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Estimation of Non-null SNP Effect Size Distributions Enables the Detection of Enriched Genes Underlying Complex Traits 2

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Abstract 11

Traditional univariate genome-wide association studies generate false positives and negatives due to 12 difficulties distinguishing associated variants from variants with spurious nonzero effects that do not 13 directly influence the trait. Recent efforts have been directed at identifying genes or signaling pathways 14 enriched for mutations in quantitative traits or case-control studies, but these can be computationally 15 costly and hampered by strict model assumptions. Here, we present gene- ε , a new approach for identifying 16 statistical associations between sets of variants and quantitative traits. Our key insight is that enrichment 17 studies on the gene-level are improved when we reformulate the genome-wide SNP-level null hypothesis 18 to identify spurious small-to-intermediate SNP effects and classify them as non-causal. gene- ε efficiently 19 identifies enriched genes under a variety of simulated genetic architectures, achieving greater than a 90% 20 true positive rate at 1% false positive rate for polygenic traits. Lastly, we apply gene- ε to summary 21 statistics derived from six quantitative traits using European-ancestry individuals in the UK Biobank, 22 and identify enriched genes that are in biologically relevant pathways. 23

Author Summary 24

Enrichment tests augment the standard univariate genome-wide association (GWA) framework by identi-25 fying groups of biologically interacting mutations that are enriched for associations with a trait of interest, 26 beyond what is expected by chance. These analyses model local linkage disequilibrium (LD), allow many 27 different mutations to be disease-causing across patients, and generate biologically interpretable hypothe-28 ses for disease mechanisms. However, existing enrichment analyses are hampered by high computational 29 costs, and rely on GWA summary statistics despite the high false positive rate of the standard univariate 30 GWA framework. Here, we present the gene-level association framework gene- ε (pronounced "genie"). 31 an empirical Bayesian approach for identifying statistical associations between sets of mutations and 32 quantitative traits. The central innovation of gene- ε is reformulating the GWA null model to distinguish 33 between (i) mutations that are statistically associated with the disease but are unlikely to directly in-34 fluence it, and *(ii)* mutations that are most strongly associated with a disease of interest. We find that, 35 with our reformulated SNP-level null hypothesis, our gene-level enrichment model outperforms existing 36 enrichment methods in simulation studies and scales well for application to emerging biobank datasets. 37 We apply gene- ε to six quantitative traits in the UK Biobank and recover novel and functionally validated 38

gene-level associations. 39

40 Introduction

⁴¹ Over the last decade, there has been an evolving debate about the types of insight genome-wide single-⁴² nucleotide polymorphism (SNP) genotype data offer into the genetic architecture of complex traits [1–5]. ⁴³ In the traditional genome-wide association (GWA) framework, individual SNPs are tested independently ⁴⁴ for association with a trait of interest. While this approach can have drawbacks [2, 3, 6], more recent ⁴⁵ approaches that combine SNPs within a region have gained power to detect biologically relevant genes ⁴⁶ and pathways enriched for correlations with complex traits [7–14]. Reconciling these two observations is ⁴⁷ crucial for biomedical genomics.

In the traditional GWA model, each SNP is assumed to either (i) directly influence (or perfectly tag a 48 variant that directly influences) the trait of interest; or (ii) have no affect on the trait at all (see Fig. 1A). 49 Throughout this manuscript, for simplicity, we refer to SNPs under the former as "associated" and those 50 under latter as "non-associated". These classifications are based on ordinary least squares (OLS) effect 51 size estimates for each SNP in a regression framework, where the null hypothesis assumes that the true 52 effects of non-associated SNPs are zero $(H_0: \beta_i = 0)$. The traditional GWA model is agnostic to trait 53 architecture, and is underpowered with a high false-positive rate for "polygenic" traits or traits which 54 are generated by many mutations of small effect [5, 15-17]. 55

Suppose that in truth each SNP in a GWA dataset instead belongs to one of *three* categories depending 56 on the underlying distribution of their effects on the trait of interest: (i) associated SNPs; (ii) non-57 associated SNPs that emit spurious nonzero statistical signals; and (iii) non-associated SNPs with zero-58 effects (Fig. 1B) [18]. Associated SNPs may lie in enriched genes that directly influence the trait of 59 interest. The phenomenon of a non-associated SNP emitting nonzero statistical signal can occur due 60 to multiple reasons. For example, spurious nonzero SNP effects can be due to some varying degree of 61 linkage disequilibrium (LD) with associated SNPs [19]; or alternatively, non-associated SNPs can have a 62 trans-interaction effect with SNPs located within an enriched gene. In either setting, spurious SNPs can 63 emit small-to-intermediate statistical noise (in some cases, even appearing indistinguishable from truly 64 associated SNPs), thereby confounding traditional GWA tests (Fig. 1B). Hereafter, we refer to this noise 65 as "epsilon-genic effects" (denoted in shorthand as " ε -genic effects"). There is a need for a computational 66 framework that has the ability to identify mutations associated with a wide range of traits, regardless of 67 whether narrow-sense heritability is sparsely or uniformly distributed across the genome. 68

Here, we develop a new and scalable quantitative approach for testing aggregated sets of SNP-level 69 GWA summary statistics for enrichment of associated mutations in a given quantitative trait. In practice, 70 our approach can be applied to any user-specified set of genomic regions, such as regulatory elements, 71 intergenic regions, or gene sets. In this study, for simplicity, we refer to our method as a gene-level 72 test (i.e., an annotated collection of SNPs within the boundary of a gene). The key contribution of 73 our approach is that gene-level association tests should treat spurious SNPs with ε -genic effects as non-74 associated variants. Conceptually, this requires assessing whether SNPs explain more than some "epsilon" 75 proportion of the phenotypic variance. In this generalized model, we reformulate the GWA null hypothesis 76 to assume *approximately* no association for spurious non-associated SNPs where 77

$$H_0: \beta_j \approx 0, \qquad \beta_j \sim \mathcal{N}(0, \sigma_{\varepsilon}^2), \qquad j = 1, \dots, J \text{ SNPs.}$$

Here, σ_{ϵ}^2 denotes a "SNP-level null threshold" and represents the maximum proportion of phenotypic 79 variance explained (PVE) that is contributed by spurious non-associated SNPs. This null hypothesis 80 can be equivalently restated as $H_0: \mathbb{E}[\beta_j^2] \leq \sigma_{\varepsilon}^2$ (Fig. 1B). Non-enriched genes are then defined as genes that only contain SNPs with ε -genic effects (i.e., $0 \leq \mathbb{E}[\beta_j^2] \leq \sigma_{\varepsilon}^2$ for every *j*-th SNP within that region). 81 82 Enriched genes, on the other hand, are genes that contain at least one associated SNP (i.e., $\mathbb{E}[\beta_i^2] > \sigma_{\varepsilon}^2$ 83 for at least one SNP j within that region). By accounting for the presence of spurious ε -genic effects (i.e., 84 through different values of σ_{ε}^2 which the user can subjectively control), our approach flexibly constructs 85 an appropriate GWA SNP-level null hypothesis for a wide range of traits with genetic architectures that 86 land anywhere on the polygenic spectrum (see Materials and Methods). 87

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We refer to our gene-level association framework as "gene- ε " (pronounced "genie"). gene- ε leverages 88 our modified SNP-level null hypothesis to lower false positive rates and increases power for identifying 89 gene-level enrichment within GWA studies. This happens via two key conceptual insights. First, gene-90 ε regularizes observed (and inflated) GWA summary statistics so that SNP-level effect size estimates 91 are positively correlated with the assumed generative model of complex traits. Second, it examines the 92 distribution of regularized effect sizes to offer the user choices for an appropriate SNP-level null threshold 93 σ_{ϵ}^2 to distinguish associated SNPs from spurious non-associated SNPs. This makes for an improved 94 and refined hypothesis testing strategy for identifying enriched genes underlying complex traits. With 95 detailed simulations, we assess the power of gene- ε to identify significant genes under a variety of genetic 96 97 architectures, and compare its performance against multiple competing approaches [7, 10, 12, 14, 20]. We also apply gene- ε to the SNP-level summary statistics of six quantitative traits assayed in individuals of 98 European ancestry from the UK Biobank [21]. 99

$_{100}$ Results

101 Overview of gene- ε

¹⁰² The gene- ε framework requires two inputs: GWA SNP-level effect size estimates, and an empirical linkage ¹⁰³ disequilibrium (LD, or variance-covariance) matrix. The LD matrix can be estimated directly from ¹⁰⁴ genotype data, or from an ancestry-matched set of samples if genotype data are not available to the ¹⁰⁵ user. We use these inputs to both estimate gene-level contributions to narrow-sense heritability h^2 , and ¹⁰⁶ perform gene-level enrichment tests. After preparing the input data, there are three steps implemented ¹⁰⁷ in gene- ε , which are detailed below (Fig. 2).

