# On the use and misuse of the most common measures of association in clinical and epidemiological studies

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OR-RR and their interpretation



## Introduction

- 2 Measures of Associations Exposure and Disease: RD
- 3 Measures of Association of Exposure and Disease: RR
- 4 Measures of Association of Exposure and Disease: OR
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# How to deal with Measures of Associations: M. Knol et al, Cerebrovasc Dis, 2012

- In reading medical literature doctors, clinician look at measures of association
- Can the results be applied to clinical practice?
- Therefore we need to make sure that these measures of association are clearly understood and properly interpreted
- Of course, we need also to deal with the study design in order to understand what we can estimate

# Relative Risk (RR) and Odds Ratio (OR) in a RCT

- 500 patients are treated with drug A
- 500 patients are treated with placebo
- The outcome is survival for 30 days.

#### Relative Risk (RR) and Odds Ratio (OR) in a RCT

	su	rv	
drug	1	0	Total
Placebo	350	150	500
	70.00	30.00	100.00
Drug A	425	75	500
	85.00	15.00	100.00
Total	775	225	1,000
	77.50	22.50	100.00

# Relative Risk (RR) and Odds Ratio (OR) in a RCT

cs surv drug, or

	dı	rug		
	Exposed	Unexposed	Total	
	+		-+	
Cases	-	350	775	
Noncases	75	150	225	
	+		-+	
Total	500	500	1000	1
Risk	.85	.7	.775	
	Point	estimate	[95% cc	nf. interval]
			-+	
Risk ratio	1.2	214286	1.13425	5 1.299963
Odds ratio	2.4	128571	1.78025	1 3.312825
	+			
		chi2(1) =	32.26 Pr>	chi2 = 0.000

# Examples: Schulman at al (NEJM, 1999)

The effect of race and sex on physicians' recommendations for cardiac catheterization

 
 TABLE 1. RATE OF REFERRAL FOR CARDIAC CATHETERIZATION, ODDS OF REFERRAL, ODDS RATIO, AND RISK RATIO ACCORDING TO SEX AND RACE.\*

PATIENTS	Mean Referral Rate	ODDS OF ODDS RATIO REFERRAL (95% CI)		RISK RATIO (95% CI)	
	%				
Four strata					
White men <sup>†</sup>	90.6	9.6 to 1	1.0		
Black men	90.6	9.6 to 1	1.0(0.5-2.1)		
White women	90.6	9.6 to 1	1.0(0.5-2.1)		
Black women	78.8	3.7 to 1	0.4 (0.2-0.7)	0.87 (0.80-0.95	
Aggregate data					
White <sup>†</sup>	90.6	9.6 to 1	1.0		
Black	84.7	5.5 to 1	0.6(0.4-0.9)	0.93 (0.89-0.99)	
Men†	90.6	9.6 to 1	1.0		
Women	84.7	5.5 to 1	0.6(0.4-0.9)	0.93 (0.89-0.99)	
Overall	87.7	7.1 to 1	,		

\*Referral rates for the four strata were inferred from aggregate rates and odds ratios reported by Schulman et al.<sup>1</sup> The odds or referral were calculated according to the following formula: referral rate+(100%-referral rate). The risk ratio was calculated as the referral rate for the group in question divided by the referral rate for the group in question divided by the referral rate for the reference group. CI denotes confidence interval.

†This was the reference group.

# Examples: Schulman at al (NEJM, 1999)

The Effect of Race and Sex on Physicians' Recommendations for Cardiac Catheterization

- Misunderstandings About The Effects of Race and Sex on Physicians' Referrals For Cardiac Catheterization
- New York Times: "Doctor Bias May Affect Heart Care, Study Finds"
- Doctors are only 60% as likely to order cardiac catheterization for women and blacks as for men and whites
- Women and blacks complaining of chest pain are less likely than men and whites to receive the best cardiac testing
- Unconscious prejudices among doctors may help explain the findings
- Interpreting OR's as RRs can thus yield to wrong conclusions which could seriously impact on treatment decision effect

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# Example: Mansi et al (JAMA, 2013)

Statins and Musculoskeletal Conditions, Arthropathies, and Injuries

- Statins Can Weaken Muscles and Joints: Cholesterol Drug Raises Risk of Problems by up to 20 per cent, Mail Online, 3 June 2013
- A study published in 2013 found that 87 % of people taking statins reported muscle pains, compared to 85% in those who did not take statins
- We might report either a 2% increase in absolute risk, or a relative risk of 0.87/0.85 = 1.02 (a 2% relative increase in risk)

