Recovery capital in individuals with a gambling disorder

Recovery from gambling disorder (GD) is often a challenging process that requires individuals to muster multiple resources. Recovery capital (RC) is a conceptual framework describing the internal and external resources individuals may access and utilize during recovery in a range of human, social, financial, community, and cultural domains. This conceptual framework was developed and implemented mainly in the field of substance addiction and represents a paradigmatic shift from pathology and illness to strengths. This presentation reports findings from a project that examined the RC concept in 140 individuals with a life-time gambling disorder (91 recovered) using qualitative and quantitative research methods. Quantitative analysis revealed that individuals who recovered had higher levels of RC than non-recovered individuals. Directed content analysis of 91 interviews identified 12 different RC resources implemented by recovered gamblers were classified into four major RC domains: Human, Community, Social and Financial, which yielded a holistic model of RC in GD. While most of the resources identified are similar to RC resources identified in individuals with substance disorders, some are unique to GD. The findings extend the concept of RC to the gambling field and enrich our understanding of recovery resources in individuals with a GD.

Implications – The conceptual framework of RC provides a holistic framework of recovery, underscores the importance of observing strengths and resources, and calls on policy makers and therapists to relate to all aspects of recovery in all life domains.

Key words: Recovery; Recovery Capital; Gambling disorder
Short bio - Dr. Belle Gavriel-Fried is a senior lecturer in the School of Social Work at Tel Aviv University. Her quantitative and qualitative studies over the years have focused on the unique characteristics of Israeli society as manifested in the gambling field. Her last research project focused on recovery resources implemented by individuals who have recovered from gambling disorder. Currently, (2018-2019) she is a visiting scholar at Yale University, department of psychiatry.