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## **Problem Gambling Research and Treatment Centre**

*A joint initiative of the University of Melbourne, Monash University and the Victorian Government*

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# Risk and Protective Factors in Problem Gambling

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# Research team

## Chief Investigators:

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## Associate Investigators:

Associate Professor Michael Battersby, Flinders University

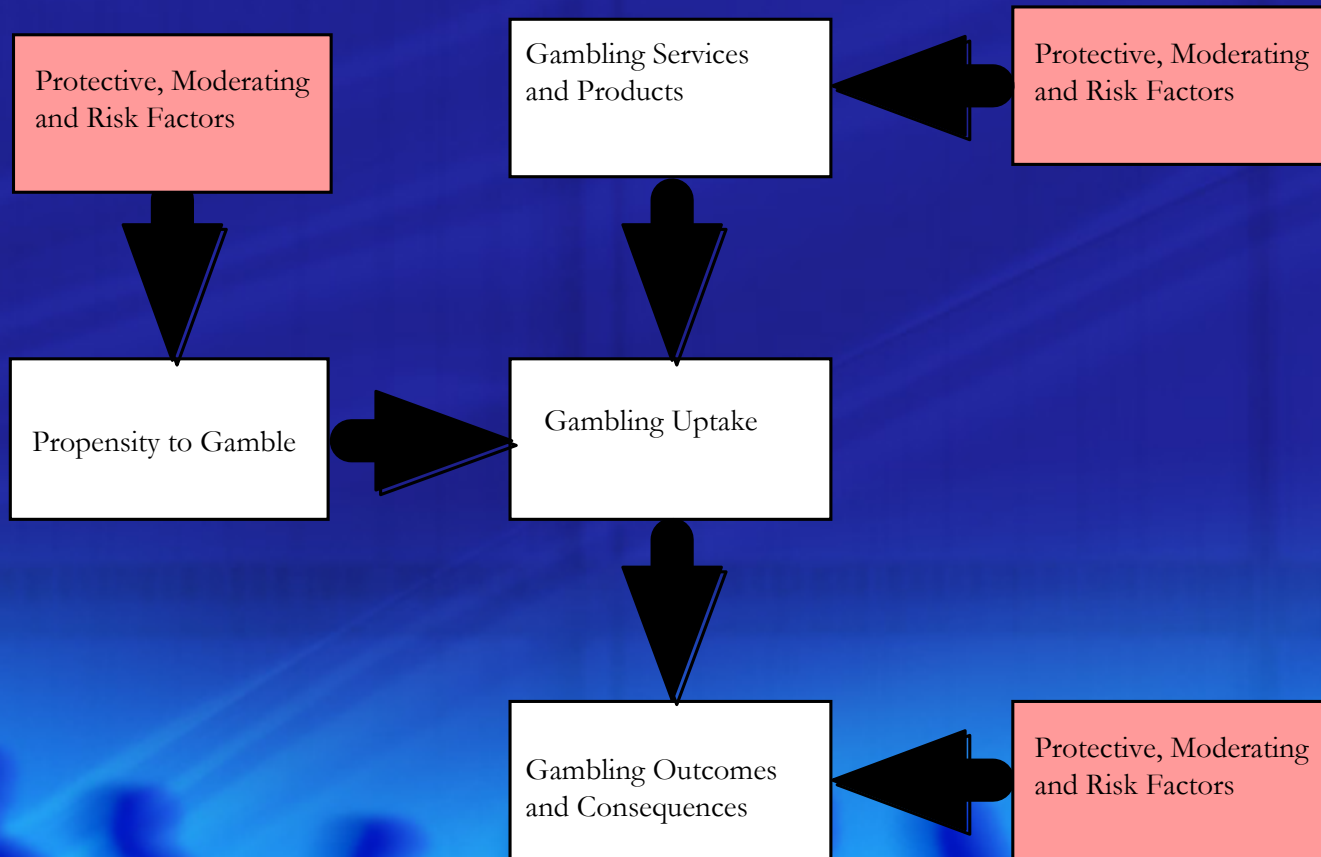
Professor Alex Blaszczynski, University of Sydney