# Example: Mansi et al (JAMA, 2013) - con't

- The odds in the two groups are given by 0.87/0.13 = 6.7 and 0.85/0.15 = 5.7, and so the odds ratio is therefore 6.7/5.7 = 1.18
- The Daily Mail misinterpreted this odds ratio of 1.18 as a relative risk, and produced a headline claiming statins 'raises risk by up to 20 per cent', which is a serious misrepresentation of what the study actually found.
- the abstract of the paper mentioned only the odds ratio without mentioning that this corresponded to a difference between absolute risks of 85% vs 87%

## Definitions

#### Measures of Risk - Absolute Versus Relative

- Risk Difference (RD)
- Relative Risk (RR)
- Odds Ratio (OR)
- Estimating RD and OR
- Estimating Adjusted RR
  - Logistic Regression with Transformation
  - Binomial Regression
  - Modified Poisson Regression

## Summary

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- Study relationship between two binary variables E and D
- Binary variables: 0/1 or No/Yes
- Usually expressed as

$$RD = ER = P_1 - P_0$$

- The RD looks at the absolute, rather than relative, difference in risk levels.
- It can be estimated in both RCT and cohort studies
- If E means treatment, like in a RCT, we can calculate NNT as the inverse and it tells us how many patients need to be treated with the drug to prevent 1 outcome
- Absolute risk are important in Public Health, but are important also to understand Relative Risk.



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- Study relationship between two binary variables
  - Binary variables: 0/1 or No/Yes
- Usually expressed as
  - At how much greater risk of D is one group of patients than another?
- Example
  - At how much greater risk of osteoarthritis (OA) are women than men?
  - Patients having an anterior infarct are 50% more likely to die within 48 hours of hospital admission than are patients having just sustained an infarct at another primary site

- Aim is to take into account for differences between groups in other variables
  - Remove the effects of these variables from the group difference
- Example
  - At how much higher risk of OA are women than men after controlling for age and BMI?
  - Anterior infarct patients history are still more likely to die compared with other primary site infarct patients, all with similar co-morbidity history?

- Relative Risk (RR)
  - Ratio of the probabilities of the occurrence of the outcome of interest in group 1 (usually exposed) to group 0 (unexposed)

$$RR = rac{P_1}{P_0}$$

- P<sub>1</sub> is the probability of the outcome in group 1
- *P*<sup>0</sup> is the probability of the outcome in group 0
- If exposure (E) and outcome (D) are independent RR = 1

#### Advantages

Easy to communicate and interpret (RR)

Disadvantages

- RR must be greater than 0
- Given a measure of baseline risk then

$$RR \times P_0 = P_1$$

- But P<sub>1</sub> is a probability, therefore must be always less than 1
- Therefore

$$(RR \times P_0) < 1 \rightrightarrows RR < \frac{1}{P_0}$$

 This restriction on the range of RR only becomes an issue with common disease outcomes. A final important comment on the Relative Risk is that it is not symmetric in the role of the two factors D and E. The Relative Risk for E associated with D is a different measure of association

$$\frac{P(D|E)}{P(D|not \ E)} \neq \frac{P(E|D)}{P(E|not \ D)}$$

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#### Odds

- Odds are the probability of occurrence of disease/death divided by the probability of non-occurrence (disease free, surviving)
- Odds among exposed

$$\mathsf{Odds}_1 = \frac{P_1}{1 - P_1}$$

Odds among unexposed

$$\mathsf{Odds}_0 = \frac{P_0}{1-P_0}$$

#### Odds are used a lot in gambling

- The odds are two to one for Manchester City to win
- 2:1  $\Rightarrow$  odds = 2  $\Rightarrow$  Pr = 0.67

#### Translating odds to probabilities

Odds	=	3.0	$\Leftrightarrow$	Ρ	=	0.75
Odds	=	2.0	$\Leftrightarrow$	Ρ	=	0.67
Odds	=	1.0	$\Leftrightarrow$	Ρ	=	0.50
Odds	=	0.5	$\Leftrightarrow$	Ρ	=	0.33

