



# Profiling at-risk gamblers

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# 1. At-risk gambling

Mode of gambling where one gambles often and uses excessive amount of time and/or money, gambles usually a variety of games and who (possibly) experiences some adverse symptoms in own economy, health, social relationships, at work or school due to gambling.

- Gambling behavior classified by PGSI (last year):
  - 0 points; moderate/recreational gambler
  - 1-4 points; at-risk gambler
  - 5-27 points; problem gambler (moderate-risk + problem gambler)

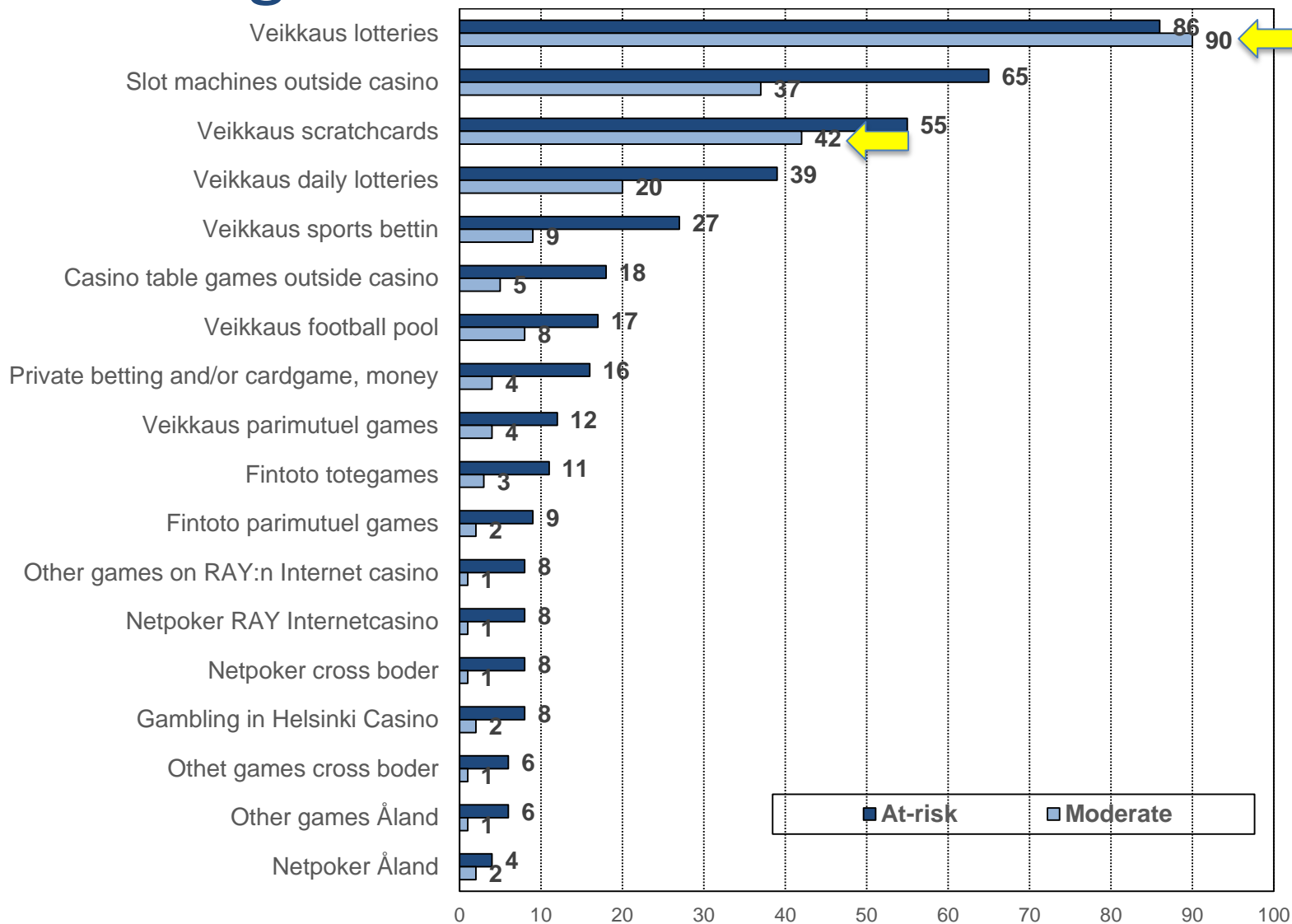
## 2. Need for profiling at-risk gambling

- In research less attention at moderate gambling or at-risk gambling
- Prevention targeting at-risk and moderate gambling
- Arpa project
  - Prevention of adult gambling harm
  - Developing practices, 3 years
  - The Finnish Association for Substance Abuse Prevention EHYT ry
- Association between gambling consumption and gambling harm.
- How to screen at-risk gambling?

### 3. Method and data

- The national gambling survey “Finnish gambling 2011” data
  - Finns 15-74 years
  - Response rate 39.9%
  - SOGS, PGSI (last year)
- Arpa study on at-risk gambling.
  - Focus on at-risk gambling
  - Those not been gambling last 12 months or <18 yrs. limited off
- Examined variate groups in our study were:
  - PGSI-answers, demographic background variates, attitudes to gambling, gambling behavior, health and wellbeing, substance abuse, gambling problem of concerned others

# 4. Gambling



At-risk and moderate gamblers last 12 months, % (n= 3 336).

