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

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## Outline

## (1) 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
(5) RR and OR Comparison

6 Adjusted RR
(7) Summary
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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

| drug |  | 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



## Examples: Schulman at al (NEJM, 1999)

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

| Patients | Mean Referral Rate | Odds of Referral | Odds Ratio (95\% CI) | Risk Ratio (95\% CI) |
| :---: | :---: | :---: | :---: | :---: |
|  | \% |  |  |  |
| Four strata |  |  |  |  |
| White men $\dagger$ | 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 $\dagger$ | 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 $\dagger$ | 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 |  |  |

[^0]
## 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


## 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

$$
R D=E R=P_{1}-P_{0}
$$

- 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)

$$
R R=\frac{P_{1}}{P_{0}}
$$

- $P_{1}$ is the probability of the outcome in group 1
- $P_{0}$ is the probability of the outcome in group 0
- If exposure (E) and outcome (D) are independent $R R=1$


## Advantages

- Easy to communicate and interpret (RR)


## Disadvantages

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

$$
R R \times P_{0}=P_{1}
$$

- But $P_{1}$ is a probability, therefore must be always less than 1
- Therefore

$$
\left(R R \times P_{0}\right)<1 \rightrightarrows R R<\frac{1}{P_{0}}
$$

- 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

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

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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

$$
\text { Odds }_{1}=\frac{P_{1}}{1-P_{1}}
$$

- Odds among unexposed

$$
\text { Odds }_{0}=\frac{P_{0}}{1-P_{0}}
$$

- Odds are used a lot in gambling
- The odds are two to one for Manchester City to win
- $2: 1 \Rightarrow$ odds $=2 \Rightarrow \operatorname{Pr}=0.67$
- Translating odds to probabilities

Odds $=3.0 \Leftrightarrow P=0.75$
Odds $=2.0 \Leftrightarrow P=0.67$
Odds $=1.0 \Leftrightarrow \mathrm{P}=0.50$
Odds $=0.5 \Leftrightarrow P=0.33$

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

$$
O R=\frac{\text { Odds }_{1}}{\text { Odds }_{0}}=\frac{\frac{P_{1}}{1-p_{1}}}{\frac{P_{0}}{1-P_{0}}}
$$

- As with the Relative Risk, the null value of the Odds Ratio is $O R=1$, again equivalent to independence of $D$ and $E$
- In addition, $O R>1$ when there is a greater risk of $D$ with $E$ present, and $O R<1$ when there is a lower risk of $D$ if $E$ is present.
- 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 $P(D \mid$ not $E)$ for the unexposed.
- Thus, the Odds Ratio can be effectively used as a scale for association even when $P(D \mid$ not $E)$ is large.


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$R R$ and $O R$ 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 | Risk of Death | Odds of Death |
| :--- | :---: | :---: | :---: | :---: | :---: |
| Drug $X$ | 25 | 75 | $25 /(25+75)=.25$ | $25 / 75=0.33$ |
| Placebo | 50 | 50 | $50 /(50+50)=.50$ | $50 / 50=1.00$ |

- 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

$$
\text { Odds }_{1}=\frac{P_{1}}{1-P_{1}} \approx P_{1}
$$

- 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: $\mathrm{P}<0.1$
- 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

Osteoarthritis in Framingham

- 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?

Osteoarthritis in Framingham

- 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



## Osteoarthritis in Framingham

```
cs osteo gender [fw=count ], or
```



Osteoarthritis in Framingham

- 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

Osteoarthritis in Framingham

- 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

Osteoarthritis in Framingham

- RR is not symmetric around the null value for both outcome levels
- RR for No $O A \neq 1 / R R$ for $O A$
- OR is symmetric
- OR for No $O A \neq 1 / O R$ for $O A$
- 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.
- 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

$$
R R=\frac{O R}{\left(1-P_{0}\right)+\left(P_{0} \times O R\right)}
$$

## 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 $\log (\mathrm{RR})$
- 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.


