

Moving Toward Best Practices: Reviewing the Implications of the Latest Gambling Research and Innovative Programming

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Nebraska Council on Problem Gambling



Goals for day one

- Why do we need research
- Discuss all research is necessary but some research is imperative
- Discuss the connection between SA and DG
- Look at gambling clients and success in treatment
- Look at fantasy sports gambling

Gambling an addiction?

- **Published Date:**
- May 16, 2011
- USA - Out-of-control gambling -- a particular problem among regular slot machine players -- will be reclassified from a behavioral disorder to an addiction, as of 2013. For more than 30 years, doctors have considered pathological gambling a behavioral disorder, not an addiction. But that's about to change.
- **In 2013, the psychiatric community will officially classify uncontrolled gamblers as addicts -- the first-ever "behavioral addiction." Pathological gambling will no longer be an impulse-control problem, like fire-starting and obsessive hair-plucking.**
- Instead it will be grouped with "classic" addictions such as alcoholism, smoking and drug abuse in the next edition of the American Psychiatric Association's Diagnostic and Statistical Manual
- Gambling moved to Addictions section of DSM-5 312.31

2018 study of Iowans

- ENCOURAGED TO QUIT OR CONTROL GAMBLING
- About 12,000 adult Iowans (1%) who said they had gambled in the past 12 months said that someone important in their lives told them they should cut back, stop or try to control their gambling. Among those who were told to cut back, stop or try to control their gambling, 89% were at-risk gamblers.
- 2019 the gambling treatment program saw 300 plus clients that number projected to be less than 125 in fiscal year 2021.

Gambling addiction triggers the same brain areas as drug and alcohol cravings

January 3, 2017

Imperial College London

- The study found that two brain areas, called the insula and nucleus accumbens, are highly active when people with gambling addiction experience cravings.
- Activity in these areas, which are found deep in the centre of the brain and involved in decision-making, reward and impulse control, has been previously linked to drug and alcohol cravings.
- Interestingly, the team also found that weaker connections between the nucleus accumbens and an area called the frontal lobe in problem gamblers were associated with greater craving.
- "Weak connections between these regions have also been identified in drug addiction. The frontal lobe can help control impulsivity, therefore a weak link may contribute to people being unable to stop gambling, and ignoring the negative consequences of their actions. The connections may also be affected by mood -- and be further weakened by stress, which may be why gambling addicts relapse during difficult periods in their life."

Problem Gambling, Mental Health and other physical conditions

- Research shows that 90% of all problem gamblers have a pre-existing mental health or other substance related disorder prior to the onset of a gambling disorder
- This means gamblers need multiple interventions to begin to see recovery
- Victor Ortiz 2021

National Epidemiologic survey on Alcohol and Related Conditions 2008

- 73.2% of (disordered) gamblers had an alcohol use disorder
- 38.1% had a drug use disorder
- 60.4% had a nicotine dependence
- 49.6% had a mood disorder
- 41.3% had an anxiety disorder
- 60.8% had a personality disorder

In 2009, the NCRG's Task Force on College Gambling Policies recommended that colleges and universities promote understanding of gambling disorders as a mental health issue and provide assessment and intervention resources to address gambling disorders among college students

Research shows that approximately 75 percent of college students gambled during the past year, whether legally or illegally.

Researchers from Montclair State University recently published a study about problem gambling awareness messages on college counseling center websites (CCW) to determine what types of information students received about gambling disorders and treatment (McKinley & Wright, 2011). This study further highlights the need for resources like CollegeGambling.org.

How many people gamble Fantasy Sports?

- ESPN: 2008 118 million Americans bet on sports (38% of population)
- The Fantasy Sports Trade Association: reported \$1.67 billion was spent on fantasy football in 2012 compared to \$800 million in 2008 Quicken loans Oct.11,2013
- September 2015 40 million players and 1.5 billion revenue, fantasy sports major force in the NFL CNN Sept.11,2015
- Eilers Research: estimates daily games will generate ...\$2.6 billion in entry fees this year and grow 41% annually, reaching \$14.4 billion in 2020
- According to published report FSTA: 1% bettors account for 26% revenues

The WAGER, Vol. 23(3) - Paying to play: Do paid fantasy sports leagues signal gambling problems?

Tuesday, March 27, 2018

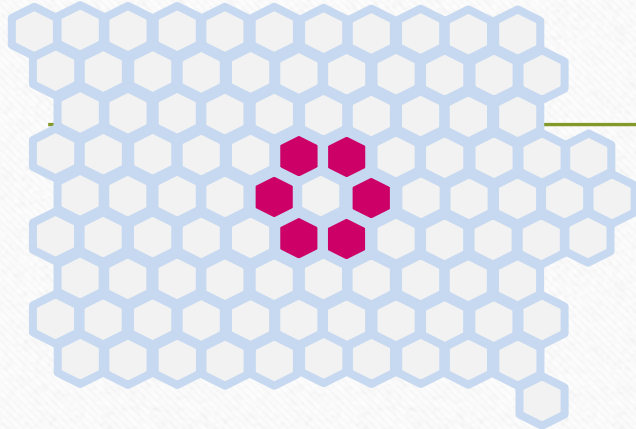
- The researchers distributed an online survey to 982 college students at three different universities in the U.S.
- In total, 4.9% of participants reported 1 or more symptoms of GD, and 27.3% had gambled in the past year. Those who played daily fantasy sports were most likely to have gambled in the past year, followed by those who played season-long fantasy sports only, and then by those who didn't play fantasy sports at all.
- What about GD symptoms? Of those who gambled during the past year, those who played online fantasy sports endorsed **significantly** more symptoms of GD, on average, than those who did not play fantasy sports. Further, those who played *daily* fantasy sports endorsed significantly more GD symptoms on average than those who played only season-long fantasy sports. However, paying to play was unrelated to GD symptoms.


Fantasy and Daily Fantasy in Iowa

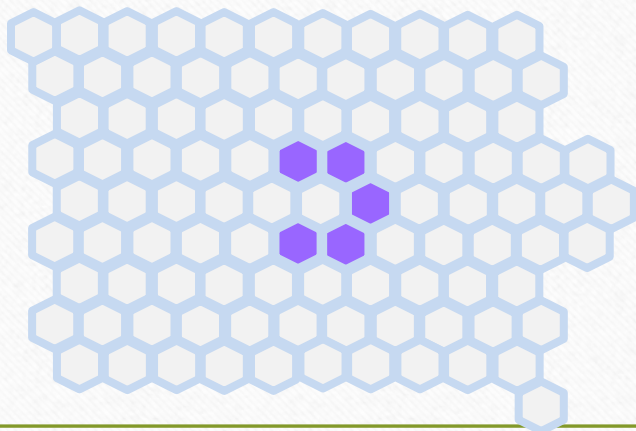
- FANTASY SPORTS (FS)
 - About 5% of adult Iowans participated in fantasy sports in the past 12 months. This is about 110,000 adult Iowans. About 4% participated in the past 30 days. This is about 98,000 Iowans.
 - Among those who participated in fantasy sports, the vast majority (92%) bet or wagered in the outcome of FS in the past 12 months.
- DAILY FANTASY SPORTS (DFS)
 - Fewer than 1% of adult Iowans bet or wagered money in DFS. This is about 21,000 Iowans.
 - Among those who bet or wagered money in DFS, about one-third (35%) bet or wagered in the past 12 months. This is about 7,000 Iowans.


Iowa: Sports betting & Fantasy sports

Iowa 2018



 5.9% | Bet on sports in the
Pop. Est. 135,945 | past 12 months



 5.1% | Played fantasy sports
Pop. Est. 118,209 | in the past 12 months

SPORTS BETTING (INCLUDING FS AND DFS) AND OTHER GAMBLING BEHAVIORS in Iowa

- Almost all sports bettors in the sample (99%) were engaged in one or more types of gambling behavior in the past 12 months.
- 56% engaged in casino gambling such as slot machines or poker, roulette, craps or black jack.
- 78% engaged in lottery games such as power-ball or scratch tickets.
- 94% engaged in other types of gambling such as office pools or games of personal skill.
- *Prepared April 2019 for the Iowa Department of Public Health Iowa Gambling Treatment Program*
- *Prepared by the Center for Social and Behavioral Research, University of Northern Iowa*

Daily Fantasy Sports: A prevalence survey with college age students

A substantial number of college students engage in fantasy sports and a smaller but still significant percentage of college students engage in daily fantasy sports. This population may show a greater risk for problem gambling. This research project will assess the percentage of those engaging in daily fantasy sports and the extent of a self-reported gambling problem by asking questions from the DSM 5 symptom list for Disordered Gambling (312.31)

Daily
Fantasy
Sports: A
prevalence
survey with
college age
students

Purpose of the research:



-
- The research goal was to survey a minimum of 300-500, and maximum of 1,000, college-aged students on their activity concerning daily fantasy sports.
 - The objectives are:
 - **Present a 22-question survey to students attending private Nebraska secondary schools.**
 - Time period: Between November 1, 2016, to December 15, 2016.
 - Execution: Position the survey table in various college student unions. Hand out surveys to general population students.

There were 512 valid surveys out of over 650 surveys completed. Numerous surveys were either incomplete or in some cases the survey participant did not fit in the age group designated for study despite staff screening.

53.5% of all participants were female and 46.5 male. This fit the general profile for the institutions surveyed and their general student population.



The primary form of gambling for this population, according to the survey, was casino gambling. This, despite no legal casinos within the Nebraska border. The second most popular form of gambling for this population was lottery, in either powerball/mega or scratch-off type games. Sports betting was third (again, not legal in Nebraska), and Keno was forth.

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- Of the 512 participants 151, or 29.4% of the respondents, admitted to having previously played fantasy sports of any kind for money or not.

