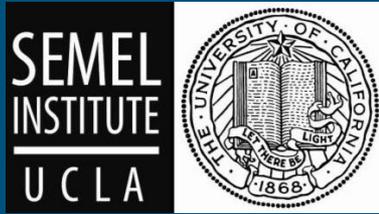


Special Issues to Address in Problem Gambling Treatment



UCLA
GAMBLING STUDIES PROGRAM



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Our Studies

Goal:

To identify special areas of concern related to physical or behavioral health to address during treatment for disordered gambling.

Disordered Gamblers as an At-Risk Population

Physical and Mental Health Concerns

- **Obesity** ((Bonnaire et al 2016 (France)); Algren et al 2015 (Denmark); Leppink et al 2016 (US))
- **Anxiety** (Cowlshaw and Kessler 2016 (UK))

Disordered Gamblers as an At-Risk Population

Behavioral Health Concerns

- **Cigarette smoking** (Algren et al 2015 (Denmark)).
- **Problematic drinking** (Algren et al 2015).
- **Drug use** (Cowlshaw and Kessler 2016 (UK), Algren et al 2015);
cannabis, cocaine, heroin (Bonnaire et al 2016 (France));
stimulants (Geisner et al 2016 (US college)).
- **Sedentary leisure activity** (Algren et al 2015).
- **Fat and sugar intake** (Chamberlain, Redden and Grant 2016 (US)).
- **Poor diet** (Algren et al 2015).

Health Profiles of Clients Seeking Treatment for Disordered Gambling in California

Do clients engaging with outpatient treatment for disordered gambling face similar health concerns as disordered gamblers identified in population surveys?

Data: The California Gambling Education and Treatment Services (CalGETS) Program

- Provides no-cost treatment for gambling addiction to residents of California aged 18 and above.
- Gather information about clients' gambling, physical health, comorbid disorders, and quality of life at intake to services.
- Collect follow-up surveys at 30, 90, and 365 days after leaving treatment; ask about gambling, depression, quality of life, mobile gaming habits.
- Total N = 713, gamblers receiving outpatient treatment

Health Profiles Study

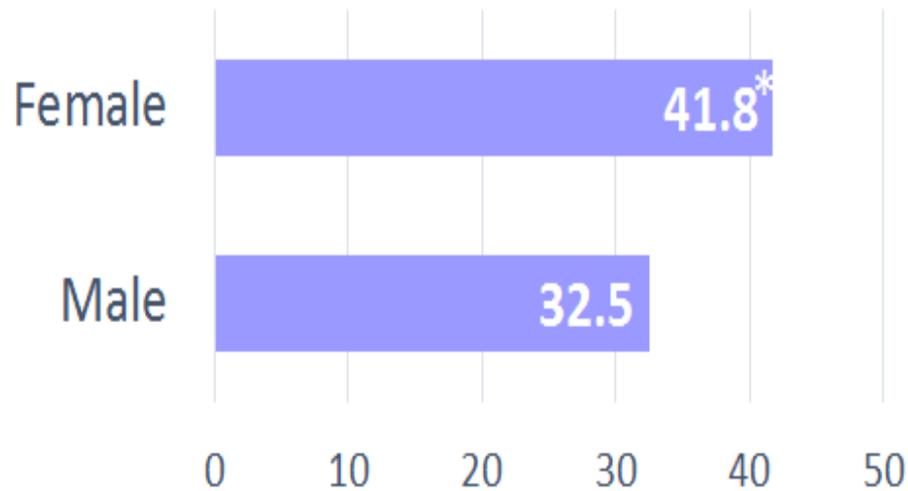
Examine self-rated health, chronic health disorders, health behaviors, body mass index (BMI), life satisfaction, depression, and health care access to characterize the general health status of men and women when they first enter treatment for gambling disorder.

Variables

- Physical Health: Self-rated Health, BMI, Chronic Health Disorders Scale.
- Mental Health: Life Satisfaction, Depression, Mental Health Disorders Scale.
- Health Behaviors: 6 or More Alcoholic Drinks per Week, Smoke Cigarettes, Substance Use Scale.
- Health Care Access: Health Insurance Status, Primary Care Doctor, No Recent Health Care Visit

Physical Health

Fair or Poor Self-Rated Health



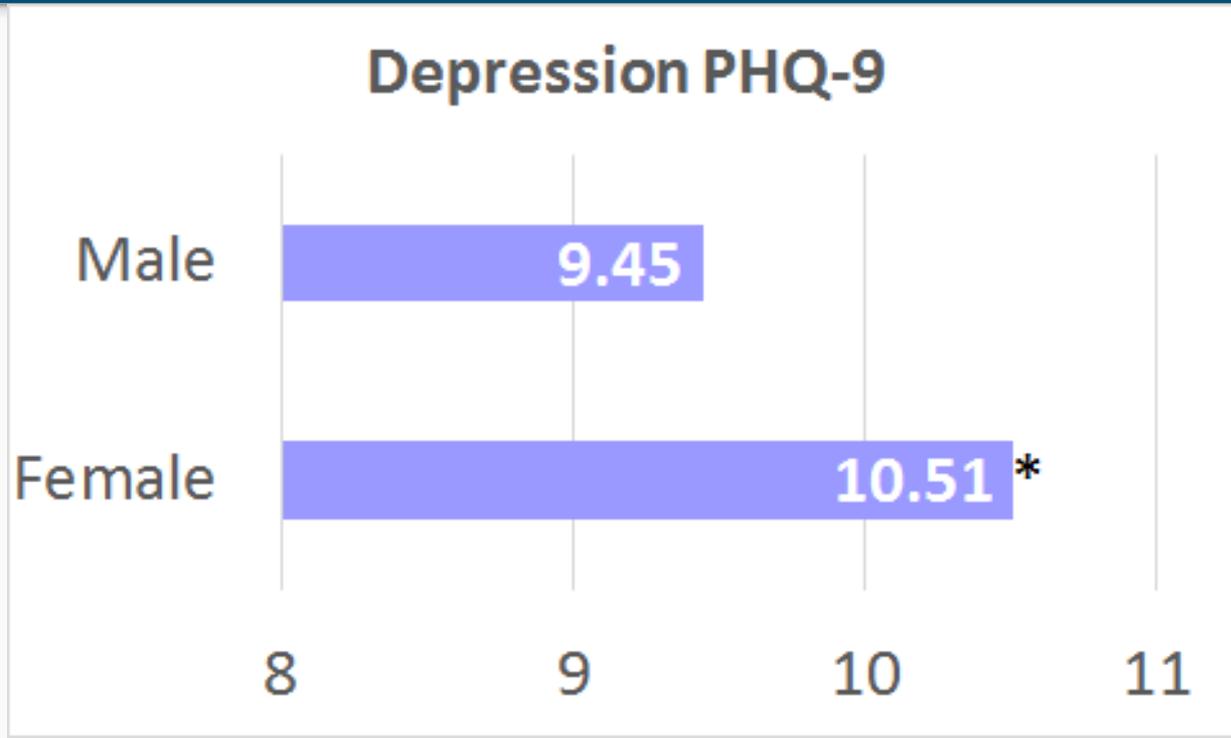
* difference in means is significant at $p \leq .05$

