A method consisting of selecting a mathematical model (linear or logistic regression, for example) that explains the data to describe or predict the effect of one or more independent variables X on a dependent variable Y.

Note: The terms are used as follows: *linear regression* when the variable Y is continuous, *logistic regression* when Y is a dichotomous variable, *simple regression* when there is a single variable X, and *multiple regression* when there are several variables X.