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What is Gambling?

Gambling is defined as betting, gaming or participating in a lottery. That definition distinguishes between activities which need to be licensed and other activities which do not (Gambling Commission, 2005).

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Gambling

- Arcades (those for adults and those for families)
- Betting (online, at an event or in a high street bookmakers)
- Bingo (online or in a bingo hall)
- Casino (online or in a casino)
- Lotteries (raffles, tombolas, sweepstakes)
- Gaming machines (fruit machines, fixed odds betting terminals, etc.)

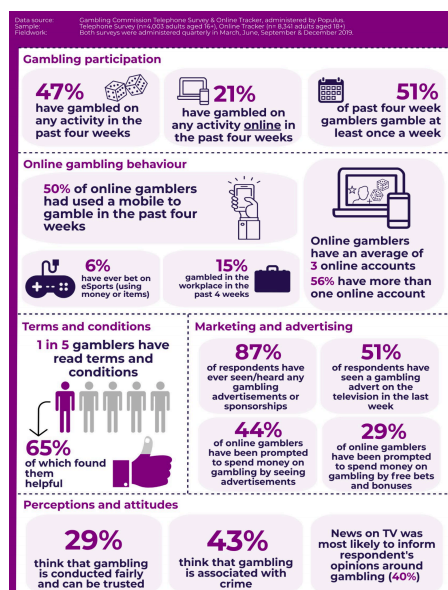
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History



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Gambling Commission (UK)



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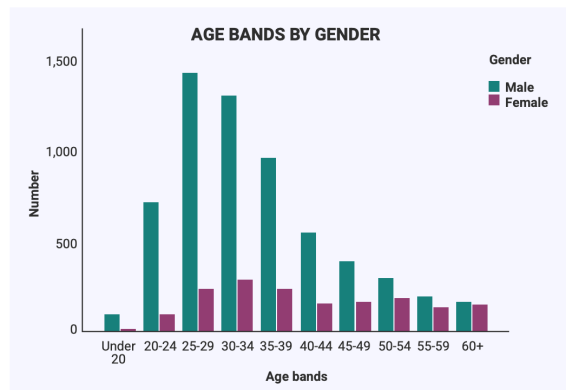
Problem Gamblers

Report by the Gambling Commission (2018) estimated that the number of British over-16s deemed to be problem gamblers had grown by a third in three years, suggesting that about 430,000 people suffer from a serious habit.

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Ethnic Background (National Gambling Treatment Service, 2020)

Figure 1 Age and gender of clients at the point of referral



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Ethnic Background (National Gambling Treatment Service, 2020)

Table 5 Ethnicity of clients

	Gambling clients		Other clients		Total	
	N	%	N	%	N	%
White British	5594	83.8%	749	82.7%	6343	83.6%
White Irish	57	0.9%	9	1.0%	66	0.9%
White European	269	4.0%	41	4.5%	310	4.1%
White Other	69	1.0%	12	1.3%	81	1.1%
Black British: African	94	1.4%	5	0.6%	99	1.3%
Black British: Caribbean	62	0.9%	6	0.7%	68	0.9%
Black British: Other	20	0.3%	1	0.1%	21	0.3%
Asian British: Bangladeshi	56	0.8%	2	0.2%	58	0.8%
Asian British: Indian	123	1.8%	18	2.0%	141	1.9%
Asian British: Pakistani	48	0.7%	9	1.0%	57	0.8%
Asian British: Chinese	42	0.6%	8	0.9%	50	0.7%
Asian British: Other	62	0.9%	5	0.6%	67	0.9%
Mixed: White and Asian	40	0.6%	3	0.3%	43	0.6%
Mixed: White and Black African	20	0.3%	1	0.1%	21	0.3%
Mixed: White and Black Caribbean	34	0.5%	2	0.2%	36	0.5%
Mixed: Other	30	0.4%	7	0.8%	37	0.5%
Other ethnic group	59	0.9%	28	3.1%	87	1.1%
Total	6679	100.0%	906	100.0%	7585	100.0%
Missing	65		25		90	
Total clients	6744		931		7675	

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Problem Gambling (Problem gambling in Great Britain: A brief review

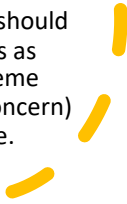
- Negative consequences of gambling addiction may include interference with performance of life roles (e.g., job, social activities, or hobbies), impairment of social relationships, criminal activity, legal problems, involvement in dangerous situations, physical injury and impairment, financial loss, or emotional trauma.
 - In Great Britain, the term 'problem gambling' has been used by many researchers, bodies, and organisations, to describe gambling that compromises, disrupts or damages family, employment, personal or recreational pursuits.
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Problem Gambling (Problem gambling in Great Britain: A brief review

Problem gambling is often co-morbid with other behavioural and psychological disorders, which can exacerbate, or be exacerbated by, problem gambling. Taken as a whole, this suggests that problem gambling does not occur in a vacuum and that problem gambling is symptomatic of a more global disturbance in the biopsychosocial functioning of individuals that have gambling problems.

'Problem gambling' and 'gambling addiction' are not the same and should not be used interchangeably. There is a need to think of these terms as lying along a continuum in which 'gambling addiction' is at the extreme end of the scale and that 'problem gambling' (while still of major concern) does not necessarily lead to problems in every area of a person's life.



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Gambling Disorder Criteria

A. Persistent or recurrent problematic gambling behavior leading to clinically significant impairment or distress, as indicated by the individual exhibiting four (or more of the following in a 12-month period (American Psychiatric Association, 2013):

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Gambling Disorder Criteria

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 unsuccessful efforts to control, cut back, or stop gambling.
4. Is often preoccupied with gambling.
5. Often gambles when feeling distress.
6. After losing money gambling, often returns another day to get even.
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.