First, we shrink the observed GWA effect size estimates via regularized regression (Figs. 2A and 108 B; Eq. (4) in Materials and Methods). This shrinkage step reduces the inflation of OLS effect sizes 109 for spurious SNPs [22], and increases their correlation with the assumed generative model for the trait 110 of interest (particularly for traits with high heritability; Fig. S1). When assessing the performance of 111 gene- ε in simulations, we considered different types of regularization for the effect size estimates: the 112 Least Absolute Shrinkage And Selection Operator (gene- ε -LASSO) [23], the Elastic Net solution (gene-113 ε -EN) [24], and Ridge Regression (gene- ε -RR) [25]. We also assessed our framework using the observed 114 ordinary least squares (OLS) estimates without any shrinkage (gene- ε -OLS) to serve as motivation for 115 having regularization as a step in the framework. 116

Second, we fit a K-mixture Gaussian model to all regularized effect sizes genome-wide with the goal 117 of classifying SNPs as associated, non-associated with spurious statistical signal, or non-associated with 118 zero-effects (Figs. 1B and 2C; see also [18]). Each successive Gaussian mixture component has distinctly 119 smaller variances $(\sigma_1^2 > \cdots > \sigma_K^2)$ with the K-th component fixed at $\sigma_K^2 = 0$. Estimating these variance 120 components helps determine an appropriate k-th category to serve as the cutoff for SNPs with null effects 121 (i.e., choosing some variance component σ_k^2 to be the null threshold σ_{ε}^2). The gene- ε software allows users 122 to determine this cutoff subjectively. Intuitively, enriched genes are likely to contain important variants 123 with relatively larger effects that are categorized in the early-to-middle mixture components. Since the 124 biological interpretation of the middle components may not be consistent across trait architectures, we 125 take a conservative approach in our selection of a cutoff when determining associated SNPs. Without loss 126 of generality, we assume non-null SNPs appear in the first mixture component with the largest variance, 127 while null SNPs appear in the latter components. By this definition, non-associated SNPs with spurious 128 ε -genic or zero-effects then have PVEs that fall at or below the variance of the second component (i.e., 129 $\sigma_{\varepsilon}^2 = \sigma_2^2$ and $H_0: \mathbb{E}[\beta_j^2] \leq \sigma_2^2$ for the *j*-th SNP). gene- ε allows for flexibility in the number of Gaussians 130 that specify the range of null and non-null SNP effects. To achieve genome-wide scalability, we estimate 131 parameters of the K-mixture model using an expectation-maximization (EM) algorithm. 132

¹³³ Third, we group the regularized GWA summary statistics according to gene boundaries (or user-

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specified SNP-sets) and compute a gene-level enrichment statistic based on a commonly used quadratic form (Fig. 2D) [7, 12, 20]. In expectation, these test statistics can be naturally interpreted as the contribution of each gene to the narrow-sense heritability. We use Imhof's method [26] to derive a *P*-value for assessing evidence in support of an association between a given gene and the trait of interest. Details for each of these steps can be found in Materials and Methods, as well as in Supporting Information.

¹³⁹ Performance Comparisons in Simulation Studies

To assess the performance of gene- ε , we simulated complex traits under multiple genetic architectures 140 using real genotype data on chromosome 1 from individuals of European ancestry in the UK Biobank 141 (Materials and Methods). Following quality control procedures, our simulations included 36,518 SNPs 142 (Supporting Information). Next, we used the NCBI's Reference Sequence (RefSeq) database in the 143 UCSC Genome Browser [27] to annotate SNPs with the appropriate genes. Simulations were conducted 144 using two different SNP-to-gene assignments. In the first, we directly used the UCSC annotations which 145 resulted in 1,408 genes to be used in the simulation study. In the second, we augmented the UCSC gene 146 boundaries to include SNPs within ± 50 kb, which resulted in 1,916 genes in the simulation study. For both 147 cases, we assumed a linear additive model for quantitative traits, while varying the following parameters: 148 sample size (N = 5,000 or 10,000); narrow-sense heritability $(h^2 = 0.2 \text{ or } 0.6)$; and the percentage of 149 enriched genes (set to 1% or 10%). In each scenario, we considered traits being generated with and 150 without additional population structure. In the latter setting, traits are simulated while also using the 151 top ten principal components of the genotype matrix as covariates to create stratification. Regardless of 152 the setting, GWA summary statistics were computed by fitting a single-SNP univariate linear model (via 153 OLS) without any control for population structure. Comparisons were based on 100 different simulated 154 runs for each parameter combination. 155

We compared the performance of gene- ε against that of five competing gene-level association or 156 enrichment methods: SKAT [20], VEGAS [7], MAGMA [10], PEGASUS [12], and RSS [14] (Supporting 157 Information). As previously noted, we also explored the performance of gene- ε while using various degrees 158 of regularization on effect size estimates, with gene- ε -OLS being treated as a baseline. SKAT, VEGAS. 159 and PEGASUS are frequentist approaches, in which SNP-level GWA P-values are drawn from a correlated 160 chi-squared distribution with covariance estimated using an empirical LD matrix [28]. MAGMA is also a 161 frequentist approach in which gene-level P-values are derived from distributions of SNP-level effect sizes 162 using an F-test [10]. RSS is a Bayesian model-based enrichment method which places a likelihood on 163 the observed SNP-level GWA effect sizes (using their standard errors and LD estimates), and assumes 164 a spike-and-slab shrinkage prior on the true SNP effects [29]. Conceptually, SKAT, MAGMA, VEGAS, 165 and PEGASUS assume null models under the traditional GWA framework, while RSS and gene- ε allow 166 for traits to have architectures with more complex SNP effect size distributions. 167

For all methods, we assess the power and false discovery rates (FDR) for identifying correct genes 168 at a Bonferroni-corrected threshold (P = 0.05/1408 genes = 3.55×10^{-5} and P = 0.05/1916 genes = 169 2.61×10^{-5} , depending on if the ± 50 kb buffer was used) or median probability model (posterior enrichment 170 probability > 0.5; see [30]) (Tables S1-S16). We also compare their ability to rank true positives over 171 false positives via receiver operating characteristic (ROC) and precision-recall curves (Figs. 3 and S2-S16). 172 While we find gene- ε and RSS have the best tradeoff between true and false positive rates, RSS does 173 not scale well for genome-wide analyses (Table 1). In many settings, gene- ε has similar power to RSS 174 (while maintaining a considerably lower FDR), and generally outperforms RSS in precision-versus-recall. 175 gene- ε also stands out as the best approach in scenarios where the observed OLS summary statistics 176 were produced without first controlling for confounding stratification effects in more heritable traits (i.e., 177 $h^2 = 0.6$). Computationally, gene- ε gains speed by directly assessing evidence for rejecting the gene-level 178 null hypothesis, whereas RSS must compute the posterior probability of being an enriched gene (which 179 can suffer from convergence issues; Supporting Information). For context, an analysis of just 1,000 genes 180 takes gene- ε an average of 140 seconds to run on a personal laptop, while RSS takes around 9.400 seconds 181

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182 to complete.

When using GWA summary statistics to identify genotype-phenotype associations, modeling the ap-183 propriate trait architecture is crucial. As expected, all methods we compared in this study have relatively 184 more power for traits with high h^2 . However, our simulation studies confirm the expectation that the 185 max utility for methods assuming the traditional GWA framework (i.e., SKAT, MAGMA, VEGAS, and 186 PEGASUS) is limited to scenarios where heritability is low, phenotypic variance is dominated by just a 187 few enriched genes with large effects, and summary statistics are not confounded by population structure 188 (Figs. S2, S3, S9, and S10). RSS, gene- ε -EN, and gene- ε -LASSO robustly outperform these methods 189 for the other trait architectures (Figs. 3, S4-S8, and S11-S16). One major reason for this result is that 190 shrinkage and penalized regression methods appropriately correct for inflation in GWA summary statis-191 tics (Fig. S1). For example, we find that the regularization used by gene- ε -EN and gene- ε -LASSO is able 192 to recover effect size estimates that are almost perfectly correlated $(r^2 > 0.9)$ with the true effect sizes 193 used to simulate sparse architectures (e.g., simulations with 1% enriched genes). In Figs. S17-S24, we 194 show a direct comparison between gene- ε with and without regularization to show how inflated SNP-level 195 summary statistics directly affect the ability to identify enriched genes across different trait architectures. 196 Regularization also allows gene- ε to preserve type 1 error when traits are generated under the null hy-197 pothesis of no gene enrichment. Importantly, our method is relatively conservative when GWA summary 198 statistics are less precise and derived from studies with smaller sample sizes (e.g., N = 5,000; Table S17). 199

²⁰⁰ Characterizing Genetic Architecture of Quantitative Traits in the UK Biobank

We applied gene- ε to 1,070,306 genome-wide SNPs and six quantitative traits — height, body mass index 201 (BMI), mean red blood cell volume (MCV), mean platelet volume (MPV), platelet count (PLC), waist-202 hip ratio (WHR) — assayed in 349,414 European-ancestry individuals in the UK Biobank (Supporting 203 Information) [21]. After quality control, we regressed the top ten principal components of the genotype 204 data onto each trait to control for population structure, and then we derived OLS SNP-level effect 205 sizes using the traditional GWA framework. For completeness, we then analyzed these GWA effect size 206 estimates with the four different implementations of gene- ε . In the main text, we highlight results under 207 the Elastic Net solution; detailed findings with the other gene- ε approaches can be found in Supporting 208 Information. 209

While estimating ε -genic effects, gene- ε provides insight into to the genetic architecture of a trait (Ta-210 ble S18). For example, past studies have shown human height to have a higher narrow-sense heritability 211 (estimates ranging from 45-80%; [6, 31–39]). Using Elastic Net regularized effect sizes, gene- ε estimated 212 approximately 11% of SNPs in the UK Biobank to be statistically associated with height. This meant 213 approximately 110,000 SNPs had marginal PVEs $\mathbb{E}[\beta_i^2] > 0$ (Materials and Methods). This number is 214 similar to the 93,000 and 100,000 height associated variants previously estimated by Goldstein [40] and 215 Boyle et al. [4], respectively. Additionally, gene- ε identified approximately 2% of SNPs to be "causal" 216 (meaning they had PVEs greater than the SNP-level null threshold, $\mathbb{E}[\beta_4^2] > \sigma_2^2$); again similar to the 217 Boyle et al. [4] estimate of 3.8% causal SNPs for height using data from the GIANT Consortium [32]. 218 and the Lello et al. [41] estimate of 3.1% causal SNPs for height using European-ancestry individuals in 219 the UK Biobank. 220

Compared to body height, narrow-sense heritability estimates for BMI have been considered both high and low (estimates ranging from 25-60%; [31, 33, 34, 36, 37, 39, 42–45]). Such inconsistency is likely due to difference in study design (e.g., twin, family, population-based studies), many of which have been known to produce different levels of bias [44]. Here, our results suggest BMI to have a lower narrow-sense heritability than height, with a slightly different distribution of null and non-null SNP effects. Specifically, we found BMI to have 13% associated SNPs and 6% causal SNPs.

