



Development of a Scale to Assess Craving on Pathological Gambling

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DEFINITION OF CRAVING

Cravings are motivational states- physiological and psychological states- that promote the seeking of a substance and subsequent addictive behaviour of, for example, ingesting food or drugs. (Moreno, 2003).

IMPORTANCE OF THE STUDY OF CRAVING

- One of the objectives of research in Pathological Gambling is to identify variables which may predict success in treatment.

IMPORTANCE OF THE STUDY OF CRAVING

- Many experts in drug dependence suggest that the treatment success will depend on the capacity of the patient to confront craving during abstinence periods. (Staiger y cols., 1999; McCuster y Brown, 1995).
- In the case of Pathological Gambling there are no studies about the influence of this variable either in the maintenance of the pathology or in relapses.

IMPORTANCE OF THE STUDY OF CRAVING

- We therefore propose the study of craving in Pathological Gambling with the following objectives: 1) To review the concept of craving. 2) To develop a scale to evaluate craving in Pathological Gambling and 3) To examine the relationship between craving and psychopathological variables.

DIAGRAM OF THE EXPLORATORY STUDY



AIMS

1. Main aim:

- Evaluate craving in Pathological Gambling.

2. Specific aims:

- Develop a scale to assess craving in pathological gamblers: "Pathological Gambling Craving scale".
- Observe a possible relation between craving and comorbidity in Pathological Gambling.

METHOD

Sample

- 34 patients who were seeking treatment for a gambling problem at the Pathological Gambling Unit of Mataró Hospital or the Gamblers Association (ACENCAS) .
- Exclusion criteria: None

METHOD

Measures

- **Social and demographic questionnaire.** (Lourido-Ferreira, Saldaña, González-Ibáñez).
- **Craving Scales of Pathological Gambling** (Lourido-Ferreira, Saldaña, González-Ibáñez).
- **Sensation Seeking Scale form V: SSS-V (Spanish version).** (Pérez y Torrubia, 1986).
- **Brief Symptom Inventory: BSI** (Derogatis y Spencer, Spanish version TEA, 2002).
- **Depression, Anxiety, Stress Scale: DASS-21**
(Lovibond y Lovibond, 1995. Spanish version, Bados, Solanas y Andrés, accepted for publication).

PROCEDURE

- After analysis of craving in other addictions, the items for the evaluation of craving in Pathological Gambling Scales were made up.
- Craving can be evaluated through two perspectives: as a state (immediate desire) and as a trait (general desire)

PROCEDURE

(Scales Categories)

The items were formed taking into account the following dimensions:

Categories

- **Plan:** Intentions consistent with gambling.
- **Positive reinforcement:** Anticipation of the positive consequences of gambling.
- **Negative reinforcement:** Anticipation of avoiding the negative consequences of not gambling
- **Loss of control:** Lack of control and difficulty to resist the desire to gamble

PROCEDURE

(Scales Categories)

- **Distress:** Intrusive worrying thoughts related to gambling.
- **Emotions:** Mood states before and during gambling episodes.
- **Context:** Situations that promote and increase the probability of gambling.
- **Guilt:** Feelings of guilt and self-loathing associated with the desire to gamble.
- **Physiological State:** Desire to gamble in response to physiological signals.

PROCEDURE

(Example – State scale)

State scale:

- If I gamble now I'll feel less worried about my problems.
- I would do anything to be able to gamble now.
- My desire to gamble now seems irresistible.
- If I gamble now the bad things in my life will seem less bad.

PROCEDURE

(Example – Trait scale)

Trait scale:

- I will gamble whenever I have the opportunity.
- I urge myself to gamble to avoid feeling tense and anxious.
- I don't stop to think about how I can earn money to be able to gamble.
- Sometimes I find myself thinking and worrying about gambling.

