

A PROJECT TO REALIGN THE APPROACH TO
INVESTIGATION, DETECTION, PREVENTION
AND TREATMENT OF PATHOLOGICAL
GAMBLING AND OTHER NON-TOXIC
ADDICTIVE BEHAVIOUR IN CATALONIA

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INTRODUCTION

- A. González-Ibáñez:

1988: “Pathological Gambling: A new addiction”. A model of research, detection, prevention and treatment was proposed for the first time.

2004: “Pathological gambling and other non-toxic addictive behaviour in the context of public health”. (First International Meeting on Gambling Research and Other Addictive Behaviour. Barcelona).

Project to realign the approach to pathological gambling and other other non-toxic addictive behaviour

- A priority of the Health Department is the study of these pathologies in order to determine:
 - 1)The prevalence, seriousness and social impact.
 - 2)The effectiveness of intervention in the detection, prevention and treatment.

AIMS OF THE PROJECT

- 1. Research.** An important part of the project is the first comprehensive survey of gambling participation and gambling-related problems among adult residents of Catalonia, Spain.

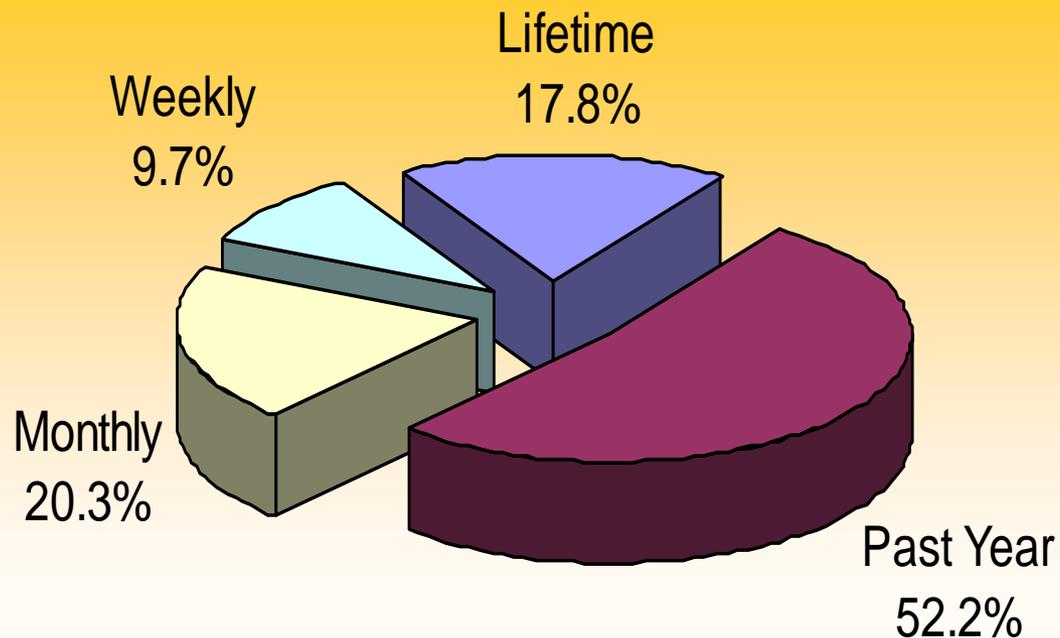
This study is being carried out by Drs. Àngels González-Ibáñez (Spain) and Rachel Volberg (USA).

The aim of the study is to identify the prevalence of gambling in Catalonia as well as the specific variables associated with this disorder among Catalonia adults. This information will be used to develop new programmes of prevention, detection and treatment.

Results of the epidemiological study

- Analysis is not complete however preliminary results follow:

