

Why Get Help? Anticipated Reasons for Future Help-Seeking for Gambling Behavior in a U.S. Nationally Representative Sample of Adults

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Support

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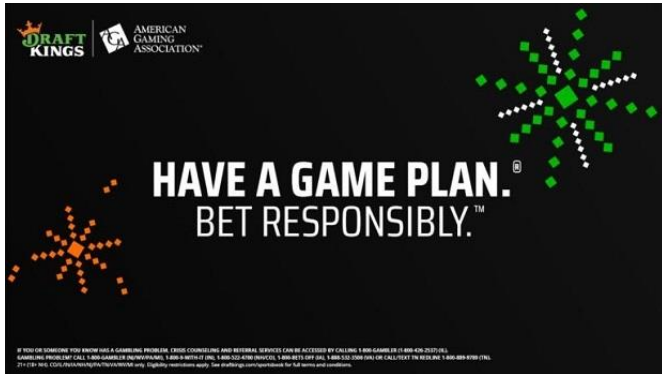


International Center
for Responsible Gaming



Identifying Responsible vs Irresponsible Gambling

- ▶ Responsible gambling initiatives encourage people to gamble responsibly and create ways to help people recognise and engage in non-problematic gambling, e.g., messaging about setting limits.
- ▶ 7-12% of individuals with a lifetime history of Gambling Disorder seek treatment or self-help groups (Slutske, 2006)
- ▶ Many barriers to treatment may be present, including recognizing that there is a problem (Suurvali et al., 2009; Jindani et al, 2021)
- ▶ The anticipated motives, or things which people are looking for, to identify that they have a problem with gambling remain unknown





Aims

- ▶ To identify whether people are thinking about any of the diagnostic criteria for Gambling Disorder or the amount of money that they lose as ways to identify if they may have a problem in the future
- ▶ To understand whether factors, including age, gender, income, gambling frequency, and disapproval of gambling, are related to these anticipated motives

Method

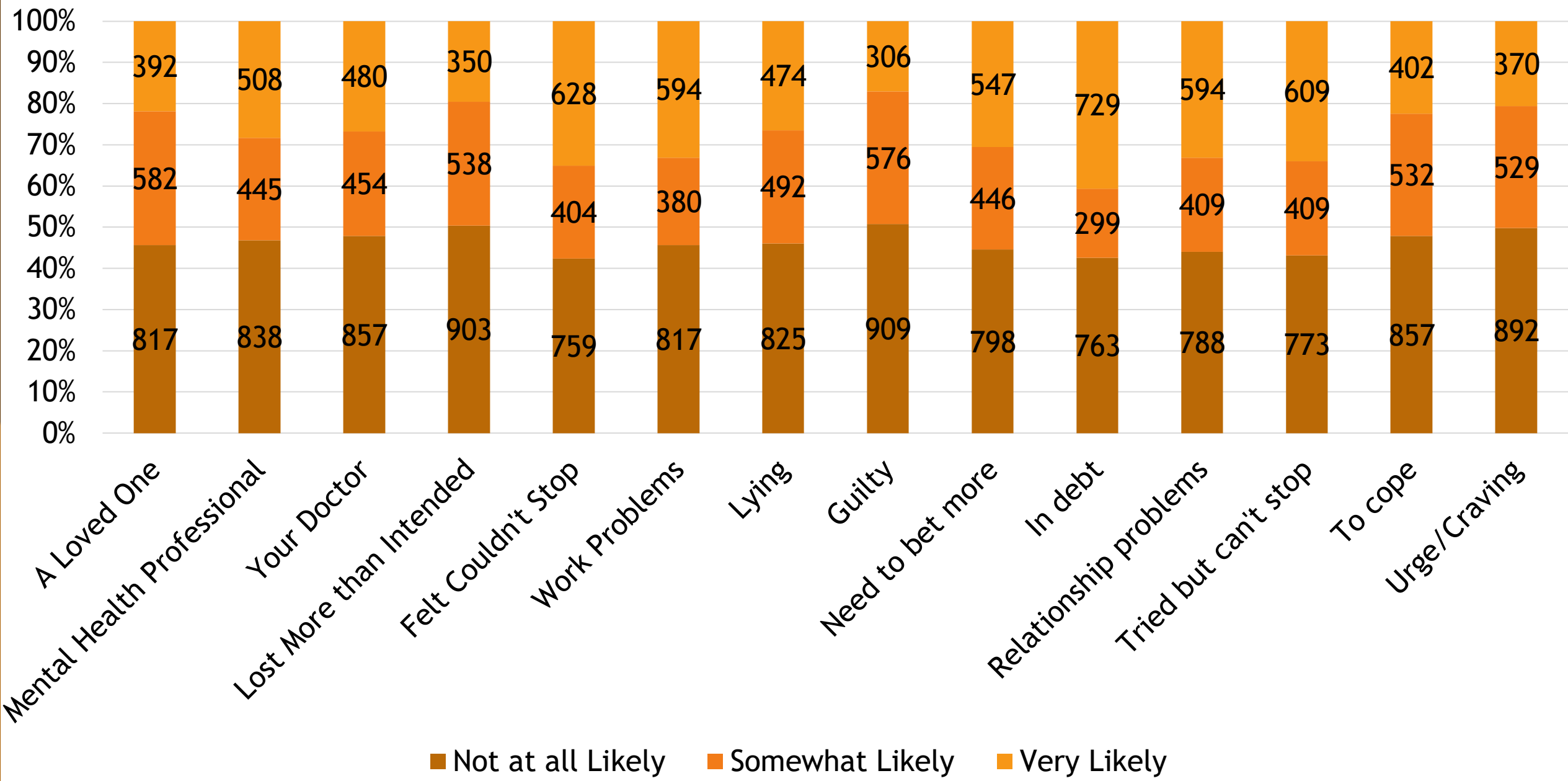
- ▶ Individuals in the U.S.A matched to national norms surveyed using YouGov polling platform as part of a larger study on gambling
- ▶ Selected those who reported that they do not believe that they have a problem with out of control gambling or are unsure if they have a problem
- ▶ Demographic questions and questions about gambling behaviour and beliefs
- ▶ Asked how much money lost gambling would indicate that you have a gambling problem
- ▶ Asked how much several circumstances would suggest that they should seek treatment for a gambling problem on a 1 (Not at all likely) to 3 (Very likely) scale
 - ▶ E.g., you felt guilty after gambling