PROCEDURE

STATE SCALE

- Items: 52
- Related to: Immediate desire
- Scoring: 5 degrees on a Likert scale

TRAIT SCALE

- Items: 69
- Related to: Frequency of desire
- Scoring: 6 degrees on a Likert scale

ADMINISTRATION

Session 1:

- Social and demographic questionnaire.
- Craving Scales on Pathological Gambling.

Session 2:

- SSS-V
- BSI
- DASS-21

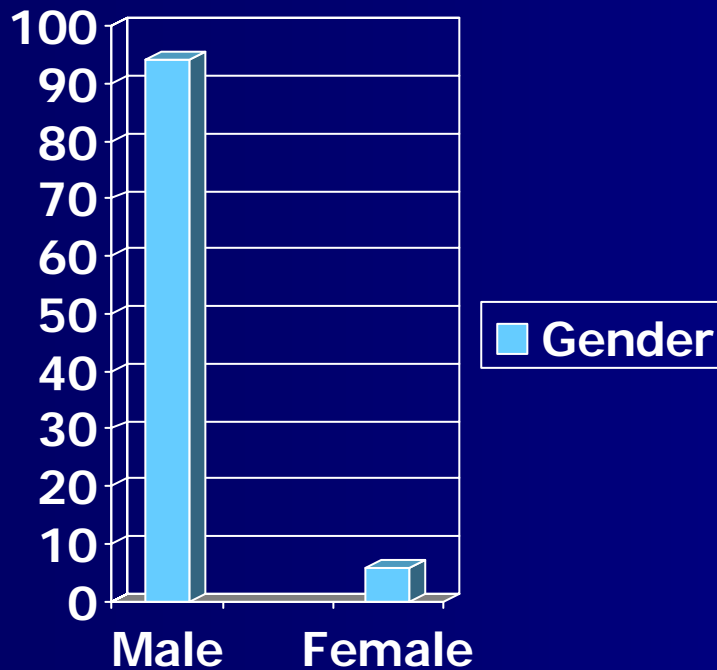
ANALYSIS

STATISTICAL ANALYSIS

- Non- parametric statistics
- Comparison of means: Mann- Whitney U test
- Variables Correlation: Spearman test.

RESULTS

(Demographic data in percentage)



Age (21-69)

