# BIOS 6643 Final Project

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### **Introduction**

Individuals who classified as overweight or obese were enrolled into the study to understand factors that contribute to weight loss. Participants were asked to step on a bluetooth scale once a day over the course of the study. Within the study, there are 3 cohorts. These cohorts indicate participants who started the study around the same time.

The research questions of interest are :

* What is the trajectory of weight over the duration of time in the study?
* Is there a relationship between month of study and weight loss, when accounting for sex and race?

### **Methods**

#### **Data Cleaning**

The data received was already cleaned for prior analysis.

Subjects were asked to step on the Bluetooth scale daily. For subjects who missed a day, we added that missing day to the dataset. This allows us to use an AR(1) covariance structure in our mixed model and allows us to fit functional principle components analysis (FPCA) to the data. To analyze trajectories over a year, we truncated the data to 365 days. To account for the effect of month on weight loss, we used the date variable to determine which month the measurement fell into.

#### **Data Analysis**

Data cleaning and visualization will be performed in R, version 4.0.2 (The R Foundation, Vienna University). Longitudinal modeling will be performed in SAS 9.4 (SAS Institute Inc., Cary, NC, USA).

To understand the trajectory of weight over the duration of time in the study we will use the fpca.sc method for regular data in the R refund package, version 0.1-21. We will summarize the results of the mean trajectory for each cohort.

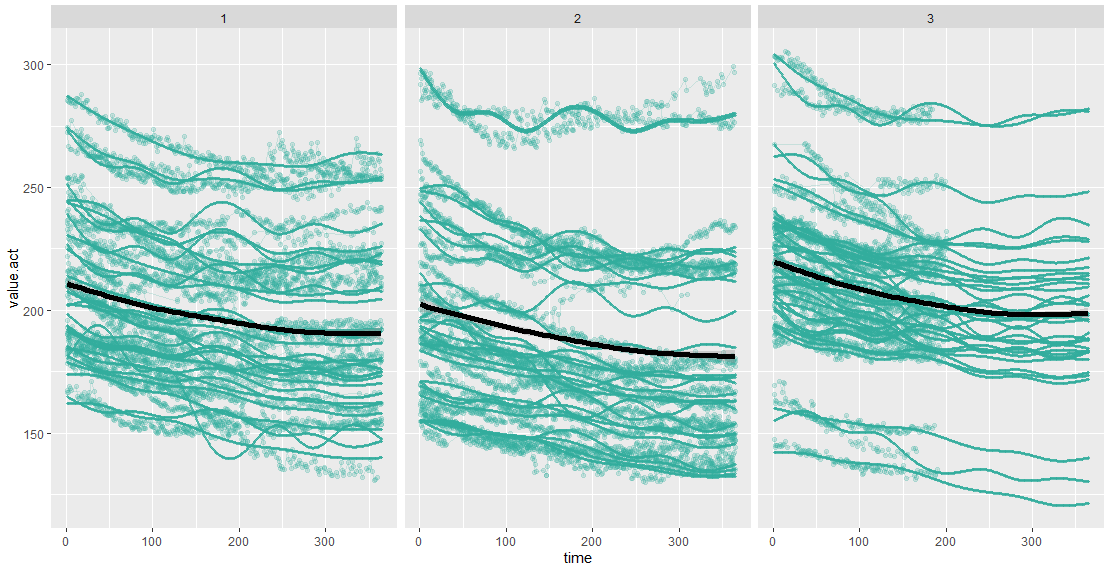
To assess if a relationship exists between month of study and weight loss, when accounting for sex and race, we will fit a linear mixed model in SAS with PROC MIXED. Since time points are equally spaced, we will use an AR(1) covariance structure.

### **Results**

Table 1, below, displays the cohort characteristics at baseline stratified by Sex. Categorical variables are represented as N(%) and continuous variables are represented as Median [IQR] for consistency and because the data is not normally distributed. Of the 4,434 participants in the study, 2,490 are female and 1,944 are male. Overall, 447 (10.1%) subjects had their last follow-up at period 1, 724 (16.3%) subjects had their last follow-up at period 2 and the remaining 3,263 (73.6%) had 3 periods of follow-up. A higher proportion of men were current smokers at their first visit compared to women (60.4% compared to 40.4%). Men and women had the same proportion of subjects who did not experience a stroke (96.8%).

