### Computational Statistics II

Unit B.1: Optimal scaling & adaptive Metropolis

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### Unit B.1

#### Main concepts

- Optimal scaling for Metropolis-Hastings algorithm
- Metropolis-within-Gibbs algorithm
- Adaptive MCMC
- Examples of adaptive MCMC algorithms
- $\blacksquare \ \, \mathsf{Associated} \ \, \mathbf{R} \ \, \mathsf{code:} \ \, \mathsf{https://tommasorigon.github.io/CompStat/exe/un\_B1.html}$

# Random walk Metropolis-Hastings

- Let us consider a random walk Metropolis-Hastings (RWM) algorithm and let  $\theta = \theta^{(r)}$  be the current status of the chain.
- lacktriangle It is called "random walk" because we sample  $m{ heta}^*$  from a Gaussian proposal distribution

$$(\boldsymbol{\theta}^* \mid \boldsymbol{\theta}^{(r)}) \sim \mathsf{N}_{\mathit{p}}(\boldsymbol{\theta}^{(r)}, \boldsymbol{S}), \quad \text{ implying that } \quad q(\boldsymbol{\theta}^* \mid \boldsymbol{\theta}) = q(\boldsymbol{\theta} \mid \boldsymbol{\theta}^*).$$

In this special case the acceptance probability simplifies and we get

$$\alpha = \min \left\{ 1, \frac{\pi(\boldsymbol{\theta}^* \mid \boldsymbol{X})}{\pi(\boldsymbol{\theta} \mid \boldsymbol{X})} \frac{q(\boldsymbol{\theta} \mid \boldsymbol{\theta}^*)}{q(\boldsymbol{\theta}^* \mid \boldsymbol{\theta})} \right\} = \min \left\{ 1, \frac{\pi(\boldsymbol{\theta}^*)\pi(\boldsymbol{X} \mid \boldsymbol{\theta}^*)}{\pi(\boldsymbol{\theta})\pi(\boldsymbol{X} \mid \boldsymbol{\theta})} \right\}.$$

lacktriangle This Gaussian proposal distribution is a sensible choice especially whenever the support of  $m{ heta}$  is unbounded.

## Optimal choice of the proposal distribution

- Among all the possible proposal densities for  $q(\theta \mid \theta^*)$ , we restrict our focus on multivariate Gaussians centered on  $\theta^*$ .
- Despite this important simplification, choosing the covariance matrix S remains a difficult task and crucially affects the performance.
- In the univariate / bivariate cases, one could tune the variance of the proposal distribution S by trial and error and with some patience.
- Unfortunately, whenever the parameter's dimension is large, the "manual" elicitation of the matrix S is almost impossible.
- Key question. Can we identify an ideal covariance matrix S that is optimal in some sense? Can we "estimate" it from the data?

### Asymptotic variance

■ For an arbitrary squared-integrable function  $g(\cdot): \mathbb{R}^P \to \mathbb{R}$ , let us consider the Monte Carlo estimator

$$\hat{\eta}_{g} = \frac{1}{R} \sum_{r=1}^{R} g(\boldsymbol{\theta}^{(r)}),$$

for the posterior expectation  $\eta_g = \mathbb{E}\{g(\theta \mid \mathbf{X})\}.$ 

If a central limit theorem holds, we have that

$$\sqrt{R} \frac{\hat{\mu}_g - \mu_g}{\sigma_g} \stackrel{d}{\longrightarrow} \mathsf{N}(0,1),$$

where  $\sigma_g^2$  is the so-called asymptotic variance of the MCMC algorithm.

- Intuitively, we seek a covariance matrix  ${\bf S}$  that minimizes the asymptotic variance  $\sigma_g^2$ .
- Other measures of "optimality" can be defined, but it can be shown they are all equivalent asymptotically (for large values of p).

