Advantages of genotype imputation with ethnically matched reference panel for rare variant association analyses

Mart Kals[1,2*], Tiit Nikopensius[1], Kristi Läll[1,3], Kalle Pärn[2], Timo Tõnis Sikka[1,4], Jaana Suvisaari[5], Veikko Salomaa[5], Samuli Ripatti[2,6], Aarno Palotie[2,6], Andres Metspalu[1], Tõnu Esko[1,6], Priit Palta[1,2¶], Reedik Mägi[1¶]

[1] Estonian Genome Center, Institute of Genomics, University of Tartu, Tartu, Estonia

[2] Institute for Molecular Medicine Finland (FIMM), University of Helsinki, Helsinki, Finland

[3] Institute of Mathematics and Statistics, University of Tartu, Tartu, Estonia

[4] Department of Biotechnology, Institute of Molecular and Cell Biology, University of Tartu, Tartu, Estonia

[5] National Institute for Health and Welfare, Helsinki, Finland

[6] Broad Institute of MIT and Harvard, Cambridge, Massachusetts, USA

* Corresponding author

E-mail: mart.kals@ut.ee (MK)

[¶] These authors jointly supervised this work

Abstract

Genotype imputation has become a standard technique prior genome-wide association studies (GWASs). For common and low-frequency variants, genotype imputation can be performed sufficiently accurately with publicly available and ethnically heterogeneous imputation reference panels like 1000 Genomes Project (1000G) and Haplotype Reference Consortium. However, the imputation of rare variants has been shown to be significantly more accurate when ethnically matched reference panel is used. Even more, greater genetic similarity between reference panel and target samples facilitates the detection of rare (or even population-specific) causal variants. Notwithstanding, the genome-wide downstream consequences and differences of using ethnically mixed and matched reference panels have not been yet comprehensively explored.

We determined and quantified these differences by performing several comparative evaluations of the discovery-driven analysis scenarios. A variant-wise GWAS was performed on seven complex diseases and body mass index by using genome-wide genotype data of ~37,000 Estonians imputed with ethnically mixed 1000G and ethnically matched imputation reference panels. Although several previously reported common (minor allele frequency; MAF > 5%) variant associations were replicated in both imputed datasets, no major differences were observed among the genome-wide significant findings or in the fine-mapping effort. In the analysis of rare (MAF < 1%) coding variants, 46 significantly associated genes were identified in the ethnically matched imputed data as compared to four genes in the 1000G panel based imputed data. All resulting genes were consequently studied in the UK Biobank data.

These associated genes provide an example of how rare variants can be efficiently analysed to discover novel, potentially functional genetic variants in relevant phenotypes. Furthermore, our work serves as proof of a cost-efficient study design, demonstrating that the usage of ethnically matched imputation reference panels can enable improved imputation of rare variants, facilitating novel high-confidence findings in rare variant GWAS scans.

Author summary

Over the last decade, genome-wide association studies (GWASs) have been widely used for detecting genetic biomarkers in a wide range of traits. Typically, GWASs are carried out using chip-based genotyping data, which are then combined with a more densely genotyped reference panel to infer untyped genetic variants in chip-typed individuals. The latter method is called imputation and its accuracy depends on multiple factors. Publicly available and ethnically heterogeneous imputation reference panels (IRPs) such as 1000 Genomes Project (1000G) are sufficiently accurate for imputation of common and low-frequency variants, but custom ethnically matched IRPs outperform these in case of rare variants. In this work, we systematically compare downstream association analysis effects on eight complex traits in ~37,000 Estonians imputed with ethnically mixed and ethnically matched IRPs. We do not observe major differences in the single variant analysis, where both imputed datasets replicate previously reported significant loci. But in the gene-based analysis of rare protein-coding variants we show that ethnically matched panel clearly outperforms 1000G panel based imputation, providing 10-fold increase in significant gene-trait associations. Our study demonstrates empirically that imputed data based on ethnically matched panel is very promising for rare variant analysis – it captures more population-specific variants and makes it possible to efficiently identify novel findings.

Introduction

Genome-wide association studies (GWASs) have been successfully implemented to capture genetic variants with small to modest effect sizes and have identified thousands of common variants robustly associated with different complex traits and diseases [1]. However, even in aggregate, these explain only a small fraction of the heritability of studied diseases.

The sample size of a GWAS can be increased through relatively cheap chip-based genotyping and subsequent genotype imputation. Imputation is a commonly used computational method for lending information from a densely genotyped reference panel of phased haplotypes, allowing to study variants that have not been directly genotyped in target samples and thereby this approach not only increases the power but also the resolution of GWAS [2–4]. Genotype imputation can also facilitate

70 better fine-mapping association signals through the increase of genetic variant density in candidate
71 genomic regions [5].
72 Publicly accessible imputation reference panels like 1000 Genomes Project (1000G) [6] and
73 Haplotype Reference Consortium (HRC) [7] have been frequently used for imputation in advance to
74 GWAS. Nevertheless, both of these ethnically heterogeneous reference panels have only limited
75 capacity to provide complete and accurate imputation of rare (minor allele frequency; MAF < 1%)
76 variants [8], suggested to contribute to the missing heritability [9]. During the last few years it has
77 been shown that using an ethnically matched reference panel can greatly improve the 'completeness'
78 and accuracy of genotype imputation [10–15], resulting in higher imputation accuracy compared to the
79 1000G panel even in case of smaller panel size [16,17]. In addition, several recent studies have
80 demonstrated the utility of ethnically matched datasets for the discovery of disease or trait-associated
81 rare variants [18–25].
82 Imputed datasets based on ethnically matched reference panels are considered to be powerful tools to
83 discover previously unidentified rare variants. However, the typical approaches for testing associations
84 of genetic variants with phenotypes based on simple regression models, and are underpowered for rare
85 variants in most studies due to their low frequencies and large numbers [26]. To overcome these
86 issues, different methods have been proposed to increase statistical power in rare variant association
87 studies, typically by combining information across multiple rare variants within a specific genomic
88 region or functional unit (e.g. gene) [27–29]. Often these methods focus on certain categories of
89 variation (e.g. missense or loss-of-function (LoF) variants) [30], and have been applied successfully in
90 several studies [31–33]. Therefore, gene-based tests allow to capture the joint contribution of multiple
91 rare variants, improve power and enable to identify novel disease associated genes encompassing
92 putatively functional variants [34–37].
93 In the current study, we impute 51,886 chip-typed Estonians with both ethnically matched Estonian-
94 Finnish (EstFin) and ethnically mixed 1000G imputation reference panels (IRPs) to determine and
95 quantify the differences in analysis results of eight complex traits. In particular, we evaluate two
96 analysis scenarios: 1) a variant-wise GWAS; 2) a gene-wise analysis to determine the joint

97 contribution of rare (MAF < 1%) nonsynonymous (NS) and LoF variants which we validate in the UK
98 Biobank data.

99 Results

100 First, we developed a high-coverage (~30×) whole genome sequencing (WGS) based imputation
101 reference panel comprising of ethnically closely related 2,279 Estonians and 1,856 Finns, resulting in
102 8,270 haplotypes in the EstFin IRP. Secondly, we imputed 51,886 chip-genotyped Estonians with the
103 EstFin and 1000G IRPs (S1 Appendix, S1 Table, S1 and S2 Figs). The EstFin IRP provided 13.86
104 million (M) and the 1000G IRP 9.06 M confidently imputed variants (imputation INFO-value > 0.8)
105 with MAF > 0.05% in 36,716 unrelated individuals, which were further used to carry out a
106 comparative GWAS and gene-wise association testing of rare variants with eight complex traits.
107 Finally, the identified significant gene-trait associations were studied in the UK Biobank data (Fig 1).

