

**Gambling and problem gambling among
adults and adolescents in Iceland: A
review of findings from the Icelandic
Gambling Project**

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The gambling situation in Iceland



- Monthly lotteries +
- Sport pools +
- Sport betting +
- Scratch tickets -
- National Lotto +
- Viking lotto +
- EGMs -
- Bingo -

Population: 312.000

60%

Total Revenue in 2005:
83 million Euros

The Icelandic research project

- Our aims:
 1. To collect information on the prevalence of gambling and problem gambling among adults and adolescents in Iceland!
 2. To examine potential correlates of problem gambling in Iceland!
 3. To establish a consultancy for the Icelandic authorities for the “best” treatment and prevention strategies for problem gambling in Iceland!

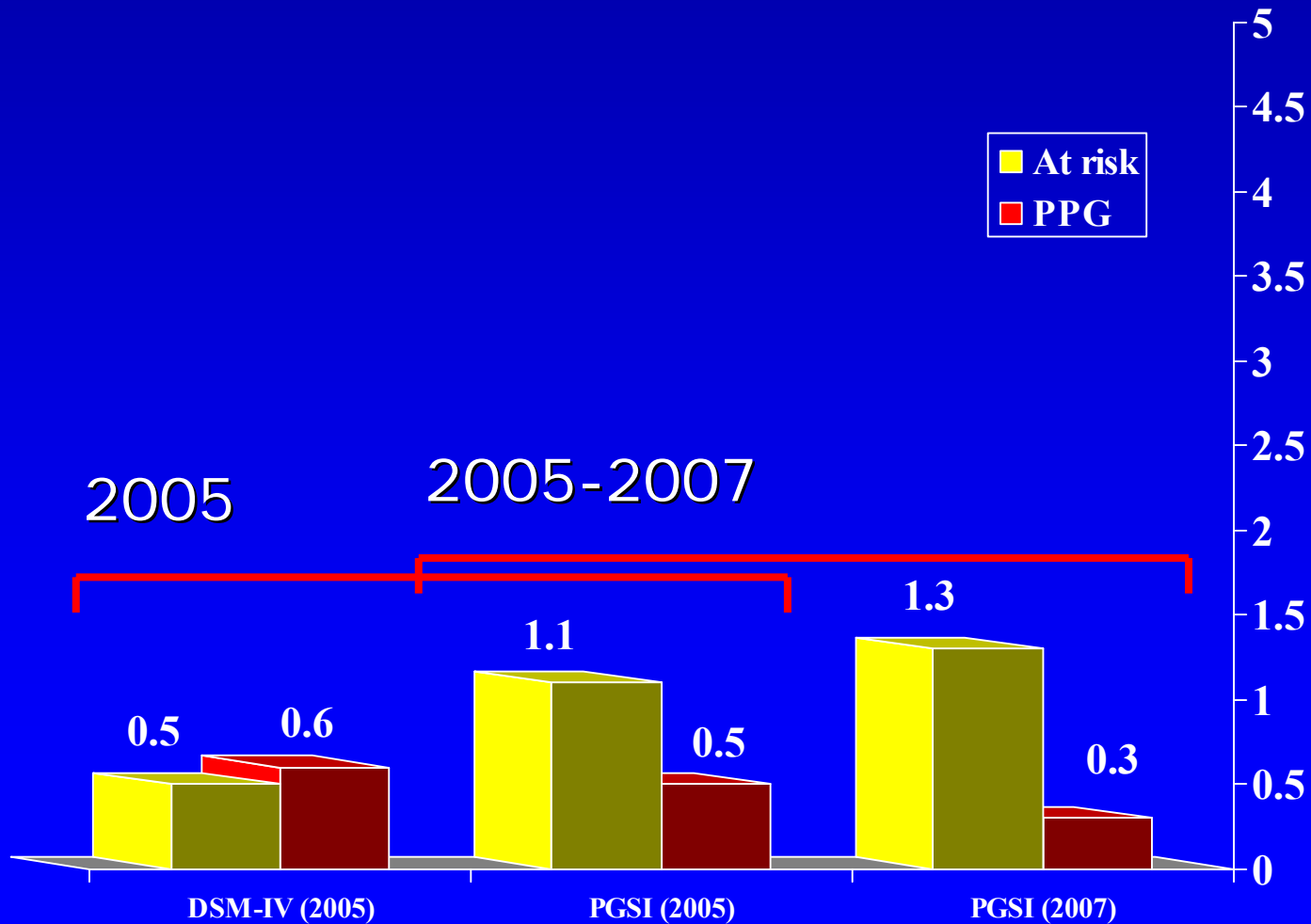
Concluded studies

Icelandic studies	Year	N	Instruments	Response rates
Adults				
1. Adults (18-70 years)	2005	5000	PGSI, DSM-IV	3358 (69%)
2. Adults (18-70 years)	2007	5000	PGSI	3009 (63%)
Adolescents				
1. Youth 16-18 years	2003	750	DSM-IV-MR-J	Convenience
2. Youth 16-18 years	2006	1513	DSM-IV-MR-J	Convenience
3. Youth 13-15 years	2004	4660	DSM-IV-MR-J	3573 (77%)
4. Youth 13-15 years	2007	1170	DSM-IV-MR-J	1033 (88.3%)

Gambling among adults

- Both adult studies reveal that most adults gamble (67%-69%) and about 12 to 13% gamble once a week or more.
- The most popular gambling forms in Iceland are Lotto, monthly lotteries and scratch-cards.
- Overall little change in gambling behaviour was observed between studies, except for lotto, card games (poker) and betting on the Internet.
- In general, men are more likely to gamble on games that require knowledge or skill to some degree (e.g. sports betting, poker) and women more likely to gamble in games based on random events (lotteries, Bingo). **The exception is EGMs!**