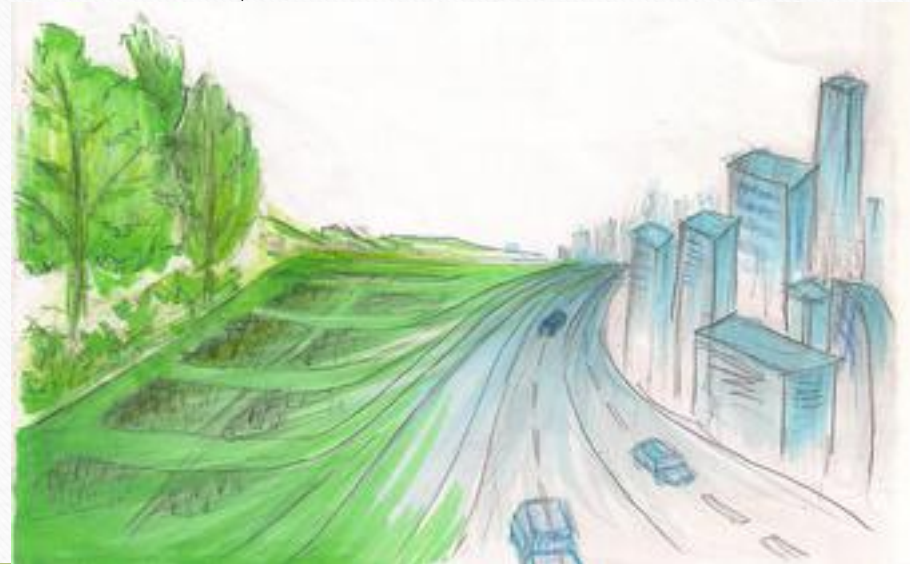
- 228 participants admitted to playing at least once in their lives. Of those 39% admitted to playing in the last 30 days.
-

- Overall, 27.5% of respondents admitted to playing daily fantasy sports for money or possessions in their lifetime, with 18.8% having wagered on DFS within the last 12 months. Of those who admitted playing DFS, 38% admitted playing 1-3 times per week, while 17% admitted to playing DFS just a few days per year.

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Rural vs Urban DFS players:

- Statistically, there is no difference in percentages of daily fantasy players in urban vs rural areas (18.4% urban vs 18.6% rural).



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- Participants who play daily fantasy sports and have at least one symptom of DSM 5:

- 38.5%



Research on Sports gamblers

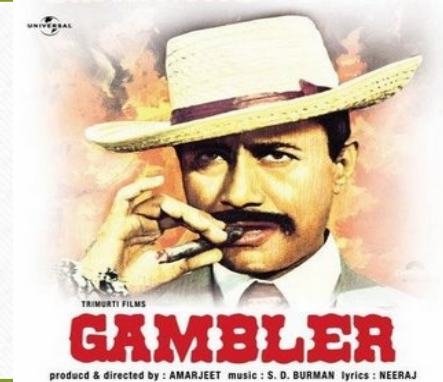
- Doing research on sports gamblers is recent and still not widespread
- Expect more research to be forthcoming in the next 3 to 5 years
- Juan Paulo Ramirez and I compiled data from Nebraska to begin to discuss the prevalence and outcomes of those who present for problem gambling treatment

Sports betting in Iowa

- SPORTS BETTING, GAMES OF SKILLS OR OFFICE POOLS
- About 6% of adult Iowans bet on sports in the past 12 months. About 3% of adult Iowans bet on sports in the past 30 days. This is about 130,000 adult Iowans betting on sports in the past 12 months.
- About 8% of adult Iowans bet or wagered on games of personal skill in the past 12 months. About 3% of adult Iowans bet or wagered on games of personal skill in the past 30 days. This is about 170,000 adult Iowans betting on sports in the past 12 months.
- About 12% of adult Iowans bet on office pools in the past 12 months. About 2% of adult Iowans bet on office pools in the past 30 days. This is about 260,000 adult Iowans betting on sports in the past 12 months.
- About 1 in 5 adult Iowans (19%) **bet or wagered on *games of skill, office pools* or other *sport betting*** (professional or amateur games) in the past 12 months. This is about 430,000 Iowans.

Sports gamblers 1985

Excerpts from When Luck Runs Out
Robert Custer and Harry Milt page 48-49



- “He is a man in his **late thirties or early forties**, without any financial resources, in debt between \$10,000 to \$100,000 (or more) to relatives, friends, banks, credit institutions, and loan sharks.”
- “Even though he has come for help, either voluntarily or under pressure from his relatives, **he has no insight into his problem**. He does not recognize that he is sick, an addict.”
- “All he can think about is **where he can get more money to gamble**.”
- “Dependent as he is on the help of the therapist, **he is skeptical about how much good it is going to do him**.”

Sports gamblers in 1985

Excerpts from “When Luck Runs Out”

Robert Custer and Harry Milt page 48-49, 57-59

- “We think that 10 to one ratio (of men to women) is about right; that is, **for every female gambler there are about 10 male gamblers (in general)**”
- “Compulsive gamblers are found in all walks of life... **The majority, however, appear to be concentrated in the lower middle class and middle class.**”
- “**Most gamblers have superior intelligence.**”
- “Nature seems to have endowed these people with superabundant energy and limitless capacity for work and for physical and emotional endurance.”
- “...his inability to settle down to a quiet task or pursuit requiring time and patience...”



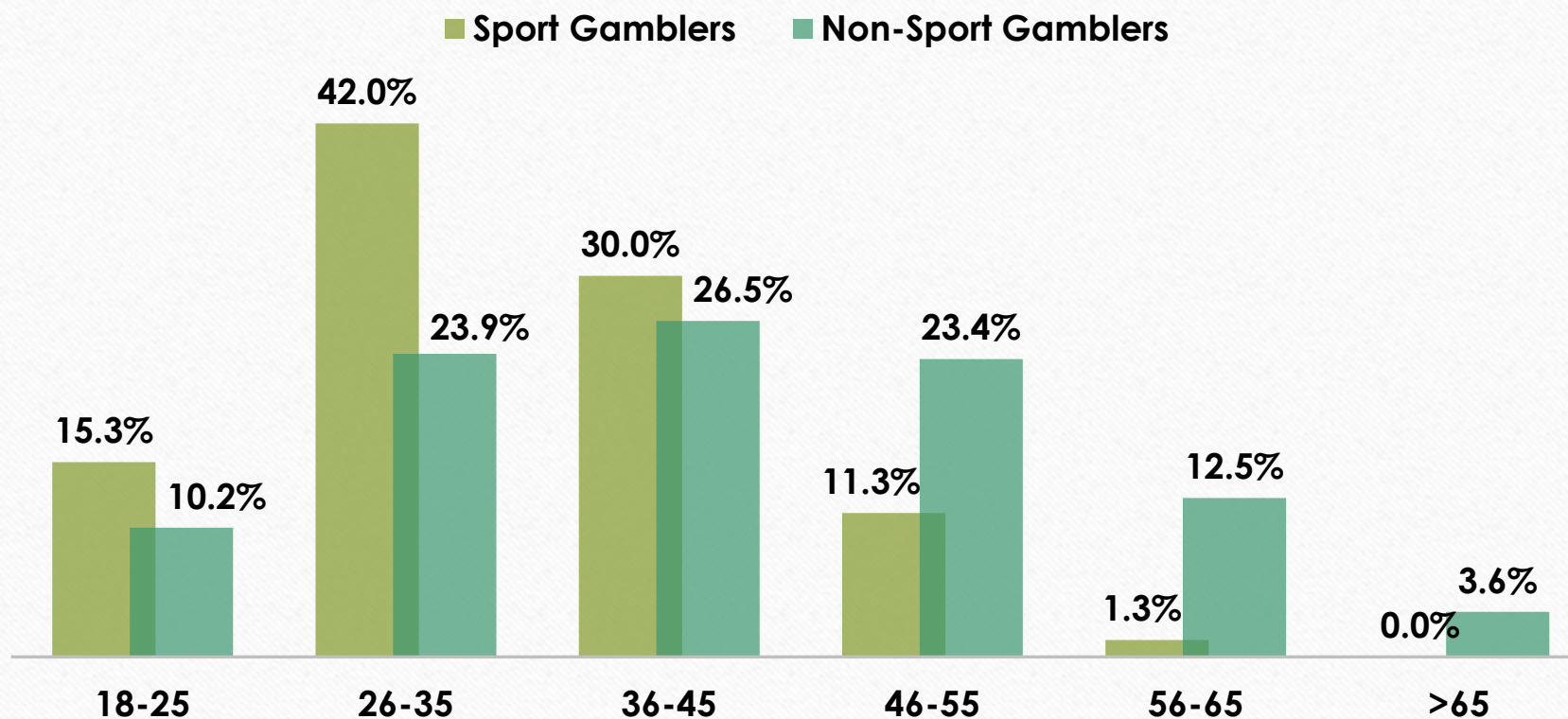
Number of sport gamblers in Nebraska study in 2018

We looked back at the number of sports gamblers
entering state funded treatment in the last 15 years

N = 150

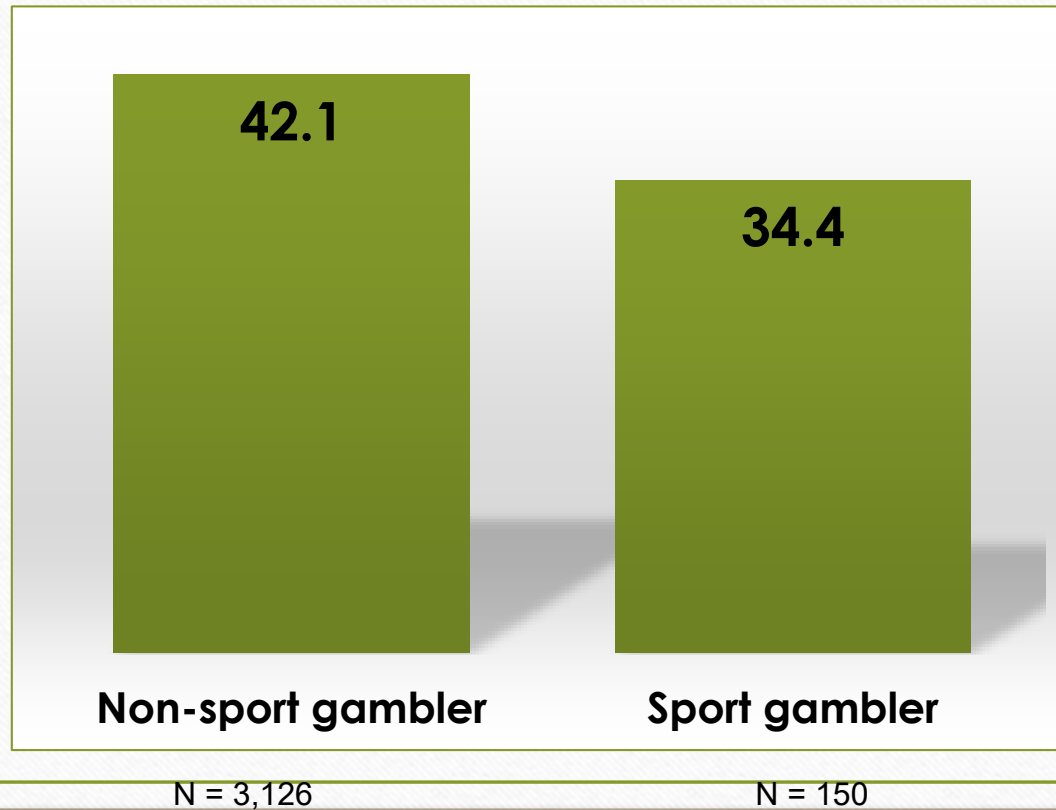
We compared them to the other non-sports
gamblers who have entered treatment