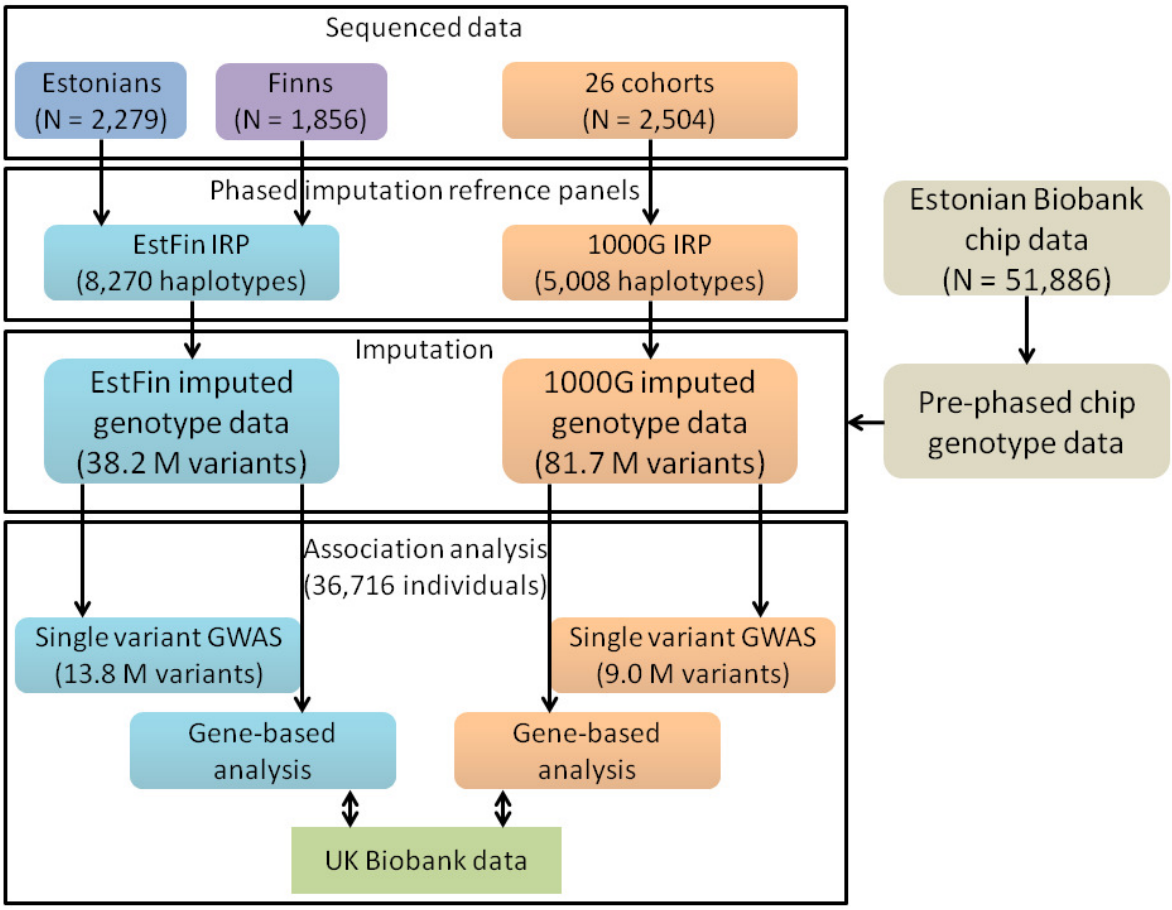

Fig 1. Schematic overview of imputation reference panels and downstream association analysis. This scheme gives an overview of used imputation reference panels, chip-based and imputed genotype datasets, and comparative association analyses, where gene-based results were validated in the UK Biobank data.

Single variant analysis

We analyzed the associations between imputed variants and eight complex traits: body mass index and seven complex diseases of major public health importance [38] – bipolar disorder (BD), coronary artery disease (CAD), Crohn's disease (CD), hypertension (HT), rheumatoid arthritis (RA), type 1 diabetes (T1D), and type 2 diabetes (T2D) (S2 Table). Analyses were conducted separately in both imputed datasets. Results of variant-wise GWA studies are summarized in Table 1 and S3 Fig. We detected 12 and 13 genome-wide significant ($P < 6.25 \times 10^{-9}$) loci based on EstFin and 1000G IRPs, respectively. In both datasets we discovered eleven identical loci and three IRP-specific associations, all of which have been previously reported [1] (S3 Table). Autoimmune diseases RA and T1D demonstrated common variant associations in the HLA-region, BMI and T2D revealed long established association with *FTO* gene (Fig 2). Although lead variants did not overlap (except rs11102694 and rs9273363 with T1D), top hits from both datasets were in close proximity and in high linkage disequilibrium (S4 Table and S4 Fig).

IRP-specific associations included *BCL2L15* association with T1D in case of the EstFin panel based imputation, whereas an intergenic locus at chromosome 6p12.3 was associated with BMI and *TLE1* locus with T2D in the 1000G-based imputed data only, although the lowest *P* values of another IRP-based imputed data were close to the genome-wide significance level (S4 Table and S3 Fig).

Table 1. Significant loci detected by single variant association analysis with complex traits. Confidently imputed variants (INFO > 0.8) are tested for associations with complex traits (BMI – body mass index, CAD – coronary artery disease, RA – rheumatoid arthritis, T1D – type 1 diabetes, T2D – type 2 diabetes). Analyses are conducted separately in the EstFin-based and the 1000G-based imputed datasets. The genome-wide significance threshold after correction for multiple testing is $P < 6.25 \times 10^{-9}$. For each locus, associated gene containing variant with the lowest *P* value, is reported. In the last two columns, results of fine-mapping analysis are shown with the numbers of putative causal variants per genomic region.
(1) Genome-wide significant ($P < 3.27 \times 10^{-8}$, 10-fold enrichment in Estonians) variants detected in MAF-enriched analysis in comparison of 503 European individuals from the 1000G phase 3 data.

Trait	Chromosomal locus	Associated gene		Number of putative causal variants	
		EstFin IRP	1000G IRP	EstFin IRP	1000G IRP
BMI	1p13.3	*AMPD2*	*GPR61*	1	1
BMI	1q25.2(1)	*SEC16B*	Intergenic	1	1
BMI	2p25.3(1)	Intergenic	Intergenic	2	2
BMI	6p12.3	-	Intergenic	-	1
BMI	12q13.12	*FAIM2*	Intergenic	1	1
BMI	16q12.2	*FTO*	*FTO*	1	1
BMI	18q21.32(1)	Intergenic	Intergenic	1	1
CAD	9p21.3	Intergenic	Intergenic	1	1
RA	6p21.32(1)	Intergenic	Intergenic	1	2
T1D	1p13.2	*BCL2L15*	-	1	-
T1D	6p21.32(1)	Intergenic	Intergenic	5	3
T2D	9q21.32	-	*TLE1*	-	1
T2D	10q25.2-25.3	*TCF7L2*	*TCF7L2*	1	1
T2D	16q12.2	*FTO*	*FTO*	1	1
Total		**12**	**13**	**17**	**17**

To identify the likely causal variant at each locus, we performed fine-mapping analysis in all significant genomic regions discovered in genome-wide association scan. All but three (BMI at 2p25.3, RA and T1D at the HLA-region) significant regions demonstrated only one likely causal variant (Table 1). We also tested variants having allele frequency enrichment in Estonians as compared to the 503 European individuals from the 1000G data. Genome-wide significant ($P < 3.27 \times 10^{-8}$ for 10-fold enrichment) variants were detected for BMI at 1q25.2, 2p25.3, and 18q21.32 loci and for RA and T1D in the HLA-region in both imputed datasets (Table 1).