Percentage

21-30 : 36.4%

31-40 : 18.1%

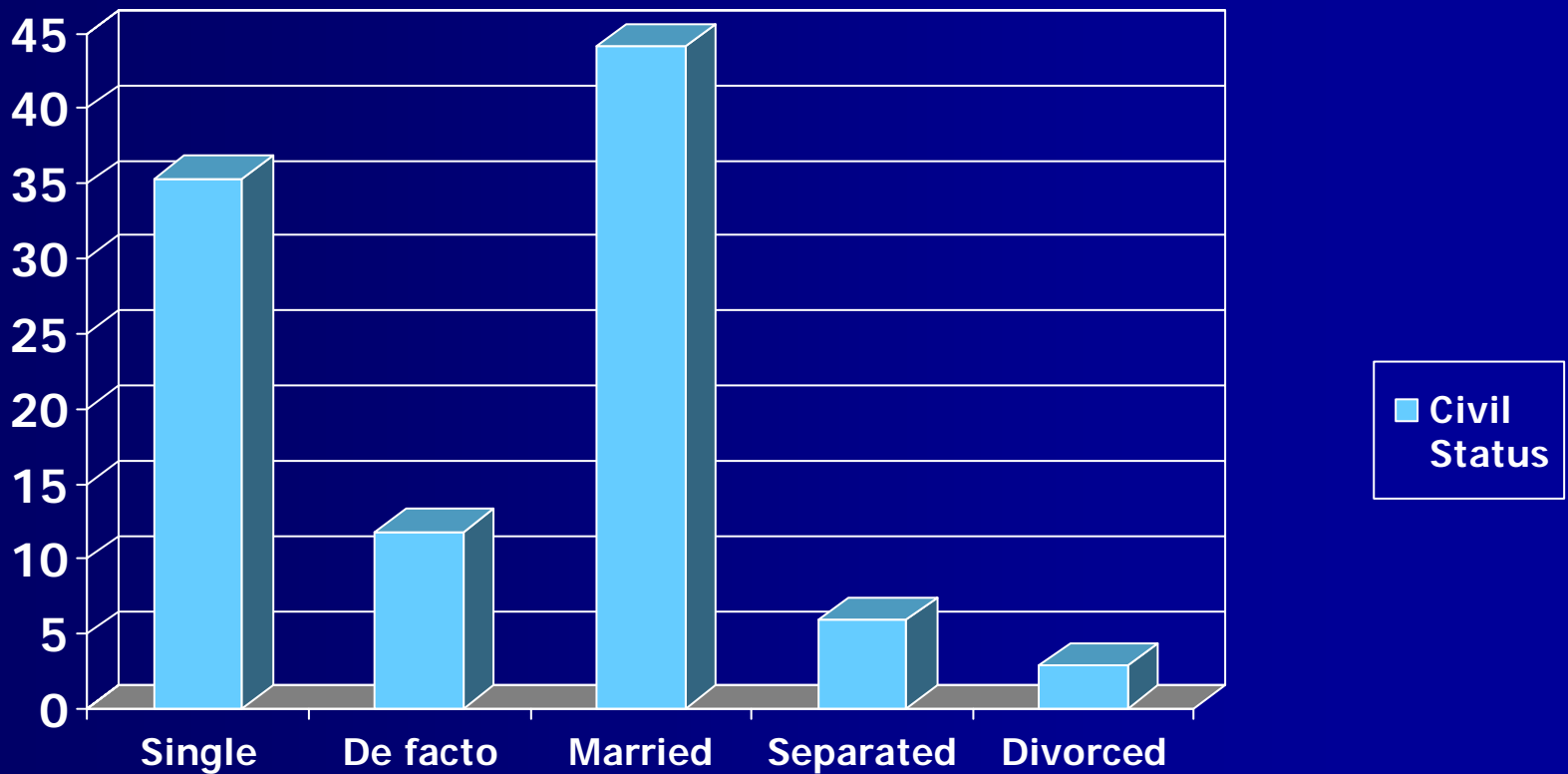
41-50 : 27.2%