Dr Nicki Dowling, Problem Gambling Research and Treatment Centre, University of Melbourne

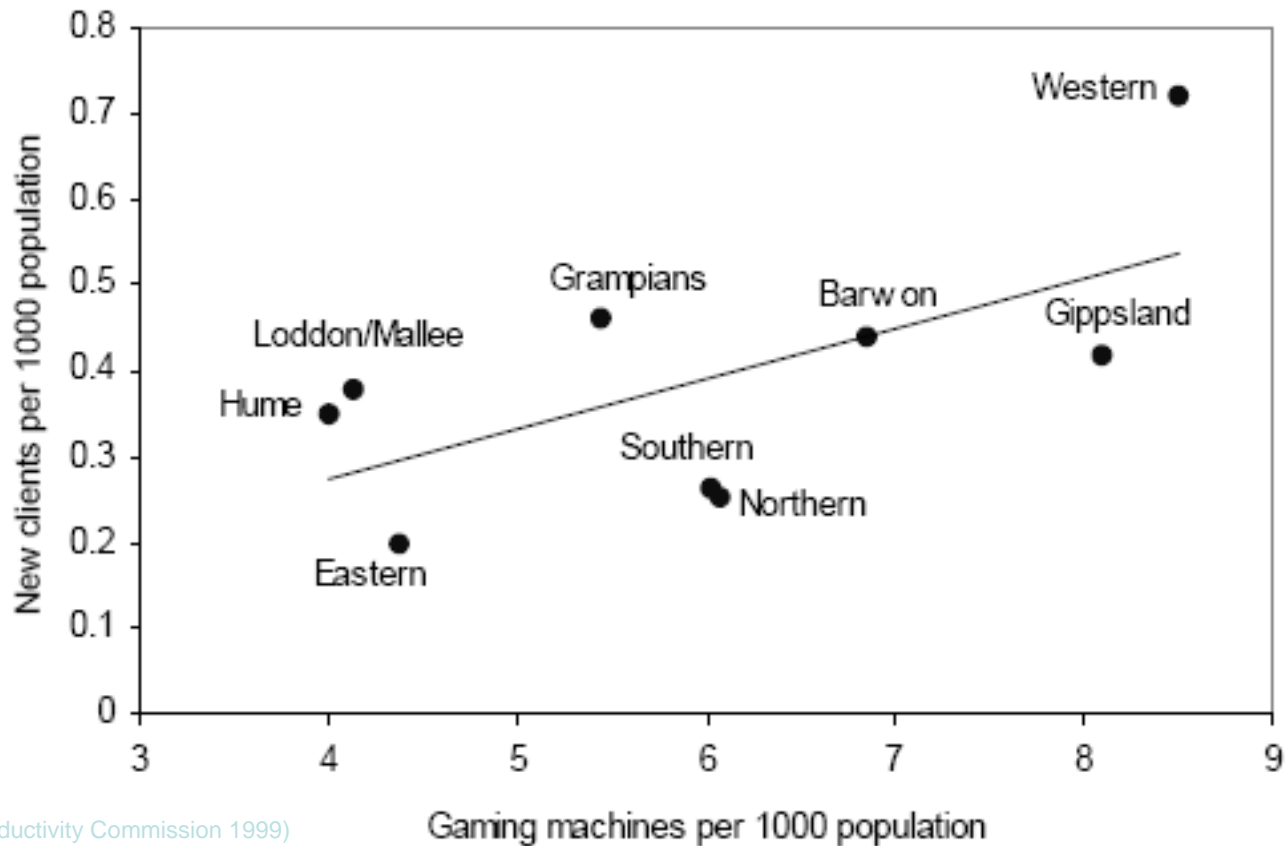
Dr Keis Ohtsuka, Victoria University

Professor Jim Westphal, University of Hawaii

# Basic Risk and Protective Factors Model



# Example: product placement and help-seeking





# Study aims

- To identify risk and protective factors for problem gambling. A priority was to identify factors that are amenable to change.
- To identify relevant co-morbidities and their association with problem gambling including alcohol and drug use and mental health issues including depression.