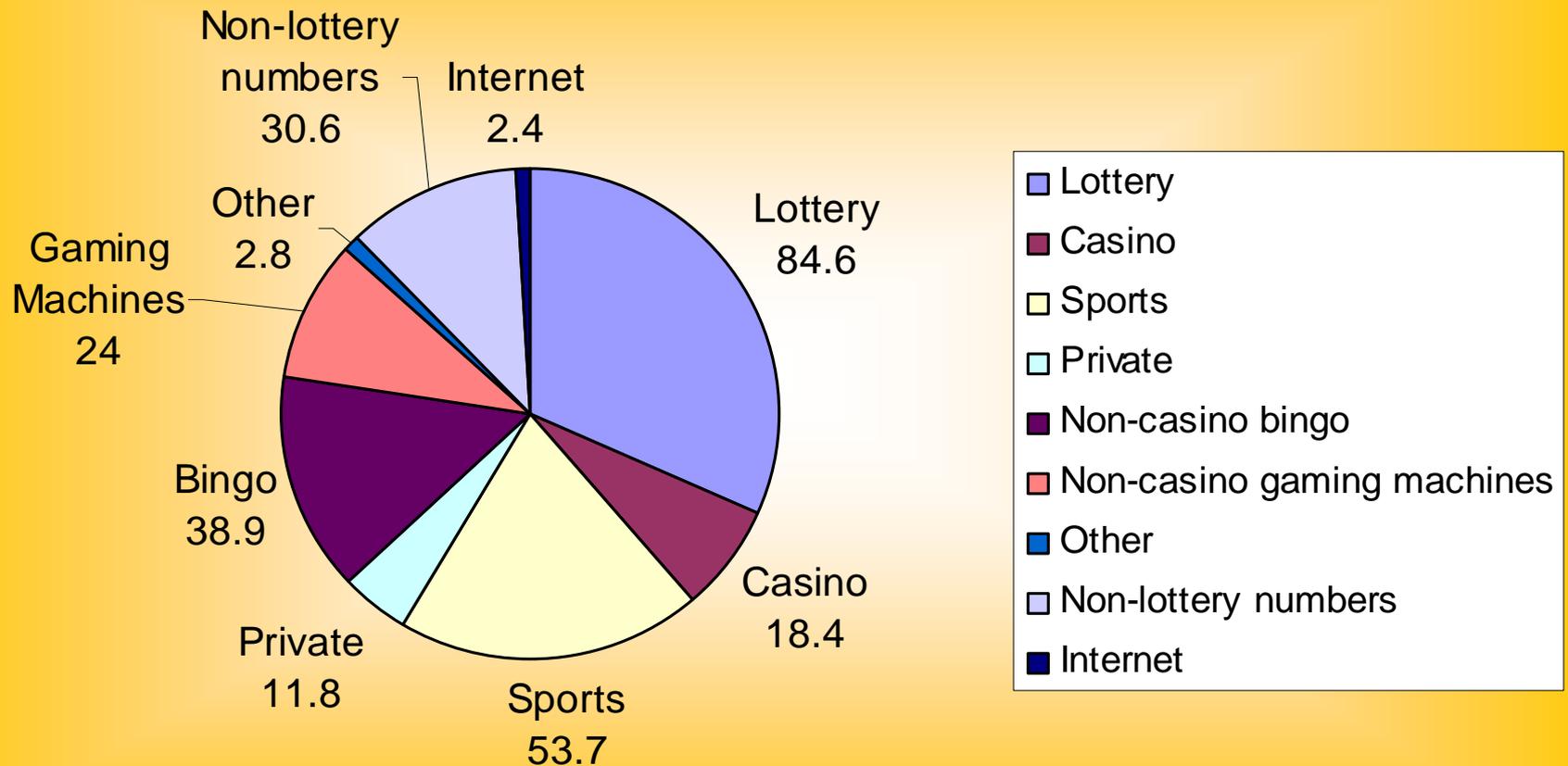
GAMBLING PARTICIPATION IN CATALONIA



SAMPLE 3000

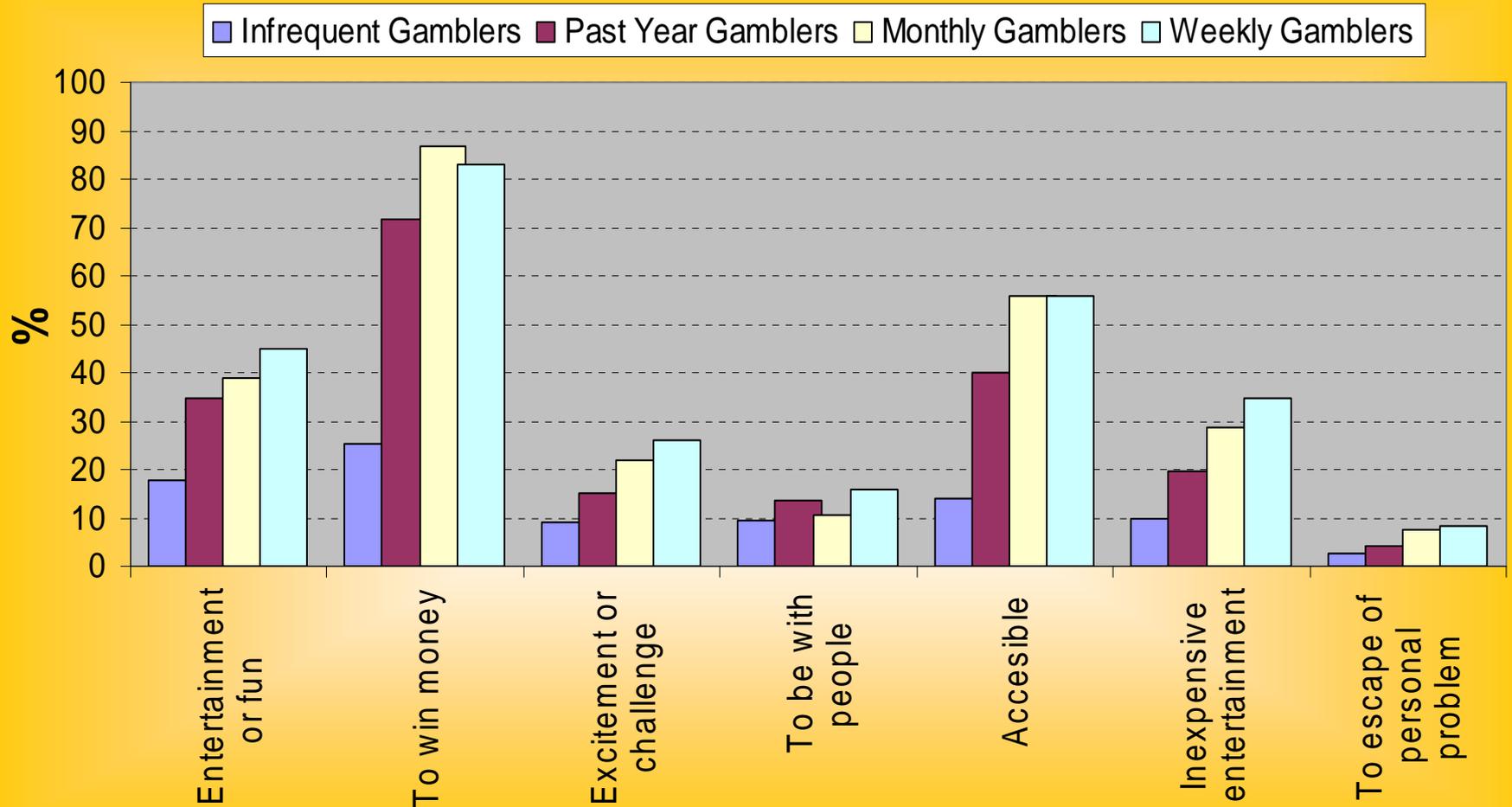
TYPE OF GAMBLING

LIFETIME PARTICIPATION



