



Morphometrics

Introduction

Morphometrics is the measurement of the variation in the structure or form of organisms. In the mid-1900s, William Herbert Sheldon introduced the notion that there were three components that determine the morphology of a human individual: mesomorphy (musculoskeletal robustness relative to height); endomorphy (relative fatness); and ectomorphy (relative erectness or slenderness).

Method

We have included only systematic reviews with detailed literature search, methodology, and inclusion/exclusion criteria that were published in full text, in English, from the year 2000. Reviews were identified by searching the databases MEDLINE, EMBASE, and PsycINFO. Reviews with pooled data are prioritized for inclusion. Reviews reporting fewer than 50% of items on the Preferred Reporting Items for Systematic Reviews and Meta-Analyses ([PRISMA](#)¹) checklist have been excluded from the library. The evidence was graded guided by the Grading of Recommendations Assessment, Development and Evaluation (GRADE) Working Group approach². The resulting table represents an objective summary of the available evidence, although the conclusions are solely the opinion of staff of NeuRA (Neuroscience Research Australia).

Results

We found two systematic reviews that met our inclusion criteria^{3, 4}.

- Moderate quality evidence suggests people with schizophrenia may be more erect, slender and have a lower body mass compared to controls and people with other mental disorders.
- High quality evidence shows a small effect of slighter shorter height in people with schizophrenia.



Latham K, Kirkpatrick B

Meta-analysis of adult height and birth length in schizophrenia

Schizophrenia Research 2018; 195: 110-4

[View review abstract online](#)

Comparison	Height in people with schizophrenia vs. controls.
Summary of evidence	High quality evidence (large samples, consistent, precise, direct) shows a small effect of slighter shorter height in people with schizophrenia.
Adult height	
<p><i>Adults with schizophrenia were slightly shorter than controls;</i> 6 studies, N = 251,322, ES = -0.15, 95%CI -0.24 to -0.06, $p < 0.05$, $I^2 = 0.9\%$, $p = 0.410$ Meta-regression showed no effects of first episode vs. chronic clinical samples, and population registry vs. non-registry studies.</p>	
Consistency in results[‡]	Consistent
Precision in results[§]	Precise
Directness of results	Direct

Pailhez G, Bulbena A

Body shape and psychiatric diagnosis revisited

International Journal of Psychiatry Clinical Practice 2010; 14: 236-243

[View review abstract online](#)

Comparison	Body shape in people with schizophrenia vs. controls and other mental disorders.
Summary of evidence	Moderate quality evidence (large samples, unable to assess consistency or precision, direct) suggests that people with schizophrenia may physically be more erect, slender and have a lower body mass compared with controls and other mental disorders.



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Body shape	
<p>2 case-control studies (N = 1,237,728 with schizophrenia [including early onset], 86 with mood disorders, 128 with anxiety disorders, 295 controls) reported decreased corpulence (roundness of body) and increased linearity (erectness) in people with schizophrenia compared with people with other mental disorders and healthy controls.</p> <p>1 descriptive-comparative study and 2 case-control studies (N = 324,155 with schizophrenia, 68 with mood disorders, 101 controls) reported more ectomorphic (relative linearity or slenderness) people with schizophrenia compared with people with a mood disorder and healthy controls.</p> <p>4 cohort studies (N = 2,273,063; 6,204 with schizophrenia) reported decreased body mass in people with schizophrenia compared to people without schizophrenia.</p> <p>2 of 4 cohort studies (N = 2,066,996; 5955 with schizophrenia) reported decreased height in people with schizophrenia compared to people without schizophrenia. The two remaining 2 studies reported no difference in height.</p>	
Consistency in results	No measure of consistency is reported.
Precision in results	No measure of precision is reported.
Directness of results	Direct

Explanation of acronyms

BMI = Body Mass Index, ES = effect size, I² = the percentage of the variability in effect estimates that is due to heterogeneity rather than sampling error (chance), N = number of participants, vs. = versus

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Explanation of technical terms

* Bias has the potential to affect reviews of both RCT and observational studies. Forms of bias include; reporting bias – selective reporting of results; publication bias - trials that are not formally published tend to show less effect than published trials, further if there are statistically significant differences between groups in a trial, these trial results tend to get published before those of trials without significant differences; language bias – only including English language reports; funding bias - source of funding for the primary research with selective reporting of results within primary studies; outcome variable selection bias; database bias - including reports from some databases and not others; citation bias - preferential citation of authors. Trials can also be subject to bias when evaluators are not blind to treatment condition and selection bias of participants if trial samples are small⁵.