51-60 : 9%

61-69 : 9%

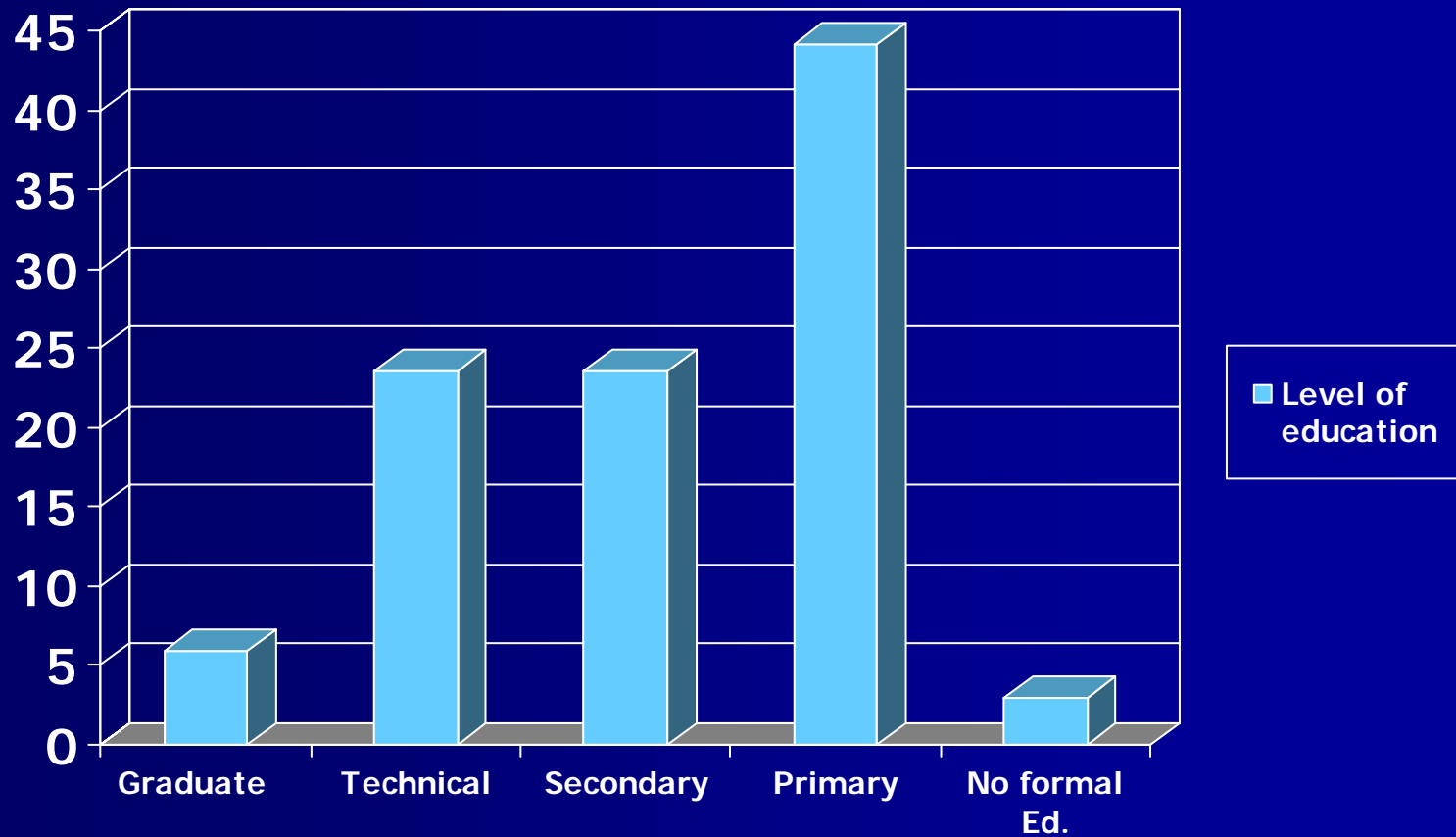
RESULTS

(Demographic data in percentage)