A decorative background on the left side of the slide. It features a red, textured ribbon or fabric strip that is slightly curved. On the ribbon, the word "WHO" is printed in large, bold, black capital letters. Above the ribbon, the letters "E" and "A" are visible on a white background. Below the ribbon, the letters "H" and "M" are visible. The entire background is framed by a white diagonal line that separates it from the main content area on the right.

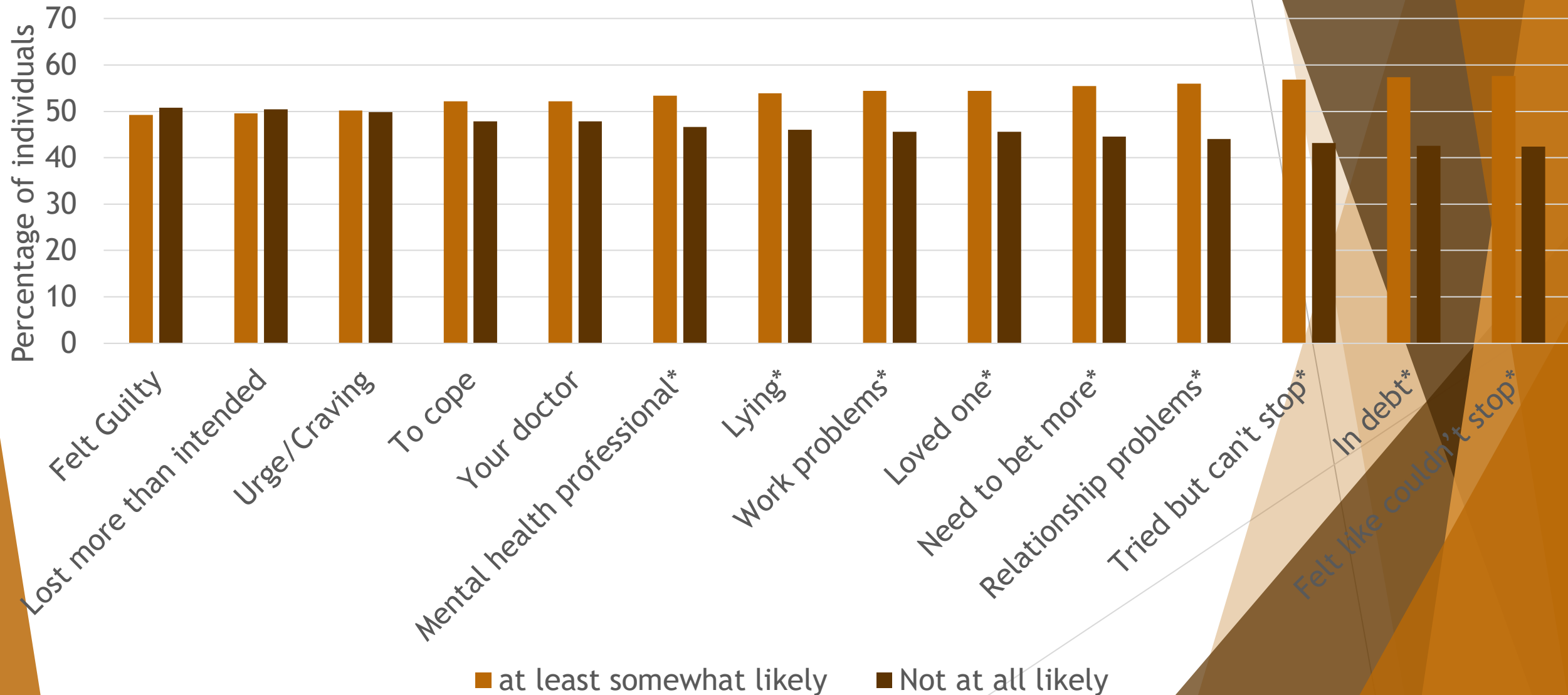
Demographics

- ▶ $N = 1,791$
- ▶ Mean age = 51 (SD = 15)
- ▶ Men = 58.5%, Woman = 39.6%, Non-binary = 1.2%, Other = .7%
- ▶ Modal income = \$60,000 - \$69,999 (range = less than \$10,000 - \$500,000 or more)
- ▶ Mean Gambling Disapproval = 2.49 (SD = 1.65, range = 1-7)
- ▶ Mean Gambling Frequency = 2.92 (SD = 1.21, range = 1-6)

Number of Participants Endorsing Anticipated Motives for Seeking Treatment for Gambling Disorder in the Future



Percentage of people who endorsed each anticipated motive as either "at least somewhat likely" or "not at all likely" to motivate them to seek treatment and results of a Chi squared test looking at the difference in endorsement for each



	Means (SD)	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.	11.	12.	13.	14.	15.
1. Loved one said something	1.76 (.787)	-														
2. Mental health professional said something	1.82 (.847)	.721	-													
3. Doctor said something	1.79 (.838)	.730	.816	-												
4. Lost more money than you intended	1.69 (.778)	.602	.554	.557	-											
5. Felt as if you could not stop	1.93 (.877)	.726	.727	.714	.578	-										
6. Problems at work	1.88 (.879)	.704	.763	.746	.584	.750	-									
7. Lying to conceal your gambling	1.80 (.829)	.717	.720	.708	.618	.759	.766	-								
8. Felt guilty	1.66 (.752)	.598	.561	.543	.600	.577	.556	.622	-							
9. Needing to bet more and more money	1.86 (.855)	.694	.723	.714	.635	.770	.748	.754	.601	-						
