

# Gambling Disorder:

Odds are We are Missing a Chance to Treat

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Building a future of connection and hope.

# Overview

- **What?**

- Define and clarify relevant terminology related to gambling disorder and problem gambling

- **Why?**

- Highlight the impact of gambling disorder and problem gambling on society, health, and families

- **How many and who are they?**

- Review prevalence data for gambling disorder and problem gambling in general and special populations

- **Where are they?**

- Discuss studies focusing on using screening tools in a variety of treatment setting to better identify where those with gambling issues present

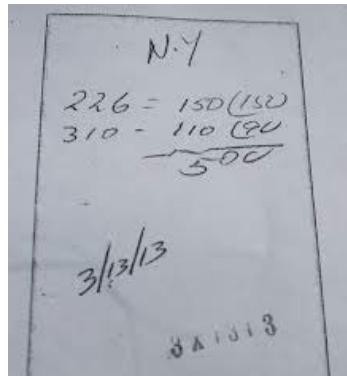
- **How do we find them?**

- Introduce brief screening tools that can be easily administered during assessments

# Gambling

- Placing something of value at risk with the hope of gaining something of greater value
  - Pay to play arrangement
  - There are stakes involved
  - Element of chance involved in outcome
- Up to 86% of Americans reported having gambled in the past year
  - Entertainment
  - Excitement
  - Recreation
  - Atmosphere
- Correlates with number of Americans who reported drinking alcohol in the past year

(Petry, 2005; Bullock and Potenza, 2012)



# Types of Gambling?

# Games of Chance

- Chance is something you cannot predict
- You cannot control or influence the outcome
- You cannot develop or improve “winning strategies”



# Games of Skill

- Results depend on amount of time and perseverance you invest in the game
- Can be improved through practice
- Plays or moves can build on the previous play
- Games of skill include darts, pool, golf, bowling



**Gaming venues do not offer the gambler a chance to play against the house in games of skill!**

(Ladouceur & Lachance, 2007)

# Independence of Events

- All games of chance operate under this rule
- Each play is a separate event
  - Is not influenced by previous plays
  - Has no influence on future plays
- Probability of winning gets no better by increasing bets, reducing bets, or extending time gambling



(Ladoceur and Lachance, 2007)

# Illusion of Control

- Belief that one has greater probability of outcome than would be expected by chance
- Gamblers create intricate “systems” that increase the illusion of control over chance
- Often related to attributional biases
  - Wins are attributed to skill
  - Losses are attributed to environmental factors or luck
  - Takes into account perceived locus of control





# Gambling Addiction



# Defining Terms

- **Pathological Gambling:**  
Previous DSM diagnostic term
- **Gambling Disorder:**  
Persistent and recurrent maladaptive pattern of gambling behavior that disrupts family, personal, and/or vocational pursuits



(American Psychiatric Association, 2013)

# Defining Terms

- **Problem Gambling:**

- Difficulties in limiting money and/or time spent on gambling
- Leads to adverse consequences for the gambler, others, or for the community

- **At Risk Gambler:**

- Symptoms of loss of control but no adverse consequences
- Frequency and/or expenditure that is significantly above average, especially in the context of their employment status, income, and debt

(Neal, 2005)

# DSM 5 Criteria - Gambling Disorder

**Persistent and recurrent problematic gambling behavior as indicated by 4 or more in a 12 month period:**

1. Needs to gamble with increasing amounts of money in order to achieve the desired excitement
2. Is restless or irritable when attempting to cut down or stop gambling
3. Has made repeated attempts to control, cut back, or stop gambling

# DSM 5 Criteria - Gambling Disorder

4. Is often preoccupied with gambling (e.g., having persistent thoughts of reliving past gambling experiences, handicapping or planning the next venture, thinking of ways to get money with which to gambling)
5. Often gambles when feeling distressed (e.g., helpless, guilty, anxious, depressed)
6. After losing money gambling, often returns another day to get even (“chasing one’s losses”)

# DSM 5 Criteria - Gambling Disorder

- 7. Lies to conceal the extent of involvement with gambling
- 8. Has jeopardized or lost a significant relationship, job, or educational or career opportunity because of gambling
- 9. Relies on others to provide money to relieve desperate financial situations caused by gambling

**The gambling behavior is not better explained by a manic episode**

(American Psychiatric Association, 2013)