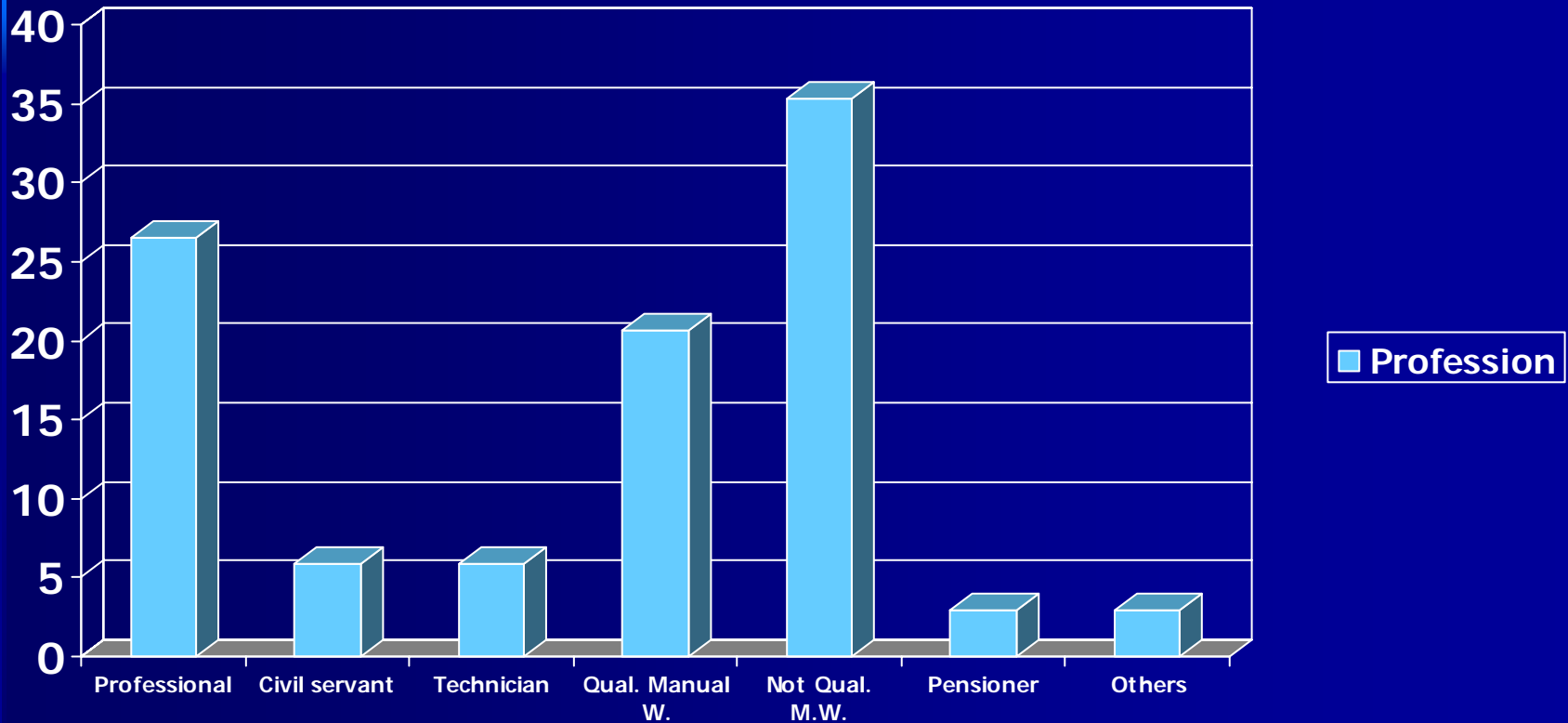
RESULTS

(Demographic data in Percentage)