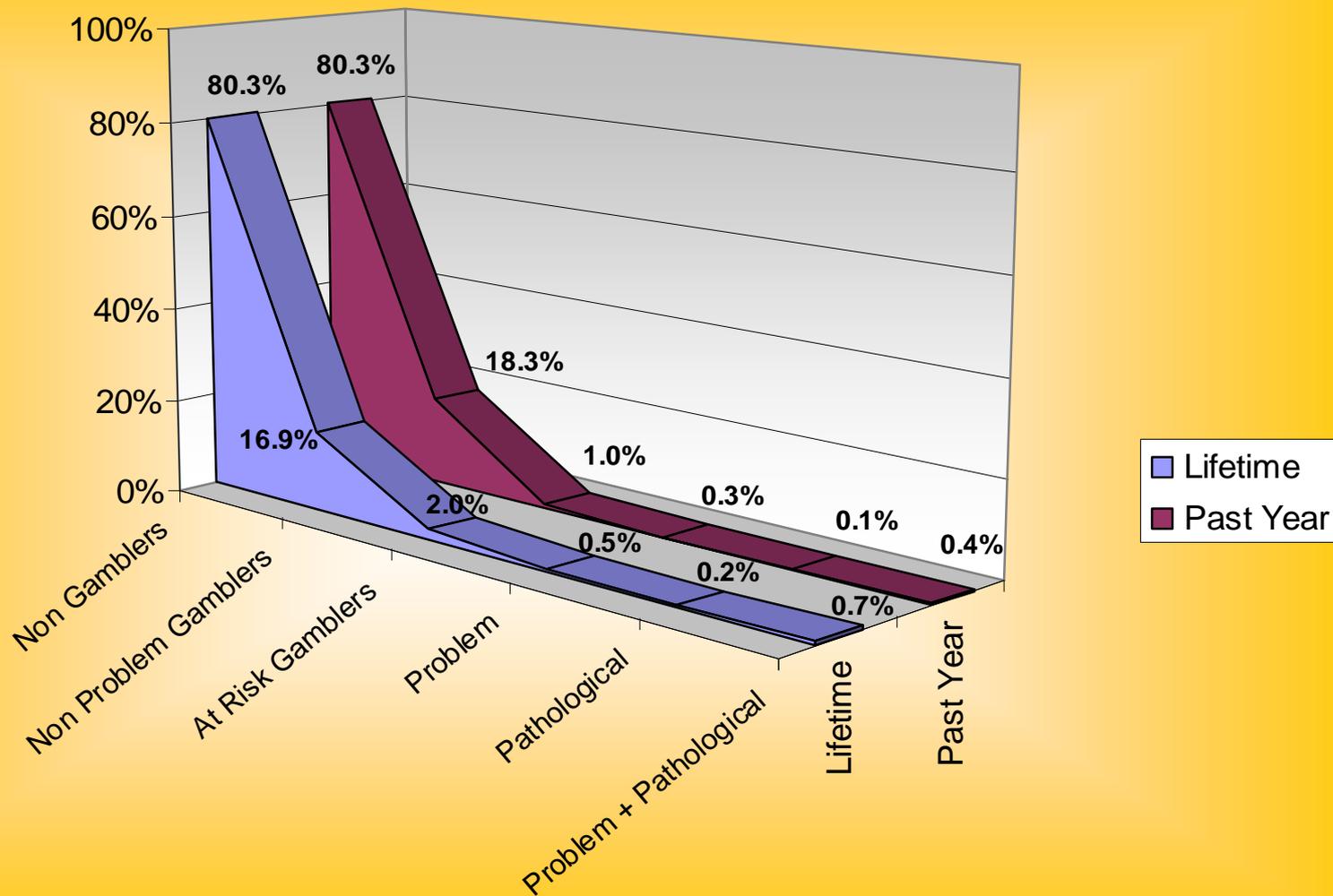
The sum of the percentages is more than 100 because some subjects participate in more than one gambling activity.

