



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)

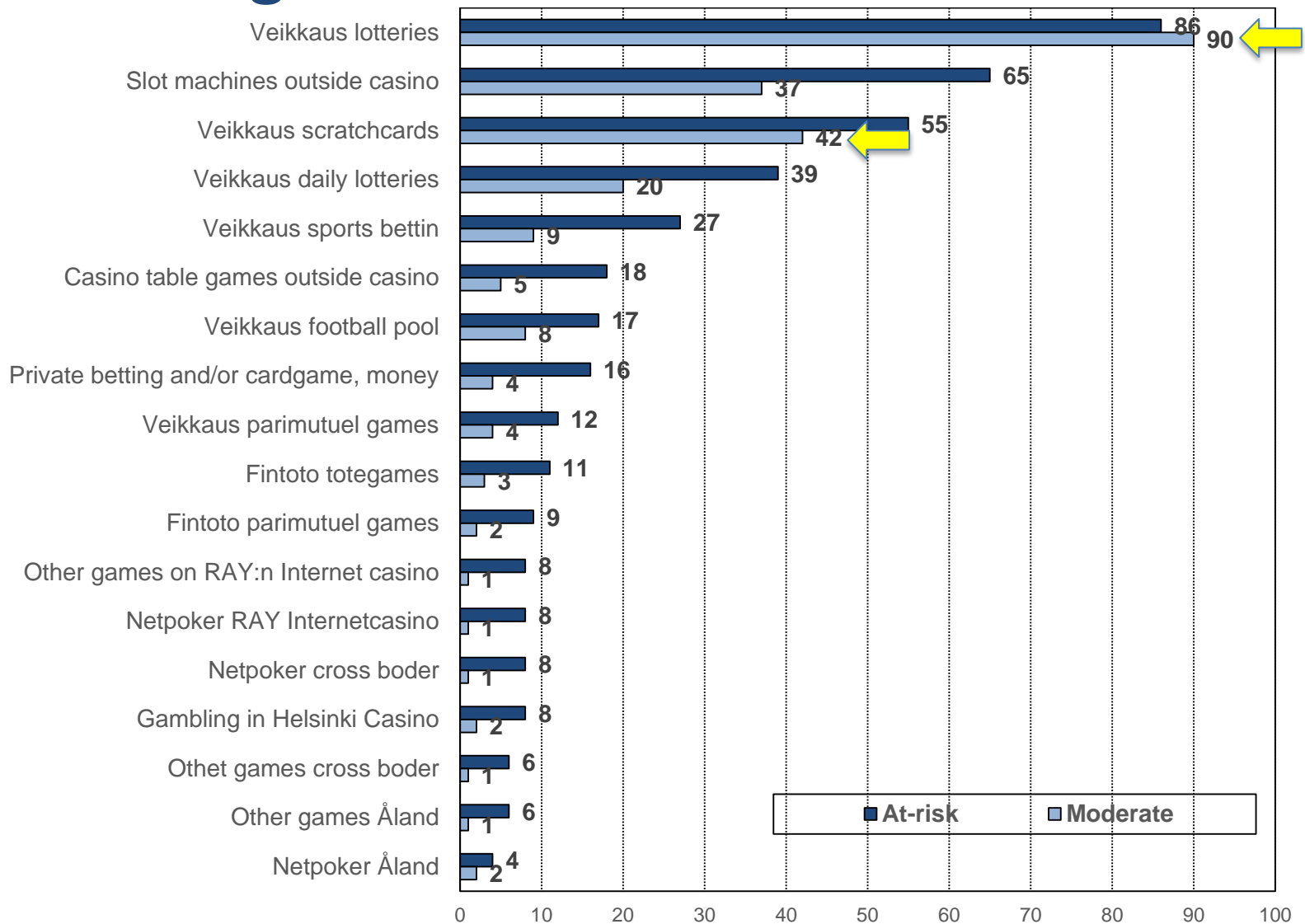
2. Need for profiling at-risk gambling

- 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

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

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

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

*PGSI $5\leq$

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

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

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 assessment

10. Preliminary testing of the screen

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

ART		PGSI	
0 = (No gambling or) moderate gambler, no risk	48 %	84 %	0 = (No gambling/) moderate gambler
1 = Moderate gambler, low risk	35 %		
2-3 = At-risk gambling	17 %	14 %	1-4 = Low-risk gambler
		2 %	5+ = Moderate-risk gambler to problem gambler
Total	100 %	100 %	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 =	83,0 %	2-3 =	17,0 %		

- Finnish Gambling 2011: PGSI 0 = 84 %, PGSI 1-4 + PGSI 5_≤ = 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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