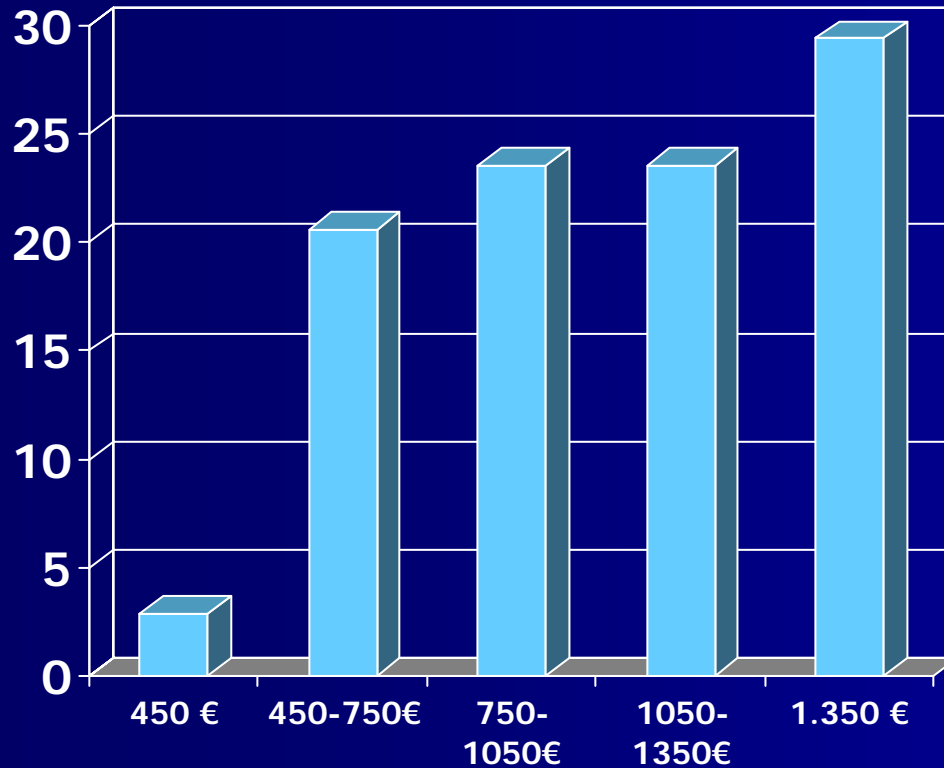
RESULTS

(Demographic data in Percentage)



RESULTS

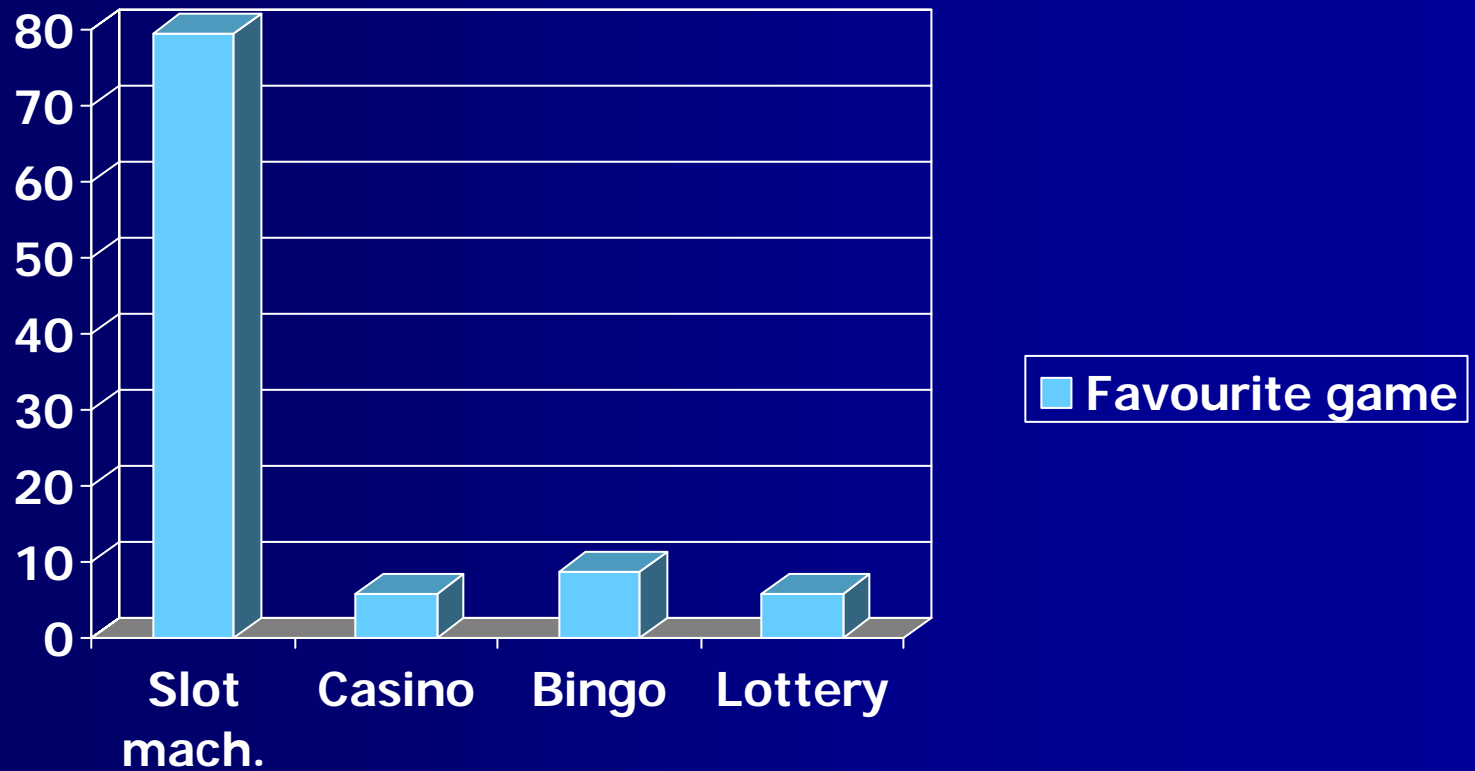
(Demographic data in Percentage)