In general, we found our genetic architecture characterizations in the UK Biobank to reflect the same general themes we saw in the simulation study. Less aggressive shrinkage approaches (e.g., OLS and Ridge) are subject to misclassifications of associated, spurious, and non-associated SNPs. As a result,

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these methods struggle to reproduce well-known narrow-sense heritability estimates from the literature, across all six traits. This once again highlights the need for computational frameworks that are able to appropriately correct for inflation in summary statistics.

²³³ gene- ε Identifies Refined List of Genetic Enrichments

Next, we applied gene- ε to the summary statistics from the UK Biobank and generated genome-wide 234 gene-level association P-values (panels A and B of Figs. 4 and S25-S29). As in the simulation study, we 235 conducted two separate analyses using two different SNP-to-gene annotations: (i) we used the RefSeq 236 database gene boundary definitions directly, or (b) we augmented the gene boundaries by adding SNPs 237 within a ± 50 kilobase (kb) buffer to account for possible regulatory elements. A total of 14,322 genes 238 were analyzed when using the UCSC boundaries as defined, and a total of 17,680 genes were analyzed 239 when including the 50kb buffer. The ultimate objective of gene- ε is to identify enriched genes, which we 240 define as containing at least one associated SNP and achieving a gene-level association P-value below a 241 Bonferroni-corrected significance threshold (in our two analyses, P = 0.05/14322 genes $= 3.49 \times 10^{-6}$ and 242 P = 0.05/17680 genes 2.83×10^{-6} , respectively; Tables S19-S24). As a validation step, we compared gene-243 ε P-values to RSS posterior enrichment probabilities for each gene. We also used the gene set enrichment 244 analysis tool Enrichr [46] to identify dbGaP categories with an overrepresentation of significant genes 245 reported by gene- ε (panels C and D of Figs. 4 and S25-S29). A comparison of gene-level associations and 246 gene set enrichments between the different gene- ε approaches are also listed (Tables S25-S27). 247

Many of the candidate enriched genes we identified by applying gene- ε were not previously annotated 248 as having trait-specific associations in either dbGaP or the GWAS catalog (Fig. 4); however, many of these 249 same candidate genes have been identified by past publications as related to the phenotype of interest 250 (Table 2). It is worth noting that multiple genes would not have been identified by standard GWA 251 approaches since the top SNP in the annotated region had a marginal association below a genome-wide 252 threshold (see Table 2 and highlighted rows in Tables S19-S24). Additionally, 45% of the genes selected 253 by gene- ε were also selected by RSS. For example, gene- ε reports C1orf150 as having a significant gene-254 level association with MPV ($P = 1 \times 10^{-20}$ and RSS posterior enrichment probability of 1), which is 255 known to be associated with germinal center signaling and the differentiation of mature B cells that 256 mutually activate platelets [47–49]. Importantly, nearly all of the genes reported by gene- ε had evidence 257 of overrepresentation in gene set categories that were at least related to the trait of interest. As expected, 258 the top categories with Enrichr Q-values smaller than 0.05 for height and MPV were "Body Height" and 259 "Platelet Count", respectively. Even for the less heritable MCV, the top significant gene sets included 260 hematological categories such as "Transferrin", "Erythrocyte Indices", "Hematocrit", "Narcolepsy", and 261 "Iron" — all of which have verified and clinically relevant connections to trait [50-57]. 262

Lastly, gene- ε also identified genes with rare causal variants. For example, ZNF628 (which is not 263 mapped to height in the GWAS catalog) was detected by gene- ε with a significant P-value of 1×10^{-20} 264 (and $P = 4.58 \times 10^{-8}$ when the gene annotation included a 50kb buffer). Previous studies have shown a 265 rare variant rs147110934 within this gene to significantly affect adult height [38]. Rare and low-frequency 266 variants are generally harder to detect under the traditional GWA framework. However, rare variants 267 have been shown to be important for explaining the variation of complex traits [28, 39, 58–61]. With 268 regularization and testing for spurious ε -genic effects, gene- ε is able to distinguish between rare variants 269 that are causal and SNPs with larger effect sizes due various types of correlations. This only enhances 270 the power of gene- ε to identify potential novel enriched genes. 271

272 Discussion

²⁷³ During the past decade, it has been repeatedly observed that the traditional GWA framework can struggle ²⁷⁴ to accurately differentiate between associated and spurious SNPs (which we define as SNPs that covary

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with associated SNPs but do not directly influence the trait of interest). As a result, the traditional 275 GWA approach is prone to generating false positives, and detects variant-level associations spread widely 276 across the genome rather than aggregated sets in disease-relevant pathways [4]. While this observation 277 has spurred to many interesting lines of inquiry — such as investigating the role of rare variants in 278 generating complex traits [9, 28, 58, 59], comparing the efficacy of tagging causal variants in different 279 ancestries [62, 63], and integrating GWA data with functional -omics data [64–66] — the focus of GWA 280 studies and studies integrating GWA data with other -omics data is still largely based on the role of 281 individual variants, acting independently. 282

Here, our objective is to identify biologically significant underpinnings of the genetic architecture of 283 complex traits by modifying the traditional GWA null hypothesis from $H_0: \beta_i = 0$ (i.e., the j-th SNP 284 has zero statistical association with the trait of interest) to $H_0: \beta_j \approx 0$. We accomplish this by testing 285 for ε -genic effects: spurious small-to-intermediate effect sizes emitted by truly non-associated SNPs. We 286 use an empirical Bayesian approach to learn the effect size distributions of null and non-null SNP effects, 287 and then we aggregate (regularized) SNP-level association signals into a gene-level test statistic that 288 represents the gene's contribution to the narrow-sense heritability of the trait of interest. Together, these 289 two steps reduce false positives and increase power to identify the mutations, genes, and pathways that 290 directly influence a trait's genetic architecture. By considering different thresholds for what constitutes 291 a null SNP effect (i.e., different values of σ_{ε}^2 for spurious non-associated SNPs; Figs. 1 and 2), gene-292 ε offers the flexibility to construct an appropriate null hypothesis for a wide range of traits with genetic 293 architectures that land anywhere on the polygenic spectrum. It is important to stress that while we 294 repeatedly point to our improved ability distinguish "causal" variants in enriched genes, gene- ε is by no 295 means a causal inference procedure. Instead, it is an association test which highlights genes in enriched 296 pathways that are most likely to be associated with the trait of interest. 297

Through simulations, we showed the gene- ε framework outperforms other widely used gene-level asso-298 ciation methods (particularly for highly heritable traits), while also maintaining scalability for genome-299 wide analyses (Figs. 3 and S2-S24, and Tables 1 and S1-17). Indeed, all the approaches we compared in 300 this study showed improved performance when they used summary statistics derived from studies with 301 larger sample sizes (i.e., simulations with N = 10,000). This is because the quality of summary statistics 302 also improves in these settings (via the asymptotic properties of OLS estimates). Nonetheless, our results 303 suggest that applying gene- ε to summary statistics from previously published studies will increase the 304 return made on investments in GWA studies over the last decade. 305

Like any aggregated SNP-set association method, gene- ε has its limitations. Perhaps the most obvi-306 ous limitation is that annotations can bias the interpretation of results and lead to erroneous scientific 307 conclusions (i.e., might cause us to highlight the "wrong" gene [14,67,68]). We observed some instances 308 of this during the UK Biobank analyses. For example, when studying MPV, CAPN10 only appeared 309 to be a significant gene after its UCSC annotated boundary was augmented by a ± 50 kb buffer win-310 dow $(P = 1.85 \times 10^{-1} \text{ and } P = 1.17 \times 10^{-7} \text{ before and after the buffer was added, respectively; Table$ 311 S22). After further investigation, this result occurred because the augmented definition of CAPN10 312 included nearly all causal SNPs from the significant neighboring gene RNPEPL1 ($P = 1 \times 10^{-20}$ and 313 $P = 2.07 \times 10^{-9}$ before and after the buffer window was added, respectively). While this shows the need 314 for careful biological interpretation of the results, it also highlights the power of gene- ε to prioritize true 315 genetic signal effectively. 316

Another limitation of gene- ε is that it relies on the user to determine an appropriate SNP-level null threshold σ_{ε}^2 to serve as a cutoff between null and non-null SNP effects. In the current study, we use a *K*-mixture Gaussian model to classify SNPs into different categories and then (without loss of generality) we subjectively assume that associated SNPs only appear in the component with the largest variance (i.e., we choose $\sigma_{\varepsilon}^2 = \sigma_2^2$). Indeed, there can be many scenarios where this particular threshold choice is not optimal. For example, if there is one very strongly associated locus, the current implementation of the algorithm will assign it to its own mixture component and all other SNPs will be assumed to be not

associated with the trait, regardless of the size of their corresponding variances. As previously mentioned, 324 one practical guideline would be to select $\sigma_{\varepsilon}^{\varepsilon}$ based on some *a priori* knowledge about a trait's architecture. 325 However, a more robust approach would be to select the SNP-null hypothesis threshold based on the data 326 at hand. One way to do this would be to take a fully Bayesian approach and allow posterior inference 327 on σ_{ε}^2 to be dependent upon how much heritability is explained by SNPs placed in the top few largest 328 components of the normal mixture. Recently, sparse Bayesian parametric [69] and nonparametric [70] 329 Gaussian mixture models have been proposed for improved polygenic prediction with summary statistics. 330 Combining these modeling strategies with our modified SNP-level null hypothesis could make for a more 331 unified and data-driven implementation of the gene- ε framework. 332

333 There are several other potential extensions for the gene- ε framework. First, in the current study, we only focused on applying gene- ε to quantitative traits (Figs. 4 and S25-S29, and Tables 2 and S18-334 S27). Future studies extending this approach to binary traits (e.g., case-control studies) should explore 335 controlling for additional confounders that can occur within these phenotypes, such as ascertainment 336 [71–73]. Second, we only focus on data consisting of common variants; however, it would be interesting 337 to extend gene- ε for (i) rare variant association testing and (ii) studies that consider the combined 338 effect between rare and common variants. A significant challenge, in either case, would be to adaptively 339 adjust the strength of the regularization penalty on the observed OLS summary statistics for causal rare 340 variants, so as to not misclassify them as spurious non-associated SNPs. Previous approaches with specific 341 re-weighting functions for rare variants may help here [9,28,58] (Materials and Methods). A final related 342 extension of gene- ε is to include information about standard errors when estimating ε -genic effects. In 343 our analyses using the UK Biobank, some of the newly identified candidate genes contained SNPs that 344 had large effect sizes but insignificant P-values in the original GWA analysis (after Bonferroni-correction; 345 Tables 2 and S19-S24). While this could be attributed to the modified SNP-level null distribution 346 assumed by gene- ε , it also motivates a regularization model that accounts for the standard error of effect 347 size estimates from GWA studies [14, 22, 29]. 348

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369 Author Contributions

³⁷⁰ W.C., S.R., and L.C. conceived the methods. W.C. developed the software and carried out all analyses.