# DSM 5 Criteria - Gambling Disorder

## **Specify current severity:**

- Mild: 4–5 criteria met
- Moderate: 6–7 criteria met
- Severe: 8–9 criteria met

## **Other specifiers:**

- Episodic
- Persistent
- In early remission
- In sustained remission

# Only Non-Substance Addictive Disorder

## Shared traits with substance use disorders

- ▣ Heritability
- ▣ Neurobiology
- ▣ DSM Criteria
  - Tolerance
  - Withdrawal
  - Preoccupation
  - Loss of control despite negative consequences
- ▣ Co-occurrence with mental health issues
- ▣ Treatment modalities

(American Psychiatric Association, 2013; Rash et al, 2016)



# Neurotransmitters and Gambling Disorder



|               |                              |
|---------------|------------------------------|
| • Dopamine    | Reward, pleasure, motivation |
| • Serotonin   | Mood, impulsivity            |
| • Epinephrine | Arousal, excitement          |
| • Opioids     | Urges, pleasure              |
| • Cortisol    | Stress                       |
| • Adrenaline  | Intensity                    |
| • Endorphins  | Relaxation                   |
| • Oxytocin    | Cuddle                       |



(Bullock & Potenza, 2012)

# Prevalence of Disordered Gambling

United States (18+ yrs)

Gambling Addiction: 1%

Problem or Disordered Gambling: 2-3%

Over 6 million directly affected!!!

Colorado Residents (18+ yrs)

Gambling Disorder: 2.4 % = 94,621



# A Lack of Funding and Resources

*In the U.S., substance use disorders are about 3.8 times more common than gambling disorders, while public funding for substance abuse treatment is about 334 times greater than public funding for all problem gambling services (\$24.4 billion versus \$73.0 million, respectively).*

## Substance Use Disorders

U.S. Pop. With Past Year Problem <sup>1</sup>

20.8 Million  
7.8%<sup>2</sup>

2016 Public Funds Invested into SUD Treatment<sup>5</sup>

\$24.4 Billion  
\$14.7 B federal  
\$9.7 B state

## Gambling Disorders

U.S. Pop. With Past Year Problem <sup>3</sup>

2.2%<sup>4</sup>

5.45 Million  
(3.8 times smaller)

2016 Public Funds Invested into Problem Gambling Services<sup>6</sup>

\$73.0 Million  
(334 times smaller)  
\$0 Federal  
\$73 M State

<sup>1</sup> 2015 National Survey on Drug Use and Health. <sup>2</sup> Estimate based on ages 12+. <sup>3</sup> Williams, R.J., Volberg, R.A. & Stevens, R.M.G. (2012). <sup>4</sup> Estimate based on ages 18+. <sup>5</sup> National Spending Estimates - Projections for 2010-2020. <sup>6</sup> 2016 Survey of Problem Gambling Services in the United States.

# Impact on Health



- ▣ Hypertension
- ▣ Diabetes
- ▣ Gastrointestinal issues
- ▣ Insomnia
- ▣ Obesity
- ▣ Medication non-compliance
- ▣ Nicotine dependence
- ▣ Pulmonary issues
- ▣ Second-hand smoke
- ▣ Poor dental hygiene
- ▣ Increased ER treatment

# Co-Occurring Disorders



(Pettry, 2016)

# Co-Occurring Mental Health

- Major Depressive Disorder – 30% with up to 75% reporting depressive symptoms
- Anxiety - as high as 60%
  - 50% with phobias
  - 22% with panic disorder
  - 17% generalized anxiety disorder
  - 15% with PTSD
- ADHD – 13 -20 %
- Bipolar - 8x more likely with gambling disorder



(Dowling et al, 2015)

# Substance Abuse



- Nicotine Use Disorder – Up to 50%
  - Alcohol Use Disorder – Up to 75
- Substance Use Disorder – Up to 40%



# Suicide



Highest suicide attempt and completion rate of all addictions - 2x alcohol and substance use

50-80% think about suicide

10-20% **attempt** suicide

5% of all suicides are related to some level of disordered gambling



# Suicide Risk Factors

- Large financial loss
- Fear **gambling-related criminal activity** is soon to be discovered
- Depression
- High levels of debt
- Relationship problems
- Female
- Smokers

(Blaszczynski, & Farrell, 1998)