***Table 1. Cohort Characteristics***

|  | **Cohort 1 (N=29)** | **Cohort 2 (N=26)** | **Cohort 3 (N=36)** | **Overall (N=91)** |
| --- | --- | --- | --- | --- |
| **Age** |  |  |  |  |
| Mean (95% CI) | 42 (27.13, 55.1) | 42 (22.21, 54.7) | 44 (22.96, 54.47) | 42 (22.55, 54.89) |
| Missing | 0 (0%) | 1 (3.8%) | 0 (0%) | 1 (1.1%) |
| **Sex** |  |  |  |  |
| Female | 21 (72.4%) | 19 (73.1%) | 29 (80.6%) | 69 (75.8%) |
| Male | 8 (27.6%) | 6 (23.1%) | 7 (19.4%) | 21 (23.1%) |
| Missing | 0 (0%) | 1 (3.8%) | 0 (0%) | 1 (1.1%) |
| **Race** |  |  |  |  |
| Asian | 0 (0%) | 1 (3.8%) | 4 (11.1%) | 5 (5.5%) |
| Black | 0 (0%) | 3 (11.5%) | 4 (11.1%) | 7 (7.7%) |
| White | 26 (89.7%) | 21 (80.8%) | 28 (77.8%) | 75 (82.4%) |
| Other | 3 (10.3%) | 0 (0%) | 0 (0%) | 3 (3.3%) |
| Missing | 0 (0%) | 1 (3.8%) | 0 (0%) | 1 (1.1%) |
| **Baseline Weight** |  |  |  |  |
| Mean (95% CI) | 210  (167.07, 277.78) | 210  (156.47, 293.77) | 220  (163.28, 292.97) | 210  (158.57, 291.95) |
| **Total Measures** |  |  |  |  |
| Mean (95% CI) | 310  (127.6, 525.4) | 310  (97, 459.25) | 130  (35.88, 212.5) | 240  (42.25, 487.25) |
| **Time Span** |  |  |  |  |
| Mean (95% CI) | 550  (324.8, 600) | 410  (233.38, 433) | 180  (144.25, 202) | 360  (159.25, 600) |

Figure 1 shows the actual weights vs the smoothed FPCA line for all individuals in their respective cohort. From the curves, there is a general decline in weights over time. The mean trajectories for cohorts 1 and 2 are fairly comparable. The mean trajectory is higher for cohort 3 than the other two cohorts, indicating that this group had higher weights on average. A reason for this could be that cohort 3 was sampled during the Covid-19 pandemic, while the cohorts 1 and 2 were sampled prior to the pandemic. All three mean trajectory lines follow a similar pattern. As time increases, the slope of the line tends to flatten. The FPCA method fills in missing data from full data trends. For cohort 3 the subjects do not have data after day 200, but FPCA fills in data for the rest of the year to show what they expect the trajectory to be for these subjects.

