# Simple linear regression



# What is it good for?

- Testing associations between:
- 1 or more independent variables (IVs)
  - Categorical/binary
  - Ordinal
  - Continuous
- 1 dependent variable (DV, outcome)
- Possibility to add covariates

### Goal of regression

- Prediction
  - Use known IV(s) to predict DV
  - Correlation ≠ causation still applies!
- Explanation
  - Explain the DV's variability by partitioning a "chunk" that is explained by the IV, and a "chunk" that is left unexplained

#### How regression works

- Finding a matematical function, or model that best describes the association between the variables
- Simple linear regression a straight line, or linear equation
- The regression line is obtained that provides the best possible description of the relationship between X (IV) and Y (DV)
- If the association is not linear, we can model also quadratic function

#### Which line is the best fitting?



#### Which line?

 The regression line selected is the one that minimizes the sum of the squared vertical distances to the data points



# The regression line

- The **slope** of the line is given by a constant value used for everyone in the sample,  $\beta_1$ 
  - How much of a change in Y (DV) is expected for every one-unit increase in X (IV)
  - Unstandardized (B) or standardized (β)
- The point at which the line crosses the Y axis is also a constant,  $\beta_0$ 
  - Intercept
  - This is also the value of Y (DV) when X equals zero (IV)
- X<sub>i</sub> and Y<sub>i</sub> are variable scores for each observation



# FCAT example

- The following data show 2001 FCAT math scores and the percentage of free/reduced lunch students for 10 elementary schools
- What is the IV? And DV?

% Free Lunch	2001 FCAT Math
9.4	366
57.2	302
54.6	327
15.7	330
19.5	330
38.5	335
61.3	308
66.3	318
16.4	335
14.9	340

# FCAT example

- The values of  $B_1$  and  $B_0$  are:
  - B<sub>1</sub> = -.618
  - $B_0 = 350.969$
- The regression equation is
  - Y<sub>i</sub> = 350.969 -.618(X<sub>i</sub>)
- Interpreting the unstandardized regression coefficient:
  - For every 1% increase in the free/reduced lunch rate, a .618 *decrease* is predicted in FCAT scores



## Predicting scores (DV from IV)

- Consider the school with a F/R lunch rate of 38.5
- Y'<sub>i</sub> = 350.969 -.618(38.5) = 327.176
- In regression terms, Y' is the *predicted score*, or predicted value of Y
- Y' would be the same for every school with F/R % (i.e, X) = 38.5
- However, the predictions come with an error!

#### How much of an error?

- How well does our line fit the data?
- How much variability in DV is explained by IV?



#### Explaining variability

- Consider the school with a free/reduced lunch rate  $(X_1)$  of 9.4 and an FCAT mean  $(Y_1)$  of 366
- This school was 36.9 FCAT points above the *grand* mean of Y (329.10)
- This distance of 36.9 points represents school 1's contribution to the Y variability
- It is the goal of the regression procedure to explain this total variation (SS $_{\rm TOTAL})$



## The effect of IV

- Quantification of the shift in scores from the overall mean that can be attributed to the IV
- This shift can be computed for each value of X (the IV)
- This is found using the predicted Y scores from the regression equation (line)
- The variability attributed to the IV for the entire sample is computed by
  - Squaring each expected distance from the mean (the positive and negative distances would cancel out otherwise)
  - Summing these values across the entire sample ( $SS_{REG}$ )



# Residual (error) variability

- The IV does not completely explain the variation in Y scores
- The portion of the variation around the mean that is not captured by the IV is called *residual* variability
- This is defined as the difference between the observed Y values and those predicted by the regression line
- $e_i = Y_i Y'_i$
- The residual variability for the entire sample is computed by
  - Squaring each person's residual (the positive and negative errors would cancel out otherwise)
  - Summing these values across the entire sample (SS<sub>RES</sub>)