# Impact on the Family

- Relationship issues
- Loss of trust
- Sexual dissatisfaction
- Alienation from family support systems
- Alienation from social support systems
- Mental health issues for family support systems
- Alcohol or substance abuse risks for family members
- Intimate partner abuse
- Child neglect
- Child abuse
- Partner suicide risk

(Dowling et al., 2015)

# Impact on the Family



- Financial debt
  - Bankruptcy
  - Creditor harassment
  - Prison
  - Legal fees
  - Loss of home
  - Loss of life savings
  - High divorce rates
- (Grant et al., 2010)

# Impact on the Family

## Relationship of gambling to Intimate Partner Violence (IPV) and child maltreatment (n=3334)

- Dating Violence: 5x if partner was PG
- Severe Marital Violence: 40X rate if spouse was PG
- Severe Child Abuse: 13x rate if parent was PG

(Afifi et al., 2009)



Children of problem gamblers are 2 to 3 times more likely to be abused by a parent than their peers.

(Lesieur & Rothchild, 1989)

# Impact on Society

- Costs to US economy \$32-52 billion/year:
  - Illegal acts
  - Absenteeism
  - Lost work productivity
  - Bankruptcy
  - Averages \$165 to \$274 per adult per year

(Grinols, 2004)



I never gamble more than my beneficiaries can afford to lose.



- Between 1980 and 2005, personal bankruptcy filings in the U.S. increased by 350%

(Garrett, 2008)

- 1 person with gambling problem significantly affects as many as 8-10 people
  - Parents
  - Spouses
  - Siblings
  - Children
  - Employers
  - Social supports
- Only 1 in 10 seek treatment for their gambling problems

(Petry, 2005; Dowling et al, 2015)

# What this means for you:

- You may be currently treating an individual with some level of disordered gambling
- You may be currently treating a family member of an individual with some level of disordered gambling
- Disordered gambling could be severely impacting your attempts to treat the other reasons why clients present in your office

