----------------------------------------------------------------  
chdbeta |  
 ldlcbeta | .42862 .0609661 7.03 0.000 .3091286 .5481113  
 hdlcbeta | -.1941989 .1308289 -1.48 0.138 -.4506189 .0622211  
 tgbeta | .2260456 .1232828 1.83 0.067 -.0155842 .4676755  
------------------------------------------------------------------------------  
 Q\_A statistic for instrument validity; chi2(70) = 152.88 (p = 0.0000)  
 Conditional F-statistics for instrument strength:  
 F\_x1 = 130.31 (ldlcbeta)  
 F\_x2 = 36.29 (hdlcbeta)  
 F\_x3 = 40.44 (tgbeta)

* Fit an MVMR-Egger regression (Rees, Wood, and Burgess 2017), orienting the model with respect to the first phenotype in the main *varlist*.

mrmvegger chdbeta ldlcbeta hdlcbeta tgbeta [aw=1/(chdse^2)] if sel1==1

MVMR-Egger model oriented wrt: ldlcbeta  
 Number of genotypes = 73  
 Number of phenotypes = 3  
 Residual standard error = 1.469  
------------------------------------------------------------------------------  
 | Coef. Std. Err. z P>|z| [95% Conf. Interval]  
-------------+----------------------------------------------------------------  
chdbeta |  
 ldlcbeta | .5672993 .1002611 5.66 0.000 .370791 .7638075  
 hdlcbeta | -.1364113 .1332727 -1.02 0.306 -.3976209 .1247983  
 tgbeta | .2739803 .1246927 2.20 0.028 .0295871 .5183735  
 \_cons | -.0093655 .0054187 -1.73 0.084 -.019986 .001255  
------------------------------------------------------------------------------

We can also orient the model with respect to HDL-C.

mrmvegger chdbeta ldlcbeta hdlcbeta tgbeta [aw=1/(chdse^2)] if sel1==1, orient(2)

> t(2)  
  
 MVMR-Egger model oriented wrt: hdlcbeta  
 Number of genotypes = 73  
 Number of phenotypes = 3  
 Residual standard error = 1.501  
------------------------------------------------------------------------------  
 | Coef. Std. Err. z P>|z| [95% Conf. Interval]  
-------------+----------------------------------------------------------------  
chdbeta |  
 ldlcbeta | .4286398 .0614056 6.98 0.000 .308287 .5489926  
 hdlcbeta | -.1989637 .1541909 -1.29 0.197 -.5011723 .1032449  
 tgbeta | .2256794 .1243221 1.82 0.069 -.0179875 .4693463  
 \_cons | .0002155 .0036218 0.06 0.953 -.006883 .0073141  
------------------------------------------------------------------------------

Or we can orient the model with respect to triglycerides.

mrmvegger chdbeta ldlcbeta hdlcbeta tgbeta [aw=1/(chdse^2)] if sel1==1, orient(3)

> t(3)  
  
 MVMR-Egger model oriented wrt: tgbeta  
 Number of genotypes = 73  
 Number of phenotypes = 3  
 Residual standard error = 1.499  
------------------------------------------------------------------------------  
 | Coef. Std. Err. z P>|z| [95% Conf. Interval]  
-------------+----------------------------------------------------------------  
chdbeta |  
 ldlcbeta | .4203073 .0660026 6.37 0.000 .2909447 .54967  
 hdlcbeta | -.1903089 .1321536 -1.44 0.150 -.4493252 .0687075  
 tgbeta | .2065651 .1365427 1.51 0.130 -.0610537 .474184  
 \_cons | .0013499 .003951 0.34 0.733 -.0063939 .0090936  
------------------------------------------------------------------------------

## R session information for reproducibility

library(sessioninfo)  
session\_info()

- Session info -----------------------------------------------------------------------------------  
 setting value   
 version R version 4.1.1 (2021-08-10)  
 os Windows 10 x64   
 system x86\_64, mingw32   
 ui RTerm   
 language (EN)   
 collate English\_United Kingdom.1252   
 ctype English\_United Kingdom.1252   
 tz Europe/London   
 date 2021-09-22   
  