REASONS FOR GAMBLING

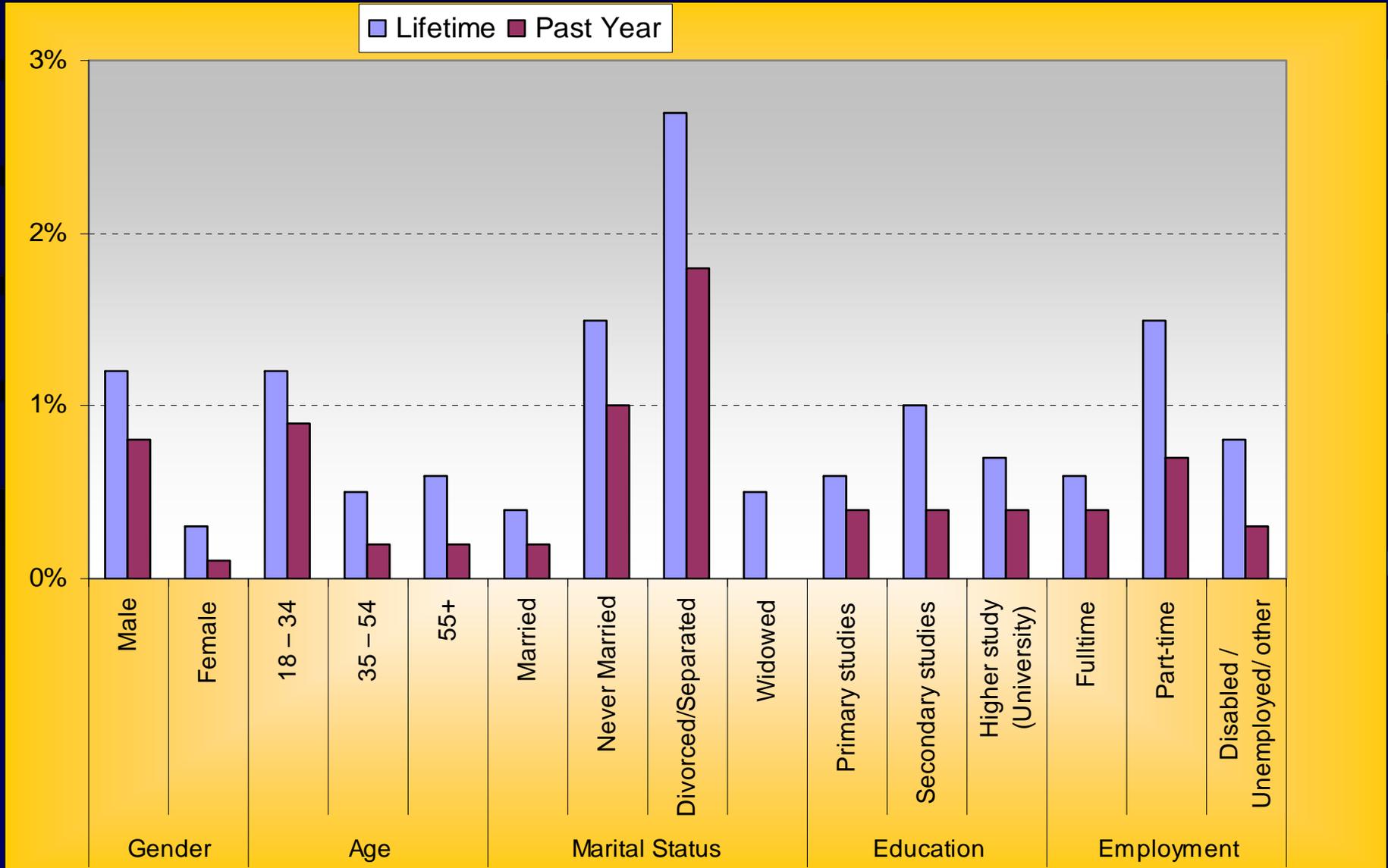


p. < 0.001

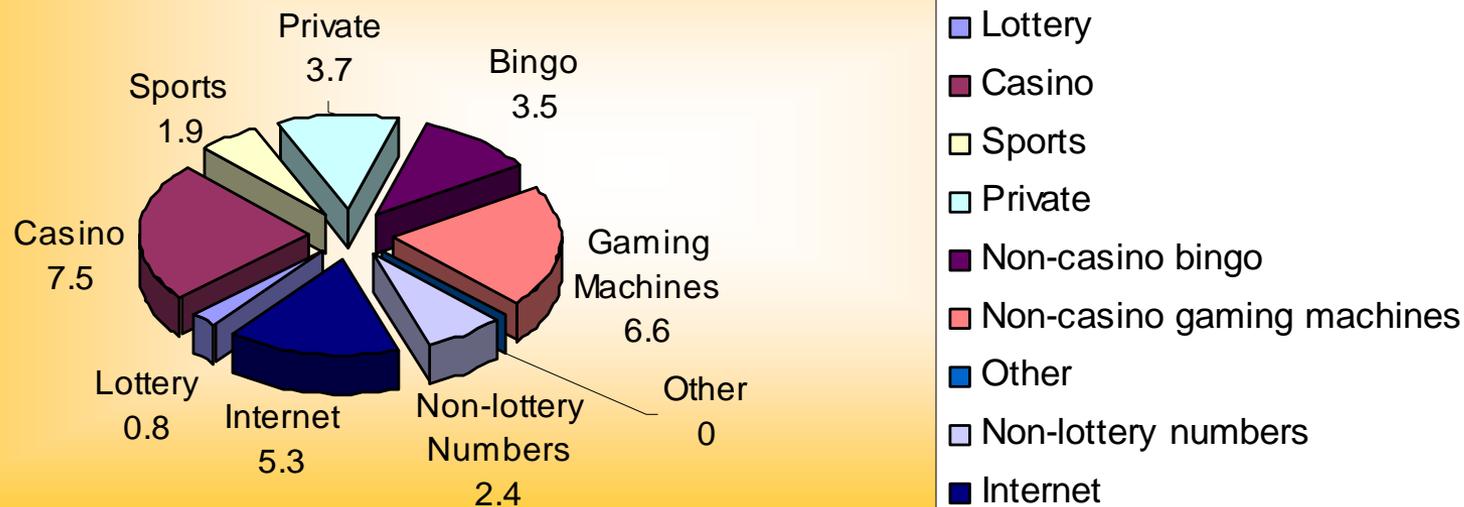