Think About It!  
1 in 25 clients may have  
some level of a gambling problem



# What Does a Gambler Look Like?

<https://www.youtube.com/watch?v=yL6ePFtVwQ4>







# What Does Your Client with a Gambling Problem Look Like?

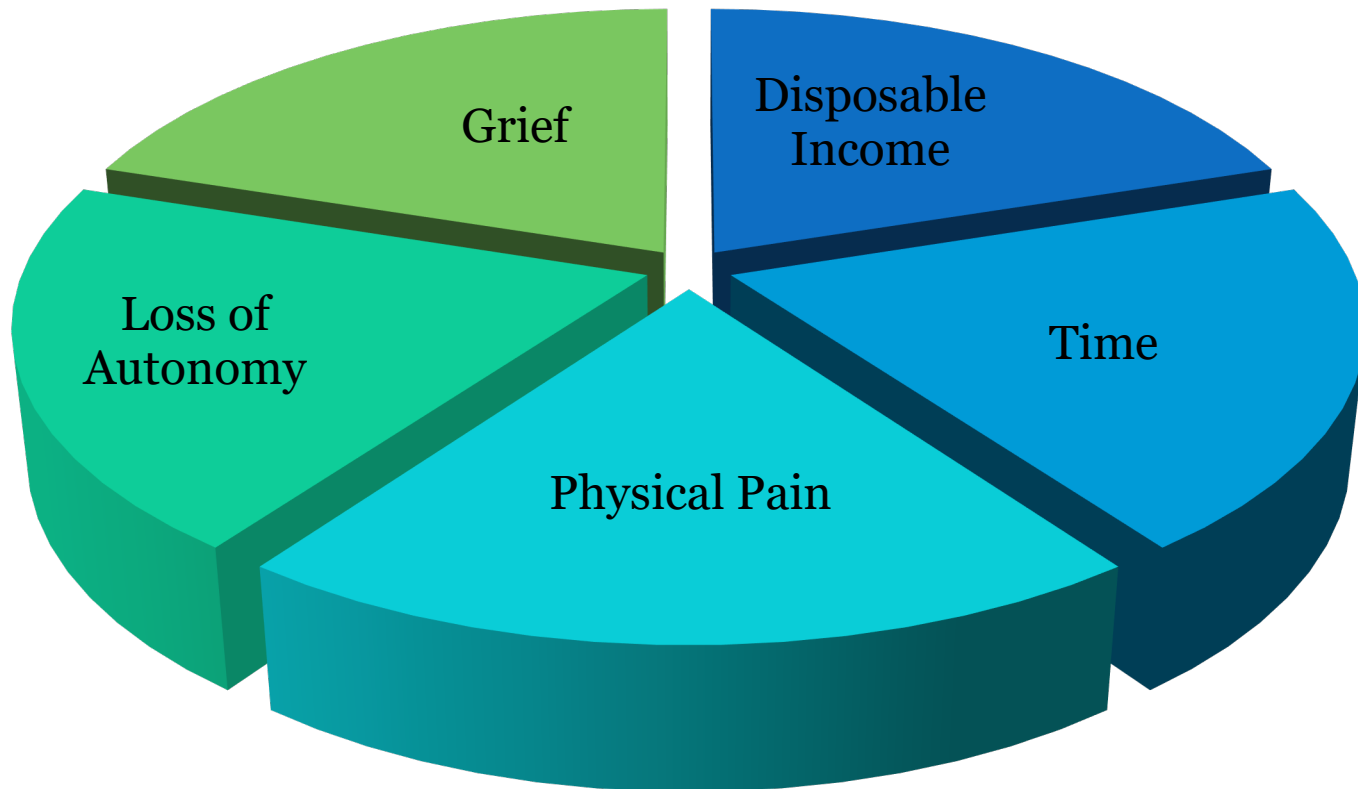


# Special Populations



# Older Adults

# Risk Factors for Older Adults

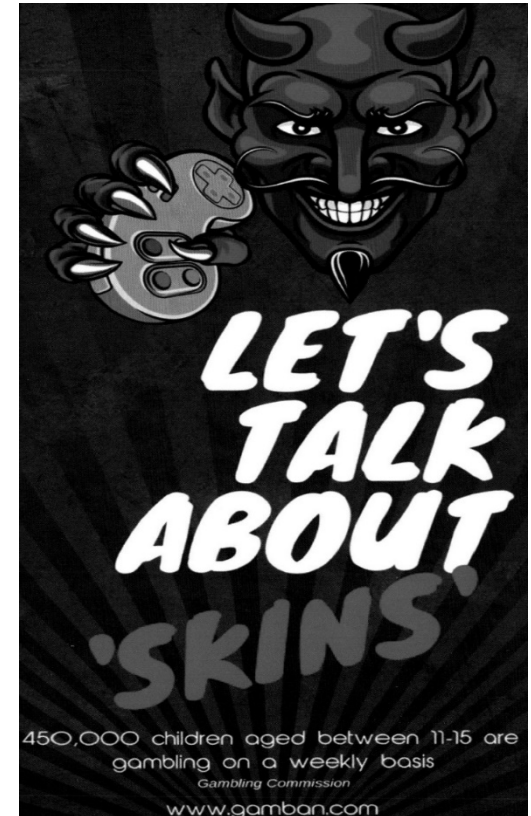


# Older Adults

## Warning Signs: What Family Members Report

- Homes are poorly maintained
- Vehicles in disrepair
- No longer attending or planning family gatherings
- Family visits are shorter and appears distracted
- Borrowing money for utilities
- Unable to buy gifts for birthdays or Christmas
- No longer engaging in meaningful activities such as church, choir, hobbies, etc.

# Special Populations



## Adolescents and Young Adults

# Special Populations: Adolescents

- 4-8% of adolescents meet criteria for problem gambling and gambling disorder
- 10-15% being at-risk for development of a gambling problem





# Special Populations: Adolescents

- Risk factors:
  - Male gender
  - Impulsivity/Risk-taking
  - Substance/Alcohol abuse
  - Depression
  - Victim of abuse
  - Parental gambling problem
  - Parental substance abuse
  - Peer gambling
  - Early exposure
  - Accessibility



(Derevesnky, 2015)

