

Problem and Pathological Gambling: Definitions, Prevalence and Types

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Goals for the day

- 1) Understand the history of gambling in the U.S. and the development of problem gambling services
- 2) Understand the availability of gambling opportunities
- 3) Learn definitions of problem and pathological gambling
- 4) Identify the types of problem and pathological gamblers
- 5) Identify some new research on Pathological Gambling

History of Gambling in the U.S.

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Gambling History

✓ Taken from: The Wager, “Living Timeline of Gambling”, available online at:

www.thewager.org/timeline.htm

❖ Taken from: I. Nelson Rose, “Gambling and the Law: Pivotal Dates”, available at:

<http://gamblingandthelaw.com/dates.html>

- ✓ 1300-1200 BC
 - ✓ Moses used lots to select goats for sacrifice
- ✓ 1096
 - ✓ Kings allow nobleman to gamble in Crusades
- ✓ 1636
 - ✓ Lotteries help establish Harvard and Ivy League
- ✓ 1776
 - ✓ Lotteries help fund Revolution
- ❖ 1862
 - ✓ “First Wave” ends with scandals and Jacksonian morality
- ✓ 1867
 - ✓ “The Gambler” written by Dostoevsky
- ❖ 1890 – 1910
 - ❖ “Second Wave”
 - ❖ Rise of gambling falters due to widespread scandals
 - ❖ Horseracing in Kentucky and Maryland and a few card clubs only legal gambling in the US
- ❖ 1931
 - ❖ “Third Wave” (Current)
 - ❖ Nevada casinos
 - ❖ Charity gambling

Gambling History

- ❖ 1940 – 1950
 - ❖ Pari-mutuel betting at racetracks legal
- ✓ 1951
 - ✓ Iago Galdston publishes first co-morbidity study
- ✓ 1957
 - ✓ GA founded
- ✓ 1963
 - ✓ New Hampshire first state with Lottery in 20th Century (called a sweepstakes)
- ✓ 1972
 - ✓ First Tx program (Custer)
 - ✓ NCPG founded
 - ✓ Maryland funds Tx
- ❖ 1975
 - ❖ Federal Law amended to allow for State Lotteries
- ❖ 1978
 - ❖ Atlantic City opens casino
- ✓ 1980
 - ✓ DSM III includes Pathological Gambling

Gambling History

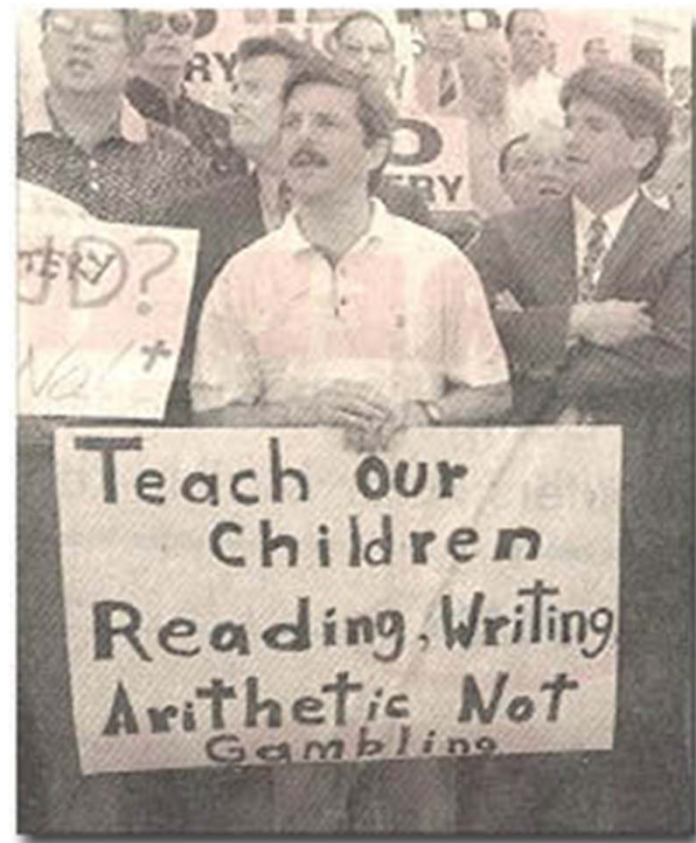
- ✓ 1982
 - ✓ Connecticut is first state to fund outpatient Tx
- ❖ 1988
 - ❖ Reagan signs IGRA
- ❖ 1991
 - ❖ Riverboat casinos in Iowa
- ✓ 1994
 - ✓ APA revises criteria for DSM-IV
 - ✓ Antigua licenses online gambling operations
 - ✓ AMA resolution on problem gambling
- ❖ 1995
 - ❖ First internet wager
- ✓ 1997
 - ✓ Harvard meta-analysis study released
- ✓ 1998
 - ✓ AGA holds initial Responsible Gaming Education Week
 - ✓ NAADAC position paper
- 1999
 - NGISC issues report
 - Nebraska first state to certify gambling counselors in statute