Count of Substances Used in the Past Year

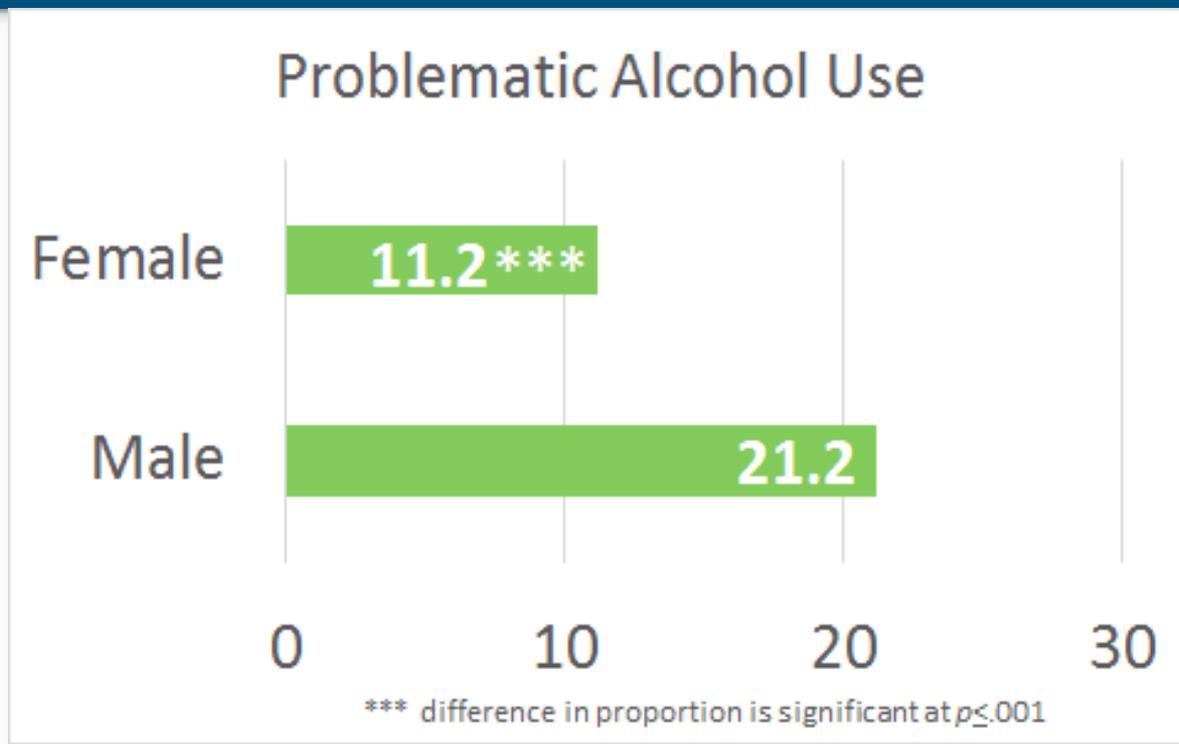


† difference in means was almost significant at $p = .066$

Mental Health

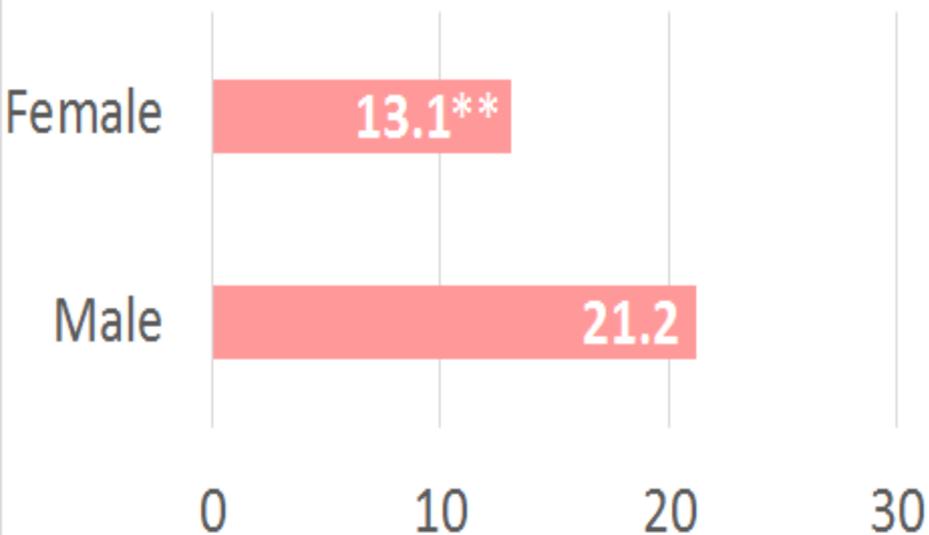


Health Behaviors



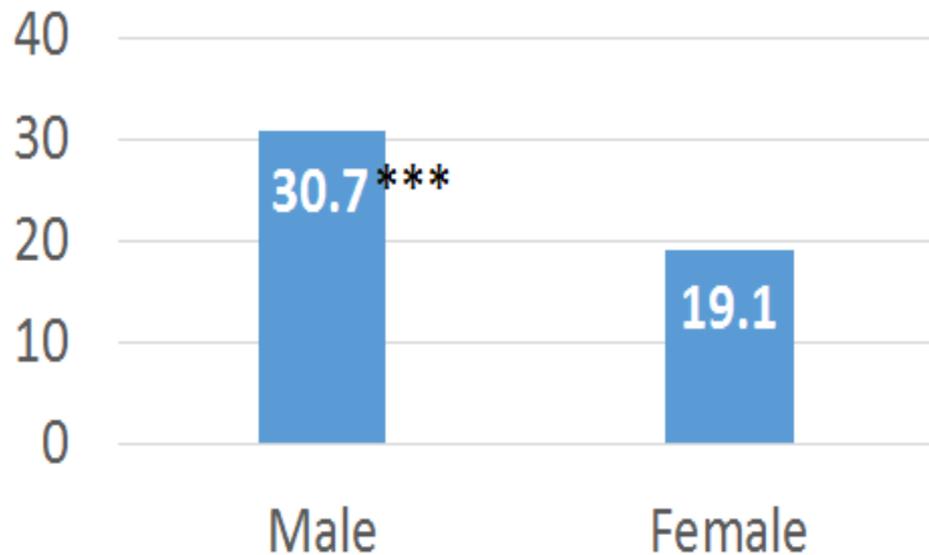
Health Care Access

Does Not Have Health Insurance



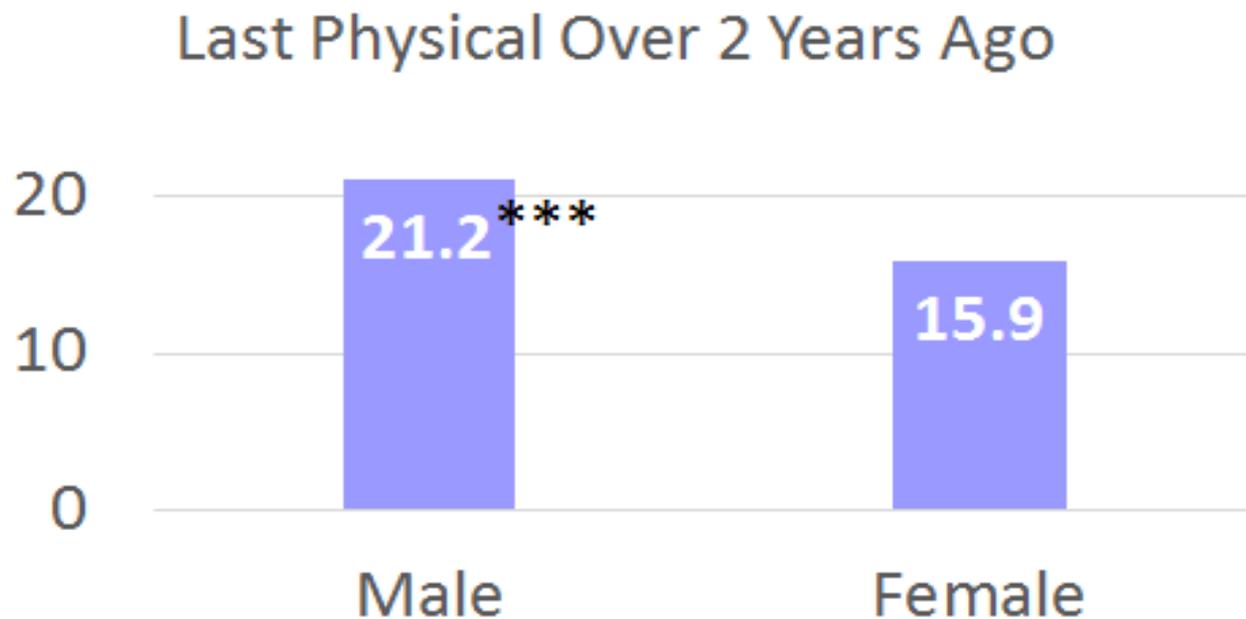
**difference in proportion is significant at $p \leq .01$

Lacks a Primary Care Doctor



***difference in proportion is significant at $p \leq .01$

Health Care Access



*** difference in proportions is significant at $p \leq .001$

Conclusions

- Similar to people with gambling disorder surveyed in population surveys, those seeking treatment for disordered gambling in California face many health concerns regarding physical and mental health, health behaviors, and health care access.
- Men and women experience these challenges differently.

So What?

While there are a lot of issues to address in treatment for gambling disorder that center around gambling triggers and behavior, disordered gamblers are an at-risk population for many health concerns and it is important to address the health issues they face.

Mobile Gaming



Dataset

- Total N = 358
- CalGETS clients were presented with an additional survey about mobile gaming during regular follow-up calls.
- Clients came from outpatient, intensive outpatient, and residential populations.
- Clients were surveyed 30, 90, and 365 days after treatment. Of the clients who were surveyed more than once, their most recent interview was used.

Survey Content

Screeners

While both items are asked, the second item is the actual screening criteria.

Screeners

Do you own a smartphone or a tablet? *

- Yes
- No

Have you ever, including before your treatment, played a casino game on any smartphone or tablet? (for example: slots, bingo, blackjack, poker) *

- Yes
- No

Survey Content

Gaming Timeline

Questions were asked about when the games were played, how frequently, and for how long.

When did you play? *

- Before treatment
- During treatment
- After treatment

How frequently did you play these games? *

- Every Day
- Every Couple Days