# FCAT example

- The residual for the school with a 9.4% F/R lunch rate would be:
  e<sub>1</sub> = Y<sub>1</sub> Y'<sub>1</sub> = 366 345.16 = 20.84
- Thus, the school's actual performance was 20.84 FCAT points higher than what would be predicted using %F/R
- 20.84 is the portion of that school's FCAT variation that is <u>not</u> explained by the IV

# Summary of FCAT example

- The 1st school's total distance, or variation from the mean of Y was 36.9
- Of this variation, 16.06 can be attributed to the IV, while 20.84 is unexplained
- Thus, the total variation for this school has been partitioned into two components that sum to the total variation for that school
- 36.9 = 16.06 + 20.84

#### Partitioning total variability

- For the entire sample, the total variation in Y can be partitioned into two components:
  - Variability attributed to the IV  $(SS_{REG})$
  - Variability not accounted for by the IV ( $SS_{RES}$ )

$$SS_{Y} = SS_{REG} + SS_{RES}$$
$$\sum \left(Y_{i} - \overline{Y}\right)^{2} = \sum \left(Y_{i}' - \overline{Y}\right)^{2} + \sum \left(Y_{i} - Y_{i}'\right)^{2}$$

#### Graphic of variance partitioning



## FCAT example

- The following quantities are obtained from the ANOVA summary table
  - SS<sub>TOT</sub> = 2858.9
  - SS<sub>REG</sub> = 1748.826
  - SS<sub>RES</sub> = 1110.074

$$SS_{Y} = SS_{REG} + SS_{RES}$$
  
2858.9 = 1748.826 + 1110.074

## Coefficient of determination (R<sup>2</sup>)

 The total proportion (or %) of the DV variability that is explained by knowing X is called the coefficient of determination

$$R^2 = \frac{SS_{REG}}{SS_{TOT}}$$

• FCAT example: 
$$R^2 = \frac{SS_{REG}}{SS_{TOT}} = \frac{1748.826}{2858.9} = .612$$

• Squaring Pearson's *r* yields .782<sup>2</sup> = .612

#### $\mathbb{R}^2$



# Significance testing of R<sup>2</sup>

- RQ: Does the IV (IVs) account for variability in DV?
- $H_0$ :  $R^2$  is no larger than 0
- Test this assumption via F statistic, reject H0 if F statistic is  $\geq$  critical F (p  $\leq$  .05)
- F represents a comparison of the variance explained by the IV and the residual variance

$$F = \frac{MS_{REG}}{MS_{RES}} \qquad MS_{REG} = \frac{SS_{REG}}{df_{REG}} \qquad df_{REG} = k$$

$$MS_{RES} = \frac{SS_{RES}}{df_{RES}} \qquad df_{RES} = N - k - 1$$

• F test tells you if a group of variables are jointly significant

# Significance testing of regression (b) coefficients

- Upon finding a significant R<sup>2</sup> value, determine which IV is contributing most to the significant R<sup>2</sup>
- Unstandardized regression coefficients are tested using a t statistic
  - T-test tells you if a single variable is statistically significant
- This tests whether or not the slope is different from 0
  - $H_0$ :  $\beta = 0$ ,  $H_1$ :  $\beta \neq 0$

#### Simple linear regression assumptions

- Linearity: The relationship between X and the mean of Y is linear
- Independent errors: Residuals of observations should be uncorrelated
- Homoscedasticity: The variance of residual is the same for any value of X
- Normally distributed errors: Residuals in the model should be random, normaly distributed values with a mean of 0

#### Normality of residuals



#### Homoscedascity



#### **Regression write-up**

• The results of regression analysis showed that extraversion explained 35.8% of the variance ( $R^2$  = .38, F(2,55)=5.56, *p*<.01) in aggressive tendencies ( $\beta$  = .56, *p*<.001).

#### Regression analysis steps

- 1. Run the analysis in SPSS
- 2. Check the assumptions
- 3. Determine the magnitude and significance of  $R^2$
- 4. If  $R^2$  significant, determine the magnitude and significance of regression coefficients (B,  $\beta$ )
- 5. Interpret  $R^2$ , B,  $\beta$
- 6. Write-up the results