# Study strategy

- Wherever possible to use high performance published tools with known international population and psychometric characteristics
- To study a robust representative foundation community sample to compare with a targeted Problem Gambling sample
- This is a longitudinal study. We are repeating the collection in 2008, 2009 and 2010 with common core modules
- This will enable us to track the trajectories of individuals over time

# Key tools and modules in study

- Canadian Problem Gambling Index
- K10 Kessler Measure of Psychological distress
- WHO AUDIT alcohol use tool
- 2 item depression screen tool
- Recreation use and aspiration tool
- Gambling behaviour modules
- DVC social capital module
- One item Problem Gambling screener



# One item problem gambling screen

- Have you ever had an issue with your gambling? Yes or No
- This is a new one item screen that was used to identify people with a high likelihood of current problem gambling
- 78.6 per cent of CPGI “problem gamblers” answered yes to this item, vs 1.2 per cent of non problem gamblers

# Sample outcomes (Community Sample)

Age group	Sex of respondent		Total
	Male	Female	
18 - 19	54	51	105
20 - 24	73	81	154
25 - 29	78	73	151
30 - 34	102	116	218
35 - 39	88	100	188
40 - 44	92	90	182
45 - 49	72	92	164
50 - 54	106	94	200
55 - 59	66	72	138
60 - 64	73	72	145
65 - 69	53	55	108
70 - 74	51	47	98
75 - 79	30	45	75
80 - 84	35	29	64
85 and over	11	11	22
Total	984	1028	2012

# Overview of relative risks of problem gambling

	Problem Gamblers	Non-Problem	Relative Risk
K10 Severe mental disorder	35.7	1.9	18.8
WHO AUDIT hazardous alcohol use	50	11.5	4.3
Positive depression screen	71.4	29.5	2.4
Male Gender	57.1	42.9	1.3
Immediate family member with PG	42.9	14	3.1
Immediate friends with PG	46.4	21.8	2.1
Immediate work mates with PG	36.4	15.3	2.4
Early big loss	32.1	6.5	4.9
Early big win	57.1	18.1	3.2
Government Pension	39.3	33.1	1.2
Divorced	35.7	6.4	5.6
Ever had gambling issue	78.6	2.1	37.4
Work full time	39.3	31.5	1.2
Smoke daily	57.1	15	3.8

# WHO AUDIT results and PG status

		WHO AUDIT category		Total
		Non hazardous alcohol use	Likely hazardous alcohol use	
CPGI Category	non-problem	88.5%	11.5%	100.0%
	low risk	75.2%	24.8%	100.0%
	moderate risk	71.4%	28.6%	100.0%
	problem gambling	50.0%	50.0%	100.0%
Total		86.7%	13.3%	100.0%

# Depression screen results and PG status

CPGI Category		Depression measure (2 item)		Total
		not depressed	depressed	
	non-problem	70.5%	29.5%	100.0%
	low risk	58.5%	41.5%	100.0%
	moderate risk	51.9%	48.1%	100.0%
	problem gambling	28.6%	71.4%	100.0%
Total		68.6%	31.4%	100.0%



# Co-morbidities and problem gambling

- We have good evidence that problem gambling is associated with range of co-morbidities including depression, psychological distress and hazardous alcohol use
- In other work we are proposing that PG clients should be screened for depression and hazardous alcohol use.

# Protective factors and problem gambling

- Social capital “measures the extent to which people are connected with and supported by their friends, family and local communities”
- We are interested in the relationship between social capital and problem gambling with a view to developing community level interventions

# What is the relationship between social capital and problem gambling?

- We have assessed social capital by using the Australian Bureau of Statistics/ Victorian Communities item set. Typical questions include:
  - Can you get help from friends, family or neighbours when you need it?
  - Are you a member of an organised group such as a sports or church group or another community organisation or professional organisation?