† Different effect measures are reported by different reviews.

Prevalence refers to how many existing cases there are at a particular point in time. Incidence refers to how many new cases there are per population in a specified time period. Incidence is usually reported as the number of new cases per 100,000 people per year. Alternatively some studies present the number of new cases that have accumulated over several years against a person-years denominator. This denominator is the sum of individual units of time that the persons in the population are at risk of becoming a case. It takes into account the size of the underlying population sample and its age structure over the duration of observation.

Reliability and validity refers to how accurate the instrument is. Sensitivity is the proportion

of actual positives that are correctly identified (100% sensitivity = correct identification of all actual positives) and specificity is the proportion of negatives that are correctly identified (100% specificity = not identifying anyone as positive if they are truly not).

Weighted mean difference scores refer to mean differences between treatment and comparison groups after treatment (or occasionally pre to post treatment) and in a randomised trial there is an assumption that both groups are comparable on this measure prior to treatment. Standardised mean differences are divided by the pooled standard deviation (or the standard deviation of one group when groups are homogenous) that allows results from different scales to be combined and compared. Each study's mean difference is then given a weighting depending on the size of the sample and the variability in the data. Less than 0.4 represents a small effect, around 0.5 a medium effect, and over 0.8 represents a large effect⁵.

Odds ratio (OR) or relative risk (RR) refers to the probability of a reduction (< 1) or an increase (> 1) in a particular outcome in a treatment group, or a group exposed to a risk factor, relative to the comparison group. For example, a RR of 0.75 translates to a reduction in risk of an outcome of 25% relative to those not receiving the treatment or not exposed to the risk factor. Conversely, a RR of 1.25 translates to an increased risk of 25% relative to those not receiving treatment or not having been exposed to a risk factor. A RR or OR of 1.00 means there is no difference between groups. A medium effect is considered if $RR > 2$ or < 0.5 and a large effect if $RR > 5$ or < 0.2 ⁶. InOR stands for logarithmic OR where a InOR of 0 shows no difference between groups. Hazard ratios measure the effect of an explanatory variable on the hazard or risk of an event.

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Correlation coefficients (eg, r) indicate the strength of association or relationship between variables. They can provide an indirect indication of prediction, but do not confirm causality due to possible and often unforeseen confounding variables. An r of 0.10 represents a weak association, 0.25 a medium association and 0.40 and over represents a strong association. Unstandardised (b) regression coefficients indicate the average change in the dependent variable associated with a 1 unit change in the independent variable, statistically controlling for the other independent variables. Standardised regression coefficients represent the change being in units of standard deviations to allow comparison across different scales.

‡ Inconsistency refers to differing estimates of effect across studies (i.e. heterogeneity or variability in results) that is not explained by subgroup analyses and therefore reduces confidence in the effect estimate. I^2 is the percentage of the variability in effect estimates that is due to heterogeneity rather than sampling error (chance) - 0% to 40%: heterogeneity might not be important, 30% to 60%: may represent moderate heterogeneity, 50% to 90%: may represent considerable heterogeneity and over this is considerable heterogeneity. I^2 can be calculated from Q (chi-square) for the test of heterogeneity with the following formula⁵;

$$I^2 = \left(\frac{Q - df}{Q} \right) \times 100\%$$

§ Imprecision refers to wide confidence intervals indicating a lack of confidence in the effect estimate. Based on GRADE recommendations, a result for continuous

data (standardised mean differences, not weighted mean differences) is considered imprecise if the upper or lower confidence limit crosses an effect size of 0.5 in either direction, and for binary and correlation data, an effect size of 0.25. GRADE also recommends downgrading the evidence when sample size is smaller than 300 (for binary data) and 400 (for continuous data), although for some topics, these criteria should be relaxed⁷.

|| Indirectness of comparison occurs when a comparison of intervention A versus B is not available but A was compared with C and B was compared with C that allows indirect comparisons of the magnitude of effect of A versus B. Indirectness of population, comparator and/or outcome can also occur when the available evidence regarding a particular population, intervention, comparator, or outcome is not available and is therefore inferred from available evidence. These inferred treatment effect sizes are of lower quality than those gained from head-to-head comparisons of A and B.



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References

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6. Rosenthal JA (1996): Qualitative Descriptors of Strength of Association and Effect Size. *Journal of Social Service Research* 21: 37-59.
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