- Every Week
- Every Couple Weeks
- Very Infrequently

When you played these games, how much time did you usually spend in a session? *

Your answer _____

In total, how long did you play the games? *

- A week to a month
- A month to 6 months
- 6 months to a year
- Over 1 year

Survey Content

Types of Games & Urges

Types of games played, urge occurrence, and intensity was recorded

What kind of games have you played? *

Your answer

When you played on your phone or tablet, did you ever have urges afterwards to gamble in real life? How strong were the urges from 0 to 100? *

Your answer

Survey Content

Time Spent

Frequency, session duration, and lifetime duration information was collected

How frequently did you play these games? *

- Every Day
- Every Couple Days
- Every Week
- Every Couple Weeks
- Very Infrequently

When you played these games, how much time did you usually spend in a session? *

Your answer

In total, how long did you play the games? *

- A week to a month
- A month to 6 months
- 6 months to a year
- Over 1 year

Survey Content

Money Spent

Information on money spent during gaming was collected

Did you ever spend money on these games? *

Yes

No

In total, how much do you think you've spent on these games? *

Your answer

Survey Content

Gaming Motivation

Finally, we listed different reasons clients may have had to play the mobile games, and had them indicate which, if any, were motivations for them to play.

	Never	Sometimes	Most of the Time	Nearly all the Time	Every Time
I felt optimistic about winning	<input type="radio"/>				
I needed to make money	<input type="radio"/>				
Had free time or was bored	<input type="radio"/>				
Gave in to urges or habit	<input type="radio"/>				
Gave in to the opportunity to gamble	<input type="radio"/>				
To deal with negative situations or emotions	<input type="radio"/>				
To avoid socializing with others	<input type="radio"/>				
For excitement or enjoyment	<input type="radio"/>				
Had access to money	<input type="radio"/>				
I gave up on abstinence	<input type="radio"/>				
To test control over gambling	<input type="radio"/>				
Unsure or no reason	<input type="radio"/>				

