Indicators of Clinically Significant Gambling Treatment Gains

The Institute for Gambling Education and Research

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The Gambling Clinic

The Gambling Lab
Guided Self-Change Treatment Phases

1. Assessment
2. Motivational Feedback
3. Functional Analysis
4. Evaluating Alternatives
5. Relapse Prevention
Proposed Change Process

1. Modify Cognitive Distortions
2. Enhance Self Efficacy
3. Reduce Symptoms
4. Build Motivation
Overall Treatment Outcome

64 Treatment Completers at 1 month follow up
Gamblers’ Beliefs Questionnaire (GBQ)

• 20 item self report measure
• Erroneous beliefs/cognitive judgment distortions

- Illusion of Control
- Luck/ Perseverance

• Translated into several languages
Gamblers’ Beliefs Questionnaire

Sample

170 treatment seeking gamblers
55% male
68% Caucasian
\(M_{age} = 45.5\) years
Most casino gamblers: 88.2%
  - slots: 84%
  - cards: 58%
Gamblers’ Beliefs Questionnaire

• Validity
  \[ \alpha = 0.87 \]

• Correlation with DSM Gambling Disorder Symptoms
  \[ r = 0.19, p < .05 \]
GBQ and Treatment Outcome

\[ t(126) = -6.52, \quad p < .01 \]
GBQ Clinical Cut Off?

Linear relationship between decrease in DSM 5 symptoms and decrease in GBQ score
Gambling Self-Efficacy Questionnaire (GSEQ)

- 16 item self-report measure
- Measures perceived self-efficacy to control gambling behavior in high risk situations

Internal Factors
External Factors
## Gambling Self-Efficacy Questionnaire

<table>
<thead>
<tr>
<th>Sample</th>
<th>Treatment Seeking Gamblers</th>
<th>Community Sample</th>
</tr>
</thead>
<tbody>
<tr>
<td>$n$</td>
<td>312</td>
<td>309</td>
</tr>
<tr>
<td>$M_{age}$</td>
<td>44</td>
<td>34</td>
</tr>
<tr>
<td>% Male</td>
<td>53</td>
<td>45</td>
</tr>
<tr>
<td>% Caucasian</td>
<td>61</td>
<td>63</td>
</tr>
<tr>
<td>% Gambling Disordered</td>
<td>96%</td>
<td>6.5%</td>
</tr>
</tbody>
</table>
Gambling Self-Efficacy Questionnaire

• Validity
  \[ \alpha = 0.95 \]

• Correlation with Gambling Disorder Symptoms
  \[ r = -0.26, p < .05 \]
Treatment Outcome and GSEQ Score

$t(210) = -10.84, p < .01$
Clinical Cut off

Score of 70 on GSEQ
89% Sensitivity
81% Specificity
Summary of Findings

- **Cognitive Distortions** = **Gambling Symptoms**

- **Self Efficacy** = **Gambling Symptoms**

- GBQ and GSEQ are valid for use in clinical samples
Future Directions

• GBQ
  Understand how beliefs change over the course of treatment
  Understand how beliefs may change gambling disorder severity

• GSEQ
  Identify which factors correspond most strongly with treatment change
Thank you!


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