Admission by age group (sport gamblers vs. non-sport gamblers)

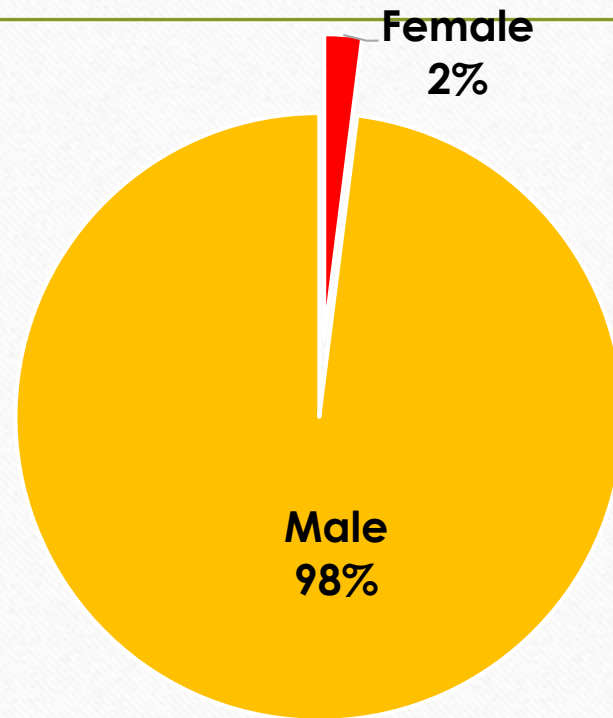


Sport gamblers, $n = 150$; Non-sport gamblers, $n = 3,126$

Admission by age group (sport gamblers vs. non-sport gamblers)

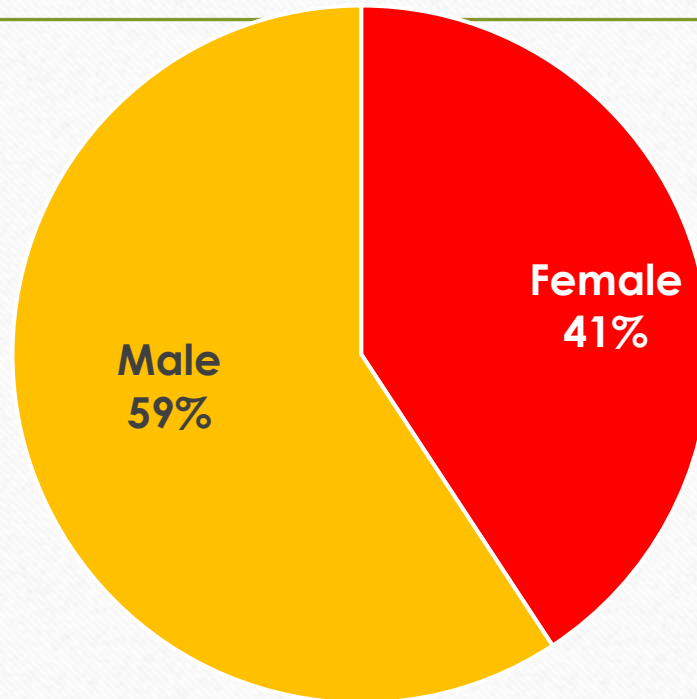


So was Dr. Custer right? YES!
Gender (sport gamblers)

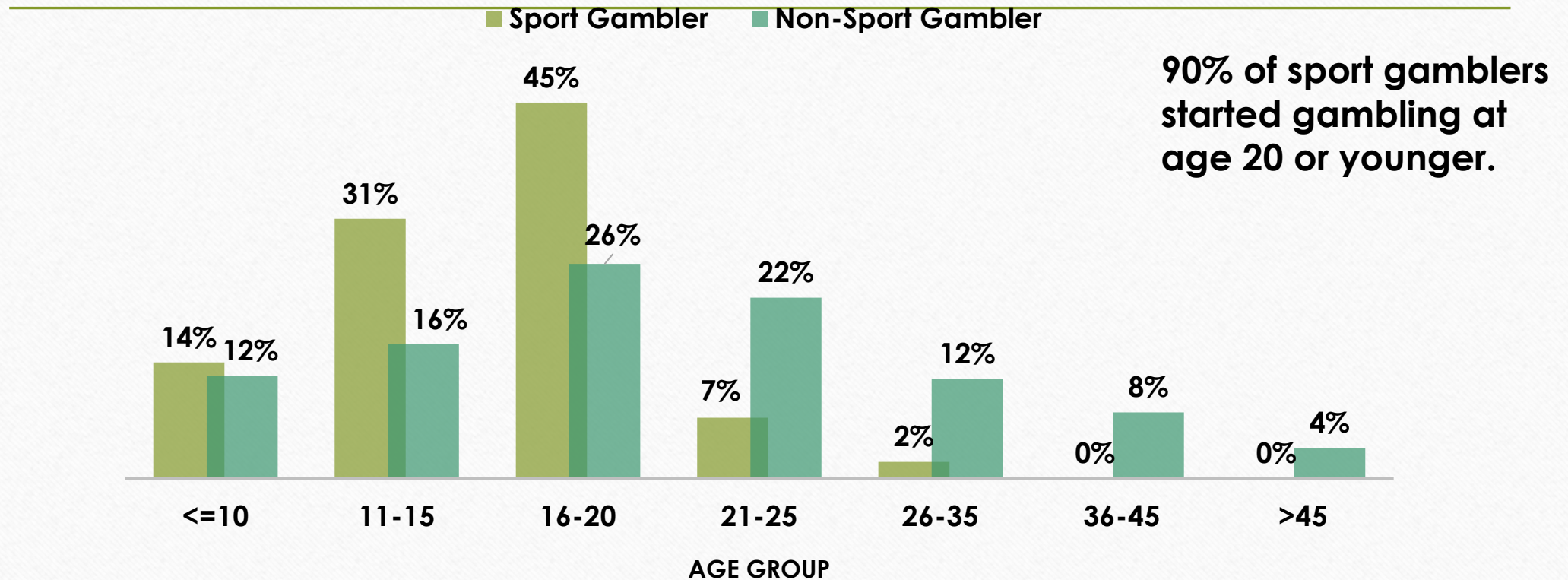


Was Dr. Custer right? NO!

Gender (non-sport gamblers)

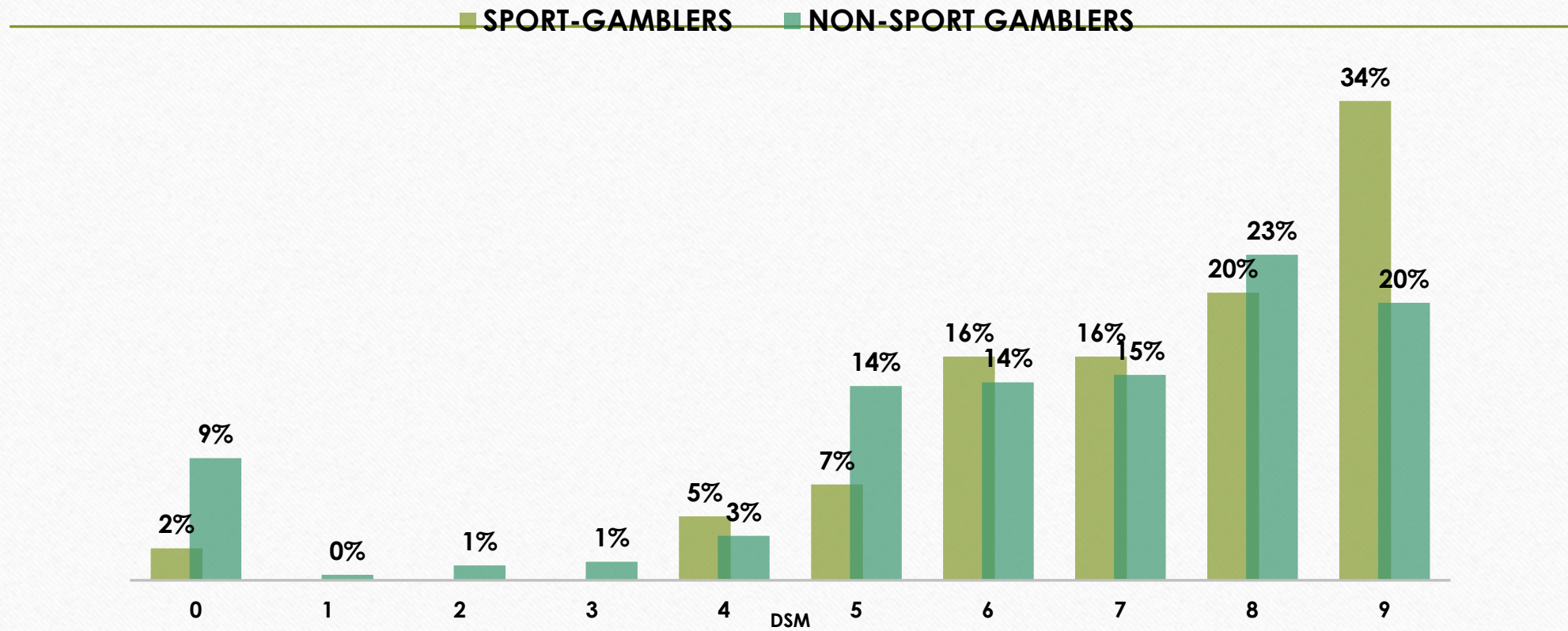


First Gambled by Age Group (sport gamblers vs. non-sport gamblers)