- Packages ---------------------------------------------------------------------------------------  
 package \* version date lib source   
 arrangements 1.1.9 2020-09-13 [1] CRAN (R 4.1.0)   
 assertthat 0.2.1 2019-03-21 [1] CRAN (R 4.1.0)   
 backports 1.2.1 2020-12-09 [1] CRAN (R 4.1.0)   
 broom 0.7.9 2021-07-27 [1] CRAN (R 4.1.0)   
 cellranger 1.1.0 2016-07-27 [1] CRAN (R 4.1.0)   
 cli 3.0.1 2021-07-17 [1] CRAN (R 4.1.0)   
 codetools 0.2-18 2020-11-04 [2] CRAN (R 4.1.1)   
 colorspace 2.0-2 2021-06-24 [1] CRAN (R 4.1.0)   
 conquer 1.0.2 2020-08-27 [1] CRAN (R 4.1.0)   
 crayon 1.4.1 2021-02-08 [1] CRAN (R 4.1.0)   
 curl 4.3.2 2021-06-23 [1] CRAN (R 4.1.0)   
 data.table 1.14.0 2021-02-21 [1] CRAN (R 4.1.0)   
 DBI 1.1.1 2021-01-15 [1] CRAN (R 4.1.0)   
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 DEoptimR 1.0-9 2021-05-24 [1] CRAN (R 4.1.0)   
 digest 0.6.27 2020-10-24 [1] CRAN (R 4.1.0)   
 dplyr \* 1.0.7 2021-06-18 [1] CRAN (R 4.1.0)   
 ellipsis 0.3.2 2021-04-29 [1] CRAN (R 4.1.0)   
 evaluate 0.14 2019-05-28 [1] CRAN (R 4.1.0)   
 fansi 0.5.0 2021-05-25 [1] CRAN (R 4.1.0)   
 farver 2.1.0 2021-02-28 [1] CRAN (R 4.1.0)   
 fastmap 1.1.0 2021-01-25 [1] CRAN (R 4.1.0)   
 forcats \* 0.5.1 2021-01-27 [1] CRAN (R 4.1.0)   
 foreach 1.5.1 2020-10-15 [1] CRAN (R 4.1.0)   
 fs 1.5.0 2020-07-31 [1] CRAN (R 4.1.0)   
 generics 0.1.0 2020-10-31 [1] CRAN (R 4.1.0)   
 ggplot2 \* 3.3.5 2021-06-25 [1] CRAN (R 4.1.0)   
 glmnet 4.1-2 2021-06-24 [1] CRAN (R 4.1.0)   
 glue 1.4.2 2020-08-27 [1] CRAN (R 4.1.0)   
 gmp 0.6-2 2021-01-07 [1] CRAN (R 4.1.0)   
 gtable 0.3.0 2019-03-25 [1] CRAN (R 4.1.0)   
 haven \* 2.4.3 2021-08-04 [1] CRAN (R 4.1.0)   
 highr 0.9 2021-04-16 [1] CRAN (R 4.1.0)   
 hms 1.1.0 2021-05-17 [1] CRAN (R 4.1.0)   
 htmltools 0.5.2 2021-08-25 [1] CRAN (R 4.1.1)   
 htmlwidgets 1.5.4 2021-09-08 [1] CRAN (R 4.1.1)   
 httr 1.4.2 2020-07-20 [1] CRAN (R 4.1.0)   
 iterators 1.0.13 2020-10-15 [1] CRAN (R 4.1.0)   
 iterpc 0.4.2 2020-01-10 [1] CRAN (R 4.1.0)   
 jsonlite 1.7.2 2020-12-09 [1] CRAN (R 4.1.0)   
 knitr 1.34 2021-09-09 [1] CRAN (R 4.1.1)   
 labeling 0.4.2 2020-10-20 [1] CRAN (R 4.1.0)   
 lattice 0.20-44 2021-05-02 [2] CRAN (R 4.1.1)   
 lazyeval 0.2.2 2019-03-15 [1] CRAN (R 4.1.0)   
 lifecycle 1.0.0 2021-02-15 [1] CRAN (R 4.1.0)   
 lubridate 1.7.10 2021-02-26 [1] CRAN (R 4.1.0)   
 magrittr 2.0.1 2020-11-17 [1] CRAN (R 4.1.0)   
 Matrix 1.3-4 2021-06-01 [2] CRAN (R 4.1.1)   
 MatrixModels 0.5-0 2021-03-02 [1] CRAN (R 4.1.0)   
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 MendelianRandomization \* 0.5.1 2021-04-16 [1] CRAN (R 4.1.0)   
 modelr 0.1.8 2020-05-19 [1] CRAN (R 4.1.0)   
 munsell 0.5.0 2018-06-12 [1] CRAN (R 4.1.0)   
 MVMR \* 0.3 2021-08-11 [1] Github (wspiller/mvmr@a6388a8)   
 pillar 1.6.2 2021-07-29 [1] CRAN (R 4.1.0)   
 pkgconfig 2.0.3 2019-09-22 [1] CRAN (R 4.1.0)   
 plotly 4.9.4.1 2021-06-18 [1] CRAN (R 4.1.0)   
 purrr \* 0.3.4 2020-04-17 [1] CRAN (R 4.1.0)   
 quantreg 5.86 2021-06-06 [1] CRAN (R 4.1.0)   
 R6 2.5.1 2021-08-19 [1] CRAN (R 4.1.1)   
 RadialMR 1.0 2021-07-12 [1] Github (WSpiller/RadialMR@d63d3fc)   
 Rcpp 1.0.7 2021-07-07 [1] CRAN (R 4.1.0)   
 readr \* 2.0.1 2021-08-10 [1] CRAN (R 4.1.1)   
 readxl 1.3.1 2019-03-13 [1] CRAN (R 4.1.0)   
 remotes \* 2.4.0 2021-06-02 [1] CRAN (R 4.1.0)   
 reprex 2.0.1 2021-08-05 [1] CRAN (R 4.1.0)   
 rjson 0.2.20 2018-06-08 [1] CRAN (R 4.1.0)   
 rlang 0.4.11 2021-04-30 [1] CRAN (R 4.1.0)   
 rmarkdown 2.11 2021-09-14 [1] CRAN (R 4.1.1)   
 RMVMR \* 0.2 2021-06-28 [1] Github (wspiller/rmvmr@5b1198b)   
 robustbase 0.93-8 2021-06-02 [1] CRAN (R 4.1.0)   
 rstudioapi 0.13 2020-11-12 [1] CRAN (R 4.1.0)   
 rvest 1.0.1 2021-07-26 [1] CRAN (R 4.1.0)   
 scales 1.1.1 2020-05-11 [1] CRAN (R 4.1.0)   
 sessioninfo \* 1.1.1 2018-11-05 [1] CRAN (R 4.1.0)   
 shape 1.4.6 2021-05-19 [1] CRAN (R 4.1.0)   
 SparseM 1.81 2021-02-18 [1] CRAN (R 4.1.0)   
 Statamarkdown \* 0.7.0 2021-09-15 [1] Github (Hemken/Statamarkdown@a68a8b9)  
 stringi 1.7.4 2021-08-25 [1] CRAN (R 4.1.1)   
 stringr \* 1.4.0 2019-02-10 [1] CRAN (R 4.1.0)   
 survival 3.2-13 2021-08-24 [2] CRAN (R 4.1.1)   
 tibble \* 3.1.4 2021-08-25 [1] CRAN (R 4.1.1)   
 tidyr \* 1.1.3 2021-03-03 [1] CRAN (R 4.1.0)   
 tidyselect 1.1.1 2021-04-30 [1] CRAN (R 4.1.0)   
 tidyverse \* 1.3.1 2021-04-15 [1] CRAN (R 4.1.0)   
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 utf8 1.2.2 2021-07-24 [1] CRAN (R 4.1.0)   
 vctrs 0.3.8 2021-04-29 [1] CRAN (R 4.1.0)   
 viridisLite 0.4.0 2021-04-13 [1] CRAN (R 4.1.0)   
 withr 2.4.2 2021-04-18 [1] CRAN (R 4.1.0)   
 xfun 0.26 2021-09-14 [1] CRAN (R 4.1.1)   
 xml2 1.3.2 2020-04-23 [1] CRAN (R 4.1.0)   
 yaml 2.2.1 2020-02-01 [1] CRAN (R 4.1.0)   
  