Demographics

Age

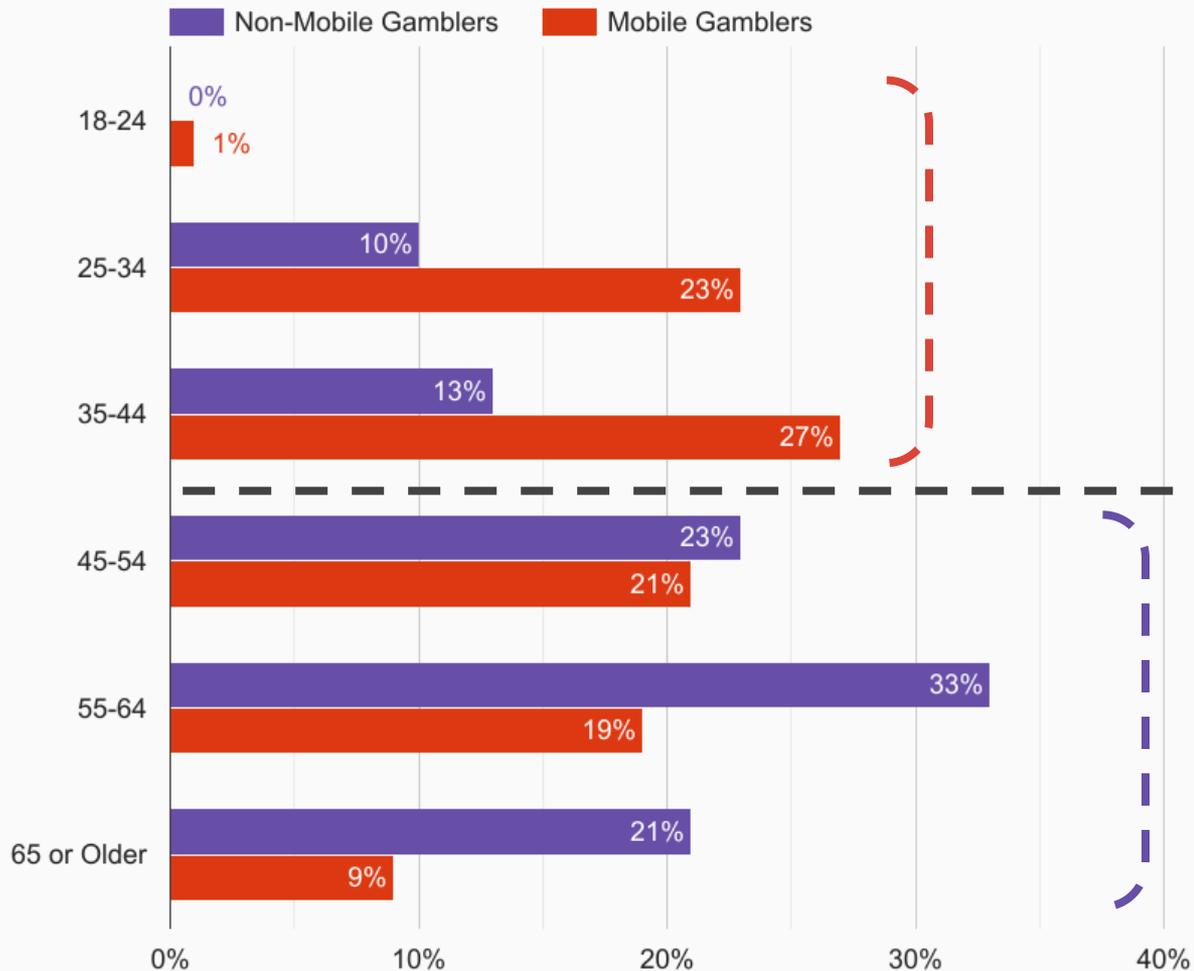
Non-Mobile Gamblers Mobile Gamblers

Mean Age (SD)

54 (12.9)

46 (12.7)

Mobile gamblers were younger than non-mobile gamblers



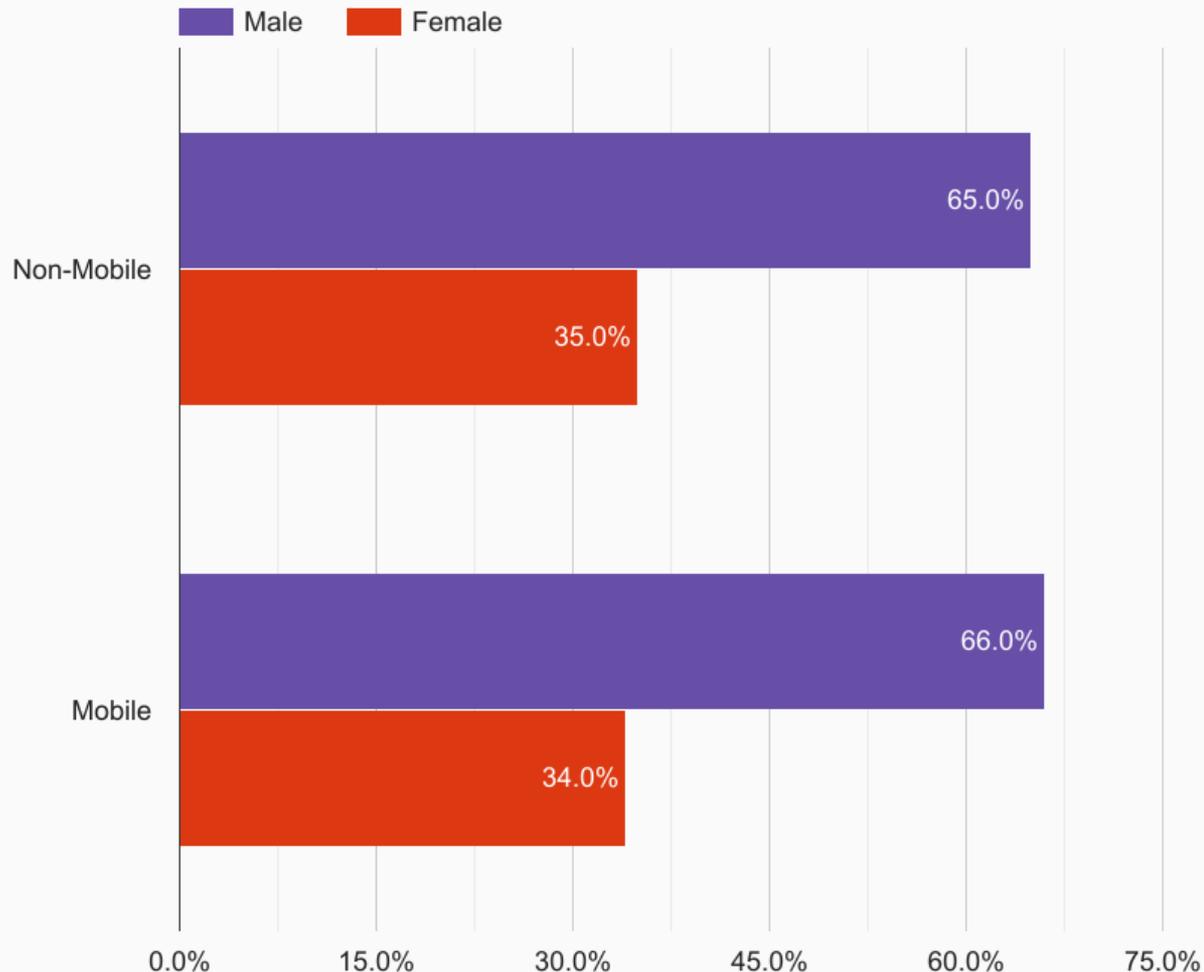
Demographics

Gender

Non-Mobile Gamblers Mobile Gamblers

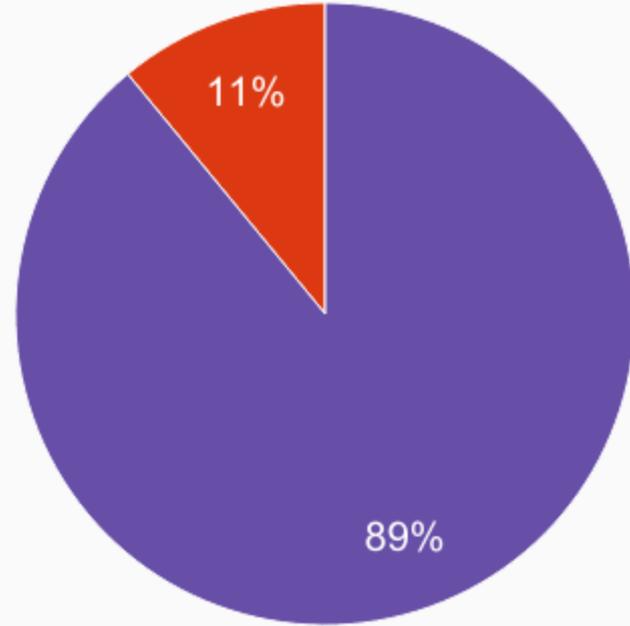
Male	65%	66%
Female	35%	34%

There were no significant gender differences between mobile and non-mobile gamblers



Device Owned

89% (N = 319)
reported that they own
a smartphone or
tablet.

