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Record Nr.	UNINA9911021974903321
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Titolo	Statistical Methods and Models for Health and Clinical Studies / / by Shahjahan Khan, Md. Shafiur Rahman
Pubbl/distr/stampa	Singapore : , : Springer Nature Singapore : , : Imprint : Springer, , 2025
ISBN	981-9608-78-3
Edizione	[1st ed. 2025.]
Descrizione fisica	1 online resource (578 pages)
Collana	Medicine Series
Altri autori (Persone)	RahmanShafiur
Disciplina	610.727
Soggetti	Biometry Statistics Medical informatics Medical sciences Biostatistics Health Informatics Health Sciences
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Part I: Introduction to Data (Khan) -- Chapter 1 – Introduction to Variables and Data -- Chapter 2: Data Description – Graphical and Numerical -- Part II: Probability and Distributions (Khan) -- Chapter 3: Probability concepts and discrete models -- Chapter 4: Normal distribution and applications -- Part III Data Production and Study Designs (Khan) -- Chapter 5: Observational studies -- Chapter 6: Experimental studies -- Part IV : Inferential Methods (Khan) -- Chapter 7: Statistical inference – Estimation -- Chapter 8: Statistical inference – Test of hypothesis (One sample) -- Chapter 9: Hypothesis tests for two and more means -- Part V : Linear Models (Rahman) -- Chapter 10: Relationship between quantitative variables -- Chapter 11: Relationship between two categorial variables -- Chapter 12: Nonlinear regression models -- Chapter 13: Multilevel models -- Chapter 14: Survival analysis.
Sommario/riassunto	This book addresses the need for statistical knowledge and skills among health professionals and researchers by presenting statistical concepts, methods and models in a health and clinical context, making

it distinct from traditional textbooks. By using real-life examples and motivational scenarios from health studies, the book explains all relevant concepts and methods in an engaging and accessible manner, avoiding unnecessary mathematical jargon. Every chapter of the book starts with a set of learning outcomes to guide the researchers and users. Special attention is given to explaining statistical concepts with examples from various health areas, ensuring clarity and understanding. The book covers a wide range of topics, including data description and collection, study designs, inferential methods, statistical model fittings, and data analysis using SPSS, R, and STATA codes. Readers are provided with step-by-step guidance with illustrations, making it easier to follow along and apply the techniques discussed, and interpretation of results in the context of the problem. The book highlights the importance of statistics in solving health and clinical problems, equipping readers with the essential tools and strategies needed for evidence-based decision-making. By focusing on practical examples and real-world applications, this book serves as an invaluable resource for health professionals and researchers offering valuable insights and practical advice to help navigate the complexities of statistical analysis in the health and clinical fields.