



DSC 10
Winter 2021

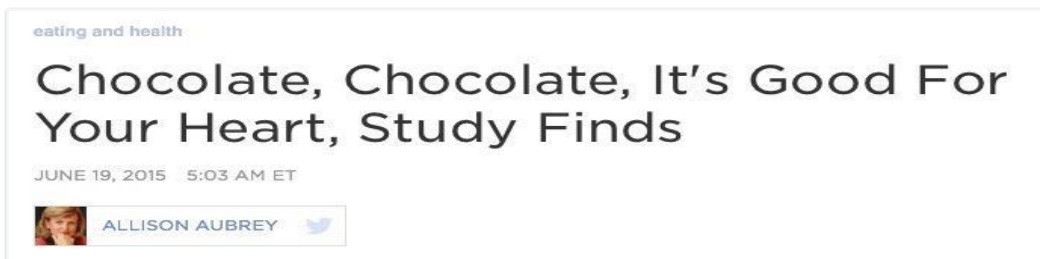
Lecture 2

Cause & Effect

Association and Causality

Terminology

- **individuals**, study subjects, participants, units
 - *European adults*
- **treatment**
 - *chocolate consumption*
- **outcome**
 - *heart disease*



npr.org (report on a study in heart.bmj.com)

The first question: Is there an association?

“Among those in the top tier of chocolate consumption, 12 percent developed or died of cardiovascular disease during the study, compared to 17.4 percent of those who didn’t eat chocolate.”

-Howard LeWine of Harvard Health Blog,
reported by [npr.org](https://www.npr.org)

- **association**

“any relation”

“link”

The next question: Is this causal?

Does chocolate consumption **lead to** a reduction in heart disease?

- **causality**

This question is often harder to answer.

“[The study] doesn’t prove a cause-and-effect relationship between chocolate and reduced risk of heart disease and stroke.”

- JoAnn Manson, chief of Preventive Medicine at Brigham and Women’s Hospital, Boston

reasons
- exercise
- economic
confounding factors
- age
- cultural/ethnicity

London, 1854

cholera

Miasmas, miasmatism, miasmatists

- **Bad smells** given off by waste and rotting matter
 - **Believed to be the main source of disease**
 - Suggested remedies:
 - “fly to clene air”
 - “a pocket full o’posies”
 - “fire off barrels of gunpowder”
 - Staunch believers:
 - Florence Nightingale
 - Edwin Chadwick, Commissioner of the General Board of Health
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John Snow, 1813-1858

