

Package ‘metaHelper’

June 18, 2026

Title Transforms Statistical Measures Commonly Used for Meta-Analysis

Version 1.0.1

Description Helps calculate statistical values commonly used in meta-analysis. It provides several methods to compute different forms of standardized mean differences, as well as other values such as standard errors and standard deviations.

The methods used in this package are described in the following references:

Altman D G, Bland J M. (2011) <[doi:10.1136/bmj.d2090](https://doi.org/10.1136/bmj.d2090)>

Borenstein, M., Hedges, L.V., Higgins, J.P.T. and Rothstein, H.R. (2009) <[doi:10.1002/9780470743386.ch4](https://doi.org/10.1002/9780470743386.ch4)>

Chinn S. (2000) <[doi:10.1002/1097-0258\(20001130\)19:22%3C3127::aid-sim784%3E3.0.co;2-m](https://doi.org/10.1002/1097-0258(20001130)19:22%3C3127::aid-sim784%3E3.0.co;2-m)>

Cochrane Handbook (2011) <[https:](https://www.cochrane.org/authors/handbooks-and-manuals/handbook/archive/v5.1.0)

[//www.cochrane.org/authors/handbooks-and-manuals/handbook/archive/v5.1.0](https://www.cochrane.org/authors/handbooks-and-manuals/handbook/archive/v5.1.0)>

Cooper, H., Hedges, L. V., & Valentine, J. C. (2009) <[https:](https://psycnet.apa.org/record/2009-05060-000)

[//psycnet.apa.org/record/2009-05060-000](https://psycnet.apa.org/record/2009-05060-000)>

Cohen, J. (1977) <<https://psycnet.apa.org/record/1987-98267-000>>

Ellis, P.D. (2009) <https://www.psychometrica.de/effect_size.html>

Goulet-Pelletier, J.-C., & Cousineau, D. (2018) <[doi:10.20982/tqmp.14.4.p242](https://doi.org/10.20982/tqmp.14.4.p242)>

Hedges, L. V. (1981) <[doi:10.2307/1164588](https://doi.org/10.2307/1164588)>

Hedges L. V., Olkin I. (1985) <[doi:10.1016/C2009-0-03396-0](https://doi.org/10.1016/C2009-0-03396-0)>

Murad M H, Wang Z, Zhu Y, Saadi S, Chu H, Lin L et al. (2023) <[doi:10.1136/bmj-2022-073141](https://doi.org/10.1136/bmj-2022-073141)>

Mayer M (2023) <[https:](https://search.r-project.org/CRAN/refmans/confintr/html/ci_proportion.html)

[//search.r-project.org/CRAN/refmans/confintr/html/ci_proportion.html](https://search.r-project.org/CRAN/refmans/confintr/html/ci_proportion.html)>

Stackoverflow (2014) <<https://stats.stackexchange.com/questions/82720/confidence-interval-around-binomial-estimate-of-0-or-1>>

Stackoverflow (2018) <<https://stats.stackexchange.com/q/338043>>.

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Depends R (>= 4.6.0)

Encoding UTF-8

RoxygenNote 7.3.2

Suggests knitr, rmarkdown, testthat (>= 3.0.0)

Config/testthat/edition 3

Imports magrittr, stats, confintr

URL <https://github.com/RobertEmprechtinger/metaHelper>

BugReports <https://github.com/RobertEmprechtinger/metaHelper/issues>

Date 2026-06-18

VignetteBuilder knitr

NeedsCompilation no

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Repository CRAN

Date/Publication 2026-06-18 11:10:02 UTC

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ARD_from_RR

*Absolute Risk Difference***Description**

Calculates the Absolute Risk Difference (ARD) from a Risk Ratio and baseline risk using simulations. The result is ARD as a decimal. The number of replications is fixed at 100,000.

Usage

```
ARD_from_RR(BR, BRLL, BRUL, RR, RRLL, RRUL, seed = 1)
```

Arguments

BR	baseline risk
BRLL	baseline risk lower limit confidence interval
BRUL	baseline risk upper limit confidence interval
RR	risk ratio
RRLL	risk ratio lower limit confidence interval
RRUL	risk ratio upper limit confidence interval
seed	seed that is used for the simulation to ensure reproducibility

Value

Named numeric vector containing median ARD, the lower and upper CI of the ARD.