10. Going into debt	1.98 (.913)	.700	.739	.726	.584	.806	.780	.761	.547	.752	-					
11. Relationship problems	1.89 (.872)	.747	.751	.751	.581	.797	.801	.784	.573	.747	.798	-				
12. Tried to stop but couldn't	1.91 (.874)	.729	.744	.742	.577	.813	.763	.766	.587	.775	.791	.801	-			
13. Gambling to cope with stress/ emotional problems	1.75 (.799)	.652	.657	.661	.605	.671	.690	.706	.619	.704	.669	.676	.696	-		
14. Strong urge or craving	1.71 (.787)	.647	.624	.617	.589	.661	.656	.680	.645	.699	.627	.627	.665	.685	-	
15. Amount of money (\$) lost gambling	\$18,311 (\$337,442)	-.015 (ns)	-.015 (ns)	-.014 (ns)	-.013 (ns)	-.022 (ns)	-.020 (ns)	-.016 (ns)	-.013 (ns)	-.017 (ns)	-.026 (ns)	-.020 (ns)	-.021 (ns)	-.014 (ns)	-.016 (ns)	-

	Means (SD)	Age	Gender (Male = 1 vs Not Male = 0)	Income (Scale: 1-16)	Gambling Frequency	Gambling Disapproval
Means (SD)		51 (15)	NA	7.29 (3.52)	2.92 (1.65)	2.49 (1.65)
Loved one said something	1.76 (.787)	-.047*	-.001	.094**	-.004	-.023
Mental health professional said something	1.82 (.847)	-.057*	-.054*	.113**	-.012	-.043
Doctor said something	1.79 (.838)	-.040	-.048*	.107**	-.031	-.021
Lost more money than you intended	1.69 (.778)	-.055*	-.035	.025	.033	.045
Felt as if you could not stop	1.93 (.877)	.006	-.030	.092**	.024	-.079**
Problems at work	1.88 (.879)	-.033	-.050*	.115**	-.025	-.043
Lying to conceal your gambling	1.80 (.829)	-.008	-.043	.067**	-.009	-.035
Felt guilty	1.66 (.752)	-.075**	-.057*	.050*	.025	.077*
Needing to bet more and more money	1.86 (.855)	.014	-.037	.066**	.018	-.025
Going into debt	1.98 (.913)	.001	-.016	.099**	.005	-.072*
Relationship problems	1.89 (.872)	-.009	-.015	.113**	.012	-.049*
Tried to stop but couldn't	1.91 (.874)	.007	-.033	.082**	.013	-.058*
Gambling to cope with stress/ emotional problems	1.75 (.799)	-.013	-.038	.070**	.036	.013
Strong urge or craving	1.71 (.787)	.011	-.049*	.068**	.019	.022
Amount of money (\$) lost gambling	\$18,311 (\$337,442)	.009	.034	.044	-.005	-.010