W.C., S.R., and L.C. wrote and reviewed the manuscript.

372 Competing Interests

³⁷³ The authors declare no competing interests.

³⁷⁴ Materials and Methods

³⁷⁵ Traditional Association Tests using Summary Statistics

³⁷⁶ gene- ε requires two inputs: genome-wide association (GWA) marginal effect size estimates $\hat{\beta}$, and an ³⁷⁷ empirical linkage disequilibrium (LD) matrix Σ . We assumed the following generative linear model for ³⁷⁸ complex traits

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$$\mathbf{y} = \mathbf{X}\boldsymbol{\beta} + \mathbf{e}, \qquad \mathbf{e} \sim \mathcal{N}(\mathbf{0}, \tau^2 \mathbf{I}),$$
 (1)

where \mathbf{y} denotes an N-dimensional vector of phenotypic states for a quantitative trait of interest measured 380 in N individuals; X is an $N \times J$ matrix of genotypes, with J denoting the number of single nucleotide 381 polymorphisms (SNPs) encoded as $\{0, 1, 2\}$ copies of a reference allele at each locus; β is a J-dimensional 382 vector containing the additive effect sizes for an additional copy of the reference allele at each locus on y; 383 **e** is a normally distributed error term with mean zero and scaled variance τ^2 ; and **I** is an $N \times N$ identity 384 matrix. For convenience, we assumed that the genotype matrix (column-wise) and trait of interest have 385 been mean-centered and standardized. We also treat β as a fixed effect. A central step in GWA studies is 386 to infer β for each SNP, given both genotypic and phenotypic measurements for each individual sample. 387 For every SNP j, gene- ε takes in the ordinary least squares (OLS) estimates based on Eq. (1) 388

$$\widehat{\beta}_j = (\mathbf{x}_j^{\mathsf{T}} \mathbf{x}_j)^{-1} \mathbf{x}_j^{\mathsf{T}} \mathbf{y},\tag{2}$$

where \mathbf{x}_j is the *j*-th column of the genotype matrix \mathbf{X} , and $\widehat{\beta}_j$ is the *j*-th entry of the vector $\widehat{\boldsymbol{\beta}}$. In traditional GWA studies, the null hypothesis for statistical association tests assumes $H_0: \beta_j = 0$ for all $j = 1, \ldots, J$ SNPs. It can be shown that two genotypic variants \mathbf{x}_j and $\mathbf{x}_{j'}$ in linkage disequilibrium (LD) will produce effect size estimates $\widehat{\beta}_j$ and $\widehat{\beta}_{j'}$ $(j \neq j')$ that are correlated [29]. This can lead to confounded statistical tests. For the applications considered here, the LD matrix is empirically estimated from external data (e.g., directly from GWA study data, or using an LD map from a population with similar genomic ancestry to that of the samples analyzed in the GWA study).

³⁹⁷ Regularized Regression for GWA Summary Statistics

³⁹⁸ gene- ε uses regularization on the observed GWA summary statistics to reduce inflation of SNP-level ³⁹⁹ effect size estimates and increase their correlation with the assumed generative model of complex traits. ⁴⁰⁰ For large sample size N, note that the asymptotic relationship between the observed GWA effect size ⁴⁰¹ estimates $\hat{\beta}$ and the true coefficient values β is [18,74,75]

$$\mathbb{E}[\widehat{\beta}_j] = \sum_{j'=1}^J \rho(\mathbf{x}_j, \mathbf{x}_{j'}) \beta_{j'} \quad \iff \quad \mathbb{E}[\widehat{\beta}] = \Sigma \beta, \tag{3}$$

where $\Sigma_{jj'} = \rho(\mathbf{x}_j, \mathbf{x}_{j'})$ denotes the correlation coefficient between SNPs \mathbf{x}_j and $\mathbf{x}_{j'}$. The above mirrors a high-dimensional regression model with the misestimated OLS summary statistics as the response variables and the LD matrix as the design matrix. Theoretically, the resulting output coefficients from this model are the desired true effect size estimates. Due to the multi-collinear structure of GWA data, we cannot reuse the ordinary least squares solution reliably [76]. Thus, we derive the general regularization

$$\widetilde{\boldsymbol{\beta}} = \underset{\boldsymbol{\beta}}{\operatorname{arg\,min}} \|\widehat{\boldsymbol{\beta}} - \boldsymbol{\Sigma}\boldsymbol{\beta}\|^2, \qquad \text{subject to } (1-\alpha)\|\boldsymbol{\beta}\|_1 + \alpha\|\boldsymbol{\beta}\|_2^2 \le t \text{ for some } t, \tag{4}$$

where, in addition to previous notation, the solution $\tilde{\beta}$ is used to denote the regularized solution of the observed GWA effect sizes $\hat{\beta}$; and $\| \bullet \|_1$ and $\| \bullet \|_2^2$ denote L_1 and L_2 penalties, respectively. The free regularization parameter t is chosen based off a grid $[\log t_{\min}, \log t_{\max}]$ with 100 sequential steps of size

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(5)

0.01. Here, $t_{\rm max}$ is the minimum value such that all summary statistics are shrunk to zero. We then 412 select the t that results in a model with an R^2 within one standard error of the best fitted model. In 413 other words, we choose the t that (i) results in a more sparse solution than the best fitted model, but 414 (*ii*) cannot be distinguished from the best fitted model in terms of overall variance explained. 415

The term α in Eq. (4) distinguishes the type of regularization used, and can be chosen to induce various 416 degrees of shrinkage on the effect size estimates. Specifically, $\alpha = 0$ corresponds to the "Least Absolute 417 Shrinkage and Selection Operator" or LASSO solution [23], $\alpha = 1$ equates to Ridge Regression [25], 418 while $0 < \alpha < 1$ results in the Elastic Net [24]. The LASSO solution forces some inflated coefficients 419 to be zero; while the Ridge shrinks the magnitudes of all coefficients but does not set any of them to 420 be exactly zero. Intuitively, the LASSO will create a regularized set of effect sizes where associated 421 SNPs have larger effects, non-associated SNPs with spurious small-to-intermediate (or ε -genic) effects, 422 and non-associated SNPs with zero-effects. It has been suggested that the L_1 -penalty can suffer from a 423 lack of stability [77]. Therefore, in the main text, we also highlighted gene- ε using the Elastic Net (with 424 $\alpha = 0.5$). The Elastic Net is a convex combination of the LASSO and Ridge penalties, but still produces 425 distinguishable sets of associated, spurious, and non-associated SNPs. Note that for large GWA studies 426 (e.g., the UK Biobank analysis in the main text), it can be impractical to construct a genome-wide LD 427 matrix; therefore, we regularize OLS effect size estimates based on partitioned chromosome specific LD 428 matrices. Results comparing each of the gene- ε regularization implementations are given in the main 429 text (Fig. 3) and Supporting Information (Figs. S2-S24 and Tables S1-18 and 25-27). We will describe 430 how we approximate the null distribution for these regularized GWA summary statistics over the next 431 two sections. 432

Estimating the SNP-Level Null Threshold 433

The main innovation of gene- ε is to treat spurious SNPs with ε -genic effects as non-associated. This 434 leads to reformulating the GWA SNP-level null hypothesis to assume non-associated SNPs can make 435 small-to-intermediate contributions to the phenotypic variance. Formally, we write this as 436

 $H_0: \beta_j \approx 0, \qquad \beta_j \sim \mathcal{N}(0, \sigma_{\varepsilon}^2), \qquad j = 1, \dots, J$ where σ_{ϵ}^2 denotes the "SNP-level null threshold" and represents the maximum proportion of phenotypic

438 variance explained (PVE) that is contributed by spurious SNPs. Based on Eq. (5), we equivalently say 439

$$H_0: \mathbb{E}[\beta_i^2] \le \sigma_{\varepsilon}^2. \tag{6}$$

To estimate the threshold σ_{ϵ}^2 for null SNP-level effects, we use an empirical Bayesian approach and fit a 441 K-mixture of normal distributions over the (regularized) effect size estimates [18], 442

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$$\hat{\beta}_j | z_j = k \sim \mathcal{N}(0, \sigma_k^2), \qquad \Pr[z_j = k] = \pi_k, \tag{7}$$

where $z_i \in \{1, \ldots, K\}$ is a latent variable representing the categorical membership for the j-th SNP. 444 When summing over all components, Eq. (7) corresponds to the following marginal distribution 445

$$\widetilde{\beta}_j \sim \sum_{k=1}^K \pi_k \, \mathcal{N}(0, \sigma_k^2),\tag{8}$$

where π_k is a mixture weight representing the marginal (unconditional) probability that a randomly 447 selected SNP belongs to the k-th component, with $\sum_k \pi_k = 1$. The above mixture allows for distinct 448 clusters of nonzero effects through K different variance components $(\sigma_k^2, k = 1, \ldots, K)$ [18]. Here, we 449 consider sequential fractions (π_1, \ldots, π_K) of SNPs to correspond to distinctly smaller effects $(\sigma_1^2 > \cdots >$ 450 $\sigma_K^2 = 0$ [18]. The goal of the mixture model is to "bin" each of the (regularized) SNP-level effects 451