SCORES ON LIFETIME and PAST YEAR NODS



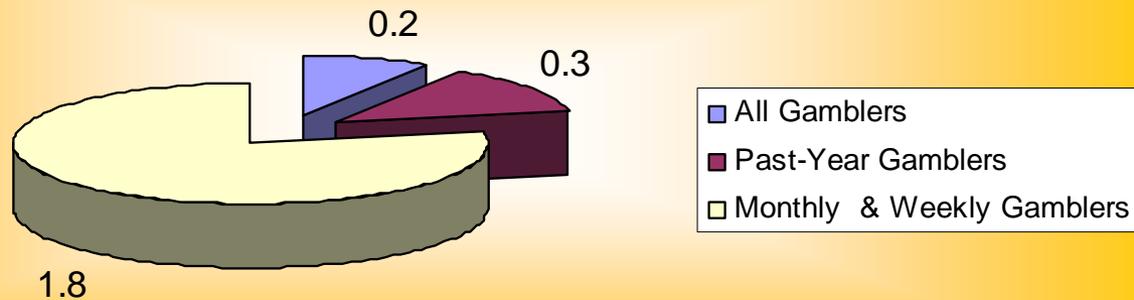
DEMOGRAPHIC CHARACTERISTICS in Problem & Pathological Gamblers