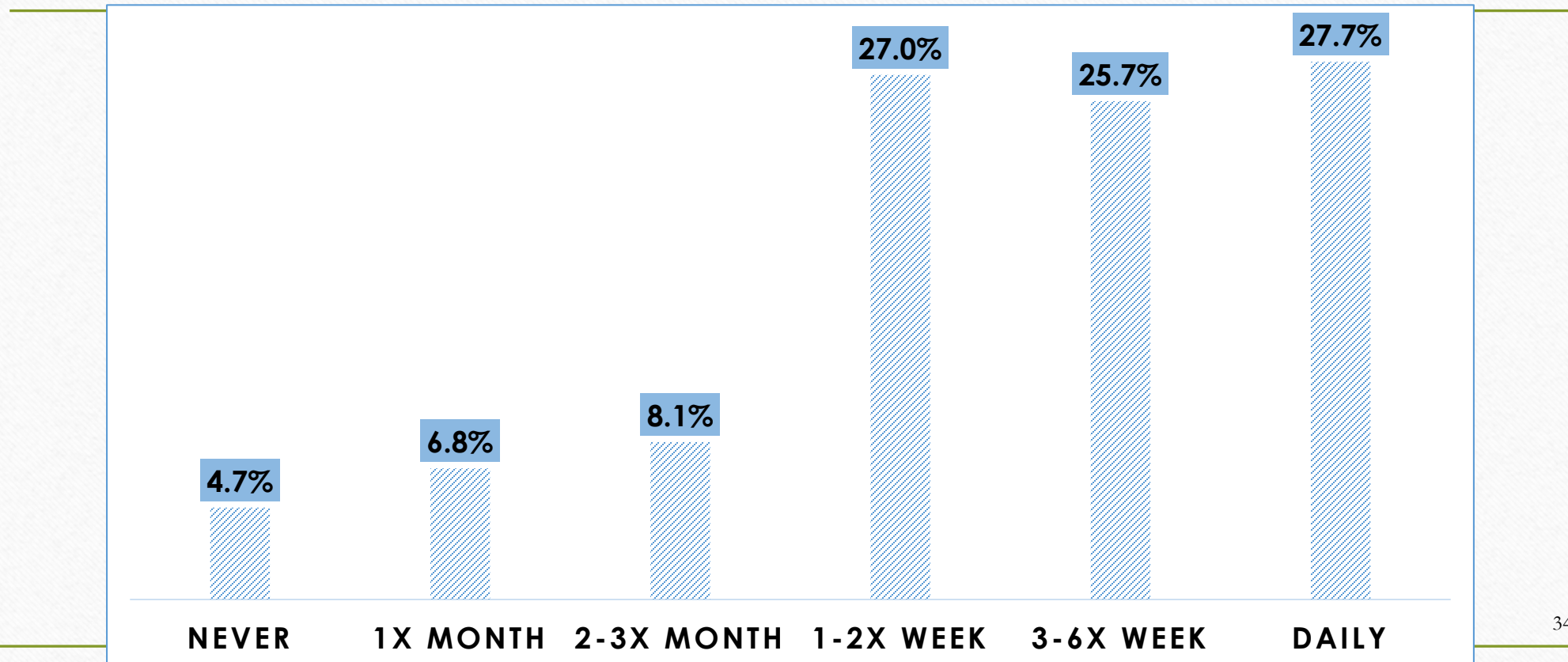
DSM –Diagnostic criteria

Combination of DSM IV thru five



Sport gamblers, $n = 44$; Non-sport gamblers, $n = 760$

Frequency of wagering sport gamblers (last 30 days) This is important!

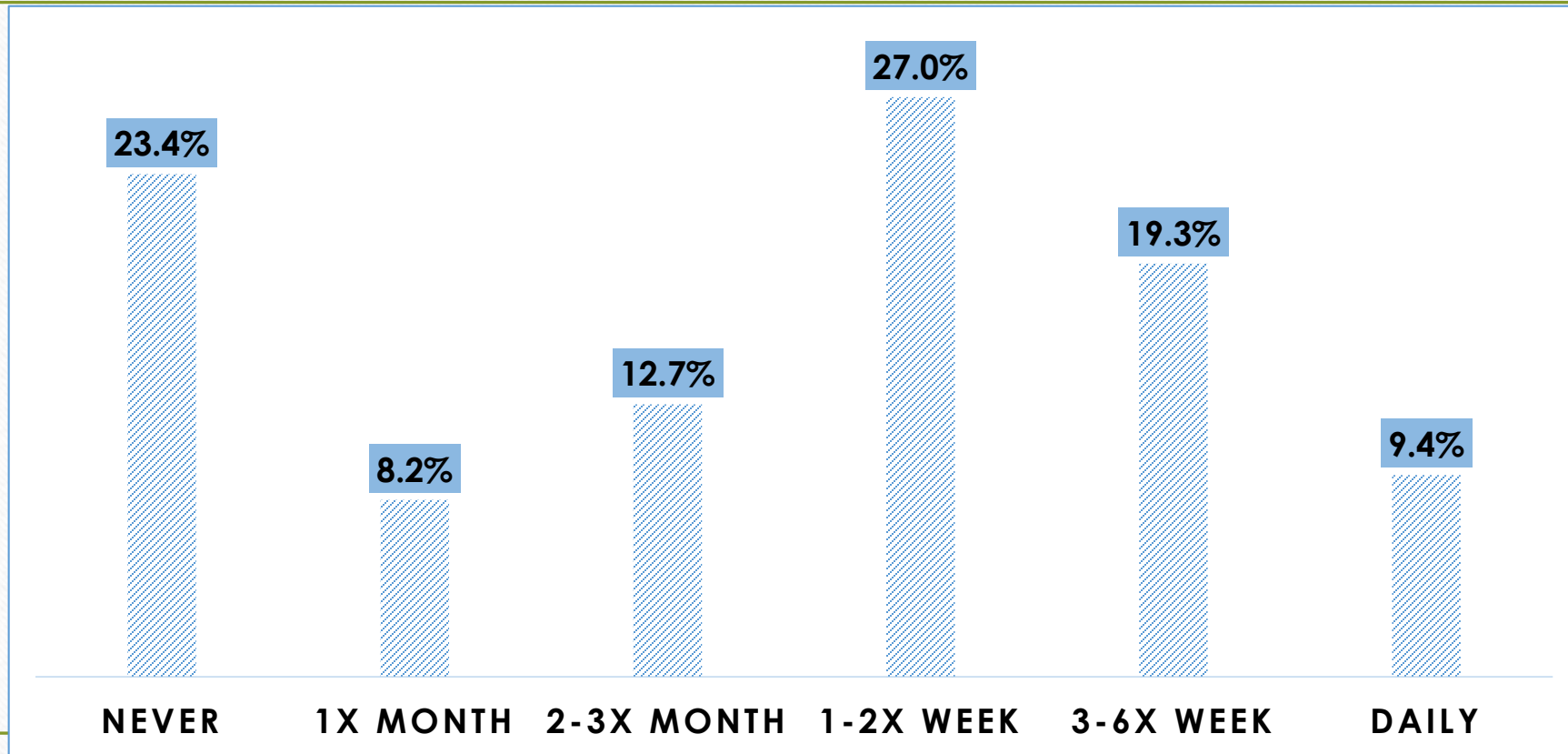


N = 148

Daily is more than Daily

- Inside sports gambling are micro bets and cash outs
- Inside each game is betting (example you can bet in the last 2 minutes who will score more or who will win)
- Inside you can cash out early and take a lesser amount or let it ride
- Gambling has gone from discontinuous to continuous

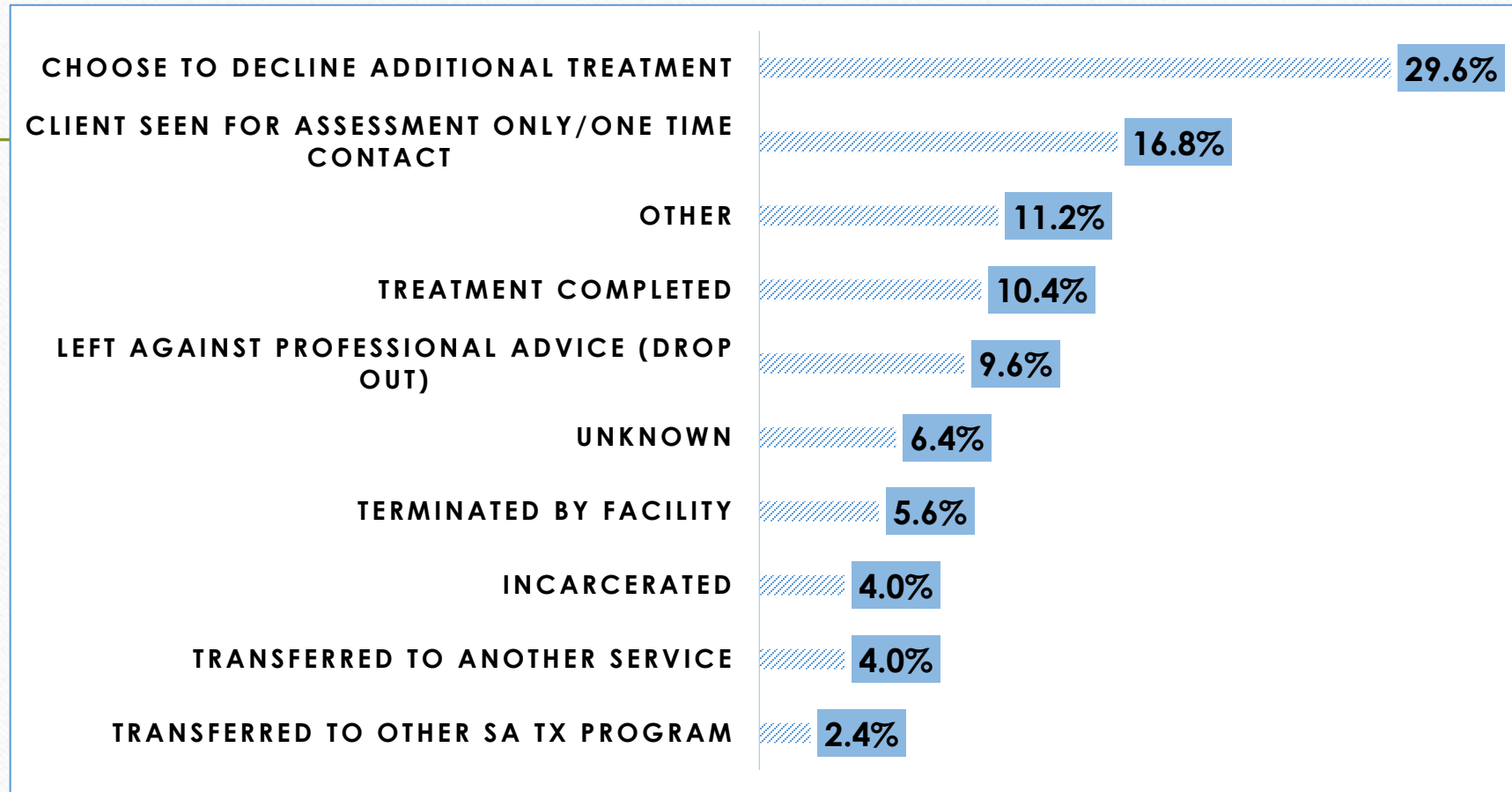
Frequency of wagering non-sport gamblers (last 30 days)