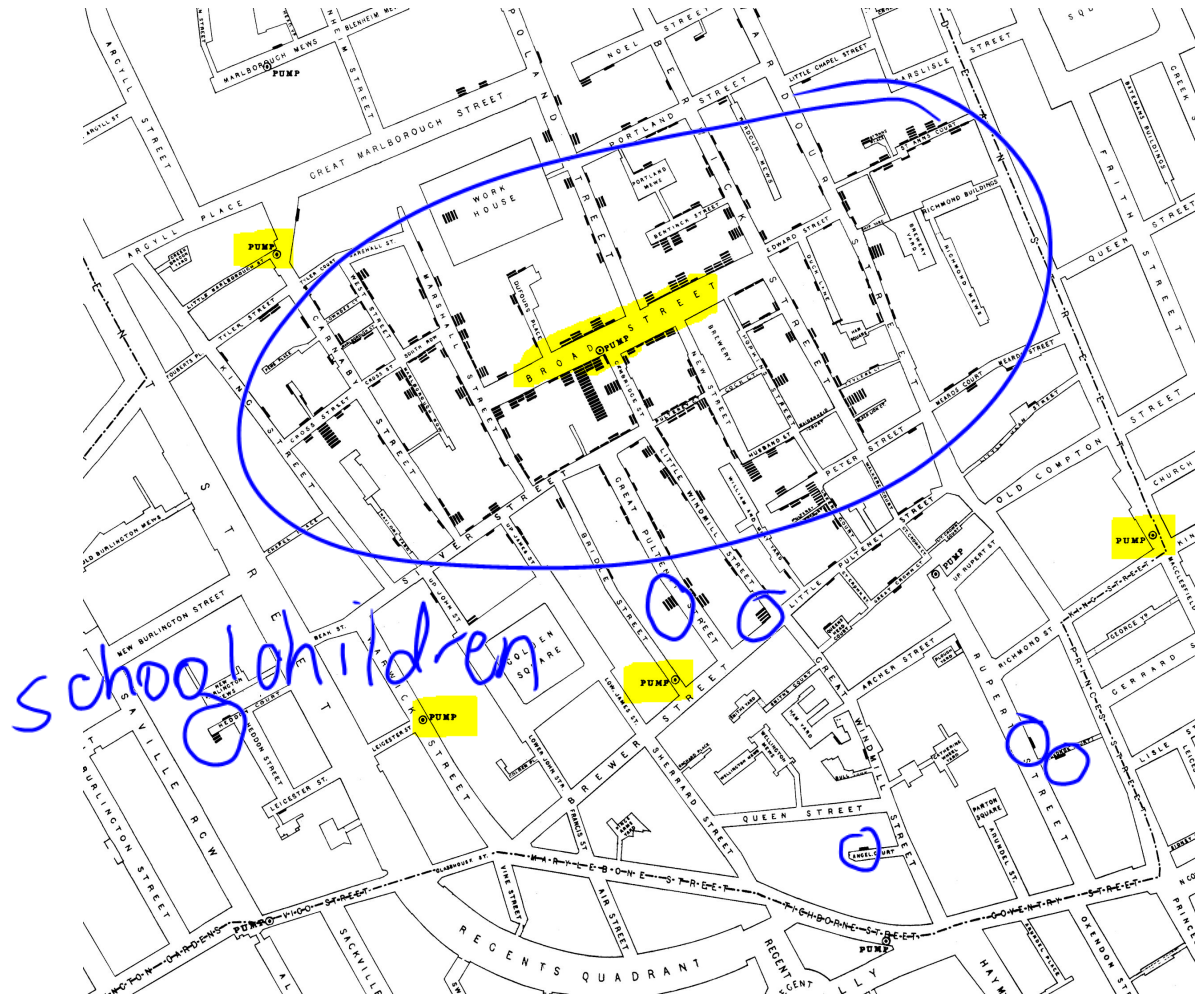


John Snow, 1813-1858



Not this Jon Snow

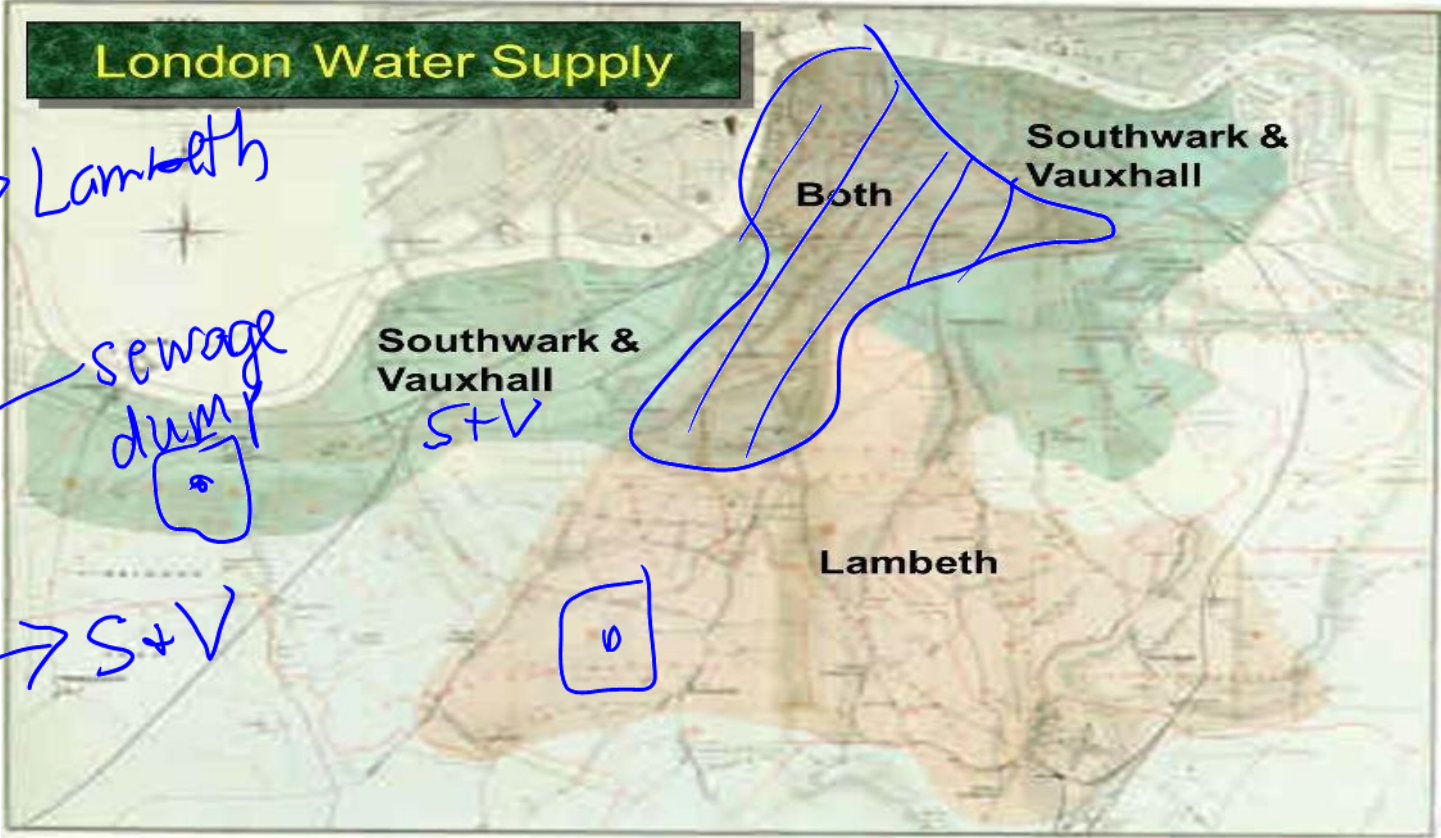






Establishing Causation

London Water Supply



Comparison

- **treatment group**
- **control group**
 - does not receive the treatment

Which houses were part of the treatment group?