Prevalence by type of Gambling in problem and pathological Past Year gamblers

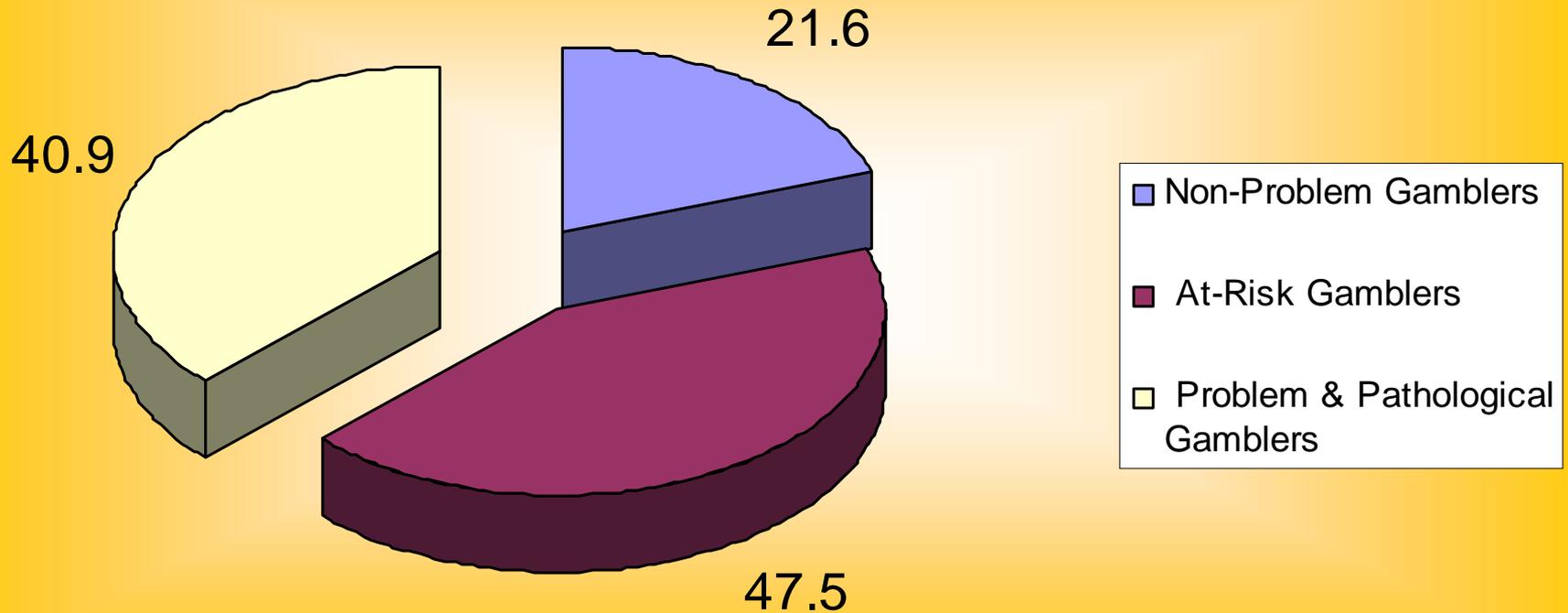


Frequency of Gambling in Problem & Pathological Gamblers



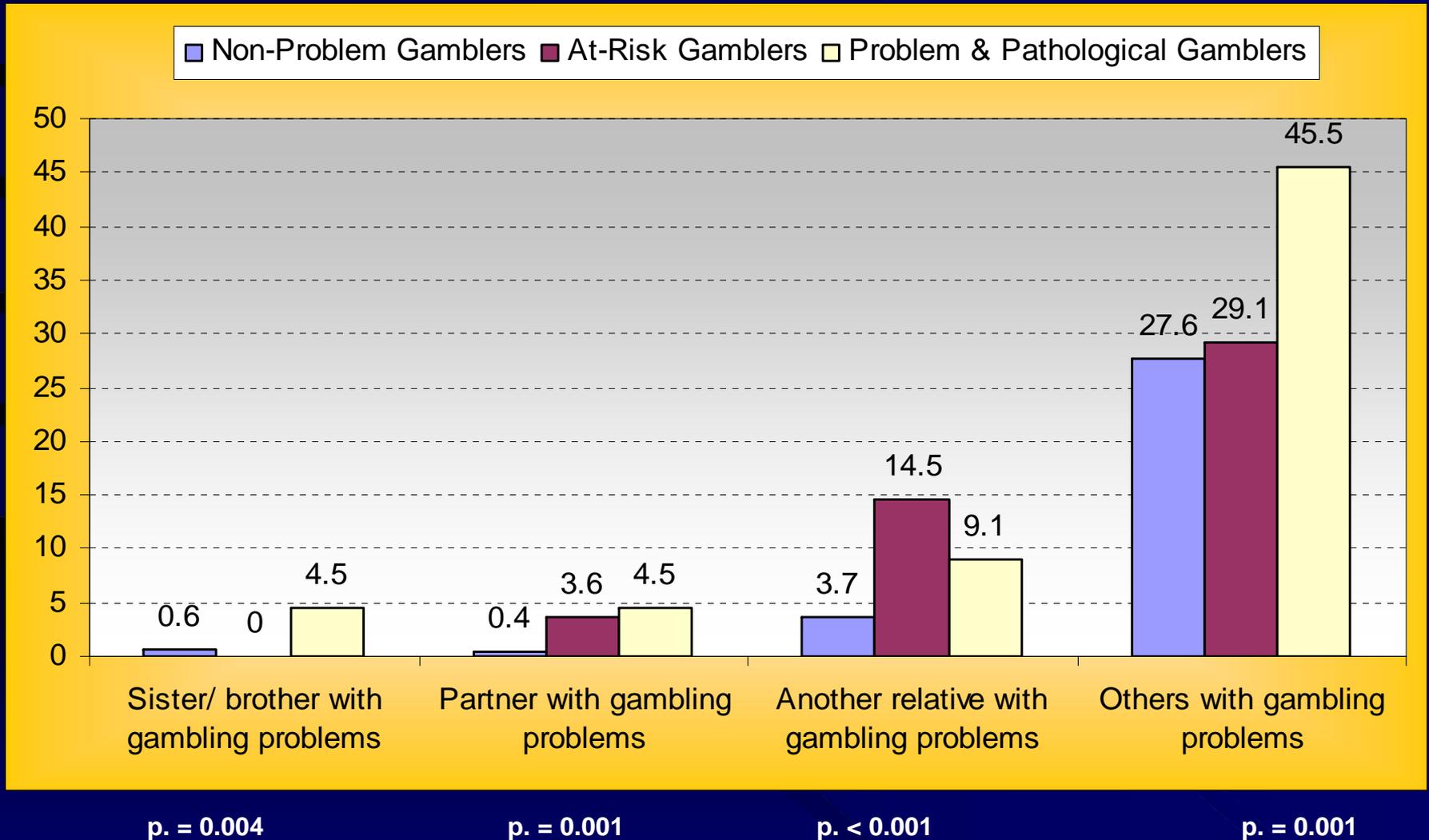
OTHER SIGNIFICANT VARIABLES:

Started gambling before 18



p. < 0.001

DIFFERENCES in FAMILY IMPACTS



WORK IN PROGRESS

(Epidemiological study)

- We are completing the analysis of the data and we will present the final report to the Catalonia Government.
- The results will allow us to understand the depth of the problem of pathological gambling in Catalonia and provide appropriate services.

AIMS OF THE PROJECT

2 Prevention and Detection

2.1. GPs and Pediatricians: We have carried out a thorough review of the existing literature and have chosen and adapted the Lie/Bet test as used by the American Medical Association to detect pathological gambling in their patients. We have also added two further questions to detect other non-toxic addictive behaviour (internet, video-games, mobile phone, etc.)

Current status: The second phase of the pilot study has been finished. From now the questionnaire will be used in all of the health centers in Catalonia. The usefulness of the Lie/Bet test in detecting pathological gambling has lead to the decision to evaluated it in Primary Mental Health Centers including drug dependence clinics.

AIMS OF THE PROJECT

- The overall objective is that every health authority has a range of services and a clinical guide in the context of public health (primary, secondary and tertiary prevention), following the model proposed by Abbot, Volberg, Bellringer, Reith (2004) and Shaffer (2003).