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and determine an appropriate category k to serve as the cutoff for SNPs with null effects (i.e., choosing 452 the threshold σ_{ϵ}^2 based on some σ_k^2). Such a threshold can be chosen based on a priori knowledge 453 about the phenotype of interest. It is intuitive to assume that enriched genes will contain non-null SNPs 454 that classify within the early-to-middle mixture components; unfortunately, the biological interpretations 455 of the middle components may not be consistent across trait architectures. Therefore, without loss of 456 generality in this paper, we take a conservative approach in our definition of associated SNPs within 457 enriched genes. Here, we subjectively set the SNP-level null threshold as $\sigma_{\varepsilon}^2 = \sigma_2^2$. Thus, non-null SNPs 458 are assumed to appear in the largest fraction (i.e., the alternative $H_A : \mathbb{E}[\beta_j^2] > \sigma_2^2$), while null SNPs with 459 belong to the latter groups (i.e., the null $H_0: \mathbb{E}[\beta_i^2] \leq \sigma_2^2$). Given Eqs. (7) and (8), we write the joint 460 log-likelihood for all J SNPs as the following 461

$$\log p(\widetilde{\boldsymbol{\beta}} \mid \boldsymbol{\Theta}) = \sum_{j=1}^{J} \log p(\widetilde{\beta}_j \mid \boldsymbol{\Theta}) = \sum_{j=1}^{J} \log \left\{ \sum_{k=1}^{K} \pi_k \, \mathcal{N}(0, \sigma_k^2) \right\},\tag{9}$$

where $\Theta = (\pi_1, \dots, \pi_K, \sigma_1^2, \dots, \sigma_K^2)$ is the complete set of parameters for the mixture model. Since there is not a closed-form solution for the maximum likelihood estimate (MLE), so we use an expectationmaximization (EM) algorithm to estimate the parameters in Θ [78–80].

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Derivation of the EM Algorithm. To derive an EM solution, we use Eqs. (7) and (8) to write the joint distribution of the *J*-regularized SNP-level effect sizes and the *J*-latent random variables $\mathbf{z} = (z_1, \ldots, z_J)$, conditioned on the mixture parameters $\boldsymbol{\Theta}$,

$$p(\widetilde{\boldsymbol{\beta}}, \mathbf{z} | \boldsymbol{\Theta}) = p(\widetilde{\boldsymbol{\beta}} | \mathbf{z}, \boldsymbol{\Theta}) p(\mathbf{z}) = \prod_{j=1}^{J} \prod_{k=1}^{K} \left[\pi_k \mathcal{N}(0, \sigma_k^2) \right]^{\mathbb{I}(z_j = k)},$$
(10)

where $\mathbb{I}(z_j = k)$ is an indicator function and equates to one if $z_j = k$ and zero otherwise. Taking the log of this distribution yields the following

$$\log p(\widetilde{\boldsymbol{\beta}}, \mathbf{z} \mid \boldsymbol{\Theta}) = \sum_{j=1}^{J} \log p(\widetilde{\boldsymbol{\beta}}_j, z_j \mid \boldsymbol{\Theta}) = \sum_{j=1}^{J} \sum_{k=1}^{K} \mathbb{I}(z_j = k) \left[\log \pi_k + \log \mathcal{N}(0, \sigma_k^2) \right].$$
(11)

As opposed to Eq. (9), the augmented log-likelihood in Eq. (11) is a much simpler function for which to find a solution. The formal steps of the EM algorithm are now detailed below:

1. E-Step: Update the Probability of Fraction Assignment. In the E-step of the EM algorithm, we estimate the probability that the *j*-th SNP belongs to one of the *K* fraction groups. To begin, we use Bayes theorem to find

$$p(\mathbf{z} \mid \widetilde{\boldsymbol{\beta}}, \boldsymbol{\Theta}) \propto p(\widetilde{\boldsymbol{\beta}} \mid \mathbf{z}, \boldsymbol{\Theta}) p(\mathbf{z}) = \prod_{j=1}^{J} \prod_{k=1}^{K} \left[\pi_k \, \mathcal{N}(0, \sigma_k^2) \right]^{\mathbb{I}(z_j = k)}.$$
(12)

⁴⁷⁹ Next, we take the expectation of the complete log-likelihood log $p(\tilde{\boldsymbol{\beta}}, \mathbf{z} | \boldsymbol{\Theta})$, with respect to the ⁴⁸⁰ conditional distribution $p(\mathbf{z} | \tilde{\boldsymbol{\beta}}, \boldsymbol{\Theta})$, under current value of the mixture parameters $\hat{\boldsymbol{\Theta}}$. This yields

$$\mathbb{E}_{\mathbf{z} \mid \widetilde{\boldsymbol{\beta}}, \widehat{\boldsymbol{\Theta}}}[\log p(\widetilde{\boldsymbol{\beta}}, \mathbf{z} \mid \widehat{\boldsymbol{\Theta}})] = \sum_{j=1}^{J} \sum_{k=1}^{K} \widehat{\gamma}_{k}^{(j)} \left[\log \pi_{k} + \log \mathcal{N}(0, \sigma_{k}^{2})\right],$$
(13)

where $\hat{\gamma}_k^{(j)}$ is referred to as the "responsibility of the k-th mixture component", and is given as

$$\widehat{\gamma}_{k}^{(j)} = \Pr[z_{j} = k \,|\, \widetilde{\beta}_{j}, \widehat{\Theta}] = \frac{\widehat{\pi}_{k} \,\mathcal{N}(0, \widehat{\sigma}_{k}^{2})}{\sum_{k'=1}^{K} \widehat{\pi}_{k'} \,\mathcal{N}(0, \widehat{\sigma}_{k'}^{2})}.$$
(14)

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- Intuitively, the EM algorithm uses the collection of these responsibility values to assign SNPs to one of the K fraction groups. This key step may be interpreted as determining the category of SNP effects (which is determined by identifying the k-th component with the largest $\gamma_k^{(j)}$ for each j-th SNP).
- 2. M-Step: Update the Component Variances and Mixture Weights. In the M-step of the EM algorithm, we now fix the responsibility values and maximize the expectation in Eq. (13), with respect to the parameters in $\hat{\Theta}$. Namely, we compute the following closed-form solutions:

$$\widehat{\sigma}_k^2 = \frac{1}{J_k} \sum_{j=1}^J \widehat{\gamma}_k^{(j)} \widetilde{\beta}_j^2, \qquad \widehat{\pi}_k = \frac{J_k}{J}$$
(15)

where $J_k = \sum_j \hat{\gamma}_k^{(j)}$ is the sum of the membership weights for the k-th mixture component and represents the number of SNPs assigned to that component. The $\hat{\sigma}_k^2$ estimates are used to set the SNP-level null threshold $\hat{\sigma}_{\varepsilon}^2$.

The gene- ε software implements the above EM algorithm using the mclust [81] package in R. Results in 495 the main text and Supporting Information are based on 100 iterations from 10 different parallel chains 496 to ensure convergence. To implement the above algorithm, we use the mclust software package which 497 can fit a Gaussian mixture with up to K = 10 distinct components (see Software Details). Here, the 498 function will compare the Bayesian Information Criterion (BIC) approximation to the Bayes factor for 499 each possible K [82], and produces a resulting output for the K value that has the largest BIC value. 500 Note that since the EM updates do not involve any large LD matrices, the algorithm scales to be fit 501 efficiently over all SNPs genome-wide. 502

⁵⁰³ Regularized GWA Summary Statistics under the Null Hypothesis

⁵⁰⁴ With an estimate of the SNP-level null threshold σ_{ε}^2 , we now describe the probabilistic distribution ⁵⁰⁵ of the regularized GWA summary statistics under the null hypothesis. Without loss of generality, we ⁵⁰⁶ demonstrate this property using the general regularization approach where we fix $\alpha \in [0, 1]$ and have the ⁵⁰⁷ following (approximate) closed form solution for the regularized effect size estimates [23–25]

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$$\widetilde{\boldsymbol{\beta}} \simeq \mathbf{H} \widehat{\boldsymbol{\beta}}, \qquad \mathbf{H} = (\boldsymbol{\Sigma} + \vartheta \mathbf{D}^{-1})^{-1}$$
(16)

with $\vartheta \ge 0$ being a penalization parameter that has one-to-one correspondence with t in Eq. (4). Here, **H** is 509 commonly referred to as the "linear shrinkage estimator" [citation], where **D** is a diagonal weight matrix 510 with nonzero elements dictated by the type of regularization that is being used. For example, $\mathbf{D} = \mathbf{I}$ while 511 performing ridge regression [25], and $\mathbf{D} = \text{diag}(|\beta_1|, \ldots, |\beta_p|)$ while using ridge-based approximations for 512 the elastic net and lasso solutions [23, 24]. From Eq. (16), it is clear that $\hat{\beta}$ may be interpreted as 513 a marginal estimator of SNP-level effects after accounting for LD structure. Using Eqs. (2)-(3), it is 514 straightforward to show the (approximate) relationship between the regularized effect size estimates and 515 the true coefficient values 516

$$\mathbb{E}[\widetilde{\boldsymbol{\beta}}] \simeq \mathbf{H} \boldsymbol{\Sigma} \boldsymbol{\beta}. \tag{17}$$