### Asymptotic variance

- Let  $\theta^{(0)}, \theta^{(1)}, \theta^{(2)}, \ldots$  be a Markov chain, with  $\theta^{(0)} \sim \pi(\theta \mid \mathbf{X})$  being a sample from the stationary distribution.
- The asymptotic variance can be written as follows

$$\sigma_g^2 = \operatorname{var}\{g(\boldsymbol{\theta}^{(0)} \mid \boldsymbol{X})\} \ \tau_g = \operatorname{var}\{g(\boldsymbol{\theta}^{(0)} \mid \boldsymbol{X})\} \left[1 + 2\sum_{r=1}^{\infty} \operatorname{Corr}\{g(\boldsymbol{\theta}^{(0)}), g(\boldsymbol{\theta}^{(r)})\}\right].$$

- The quantity  $\tau_g$  is sometimes called integrated autocorrelation time and measures the loss of efficiency with respect to independent (iid) sampling ( $\tau_g = 1$ ).
- lacktriangledown When  $au_g=1$ , the MCMC algorithm is "optimal" and there is no autocorrelation.
- lacktriangle Rarely, one could obtain  $au_{
  m g} < 1$ , which is indeed an improvement over iid sampling.
- The effectiveSize  ${\bf R}$  command produces an estimate of  $R\tau_g^{-1}$  from the empirical samples of the chain.

### Optimal scaling

- The relationship between the matrix  $\boldsymbol{S}$  and the asymptotic variance  $\sigma_g^2$  is unclear. In addition, the variance  $\sigma_g^2$  depends on the chosen function  $g(\cdot)$ .
- Let us initially assume that the posterior distribution has the following form

$$\pi(\boldsymbol{\theta} \mid \boldsymbol{X}) = \prod_{i=1}^{p} f(\theta_i), \quad \text{var}(\boldsymbol{\theta} \mid \boldsymbol{X}) = \sigma^2 I_p$$

meaning that the components of  $\boldsymbol{\theta}$  are independent and identically distributed from some density f .

Moreover, we consider the following proposal distribution

$$(\boldsymbol{\theta}^* \mid \boldsymbol{\theta}^{(r)}) \sim \mathsf{N}_p(\boldsymbol{\theta}^{(r)}, s_p^2 I_p), \qquad s_p^2 = \ell^2/p.$$

■ In this simplified setting, we seek an optimal scaling value for  $\ell^2$ .

### Diffusion processes

- This problem simplifies remarkably in the asymptotic regime, as *p* diverges.
- Let us define a continuous-time stochastic process from the first component  $\theta_1$  of the  $\theta = (\theta_1, \dots, \theta_p)$ , namely:

$$Z^{(t)} = \theta_1^{([tp])}$$

where  $[\cdot]$  denotes the integer part function.

- That is,  $Z^{(t)}$  is a speeded-up continuous-time version of the original algorithm, parametrized to make jumps every  $p^{-1}$  time units.
- lacktriangle We need some smoothness conditions on the density f (Roberts et al., 1997), and in particular we assume that

$$\mathcal{I} = \mathbb{E}\left[\left\{\frac{f'(\theta_1)}{f(\theta_1)}\right\}^2\right] < \infty,$$

is well defined. The quantity  $\mathcal{I}$  equals  $\sigma^{-2}$  in the Gaussian case.

### Diffusion processes

#### Theorem

Let  $B^{(t)}$  be the standard Brownian motion and let  $\Phi(\cdot)$  be the cdf of a standard Gaussian. The continuous-time stochastic process Z weakly converges to

$$Z \stackrel{d}{\longrightarrow} W, \qquad p \to \infty,$$

where W is a diffusion process satisfying the stochastic differential equation

$$\mathrm{d}W^{(t)} = h(\ell)^{1/2} \mathrm{d}B^{(t)} + \frac{h(\ell)\nabla \log f(W^{(t)})}{2} \mathrm{d}t,$$

where the speed of the diffusion is

$$h(\ell) = \ell^2 2\Phi\left(-\frac{\mathcal{I}^{1/2}\ell}{2}\right).$$

Note. All the involved quantities have a clear interpretation in terms of the original RWM algorithm.

# Speed of the diffusion $\mathit{h}(\ell)$

- The speed of the diffusion  $h(\ell)$  is strictly related to the asymptotic variance of the MCMC algorithm.
- lacktriangle Recall that we aim at finding an optimal value for  $\ell$  that minimizes the autocorrelation.
- In first place, note that for small  $\epsilon > 0$  it holds that

$$\operatorname{Corr}\{g(W^{(0)}), g(W^{(\epsilon)})\} \approx 1 - \epsilon B_g h(\ell),$$

where  $B_g$  is a constant not depending on  $\ell$ .

lacktriangle Let  $au_g(\ell)$  be the integrated autocorrelation of the RWM. Then for large p it holds that

$$\tau_{\rm g}(\ell)^{-1} \approx h(\ell) \ {\rm e_g} \ {\rm p}^{-1},$$

where  $e_g > 0$  is some constant depending only on  $g(\cdot)$ .