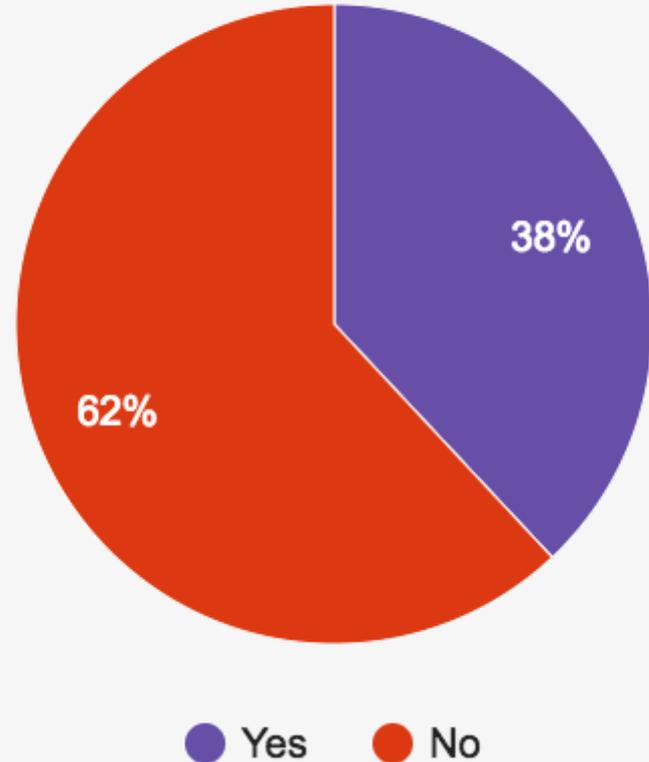


● Yes ● No

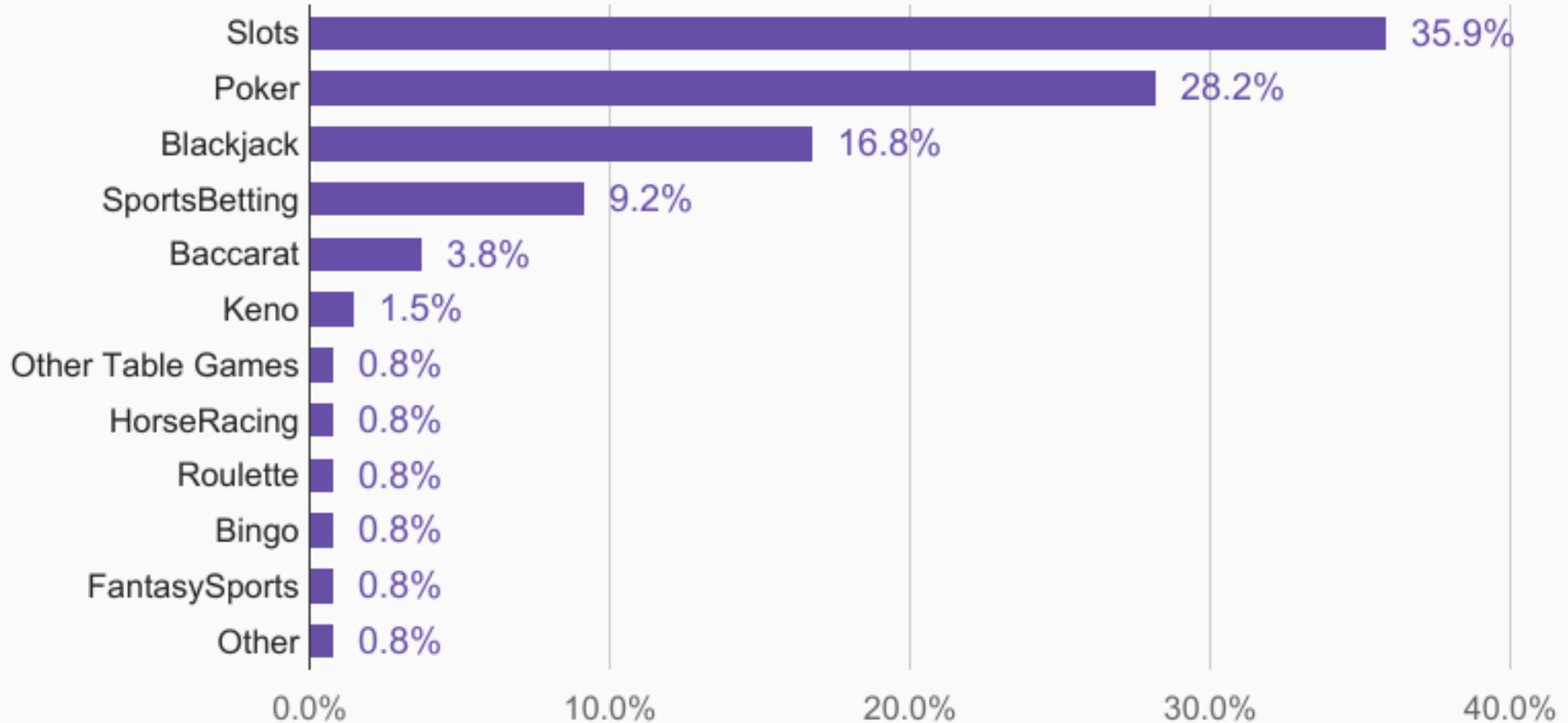
Games Played

38% (N=135) said that they had used it to play casino-style games.

Less than 1% (N = 3) of clients stated that they had played a casino game on a smartphone or tablet, even though they did not personally own one.