References

Murad M H, Wang Z, Zhu Y, Saadi S, Chu H, Lin L et al. Methods for deriving risk difference (absolute risk reduction) from a meta-analysis BMJ 2023; 381 :e073141 doi:10.1136/bmj-2022-073141

Examples

```
# Input : Baseline risk and 95% CI (BR BRLL and BRUL), risk ratio and 95% CI (RR, RRLL, RRUL)
BR <- 0.053; BRLL <- 0.039; BRUL <- 0.072
RR <- 0.77; RRLL <- 0.63; RRUL <- 0.94
ARD_from_RR(BR, BRLL, BRUL, RR, RRLL, RRUL)
```

CI_from_proportions	<i>Confidence Interval for Proportions</i>
---------------------	--

Description

Calculates a confidence interval for proportions. For a discussion on the differences between methods to calculate confidence intervals, see the Stack Overflow discussion under References. This method uses the R package "confintr" to calculate the confidence intervals.

Usage

```
CI_from_proportions(events, n, method = "Clopper-Pearson")
```

Arguments

events	number of events
n	sample size
method	the method ("Clopper-Pearson", "Agresti-Coull", "Wilson") that should be used to calculate the confidence intervals.

Value

List of confidence interval of proportions if input length > 1. If input length = 1 Lower CI and Upper CI.

References

[Confintr Function Description Stackoverflow Method Discussion](#)

Examples

```
# CI for 9 events in a sample of 10
CI_from_proportions(9, 10)
```

SDp_from_CIp	<i>Pooled Standard Deviation from Confidence Interval</i>
--------------	---

Description

Computes the implied pooled within-group SD under the equal outcome SD assumption for the two groups from a CI around a raw mean difference from two independent groups. The output is not the SD of the effect. This method is valid only if the confidence interval is symmetric around the raw mean difference and if either the t distribution or normal distribution (when `t_dist = FALSE`) was used to calculate the confidence interval.

Usage

```
SDp_from_CIp(  
  CI_low,  
  CI_up,  
  n1,  
  n2,  
  sig_level = 0.05,  
  two_sided = TRUE,  
  t_dist = TRUE  
)
```

Arguments

CI_low	lower limit confidence interval
CI_up	upper limit confidence interval
n1	sample size group 1
n2	sample size group 2
sig_level	significance level
two_sided	whether a two sided test for significance was used
t_dist	whether a t distribution has been used to calculate the CI

Value

Pooled standard deviation

References

[Cochrane Handbook](#)

See Also

[SD_from_CI\(\)](#) for single group standard deviation.

Examples

```
#lower CI = 0.5, upper CI = 0.7, N1 = 50, N2 = 70  
SDp_from_CIp(0.5, 0.7, 50, 70)
```

SDp_from_SD

*Pooled Standard Deviation from Two Standard Deviations***Description**

Calculates the pooled standard deviation.

Usage

```
SDp_from_SD(SD1, SD2, n1 = NA, n2 = NA, method = "hedges")
```

Arguments

SD1	standard deviation of group 1
SD2	standard deviation of group 2
n1	sample size of group 1
n2	sample size of group 2
method	the method ("hedges", "cohen") that should be used to calculate the SD. Method "hedges" requires sample sizes. The "cohen" method uses a simplified method by and does not rely on sample sizes.

Details

The method according to Hedges requires the sample sizes. If only standard deviations are available, the simpler equation provided by Cohen (1988) can be used. If there are more than two groups, [SD_M_n_pooled_from_groups\(\)](#) should be used. Note: The use of the names "Cohen" and "Hedges" for the methods can be inconsistent in the literature. It is somewhat unusual because Cohen (1977) outlined both estimators for the pooled standard deviation before Hedges (1981) discussed them.