- Odds ratio (OR)
- Ratio of the odds of the occurrence of the event of interest in group 1 to group 0

$$OR = rac{\mathsf{Odds}_1}{\mathsf{Odds}_0} = rac{rac{P_1}{1-P_1}}{rac{P_0}{1-P_0}}$$

- As with the Relative Risk, the null value of the Odds Ratio is OR=1, again equivalent to independence of D and E
- In addition, OR > 1 when there is a greater risk of D with E present, and OR < 1 when there is a lower risk of D if E is present.</li>
- The Odds Ratio is also the basis of a multiplicative model for the risk of D. Like RR, OR must be nonnegative, but unlike RR, OR has no upper limit whatever the baseline risk  $P(D|not \ E)$  for the unexposed.
- Thus, the Odds Ratio can be effectively used as a scale for association even when P(D|not E) is large.

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#### RR and OR are ratio measures

- 1.0 is the point of no difference between groups (the null value)
- Are greater than 1 if group 1 is at higher risk relative to group 0
- Are less than 1 if group 1 is at lower risk relative to group 0
- Reciprocals are the same distance from the null value
  - E.g. 2 and 1/2 are equivalent group differences

#### Hypothetical Data for a Trial of Drug X

Table 2. Hypothetical Data for a Trial of Drug X					
Outcome, No.					
Treatment	Died	Survived	<b>Risk of Death</b>	Odds of Death	
Drug X Placebo	25 50	75 50	25/(25 + 75) = .25 50/(50 + 50) = .50	25/75=0.33 50/50=1.00	

- There is symmetry for both the odds and risk ratios with regard to the definition of the exposure: both ratio estimates for treatment with X compared with no X are the inverse of the ratio estimates for no X compared with treatment with X
- However, if we change the definition of the outcome from the occurrence of Y to no occurrence of Y, only the odds ratio is symmetrical

- The odds ratio for Y among those treated with X compared with those who did not get X is =(25/75)/(50/50)=(1/3)/(1)=0.33
- The odds ratio for no occurrence of Y among those treated with drug X compared with those who did not get X is =(75/25)/(50/50)=3/1=3
- These odds ratios are simply the reciprocal of each other.

- The corresponding risk ratios are = (25/100)/(50/100) = 0.5 and
- (75/100)/(50/100)=1.5
- These risk ratios are not reciprocal
- The symmetry property of the odds ratio is attractive because 1 odds ratio can summarize the association of X with Y, and the choice between outcome Y and outcome not Y is unimportant

- The RR is more understandable for clinicians
- When the RR=2 then the probability of the outcome in group 1 is twice that of group 0
- This is not true for the odds ratio
- Most people are more comfortable with probabilities or percentages that with odds

- The OR has some advantages
- In case-control studies the OR can be estimated but not the RR
- The OR is symmetric to which outcome level is chosen as being of interest, the RR is not

When are the RR and OR Similar?

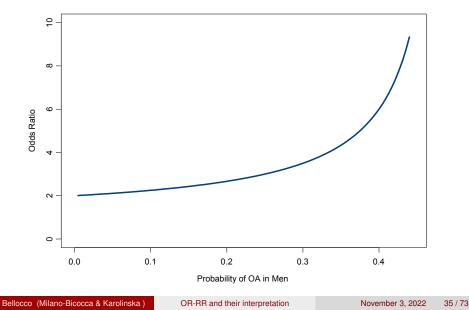
 If the probability of the event is small, the odds and the probability are close

$$\mathsf{Odds}_1 = rac{P_1}{1-P_1} pprox P_1$$

- When the probability of the event is small in both groups the OR is a good approximation to the RR
- Rule of thumb for small: P < 0.1

- The OR is always more extreme (farther from 1) than the RR
- When the events of interest are common, the OR can be much larger than the RR

#### Odds Ratio when Relative Risk is 2

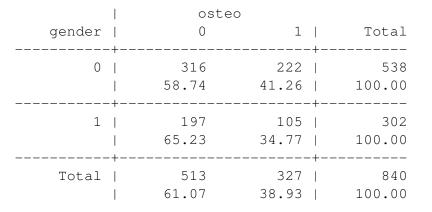


Which is better to report?