■ Personal
Monthly
Income

RESULTS

(Demographic data in Percentage)



RESULTS

(Significant items)

- State scale:
Total: 10 items

- Trait scale:
Total: 60 items

RESULTS

State Scale - Sensation Seeking Scale form V

- SSS-V:

	BEM	BEX	DES	SAB
r	-0.013	0.213	0.315	0.224
P	0.941	0.227	0.070	0.203

RESULTS

CORRELATIONS

State Scale- Brief Symptom Inventory

■ BSI:

	Somat.	Obs-Co.	In.Susc.	Depres.	Anxiety	Hostil.
r	0.539**	0.430*	0.454*	0.713*	0.688*	0.595*
P	0.001	0.011	0.007	0.000	0.000	0.000

	Fob Anx.	P. Idea.	Psicot.	Gl. Ind.	Posit. S.	General
r	0.655*	0.269	0.634**	0.692**	0.685**	0.426*
P	0.000	0.124	0.000	0.000	0.000	0.012

RESULTS

CORRELATIONS

State Scale - Depression, Anxiety, Stress Scale

- DASS-21

	Depression	Anxiety	Stress
r	0.557**	0.459**	0.706**
p	0.001	0.006	0.000

RESULTS

CORRELATIONS

Trait Scale - Sensation Seeking Scale form V

- SSS-V:

	BEM	BEX	DIS	SAB
r	-0.047	0.190	0.438**	0.269
p	0.793	0.281	0.010	0.124

RESULTS

CORRELATIONS

Trait Scale - Brief Symptom Inventory

■ BSI:

	Somat.	Obs-Co.	In.Susc.	Depres.	Anxiety	Hostil.
r	0.562**	0.447*	0.420*	0.706**	0.69*	0.597**
P	0.001	0.008	0.013	0.000	0.000	0.000

	Fob Anx.	P. Idea.	Psycot.	Gl. Ind.	Posit. S.	General
r	0.705**	0.154	0.555**	0.649**	0.696**	0.416*
P	0.000	0.383	0.001	0.000	0.000	0.014

RESULTS

CORRELATIONS

Trait Scale - Depression, Anxiety, Stress Scale

- DASS-21

	Depression	Anxiety	Stress
r	0.500**	0.366	0.564**
p	0.003	0.033	0.001

CONCLUSIONS

- The low scores obtained in Craving Scales shows that craving on Pathological Gambling can be different with respect other addictions (substance, food) probably of the biological components.

CONCLUSIONS

- The findings of this exploratory study shows no relation between the SSS-V and the craving scale. Only we found significant differences in the subscale Desinhibition and Craving Trait Scale.
- The scores on the BSI and DASS-21 are correlated with the scores on the Craving scale. This results corroborate the relation between craving and psychopathology.
- The results of this study should be taken with caution because of the reduced sample size.

SUGGESTIONS

Our suggestions for future research are:

- 1) A larger sample.
- 2) To devise a shorter, easy to administer scale through factor analysis and item correlations.
- 3) Analysis of the relationship between a new shorter scale and treatment variables such as relapses, discontinuation of treatment and comorbidity.