Value

Pooled standard deviation

References

- Borenstein, M., Hedges, L.V., Higgins, J.P.T. and Rothstein, H.R. (2009). Converting Among Effect Sizes. In *Introduction to Meta-Analysis* (eds M. Borenstein, L.V. Hedges, J.P.T. Higgins and H.R. Rothstein). <https://doi.org/10.1002/9780470743386.ch7>
- Cohen, J. (1977). *Statistical power analysis for the behavioral sciences* (2nd ed.). Hillsdale, NJ, US: Lawrence Erlbaum Associates, Inc.
- Ellis, P.D. (2009), "Effect size equations". [Link](#)
- Hedges, L. V. (1981). Distribution theory for Glass's estimator of effect size and related estimators. *Journal of Educational Statistics*, 6, 107-128.
- Difference between Cohen's d and Hedges' g for effect size metrics. Stackoverflow. [Link](#)

See Also

[SD_within_from_SD_r\(\)](#) for matched groups

Examples

```
# Standard deviation according to Cohen:
SDp_from_SD(2, 3, method = "cohen")

# Standard deviation according to Hedges needs sample sizes:
SDp_from_SD(2, 3, 50, 50)
```

SDp_from_SEp	<i>Pooled Within-Group Standard Deviation from SE of Raw Mean Difference</i>
--------------	--

Description

IMPORTANT: For a single group, use [SD_from_SE\(\)](#)! Calculates the implied pooled within-group standard deviation from the SE of a raw mean difference from two independent groups and their sample sizes. This method is the reverse of [SEp_from_SDp\(\)](#) under the equal SD assumption. Do not use with SEs for SMDs, odds ratios, risk ratios, hazard ratios, log effects, adjusted model estimates when reconstructing raw SDs, Welch tests, or paired designs.

Usage

```
SDp_from_SEp(SEp, n1, n2)
```

Arguments

SEp	SE of a raw mean difference from two independent groups
n1	sample size group 1
n2	sample size group 2

Value

Pooled standard deviation

References

[Cochrane Handbook](#)

See Also

[SD_from_SE\(\)](#) for a single group. [SEp_from_SDp\(\)](#) if the standard error should be computed instead.

Examples

```
# SE of a raw mean difference, sample size 1 and sample size 2
SE <- 0.12
n1 <- 140
n2 <- 140

SDp_from_SEp(SE, n1, n2)
```

SD_from_CI

*Standard Deviation from Confidence Interval***Description**

Computes the standard deviation from a CI around one group mean and sample size. This method is valid only for single groups and assumes the confidence interval is symmetric around the mean. For two groups, use [SDp_from_CIp\(\)](#) only when the CI is around a raw mean difference from two independent groups. Small samples should generally use the t distribution (`t_dist = TRUE`).

Usage

```
SD_from_CI(CI_low, CI_up, n, sig_level = 0.05, two_sided = TRUE, t_dist = TRUE)
```

Arguments

CI_low	lower limit confidence interval
CI_up	upper limit confidence interval
n	sample size
sig_level	significance level
two_sided	whether a two sided test for significance was used
t_dist	whether a t-distribution has been used to calculate the CI. See description.

Value

Standard deviation single group

References

[Cochrane Handbook](#)

See Also

[SDp_from_CIp\(\)](#) for a CI around a raw mean difference from two independent groups.

Examples

```
# lower CI = -0.5, upper CI = 2, sample size = 100
SD_from_CI(-0.5, 2, 100)
```

SD_from_SE*Standard Deviation from Standard Error (Single Group)*

Description

Use only when SE is the standard error around one group mean. Do not use for the SE of a mean difference or treatment contrast. Calculates the standard deviation from the standard error for a single group mean.

Usage

```
SD_from_SE(SE, n)
```

Arguments

SE	standard error
n	sample size

Value

Single group standard deviation

References

[Cochrane Handbook](#)

See Also

[SDp_from_SEp\(\)](#) for the SE of a raw mean difference from two independent groups.

Examples

```
# Standard error = 2 and sample size = 100
SE <- 2
n <- 100
SD_from_SE(SE, n)
```

`SD_M_n_pooled_from_groups`*Combined Standard Deviation for Multiple Groups*

Description

Computes the pooled standard deviation for multiple groups.

Usage

```
SD_M_n_pooled_from_groups(M, SD, n)
```

Arguments

M	vector of group means
SD	vector of group SDs
n	vector of group sample sizes

Details

This function also returns the combined mean and the total sample size across all groups. Use this function to combine subgroups into one combined group. This requires subgroup means, SDs, and sample sizes. [SDp_from_SD\(\)](#) calculates a pooled within group SD denominator for two independent groups and is not the same as combining subgroups into one group when subgroup means differ.