"A lottery is a salutary instrument and a tax laid on the willing only, that is to say, on those who can risk the price of a ticket without sensible injury, for the possibility of a higher prize."

- *Thomas Jefferson*

"A number of moralists condemn lotteries and refuse to see anything noble in the passion of the ordinary gambler. They judge gambling as some atheists judge religion, by its excesses."

- *Charles Lamb, Essays of Elia*
(1832)



Perspectives on Gambling

- Nine gamblers could not feed a single rooster.

-Yugoslav proverb

- "A gambler with a system must be, to a greater or lesser extent, insane."

- George Augustus Sala (1828-95)

- "Gambling: The sure way of getting nothing from something."

- Wilson Mizner

What is gambling?

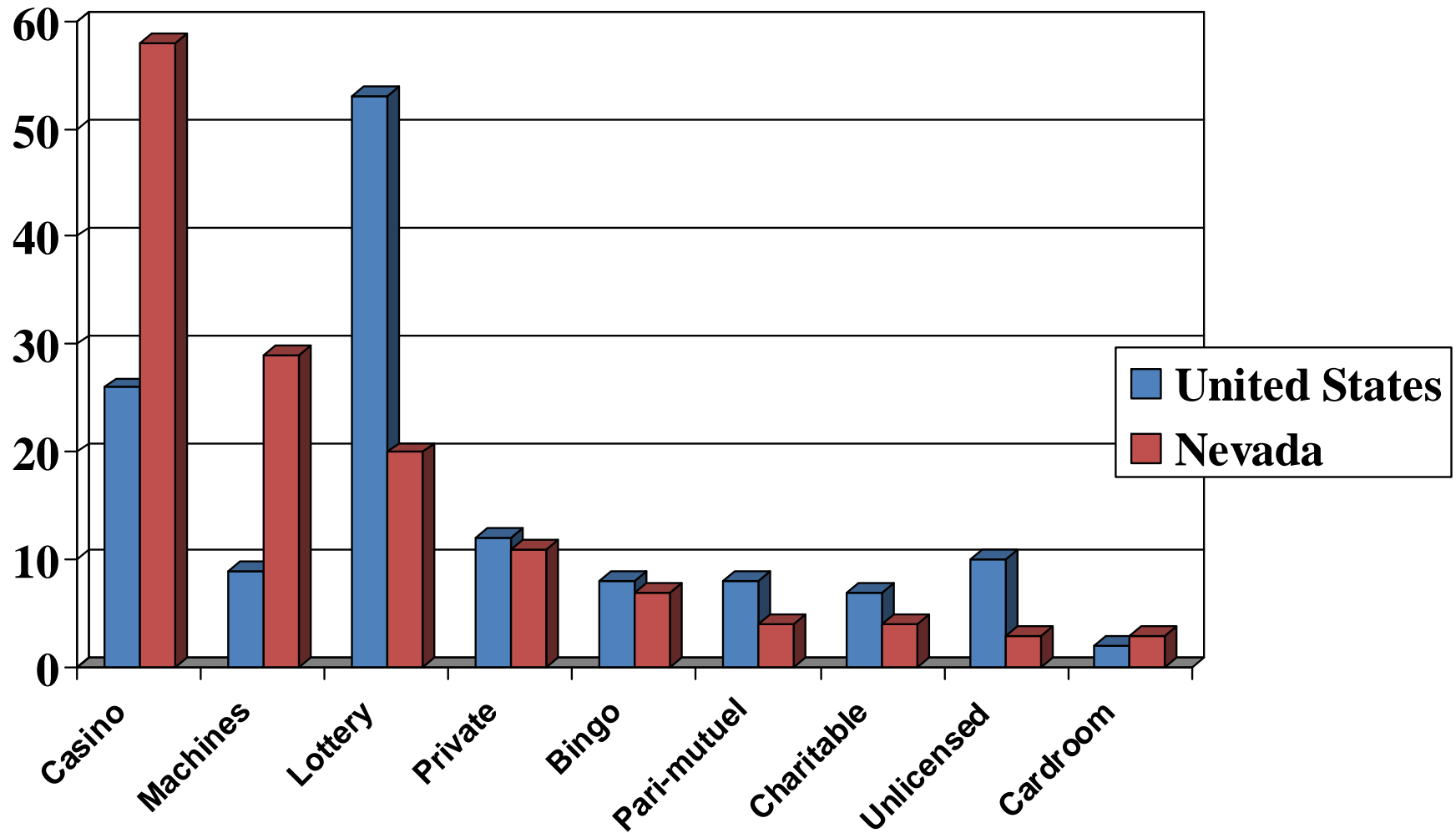
- Three components
 - Uncertain outcome
 - Consideration
 - Something of value
 - Winner and loser