# Family PG and PG Status

		35. Has anyone in your immediate family ever had a gambling problem?			Total
		Yes	No	Dont know	
CPGI Category	non-problem	14.0%	84.8%	1.2%	100.0%
	low risk	24.0%	72.7%	3.3%	100.0%
	moderate risk	37.5%	60.7%	1.8%	100.0%
	problem gambling	42.9%	57.1%		100.0%
Total		15.6%	83.0%	1.3%	100.0%

# Friends PG and PG status

		36. Has anyone in your immediate circle of friends ever had a gambling problem?			Total
		Yes	No	Dont know	
CPGI Category	non-problem	21.8%	75.4%	2.8%	100.0%
	low risk	30.6%	67.8%	1.7%	100.0%
	moderate risk	53.6%	42.9%	3.6%	100.0%
	problem gambling	46.4%	42.9%	10.7%	100.0%
Total		23.6%	73.6%	2.8%	100.0%



# Workmates PG and PG status

		37. Has anyone amongst your immediate circle of workmates ever had a gambling problem?			Total
CPGI Category		Yes	No	Dont know	
	non-problem	15.3%	73.4%	11.3%	100.0%
	low risk	26.4%	68.1%	5.5%	100.0%
	moderate risk	36.8%	47.4%	15.8%	100.0%
	problem gambling	36.4%	40.9%	22.7%	100.0%
	Total	17.0%	71.8%	11.3%	100.0%

# Can you get help from friends, family or neighbours when you need it?

	yes definitely	some-times	not at all	don't know	Total
<b>CPGI Category</b>					
<b>non-problem</b>	89.1%	7.8%	2.3%	0.8%	100%
<b>low risk</b>	88.4%	8.3%	1.7%	1.7%	100%
<b>moderate risk</b>	75.0%	16.1%	7.1%	1.8%	100%
<b>problem gambling</b>	57.1%	14.3%	25.0%	3.6%	100%
	88.2%	8.2%	2.7%	0.9%	100%

# Do you feel valued by society?

	yes definitely	some- times	not at all	don't know	Total
<b>CPGI Category</b>					
<b>non-problem</b>	68.1%	18.9%	7.8%	5.2%	100%
<b>low risk</b>	58.7%	23.1%	10.7%	7.4%	100%
<b>moderate risk</b>	53.6%	26.8%	14.3%	5.4%	100%
<b>problem gambling</b>	39.3%	14.3%	39.3%	7.1%	100%
<b>Total</b>	66.7%	19.3%	8.6%	5.3%	100%

# Member of organised group?

	yes	no	Don't know	Total
<b>CPGI Category</b>				
<b>non-problem</b>	51.3%	48.6%	0.1%	100%
<b>low risk</b>	57.0%	42.1%	0.8%	100%
<b>moderate risk</b>	50.0%	50.0%	0.0%	100%
<b>problem gambling</b>	32.1%	67.9%	0.0%	100%
<b>Total</b>	51.4%	48.5%	0.1%	100%

# Do you like living in the local community?

CPGI Category	yes definitely	Some-times	no not at all	no feeling about it	Don't know	Total
non-problem	90.2%	6.6%	2.0%	1.2%	0.1%	100%
low risk	91.7%	6.6%	0.0%	0.8%	0.8%	100%
moderate risk	76.8%	16.1%	1.8%	5.4%	0.0%	100%
problem gambling	64.3%	14.3%	17.9%	3.6%	0.0%	100%
<b>Total</b>	<b>89.6%</b>	<b>6.9%</b>	<b>2.1%</b>	<b>1.3%</b>	<b>0.1%</b>	<b>100%</b>



# Key findings

- Problem gamblers have high rates of psychological disturbance, hazardous alcohol use, smoking and depression in combination with other social and family problems. In other words they are complex clients.
- We have developed a high performance one item problem gambling screen. This will be very useful in subsequent studies and primary care screening.

# Key findings and question

- People with gambling problems have lower social capital
- Could community development / public health style interventions be used in addition to conventional individual and family interventions to address problem gambling?