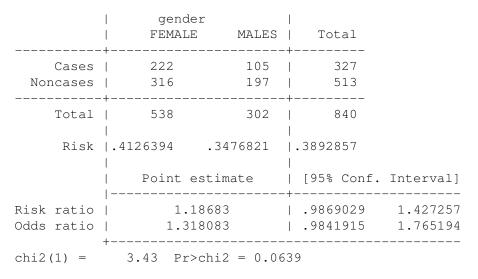
- For case-control studies need to present the OR
- For cohort studies and clinical trials the RR is better to report
  - Reduces the chance of incorrect interpretation
  - Becoming preferred to report RR in medical journals

- In the Framingham Osteoarthritis study, prevalence of osteoarthritis (OA) was measured in 1992-93
- Female sex is an established risk factor for OA
- At how much greater risk of osteoarthritis are women than men in this study?

- Subset of 840 subjects to evaluate the prevalence of OA in women versus men
- 538 women, 302 men, 513 (61%) no OA, 327 (39%) with OA



cs osteo gender [fw=count ], or



- Women have 1.19 times the **risk** of OA compared to men
- Women have 1.30 times the odds of OA compared to men
- If we interpret OR as an RR, we would mistakenly conclude women are at 1.3 times the risk of OA

- Suppose now we consider as outcome NOT HAVING developed OA
- RR for No OA is 0.59/0.65 = 0.91
- But RR for OA is 1.19 and 1/1.19 = 0.84
- The RR implies that sex plays a larger role for OA than for No OA

- RR is not symmetric around the null value for both outcome levels
  - RR for No OA  $\neq$  1/RR for OA
- OR is symmetric
  - OR for No OA  $\neq$  1/OR for OA
- Usually the outcome to choose is clear. But some situations are not clear (E.g. use 'lived' or 'died')?

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- Risk ratios, but not odds ratios, have a mathematical property called collapsibility
- the size of the risk ratio will not change if adjustment is made for a variable that is not a confounder
- Because of collapsibility the risk ratio, assuming no confounding, has a useful interpretation as the ratio change in average risk due to exposure among the exposed
- Because odds ratios are not collapsible, they usually lack any interpretation either as the change in average odds or the average change in odds (the average odds ratio)

### See

- Greenland S. Interpretation and choice of effect measures in epidemiologic analyses. Am J Epidemiol. 1987;125(5):761-768.
- Newman SC. Biostatistical Methods in Epidemiology. New York, NY: John Wiley & Sons; 2001:33-67, 132-134, 148-149.

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OR-RR and their interpretation

- Logistic regression provides adjusted OR
- But, until recently it has been difficult to obtain adjusted RR
- Modified Poisson regression

### Logistic Regression

- Logistic regression is widely used regression method for binary outcomes
- Logistic regression coefficients are log(OR)
- Provides adjusted OR if adjustors are used as additional predictors

### Logistic Regression

- If outcome probabilities are < 0.1 for all values of the predictors then the OR are good approximations to RR
- Otherwise Zhang and Yu proposed a formula to convert OR to RR

$$RR = rac{OR}{(1-P_0)+(P_0 imes OR)}$$

### Logistic Regression

- However the conversion formula has been criticized (McNutt et al.)
- Leads to confidence intervals for RR that are too small
- Gives biased estimate if some regression predictors are confounders
- Does not work if there are interactions in the regression model

### **Binomial Regression**

- Binomial regression is a rarely used regression method for binary outcomes
- Binomial regression coefficients are log(RR)
- Provides adjusted RR if adjustors are used as additional predictors

### **Binomial Regression**

- This model often fails due to numerical problems
- Especially failure prone if
  - Correlated predictors
  - One or more continuous predictors

# Modified Poisson Regression

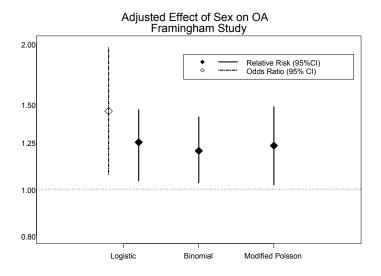
- Poisson regression is a method for count outcomes
- Poisson regression coefficients are log(RR)
- Provides adjusted RR if adjustors are used as additional predictors
- Poisson regression is conservative for binary outcomes
  - Less likely to be significant
  - Confidence intervals too wide

# Modified Poisson Regression

- Modification due to Zou
  - Adjust variability with generalized estimating equations (GEE)
  - Uses variability in the data to adjust model
- This has been shown to work very well
- Software implementation
  - SAS in Lundquist
  - Stata in Barros and Hirakata (2003, Biomed CMRM)
  - Nice overview in Stata Journal, 2009 by P. Cunnings.