***Figure 1. Weight Trajectories over time***

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Effect** | **Estimate** | **Standard Error** | **DF** | **t Value** | **Pr > |t|** |
| **Intercept** | 243.73 | 8.0060 | 83 | 30.44 | <.0001 |
| **Cohort** |  |  |  |  |  |
| Cohort 1 | -6.6402 | 7.8774 | 83 | -0.84 | 0.4017 |
| Cohort 2 | -13.5468 | 7.6993 | 83 | -1.76 | 0.0822 |
| **Sex = Female** | -29.7363 | 7.3467 | 83 | -4.05 | 0.0001 |
| **Race** |  |  |  |  |  |
| Asian | -35.0862 | 14.0876 | 83 | -2.49 | 0.0147 |
| Black/African American | 22.1371 | 11.8563 | 83 | 1.87 | 0.0654 |
| Other | -6.2564 | 17.7543 | 83 | -0.35 | 0.7254 |
| **Days in Study** | -0.06345 | 0.0087 | 15E3 | -7.28 | <.0001 |
| **Month** |  |  |  |  |  |
| Jan | 0.3610 | 0.2236 | 752 | 1.61 | 0.1068 |
| Feb | -0.1148 | 0.2905 | 752 | -0.40 | 0.6927 |
| Mar | -0.0625 | 0.3355 | 752 | -0.19 | 0.8524 |
| Apr | -0.2761 | 0.3692 | 752 | -0.75 | 0.4548 |
| May | -0.6381 | 0.4047 | 752 | -1.58 | 0.1153 |
| Jun | -0.8124 | 0.4179 | 752 | -1.94 | 0.0523 |
| Jul | -0.5340 | 0.4182 | 752 | -1.28 | 0.2020 |
| Aug | -1.1282 | 0.4016 | 752 | -2.81 | 0.0051 |
| Sep | -0.5131 | 0.3629 | 752 | -1.41 | 0.1579 |
| Oct | -0.6813 | 0.2977 | 752 | -2.29 | 0.0224 |
| Nov | -0.6385 | 0.2159 | 752 | -2.96 | 0.0032 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Effect** | **Num DF** | **Den DF** | **F Value** | **Pr > F** |
| **Cohort** | 2 | 83 | 1.55 | 0.2183 |
| **Sex** | 1 | 83 | 16.38 | 0.0001 |
| **Race** | 3 | 83 | 3.64 | 0.0160 |
| **Days in Study** | 1 | 15E3 | 52.96 | <.0001 |
| **Month** | 11 | 752 | 2.80 | 0.0014 |

Table 2 represents the summary output from the linear mixed model. Based on the output, the variables that have a significant relationship with weight are Sex, Race, Days in Study and Month. Females weigh, on average, 29.7 lbs less than males (p=0.0001). An Asian participant weighs, on average, 35.1 lbs less than a White participant (p=0.0147). For every additional day in the study, a participant is expected to weight 0.06 lbs less, on average (p<0.0001). Compared to the month of December, participants weigh significantly less in August, October and November (maybe December is feeling the effects of Turkey season). In August, participants weigh, on average, 1.1 lb less than in December (p=0.0051). In October, participants weigh, on average, 0.7 lbs less than in December (p=0.0224). In November, participants weigh, on average, 0.6 lbs less than in December (p=0.0032). There is a significant overall effect of month in the model (Num DF = 11, Den DF = 752, F = 2.8, p = 0.0014).

***Table 2. Linear Mixed Model Effect Estimates (AIC = 60749.4)***

***Table 3. Type 3 Tests for Fixed Effects***

**Note:** Reference levels - Cohort = 3, Sex = Male, Race = White, Month = December

# **Code Appendix**

\*\* Models \*\*;

/\* AIC = 97794.7 \*/

**PROC** **MIXED** DATA = wt ;

CLASS participant\_id cohort sex race(ref = "5") month;

MODEL wt\_lb = cohort sex age race study\_days month / solution;

RANDOM intercept / SUBJECT = participant\_id(cohort) type=ar(**1**);

**RUN**;

/\* AIC = 61608.7 \*/

**PROC** **MIXED** DATA = wt ;

CLASS participant\_id cohort sex race(ref = "5") month;

MODEL wt\_lb = sex age race study\_days month / solution ;

REPEATED / SUBJECT = participant\_id(cohort) type=ar(**1**);

**RUN**;

/\* AIC = 61590.6 \*/

**PROC** **MIXED** DATA = wt ;

CLASS participant\_id cohort sex race(ref = "5") month;

MODEL wt\_lb = cohort sex age race study\_days month / solution ;

REPEATED / SUBJECT = participant\_id type=ar(**1**);

**RUN**;

/\* AIC = 60749.4 \*/

**PROC** **MIXED** DATA = wt ;

CLASS participant\_id cohort sex race(ref = "5") month;

MODEL wt\_lb = cohort sex race study\_days month / solution ;

REPEATED / SUBJECT = participant\_id type=ar(**1**);

**RUN**;