**Remark**. The maximization of the speed of diffusion is equivalent to minimization of the autocorrelation for any function  $g(\cdot)$ .

# Speed of diffusion and acceptance rate

■ Let us define the acceptance rate of the original p-dimensional RWM as

$$A_p(\ell) = \lim_{R \to \infty} \frac{\text{"# of accepted moves"}}{R},$$

namely the long-term proportion of accepted moves.

■ Then, it can be shown that

$$\lim_{\rho \to \infty} A_{\rho}(\ell) = A(\ell) = 2\Phi\left(-\frac{\mathcal{I}^{1/2}\ell}{2}\right).$$

Moreover, recall the definition of the speed of diffusion

$$h(\ell) = \ell^2 2\Phi\left(-\frac{\mathcal{I}^{1/2}\ell}{2}\right) = \ell^2 A(\ell),$$

implying that the speed of the diffusion is strictly related to the acceptance rate.

### Important consequences

■ Hence, we consider  $\ell$  maximizing the speed of diffusion  $h(\ell)$ , obtaining the optimal scaling

$$\ell_{\text{opt}} \approx \frac{2.38}{\mathcal{I}^{1/2}}.$$

■ The acceptance rate, evaluated at the optimal scaling, is

$$A(\ell_{\rm opt}) \approx 0.234$$
,

corresponding to the optimal acceptance rate.

■ This suggests the following optimal proposal variance for  $(\theta^* \mid \theta^{(r)}) \sim N_p(\theta^{(r)}, s_p^2 I_p)$  for large values of p, with

$$s_p^2 = 2.38^2 (p \mathcal{I})^{-1},$$

where  $\mathcal{I}$  must be estimated / guessed in some way.

• If f is a Gaussian density with variance  $\sigma^2$ , then we obtain  $s_p^2 = 2.38^2 \sigma^2 p^{-1}$ .

### Getting practical

- These results are asymptotic (large p) and require that the posterior distributions has independent components.
- In practice, already when  $p \approx 5$  the optimal acceptance rate is quite close to 0.234 based on simulation studies (Gelman et al., 1996).
- When p = 1 the optimal acceptance rate is higher and about 0.44.
- **Key extension**. If the posterior distribution is Gaussian with  $p \times p$  covariance matrix  $\Sigma$ , it suffices to translate the components and rotate the axes according to  $\Sigma$  to make the components iid, leading to

$$(\boldsymbol{\theta}^* \mid \boldsymbol{\theta}^{(r)}) \sim N_p(\boldsymbol{\theta}^{(r)}, \boldsymbol{S}), \qquad \boldsymbol{S} = 2.38^2 \; \boldsymbol{\Sigma} \; / \; p.$$

■ This procedure is optimal for large p, although it requires the knowledge of  $\Sigma$ .

### Binary regression

- Let  $\mathbf{y} = (y_1, \dots, y_n)^\mathsf{T}$  be a vector of the observed binary responses.
- Let **X** be the corresponding design matrix whose generic row is  $\mathbf{x}_i = (1, x_{i2}, \dots, x_{ip})^\mathsf{T}$ , for  $i = 1, \dots, n$ . All predictors have been standardized.
- We consider a generalized linear model such that

$$(y_i \mid \pi_i) \stackrel{\text{ind}}{\sim} \text{Bern}(\pi_i), \qquad \pi_i = g(\eta_i), \qquad \eta_i = \beta_1 x_{i1} + \dots + \beta_p x_{ip},$$

where  $g(\cdot)$  is either the inverse logit transform or the cdf of a standard normal. We focus here on the logistic regression case.

- We aim at estimating the parameter vector  $\boldsymbol{\beta} = (\beta_1, \dots, \beta_p)^\intercal$  using RWM.
- We will employ a relatively vague prior centered at 0, namely

$$\beta \sim N_p(0, 100 I_p)$$
.

### The Pima indian dataset

- During the course, we will test several algorithms on the "famous" Pima indian dataset, with n = 532 and p = 8.
- The purpose of this exercise is mainly presenting the implementation of the various MCMC algorithms and showing their performance in this specific example.
- Warning. The following results should not be generalized to any statistical models nor even to any logistic regression model.
- $lue{}$  Depending on the sample size n, the dimension of the parameter space p as well as the dependence structure of the predictor, the results may vary significantly.
- Refer to the nice paper by Chopin & Ridgway (2017) for a more comprehensive discussion on this aspect.