N = 3,096

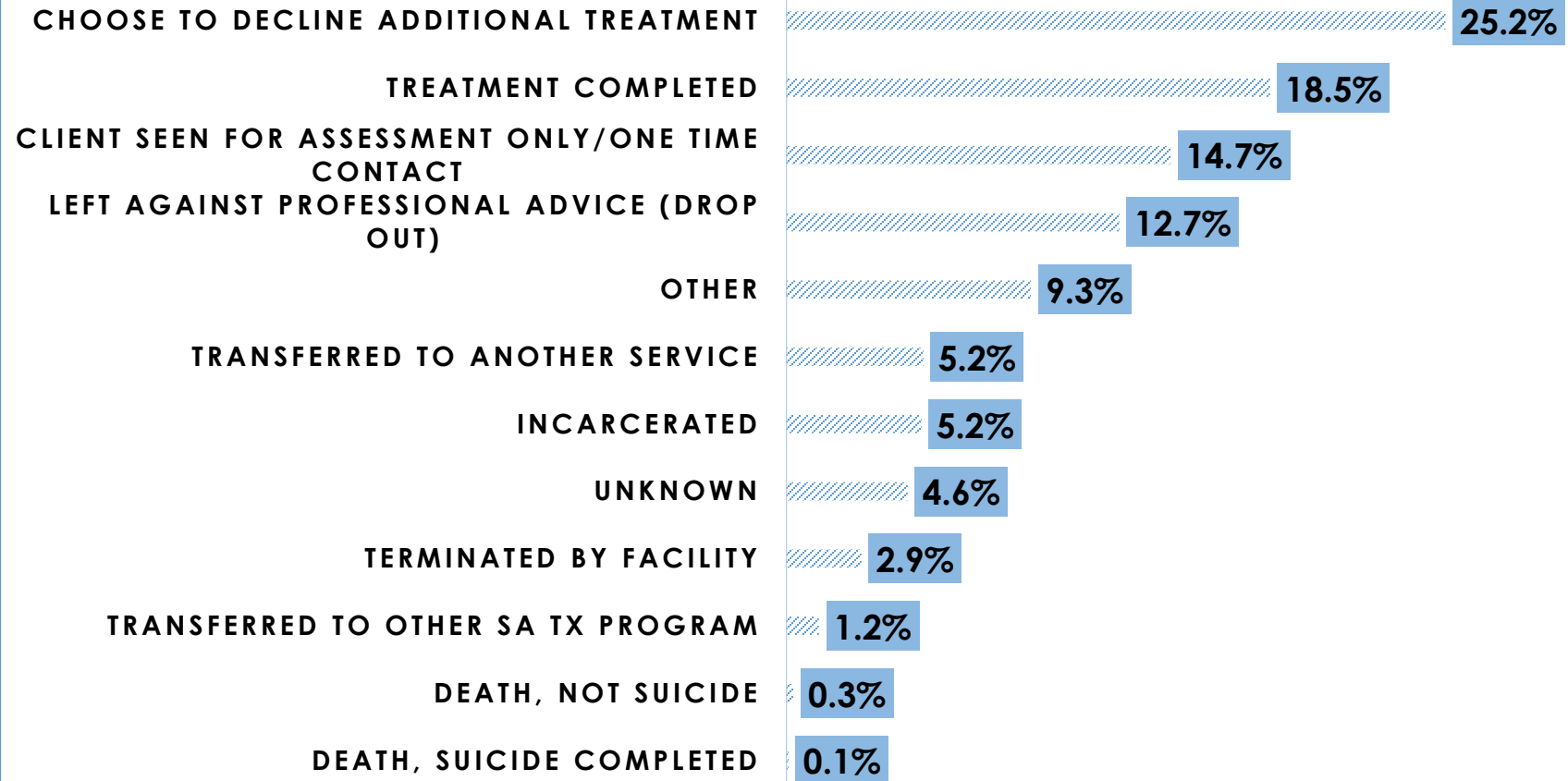
Discharge status (sport gamblers)

Counselor report:



N = 125

Discharge status (non-sport gamblers)



N = 2,653

Gambling problem for 46% of poker players

Australian Gambling Research Centre 2018

-
- Poker players experience the highest rates of problem gambling...
 - Poker players also regularly spend money on other gambling activities, with poker making up 48% of their total gambling losses
 - Over a third bet more than they can afford to lose and tried to win back the money they lost another day
 - 25%plus had been told by someone else they had a gambling problem but still bet
 - 25% said their gambling had caused physical or mental health problems

Characteristics and Help-Seeking Behaviors of Internet Gamblers Based on Most Problematic Mode of Gambling

Monitoring Editor: Gunther Eysenbach Reviewed by Simone Rodda, Robert King, and Nicki Dowling Published online 2015 Jan 7. doi: 10.2196/jmir.3781

- Objective
- This study aimed to compare (1) characteristics of problem Internet gamblers and problem land-based gamblers and (2) uptake of different types and modes of help between problem Internet gamblers and problem land-based gamblers. Hypothesis 1 was that problem Internet gamblers are less likely to seek help. Hypothesis 2 was that problem Internet gamblers are more likely to use online modes of help.

Characteristics and Help-Seeking Behaviors of Internet Gamblers Based on Most Problematic Mode of Gambling

- **Problem Internet gamblers were significantly more likely than problem land-based gamblers to be male, have lower psychological distress, and experience problems with sports and race wagering .** Uptake (seeking) of help was significantly lower among problem Internet compared to problem land-based gamblers including from face-to-face services, gambling helplines, online groups, self-exclusion from land-based venues, family or friends, and self-help strategies.
- Both problem Internet and problem land-based gamblers had similarly low use of online help. However, problem land-based gamblers were significantly more likely to have sought land-based formal help compared to problem Internet gamblers

Playing too many video games is 'an illness': 'Gaming disorder' is added as a mental health condition by the World Health Organisation

By Victoria Allen Science Correspondent For The Daily Mail 00:59 21 Dec 2017, updated 00:59 21 Dec 2017

The World Health Organisation will include 'gaming disorder' in its international list of illnesses for the first time next year. The draft wording of its diagnostic manual says someone has a gaming disorder if 'gaming takes precedence over other life interests'. The unhealthy behaviour will have had to continue for at least a year before diagnosis is confirmed.

The agency has not listed other conditions linked to technology, such as so-called smartphone or internet addiction, due to a lack of evidence they are 'real disorders'.

Online gaming

Dr. Vladimir Poznyak 2017

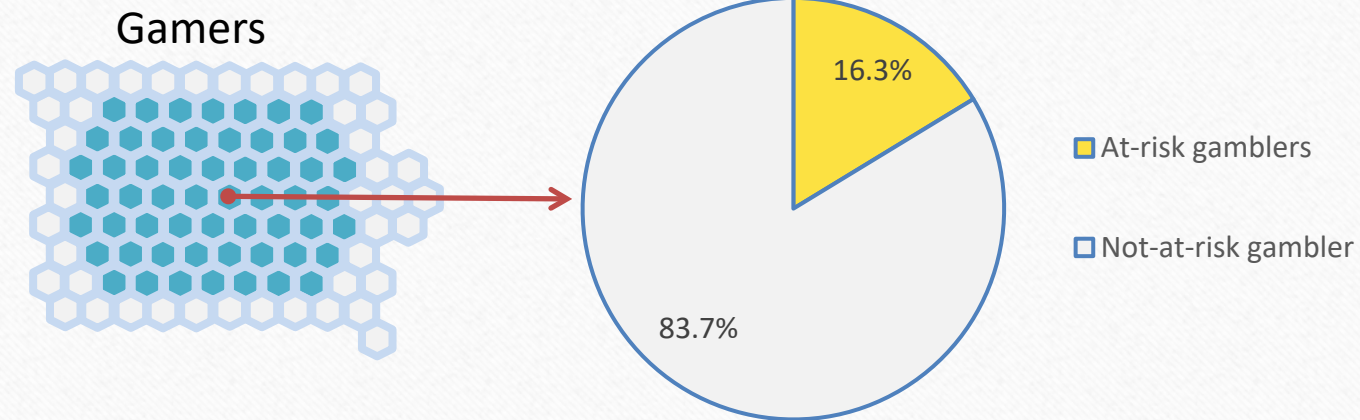


- “54% of all games on Facebook have gambling elements and these games tend to be owned by gambling operations

The WAGER, Vol. 25(8) – Gambling in the time of COVID-19: Mental health, substance use, and financial distress among high-risk online gamblers

- **Among online gamblers, several factors increased the likelihood of having high-risk gambling status: male gender; being 25-44 years of age; reporting more severe anxiety and depression; and gambling under the influence of cannabis or alcohol. Negative financial impacts attributed to COVID-19 – lost employment or reduced work hours – were also associated with high-gambling risk.** High-risk respondents were more likely than non-high-risk respondents to report gambling to earn income, to win back money lost to gambling, or for help with feeling nervous or depressed. Among online gamblers, several factors increased the likelihood of having high-risk gambling status: male gender; being 25-44 years of age; reporting more severe anxiety and depression; and gambling under the influence of cannabis or alcohol. Negative financial impacts attributed to COVID-19 – lost employment or reduced work hours – were also associated with high-gambling risk. High-risk respondents were more likely than non-high-risk respondents to report gambling to earn income, to win back money lost to gambling, or for help with feeling nervous or depressed. August 11, 2020

Gaming and at-risk gambling Iowa 2018



What is Social Gaming? Can we define it the same way

- Games usually found on social network site
- Can be downloaded to your computer or phone
- Determined to be a skill based game
- FUN!



