The detail code of Linear Regression in R program as follows:

Set age and Effect size of Pain degree as an example:

age <- c(a, b, c, d,.....)

ES <- c(A,B,C,D...... )

plot (age, ES, main = "Plot of age and ES")

lm.reg <- lm (ES ~ age) #Establish regression equation

lm.reg

abline (lm.reg) #Draw the fitted linear regression line

anova (lm.reg) #Model variance analysis

summary(lm.reg) #T-test of regression coefficient