In conclusion, single variant association analyses did not indicate major differences in results based on these data imputed with ethnically matched and mixed IRPs.

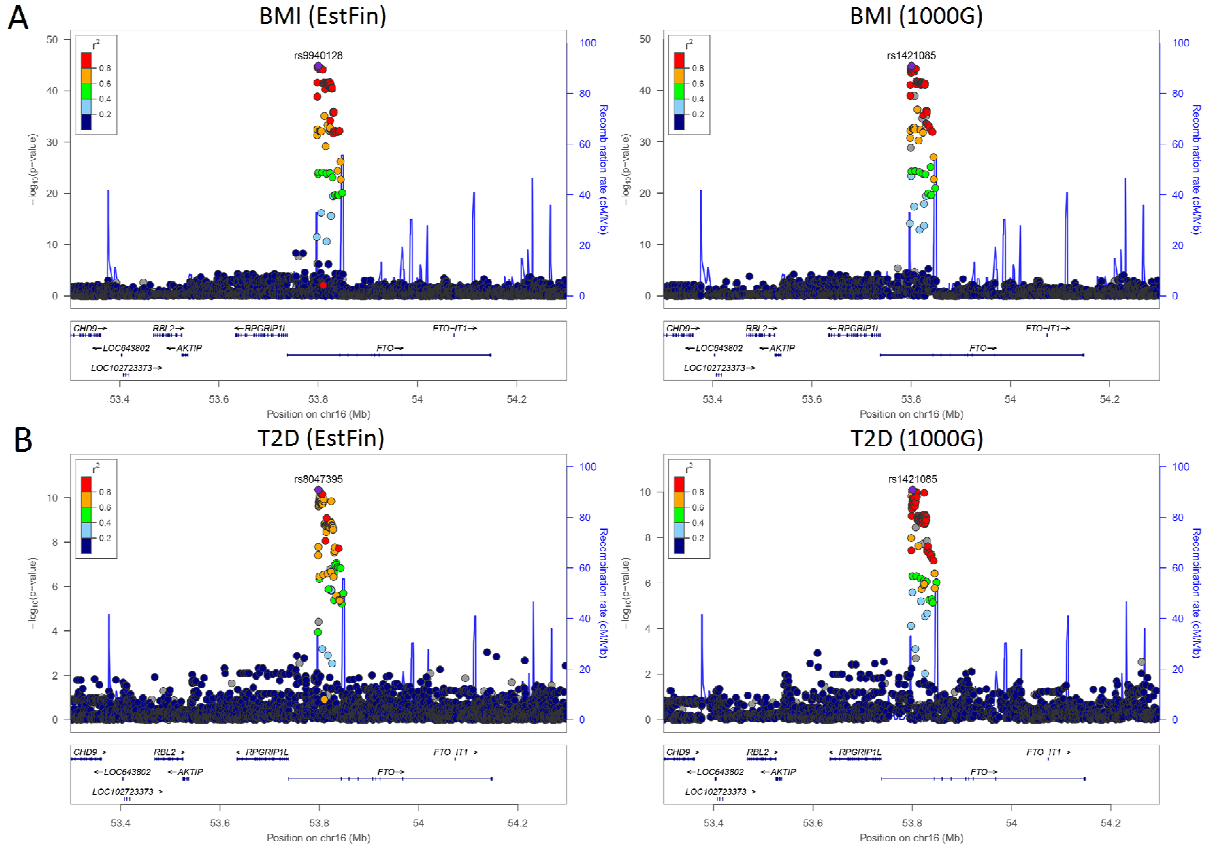

Fig 2. Significant associations at the *FTO* locus. The left panel of regional plot shows the genome-wide association analysis results for the EstFin-based imputed data, while the right panel shows results for the 1000G IRP imputed data. The purple symbol represents the lead variant, and the rest of the colour-coded variants denote LD with the lead variant estimated by r^2 from the 1000G phase 3 (EUR population) data. Comparison of analysis results of both imputed datasets indicates that variants with the lowest *P* value do not overlap, but are highly correlated. A) Regional association plots for BMI. B) Regional association plots for T2D. Imputed data based on the EstFin panel provides evidence for an association between T2D and alleles of the *FTO* locus with the lowest *P* value at rs8047395 ($P = 4.4 \times 10^{-11}$). The same SNV shows a significant association in the data imputed with 1000G IRP ($P = 1.5 \times 10^{-10}$), but the lowest *P* value is at rs1421085 ($P = 7.9 \times 10^{-11}$, Pearson's r^2=0.82 between rs8047395 and rs1421085).

Gene-based analysis

We conducted gene-based tests of rare (MAF < 1%) nonsynonymous (NS) and loss-of-function (LoF) variants for eight complex traits separately in the imputed datasets. When considering genes with at least two confidently imputed (INFO > 0.8) rare NS variants, we observed noteworthy differences in the number of genes analysed – EstFin IRP outperformed 1000G, providing 12,930 and 1,274 unique genes, respectively. In the analysis of rare LoF variants, we identified even more drastic differences – 663 genes were tested in the EstFin panel imputation and only six genes in the 1000G panel imputation.

142 Consequently, whilst testing the genes including rare NS variants, we detected 38 significant gene-trait
143 associations ($P_{NS} < 4.83 \times 10^{-7}$) in the EstFin-based imputed data and four in the 1000G panel based
144 imputation (Table 2). At significance level $P_{LoF} < 9.40 \times 10^{-6}$ we detected 10 genes including rare LoF
145 variants based on the EstFin imputed data and none in the 1000G-based imputation (Table 2). Com-
146 parative results of gene-based analysis are presented in Figures 3 and S5. While none of these
147 associated genes were implicated in our single variant GWAS, 122 NS and 22 LoF variants were
148 involved in gene-wise analysis (S5 Table). We determined that the large majority (45 out of 52) of
149 significant gene-trait associations relied on two or three NS/LoF variants. Seven out of 52 associations
150 relied on four or more NS/LoF variants and the signal of joint contribution of rare variants was driven
151 by multiple variants ($P < 0.05$) for 22/52 tests (S5 Table).