Parallels between gambling and gaming

A. Reasons for play

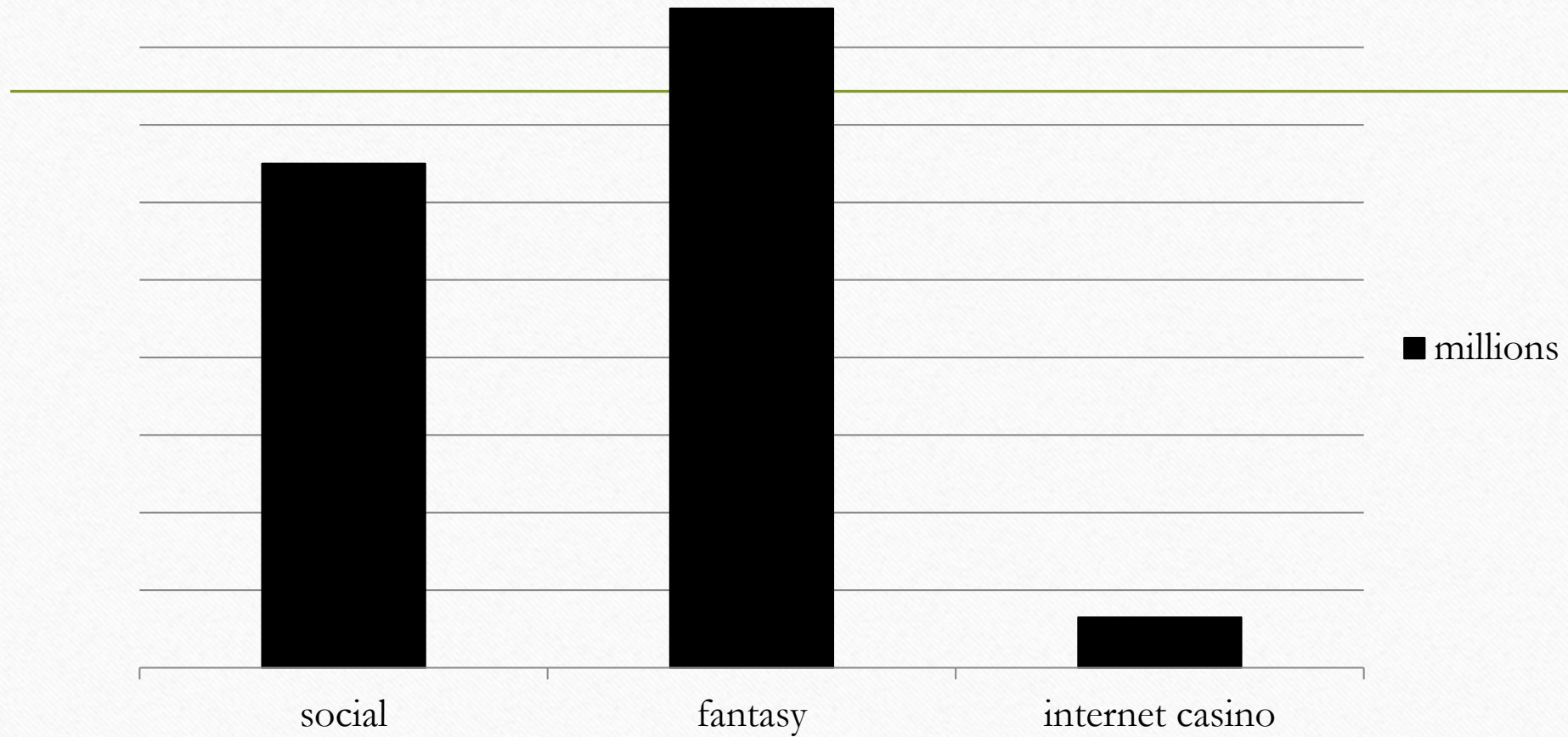
B. Platforms

C. Themes / Genre

D. Rewards and Reinforcement (intermittent)

E. Dopamine rush

2014 revenue estimates



The WAGER, Vol. 25(10) - The overlap between skin betting, other gambling activities, and problem gambling in children

- Overall, 7% of kids reported that they gambled with skins in the past month and 16% reported that they engaged in other forms of gambling in the past month. In fact, betting with skins was the second most common form of gambling reported. Boys were more likely than girls to engage in any gambling, including skin betting, and the likelihood of reporting skin betting and other gambling increased with age. Of the children who reported betting on skins, 39% also reported engaging in other gambling activities. Kids who engaged in skin betting and other gambling activities had higher rates of at-risk/problem gambling than kids who only engaged only in other kinds of gambling (see Figure). **However, when all of the kids' demographic and gambling characteristics were considered in combination, skin betting was not associated with increased risk for at-risk gambling.**

October 06, 2020

Examples of social gaming



Did you know?

- How much was spent by consumers on Candy Crush in 2014?

\$808,000 Per Day!

Now that's a lot!

Data for Gaming

- US women who paid for gaming ages 21-35 22%
- Share of US gamers who spent 2 to 5 hours weekly playing social casino 25%
- 2021 video game market size in the US projected to surpass 65.49 Billion dollars
- China has most gamers 660 million then the US 150 million
- Statista.com

Goals for day two

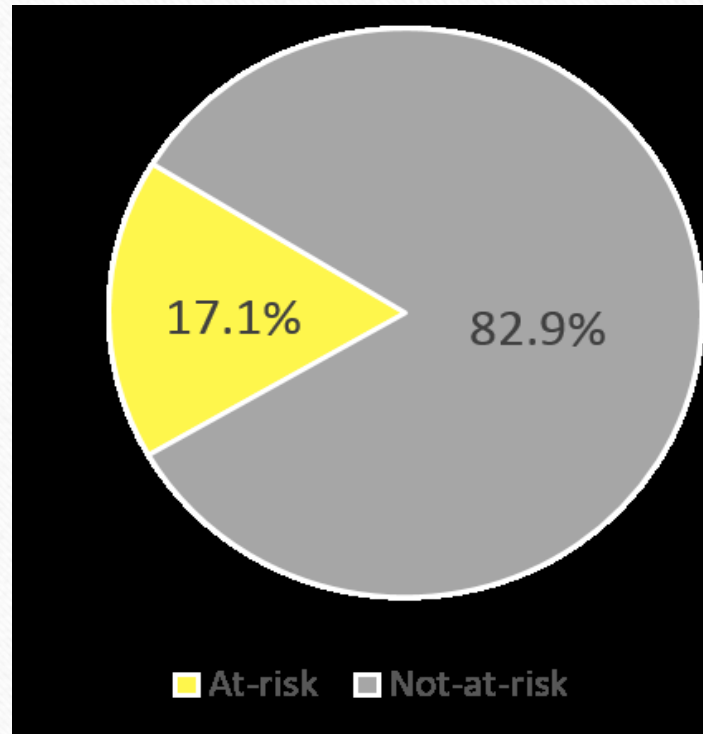
- Discuss older adults and younger adult research
- Discuss crime and problem gambling
- Look at research on responsible gambling
- Other research

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- ENCOURAGED TO QUIT OR CONTROL GAMBLING
 - About 12,000 adult Iowans (1%) who said they had gambled in the past 12 months said that someone important in their lives told them they should cut back, stop or try to control their gambling. Among those who were told to cut back, stop or try to control their gambling, 89% were at-risk gamblers

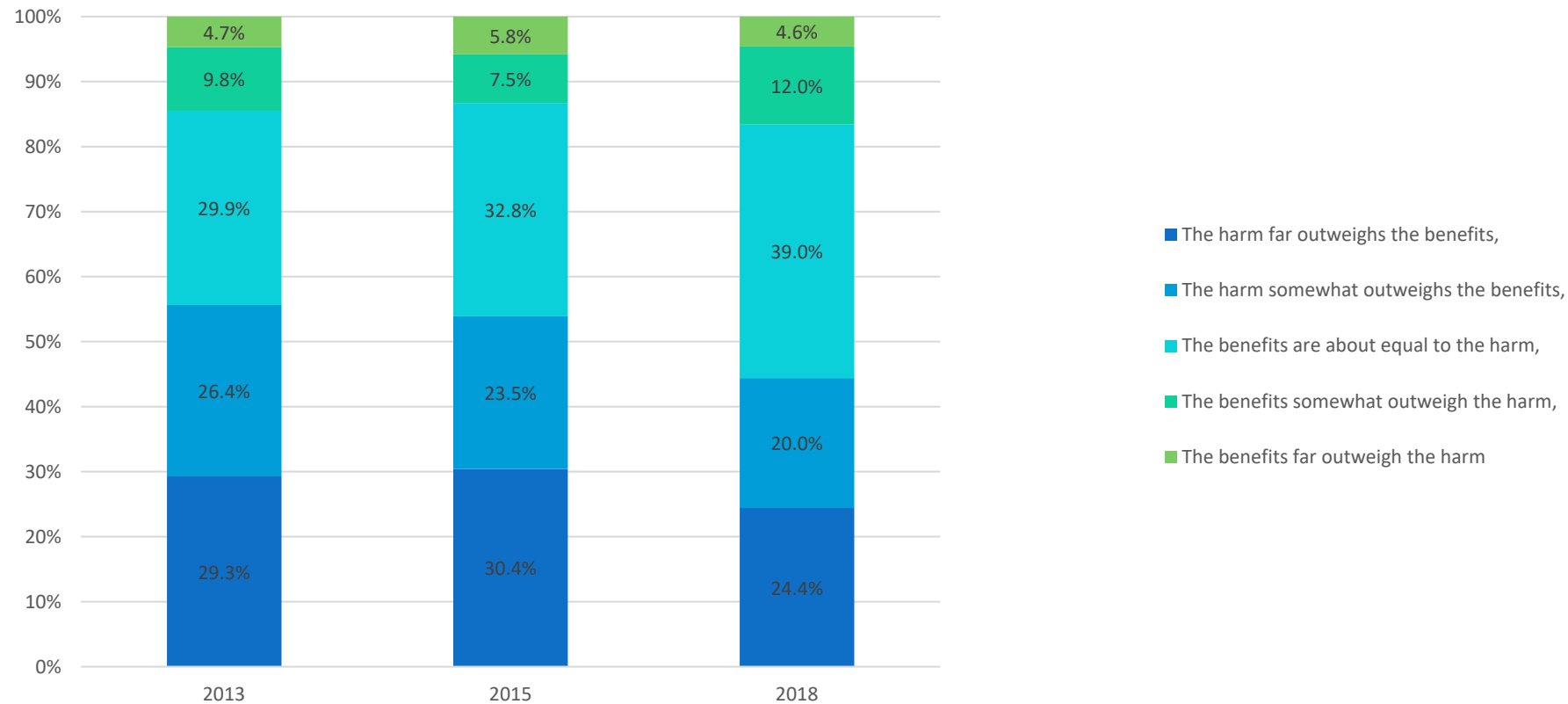
At-risk gamblers among those who wanted to cut-back on the amount of time gambling