# Special Populations: Adolescents and Young Adults

Survey of 2,274 adolescents/young adults aged 14-21

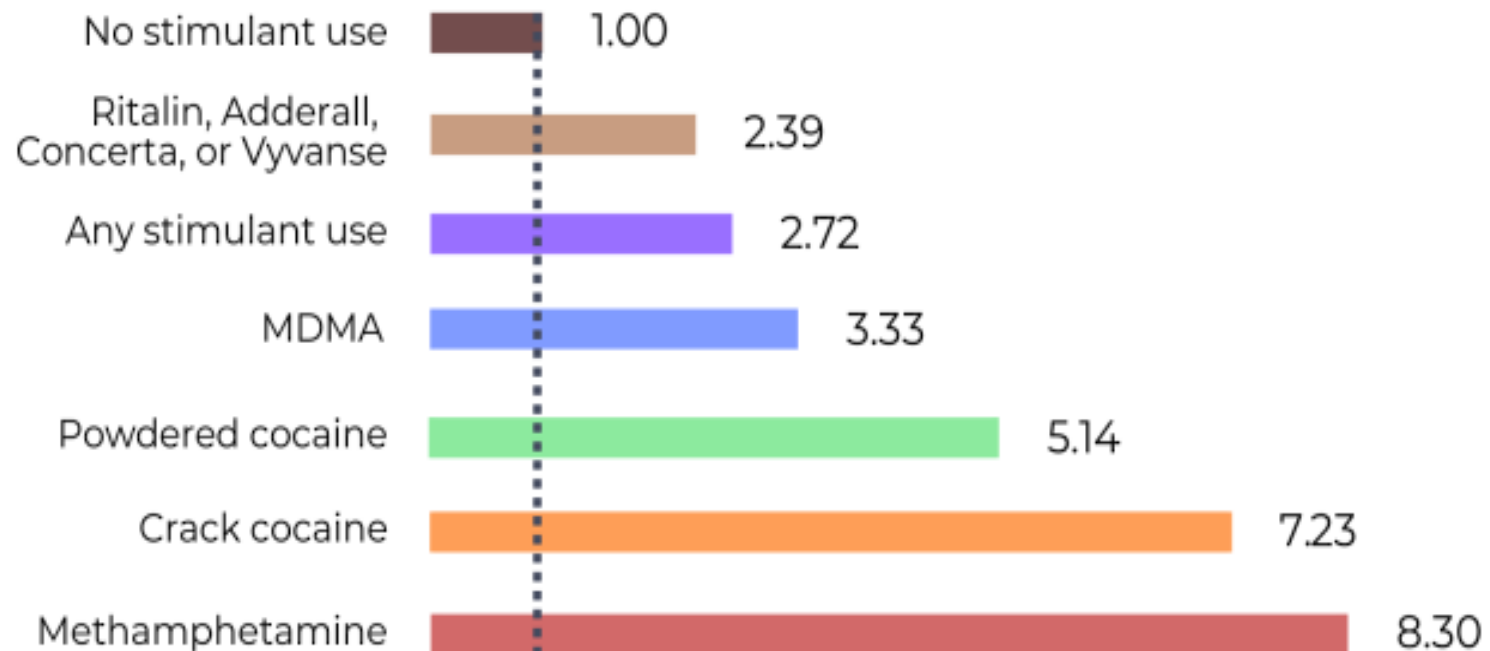
- 68% reported gambling within the past year
  - 17% reported heavy gambling
  - 17% reported heavy drinking
  - 18% reported heavy use of marijuana
- 
- Among heavy drinkers, 37% also reported heavy gambling
  - Among heavy marijuana users, 36% reported heavy gambling

(Barnes et al., 2009)



# Special Populations: Adolescents

Likelihood of adolescents being identified as at-risk/problem gamblers by type of nonmedical stimulant use



# Special Populations: College Students

- Meta-analysis of college students
  - Combined rates of gambling disorder and problem gambling were 16% vs 6%
  - Nearly 3x general adult population

(Shaffer and Hall, 2001)

- Most recent meta-analysis suggests
  - Gambling disorder rates as high as 10% vs. 2%
  - 5x general adult population

(Nowak & Aloe, 2014)