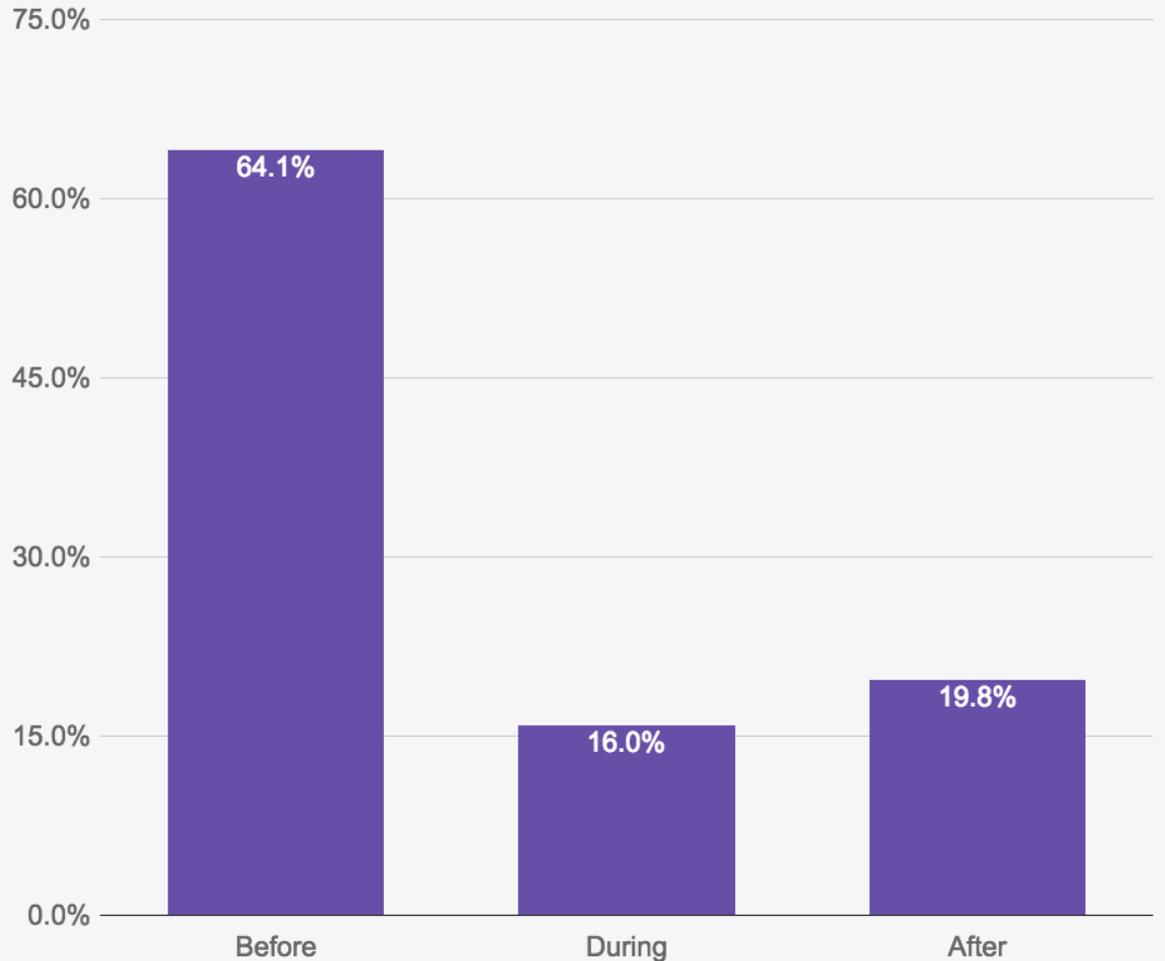


Top Mobile Games Played



Gaming Timeline In Relation to Therapy

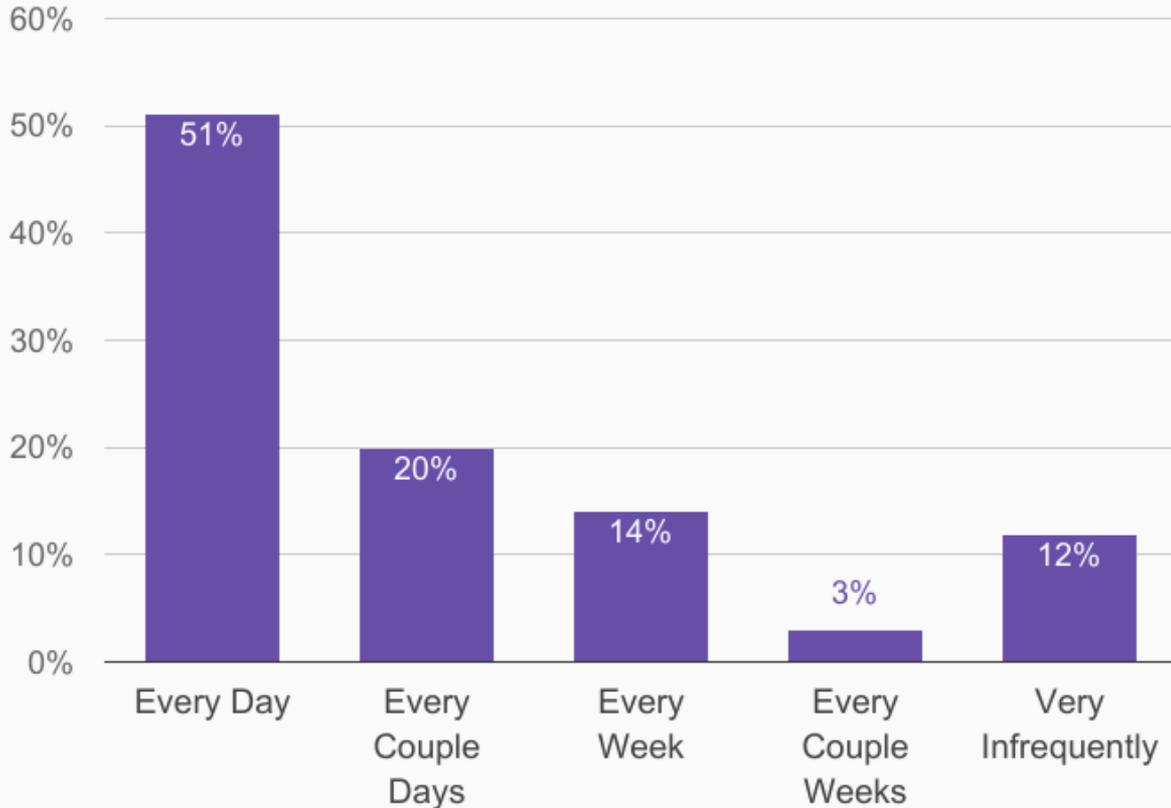
Most gamblers said that they played before they started treatment



Gaming Timeline

Frequency

- Clients were asked how often they played.
- Frequency of play was very high, with almost 3 out of 4 playing either every day or every couple days.