As described in the main text, the accuracy of this relationship is dependent upon both the sample size and narrow-sense heritability of the trait of interest (Fig. S1). Indeed, if Σ is full rank and regularization is no longer implemented (i.e., $\vartheta = 0$), $\tilde{\beta}$ is simply the ordinary least squares solution for marginal GWA summary statistics with asymptotic variance-covariance $\mathbb{V}[\tilde{\beta}] \simeq \Sigma$ under the null model [18,74,75]. In the limiting case where the number of observations in a GWA study is large (i.e., $N \to \infty$) and the trait of interest is highly heritable, $\tilde{\beta}$ converges onto β in expectation; and thus is assumed to be independently

and normally distributed under the null hypothesis with asymptotic variance $\sigma_{\varepsilon}^2 \mathbf{I}$ (previously discussed in Eq. (5)). As empirically demonstrated for synthetic traits in the current study, we are rarely in situations where we expect the regularized effect size estimates to have completely converged onto the true generative SNP-level coefficients (again see Fig. S1). This effectively means that we cannot expect each $\tilde{\beta}_j$ to be completely independent under the null hypothesis in practice. We accommodate this realization by assuming that under the null model

$$\mathbb{V}[\hat{\boldsymbol{\beta}}] = \sigma_{\varepsilon}^{2} \boldsymbol{\Sigma}, \qquad \lim_{\sigma^{2} \to 0} \sigma_{\varepsilon}^{2} \boldsymbol{\Sigma} = \sigma_{\varepsilon}^{2} \mathbf{I}$$
(18)

⁵³¹ Our reasoning for the formulation above is that, for most quality controlled studies, SNPs in perfect LD ⁵³² will have been pruned such that $\rho(\mathbf{x}_j, \mathbf{x}_{j'}) < \rho(\mathbf{x}_j, \mathbf{x}_j)$ for all $j \neq j'$ variants in the data. Therefore, when ⁵³³ traits are generated under the idealized null scenario with large sample sizes and no genetic effects, the ⁵³⁴ estimate of $\sigma_{\varepsilon}^2 \to 0$ and the off-diagonals of $\sigma_{\varepsilon}^2 \Sigma$ will approach zero quicker than the diagonal elements; ⁵³⁵ thus, allowing the regularized $\tilde{\beta}$ to asymptotically converge onto the true coefficients β . When this ⁵³⁶ scenario does not occur, we are able to appropriately deal with the remaining correlation structure (e.g., ⁵³⁷ all the simulation scenarios explored in this work; see Figs. 3 and S2-S24, and Tables 1 and S1-17).

⁵³⁸ Using the SNP-Level Null Threshold to Detect Enriched Genes

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We now formalize the hypothesis test for identifying significantly enriched genes conditioned on the SNP-level null threshold σ_{ε}^2 , which we compute using the variance component estimates from the EM algorithm detailed in the previous section. The gene- ε gene-level test statistic is based on a quadratic form using GWA summary statistics, which is a common approach for generating gene-level test statistics for complex traits. Let gene (or genomic region) g represent a known set of SNPs $j \in \mathcal{J}_g$; for example, \mathcal{J}_g may include SNPs within the boundaries of g and/or within its corresponding regulatory region. Here, we conformably partition the regularized GWA effect size estimates $\tilde{\beta}$ and define the gene-level test statistic

$$\widetilde{Q}_g = \widetilde{\beta}_g^{\mathsf{T}} \mathbf{A} \widetilde{\beta}_g, \tag{19}$$

where **A** is an arbitrary symmetric and positive semi-definite weight matrix. We set to $\mathbf{A} = \mathbf{I}$ to be the identity matrix for all analyses in the current study; hence, \tilde{Q}_g simplifies to a sum of squared SNP effects in the g-th gene. Indeed, similar quadratic forms have been implemented to assess the enrichment of mutations at the gene level [7, 12] and across general SNP-sets [9, 20, 28, 58]. A key feature of the gene- ε framework is to assess the statistics in Eq. (19) against a gene-level enrichment null hypothesis $H_0: Q_g = 0$ that is dependent on the SNP-level null threshold σ_{ε}^2 . Due to the normality assumption for each SNP effect in Eq. (5), Q_g is theoretically assumed to follow a mixture of chi-square distributions,

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$$Q_g \sim \sum_{j=1}^{|\mathcal{J}_g|} \lambda_j \chi_{1,j}^2,$$
 (20)

where $|\mathcal{J}_g|$ denotes the cardinality of the set of SNPs \mathcal{J}_g ; $\chi^2_{1,j}$ are standard chi-square random variables with one degree of freedom; and $(\lambda_1, \ldots, \lambda_{|\mathcal{J}_g|})$ are the eigenvalues of the matrix [83,84]

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$$\mathbb{V}[\widetilde{\boldsymbol{\beta}}_g]^{1/2}\mathbf{A}\mathbb{V}[\widetilde{\boldsymbol{\beta}}_g]^{1/2} = \sigma_{\varepsilon}^2\boldsymbol{\Sigma}_g^{1/2}\mathbf{A}\boldsymbol{\Sigma}_g^{1/2}$$

Again, in the current study, $\sigma_{\varepsilon}^2 = \hat{\sigma}_2^2$ from the estimates in Eq. (15), and Σ_g denotes a subset of the LD matrix only containing SNPs annotated in the *g*-th SNP-set. Again, when $\mathbf{A} = \mathbf{I}$, the eigenvalues are based on a scaled version of the local gene-specific LD matrix. Several approximate and exact methods have been suggested to obtain *P*-values under a mixture of chi-square distributions. In this study, we use Imhof's method [26] where we empirically compute an estimate of the weighted sum in Eq. (20) and

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⁵⁶³ compare this distribution to the observed test statistic in Eq. (19) (see Software Details). It is important ⁵⁶⁴ to note here that the gene-level null hypothesis is the same for gene- ε and other similar competing ⁵⁶⁵ enrichment methods [9,12,20,28,58]; the defining characteristic that sets gene- ε apart is that it assumes ⁵⁶⁶ a different null distribution for effects on the SNP-level.

⁵⁶⁷ Estimating Gene Specific Contributions to the PVE. In the main text, we highlight some of the ⁵⁶⁸ additional features of the gene- ε gene-level association test statistic. First, the expected enrichment for ⁵⁶⁹ trait-associated mutations in a given gene is equal to the heritability explained by the SNPs contained in ⁵⁷⁰ said gene. Formally, consider the expansion of Eq. (19) derived from the expectation of quadratic forms,

$$\mathbb{E}[\widetilde{Q}_g] = \sum_{j=1}^{|\mathcal{J}_g|} \sum_{j'=1}^{|\mathcal{J}_g|} a_{jj'} \mathbb{E}[\widetilde{\beta}_j \widetilde{\beta}_{j'}] = h_g^2, \tag{21}$$

where denotes the heritability contributed by gene g. When $\mathbf{A} = \mathbf{I}$ (as in the current study), the gene- ε hypothesis test for identifying enriched genes is based on the individual SNP contributions to the narrow-sense heritability (i.e., the sum of the expectation of squared SNP effects; see also [34])

$$\mathbb{E}[\widetilde{Q}_g] = \sum_{j=1}^{|\mathcal{J}_g|} \mathbb{E}[\widetilde{\beta}_j^2] = h_g^2.$$
(22)

Alternatively, one could choose to re-weight these contributions by specifying **A** otherwise [12, 20, 83, 85, 86]. For example, if SNP j has a small effect size but is known to be functionally associated with the trait of interest, then increasing \mathbf{A}_{jj} will reflect this knowledge. Specific weight functions have also been suggested for dealing with rarer variants [9, 28, 58].

580 Simulation Studies

We used a simulation scheme to generate SNP-level summary statistics for GWA studies. First, we randomly select a set of enriched genes and assume that complex traits (under various genetic architectures) are generated via a linear model

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$$\mathbf{y} = \mathbf{W}\mathbf{b} + \sum_{c \in \mathcal{C}} \mathbf{x}_c \beta_c + \mathbf{e}, \qquad \mathbf{e} \sim \mathcal{N}(\mathbf{0}, \tau^2 \mathbf{I}),$$
(23)

where y is an N-dimensional vector containing all the phenotypes; \mathcal{C} represents the set of causal SNPs 585 contained within the associated genes; \mathbf{x}_c is the genotype for the c-th causal SNP encoded as 0, 1, or 586 2 copies of a reference allele; β_c is the additive effect size for the c-th SNP; W is an $N \times M$ matrix of 587 covariates representing additional population structure (e.g., the top ten principal components from the 588 genotype matrix) with corresponding fixed effects \mathbf{b} ; and \mathbf{e} is an N-dimensional vector of environmental 589 noise. The phenotypic variance is assumed $\mathbb{V}[\mathbf{y}] = 1$. The effect sizes of SNPs in enriched genes are 590 randomly drawn from standard normal distributions and then rescaled so they explain a fixed proportion 591 of the narrow-sense heritability $\mathbb{V}[\sum \mathbf{x}_c \beta_c] = h^2$. The covariate coefficients are also drawn from standard 592 normal distributions and then rescaled such that $\mathbb{V}[\mathbf{Wb}] + \mathbb{V}[\mathbf{e}] = (1 - h^2)$. GWA summary statistics 593 are then computed by fitting a single-SNP univariate linear model via ordinary least squares (OLS): 594 $\widehat{\beta}_j = (\mathbf{x}_j^{\mathsf{T}} \mathbf{x}_j)^{-1} \mathbf{x}_j^{\mathsf{T}} \mathbf{y}$ for every SNP in the data $j = 1, \dots J$. These effect size estimates, along with an LD 595 matrix Σ computed directly from the full $N \times J$ genotype matrix \mathbf{X} , are given to gene- ε . We also retain 596 standard errors and P-values for implementation of the competing methods (VEGAS, PEGASUS, RSS, 597 SKAT, and MAGMA). Given different model parameters, we simulate data mirroring a wide range of 598 genetic architectures (Supporting Information). 599