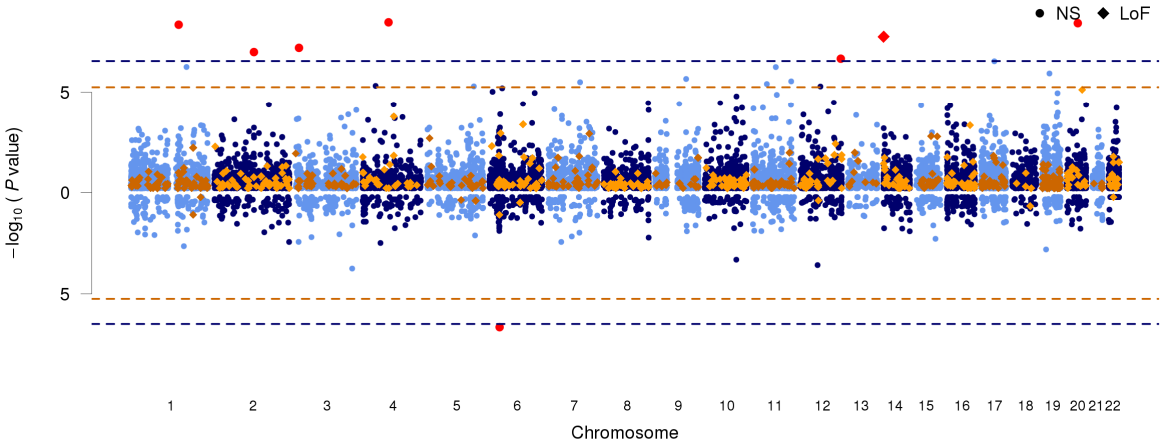

Fig 3. Miami plot of the gene-based analysis on bipolar disorder. The top panel shows the gene-based association analysis results using the EstFin-based imputed data, while the bottom part shows results for the 1000G IRP imputed data. Blue dots represent tested genes including NS variants and orange squares LoF variants. Dashed lines indicate significance levels after correction for multiple testing: $P < 4.83 \times 10^{-7}$ for NS variants (blue) and $P < 9.40 \times 10^{-6}$ for LoF variants (orange). Red symbols denote significant genes. In the analysis of NS variants we identify six genes based on the EstFin IRP data and one significant gene in the 1000G-based data. In the EstFin-based imputed data we detect a single gene-trait association of LoF substitutions, whereas none of the significant associations is observed in the data based on ethnically mixed 1000G IRP.

Table 2. Overview of significant gene-based associations. Genes with at least two confidently imputed (INFO > 0.8) rare (MAF < 1%) nonsynonymous (NS) and loss-of-function (LoF) variants are tested for association with complex traits (BMI – body mass index, BD – bipolar disorder, RA – rheumatoid arthritis, T1D – type 1 diabetes, T2D – type 2 diabetes). Analyses are performed separately in the EstFin-based and the 1000G-based imputed datasets. Multiple testing corrected significance levels are applied based on the number of genes tested in both datasets: $P_{NS} < 4.83 \times 10^{-7}$ for genes containing NS variants and $P_{LoF} < 9.40 \times 10^{-6}$ for genes containing LoF variants. First, the results of gene-based analysis in 36,716 Estonian Biobank (EBB) individuals are presented. Next, the gene-trait associations are validated in 405,379 UK Biobank (UKBB) individuals. Finally, for each significant gene-trait result detected in the EBB data, variant-trait association with the smallest *P* value from the UKBB single variant GWAS is provided.

					Gene-based analysis of EBB data	**Gene-based analysis of UKBB data**	**Single variant analysis of UKBB data**					
IRP	**Functional annotation**	**Trait**	**Gene**	**Chr**	***P* value**	***P* value**	**Lead variant**	**Minor allele**	**MAF**	**Beta**	**Se**	***P* value**
1000G	NS	BD	*GGNBP1*	6	3.35×10^{-7}	1	rs141041358	A	1.32×10^{-3}	0.0032	0.0011	5.08×10^{-3}
		CD	*HTR3D*	3	9.48×10^{-10}	0.676	rs570697703	G	4.02×10^{-7}	4.5451	1.4028	1.20×10^{-3}
		CD	*GPRC6A*	6	4.35×10^{-7}	0.749	rs150641887	A	3.84×10^{-6}	0.4667	0.0380	1.30×10^{-34}
		T1D	*FAM186B*	12	6.19×10^{-8}	0.220	rs140980069	T	3.56×10^{-5}	0.0385	0.0080	1.60×10^{-6}
EstFin	NS	BMI	*CYLD*	16	1.68×10^{-7}	-	rs190787930	A	4.17×10^{-3}	0.0592	0.0190	1.89×10^{-3}
		BD	*SHE*	1	7.88×10^{-9}	0.179	rs79480105	A	4.49×10^{-2}	0.0008	0.0003	1.01×10^{-2}
		BD	*AMMECR1L*	2	1.74×10^{-7}	0.375	rs137977337	T	1.72×10^{-3}	0.0045	0.0015	2.85×10^{-3}
		BD	*VGLL4*	3	1.08×10^{-7}	1	rs528386411	C	1.16×10^{-5}	0.1132	0.0323	4.49×10^{-4}
		BD	*LIN54*	4	6.00×10^{-9}	0.324	rs142253468	C	3.78×10^{-5}	0.0825	0.0110	6.05×10^{-14}
		BD	*FZD10*	12	3.69×10^{-7}	0.711	rs1046893	C	3.76×10^{-1}	0.0001	0.0001	2.75×10^{-1}
		BD	*SAMHD1*	20	6.62×10^{-9}	0.755	rs566610995	G	1.58×10^{-3}	0.0029	0.0010	4.59×10^{-3}
		CD	*HTR3D*	3	2.38×10^{-8}	0.676	rs570697703	G	4.02×10^{-7}	4.5451	1.4028	1.20×10^{-3}
		CD	*PLA2G12A*	4	1.44×10^{-7}	0.468	rs763365177	G	1.61×10^{-3}	0.0033	0.0017	5.25×10^{-2}
		CD	*HLA-G*	6	4.33×10^{-7}	-	rs80153902	A	3.60×10^{-5}	0.0360	0.0106	6.83×10^{-4}
		CD	*RAPGEF5*	7	1.55×10^{-7}	0.227	rs578001462	T	2.16×10^{-4}	0.0191	0.0048	6.65×10^{-5}
		CD	*ZNF92*	7	5.86×10^{-10}	0.046	rs144227733	A	2.22×10^{-4}	0.0109	0.0045	1.58×10^{-2}
		CD	*ORC5*	7	1.78×10^{-10}	1	rs76304209	T	4.26×10^{-3}	0.0037	0.0011	2.23×10^{-4}
		CD	*R3HCC1*	8	6.58×10^{-9}	0.368	rs375458319	A	2.45×10^{-3}	0.0027	0.0014	4.82×10^{-2}
		CD	*TMEM64*	8	5.18×10^{-10}	0.083	rs185086305	T	2.93×10^{-5}	0.0500	0.0138	2.98×10^{-4}
		CD	*NEU3*	11	3.61×10^{-7}	0.876	rs35872360	G	2.86×10^{-1}	-0.0004	0.0001	1.12×10^{-2}
		CD	*EED*	11	1.87×10^{-8}	-	rs534451904	A	2.44×10^{-3}	0.0040	0.0014	2.97×10^{-3}
		CD	*KCNA1*	12	1.16×10^{-7}	-	rs149959487	A	3.80×10^{-4}	-0.0032	0.0036	3.68×10^{-1}
		CD	*TAOK2*	16	7.01×10^{-9}	0.792	rs10445105	G	5.37×10^{-2}	-0.0007	0.0003	1.76×10^{-2}
		CD	*ANKRD30B*	18	3.03×10^{-8}	0.766	rs9675858	T	4.99×10^{-1}	-0.0004	0.0001	4.03×10^{-4}
		CD	*TRIP10*	19	1.36×10^{-7}	0.288	rs61757561	C	1.68×10^{-2}	0.0012	0.0005	2.20×10^{-2}
		CD	*GRWD1*	19	1.59×10^{-7}	0.022	rs199819631	G	1.11×10^{-3}	0.0065	0.0021	2.13×10^{-3}
		CD	*WRB*	21	1.37×10^{-7}	0.105	rs553712185	G	2.23×10^{-1}	0.0004	0.0002	1.01×10^{-2}
		CD	*NIPSNAP1*	22	1.05×10^{-7}	-	rs549356766	A	2.36×10^{-6}	-0.0049	0.0530	9.27×10^{-1}
		RA	*CREBRF*	5	3.24×10^{-9}	0.260	rs78586862	G	5.66×10^{-2}	-0.0015	0.0005	5.51×10^{-3}
		RA	*HSPB1*	7	3.97×10^{-7}	-	rs145206720	C	2.62×10^{-4}	-0.0094	0.0081	2.47×10^{-1}
		RA	*PRPF31*	19	2.83×10^{-7}	0.783	rs187106635	A	2.40×10^{-3}	-0.0066	0.0027	1.58×10^{-2}