Problem gambling among adults

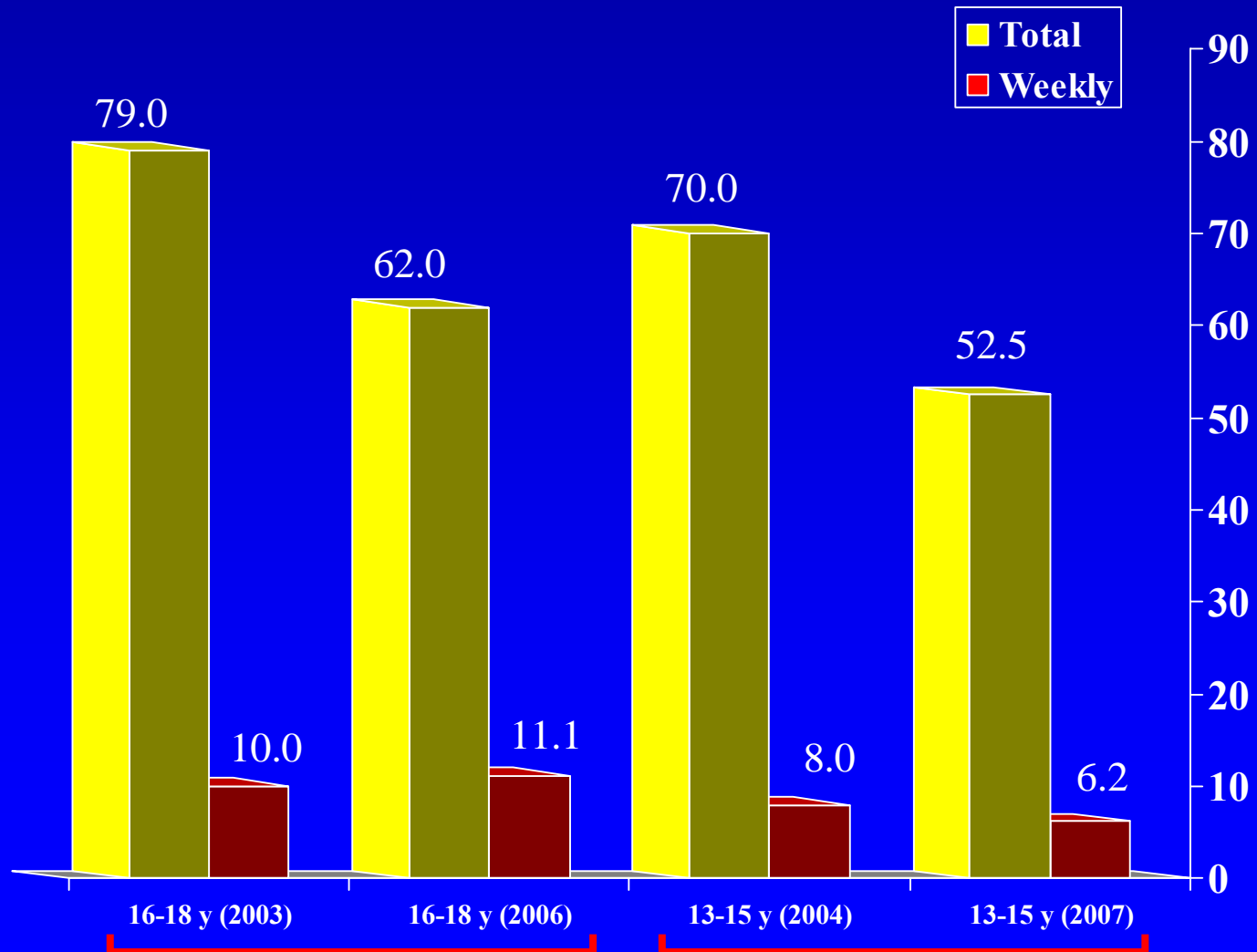


Demographics of Pathological gambling

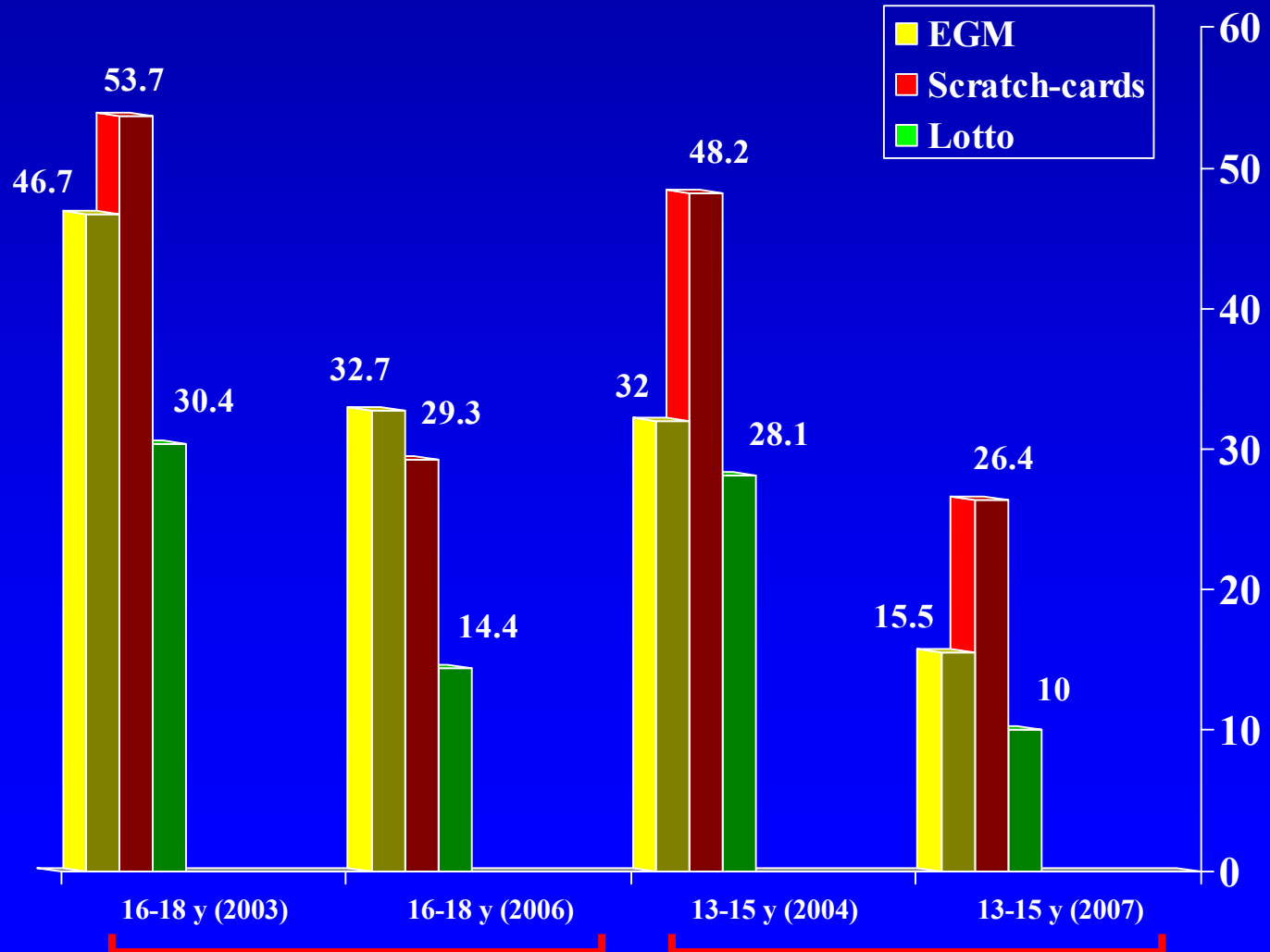
	Non-problem gamblers	Problem and pathological gamblers	B	Wald test	OR
Gender					
Males	97.7%	2.3%	0.842	4.057*	2.321
Females (reference group)	99.3%	0.7%	-	-	-
Education					
Primary	96.4%	3.6%	2.491	5.568*	12.071
Secondary	99.0%	1.0%	1.396	1.706	4.039
University (reference group)	99.8%	0.2%	-	-	-
Age (years)					
18 to 25	95.4%	4.6%	0.451	6.653	1.570
26 to 40	98.4%	1.6%	0.878	1.778	2.406
41 to 55	99.6%	0.4%	-0.979	1.130	0.376
56 to 70 (reference group)	99.3%	0.7%	-	-	-
Marital status					
Single	96.3%	3.7%	1.175	6.950**	3.237
Married/cohabiting (reference group)	99.3%	0.7%	-	-	-
Residence					
Reykjavik and capital area	98.6%	1.4%	-0.186	1.636	0.830
Countryside (reference group)	98.2%	1.8%	-	-	-