Software Details 600

Source code implementing gene- ε and tutorials are freely available at https://github.com/ramachandran-lab/ 601 genee and was written in R (version 3.3.3). Within this software, regularization of the OLS SNP-level 602 effect sizes is done using the package glmnet (version 2.0-16) [87]. For large datasets, such as the UK 603 Biobank, the software also offers regularization using the biglasso (version 1.3-6) [88] to help with 604 memory and scalability requirements. Note that selection of the free parameter t is done the same way 605 using both the glmnet and biglasso packages. Both packages also take in an $\alpha \in [0,1]$ to specify fit-606 ting the Ridge, Elastic Net or Lasso regularization to the OLS SNP-level effect sizes. The fitting of a 607 K-mixture of Gaussian distributions for the estimation of the SNP-level null threshold σ_{ε}^2 is done using 608 the package mclust (version 5.4.3) [81]. Lastly, the package CompQuadForm (version 1.4.3) was used to 609 compute gene- ε gene-level P-values with Imhof's method [26, 89]. Comparisons in this work were made 610 using software for MAGMA (version 1.07b; https://ctg.cncr.nl/software/magma), PEGASUS (ver-611 sion 1.3.0; https://github.com/ramachandran-lab/PEGASUS), RSS (version 1.0.0; https://github. 612 com/stephenslab/rss), SKAT (version 1.3.2.1; https://www.hsph.harvard.edu/skat), VEGAS (ver-613 sion 2.0.0; https://vegas2.qimrberghofer.edu.au) which are also publicly available. See all other 614 relevant URLs below. 615

URLs 616

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gene- ε software, https://github.com/ramachandran-lab/genee; UK Biobank, https://www.ukbiobank. 617 ac.uk; Database of Genotypes and Phenotypes (dbGaP), https://www.ncbi.nlm.nih.gov/gap; NHGRI-618 EBI GWAS Catalog, https://www.ebi.ac.uk/gwas/; UCSC Genome Browser, https://genome.ucsc. 619 edu/index.html; Enrichr software, http://amp.pharm.mssm.edu/Enrichr/; SNP-set (Sequence) Ker-620 nel Association Test (SKAT) software, https://www.hsph.harvard.edu/skat; Multi-marker Analysis 621 of GenoMic Annotation (MAGMA) software, https://ctg.cncr.nl/software/magma; Precise, Efficient 622 Gene Association Score Using SNPs (PEGASUS) software, https://github.com/ramachandran-lab/ 623 PEGASUS; Regression with Summary Statistics (RSS) enrichment software, https://github.com/stephenslab/ 624 rss; Versatile Gene-based Association Study (VEGAS) version 2, https://vegas2.qimrberghofer. 625 edu.au.

Figures and Tables

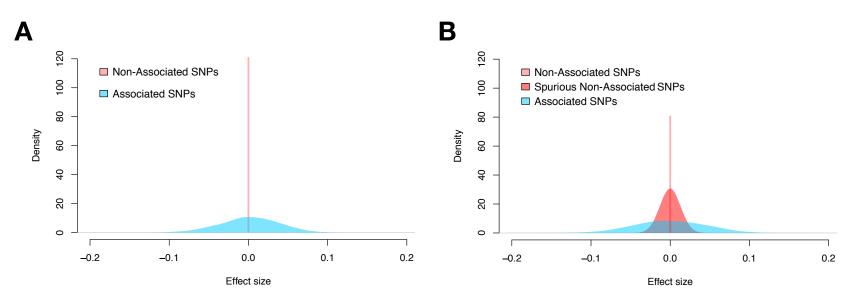


Figure 1. Illustration of null hypothesis assumptions for the distribution of GWA SNP-level effect sizes according to different views on underlying genetic architectures. The effect sizes of "non-associated" (pink), "spurious non-associated" (red), and "associated" (blue) SNPs were drawn from normal distributions with successively larger variances. (A) The traditional GWA model of complex traits simply assumes SNPs are associated or non-associated. Under the corresponding null hypothesis, associated SNPs are likely to emit nonzero effect sizes while non-associated SNPs will have effect sizes of zero. When there are many causal variants, we refer to the traits as polygenic. (B) Under our reformulated GWA model, there are three categories: associated SNPs, non-associated SNPs that emit spurious nonzero effect sizes, and non-associated SNPs with effect sizes of zero. We propose a multi-component framework (see also [18]), in which null SNPs can emit different levels of statistical signals based on (i) different degrees of connectedness (e.g., through linkage disequilibrium), or (ii) its regulated gene interacts with an enriched gene. While truly associated SNPs are still more likely to emit large effect sizes than SNPs in the other categories, null SNPs can have intermediate effect sizes. Here, our goal is to treat spurious SNPs with small-to-intermediate nonzero effects as being non-associated with the trait of interest.

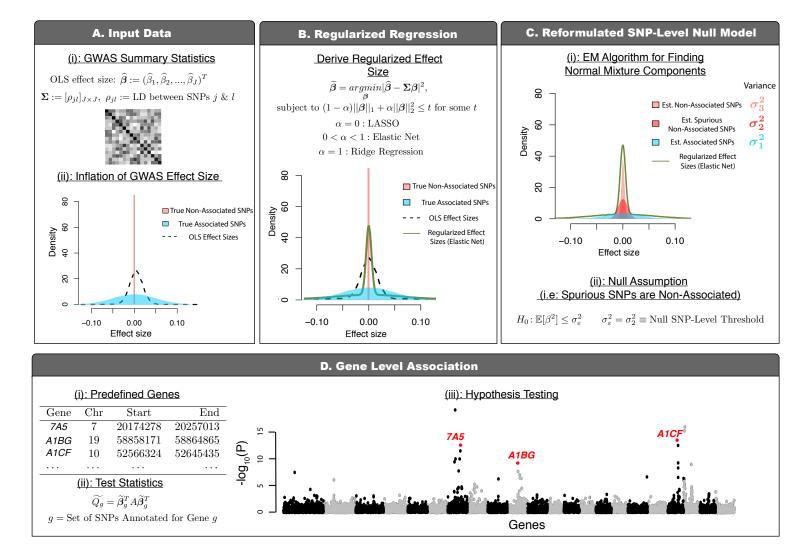


Figure 2. Schematic overview of gene- ε : our new gene-level association approach accounting for spurious nonzero SNP-level effects. (A) gene- ε takes SNP-level GWA marginal effect sizes (OLS estimates $\hat{\beta}$) and a linkage disequilibrium (LD) matrix (Σ) as input. It is well-known that OLS effect size estimates are inflated due to LD (i.e., correlation structures) among genome-wide genotypes. (B) gene- ε first uses its inputs to derive regularized effect size estimates ($\hat{\beta}$) through shrinkage methods (LASSO, Elastic Net and Ridge Regression; we explore performance of each solution under a variety of simulated trait architectures in Supporting Information). (C) A unique feature of gene- ε is that it treats SNPs with spurious nonzero effects as non-associated. gene- ε assumes a reformulated null distribution of SNP-level effects $\hat{\beta}_j \sim \mathcal{N}(0, \sigma_{\varepsilon}^2)$, where σ_{ε}^2 is the SNP-level null threshold and represents the maximum proportion of phenotypic variance explained (PVE) by a spurious or non-associated SNP. This leads to the reformulated SNP-level null hypothesis $H_0: \mathbb{E}[\beta_j^2] \leq \sigma_{\varepsilon}^2$. To infer an appropriate σ_{ε}^2 , gene- ε fits a K-mixture of normal distributions over the regularized effect sizes with successively smaller variances ($\sigma_1^2 > \cdots > \sigma_K^2$; with $\sigma_K^2 = 0$). In this study (without loss of generality), we assume that associated SNPs will appear in the first set, while spurious and non-associated SNPs appear in the latter sets. By definition, the SNP-level null threshold is then $\sigma_{\varepsilon}^2 = \sigma_2^2$. (D) Lastly, gene- ε computes gene-level association test statistics \tilde{Q}_g using quadratic forms and corresponding *P*-values using Imhof's method. This assumes the common gene-level null $H_0: Q_g = 0$, where the null distribution of Q_g is dependent upon the SNP-level null threshold σ_{ε}^2 . For more details, see Materials and Methods.

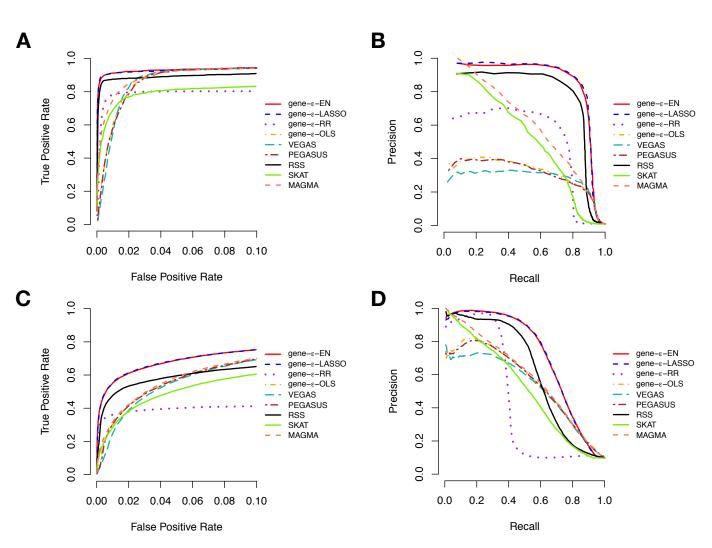


Figure 3. Receiver operating characteristic (ROC) and precision-recall curves comparing the performance of gene- ε and competing approaches in simulations (N = 10,000; $h^2 = 0.6$). We simulate complex traits under different genetic architectures and GWA study scenarios, varying the following parameters: narrow sense heritability, proportion of associated genes, and sample size (Supporting Information). Here, the sample size N = 10,000 and the narrow-sense heritability $h^2 = 0.6$. We compute standard GWA SNP-level effect sizes (estimated using ordinary least squares). Results for gene- ε are shown with LASSO (blue), Elastic Net (EN; red), and Ridge Regression (RR; purple) regularizations. We also show the results of gene- ε without regularization to illustrate the importance of this step (labeled OLS; orange). We further compare gene- ε with five existing methods: PEGASUS (brown) [12], VEGAS (teal) [7], the Bayesian approach RSS (black) [14], SKAT (green) [20], and MAGMA (peach) [10]. (A, C) ROC curves show power versus false positive rate for each approach of sparse (1% associated genes) and polygenic (10% associated genes) architectures, respectively. Note that the upper limit of the x-axis has been truncated at 0.1. (B, D) Precision-Recall curves for each method applied to the simulations. Note that, in the sparse case (1% associated genes), the top ranked genes are always true positives, and therefore the minimal recall is not 0. All results are based on 100 replicates.