Gambling defined

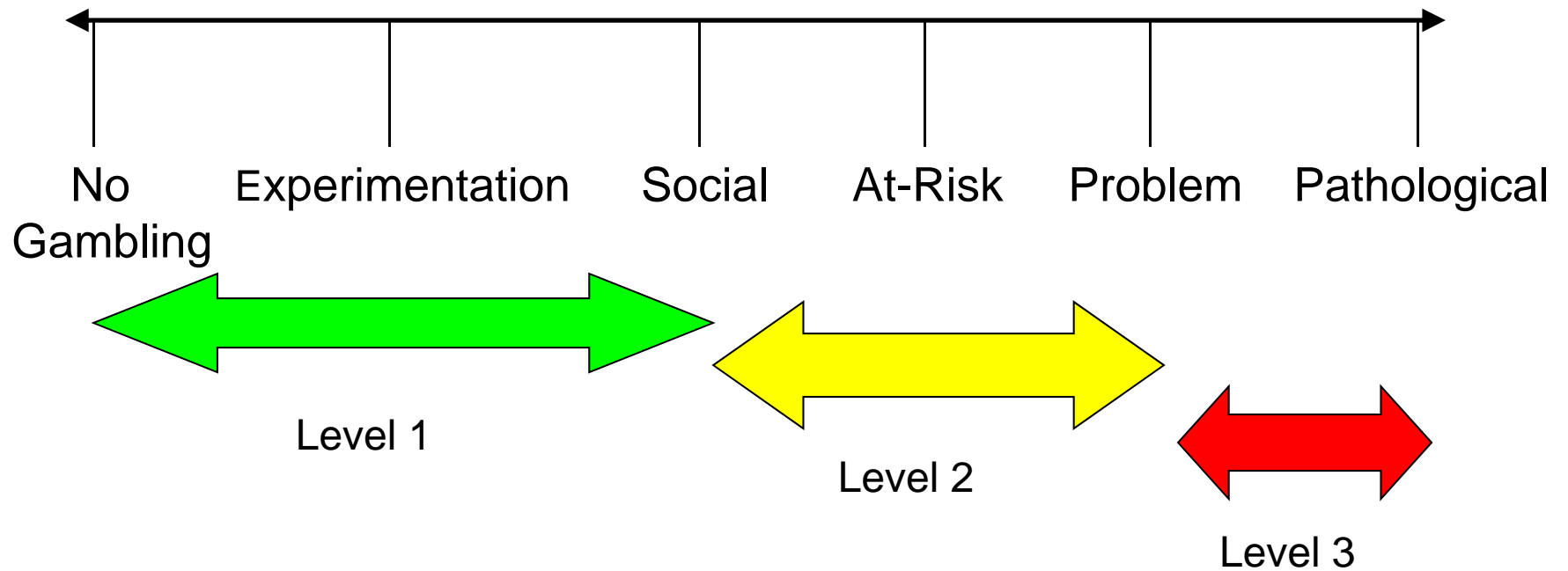
- “Any betting or wagering, for self or others, whether for money or not, no matter how slight or insignificant, where the outcome is uncertain or depends upon chance or ‘skill’, constitutes gambling.”
 - *Gamblers Anonymous*

Past year gambling participation



Gambling behavior

Occurs on a continuum – is not static



Problem gambling defined



- Clinical:
“All patterns of gambling behavior that compromise, disrupt, or damage personal, family or vocational pursuits.”