AIMS OF THE PROJECT

2.2. Schools: We have carried out a thorough review of the existing literature and have chosen the material from work done by Jeffrey Derevensky and Rina Gupta of McGill University.

Current status: The Education Department has agreed to include the prevention of gambling and other non-toxic addictive behaviour in their “health and school” programme which is already applied to problems about drugs and eating disorders. A pilot study carried out in a school showed good acceptance by both teachers and students. This material will be introduced progressively into all primary and secondary schools in Catalonia.

AIMS OF THE PROJECT

- 3. Responsible gaming:** A proposal has been made by Pieter Remmers and Àngels González based on three topics: 1) consumer protection information. 2) measures to reduce the incidence of problem gambling and 3) programmes to assist problem gamblers.

HEALTH DEPARTMENT:

Helpline (24 hrs/365 days) in Sanitat Respon staffed by health professionals.

Educational leaflet about recognizing at-risk gambling behaviour.

Web page containing information about gambling and the risks involved, treatment options and a self-help manual.

EDUCATIONAL LEAFLET



EDUCATIONAL LEAFLET

QUÈ ÉS EL JOC D'ATZAR?

Cada vegada que apostes diners o alguna cosa de valor sense conèixer els resultats de la teva aposta, prens part en un joc d'atzar. Les loteries, els jocs de casino, el bingo, la borsa, les apostes esportives, les màquines recreatives amb premi, el joc per Internet, les partides de cartes amb aposta de diners, estan dins dels jocs d'atzar.

