

Table 1. Stepwise multiple regression model for predicting thyroid volume in patients of Southwestern Albania

Variable	Predictor	Beta	T	p	R² (%)
Thyroid volume	Lamb/goat meat consumption	-0.274	-2.707	0.008	0.274 p<0.009
	Sex	-0.203	-2.019	0.046	
	Vegetable consumption	-0.193	-1.853	0.067	
	Educational status or occupation	0.035	0.448	0.727	