Problem gambling defined

- Common sense:

“A level of gambling that brings problems and/or pain to the gambler and/or his/her family.”

– Texas Council on Problem and Compulsive Gambling (1992)

Pathological gambling defined

“A progressive disorder in which an individual has a psychologically uncontrollable urge to gamble. This results in excessive gambling, the outcome of which is the loss of time and money. It compromises, disrupts, or destroys the gambler’s personal, family and vocational life. Cardinal features include emotional dependence, loss of control, and interference with normal functioning.”

– Joanna Franklin (2000)

Pathological gambling

- Synonymous with “compulsive”, “addicted”, “clinical”, “diagnosable” and “Level 3”
- Classified in DSM-IV as an Impulse Control Disorder
- Diagnostic criteria is similar to that of Substance Abuse/Dependence

Types of problem gamblers

- Action/Skill
 - Stereotypical gambler
 - Likely to be male
 - Earlier onset / late treatment seeking
- Escape / Luck
 - Increasing numbers
 - Prefer machines, games of chance
 - More females
 - Late onset / early treatment seeking

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Similarities and differences with substance abuse

- Similarities

- Progressive
- Denial
- Mood/affect instability
- Used to escape
- Preoccupation
- LSE / high ego
- Immediate gratification

- Differences

- More hidden
- No overdose potential
- Financial issues
- Behavior may solve presenting problems
- Few resources for help
- No “test” for gambling

Common characteristics of gamblers and substance abusers

- Extensive use of lingo
- Relapse history
- Severe financial problems
- LYING
- Erratic spending
- Family/client will ask for help
- Continued disruption after abstinence

Criteria for Pathological Gambling

Persistent and recurrent maladaptive gambling behavior indicated by 5+ of the following:	
Preoccupation	Planning next venture, handicapping, getting \$
Tolerance	Gambles with ↑ amounts of \$ to get same effect
Withdrawal	Restlessness/irritability when stopping
Escape	Relieving stress and/or dysphoric mood
Chasing losses	After losing money, returns to “get even”
Lying	Conceals extent of involvement to others
Loss of Control	Unsuccessful efforts to control behavior
Illegal acts	Forgery, fraud, theft, embezzlement
Risked Sig. Relationship	Jeopardized/lost important relationship, job, educational, or career opportunity
Bailout	Reliance on others to provide money
Gambling behavior is not better accounted for by a manic episode	

Co-occurring disorders

- In the problem gambling treatment population, 70 percent of participants reported using illicit drugs and 24 percent reported drugs had been a problem at least once in their life (Toneatto, 2002).
- Iowa (Shaffer et al., 2002) found 23% of gamblers had been treated for substance abuse.
- A review of 520 problem gamblers receiving gambling treatment in Nebraska revealed that 45% had received mental health or substance abuse services in the six months prior to gambling treatment, and 43% of those were receiving outpatient substance abuse treatment (Christensen, 2001).

Special populations

- Welte et al. (2001) found higher rates of current problem and pathological gambling in African Americans (11.5%), Hispanics (7.7%), Asian Americans (7.7%), and Native Americans (13.2%) than that discovered in the Caucasian population (3.5%).
- Nancy Petry, in research done for the Connecticut Department of Health and Human Services, found that 60% of Southeast Asians surveyed in 2003 were classified as probable pathological gamblers.

Current Research on Gambling

- National Annenberg Survey of Youth (NASY). Compared the last survey conducted in 2008 to 2010, monthly use of Internet gambling sites shot up this year from 4.4% to 16.0% in college age male youth . Nevertheless, use of the Internet for gambling did not increase on a weekly basis in this age group, staying at about 3% .