# Computational details

- Recall that at each step of the algorithm we need a sample from a multivariate Gaussian distribution  $N_{\rho}(0, \mathbf{S})$ .
- Albeit tempting, using built-in R functions such as rmvnorm and mvrnorm leads to a sensible waste of computing time.
- Indeed, in order to get a sample from  $V \sim N_p(\mu, \mathbf{S})$ , one needs to compute

$$V = \mu + AZ$$

where  $Z \sim N(0, I_p)$  is standard Gaussian and A is a  $p \times p$  matrix such that  $AA^T = S$ .

Hence, there is no need to compute A at every step, as this can be done before running the MCMC.

```
A <- chol(S) # Cholesky decomposition of S (outside the MCMC)
V <- mu + crossprod(A, rnorm(2)) # Sample from V (inside the MCMC)
```

#### Naive covariance matrix

- Let us start with a naive choice for the proposal covariance  $\mathbf{S} = \text{diag}\{10^{-3}, \dots, 10^{-3}\}.$
- Albeit being sub-optimal, this "random" choice of **S** works decently.

```
# Covariance matrix of the proposal
S \leftarrow diag(1e-3, ncol(X))
# Running the MCMC (R = 30000, burn_in = 30000)
fit MCMC <- as.mcmc(RMH(R. burn in. v. X. S)) # Convert the matrix into a "coda" object
summary(effectiveSize(fit MCMC)) # Effective sample size (beta)
# Min. 1st Qu. Median Mean 3rd Qu. Max.
# 174.9 205.0 258.5 259.6 320.7 333.1
summary(R / effectiveSize(fit_MCMC)) # Integrated autocorrelation time (beta)
# Min. 1st Qu. Median Mean 3rd Qu. Max.
# 90.06 93.56 119.31 122.76 146.43 171.52
summary(1 - rejectionRate(fit_MCMC)) # Acceptance rate
 Min. 1st Qu. Median Mean 3rd Qu.
                                        Max.
# 0.7191 0.7191 0.7191 0.7191 0.7191 0.7191
```

## Approximating the posterior covariance matrix

- lacksquare We know that a sensible choice for  $oldsymbol{S}$  would be based on posterior covariance matrix  $oldsymbol{\Sigma}$ .
- lacksquare The true  $\Sigma$  is unknown and therefore we need to rely on some (fast) approximation.
- A possibility is based on a quadratic approximation of the likelihood function, evaluated at the maximum likelihood estimate.
- This is particularly simple in the logistic regression case (do it as an exercise!), since we can set

$$\hat{\boldsymbol{\Sigma}} = (\boldsymbol{X}^T \hat{\boldsymbol{H}} \boldsymbol{X})^{-1}, \qquad \hat{\boldsymbol{H}} = \operatorname{diag}\{\hat{\pi}_1(1 - \hat{\pi}_1), \dots, \hat{\pi}_n(1 - \hat{\pi}_n)\},$$
 where  $\hat{\pi}_i = [1 + \exp\{-(x_{i1}\hat{\beta}_{1,\text{ML}} + \dots + x_{ip}\hat{\beta}_{p,\text{ML}})\}]^{-1}.$ 

- $\blacksquare$  This estimate  $\hat{\Sigma}$  corresponds to the Fisher information, evaluated at the MLE.
- This is a variant of the Laplace approximation that ignores the prior contribution. Refer to Chopin and Ridgway (2017) for a more general and detailed explanation.

### Laplace covariance matrix

- Let us use a covariance matrix based on the Laplace approximation  ${m S}=2.38^2~\hat{m \Sigma}~/~p.$
- $lue{}$  This choice for  $oldsymbol{S}$  is almost optimal and indeed the effective sample size is much higher.

```
# Covariance matrix is selected using a Laplace approximation
fit logit <- glm(type ~ X - 1, family = binomial(link = "logit"), data = Pima)
S <- 2.38^2 * vcov(fit logit) / ncol(X) # The desired matrix is extracted using vcov
# Running the MCMC (R = 30000, burn in = 30000)
fit_MCMC <- as.mcmc(RMH(R, burn_in, y, X, S))</pre>
summary(effectiveSize(fit MCMC)) # Effective sample size
   Min. 1st Qu. Median Mean 3rd Qu. Max.
# 1107 1174 1206 1194 1228 1245
summary(R / effectiveSize(fit_MCMC)) # Integrated autocorrelation time (beta)
# Min. 1st Qu. Median Mean 3rd Qu. Max.
# 24.10 24.43 24.87 25.15 25.56 27.10
summary(1 - rejectionRate(fit_MCMC)) # Acceptance rate
# Min. 1st Qu. Median Mean 3rd Qu. Max.
# 0.2746 0.2746 0.2746 0.2746 0.2746 0.2746
```