- Greater risk of OA in women than men was found
- Could this be due to age differences between women and men?
  - Could this be due to age differences between women and men?
  - Could this be due to differences in body mass index between women and men?
  - Use regression models with sex, age, and body mass index

- Logistic OR = 1.45
- Transformed Logistic RR = 1.25
- Binomial RR = 1.20 (convergence issues)
- Modified Poisson RR = 1.23



# New Approach: Conditional and Marginal Standardization

Conditional Standardization : Relative Risks from Logistic regression

• logit(P) = log[
$$\frac{P}{(1-P)}$$
] =  $\beta_0 + \beta_1 \times E + \beta_2 \times x_2 + \beta_3 \times x_3$ 

- x<sub>2</sub> = 0 represents a baseline value for x<sub>2</sub>
- $x_3 = 0$  represents the reference value for  $x_3$
- $P_1 = exp(\beta_0 + \beta_1)/(1 + exp(\beta_0 + \beta_1))$

• 
$$P_0 = exp(\beta_0/(1 + exp(\beta_0)))$$

$$RR = \frac{1 + exp(-\beta_0)}{1 + exp(-\beta_0 - \beta_1)}$$

# Conditional and Marginal Standardization

Marginal Standardization with Logistic regression

- Does not require fixing values of covariates
- $x_{i,p-1}\beta_{p-1}$
- $r_{i1} = \exp(x_{i,p-1}\beta_{p-1} + \beta_1 \times 1)$
- $r_{i0} = \exp(x_{i,p-1}\beta_{p-1} + \beta_1 \times \mathbf{0})$
- Marginal Standardized Risk: Mean r<sub>i1</sub> / Mean r<sub>i0</sub>

- Goal is determine the relative risk of standard therapy versus intensive treatments in terms of the prevalence of microalbuminuria at 6 years of follow-up.
- Covariates requiring adjustment are the percentage of total hemoglobin that has become glycosylated at baseline, the prior duration of diabetes in months, the level of systolic blood pressure (mmHg), and gender (female) (1 if female, 0 if male).

### Adjusted RR

. univar	micro24	intens hb	oael durati	on sbp fema	le	
					Quantile	es
Variable	n	Mean	S.D.	.25	Mdn	.75
micro24	172	0.24	0.43	0.00	0.00	0.00
intens	172	0.52	0.50	0.00	1.00	1.00
hbael	172	9.26	1.48	8.11	9.10	10.14
duration	172	113.16	40.07	84.00	116.00	144.00
sbp	172	116.33	10.81	110.00	118.00	124.00
female	172	0.45	0.50	0.00	0.00	1.00

. oddsrisk micro24 intens hbael duration sbp female

Incidence fo	or unexposed r	cisk group =	0.3735		
Predictor	Odds Ratio	Risk Ratio	[95% Conf.	Intervall	
intens	0.2053	0.2920	0.1348	0.5898	
hbael	1.7639	1.3723	1.1830	1.5604	
duration	1.0008	1.0005	0.9940	1.0070	
sbp	1.0236	1.0146	0.9891	1.0404	
female	0.4104	0.5263	0.2474	0.9913	

### Adjusted RR

. poisson micro	24 intens	hbael durat	ion sbp f	emale, i	rr robust			
Iteration 1: 1	.og pseudoli	.kelihood = .kelihood = .kelihood =	-88.73762	23				
Poisson regressi	Poisson regression Number of obs = 172 Wald chi2(5) = 30.56							
					cn12(5) > chi2			
Log pseudolikeli	bood 99	737623			o R2			
 micro24	IRR	Robust Std. Err.			[95% C	onf.	Interval]	
		.1036305			.18669	19	.6175782	
hbael	1.404157	.1177613	4.05	0.000	1.191	32	1.655018	
duration	.9997331	.0032366	-0.08	0.934	.99340	95	1.006097	
sbp	1.013085	.0146194	0.90	0.368	.98483	29	1.042147	
female	.5379037	.161796	-2.06	0.039	.29831	27	.9699232	