High school age male youth exhibited only a small and statistically insignificant increase in monthly use of Internet gambling sites (from 2.7% to 6.2%). Weekly use of Internet gambling sites was virtually nonexistent among high school age males in the survey.

- 1.7 million U.S. males aged 18 to 22 gamble online at least once a month, researchers estimate.



-- INDIANA _Know when to hold ‘em and know when to fold ‘em” is an adage that doesn’t seem to apply to gamblers who are winning big, according to research conducted at the University of Notre Dame.

- Researchers found those players who perceived they were on a winning streak gambled more and more recklessly and lost
- “Like individual investors who expect stocks that have recently risen in price to continue to gain in value, people who had just won many bets would wager too much on hands that were likely to lose,”

Florida 2010 Study

- 1 in 5 inmates is a problem gambler
- Nebraska study 2006 similar numbers (22%)
 - Probation numbers around 10%

Gambling addiction linked to suicidal behavior in teens-- study

- The study found that nearly two-thirds of the students addicted to gambling were consuming alcohol and doing drugs while a quarter had attempted suicide within the year compared with about two percent of their peers.
- Mann stated, "If you look at the general population of students, about 26 per cent have some kind of issue with some kind of substance, whether they reported a binge drinking pattern, which is relatively common, or using cannabis or some other drugs.
- He added, "Among those with a gambling problem, it turns out 68.5 per cent have a problem with a substance like alcohol or cannabis."
- An alarming aspect of the study was that problem gamblers were more inclined towards criminal behavior.
- Dr. Robert Mann from the Center for Addiction and Mental Health in Toronto

Gamblers enjoy a 'near miss' almost as much as a win
Compulsive gamblers carry on making bets even when they are on a losing streak because a near miss rewards their brains almost as much as a win

- Researchers found that the brains of problem gamblers react more intensely to near misses than casual gamblers, producing the reward hormone dopamine.
- The University of Cambridge results could help explain what keeps problem gamblers betting even though they keep losing.
- Dr Luke Clark of the University of Cambridge

Problem Gambling May Start in Failure of Brain's Fear Instinct

- A study has found that a part of the brain that controls fear may prevent gambling, even when the estimated benefit is greater than the cost. Conversely, those whose amygdalas, containing the brain's fear responses, are damaged were found to gamble even when the odds are against them, like problem gamblers.
- California Institute of Technology and the University College of London

Parkinson's meds and compulsive behaviors: a strong link

- Some 13.6% of Parkinson's Disease patients taking levodopa or one of the dopamine-agonist medications widely used for the movement disorder show clear signs of some impulse-control disorder. That rate was between 2 and 3.3 times higher among Parkinson's patients being treated with these medications than among patients who did not take them. About a quarter of those patients suffered from more than one type of compulsive behavior.

Scientists identify 4 kinds of compulsive gamblers

- Type I, which could be called 'disorganized and emotionally unstable', is characterized by schizotypal personality traits, high degrees of impulsiveness, alcohol and substance abuse, psychopathological alterations and early onset age.
- Type II, which is a schizoid type, exhibits high levels of harm avoidance, social distancing, and alcohol abuse.
- Type III is reward-sensitive, and is characterized by high levels of sensation-seeking and impulsiveness, although without any psychopathological alterations.
- Type IV is a high functioning, globally-adapted personality type, without any disorders relating to substance abuse, and no associated psychopathological alterations.
- Susana Jiménez Murcia, co-author of the study and coordinator of the Pathological Gambling Unit at the Bellvitge-IDIBELL Hospital in Barcelona

Ontario casinos adopt facial recognition scans. OLG trying to curb problem gambling

- The Ontario (Canada) Lottery and Gaming Cooperation will install facial biometric cameras at entrances to its slot rooms and casinos in an attempt to prevent people who have self-identified as gambling addicts from gaming.
- The project will start in early 2011 at the Woodbine racetrack in Toronto, and works by analyzing the faces of patrons and alerting staff when it recognizes problem gamblers

Steven Wright

“I’m addicted to placebos,

Steven Wright

“I’m addicted to placebos,
I’d give them up but it wouldn’t make
any difference.”

Questions / Comments



A FINAL QOUTE

"Some cause happiness wherever they go; others, whenever they go."

- *Oscar Wilde (1854-1900)*