- When asked if they wanted to decrease the money they spent betting or wagering, about 6% of the study participants wanted to. Among those who wanted to decrease the money they spent betting or wagering, 37% were at-risk gamblers

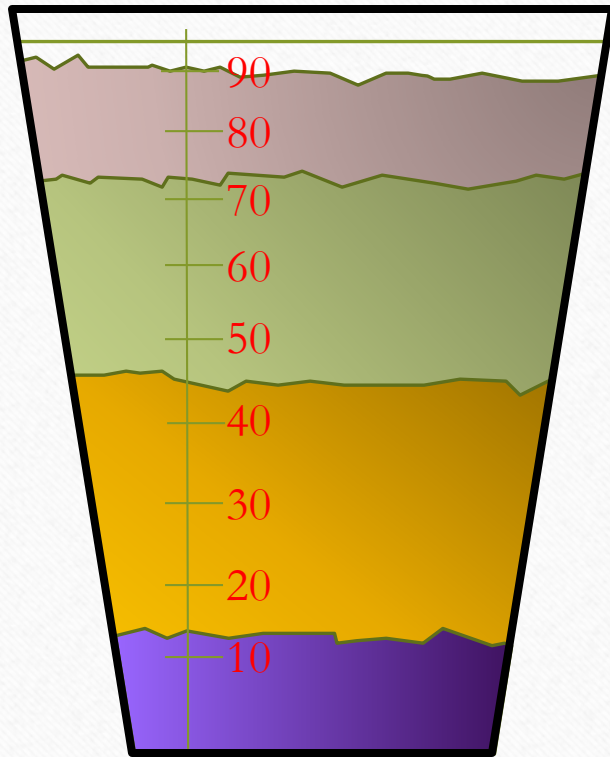
Iowans: When asked if they wanted to stop gambling altogether, about 8% of the study participants wanted to stop altogether. Among those who wanted to stop altogether, 17% were at-risk gamblers



Iowans attitude toward gambling



At-risk gambling



- Adult Iowan (2.3 million)
- Ever gambled (90.2%)
- Gambling past 12 months (73.8%)
- Gambling past 30 days (45.8%)
- At-risk gambling (13.6%)
- Iowa 2018

Iowa gambling program Completion of Treatment Statistics

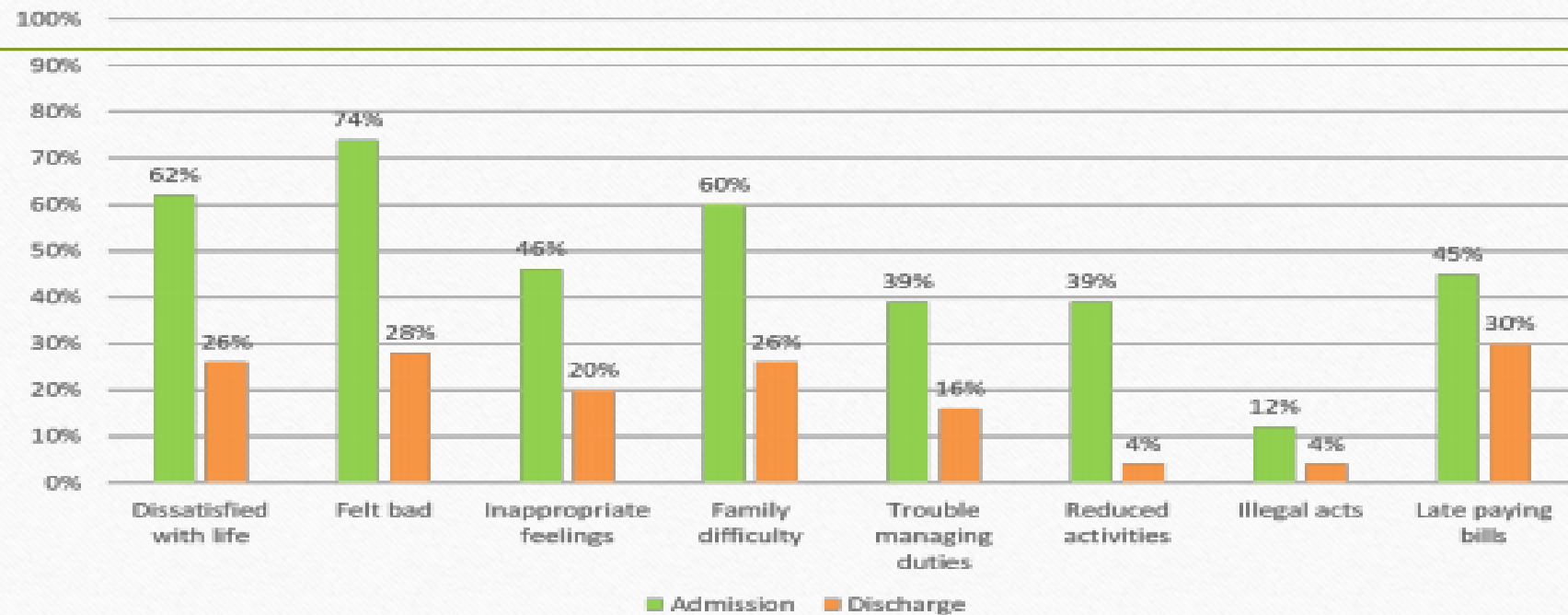
- The proportion of patients who received the discharge status “completion of treatment” plan was relatively stable over time, and there was not a significant difference in 2018-2020. About one third of the admitted patients (36%) were given the completed treatment status in 2018-2020
- *Gambling attitudes 2020*

FOUR OR MORE TREATMENT SERVICES WITHIN 30 DAYS AND LENGTH OF SERVICE

- Patients who received four or more services within the first 30 days of admission were more likely to have a higher number and duration (total hours of services) of treatment sessions compared to those who received fewer than four treatment services within 30 days of admission.
- *Gambling attitudes 2020*

Iowa client: *Psychosocial indicators at admission and discharge*

Gambling attitudes 2020



Affected by gambling

26.7%	Know a person whose gambling may be causing problems
Pop. Est. 618,350	
21.8%	Negatively affected by others' gambling behaviors (aggregated)
Pop. Est. 504,744	

Clinical Predictors of gaming abstinence in help-seeking in adult problematic gamers

Daniel King *Psychiatry Research* 2018

- **Conclusions:**

- Successful abstainers were less likely to suffer withdrawal symptoms
- Abstainers were less likely to play shooting games
- Abstainers with gaming disorder seeking help to reduce gaming may benefit initially from strategies that manage withdrawal and psychoeducation about riskier games

The WAGER, Vol. 21(2) – Problem gambling has more to do with how you gamble than where you do it.

- Participants who gambled both online and at gambling facilities were more likely to report gambling problems than those who only gambled online.
- Some people think that Internet gambling is a cause of gambling related problems. Their solution is to ban or at least tightly regulate Internet gambling. However, this study suggests that Internet gambling might not be a cause of gambling problems.

UNIVERSITY OF MASSACHUSETTS AT AMHERST
Massachusetts Gaming Commission (MGC) by epidemiologist
Rachel Volberg and colleagues at the University of Massachusetts
Amherst's School of Public Health and Health Sciences PUBLIC

RELEASE: 11-JAN-2018

- One interesting finding is "the apparent ease with which people move in and out of problem gambling status within a given year," the lead author points out. **"It's pretty clear that people phase in and out of the problem gambling group.** This movement is different than the way problem gambling has been characterized in the past. Until recently, the general orientation has been that disordered gambling is an unremitting chronic condition."
- Volberg adds, "We've seen this movement in studies done in other jurisdictions, but this will be news to some researchers who are used to thinking of problem gambling as a progressive and chronic disorder."

Past-year gambling behaviour among patients receiving opioid substitution treatment

Sari Castrén, Anne H Salonen, Hannu Alho, Tuuli Lahti, and Kaarlo Simojoki

Jan 27, 2015

- Gambling participation of the OST patients seemed to be somewhat similar compared with the Finnish general population, **but gambling problems were more common among OST patients**. Gender and age may not be very strong indicators of risk while screening problem gamblers among OST patients.
- Institution of a problem gambling screening program is recommended, and additional intervention for gambling problems should be implemented for that need as a part of OST.

Adult gambling addiction tied to childhood trauma

Lisa Rapaport - AUGUST 17, 2017 / 10:55 AM

- Reuters Health - **Men with gambling addictions are more likely than their peers to have endured childhood traumas like physical abuse or violence at home, and treatment needs to address this underlying stressor, researchers say.**
- Roughly one in four men who were compulsive gamblers, meaning addicts who placed bets regardless of their mood or whether they were winning or losing, witnessed violence as kids, as did 23 percent of the men classified as problem gamblers, the study found.
- About 10 percent of compulsive and problem gamblers also experienced physical abuse or assaults as children.

Addiction & the Humanities - Are video games normalizing addictive behaviors?

- Video games are a popular form of media and entertainment in the United States and many parts of the world. Drinking, smoking, using other drugs, and gambling have become common content within video games and are often directly linked to character development and gameplay.
- The presence of this content has been shown to increase the likelihood of initiation and problematic behavior in consumers, especially among children.
- Basis November 20, 2020

ASHES, Vol. 16(10) - Are video games another marketing tool for the tobacco industry?

- Marlboro began incorporating video games into bar promotions from the early 1990s onward and spent over \$700,000 between 1997 and 2004 for 24 racing simulators. They applied Marlboro branding on the cars, monitor frames, and prizes. In order to play, gamers had to fill out a survey detailing their tobacco product use and provide contact information for other smokers willing to receive free cigarettes and incentives in the mail. They even enticed non-smokers to fill out the survey in order to play the game.
- By 2005, many major cigarette brands (e.g., Camel, KOOL, Winston) had websites that featured various video games (e.g., Camel Casino) in order to generate repeat traffic. These video game pages were often the most popular feature on the site, second only to their homepages.