					Gene-based analysis of EBB data	Gene-based analysis of UKBB data	Single variant analysis of UKBB data					
IRP	**Functional annotation**	**Trait**	**Gene**	**Chr**	***P* value**	***P* value**	**Lead variant**	**Minor allele**	**MAF**	**Beta**	**Se**	***P* value**
	NS	RA	*THOC5*	22	1.47×10^{-7}	0.284	rs571323390	C	1.08×10^{-3}	0.0040	0.0012	5.44×10^{-4}
		T1D	*RNF13*	3	6.88×10^{-9}	0.586	rs140200425	C	2.90×10^{-2}	0.0009	0.0003	1.25×10^{-3}
		T1D	*CENPU*	4	7.30×10^{-9}	0.617	rs776959139	A	2.24×10^{-3}	0.0030	0.0008	7.98×10^{-5}
		T1D	*HIST1H1C*	6	3.63×10^{-7}	0.371	rs201637343	T	5.73×10^{-4}	0.0065	0.0021	2.08×10^{-3}
		T1D	*BAK1*	6	5.96×10^{-11}	0.583	rs11757379	T	2.26×10^{-1}	0.0003	0.0001	4.96×10^{-3}
		T1D	*FAM170B*	10	1.14×10^{-8}	0.464	rs75297145	T	2.09×10^{-1}	0.0002	0.0001	3.59×10^{-2}
		T1D	*SLC22A8*	11	1.61×10^{-7}	0.210	rs11568481	A	2.33×10^{-4}	0.0110	0.0023	1.41×10^{-6}
		T1D	*C11orf30*	11	1.32×10^{-7}	0.576	rs74904466	A	2.70×10^{-2}	0.0008	0.0002	2.09×10^{-4}
		T1D	*ISLR*	15	3.63×10^{-7}	0.249	rs1052622	G	3.23×10^{-1}	0.0002	0.0001	4.14×10^{-2}
		T1D	*HOXB6*	17	3.23×10^{-7}	1	rs33990581	T	1.22×10^{-2}	-0.0006	0.0004	1.70×10^{-1}
		T1D	*ZNF701*	19	1.40×10^{-7}	0.324	rs370776009	G	3.43×10^{-1}	0.0002	0.0001	2.91×10^{-2}
EstFin	LoF	BD	*OR11H6*	14	3.07×10^{-8}	-	rs143225754	T	1.28×10^{-3}	0.0021	0.0011	6.67×10^{-2}
		CD	*HLA-G*	6	2.67×10^{-7}	-	rs80153902	A	3.60×10^{-5}	0.0360	0.0106	6.83×10^{-4}
		CD	*IQCE*	7	2.51×10^{-6}	-	rs80187333	A	6.83×10^{-3}	-0.0023	0.0008	6.29×10^{-3}
		CD	*YME1L1*	10	1.47×10^{-7}	-	rs558886293	T	2.33×10^{-3}	0.0043	0.0015	3.71×10^{-3}
		CD	*ANKRD30B*	18	9.83×10^{-8}	-	rs9675858	T	4.99×10^{-1}	-0.0004	0.0001	4.03×10^{-4}
		CD	*FERMT1*	20	1.43×10^{-7}	-	rs78566304	A	1.06×10^{-3}	0.0069	0.0021	1.09×10^{-3}
		T1D	*ALLC*	2	1.42×10^{-6}	-	rs573758969	C	1.45×10^{-3}	0.0036	0.0010	2.38×10^{-4}
		T1D	*LPP*	3	9.76×10^{-8}	-	rs186012592	G	6.79×10^{-5}	0.0224	0.0045	8.11×10^{-7}
		T1D	*ZIC2*	13	1.44×10^{-11}	-	rs13542	A	2.23×10^{-1}	0.0002	0.0001	4.98×10^{-2}
		T1D	*ZNF83*	19	2.73×10^{-8}	0.609	rs329940	A	1.09×10^{-4}	0.0168	0.0056	2.50×10^{-3}

Validation of gene-based analysis

We first selected 52 significant gene-trait associations from the gene-wise analysis and repeated the gene-based tests using 405,379 individuals from the UK Biobank [39,40]. The strongest gene-trait associations were detected with CD in *GRWD1* ($P = 0.022$) and *ZNF92* ($P = 0.046$) genes, but neither of these were significant after correcting for multiple testing (Table 2).

Secondly, we used variant-wise GWAS results of the UK Biobank in 361,194 individuals [41]. Although approximately only 25% of the tested rare NS and LoF variants overlapped between the Estonian Biobank and the UK Biobank data, the UKBB GWAS analysis confirmed signals ($P < 10^{-5}$) in five detected genes. Considering the lowest *P* values in our candidate gene regions, we detected two significant ($P = 1.30 \times 10^{-34}$, CD in *GPRC6A* with the 1000G imputation; $P = 6.05 \times 10^{-14}$, BD in *LIN54* with the EstFin imputation) and three suggestive ($P = 8.11 \times 10^{-7}$, T1D in *LPP* with the EstFin imputation, $P = 1.41 \times 10^{-6}$, T1D in *SLC22A8* with the EstFin imputation, $P = 1.60 \times 10^{-6}$, T1D in *FAM186B* with the 1000G imputation) associations in the UKBB GWAS data (Table 2). Significant gene-based findings with presumptive evidence of biological meaningfulness including *VGLL4*, *LPP* and *HLA-G* as well as few other loci are discussed in S1 Appendix. Relevant GWAS Catalog entries related to significant findings from gene-based analysis are presented in S6 Table.

Gene-based analysis of rare variants demonstrated that our ethnically matched panel outperformed the 1000G-based imputation, provided 10-fold increase in tested genes and significant findings. Validation indicated that most of the significantly associated genes were previously known, but there were some which turned out to be worthwhile novel findings.

Discussion

Over the past few years, ethnically matched imputation reference panels have been implemented in favour of widely used cosmopolitan 1000G and HRC panels. The former mentioned panels have showed great improvement in imputation accuracy, but their effect to the downstream analysis is not very well examined. In the current study, we performed a comparison of ethnically matched EstFin and ethnically mixed 1000G-based imputed genotypes in the Estonian Biobank study cohort of

178 ~52,000 individuals. In addition to the single variant analysis, we examined downstream differences as
179 a measure of identified associations in MAF-enriched and rare-variant analysis. We have
180 demonstrated that ethnically matched panel empowers the detection of rare variant signals and have
181 identified clinically significant novel loci for complex diseases which will be discussed further below.