Gaming Timeline

Session Time

Average Play Duration

1.7 Hours

Std Dev: 2.4 Hours

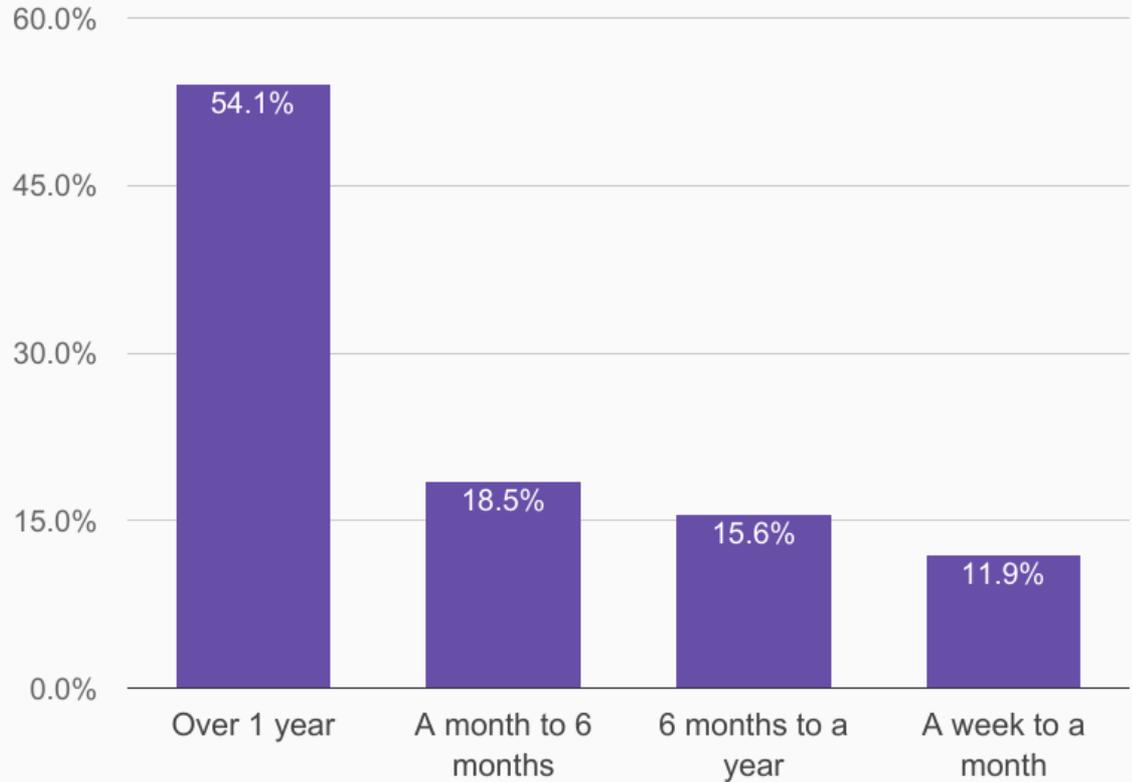
Median: 1 Hour

Mode: 1 Hour

Gaming Timeline

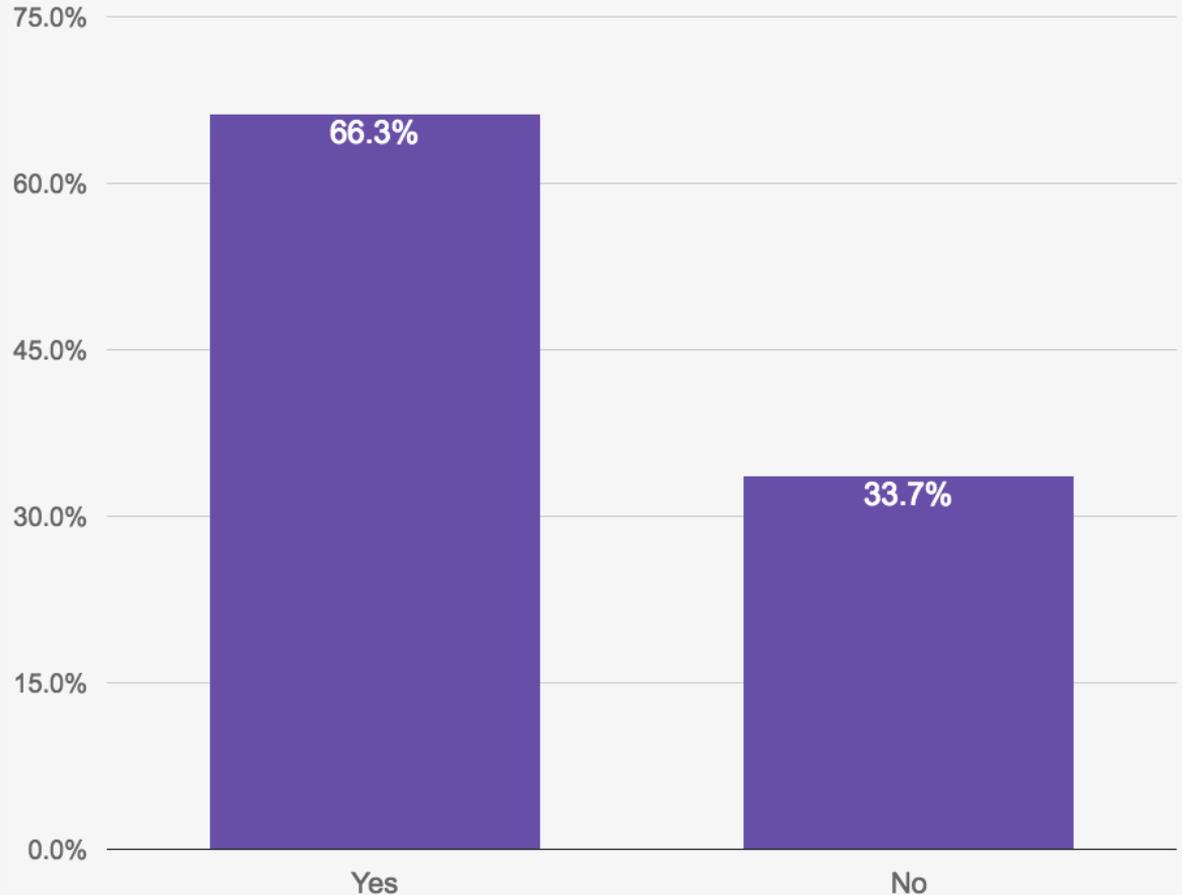
Lifetime Duration

Most clients had played for a long time; over 1 in 2 played the games for over a year



Urge Frequency After Playing Mobile Games

Of the 95 participants who answered this survey question, 2 out of 3 had experienced urges to gamble after they played a mobile casino game.