**Gambling behavior among
Icelandic adolescents. Are they
changing?**

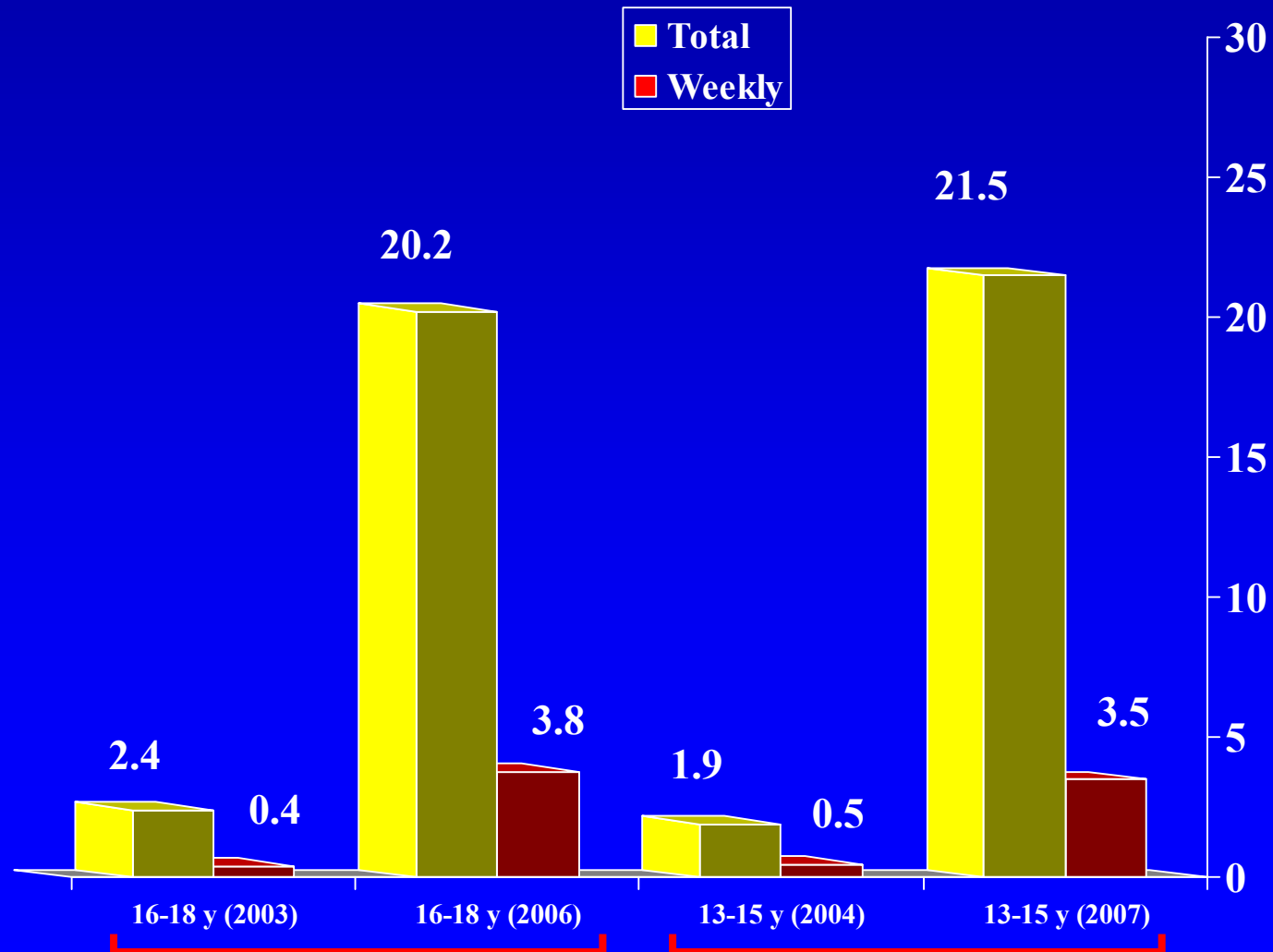
Gambling among Icelandic Youth



EGM, Scratch-cards and Lotto among Youth



Internet gambling



Youth problem gambling

	16-18 y (2003)	16-18 y (2006)	13-15 y (2004)	13-15 y (2007)
	DSM-IV (≥4)	DSM-IV (≥4)	DSM-IV (≥4)	DSM-IV (≥4)
Total	2.0%	3.0%	1.9%	1.7%
Males	3.7%	5.8%	3.4%	3.2%
Females	0.3%	0.4%	0.4%	0.2%
Internet gamblers	-	10.1%	-	8.0%

Correlates of PG in Iceland

- Problem gamblers are **more stressed**, and have **lower satisfaction with life!**
- Problem gamblers are more likely to think **irrationally** about gambling!
- Problem gamblers are more likely to use **alcohol or drugs!**
- Problem gamblers are more likely to have **relatives** with gambling problems!
- Problem gamblers were more likely to have experienced periods (two weeks) of **depression!**

Potential risk factors continued...

- Problem gamblers start **earlier** to gamble!
- Problem gamblers are more likely to remember a **big win** at the start of their gambling!
- Problem gamblers are between 7 to 8 times more likely to be classified with **current ADHD** than the normal population of adults or adolescents!
- **EGMs, card games (poker) and Internet gambling** seem to be the most favourite games of problem gamblers in Iceland!

Summary

- The results of the Icelandic Gambling Project reveal that the prevalence of problem gambling among adults and adolescents in Iceland is comparable to international findings!
- A notable feature of the Icelandic gambling situation is:
 - The distribution and accessibility of low- and high-stake EGMs!
 - The possible changes in Internet gambling participation rates among adolescents!

Current status on treatment and prevention

- The ministry of Justice and Ecclesiastical Affairs holds a conservative stance regarding legalising new types of gambling!
- New law from 2005 grants the Ministry the authorization to limit advertising and to claim funds from the gaming companies to use for research, treatment and prevention!
- However, there is no national policy on treatment and prevention for problem gambling!
- There is also no National helpline and no self-exclusion programs from arcades with gambling machines!

Considerations for the future

Empirically based Cognitive behavioral treatment is needed!

Empirically based prevention program targeting adolescent boys and parents is needed!

PG should be screened in treatment programs for youth with alcohol/drugs or behavioural disorders!

The availability and accessibility to low-and-high stake EGMs should be reconsidered!