## Osteoarthritis in Framingham

- 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


## Osteoarthritis in Framingham

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


## Osteoarthritis in Framingham

## Adjusted Effect of Sex on OA

Framingham Study


## New Approach: Conditional and Marginal Standardization

Conditional Standardization : Relative Risks from Logistic regression

- $\operatorname{logit}(P)=\log \left[\frac{P}{(1-P)}\right]=\beta_{0}+\beta_{1} \times E+\beta_{2} \times x_{2}+\beta_{3} \times x 3$
- $x_{2}=0$ represents a baseline value for $x_{2}$
- $x_{3}=0$ represents the reference value for $x_{3}$
- $P_{1}=\exp \left(\beta_{0}+\beta_{1}\right) /\left(1+\exp \left(\beta_{0}+\beta_{1}\right)\right)$
- $P_{0}=\exp \left(\beta_{0} /\left(1+\exp \left(\beta_{0}\right)\right)\right.$

$$
R R=\frac{1+\exp \left(-\beta_{0}\right)}{1+\exp \left(-\beta_{0}-\beta_{1}\right)}
$$

## Conditional and Marginal Standardization

Marginal Standardization with Logistic regression

- Does not require fixing values of covariates
- $x_{i, p-1} \beta_{p-1}$
- $r_{i 1}=\operatorname{expit}\left(x_{i, p-1} \beta_{p-1}+\beta_{1} \times 1\right.$
- $r_{i 0}=\operatorname{expit}\left(x_{i, p-1} \beta_{p-1}+\beta_{1} \times 0\right.$
- Marginal Standardized Risk: Mean $r_{i 1} /$ Mean $r_{i 0}$


## DCCT trial (Diabetes Control and Complications Trial)

- 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).
. univar micro24 intens hbael duration sbp female

| 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 |

## DCCT trial (Diabetes Control and Complications Trial)

- oddsrisk micro24 intens hbael duration sbp female



## Adjusted RR



## DCCT trial (Diabetes Control and Complications Trial)

```
. 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
```


## DCCT trial (Diabetes Control and Complications Trial)

| f(binomial) link(log) eform difficult |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Optimization : ML |  |  |  | Res | l df | 166 |
|  |  |  |  | Scal | parameter | 1 |
| Deviance | $=158.4377504$ |  |  | (1/d | Deviance | . 9544443 |
| Pearson | $=169.7421233$ |  |  | (1/d | Pearson | 1.022543 |
| Variance function: $\mathrm{V}(\mathrm{u})=\mathrm{u} *(1-\mathrm{u})$ |  |  |  | [Bernoulli] |  |  |
| Link function | $: g(u)=\ln (\mathrm{u})$ |  |  | [Log] |  |  |
|  | $=-79.21887521$ |  |  | AIC | = | . 9909172 |
| Log likelihoo |  |  |  | BIC |  | -696.0463 |
| OIM |  |  |  |  |  |  |
| micro24 | Risk ratio | std. err | z | $P>\|z\|$ | [95\% con | interval] |
| intens | . 3504934 | . 1083385 | -3.39 | 0.001 | . 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 |
| _cons | . 0228976 | . 0343245 | -2.52 | 0.012 | . 0012128 | . 432291 |

## DCCT trial (Diabetes Control and Complications Trial)

## DCCT trial (Diabetes Control and Complications Trial)



## DCCT trial (Diabetes Control and Complications Trial)



## DCCT trial (Diabetes Control and Complications Trial)

```
#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;
Logistic regression Number of obs = 172
Replications = 999
command: logit micro24 intens female
rrintens: ( 1+ exp(- _b[_cons]) ) / (1+exp(- __b[_cons] - _b[intens]) )
\begin{tabular}{ccccccc} 
\\
| Observed & Coef. & Bias & \begin{tabular}{c} 
Bootstrap \\
Std. Err.
\end{tabular} & [95\% Conf. Interval]
\end{tabular}
```

[^1]
## DCCT trial (Diabetes Control and Complications Trial)



## DCCT trial (Diabetes Control and Complications Trial)

```
. estat bootstrap, all
Bootstrap results
command: marginal micro24 intens female
        pm1: r(sp1)
    pm0: r(sp0)
        rr: r(pmrr)
```



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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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[^0]:    *Referral rates for the four strata were inferred from aggregate rates and odds ratios reported by Schulman et al. ${ }^{1}$ The odds of referral were calculated according to the following formula: referral rate $\div(100 \%$-referral rate). The risk ratio was calculated as the referral rate for the group in question divided by the referral rate for the reference group. CI denotes confidence interval.
    $\dagger$ This was the reference group.

[^1]:    (BC) bias-corrected confidence interval

[^2]:    (N) normal confidence interval
    (P) percentile confidence interval
    (BC) bias-corrected confidence interval