182 Ethnically matched reference panel leads to greater improvement in downstream 183 consequences for rare variants compared to common variants

184 Ethnically matched panel provides a significantly higher proportion of confidently imputed variants
185 compared to the 1000G panel (S1 Table). The difference increases with the decrease of MAF, because
186 of the insufficient representation of rare variants in the 1000G IRP. We observed that single variant
187 GWAS identified a similar number of genome-wide significant findings in these two imputed datasets
188 and we did not detect any major differences in fine-mapping of these loci. At the same time, it should
189 be taken into consideration that in the current analyses we rely on a relatively small number of disease
190 cases, resulting in limited statistical power. It is likely one of the main factors why we did not observe
191 any major differences in single variant GWA analyses. Possibly these results would be different with
192 significantly larger cohorts as, at some point, one should start detecting low-frequency and rare
193 variants that have been imputed confidently and therefore can be tested with the ethnically matched
194 IRPs. Secondly, 1000G reference panel contains European haplotypes, and therefore it can be a
195 relatively good reference for imputing common variants in the Estonian population. But the results can
196 differ for those populations, which are more distant from the populations used in transethnic
197 imputation reference sets.
198 Rare variant analyses demonstrated great differences, where the EstFin-based imputation clearly out-
199 performed the 1000G imputation, allowing for the identification of 10 times more genome-wide
200 significant genes (Table 2). The EstFin IRP includes a larger number of haplotypes close to the target
201 samples, deriving unique variants from genomes not included in the 1000G panel. This improves the
202 chances of a rare variant being effectively tagged by a haplotype. Moreover, including haplotypes
203 from ethnically distant populations may not accurately capture LD patterns of population-specific
204 variants or imputation can introduce polymorphic variants in the target samples that are actually

205 monomorphic as observed previously [10]. Our results empirically demonstrate the contribution of
206 rare variants in complex traits analysis using ethnically matched panel, as compared to ethnically
207 mixed population reference.

208 **Validation of gene-based analysis**

209 Validation of gene-based analysis results in the UK Biobank individual-level data detected two
210 significant gene-trait signals ($P < 0.05$), but neither remained significant after multiple testing
211 correction. For gene-trait associations detected in the EBB data, we were not able to validate 6 (out of
212 42) and 9 (out of 10) genes containing NS and LoF variants, respectively. This was accounted for the
213 UKBB data containing less than two NS and LoF variants within these genes (Table 2). A likely
214 explanation is that the ethnically matched panel captures a significantly larger number of such rare
215 variants which are not well-captured through the imputation with more heterogeneous reference
216 panels. Therefore we argue that failing to validate most of the gene-based analysis results in the UK
217 Biobank data can be due to the population-specific nature of the rare variant findings.
218 Nevertheless, some of the associations were validated by matching the observed significant genes with
219 the variants located in the same gene regions in the UKBB single variant association analysis, as well
220 as many of the genes detected by us were associated with relevant traits in literature (S1 Appendix).
221 We hypothesize about a causative role for *LPP* variants conferring susceptibility to T1D – an
222 assumption being initially rejected in a study involving both celiac disease and T1D patients [42].
223 Pleiotropic effects have been reported for *LPP* in association studies involving diverse autoimmune di-
224 seases where shared susceptibility factors outside the HLA-region are widely recognized. In addition,
225 *LPP* mRNA and protein are expressed in multiple tissues, including islets of Langerhans and pancreas,
226 and *LPP* gene is relatively intolerant of LoF variation (ExAC pLI = 0.58) [43].
227 In conclusion, we observed that analysis of rare variants outperforms the ethnically matched
228 imputation reference panel compared to multi-ethnic panels. The use of an ethnically matched panel
229 ensures a far better imputation quality for rare variation and allows capturing more population-specific
230 variants, enabling more efficient discovery of disease-associated genes.

Materials and methods

Study cohorts

Estonian Biobank. The Estonian Biobank (EBB) is a population-based biobank of the Estonian Genome Center at the University of Tartu. EBB contains almost 52,000 individuals of the Estonian population (aged ≥18 years), which closely reflects the age, sex and geographical distribution of the Estonian adult population [44]. At baseline, the general practitioners performed a standardized health examination of the participants, who also donated blood samples for DNA, white blood cells and plasma tests and filled out a questionnaire on health-related topics. All biobank participants have signed a broad informed consent form, which allows periodical linking to national registries, electronic health record databases and hospital information systems. The majority of biobank participants have been analysed using genotyping arrays. High-coverage whole genome sequencing data is available for the 2,535 individuals, selected randomly by county of birth. The project was approved by the Research Ethics Committee of the University of Tartu (application number 234/T-12).

FINRISK. FINRISK is a series of health examination surveys carried out by the National Institute for Health and Welfare (formerly National Public Health Institute) of Finland every five years since 1972. The surveys are based on random population samples from five (or six in 2002) specified geographical areas of Finland. The samples have been stratified by 10-year age group, sex and study area. The sample sizes have varied from approximately 7,000 to 13,000 individuals and the participation rates from 60% to 90% in different study years. The age-range was 25-64 years until 1992 and 25-74 since 1997. The survey included a self-administered questionnaire, a standardized clinical examination carried out by specifically trained study nurses and drawing of a blood sample. Details of the examination have been previously described [45,46]. DNA has been collected since the 1992 survey from approximately 34,000 participants. The surveys have appropriate ethical approvals following the usual practices of each survey-year and the participants have signed an informed consent. The validity of clinical diagnoses in these registers has been documented in several publications [47–50].

Finnish Migraine Families collection. The families were collected over a period of 25 years from six headache clinics in Finland (Helsinki, Turku, Jyväskylä, Tampere, Kemi, and Kuopio) and through advertisements on the national migraine patient organization web page (http://migreeni.org/). Geographically, family members are represented from across the entire country. The current collection consists of 1,589 families, which included a complete range of pedigree sizes from small to large (e.g., 1,023 families had 1–4 related individuals and 566 families had 5+ related individuals). Currently, the collection consists of 8,319 family members, of whom 5,317 have a migraine diagnosis based on the third edition of the established International Classification for Headache Disorders (ICHD-3) criteria [51].

MESTA. The Living Conditions and Physical Health of Outpatients with Schizophrenia study recruited 276 outpatients with schizophrenia spectrum disorder (ICD-10 F20–F29) from the psychosis outpatient clinics of three municipalities in Finland (Järvenpää, Mäntsälä, and Tuusula). The study protocol consisted of a questionnaire and interview assessing current symptoms, functioning, lifestyle, and a comprehensive health examination. DNA samples were collected as a part of the study based on a separate informed consent [52,53].

Health 2000. The Finnish Health 2000 Survey was based on a nationally representative sample of 8,028 persons aged 30 years or over living in mainland Finland. A two-stage stratified cluster sampling design was used. The sampling frame was regionally stratified according to the five university hospital regions, and from each university hospital region 16 health care districts were sampled as clusters (altogether 80 health care districts). Persons within the health care districts were selected by systematic sampling, and persons aged 80 years and over were oversampled by doubling the sampling fraction. The field work took place between September 2000 and June 2001, and consisted of a home interview and a health examination at the local health centre, or a condensed interview and health examination of non-respondents at home. In addition, several questionnaires were used to assess symptoms, lifestyle, and exposures related to different health problems. Of the study sample, 88% were interviewed, 80% attended a comprehensive health examination and 5% attended a condensed examination at home [54].