		Average Time (sec)					
# Total Genes	# SNPs per Gene	gene- ε	PEGASUS	VEGAS	RSS	MAGMA	SKAT
	5	2.18	2.99	39.18	3.33	< 0.10	1.17
250	10	4.34	1.55	57.22	13.81	< 0.10	1.90
	20	12.94	1.22	85.54	55.49	< 0.10	3.63
	5	8.62	6.10	77.35	14.70	< 0.10	2.25
500	10	16.00	3.37	106.05	56.38	< 0.10	4.08
	20	37.88	2.52	194.21	248.90	< 0.10	7.07
	5	25.89	11.81	152.12	60.11	0.28	4.87
1000	10	40.69	6.33	200.78	250.51	0.58	8.59
	20	136.96	6.87	284.97	9410.37	1.19	14.21

Table 1. Computational time for running gene- ε and other gene-level association approaches, as a function of the total number genes analyzed and the number of SNPs within each gene. Methods compared include: gene- ε , PEGASUS [12], VEGAS [7], RSS [14], MAGMA [10], and SKAT [20]. Here, we simulated 10 datasets for each pair of parameter values (number of genes analyzed, and number of SNPs within each gene). Each table entry represents the average computation time (in seconds) it takes each approach to analyze a dataset of the size indicated. Run times were measured on a MacBook Pro (Processor: 3.1-gigahertz (GHz) Intel Core i5, Memory: 8GB 2133-megahertz (MHz) LPDDR3). Only a single core on the machine was used. PEGASUS, SKAT, and MAGMA are score-based methods and, thus, are expected to take the least amount of time to run. Both gene- ε and RSS are regression-based methods, but gene- ε is scalable in both the number of genes and the number of SNPs per gene. The increased computational burden of RSS results from its need to do Bayesian posterior inference; however, gene- ε is able to scale because it leverages regularization and point estimation for hypothesis testing.

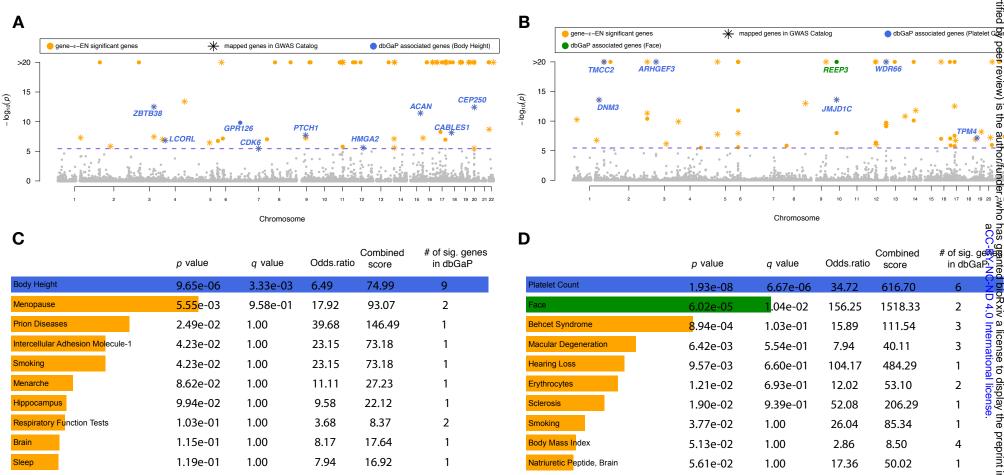


Figure 4. Gene-level association results from applying gene- ε to body height (panels A and C) and mean platelet volume (MPV; panels B and D), assayed in European-ancestry individuals in the UK Biobank. Body height has been estimated to have a narrow-sense heritability h^2 in the range of 0.45 to 0.80 [6,31–39]; while, MPV has been estimated to have h^2 between 0.50 and 0.70 [33,34,90]. Manhattan plots of gene- ε gene-level association *P*-values using Elastic Net regularized effect sizes for (A) body height and (B) MPV. The purple dashed line indicates a log-transformed Bonferroni-corrected significance threshold ($P = 3.49 \times 10^{-6}$ correcting for 14,322 autosomal genes analyzed). We color code all significant genes identified by gene- ε in orange, and annotate genes overlapping with the database of Genotypes and Phenotypes (dbGaP). In (C) and (D), we conduct gene set enrichment analysis using Enrichr [46,91] to identify dbGaP categories enriched for significant gene-level associations reported by gene- ε . We highlight categories with *Q*-values (i.e., false discovery rates) less than 0.05 and annotate corresponding genes in the Manhattan plots in (A) and (B), respectively. For height, the only significant dbGAP category is "Body Height", with nine of the genes identified by gene- ε appearing in this category. For MPV, the two significant dbGAP categories are "Platelet Count" and "Face" — the first of which is directly connected to trait [57,92,93].

Trait	Gene	Chr	gene- ε <i>P</i> -Value	Rank	$oldsymbol{h}_g^2$	Post. Prob.	Biological Relevance to Trait	Ref(s)
Height	EZH2	7	9.34×10^{-8}	61	7.23×10^{-3}	1.000	Associated with diseases Adamantinoma of Long Bone and Weaver Syndrome (characterized by rapid growth).	[94]
Height	C17orf42	17	5.38×10^{-9}	52	4.54×10^{-3}	1.000	Known as the transcription elongation factor of mitochondria (TEFM) which regulates transcription and can affect body height.	[95] certified
Height	KISS1R	19	1×10^{-20}	1*	5.27×10^{-4}	0.970	Associated with disorders of puberty and final height.	[96]
BMI	ZC3H4	19	1.62×10^{-14}	20	7.84×10^{-3}	1.000	BMI-inducer known to be associated with adiposity and obesity.	[97-100]
BMI	PTOV1	19	1×10^{-20}	1*	2.26×10^{-3}	0.990	Found to be overexpressed in prostate adenocarcinomas which can be induced by obesity.	
BMI	FBXO45♣	3	6.52×10^{-7}	23	1.82×10^{-3}	0.029	Reported to be involved in children syndromic obesity.	[102]
MCV	SLC24A1	15	1.74×10^{-7}	50	4.66×10^{-3}	0.140	Encoded protein is involved in glucose transportation pathway and MCV is reported to be associated with glucose level.	[101] e autho
MCV	PDX1♣	13	1×10^{-20}	1*	2.31×10^{-4}	0.019	Associated with Glycated hemoglobin which is affected by MCV	[103] tr
MCV	RHOD	11	1×10^{-20}	1*	3.35×10^{-4}	0.002	Associated with Wiskott-Aldrich Syndrome which is characterized by abnormal immune system function (immune deficiency) and a reduced ability to form blood clots.	[95] certified by peer review [96] by peer review [97–100] eer review [101] review [102] the author/funder, who has [103] [101] the author/funder, who has [101, 104] er was granted [101, 104] er was granted [47–49] C BY-NC
MPV	C1 or f150	1	1×10^{-20}	1*	3.44×10^{-2}	1.000	Known as <i>GCSAML</i> which is involved with germinal center signaling and differentiation of mature B cells that mutually activate platelets.	[47–49] Ccs granted
MPV	KIAA0922	4	3.20×10^{-6}	64	7.17×10^{-3}	1.000	Known as <i>TMEM131L</i> which is associated with canonical Wnt signaling and can effect platelet formation.	
MPV	<i>TPT1</i> ♣	13	1×10^{-20}	1*	3.25×10^{-4}	0.051	mRNA expression is identified in platelets.	
PLC	C1 or f150	1	1×10^{-20}	1*	2.51×10^{-2}	1.000	Known as <i>GCSAML</i> which is involved with germinal center signaling and differentiation of mature B cells that mutually activate platelets.	Image: Construction of the second s
PLC	PSMD2	3	1.42×10^{-9}	29	7.40×10^{-3}	1.000	Also known as the 26S proteasome which is found to be important for platelet production.	[101] cense the
PLC	APOB48R	16	1×10^{-20}	1*	1.36×10^{-3}	0.003	Involved in Lipoprotein metabolism pathway which can affect platelet.	
WHR	TFAP2B	6	3.92×10^{-7}	21	3.60×10^{-3}	1.000	Dietary protein associated with weight maintenance.	[99,107]
WHR	WDR68	17	1.05×10^{-7}	20	1.10×10^{-3}	0.990	Also known as $DCAF7$ which has been shown to bind Huntingtin-associated protein 1 (HAP1) and affect weight.	[108] erpeti
WHR	MLL	11	8.14×10^{-8}	19	2.43×10^{-3}	0.940	Orthologous gene in mice that affects skeleton, body size, and growth.	[99,109–111]

Table 2. Top three newly identified candidate genes reported by gene- ε for the six quantitative traits studied in the UK Biobank (using imputed genotypes with gene boundaries defined by the NCBI's RefSeq database in the UCSC Genome Browser [27]). We call these novel candidate genes because they are not listed as being associated with the trait of interest in either the GWAS catalog or dbGaP, and they have top posterior enrichment probabilities with the trait using RSS analysis. Each gene is annotated with past functional studies that link them to the trait of interest. We also report each gene's overall trait-specific significance rank (out of 14,322 autosomal genes analyzed for each trait), as well as their heritability estimates from gene- ε using Elastic Net to regularize GWA SNP-level effect size estimates. The traits are: height; body mass index (BMI); mean corpuscular volume (MCV); mean platelet volume (MPV); platelet count (PLC); and waist-hip ratio (WHR). \clubsuit : Enriched genes whose top SNP is not marginally significant according to a genome-wide Bonferroni-corrected threshold ($P = 4.67 \times 10^{-8}$ correcting for 1,070,306 SNPs analyzed; see highlighted rows in Supplementary Tables S19-S24 for complete list). *: Multiple genes were tied for this ranking.

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