Value

Within standard deviation

References

[Cochrane Handbook](#)

Rücker G, Cates CJ, Schwarzer G. Methods for including information from multi-arm trials in pairwise meta-analysis. *Res Synth Methods*. 2017 Dec;8(4):392-403. doi: 10.1002/jrsm.1259. Epub 2017 Aug 25. PMID: 28759708.

Examples

```
# Compute the Standard deviation for the following grouped data
M <- c(1, 1.5, 2) # Means
SD <- c(2, 3, 2.5) # SDs
n <- c(72, 80, 55) # sample sizes
SD_M_n_pooled_from_groups(M, SD, n)
```

SD_within_from_SD_r *Within-Group Standard Deviation for Matched Groups*

Description

Computes the within-group standard deviation for matched groups. This within-group standard deviation can be used to calculate standardized mean differences for matched groups. This method requires a correlation coefficient r .

Usage

```
SD_within_from_SD_r(SD_diff, r)
```

Arguments

SD_diff	standard deviation of the difference
r	correlation between pair of observations

Value

Within standard deviation

References

Borenstein, M., Hedges, L.V., Higgins, J.P.T. and Rothstein, H.R. (2009). Effect Sizes Based on Means . In Introduction to Meta-Analysis (eds M. Borenstein, L.V. Hedges, J.P.T. Higgins and H.R. Rothstein). <https://doi.org/10.1002/9780470743386.ch4>

Examples

```
# SD_diff is the standard deviation of the group difference
SD_diff <- 2
# r is the correlation coefficient between the groups
r <- 0.5
SD_within_from_SD_r(SD_diff, r)
```

SE.SMD_from_OR.CI *Standard Error of from Confidence Intervals of Odds Ratio*

Description

Calculates the standard error from an odds ratio confidence interval.

Usage

```
SE.SMD_from_OR.CI(CI_low, CI_up, sig_level = 0.05, two_tailed = TRUE)
```

Arguments

CI_low	lower odds ratio confidence interval limit
CI_up	upper odds ratio confidence interval limit
sig_level	the significance level
two_tailed	whether the two-tailed or one-tailed z statistics should be calculated

Details

This method uses multiple steps in the background: 1 Takes odds ratio (OR) limits and transforms them to log(OR) 2 Calculates the standard error for the log(OR) 3 Transforms the log(OR) standard error to standardized mean differences (SMD) standard error by multiplying it with $\sqrt{3}/\pi$

Value

Standard Error

References

Chinn S. A simple method for converting an odds ratio to effect size for use in meta-analysis. Stat Med. 2000 Nov 30;19(22):3127-31. doi: 10.1002/1097-0258(20001130)

Examples

```
# lower CI = 0.6, upper CI = 0.9
SE.SMD_from_OR.CI(0.6, 0.9)
```

SE.SMD_from_SMD	<i>Standard Error from Sample Sizes and SMD</i>
-----------------	---

Description

Approximates SMD standard error from sample sizes and SMD.

Usage

```
SE.SMD_from_SMD(SMD, n1, n2, method = "hedges")
```

Arguments

SMD	standardized mean differences
n1	sample size group 1
n2	sample size group 2
method	transformation method ("hedges", "cohen")

Value

Standard error of SMD (e.g. standard error of intervention effect)

References

Cooper, H., Hedges, L. V., & Valentine, J. C. (Eds.). (2009). [Link](#)

Examples

```
# SMD = 0.6, sample size group_1 = 50, sample size group_2 = 75
SE.SMD_from_SMD(0.6, 50, 75)
```

SEp_from_CIp

Standard Error from Confidence Interval for Mean Differences

Description

Calculates the standard error from the confidence interval limits for differences of means. For SMD confidence intervals, this function can recover an SE for generic inverse variance meta-analysis. Keep that SE separate from raw SD recovery: do not pass an SE from an SMD CI into [SDp_from_SEp\(\)](#) to recover a raw pooled SD. This method is valid only when the confidence interval is symmetrical around the mean and is applicable for t-distributions or normal distributions (as specified by the `t_dist` argument). For sample sizes less than 60, it is generally recommended to use the t-distribution.