Ethnically matched imputation reference panel

WGS data for Estonian and Finnish samples were generated and jointly processed at the Broad Institute of MIT and Harvard. WGS samples had PCR-free DNA preparation (Estonian Biobank, FINRISK, Finnish Migraine Families collection, Health 2000) and PCR-amplified preparation (MESTA), followed by sequencing on the Illumina HiSeq X platform with the use of 151-bp paired-end reads with mean coverage of ~30×. Sequenced reads were aligned to the GRCh37 human reference genome assembly using BWA-MEM v0.7.7 [55]; PCR duplicates were marked using Picard v1.136 (http://broadinstitute.github.io/picard/), and the Genome Analysis Toolkit (GATK) v3.4-46 [56,57] best-practice guideline was applied for further BAM processing and variant calling.

Samples were excluded based on high contamination (>5%), high proportion of chimeric alignment (>5%), low genotype quality (GQ < 50), low coverage (<20×), high coverage (> mean + 3 sd), relatedness (identity-by-descent (IBD) > 0.1), sex mismatches, high genotype discordance (>5%) between sequenced and chip-based data. Additionally, samples were filtered (mean ± 3 sd) based on total number of variants, non-reference variants, singletons, heterozygous/homozygous variants ratio (single nucleotide variants (SNVs) and indels were tested separately in the above-mentioned cases), insertion/deletion ratio for novel indels, insertion/deletion ratio for indels observed in dbSNP, and transition/transversion ratio. After filtering and exclusion of duplicates, the WGS datasets were merged, containing 4,135 individuals (2,279 Estonians and 1,856 Finns).

The following variants were set to missing: GQ < 20, read depth > 200×, phred-scaled genotype likelihood of reference allele < 20 for heterozygous and homozygous variant calls, and allele balance <0.2 or >0.8 for heterozygous calls. The GATK Variant Quality Score Recalibration (VQSR) was used to filter variants with a truth sensitivity of 99.8% for SNVs and of 99.9% for indels. Variants with inbreeding coefficient < –0.3, quality by depth < 2 for SNVs and < 3 for indels, call rate < 90%, and Hardy-Weinberg equilibrium (HWE) P value < 1×10^{-9} were removed. Monomorphic, multi-allelic variants, and low-complexity regions [58] were further excluded. The final IRP contains 38,226,084 variants.

Autosomal chromosomes and GRCh37 (hg19) human reference genome assembly was used for all analysis.

312 **Chip-based genotype data**

313 The EBB participants have been analysed using Illumina genotyping arrays: 1) Global Screening
314 Array (GSA, N=33,277), 2) HumanCoreExome (CE, N=7,832), 3) HumanOmniExpress (OMNI,
315 N=8,137), and 4) 370K (N=2,640). Individuals with missing phenotype data were excluded. Final set
316 of genotyped data contained 48,163 unique individuals. The genotype calling for the microarrays was
317 performed using Illumina's GenomeStudio v2010.3 software. The genotype calls for rare variants on
318 the GSA array were corrected using the zCall software (version May 8th, 2012). After variant calling,
319 the data was filtered using PLINK v.1.90 [59] by sample (call rate > 95%, no sex mismatches between
320 phenotype and genotype data, heterozygosity < mean ± 3 sd) and marker-wise (HWE *P* value > $1 \times$
321 10^{-6}, call rate > 95%, and for the GSA array additionally by Illumina GenomeStudio GenTrain score >
322 0.6, Cluster Separation Score > 0.4). Before the imputation, variants with MAF < 1% and C/G or T/A
323 polymorphisms as well as indels were removed, as these genotype calls do not allow precise phasing
324 and imputation.

325 **Phasing and imputation**

326 The WGS-based imputation reference panel was phased using Eagle v2.3 [60,61] with default
327 parameters except the *Kpbwt* parameter that was set to 20000 to increase accuracy. Pre-phasing of
328 genotyped data was performed in similar manner for all four arrays separately with Eagle and imputed
329 with Beagle v4.1 [62]. All pre-phased genotype datasets were imputed twice using the following
330 reference panels: 1) EstFin IRP containing 8,270 reference haplotypes and 38.2 M autosomal variants;
331 2) 1000G IRP holding 5,008 reference haplotypes and 81.7 M autosomal markers. All four imputed
332 arrays were merged by IRP with BCFtools v1.6 (https://samtools.github.io/bcftools/bcftools.html).
333 Imputation information measure (INFO-value) [4] were added using BCFtools plugin 'impute-info'.
334 Monomorphic, multi-allelic and directly genotyped variants were excluded for all downstream
335 analyses. Only confidently imputed variants (INFO-value > 0.8) with MAF > 0.05% were considered:
336 13,859,717 (12,872,515 SNVs, 987,202 indels) variants imputed with the EstFin IRP and 9,058,236
337 (8,232,261 SNVs, 825,975 indels) variants imputed with the 1000G IRP (Fig 1).

338 **Phenotypes**

339 In the association analysis, only unrelated individuals were included (IBD sharing < 0.2). Samples
340 were excluded by choosing the minimal list of related individuals to break all kinship ties and, if
341 possible, cases were preferred over controls using RELOUT5 tool from Allele
342 (http://www.toomashaller.com/allele.html). Questionnaire-based data was linked to the electronic
343 health records (the Estonian Health Insurance database, data available for years 2003–2015) and other
344 health-related databases like the Estonian Causes of Death Registry (2003–2015), and the Estonian
345 Cancer Registry (2003–2013).

346 After linking, dead people without time of death, participants without records from registries, and
347 individuals older than 80 years at recruitment were excluded. The latter because diagnoses in the
348 elderly people are often related to significant risk-altering comorbidities (cancer or cardiovascular
349 diseases). Associations of body mass index, three cardiometabolic (coronary artery disease,
350 hypertension, type 2 diabetes) and four autoimmune (bipolar disorder, Crohn's disease, rheumatoid
351 arthritis, type 1 diabetes) diseases were analyzed in 36,716 Estonians (S2 Table).

352 **Single variants analysis**

353 Single variant analysis was conducted with Hail 0.1 (http://broadinstitute.github.io/picard/). Linear
354 regression was used to test each variant's allelic dosage additive effect with body mass index, and
355 Firth [63] logistic regression with seven diseases. Models were adjusted for age, sex, first ten principal
356 components (PC1-10), and genotype array. Only confidently imputed variants (INFO > 0.8) with MAF
357 > 0.05% were considered. A multiple testing corrected significance level (5×10^{-8} / 8 phenotypes) =
358 6.25×10^{-9} were used.

359 All genome-wide significant loci were visualized by regional association plots using LocusZoom
360 v0.4.8 [64] with the 1000G phase 3 European population LD reference panel. Pairwise examination of
361 quantile-quantile plots of GWAS *P* values indicated that the distribution of the test statistics were
362 nearly identical for both datasets, and did not demonstrate significant genomic inflation (S6 Fig). All
363 significantly associated loci were compared to the National Human Genome Research Institute
364 (NHGRI-EBI) GWAS Catalog [1] (April 10, 2018) data.

365 **Fine-mapping**

366 To identify causal variants that denote molecular mechanisms behind the associations, we performed
367 fine-mapping analysis using FINEMAP v1.3 [65] around (± 500 kilobase (kb)) genome-wide
368 significant loci detected by variant-wise analysis (Table 1). FINEMAP was applied with default
369 parameters, allowing for at most five causal variants and the highest posterior probability for the
370 number of causal signals was used.