### Adaptive MCMC

- ullet In several cases it is not possible to come up with a fast and reasonable estimate  $\hat{\Sigma}$ .
- Hence, a possibility is tuning the covariance matrix S on the fly, namely using the previously obtained samples.
- Warning. This is not anymore a MH algorithm and therefore the chain is not necessarily converging to the correct stationary distribution or converging at all.
- However, in many cases ergodicity of the chain is preserved as long as we adaptively tune S in a reasonable manner.
- The key condition is called diminishing adaptation, which essentially means that the changes in  $\bf S$  are negligible as  $R \to \infty$ ; see Roberts & Rosenthal (2009).

### Adaptive Metropolis

- An example of adaptive MCMC is the so-called adaptive Metropolis (AM) algorithm.
- We implement here a version of the AM which makes use of the following proposal distribution

$$q_r(\beta^* \mid \beta) \sim N(\beta, 2.38^2/p \Sigma_r + \epsilon I_p),$$

where  $\Sigma_r$  is the covariance matrix of the previously r sampled values  $\beta^{(1)}, \ldots, \beta^{(r)}$ .

- The constant  $\epsilon > 0$  is some small value that avoid degeneracies. We will use  $\epsilon = 10^{-6}$ .
- Moreover, note that the following recursive formula holds true:

$$\Sigma_r = \frac{1}{r} \sum_{j=1}^r (\beta^{(j)} - \bar{\beta}^{(r)})^{\mathsf{T}} (\beta^{(j)} - \bar{\beta}^{(r)}) = \frac{r-1}{r} \Sigma_{r-1} + \frac{1}{r} (\beta^{(r)} - \bar{\beta}^{(r-1)})^{\mathsf{T}} (\beta^{(r)} - \bar{\beta}^{(r-1)}).$$

where  $ar{eta}^{(r)}=(r-1)/rar{eta}^{(r-1)}+eta^{(r)}/r$  is the arithmetic means of the first r values.

lacksquare Several variants of this scheme exist, but the core idea is trying to estimate  $\Sigma$ .

### Adaptive Metropolis

- We obtain results that are comparable to the MH based on the Laplace approximation in terms of effective sample size.
- However, the computing time is much higher, because we need to decompose *S* at each iteration.

```
# Running the MCMC (R = 30000, burn_in = 30000)

fit_MCMC <- as.mcmc(RMH_Adaptive(R = R, burn_in = burn_in, y, X))

summary(effectiveSize(fit_MCMC)) # Effective sample size (beta)

# Min. 1st Qu. Median Mean 3rd Qu. Max.

# 869.3 962.0 1022.2 1037.5 1075.6 1284.7

summary(R / effectiveSize(fit_MCMC)) # Integrated autocorrelation time (beta)

# Min. 1st Qu. Median Mean 3rd Qu. Max.

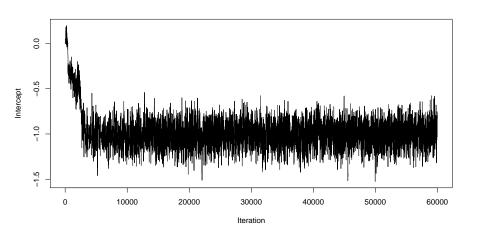
# 23.35 27.98 29.35 29.36 31.24 34.51

summary(1 - rejectionRate(fit_MCMC)) # Acceptance rate (beta)

# Min. 1st Qu. Median Mean 3rd Qu. Max.

# 0.2058 0.2058 0.2058 0.2058 0.2058 0.2058 0.2058
```

# Traceplot of $\beta_1$ , including the burn-in



# Metropolis-within-Gibbs (recap)

- The Metropolis-within-Gibbs algorithm is an MCMC algorithm that combines the MH and the Gibbs sampling algorithms.
- Let  $\pi(\theta_j \mid -)$  be the so-called full-conditional of  $\theta_j$ , that is

$$\pi(\theta_j \mid -) = \pi(\theta_j \mid \mathbf{X}, \theta_1, \dots, \theta_{j-1}, \theta_{j+1}, \dots, \theta_p), \quad j = 1, \dots, p,$$

namely the conditional distribution of  $\theta_i$  given the data and the other parameters.