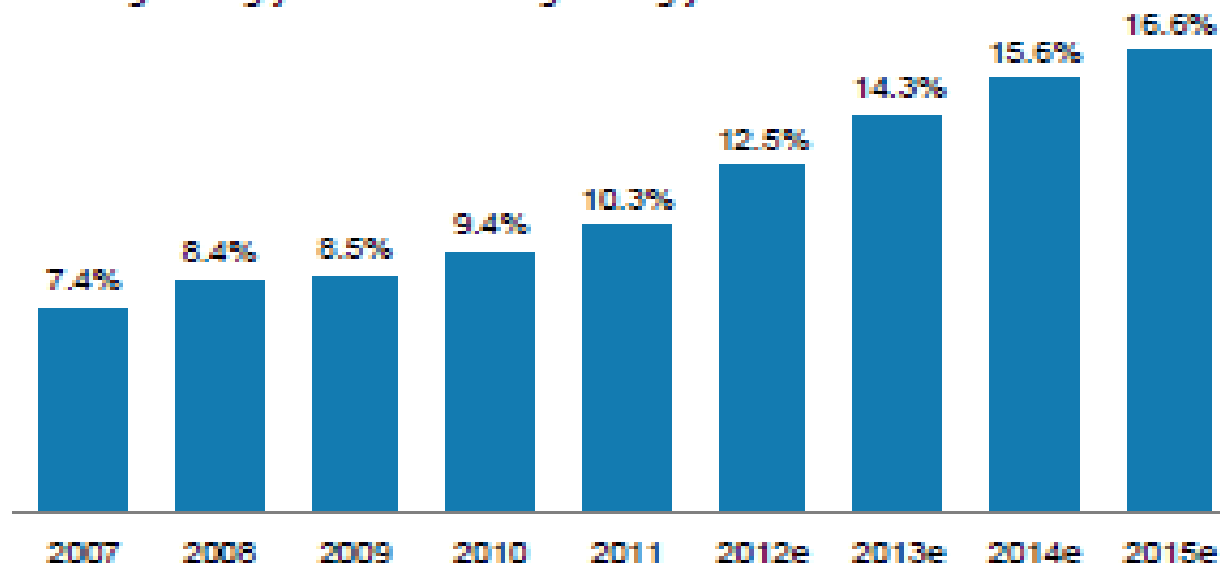
# Online Gambling

- Fastest growing mode of gambling
  - 2012 accounted for 10% of global gambling market
  - 2013 over \$10 billion wagered
  - 2018 expected annual growth of 10%
- Accessible via smart phones, computers, tablets, digital television
  - Fast-paced
  - Automated, private, and available 24/7
  - Payouts and bonuses are higher

# The Casino in Your Pocket

## Mobile gambling is rapidly taking share of the global gambling market

Mobile gambling yield as % of total gambling yield



e = H2 Gambling Capital estimates Source: H2 Gambling Capital, Morgan Stanley Research

# Online Gambling: Risks for Adolescents and Young Adults

- Increased accessibility and availability
- Access to money: parents, credit cards, student loans, selling property, selling drugs
- Similarity with video game technology
- Can gamble for small amounts of money
- Play in comfortable, non-intrusive environments often results in longer play
- Anonymity
- No travel barriers
- Represents a challenge, risk-taking

# Daily Fantasy Sports

- Participants assemble imaginary teams
- Compete based on statistical performance
- Free vs. Fee-Based
- Traditional vs. Daily
- Prizes have topped \$1 million



(Martin, R.J., & Nelson, S., 2014)

# Daily Fantasy Sports



## United States and Canada Totals

|      |            |
|------|------------|
| 2005 | 12 million |
| 2010 | 32 million |
| 2017 | 59 million |

16 million engaging in Daily Fantasy Sports

(Fantasy Sports Trade Association, 2017)

# National Council on Problem Gambling

- Resolution issued by Board of Directors - Oct. 8, 2015
- Daily Fantasy Sports meets practical definition of gambling:
  - Fee
  - Chance
  - Monetary prizes
- Participants are at high risk to develop gambling problems

(National Council on Problem Gambling, 2015)



# Legalized Sports Betting: What Now?



# Legalized Sports Betting

- May 2018, Supreme Court ruled in favor of Chris Christie vs NCAA
- Decision Struck down 25 year old Professional and Amateur Sports Protection Act (PASPA) that largely outlawed sports betting outside Nevada
- PASPA violates the state's 10th Amendment rights
- Creates a path for New Jersey and other states to offer sports betting
- Nearly 20 states have introduced bills that could legalize sports betting

# NCPG Resolution on Legalization of Sports Betting

- Illegal sports betting Expansion will likely increase gambling participation and problems unless the following steps are taken to minimize harm
- States need to ensure that any expansion of sports gambling includes dedicated funds to prevent and treat gambling addiction
- Require sports betting operators to implement responsible gaming programs

(National Council on Problem Gambling, 2017)

# Special Populations



## Active Duty and Veterans

# Active Duty Military

- Previous DoD surveys have found active duty personnel are two to three times more likely to have gambling problems than civilians
- NCPG estimates that as many as 56,00 active duty troops meet criteria for some level of gambling disorder
- Nearly 3,000 slot machines are available to soldiers deployed to bases around the globe
- Accumulated roughly \$539 million in profits between 2011 and 2015

(Government Accountability Office, 2017; National Council on Problem Gambling, 2017)

# Active Duty Military

- 2011 – 2015 DoD data showed .03% of active duty and active reserves with gambling disorder
- DOD based this prevalence of gambling disorder and problem gambling on Mental Health Services data
- Not previous DoD-wide surveys and Tx outside of MHS
- 2017 Government Accountability Office recommended annual screenings to identify gambling addiction and updating policy guidance
- DoD and Coast Guard officials rejected calls for annual screenings, citing the low prevalence of gambling addiction in the military.