The WAGER, Vol. 24(14) - Loot boxes in video games: A new level of gambling

- Out of all participants, 44% purchased loot boxes in the past 12 months. Those who purchased loot boxes reported significantly higher levels of internet gaming disorder and gambling disorder severity than those who did not.
- Notably, loot box purchasing was most strongly associated with frequency and extended session length of online gambling and video gaming, and symptoms of problematic online gambling were strongly linked to problem gambling

The WAGER, Vol. 25(9) - How does personality relate to problem gambling? The mediating role of mindfulness in this relationship

- Several of the maladaptive personality domains, as well as low mindfulness, were associated with more severe problem gambling. As predicted, the association between three of the maladaptive personality domains (negative affectivity, antagonism, and disinhibition) and problem gambling became weak when the researchers controlled for mindfulness... **These results suggest that adolescents who have an especially difficult time coping with the negative feelings that arise from problematic personality traits are more likely to gamble perhaps as an alternative means of coping.**

The WAGER, Vol. 22(12) - Mind or matter: Is gambling craving biologically based?

- Among Gambling Disorder group members, but not control group members, exposure to gambling-related images was associated with increased self-reported craving compared to exposure to neutral images.
- Further, the researchers found that when self-reported craving was high, activity along the connection between the nucleus accumbens and the medial prefrontal cortex – a region of the brain associated with self-regulation – was low.
- November 2017

Wednesday, October 11, 2017

**WAGER, Vol. 22(11) - Older adults and new casinos:
Do gambling expectations relate to problems?**

- Most (81.5%) participants did not think that the opening of a new casino would increase their casino gambling behavior. **The remaining participants anticipated that they would spend more time or money gambling at a casino if a new casino opened nearby.** Those older adults who anticipated that the opening of a new casino would lead them to gamble at a casino more were more likely to score higher on the **Problem Gambling Index** than others

Wednesday, May 24, 2017

The WAGER, Vol. 22(6) – Gambling among the faithful

- Young adults with a conservative Christian background (particularly Mormons and Jehovah's Witnesses) were less likely to have ever gambled compared to young adults from other/no religious backgrounds (see Figure). Regardless of their faith and thrill-seeking behaviors, young adults who attended religious services more regularly and had a larger proportion of conservative Protestants in their community were less likely to have ever gambled.

The WAGER, Vol. 26(2) - Do teenage behaviors predict young adult gambling participation and problems?

- What did they find?

Non-problem gambling, problem gambling, and antisocial behaviors during teenage years (grades 8-12, approximately ages 13-18) increased later risk for problem gambling during young adulthood (ages 18-29).

These three factors, heavy drinking, other drinking behaviors, and some demographic characteristics all increased the likelihood of non-problem gambling in young adulthood. (see Figure). Additionally, depressive symptoms as a teen did not predict gambling participation or problems as an adult. February 23, 2021

The WAGER, Vol. 25(11) - What are the characteristics of people who continued to gamble during the COVID-19 pandemic?

- Participants who gambled in land-based casinos, or on electronic gambling machines, or who bet on sports during the pandemic were more likely to be moderate or high risk gamblers than those who didn't gamble in these ways during the pandemic. Those who gambled on sports during the pandemic were more likely to have a history of indebtedness and to have more gambling-related problems than those who did not gamble on sports during the pandemic (see Figure), yet they were not more likely to have voluntarily self-excluded. **Pandemic sports bettors also played a greater variety of game types, which can also be a marker for potentially elevated risk from gambling.**

- November 02, 2020

The WAGER, Vol. 25(5) – Does gambling really lead to crime? A closer look.

- **What did they find?**

The initial (unweighted) results indicated that problem gambling is indeed associated with later criminal activity. However, the weighted results revealed that non-problem gamblers who had backgrounds similar to problem gamblers were just as likely to later commit crimes. **These findings imply that gambling is not the reason why problem gamblers more often have a criminal history than non-problem gamblers. Instead, factors that precede both gambling and crime—such as having low self-control, not feeling close to one's parents, and being male—put adolescents at risk to one day develop gambling problems and commit crimes.** May 19, 2020

The WAGER, Vol. 25(4) - Are safe gambling practices really safe for everyone?

- **What did they find?**

Based on their analyses of the 577 most susceptible gamblers, the researchers identified six SGPs that were rated as highly important by the experts and were strongly associated with reduced experiences of gambling harm. These SGPs likely represent the most efficacious practices to use for non-harmful gambling. Figure 1 shows the frequency with which the high-risk group used these SGPs. **The remaining three SGPs in Figure 1 were most strongly associated with increased experiences of gambling harm and likely represent practices to avoid.**

The WAGER, Vol. 25(4) - Are safe gambling practices really safe for everyone?

April 21, 2020

Frequency of Use for Most Important SGPs among Gamblers

Associated with reduced harm:	N = 577	%
If I'm not having fun gambling, I stop.	469	81.3
My leisure time is busy with other hobbies, social activities, and/or sports	429	74.4
I keep a household budget.	415	71.9
When I gamble, I always set aside a fixed amount to spend.	412	71.4
I have a dedicated budget to spend on gambling.	261	45.2
If I'm feeling depressed or upset, I don't gamble.	258	44.7
Associated with increased harm:		
I use gambling to make money/supplement my income.	199	34.5
I research systems or strategies for success at gambling.	147	25.5
I have used cash advances on my credit card to gamble.	139	24.1

Hing et al. (2019)

Wednesday, February 01, 2017

The WAGER, Vol. 22(2) – Why do people experiencing gambling problems use social casino games?

- The researchers found that almost half of their sample used social casino games to escape from problems or relieve negative moods . Participants endorsed this criterion significantly more often than the others. In addition, participants who endorsed more criteria played social casino games more often, and spent more money on them, than others.

Practice Guidelines for Treating Gambling Related Problems

An Evidence-Based Treatment Guide for Clinicians

- Developed by Cambridge Health Alliance Division on Addiction
- *Welcome to the Practice Guidelines for Treating Gambling Related Problems: An Evidence-based Treatment Guide for Clinicians. We designed this website for treatment professionals who want to learn more about evidence-based treatment approaches for clients experiencing gambling-related problems.*
- <http://thetransparencyproject.org/treatmentguidelines/>

The WAGER, Vol. 25(3) - What is preventing treatment providers from conducting regular screens for problem gambling? Let's ask them!

- “A problem gambling specialist/expert in-house to screen” was rated as the least important and the least realistic to implement.
- Doctors stated : “Services available to deal with problem gambling once it's identified” This is on the treatment workforce to remedy

Thank **You**, Thank **You**, Thank **You**! For your many years
of support in helping problem gamblers!



- Jerry Bauerkemper
exnccgjb@aol.com



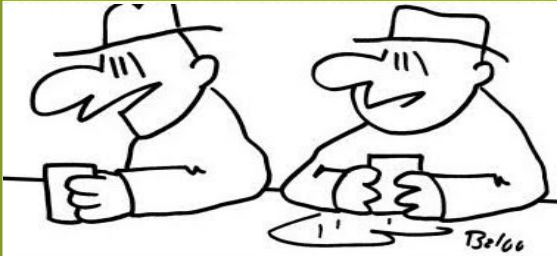
Do slot machines play mind games with gamblers?

2008 Canadian Medical Association



- Though diverse in appearance, **all slot machines**, according to some mental health experts, have something in common: they **are psychologically deceptive and make gambling addicts of people who aren't predisposed to addictions.**
- **“We've been treating these people like they're messed up, but it's the machines that are messing them up,”** says Roger Horbay, a former addiction therapist who now runs Game Planit Interactive Corp., a company that advocates for consumer protection in the gambling industry.

- “In the industry’s view, the only valid reason for terminating play and leaving the machine is needing to go to the bathroom, a show starting, or your bankroll ends.”
 - ~ “The key is duration of play. I want to keep you there as long as humanly possible—that’s the whole trick.”
-
- ~ *Industry consultant*
 - “Why force players to lean in? It’s not comfortable. We moved the players closer to the screen—just enough to keep their backs snug against the backs of their chairs
 - (which was easy because our ‘no buttons’ touchscreen doesn’t put a barrier between the player and the screen). Now, because they can’t slouch in their seats, they don’t get tired as easily.”
 - ~ *Brochure, “Don’t let Player Fatigue Cut Your Profits”*
 - ~ *Panelist for “Building a Better Mousetrap: The Science of Ergonomics”*



"Sometimes you
just can't win."

"Win, nothing — I
can't even beat
the *point spread*!"

Sports Gamblers:

- The US Supreme court has been asked to vacate a law that limits sports betting in the United States.
- People “in the know” are projecting the court will overturn this law allowing states to choose if they wish to legalize sports betting in their state.

Major Neurological Conditions Have More In Common Than We Thought, Study Finds

Kenneth Kendler, a psychiatric geneticist at Virginia Commonwealth University in Richmond, Va February 8, 2018 5:34 PM ET

- In a large-scale study, they measured RNA in 700 tissue samples from the brains of people with autism, schizophrenia, bipolar disorder, major depression and alcoholism, and compared them with tissue of people without these disorders. RNA can show which genes are turned on and off in the tissue.
- Different neurological conditions like autism, schizophrenia and bipolar disorder appear to have more in common than scientists thought they did. A new study finds that they have important similarities at a molecular level.
- **Major depression was very distinct, he says. "And alcoholism didn't overlap with any of them at all."**

The WAGER, Vol. 26(4) - Using the South Oaks Gambling Screen with older adults: Can it screen effectively in this population?

- The SOGS had what is called “known-groups validity.” In other words, by looking at the SOGS scores, an observer could fairly well distinguish the treatment-seeking participants from the general population participants. Specifically, of the 361 people in the general population group, 327 endorsed zero criteria, 29 scored as having some problematic gambling (1-3 criteria), and 5 met the SOGS’ diagnostic criteria for Gambling Disorder (4 or more criteria). On the other hand, among those receiving treatment for gambling problems, all participants met the SOGS’ criteria for Gambling Disorder by endorsing at least 4 criteria (see Figure).
- Based on additional analyses, the authors concluded that the best cut-off score for Gambling Disorder was a 4, and the best cut-off for problem gambling (which includes less severe problems) was a 2.

Tuesday, April 20, 2021