Usage

```
SEp_from_CIp(
  CI_low,
  CI_up,
  n1 = NA,
  n2 = NA,
  sig_level = 0.05,
  two_tailed = TRUE,
  t_dist = TRUE
)
```

Arguments

CI_low	lower CI limit
CI_up	upper CI limit
n1	sample size group 1 (not required if <code>t_dist = FALSE</code>)
n2	sample size group 2 (not required if <code>t_dist = FALSE</code>)
sig_level	the significance level
two_tailed	whether the two-tailed or one-tailed statistics should be calculated
t_dist	whether the t-distribution should be calculated - requires samples sizes

Value

Standard error of the effect estimate

References

Cochrane Handbook

Examples

```
# lower CI = -1.5, upper CI = 0.5
SEp_from_CIp(-1.5, 0.5)
```

SEp_from_SDp	Standard Error (Pooled)
--------------	-------------------------

Description

IMPORTANT: When there is only one group, the following method has to be used: [SE_from_SD\(\)](#)
Calculates the pooled standard error for two groups (e.g., intervention effect).

Usage

```
SEp_from_SDp(SDp, n1, n2)
```

Arguments

SDp	pooled standard deviation
n1	sample size group 1
n2	sample size group 2

Value

Pooled standard error for two groups (e.g. standard error of intervention effect)

References

Cochrane Handbook

See Also

[SE_from_SD\(\)](#) for a single group

Examples

```
# Pooled standard deviation = 2, sample size group a = 50, sample size group b = 75
SEp_from_SDp(2, 50, 75)
```

SEp_from_TE.p

*Standard Error from Effect Estimate and p-Value***Description**

Calculates the standard error using the effect estimate and p-value. The default method = "z" is a z-based Wald-style SE recovery helper for effect estimates. For SD recovery examples, pass the returned SE to `SDp_from_SEp()` only when the effect estimate is a raw mean difference from two independent groups. The optional method = "t" uses a t distribution with $df = n1 + n2 - 2$ and is intended for small independent two group continuous outcomes. Cochrane describes the z-based p value route for Wald-style tests, but t tests for continuous outcome data should use the continuous outcome route instead. To avoid an infinite return when p-value = 1, the p-value is automatically adjusted to 0.99999.

Usage

```
SEp_from_TE.p(TE, p, two_tailed = TRUE, method = "z", n1 = NA, n2 = NA)
```

Arguments

TE	reported effect estimate
p	reported p-value
two_tailed	whether one-tailed or two-tailed statistics should be calculated
method	calculation method. Use "z" for the default normal approximation or "t" for a t-based route that requires n1 and n2.
n1	sample size group 1, required when method = "t"
n2	sample size group 2, required when method = "t"

Value

Standard error of the effect estimate

References

Altman D G, Bland J M. How to obtain the confidence interval from a P value BMJ 2011; 343 :d2090 doi:10.1136/bmj.d2090 [Cochrane Handbook](#)

Examples

```
# raw mean difference = 1.5, p = 0.8
SEp_from_TE.p(1.5, 0.8)

# t-based route for a small independent two group continuous outcome
SEp_from_TE.p(1.5, 0.8, method = "t", n1 = 12, n2 = 14)
```

SE_from_SD	<i>Standard Error for a Single Group</i>
------------	--

Description

IMPORTANT: For cases involving two groups (e.g., intervention effects), use [SEp_from_SDp\(\)](#) instead.#' Calculates the standard error for a single group. This method is only valid for single groups

Usage

```
SE_from_SD(SD, n)
```

Arguments

- SD standard deviation
- n sample size

Value

Single group standard error

References

[Cochrane Handbook](#)

See Also

[SEp_from_SDp\(\)](#) for two groups

Examples

```
# Standard deviation = 2, group size = 50
SE_from_SD(2, 50)
```

SMD_from_group	<i>Standardized Mean Differences from Group Data</i>
----------------	--

Description

Calculates SMD directly from group data. Method "hedges" needs sample size data and returns Hedges' g. Method "cohen" returns Cohen's d.