# Active Duty Military

- August 13, 2018 National Defense Authorization Act for Fiscal Year 2019 signed into law
- Includes a provision requiring members of the Armed Forces to be screened for gambling addiction
- Will be included in annual periodic health assessment conducted by the Department of Defense
- Also included in Health Related Behaviors Surveys of Active-Duty and reserve component servicemembers

(National Council on Problem Gambling, 2018)

# Veteran Hospitals and Mental Health Centers

- Veterans in treatment for PTSD 60 times more likely to develop a gambling problem than age-matched members of general population.

(Biddle et al, 2005)





# Veterans Hospital and Mental Health Centers



In a study of 1,986 veterans surveyed using DSM-IV criteria

- 10% were problem or pathological gamblers
- Lifetime substance use increased risk for pathological gambling x3
- Lifetime mood disorders increased risk of pathological gambling x 2.5
- Female veterans have increased risk for disordered gambling than general female population
- Males aged 20-29 were at greater risk

(Westermeyer et al., 2013)

# Active Duty and Veterans Risk Factors

- Exposure and access - gambling on bases
- Trauma during active duty from combat
- Trauma during active duty from harassment
- Lack of social supports moving into veteran status
- Co-occurring mental health issues
- Co-occurring substance use issues
- Homelessness
- Monthly access to money

(Westermeyer et al, 2013;Whiting et al, 2016)

If you screen, they will come . . .



# Substance Abuse Treatment

- Individuals (n = 300) recruited in IOP substance use treatment and methadone maintenance clinic
  - Four brief screens administered and compared to DSM-5 criteria
  - 40% of participants met DSM-5 criteria for Gambling Disorder
    - 22% were in the mild range
    - 41% were in the moderate range
    - 36% were in the severe range

(Himmelhoch et al., 2015)

# Substance Abuse Treatment

- Study (N = 684) examined prevalence and potential impact of disordered gambling for individuals undergoing residential treatment for substance use disorder (SUD) at 13 facilities:
  - Lifetime disordered gambling prevalence was 20.2%, as identified by South Oaks Gambling Screen
    - Only 16% had ever sought help for gambling
    - Only 14% reported having gambling addressed in their current SUD treatment
    - 30% identified gambling as a concern in their recovery efforts

# Emergency Departments and Mental Health Crisis Centers

2011 Australian study conducted at the Alfred Hospital in Melbourne (n=290) assessing patients presenting at ED or Crisis Assessment Team

- 17% were identified with gambling problems
- 4% had a significant other with a gambling problem
- 45% had suicidal ideation
- 76% had depression and anxiety
- 57% co-morbid alcohol abuse
- 24% co-morbid substance abuse

(deCastella et al., 2011)



# Emergency Departments

- Study of 300 women with consecutive ER admissions assessed for Intimate Partner Violence (IPV) and relationship to Gambling Disorder and Alcohol Abuse
  - 26% categorized as experiencing IPV
  - IPV 10X as likely if partner was problem gambler
  - IPV 6X as likely if partner was problem drinker
  - IPV **50X** as likely if partner was both

(Muehlemann et al, 2002)

# Primary Care

- Study of 843 primary care patients age 65+
- Reported having bet more than \$100 on a single bet
- And/or bet more than they could afford to lose in past year
  - 70% of the sample had gambled at least once in the last year
  - 11% were identified as at-risk gamblers
  - Older adults who visited the casino at least once a month were 2.6 times more likely to show evidence of a gambling problem