QUI SÓN LES PERSONES DE RISC?

Els comportaments següents poden denotar un problema de joc:

- Lliurar-se als jocs d'atzar per períodes de temps cada vegada més llargs, passar molt de temps o cada vegada més temps als llocs on hi ha jocs d'atzar.
- Estar preocupat per qüestions de joc i pensar a preparar-te per a una nova ocasió de joc.
- Intentar recuperar les pèrdues apostant més sovint i més diners per recuperar els diners perduts.
- Absències freqüents i inexplicables de casa o de la feina.
- Jugar per fugir de responsabilitats o de tensions de la vida quotidiana.
- Acumular deutes de joc, mentir i cometre actes delictius per finançar-te el joc i poder continuar jugant.
- Descuidar la família i les necessitats personals, per exemple, l'alimentació, dormir, els estudis o el benestar general.

SI JUGUES HABITUALMENT, CONTESTA LES PREGUNTES SEGÜENTS PER AVALUAR SI ESTÀS EN UNA SITUACIÓ DE RISC

1. Alguna vegada sents que hauries de restringir la teva conducta de joc d'atzar?
2. Alguna vegada t'irriten les observacions de les altres persones sobre la teva conducta amb els jocs d'atzar?

3. Alguna vegada et sents culpable sobre alguna cosa que has fet quan jugaves?
4. Alguna vegada, quan et lleves, vols començar a jugar immediatament per sentir-te millor?

Si has contestat "sí" a una sola pregunta de les quatre, pot ser que tinguis un problema. Dues respostes positives confirmen la sospita que tens un problema.

QUÈ POTS FER?

Pots intentar jugar menys.

Recomanacions per a un joc responsable:

- Juga per entretenir-te i no com una via per guanyar diners.
- La casa sempre guanya. Realment tu només estàs pagant per jugar.
- Assegura't que coneixes el funcionament del joc i quines són les probabilitats abans de jugar.
- No juguis amb diners destinats a altres despeses quotidianes (despeses de la casa, factures, etc.).
- Fixa un pressupost màxim de diners i respecta'l.
- No demanis diners per jugar.
- No utilitzis els caixers automàtics per obtenir diners per al joc. Deixa les targetes de crèdit i dèbit a casa quan decideixis jugar.
- Fixa un límit màxim de temps per jugar.
- Fes descansos freqüents.
- Preveu que el risc augmenta amb les pèrdues i amb un estat d'ànim negatiu.
- No intentis recuperar les pèrdues. Accepta-les com a cost del joc.
- Busca altres maneres de diversió i entreteniment a part del joc.

Si et resulta difícil seguir aquestes recomanacions és possible que necessitis ajuda. Parla-ho amb el teu professional sanitari del centre d'atenció primària, o per a més informació truca a Sanitat Respon.

Aquest tríptic informatiu ha estat elaborat conjuntament pel Departament de Salut i el Departament d'Interior, Relacions Institucionals i Participació

Si vols més informació:



 www.gencat.cat/salut

Informa't sobre el registre d'autoprobhibicions
Departament d'Interior, Relacions Institucionals i Participació

Carrer Diputació, 355
08009 Barcelona
Telefon: 93 551 20 22

AIMS OF THE PROJECT

- INTERIOR DEPARTMENT

The following actions have been taken: 1) Analysis of the current situation and meetings with regulators and representatives of all sectors of the gaming industry. 2) Presentation to the Interior Department of a report which sets out the measures to be taken as follows: A responsible gaming policy and project which includes promotion of sensible gambling, information on problem gambling and responsible gaming, timely response to risk behaviour.

AIMS OF THE PROJECT

- 4. Evaluation and treatment:** To standardize the evaluation and treatment of problem gambling and non-toxic addictive behaviour in Catalonia, we are designing a clinical guide to be used in all health centres (primary health centres, mental health centres, drug-dependence clinics, pathological gambling units, and pathological gamblers associations).

Current status: This guide is now being compiled by international experts and is at the end of the literature review stage.

AIMS OF THE PROJECT

5. Establishment of new services: We are looking at the need to offer new services taking into account the following:

- 1) The performance of currently existing units
- 2) The results of the epidemiological study.

Current status: There are now ten pathological gambling units within the public hospital system, eight for adults and two for adolescents and children.

DISCUSSION

- The realisation of this project is the result of twenty years of work and investigation.
- With the change of Government in Catalonia (2003) this project was supported by and enjoyed the participation of the Health Minister and her Department.
- After a long period of political disinterest we have been able to develop the project with five specific aims which include research, prevention and treatment. This makes Catalonia a pioneer in recognizing and taking seriously the problem of pathological gambling.