- In the Metropolis-within-Gibbs we proceed as in a standard Gibbs sampling but instead of drawing from the full conditional  $\pi(\theta_j \mid -)$ , we conduct a Metropolis step.
- We propose a value from  $q(\theta_j^* \mid \theta_j)$ , typically a univariate Gaussian random walk, that we accept / reject in the usual manner.
- This means that at each step of the chain some parameters are updated, some others are not. This produces local moves rather than global moves.

# Metropolis-within-Gibbs

- We use random walk proposals  $(\theta_j^* \mid \theta_j) \sim N_1(\theta_j, s_j^2)$ , for  $j = 1, \dots, p$ .
- In this first experiment we set  $s_1^2 = \cdots = s_p^2 = 10^{-4}$ .
- These results are unacceptable. We need a better specification for the variances  $s_j^2$ .

```
p <- ncol(X) # Dimension of the parameter space
se <- sqrt(rep(1e-4, p)) # Standard deviations of the proposal distributions

# Running the MCMC (R = 30000, burn_in = 30000)
fit_MCMC <- as.mcmc(RMH_Gibbs(R = R, burn_in = burn_in, y, X, se))

summary(effectiveSize(fit_MCMC)) # Effective sample size (beta)

# Min. 1st Qu. Median Mean 3rd Qu. Max.

# 27.02 36.43 37.37 37.57 40.58 44.21

summary(R / effectiveSize(fit_MCMC)) # Integrated autocorrelation time (beta)

# Min. 1st Qu. Median Mean 3rd Qu. Max.

# 678.6 740.1 802.8 814.8 824.1 1110.1

summary(1 - rejectionRate(fit_MCMC)) # Acceptance rate (beta)

# Min. 1st Qu. Median Mean 3rd Qu. Max.

# 0.9682 0.9685 0.9697 0.9698 0.9710 0.9719
```

## Adaptive Metropolis-within-Gibbs

- In order to get a better mixing, we could adaptively choose the variances  $s_j^2$  as in Roberts and Rosenthal (2009).
- Since the updates are univariate, we can rely a more direct adaptive approach targeting the optimal acceptance rate, which is 0.44.
- Every 50 iterations (a batch), the algorithm increases or decreases the standard errors  $s_j$  according to the fraction of accepted values among the 50 batch values.
- It is convenient to work in the logarithmic scale, to facilitate the exploration of the space of suitable values.
- If the fraction of accepted values for the *j*th component is higher/lower than 0.44, then we increase/decrease the corresponding  $\log s_j$  by the quantity  $\min\{0.01, 1/\sqrt{r}\}$ .
- Note that the diminishing adaptation condition is satisfied, as the correction is vanishing as r (the number of iterations) increases.

## Adaptive Metropolis-within-Gibbs

- These results are comparable with the other suitably tuned MH approaches.
- However, the computing time is much higher.
- Note that the overall acceptance rates are indeed all close to 0.44.

```
fit_MCMC <- as.mcmc(RMH_Gibbs_Adaptive(R = R, burn_in = burn_in, y, X)) #

summary(effectiveSize(fit_MCMC)) # Effective sample size (beta)

# Min. 1st Qu. Median Mean 3rd Qu. Max.

# 653.2 733.1 1021.5 1009.3 1293.6 1373.3

summary(R / effectiveSize(fit_MCMC)) # Integrated autocorrelation time (beta)

# Min. 1st Qu. Median Mean 3rd Qu. Max.

# 21.84 23.19 31.43 32.76 41.07 45.93

summary(1 - rejectionRate(fit_MCMC)) # Acceptance rate (beta)

# Min. 1st Qu. Median Mean 3rd Qu. Max.

# 0.4451 0.4472 0.4479 0.4483 0.4494 0.4517
```

# Summary of the results

- The following table compare the average results. Here ESS represents the estimated and average effective sample size.
- Among these competitors, the Laplace MH seems preferable.
- Note that we could sensibly speed up these results by using Rcpp!

	Seconds	ESS	ESS / Sec.	Acceptance rate
Vanilla MH	1.89	259.58	137.60	0.72
Laplace MH	1.77	1194.42	676.49	0.27
AM	4.54	1037.46	228.42	0.21
Metropolis-within-Gibbs	11.95	37.57	3.14	0.97
Ad. Metropolis-within-Gibbs	11.95	1009.32	84.48	0.45