Short-term Problematic Gambling
or ongoing condition?

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Background

In many cases, problem gambling is co-morbid with a range of other conditions that may respond to specific self-management strategies as is the case with other illnesses such as diabetes or COPD.

Teaching people to self-manage their co-morbid conditions could enhance the overall gambling treatment process.
Concept explored

• this is not to assert that problematic gambling is a chronic condition, necessarily

• however, some co-related conditions may be associated with longer-term or recurrent health conditions and, therefore, managing these conditions could improve adherence to and outcomes of treatment for problem gambling...ie

• self-management skills may...
  • complement gambling treatment
  • improve outcomes of treatment
  • reduce relapse to problem gambling
Overview...

1. problematic gambling diagnoses (DSM4)
2. problems with classifying risk
3. treatment options
4. the chronic condition paradigm
5. comparisons with diabetes management
6. gambling self-management options
The SGTS Team

- mental health nurses, psychologists, social workers
- additional training to masters level in mental health sciences (psychotherapy)
- teaching and research in the role
- consumer support programme
- evidence based best practice
Problematic gambling

DSM4 criteria (5 of the 10 = positive diagnosis)

- often gambled longer than planned
- often gambled until all available funds are gone
- thoughts about gambling = loss of sleep
- use savings for gambling while leaving bills unpaid
- have made repeated, unsuccessful attempts to stop gambling

Problematic gambling

DSM4 criteria (5 of the 10 = positive diagnosis)

- broken the law or considered this to finance gambling
- borrowed money to finance gambling
- felt depressed or suicidal because of gambling losses
- you have been remorseful about gambling
- gambled to get money to meet financial obligations

Problematic gambling

- The South Oaks Gambling Screen (SOGS) (based on the updated DSM4 criteria for mental health disorders)
- Canadian Problem Gambling Index (CPGI)
- The Problem Gambling Severity Index (PGSI)
- Victorian Gambling Screen (VGS)
Other assessments...

- work and social adjustment scale
- gambling urge scale
- K10 (psychological distress)
- gambling activity measures (time spent and money lost)
- client risk assessment
Treatment options

- immediate crisis support
- counselling
- therapy (CBT, ET)
- peer support and self-help
- ongoing institutional supports
Stages of Cue Exposure treatment

- not engaging in therapy – resisting commitment
- committed and beginning basic exposure & homework
- more advanced exposure
- able to manage impulse to gamble in the presence of simulations / stimulus
- exposure to actual gambling triggers
- CBT extension – cognitive processes
- free of impulse to gamble
Mental health condition (DSM4)

• problem gambling and co-morbid depression and anxiety are classified as mental health conditions

• some complex health conditions (cf diabetes, COPD) are now being managed successfully through combinations of care planning, clinical intervention and peer education programmes

• co-morbid aspects of problematic gambling could be managed using a peer-led self-management approach
Consumer support roles

- the existing consumer support programme used within SGTS involves one to one sessions with new clients, induction to therapy and follow-up support
- there is also an emerging role for consumers that could involve self-management strategies as a complementary aspect of treatment and follow-up
- cf diabetes management model...HbA1c monitoring and training patients to manage the key elements of their lifestyle, diet, exercise and medication

NB...once clinical management is in place
Past clients promote the achievements of the service in health networks and work with new clients to...

- explain the treatment process
- share information about their experiences of the treatment
- attend some treatment sessions to support the client
- provide support as a contact person to answer questions about changes that may be occurring
- arrange and facilitate support groups
- assist with relapse prevention
But beyond this role...
Peer leader training

- training via peer education and group leader programmes (the Stanford peer leader training programme)
- develop skills for working with clients to set goals, and manage life situations that can impact adversely on problem gambling behaviour (eg depression, anxiety)
- visit venues and support clients with exposure activities, homework or other therapy activities
- relapse prevention & support in collaboration with the treating therapist
Summary

• selected clients are funded to work with new clients in a range of ways

• as in chronic condition self-management, peer support processes can be a valuable part of gambling treatment as clients relate well to people who have been in their situation and take advice from them

• leaders work in collaboration with therapist to empower clients to manage their co-morbid conditions

• assistance with the exposure therapy
Looking ahead

Does peer support in gambling treatment...

- improve engagement in and compliance with treatment
- complement the gambling specific treatment process
- increase retention in and compliance with treatment
- increase treatment completion rates
- improve clinical outcomes
- prevent relapse
- improve longer term client outcomes
Statewide Gambling Counselling treatment for pokies and other gambling addiction in South Austr - Mic…

Statewide Gambling
Therapy Service

Is gambling a problem for you or someone close to you?

Gambling becomes a problem when it disrupts personal, family or job-related activities. People can find it difficult to resist the urge to gamble even when they want to stop. People may hide their gambling from others and severe financial problems can arise.

Statewide Gambling Therapy Service provides assessment, evidence-based treatment and follow up counselling for problem gambling and other problems that can be related, like depression and anxiety. Treatment is available for the different forms of gambling e.g. pokies, TAB, card games, and Keno.

It is a free, effective and confidential service that will help you get control of your life.

Contact Us
Call, email, or use our Contact & Enquiry Form

Need Help?
One on one therapy, support groups and other services

Gambling Helpline
Get help 24 hours a day

Research
Outcomes research, improving services

Links
Recently
WHAT I KNOW ABOUT MY ILLNESS IS:
Wilks lambda=.86051, F(6, 1398)=18.175, p=0.0000
Effective hypothesis decomposition
Vertical bars denote 0.95 confidence intervals

[Graph showing trends over time]
Random effects - unstructured covariance model for change over time *(Stanford 2000 Health Survey)*

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<th>improved</th>
<th>$p$ value</th>
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<td>general health</td>
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<tr>
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<td>pain</td>
<td>yes (slightly)</td>
<td>0.040</td>
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<td>yes</td>
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<td>fear about the future and illness</td>
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<tr>
<td>shortness of breath</td>
<td>no</td>
<td>0.121</td>
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modelling hospital admissions over time

rate or admissions year per person for the self managing cohort