371 **Enrichment analysis**

372 Enriched variants in the EstFin imputed data were detected in comparison of 503 European (EUR)
373 individuals from the 1000G phase 3 data. Enrichment rates were calculated as MAF in Estonians (Est)
374 divided by MAF in 1000G EUR individuals:

375 $$\text{Enrichment} = \frac{\text{MAF}_{\text{Est}}}{\text{MAF}_{\text{1000G_EUR}}}.$$

376 Corresponding Bonferroni corrected significance level for variants enriched 10-fold in Estonians
377 (enrichment > 10) was [0.05 / (191,099 variants × 8 phenotypes)] = 3.27×10^{-8}.

378 **Gene-based analysis**

379 To determine the joint contribution of rare variants on eight complex traits, we implemented gene-
380 based SKAT-O [27] tests with EPACTS (https://genome.sph.umich.edu/wiki/EPACTS). All variants
381 were annotated with EPACTS module 'anno' (GENCODE v14 [66]). Only nonsynonymous
382 (nonsynonymous, normal splice site or stop gain) and loss-of-function (stop gain, essential splice site
383 or frameshift) variants with INFO > 0.8 and 0.000001% < MAF < 1% were included. Models were
384 adjusted for age, sex, PC1-10 and genotype arrays. Results were post-filtered that each gene contained
385 at least two NS or LoF variants. We identified 12,930 (663) and 1,274 (9) NS (LoF) genes in the
386 EstFin and the 1000G IRP-based imputed data, respectively. Bonferroni corrected significance levels
387 based on the number of identified genes in both imputed datasets were used: [0.05 / (12,951 × 8
388 phenotypes)] = 4.83×10^{-7} and [0.05 / (665 × 8 phenotypes)] = 9.40×10^{-6} for NS and LoF genes,
389 respectively.

390 **UK Biobank data**

391 The UK Biobank enrolled about 500,000 people aged between 40-69 years in 2006-2010 from across
392 the United Kingdom [67]. Two approaches were used to validate significant gene-trait associations
393 from the UKBB data:

394 1) We used genotyped and imputed individual-level data as released by UK Biobank in March 2018
395 [39,40]. In the analysis we used 405,379 unrelated (IBD sharing < 0.2) individuals with European
396 origin and confidently imputed variants (INFO > 0.8). Diagnosis of prevalent disease was based on
397 International Classification of Diseases (ICD-10) diagnosis codes and self-reported data. The same
398 SKAT-O models were applied as used to discover 52 significant gene-trait associations in the
399 Estonian Biobank data (Table 2).

400 2) We used GWAS analysis results of the UK Biobank in 361,194 individuals provided by the Neale
401 lab [41] and selected variant-trait results with the lowest *P* value for each significant gene-trait
402 association (gene ± 5 kb) detected in the Estonian Biobank data (Table 2).

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Supporting information

S1 Fig. Number of confidently imputed variants. Venn diagrams of confidently imputed variants (INFO > 0.8) using EstFin (blue) and 1000G (orange) IRPs in four minor allele frequency categories. A) 0.05% < MAF ≤ 0.5%, B) 0.5% < MAF ≤ 1%, C) 1% < MAF ≤ 5%, D) MAF > 5%.

S2 Fig. Distributions of imputation INFO-values. Distribution of imputation INFO-values for the EstFin and the 1000G IRPs imputed data measured on chromosome 20 in four minor allele frequency categories. A) EstFin IRP, B) 1000G IRP.

S3 Fig. Genome-wide association analysis results of eight common traits. The top panel of Miami plot shows the single variant association analysis results using the EstFin-based imputed data, while the bottom part shows GWAS results for the 1000G IRP imputed data. Red dots denote significant regions and the genome-wide significance threshold after correction for multiple testing ($P < 6.25 \times 10^{-9}$) is indicated by a red dashed line. A) body mass index, B) bipolar disorder, C) Crohn's disease, D) hypertension, E) coronary artery disease, F) rheumatoid arthritis, G) type 1 diabetes, H) type 2 diabetes.

S4 Fig. Significant regions from single variant association analysis. Regional plots show all significant genomic regions from the single variant analysis. The left panel indicates results for the EstFin-based imputed data, while the right panel shows results for the 1000G IRP imputed data. The purple symbol represents the lead variant, and the rest of the colour-coded variants denote LD with the lead variant estimated by r^2 from the 1000G phase 3 (EUR population) data.

* 1000G-based imputed data shows a single variant significantly association with HT at 2q22.1, which most likely represents a false-positive finding.

S5 Fig. Gene-based association analysis results of common traits. The top panel of Miami plot shows the gene-based association analysis results using the EstFin-based imputed data, while the

bottom part shows results for the 1000G IRP imputed data. Blue dots represent tested genes including NS variants and orange asterisks LoF variants. Dashed lines indicate significance levels after correction for multiple testing: $P < 4.83 \times 10^{-7}$ for NS variants (blue) and $P < 9.40 \times 10^{-6}$ for LoF variants (orange). Red symbols denote significant genes. A) body mass index, B) Crohn's disease, C) hypertension, D) coronary artery disease, E) rheumatoid arthritis, F) type 1 diabetes, G) type 2 diabetes.

S6 Fig. Quantile-quantile plots for single variant association analysis. Quantile-quantile plots of the GWAS *P* values based on the EstFin (left panel, blue dots) and the 1000G (right panel, purple dots) IRPs imputed data. Region in gray dashed lines is the 95% confidence band. A) body mass index, B) bipolar disorder, C) Crohn's disease, D) coronary artery disease, E) hypertension, F) rheumatoid arthritis, G) type 1 diabetes, H) type 2 diabetes.

S1 Table. Number of imputed variants. Number of overall, well-imputed (INFO > 0.4) and confidently imputed (INFO > 0.8) variants with the EstFin and the 1000G IRPs. The last column indicates confidently imputed variants common for both IRP-based imputations.

S2 Table. An overview of seven complex diseases. ICD-10 diagnosis codes, number of cases and controls for seven complex diseases in 36,716 Estonian Biobank individuals used in the association analysis.

S3 Table. Previously known associations for significant single variant analysis results. Relevant genome-wide associations from the GWAS Catalog for significant genomic regions (around genes (± 50 kb) with the lowest *P* value) detected by variant-wise analysis. Gray background refers to direct relationship between studied trait and GWAS Catalog entry.

S4 Table. Summary statistics of lead variants at significant loci identified in single variant GWAS results. Confidently imputed variants (INFO > 0.8) are tested for associations with complex traits

(BMI – body mass index, CAD – coronary artery disease, RA – rheumatoid arthritis, T1D – type 1 diabetes, T2D – type 2 diabetes). Analyses are conducted separately for the EstFin and the 1000G IRP-based imputed datasets. Multiple testing corrected significance level ($P < 6.25 \times 10^{-9}$) is used. For each significant loci, lead variant with single variant GWAS summary statistics are provided.

S5 Table. Overview of genetic variants involved in significant gene-trait associations. A list of all single variants involved in significant gene-wise associations with single variant GWAS summary statistics. In the last column, relevant references are provided, where particular gene-trait association is previously identified.

S6 Table. Previously known associations for significant gene-based analysis results. Relevant genome-wide associations from the GWAS Catalog for significant genes (± 50 kb) detected by gene-wise analysis. Gray background refers to direct relationship between studied trait and GWAS Catalog entry.

S1 Appendix. Overview of genotype imputation and examples of disease associated genes. A detailed overview of genotype imputation with the EstFin and the 1000G IRPs are provided. Five examples of significant gene-trait associations from the EstFin-based imputation results with potential underlying biological mechanisms are considered in more details.