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Diagnostic Features

Essential feature: disruption of personal, family, and/or vocational pursuits.

“Chasing one’s losses” pattern may emerge - frequent & long term



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Development

- Typically manifests during middle to late adulthood, however, can occur during adolescence.
- Those who gamble with family and friends early in life, are at higher risk to develop the disorder earlier, as well as those associated with impulsivity and substance abuse.
- Develops over the course of years, with the gradual increase in both frequency and amount wagered.
- Gender Differences:
 - Early-life development occurs more frequently in males.
 - Females more commonly develop gambling disorder during adulthood.
 - Tends to develop faster in females than males.

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Development Continued

- Younger individuals are more likely to gamble through sports betting, while older individuals will commonly bet through slot machines and bingo.
- Type of gambling as well as money wagered do not necessarily suggest a gambling disorder.

Someone who buys a lotto ticket every day, may not have a gambling issue, while someone who attends casinos less frequently might.

- Patterns can be regular or episodic and may increase in times of stress or substance abuse.
- People commonly travel through periods of heavy gambling, followed by random long-term remission periods.

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Risk Factors

- Experiencing an early big win
- Easy access to preferred gambling methods
- Experienced a recent life change or loss
Divorce, job loss, or death of a loved one
- Been abused or experienced trauma
- Exhibits risk taking behavior
- Feel depressed
- History of mental illness
- Has at least one parent with gambling problems
- History of substance abuse problems

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Problem/Pathological Gambling

Note the consequences:

- Financial problems
- Family struggles
- Potential Divorce
- Health Issues
- Suicide
- Depression
- Prison

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What is The Appeal of Gambling?

The 4 “E”s of Gambling

- Entertainment—It’s fun
 - Excitement— association with risk, thrill, and uncertainty
 - Economic Gain— win money
 - Escape— from emotional troubles
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A Hidden Addiction

- Approximately 3 million adults meet the criteria for pathological gambling each year.
- Unlike alcohol or drug addiction, problem gambling has few outward signs.

Source: National Council on Problem Gambling (US)



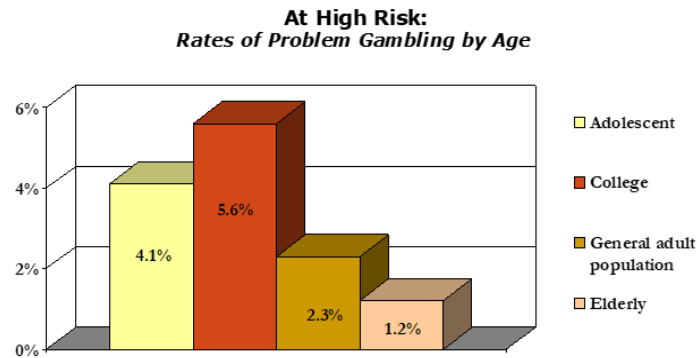
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Consequences

- Significant relationships with family and friends may be affected or lost.
- Trust may be broken due to lying and sneaking around.
- Employment will be affected, as well as educational activities.
- Absences from work or school might increase, as individuals choose to instead gamble during those time periods.
- High comorbidity rates with substance use disorders, depressive disorders, anxiety disorders, and personality disorders.

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Rates of Problem Gambling By Age



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SENIOR CITIZENS

- Gambling often starts as a social activity.
- Gambling can become a coping mechanism after a life change (death of spouse, loss of friends, etc.)
- Seniors may hide problems because of stigma.
- Cognitive impairments can affect decision making of some older adults.
- Older adults don't have working years to recover losses

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COLLEGE-AGE YOUNG ADULTS

Popularity of televised gambling has created excitement and acceptance of gambling.

Young people are *three times more likely* to suffer from problem gambling than adults.

Strong correlation exists between gambling and alcohol or other drugs.

Source: National Council of Problem Gambling

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£20,000 losses and late-night casino binges: the student gambling epidemic

Three former addicts tell their stories of gambling at university - and explain what can be done to prevent more young people falling into the trap

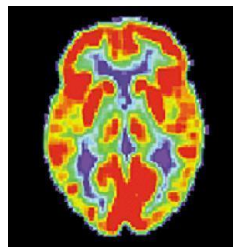


▲ 'I would lose my student loan almost as soon as I received it.' Photograph: Alamy

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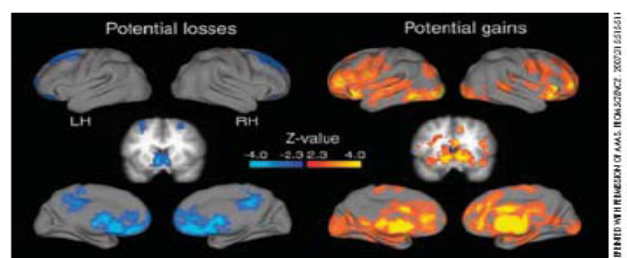
Biological Changes in the Brain

Similar to other addictions, research has shown changes in the brain and its brain functioning as a result of problem gambling.



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Gambling Addiction and the Brain



The two sets of images above illustrate how brain activity differs when we contemplate financial losses and gains. The blue areas at left are those that become deactivated as we make decisions that will likely cause us to lose money. The orange and red areas at right show the activation that occurs in the brain when we believe the odds are in our favor and we'll win money.

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Treatment & Recovery

- Multifaceted (also comorbidity with mental health disorders)
- Gamcare
- CBT
- Gamblers Anonymous
- Gamanon
- <https://spunout.ie/health/article/help-for-a-gambling-addiction>