Usage

```
SMD_from_group(M1, M2, SD1, SD2, n1 = NA, n2 = NA, method = "hedges")
```

Arguments

M1	treatment effect size group 1
M2	treatment effect size group 2
SD1	standard deviation group 1
SD2	standard deviation group 2
n1	sample size group 1
n2	sample size group 2
method	calculation method ("hedges", "cohen")

Value

Standardized Mean Differences

References

Borenstein, M., Hedges, L.V., Higgins, J.P.T. and Rothstein, H.R. (2009). Converting Among Effect Sizes. In Introduction to Meta-Analysis (eds M. Borenstein, L.V. Hedges, J.P.T. Higgins and H.R. Rothstein). <https://doi.org/10.1002/9780470743386.ch7>

Hedges L. V., Olkin I. (1985). Statistical methods for meta-analysis. San Diego, CA: Academic Press

Goulet-Pelletier, J.-C., & Cousineau, D. (2018). A review of effect sizes and their confidence intervals, Part 1: The Cohen's d family. The Quantitative Methods for Psychology, 14(4), 242–265. <https://doi.org/10.20982/tqmp.14.4.p242>

Examples

```
# Mean control = 23, Mean intervention = 56, SD control = 30,
#   SD intervention = 35, sample size control = 45, sample size intervention = 60
SMD_from_group(23, 56, 30, 35, 45, 60)
```

SMD_from_mean	<i>Standardized Mean Difference (SMD) from Means and Pooled Standard Deviation</i>
---------------	--

Description

Calculates the SMD. It needs to be provided with the pooled standard deviation. If the pooled standard deviation is not available `SMD_from_group()` provides a direct method to calculate the SMD and also offers different forms like Hedges' g or Cohen's d.

Usage

```
SMD_from_mean(M1, M2, SD_pooled)
```

Arguments

M1	treatment effect size group 1
M2	treatment effect size group 2
SD_pooled	the pooled standard deviation or the standard deviation of the control group in case Glass's delta should be calculated

Details

CAVE: If you want to get Hedges' g it is insufficient to simply pool the standard deviation with `SDp_from_SD()`. The resulting SMD needs to be further multiplied with the hedges factor. This is done automatically when you use `SMD_from_group()`.

Value

Standardized Mean Differences

References

<https://www.cochrane.org/authors/handbooks-and-manuals/handbook/archive/v5.1.0>

Examples

```
# Mean control = 153, Mean intervention = 136, pooled SD = 25
SMD_from_mean(153, 136, 25)
```

SMD_from_mean_matched *Calculates SMD from Matched Groups*

Description

Calculates the standardized mean differences for matched groups. Needs either the mean of the groups or the difference between groups. SD_within is usually not reported but can be calculated by the use of `SD_within_from_SD_r()`.

Usage

```
SMD_from_mean_matched(M_diff = NA, M1 = NA, M2 = NA, SD_within)
```

Arguments

M_diff	mean difference between groups
M1	mean group 1 (in case M_diff not provided)
M2	mean group 2 (in case M_diff not provided)
SD_within	within standard deviation. CAVE this is usually not reported but needs to be computed from the difference standard deviation. This can be done with <code>SD_within_from_SD_r()</code> .

Value

Standardized Mean Differences

References

M., Hedges, L.V., Higgins, J.P.T. and Rothstein, H.R. (2009). Converting Among Effect Sizes. In Introduction to Meta-Analysis (eds M. Borenstein, L.V. Hedges, J.P.T. Higgins and H.R. Rothstein). <https://doi.org/10.1002/9780470743386.ch7>

Examples

```
# Calculation with group means
SMD_from_mean_matched(M1 = 103, M2 = 100, SD_within = 7.1005)

# Calculation with group difference
SMD_from_mean_matched(M_diff = 3, SD_within = 7.1005)

# Calculation with standard deviation between
# Correlation Coefficient between groups
r <- 0.7

# SD between groups
SD_between <- 5.5

SMD_from_mean_matched(M_diff = 3,
  SD_within = SD_within_from_SD_r(SD_between, r))
```

SMD_from_OR	<i>Standardized Mean Difference from Odds Ratio</i>
-------------	---

Description

Approximates SMD from OR.

Usage

```
SMD_from_OR(OR)
```

Arguments

OR odds ratio

Value

Standardized Mean Difference

References

Borenstein, M., Hedges, L.V., Higgins, J.P.T. and Rothstein, H.R. (2009). Converting Among Effect Sizes. In *Introduction to Meta-Analysis* (eds M. Borenstein, L.V. Hedges, J.P.T. Higgins and H.R. Rothstein). <https://doi.org/10.1002/9780470743386.ch7>

Examples

```
# Transform an OR of 0.3 to SMD  
SMD_from_OR(0.3)
```

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