[1] C:/Users/eptmp/Documents/R/win-library/4.1  
[2] C:/Program Files/R/R-4.1.1/library

## Stata session information for reproducibility

about  
ado describe mrrobust

Stata/MP 16.1 for Windows (64-bit x86-64)  
Revision 08 Jul 2021  
Copyright 1985-2019 StataCorp LLC  
  
Total physical memory: 32.00 GB  
Available physical memory: 19.86 GB  
  
Stata license: Unlimited-user 2-core network, expiring 21 Jan 2022  
Serial number: 501609352178  
 Licensed to: Tom Palmer  
 University of Bristol  
  
  
-------------------------------------------------------------------------------  
[89] package mrrobust from https://raw.github.com/remlapmot/mrrobust/master  
-------------------------------------------------------------------------------  
  
TITLE  
 'mrrobust': Stata package for two-sample Mendelian randomization analyses  
  
DESCRIPTION/AUTHOR(S)  
 Author: Tom Palmer  
 Distribution-Date: 20210917  
  
INSTALLATION FILES  
 m\mrmedian.ado  
 m\mrmedian.sthlp  
 m\mrmedianobs.ado  
 m\mrmedianobs\_work.ado  
 m\mrmedianobs.sthlp  
 m\mregger.ado  
 m\mregger.sthlp  
 m\mrrobust.sthlp  
 m\mreggerplot.ado  
 m\mreggerplot.sthlp  
 m\mrmodal.ado  
 m\mrmodal.sthlp  
 m\mrratio.ado  
 m\mrratio.sthlp  
 m\mrivests.ado  
 m\mrivests.sthlp  
 m\mrforest.ado  
 m\mrforest.sthlp  
 m\mreggersimex.ado  
 m\mreggersimex.sthlp  
 m\mreggersimexonce.ado  
 m\mrmodalplot.ado  
 m\mrmodalplot.sthlp  
 m\mrfunnel.ado  
 m\mrfunnel.sthlp  
 m\mrdeps.ado  
 m\mrdeps.sthlp  
 m\mr.ado  
 m\mr.sthlp  
 m\mrmvivw.ado  
 m\mrmvivw.sthlp  
 m\mvivw.ado  
 m\mvivw.sthlp  
 m\mvmr.ado  
 m\mvmr.sthlp  
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 m\mrleaveoneout.sthlp  
 m\mrrobust-author.ihlp  
  
INSTALLED ON  
 20 Sep 2021  
-------------------------------------------------------------------------------

## References

Burgess, S, F Dudbridge, and SG Thompson. 2015. “Multivariable Mendelian randomization: the use of pleiotropic genetic variants to estimate causal effects.” *American Journal of Epidemiology* 181: 251--260. <https://doi.org/10.1093/aje/kwu283>.

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