- A. All houses in the region of overlap
- ☒ B. Houses served by S&V (dirty water) in the region of overlap
- C. Houses served by Lambeth (clean water) in the region of overlap

Snow's “Grand Experiment”

“... there is no difference whatever in the houses or the people receiving the supply of the two Water Companies, or in any of the physical conditions with which they are surrounded ...”

- The two groups were *similar except for the treatment*.

Snow's table

Supply Area	Number of houses	Cholera deaths	Deaths per 10,000 houses
S&V (dirty water)	40,046	<u>1,263</u>	315
Lambeth (clean water)	26,107	<u>98</u>	37
Rest of London	256,423	1,422	59

Does dirty water cause cholera?

- A. Yes, I think so
- B. No, I don't think so
- C. Maybe, I can't tell

Key to establishing causality

If the treatment and control groups are *similar apart from the treatment*, then differences between the outcomes in the two groups can be ascribed to the treatment.

Confounding

Trouble

If the treatment and control groups have **systematic differences other than the treatment**, then it might be difficult to identify causality.

Such differences are often present in **observational studies**.

When they lead researchers astray, they are called **confounding factors**.

treatment / control group
occur naturally

(self-selected)



smoking
coffee \Rightarrow lung cancer

Randomize!

- If you assign individuals to treatment and control **at random**, then the two groups are likely to be similar apart from the treatment.
 - You can account – mathematically – for variability in the assignment.
 - **Randomized Controlled Experiment**
or Trial (RCT)
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Randomized Controlled Experiments

- Assign individuals to treatment and control **at random**

Which of these questions cannot be answered by running a randomized controlled experiment?

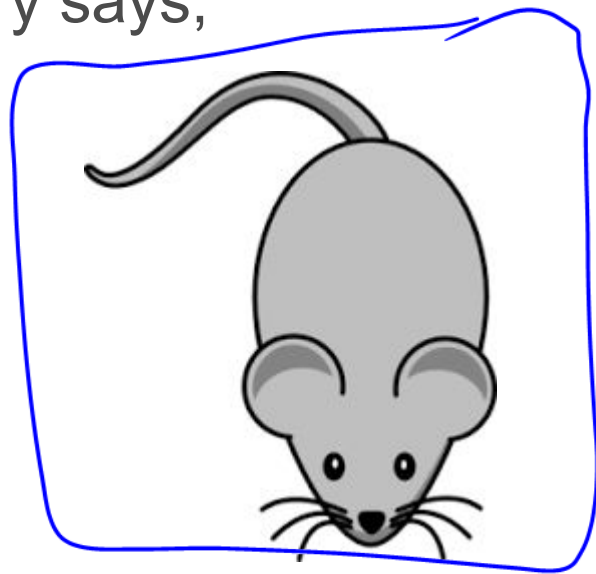
- A. Does daily meditation reduce anxiety?
- B. Does playing video games increase aggressive behavior?
- ☒ C. Does smoking cigarettes cause weight loss?
- D. Does early exposure to classical music increase a child's IQ?

ethical

Careful ...

Regardless of what the dictionary says,
in probability theory

Random \neq Haphazard



Summary: Cause & Effect

Comparison

- Group by some *treatment* and measure some *outcome*
- Simplest setting: a *treatment group* and a *control group*
- If the *outcome* differs between these two groups, that's evidence of an *association* (or *relation*)
 - E.g., the top-tier chocolate eaters died of heart disease at a lower rate (12%) than chocolate abstainers (17%)
- If the two groups are similar in all ways but the *treatment*, a difference in the *outcome* is also evidence of *causality*

John Snow - very lucky - observational study - two pre-existing groups happened to be very similar

Confounding

- If the treatment and control groups have systematic differences other than the treatment itself, then it might be difficult to identify a causal link
 - When these systematic differences lead researchers astray, they are called *confounding factors*
 - Such differences are often present in observational studies
 - *Observational study*: the researcher does not choose which subjects receive the treatment
 - *Controlled experiment*: the researcher designs a procedure for selecting the treatment and control groups
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Randomize!

- When subjects are split up *randomly*, it's unlikely that there will be systematic differences between the groups
 - And it's possible to account for the chance of a difference
 - Therefore, *randomized controlled experiments* are the most reliable way to establish causal relations
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