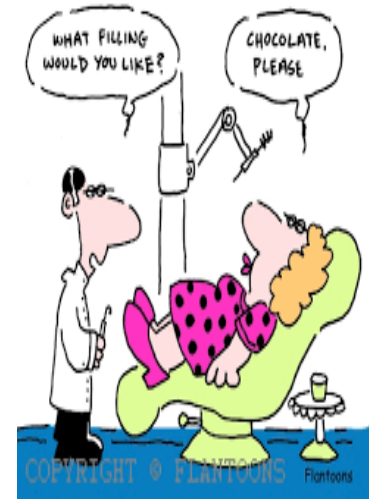
(Zaraneck & Lichtenberg, 2008)



# Low-Income Dental Population

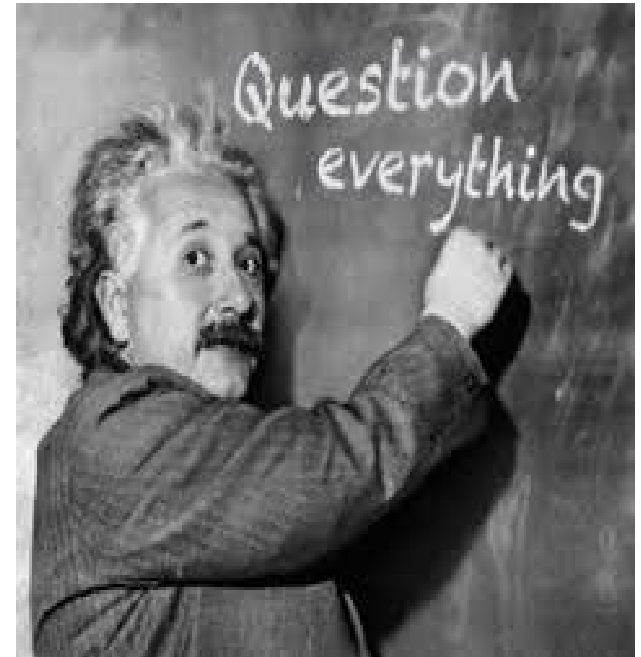
Study of 723 participants seeking free/reduced-cost dental care

- 16% of total sample met criteria for some level of disordered gambling
- Participants receiving disability, 26% classified as disordered gamblers
  - 9% problem gamblers
  - 14% probable gambling disorder
- Disordered gamblers on disability reported poorer physical and mental health functioning



# Brief Screening

- Screening and assessing for gambling disorder is difficult
- Criteria #7 involves lying
- Learn to listen for cues
- Become familiar with the questions
- Ask in a random manner
- Get comfortable asking about finances – follow the money



# Screening: Lifetime Gambling

## **Lie Bet**

1. Have you ever had to lie to people important to you about how much you gambled?
2. Have you ever felt the need to bet more and more money?

**A “YES” to either question would need further assessment**

**(Johnson et al.,1997)**

# Screening: Lifetime Gambling

## NODS CLiP

- **Loss of Control:** Have you ever tried to stop, cut down, or control your gambling?
- **Lying:** Have you ever lied to family members, friends or others about how much you gamble or how much money you lost on gambling?
- **Preoccupation:** Have there been periods lasting 2 weeks or longer when you spent a lot of time thinking about your gambling experiences, or planning out future gambling ventures or bets?

**A “YES” to any question would need further assessment**

# Assessments: Past 12 Months Gambling

## **Brief BioSocial Gambling Screen (BBGS)**

1. Have you become restless, irritable, or anxious when trying to stop/cut down on gambling?
2. Have you tried to keep your family or friends from knowing how much you gamble?
3. Do you have financial trouble as a result of your gambling, and you had to get help with living expenses from family, friends, or welfare?

**A “YES” to any question would need further assessment**

(Gebauer, LaBrie, & Shaffer, 2010)

# Assessing & Diagnosing

- South Oaks Gambling Screen (SOGS)
  - 20-item instrument
  - Patterns, amounts of money, types of gambling, debts, impact on family
  - >5 suggests “pathological gambling”; based on previous DSM designation
- DSM 5 criteria
  - Problem Gambling: 1-3
  - Mild: 4–5 criteria met
  - Moderate: 6–7 criteria met
  - Severe: 8–9 criteria met

# Conclusion

- Gambling is an addiction with profound impacts on society, families, and health
- Clients with gambling issues seek treatment for numerous other issues before addressing gambling, if they ever seek treatment for their gambling
- Untreated problem gambling and gambling disorder can impact your treatment of other associated mental and medical health issues
- Assessment is needed to help identify clients with gambling issues to get the help they need
- Gambling treatment benefits other treatment goals

# Contact Information

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# Questions?