. glm micro24 intens hbael duration sbp female, f(binomial) link(log) eform difficult Iteration 0: log likelihood = -133.80429 (not concave) Iteration 1: log likelihood = -82.246511 Iteration 2: log likelihood = -79.550896 Iteration 3: log likelihood = -79.221869 Iteration 4: log likelihood = -79.218877 Iteration 5: log likelihood = -79.218875

#### Adjusted RR

. glm micro24 Generalized 1: Optimization	inear models	duration s	bp female	Number Residu	ial) link(lo of obs = al df = parameter =	166
Deviance				(1/df)	Deviance =	.9544443
Pearson	= 169.742	21233		(1/df)	Pearson =	1.022543
Variance funct Link function				[Bernc [Log]	ulli]	
				AIC	=	.9909172
Log likelihood	d = -79.2188	87521		BIC	=	-696.0463
		DIM				
micro24	Risk ratio	std. err.			[95% conf.	interval]
intens	.3504934				.1912367	.6423749
hbael	1.30492	.0837918	4.14	0.000	1.150605	1.47993
duration	.9988549	.0027826	-0.41	0.681	.993416	1.004324
sbp	1.005441	.0130563	0.42	0.676	.9801742	1.03136
female	.4823159	.1513856	-2.32	0.020	.2607131	.892278
	.0228976				.0012128	

. oddsrisk	micro24 inte	ens female			
Incidence fo	or unexposed r	isk group =	0.3735		-
Predictor	Odds Ratio	Risk Ratio	[95% Conf.	Interval]	_
intens female	0.2306 0.5556	0.3236 0.6662	0.1589 0.3615	0.6173 1.1050	

. poisson mi	cro24 intens	female, ir:	r robust			
					[95% Conf.	Interval]
intens	.3298168	.1040912	-3.51	0.000	.1776768 .3885543	
. binreg micro	o24 intens	female, rr mi	1			
micro24	   Risk Ratio	OIM Std. Err.	Z	P> z	[95% Conf.	Interval]
					.1778992 .3896994	

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```
#delimit cr: /* Cancels end of line by : */
logistic micro24 intens female
#delimit ; /* Allows for long lines terminated by ; */
bootstrap rrintens = ( ( 1+ exp(- _b[_cons]) ) / (1+exp(- _b[_cons] - _b[intens]) ))
, reps(999):logit micro24 intens female;
estat bootstrap;
                                       Number of obs = 172
Logistic regression
                                       Replications
                                                      =
                                                              999
    command: logit micro24 intens female
    rrintens: (1+ exp(- b[ cons]) ) / (1+exp(- b[ cons] - b[intens]) )
          | Observed Bootstrap
          Coef. Bias Std. Err. [95% Conf. Interval]
  _____
   rrintens | .34683146 -.0024999 .10859388 .1671485 .615394 (BC)
(BC) bias-corrected confidence interval
```

> marginal micr	:024 intens	female				
Bootstrap results				Number o	of obs =	= 172
				Replicat	ions =	= 1000
command: pm1: pm0: rr:	r(spl)	icro24 intens	female			
1	Observed	Bootstrap			Normal	-based
1	Coef.	Std. Err.	Z	P> z	[95% Conf.	Interval]
+-						
pm1	.1233481	.0350331	3.52	0.000	.0546845	.1920117
pm0	.3740823	.054592	6.85	0.000	.267084	.4810807
rr	.3297351	.1074472	3.07	0.002	.1191424	.5403277

. estat bootsti Bootstrap resul			mber of obs plications	= =	172 1000	
command: pm1: pm0: rr:	r(sp1) r(sp0)	cro24 intens	3 female			
	Observed Coef.	Bias	Bootstrap Std. Err.	[95% Conf.	Interval]	
pm1   	.12334807	00018	.03503309	.0583328		(N) (P) (BC)
pm0   	.37408235	.0031302	.05459202	.267084 .2657416 .2609552	.4810807 .4832112	(N) (P) (BC)
rr     	.32973508	.0037562	.1074472	.1191424 .1511442 .1572924	.5622342	(N) (P) (BC)

(N) normal confidence interval

(P) percentile confidence interval

(BC) bias-corrected confidence interval

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- Medical literature is moving toward reporting RR instead of OR whenever possible
- Need to keep in mind that the RR changes in non-intuitive ways when outcomes are switched
- When reporting OR make it clear that it is not the RR
- Modified Poisson regression has been now used for obtaining adjusted RR
- Conditional and Marginal Methods can be applied and seem to have best statistical properties

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