Urge Intensity

After Playing Mobile
Games

Average Urge Intensity

76 / 100

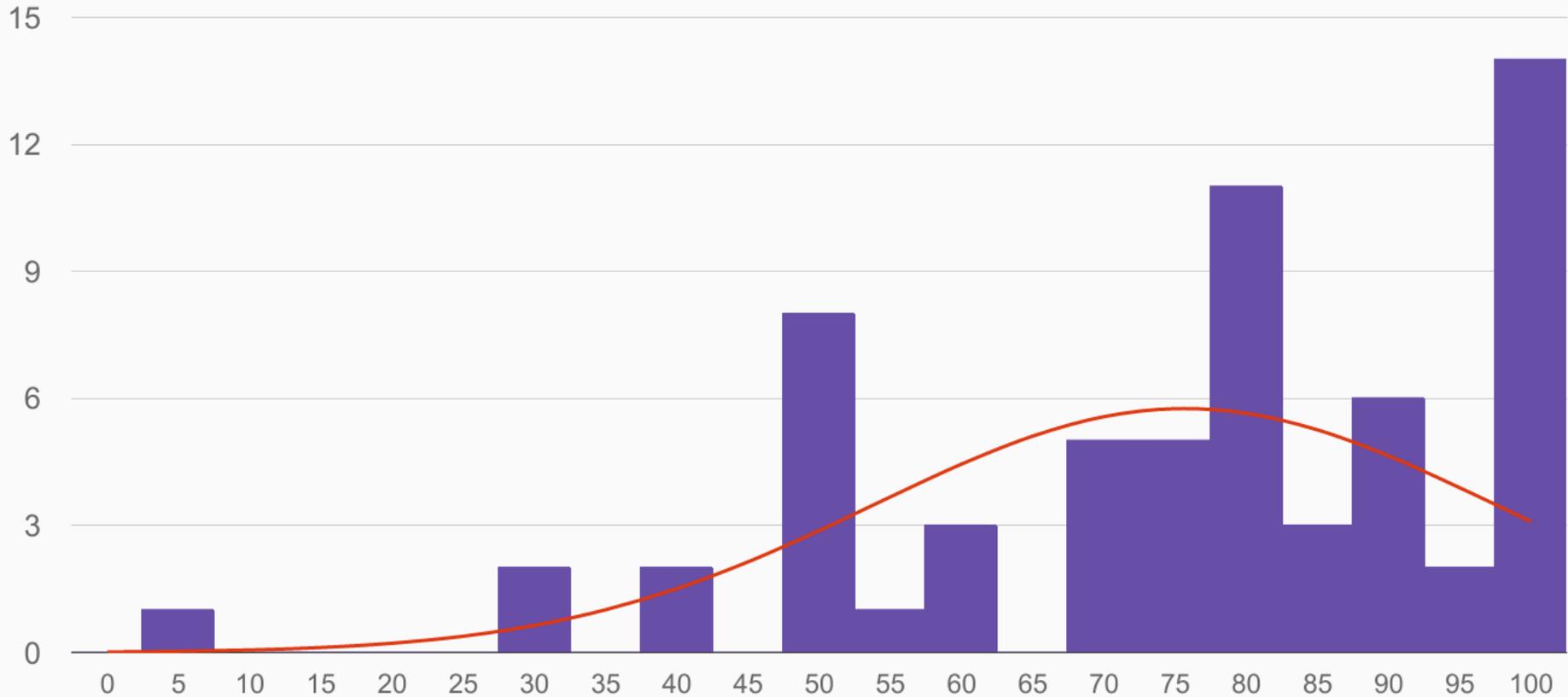
Std Dev: 22 / 100

Median: 80 / 100

Mode: 100 / 100

Urge Intensity After Playing Mobile Games

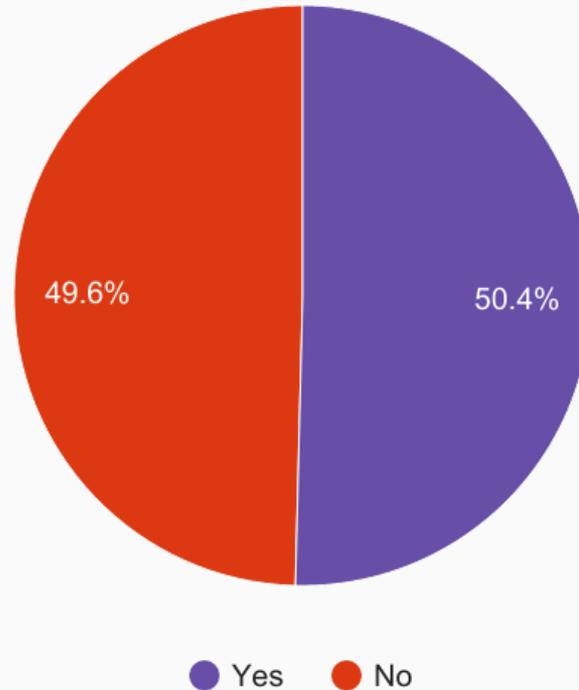
Histogram and Normal Distribution



Money

Spent vs Not Spent

- Spending money on mobile games often comes in the form of buying virtual currency like coins or tokens. Irregular conversions from real to virtual currency, as well as sales, may obfuscate the amount spent.
- Of the 135 clients who played games, 50.4% (N = 68) spent money on them, and 49.6% (N = 67) did not spend.



Money

Total Spent

Average Lifetime Spending

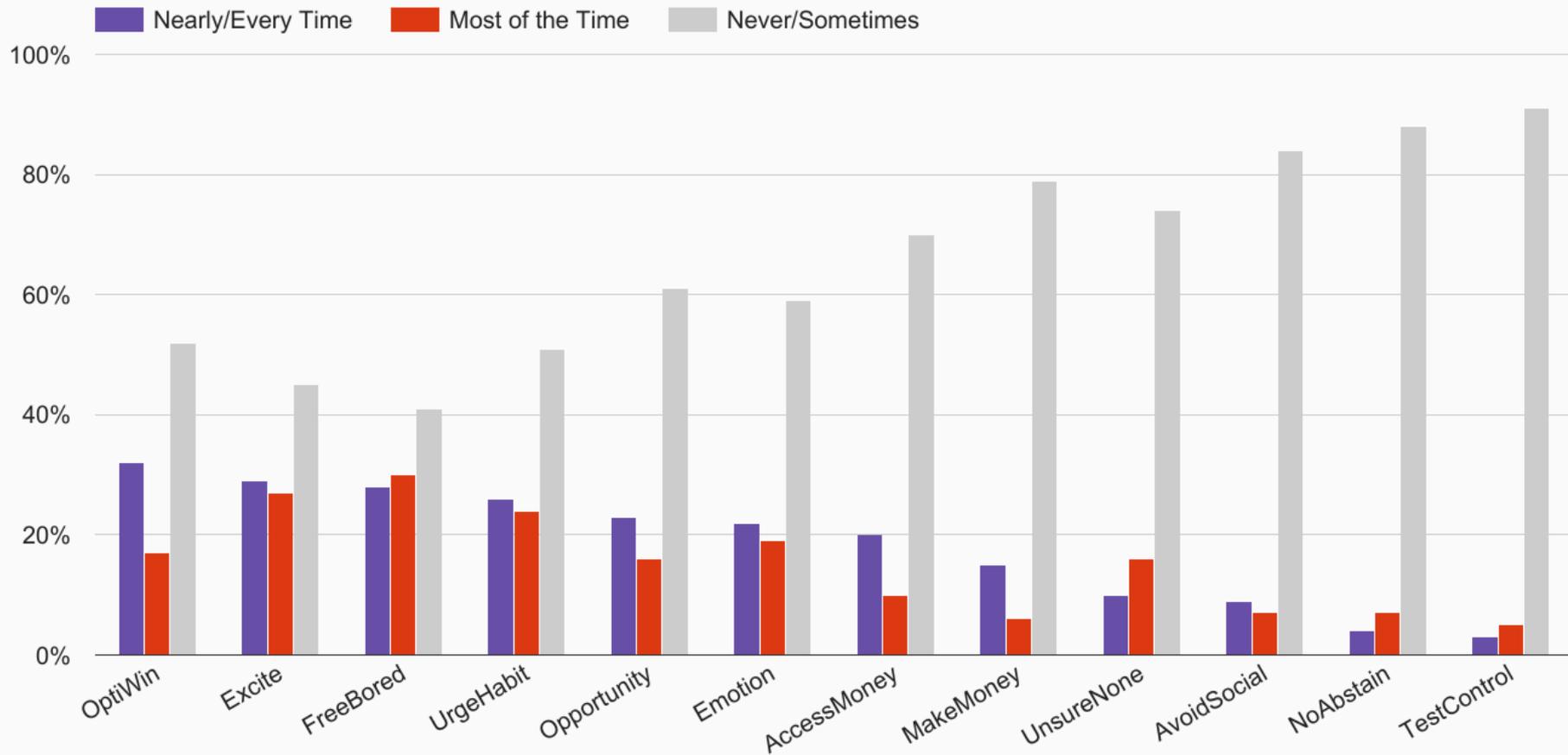
\$286

Std Dev: \$216

Median: \$200

Mode: \$500

Gaming Motivation



Thanks and Acknowledgements

Thanks to Terri Sue Canale-Dalman and everyone at the Office of Problem Gambling in the California Department of Public Health for their continued support of the CalGETS Program.

Thanks to our Research Assistants for data collection, coding, and cleaning.

Thanks to everyone who came to this talk!

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