	Age <i>B</i>	Gender <i>B</i>	Income <i>B</i>	Gambling Disapproval <i>B</i>	Gambling Frequency <i>B</i>	R ²	F
Loved one said something	-.039	-.010	.090***	-.021	-.010	.011	3.89**
Mental health professional said something	-.048*	-.066**	.111***	-.043	-.013	.021	7.58***
Doctor said something	-.030	-.057*	.110***	-.020	-.031	.017	6.18***
Lost more money than you intended	-.046	-.040	.025	.040	.037	.007	2.69*
Felt as if you could not stop	.009	-.048*	.090***	-.072**	.022	.016	5.83***
Problems at work	-.024	-.061**	.117***	-.040	-.026	.020	7.21***
Lying to conceal your gambling	-.003	-.052*	.070**	-.032	-.007	.008	2.95*
Felt guilty	-.058*	-.062**	.054*	.072**	.031	.017	6.12***
Needing to bet more and more money	.021	-.049*	.071**	-.018	.020	.008	2.73*
Going into debt	.004	-.031	.097***	-.065**	.001	.015	5.34***
Relationship problems	-.001	-.031	.113***	-.041	.007	.015	5.56***
Tried to stop but couldn't	.011	-.047	.083**	-.051*	.013	.012	4.18**
Gambling to cope with stress/ emotional problems	-.001	-.051*	.074**	.017	.038	.009	3.14**
Strong urge or craving	.026	-.059*	.078**	.030	.023	.010	3.45**
Amount of money (\$) lost gambling	.013	.031	.043	-.003	-.012	.003	1.13

THINK!

ABOUT

YOUR

CHOICES

GAMBLING MORE,
ENJOYING IT LESS?

For free and confidential information and advice about problem gambling, please contact

GAMBLING HELP

1800 858 858

www.gamblinghelp.nsw.gov.au



Conclusion

- ▶ Overall, it appears that people do not really think about why they may need to stop gambling in the future or what problematic gambling may look like for them
- ▶ May explain one of the reasons why people struggle to recognize that they have a problem and do not seek treatment (Slutske et al., 2006; Suurvali et al., 2009; Jindani et al, 2021)
- ▶ These results suggest that people aren't really planning for the what if it goes wrong, which demonstrates that this is a key area missing from responsible play initiatives

Implications

► Research

- Further look at other possible predictors of anticipated motives, such as personal experience of someone with Gambling Disorder
- Qualitative look at other possible anticipated motives
- Research using non-WEIRD or at risk samples
- Ways to increase thinking about anticipated motives and being aware of what problematic or pathological play may look like
- Do individuals think about anticipated motives for treatment for other addictions?





Implications

- ▶ Public policy
 - ▶ More should be done to highlight what irresponsible/problematic play looks like for those gambling, particularly what gambling which would benefit from treatment may look like
- ▶ Clinical
 - ▶ Individuals screened or presenting with Gambling Disorder features may benefit from psychoeducation about Gambling Disorder
 - ▶ Motivational Interviewing to discuss reasons that they may want to seek or accept treatment may help people think about treatment (natural recovery is a possible route!)



Thank you!

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References

- ▶ Jindani, F., Cook, S., Shi, J., McAvoy, S., Myers, C., Matheson, F. I., van der Maas, M., Sanchez, S., Ferentzy, P., & Turner, N. E. (2021). Exploring the Gaps in Programming for Men and Women with a Gambling Disorder in the Correctional System in Canada. *International Journal of Offender Therapy and Comparative Criminology*, 0306624X211013743. <https://doi.org/10.1177/0306624X211013743>
- ▶ Slutske, W. S. (2006). Natural recovery and treatment-seeking in pathological gambling: Results of two U.S. national surveys. *American Journal of Psychiatry*, 163(2), 297-302. <https://doi.org/10.1176/appi.ajp.163.2.297>
- ▶ Suurvali, H., Cordingley, J., Hodgins, D. C., & Cunningham, J. (2009). Barriers to Seeking Help for Gambling Problems: A Review of the Empirical Literature. *Journal of Gambling Studies*, 25(3), 407-424. <https://doi.org/10.1007/s10899-009-9129-9>