## 5. Moderate vs. at-risk gambling

<b>Perceived wellbeing and health risks</b>	<b>Moderate (n=2895)</b>	<b>At-risk (n=441)</b>	
<b>Felt nervous (%)</b>	5	<b>8</b>	<i>(=<math>&lt;0,05</math>)</i>
<b>Felt low spirited (%)</b>	2	<b>6</b>	<i>(<math>p=&lt;0,001</math>)</i>
<b>Felt happy all of the time or most of the time (%)</b>	88	<b>78</b>	<i>(<math>p=&lt;0,001</math>)</i>
<b>Felt losing interest to most of things like hobbies, work... (%)</b>	11	<b>18</b>	<i>(<math>p=&lt;0,001</math>)</i>
<b>Regular or occasional smokers (%)</b>	30	<b>44</b>	<i>(<math>p=&lt;0,001</math>)</i>
<b>Six or more drinks on one occasion once a month (%)</b>	26	<b>43</b>	<i>(<math>p=&lt;0,001</math>)</i>

## 6. Moderate vs. at-risk vs. problem gambling

<b>Background and gambling</b>	<b>Moderate (n=2895)</b>	<b>At-risk (n=441)</b>	<b>PG* (n=44)**</b>
<b>Men (%)</b> ( $p < 0,001$ )	50	<b>71</b>	79
<b>Women (%)</b> ( $p < 0,001$ )	50	<b>29</b>	21
<b>Mean age, years</b>	45,9	<b>40,4</b>	39,7
<b>Married or living in relationship (%)</b> ( $p < 0,001$ )	70	<b>54</b>	
<b>Gambled on Internet, last 12 months (%)</b>	22	<b>41</b>	54
<b>Gambled once a week or more (%)</b>	43	<b>66</b>	96
<b>Mean sum spent on gambling per week, euros</b>	11	<b>27</b>	83
<b>Number of games played last 12 months, mean</b>	2	<b>4</b>	6

\*PGSI  $5 \leq$

\*\*Note: Because of the small number PG's the shares are referential

<b>PGSI, %</b>	<b>At-risk, % (n=441)</b>	<b>PG, % (n=44)</b>
"Sometimes", "Most of the time", "Almost always"		
<b>When you gambled, did you go back another day to try to win back the money you lost?</b>	<b>66</b>	<b>78</b>
<b>Have you needed to gamble with larger amounts of money to get the same feeling of excitement?</b>	<b>20</b>	<b>63</b>
<b>Have you felt guilty about the way you gamble or what happens when you gamble?</b>	<b>17</b>	<b>75</b>
<b>Have you bet more than you could really afford to lose?</b>	<b>15</b>	<b>86</b>
<b>Have you felt that you might have a problem with gambling?</b>	<b>11</b>	<b>76</b>
<b>Have people criticized your betting or told you that you had a gambling problem, regardless of whether or not you thought it was true?</b>	<b>10</b>	<b>68</b>
<b>Has gambling caused you any health problems, including stress or anxiety?</b>	<b>5</b>	<b>47</b>
<b>Has your gambling caused any financial problems for you or your household?</b>	<b>1</b>	<b>50</b>
<b>Have you borrowed money or sold anything to get money to gamble?</b>	<b>1</b>	<b>17</b>



## 8. Screening at-risk gambling

- Need for short screen for at-risk gambling
  - Simple tool
  - Easy to answer without assessment of one's behavior
- Short screens for PG;
  - BBGS, Lie/Bet, NODS-Clip, FORS
  - Addiction concept (Svetieva & Walker 2008)
  - More severe symptoms
  - Lying, efforts to quit gambling, tolerance ...

# 9. At-risk screen

- Gambling consumption or frequency are connected to gambling harm on individual level (Halme 2010, Markham et al 2015)

## 1. What games do you gamble?

- At-risk answer: gambling more than two of following high-risk games
  - a) EGM's live
  - b) (Sports) betting
  - c) Casino games live
  - d) Internet casino games

## 2. How often do you gamble?

- At-risk answer : Gambling more often than 2-3 times per month

## 3. How many different games do you gamble?

- At-risk answer : Gambling four or more games
- Interpretation: 2 – 3 points = At-risk gambler
- Tool for intervention or self assesment

# 10. Preliminary testing of the screen

- At-risk test results compared to "Finnish Gambling 2011" data (PGSI, past year)

ART		PGSI	
<b>0 = (No gambling or) moderate gambler, no risk</b>	48 %	84 %	0 = (No gambling/) moderate gambler
<b>1 = Moderate gambler, low risk</b>	35 %		
<b>2-3 = At-risk gambling</b>	17 %	14 %	1-4 = Low-risk gambler
		2 %	5+ = Moderate-risk gambler to problem gambler
<b>Total</b>	<b>100 %</b>	<b>100 %</b>	Note: n=3 380, those gambled last year

PGSI points four level * Model 1 at-risk gambling points Crosstabulation						
% within PGSI points four level						
		At-risk test points				Total
		0	1	2	3	
PGSI	0 = 0 points, no gambling/ moderate gambler	52,2 %	35,7 %	10,0 %	2,1 %	100,0 %
	1 =1-4 points, low risk gambler	23,9 %	35,9 %	25,1 %	15,0 %	100,0 %
	2=5-7 points, moderate risk gambler	4,5 %	4,5 %	50,0 %	40,9 %	100,0 %
	3= 8 or more points, problem gambler or PPG	0,0 %	26,1 %	34,8 %	39,1 %	100,0 %
Total		47,5 %	35,4 %	12,6 %	4,4 %	100,0 %
		0-1 =	<b>83,0 %</b>	2-3 =	<b>17,0 %</b>	

- Finnish Gambling 2011: PGSI 0 = 84 %, PGSI 1-4 + PGSI 5<sub>≤</sub> = 16 %
- New testing will be done with National Gambling Survey 2015 data

## 12. Conclusions



- At risk gambling closer to problem gambling than moderate gambling.
- Recognizing at-risk gambling at earlier stages could prevent turning into problem gambling
- Higher gambling consumption seems to indicate gambling harm.
- For prevention of gambling problems short and easy to use test is needed.

# Thank you!

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