Gambling-related harms and the use of the responsible gambling tools: Gambling Harms 2016 surveys

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In January 2017, three Finnish gambling operators were merged into a single company. The Gambling Harms-surveys aim are to study gambling, gambling-related harm and exposure to gambling marketing before and after the merger. These results are based on the situation before the merger. Finnish gambling operators provide responsible gambling tools for gamblers to assist gamblers to keep the gambling limit in control. This study evaluates the awareness and use of the currently available tools. The randomly sampled population-based first wave data was collected between January–March 2017 (n=7186, response rate 36%). In addition, we collected the data (n=119) from help-seeking gamblers who sought help from Helsinki Gambling Clinic.

In the population survey, financial or emotional harms were most prevalent. In the clinical survey, help-seeking gamblers experienced a noteworthy amount of harm. 92% of the respondents were aware of at least one of these tools. The most familiar tools were closing an online gambling account (82%) and imposing a spending limit (82%). 86% of the respondents had used at least one responsible gambling tool. Over half had used identification at registration phase (59%), set a spending limit (53%) and 52% used self-assessment tool. Implications of these findings are discussed.

**Key words:** gambling, gambling-related harm, population-based survey, help-seeking gamblers, responsible gambling tools

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