

An Empirical Investigation of the ClubsNSW Australia Multi-Venue Self-Exclusion Program

Presented by

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BACKGROUND:

Electronic Gaming Machines in Australia



Pub/Hotel (N = 3202)



Casino (N = 12)



Club (N = 2088)

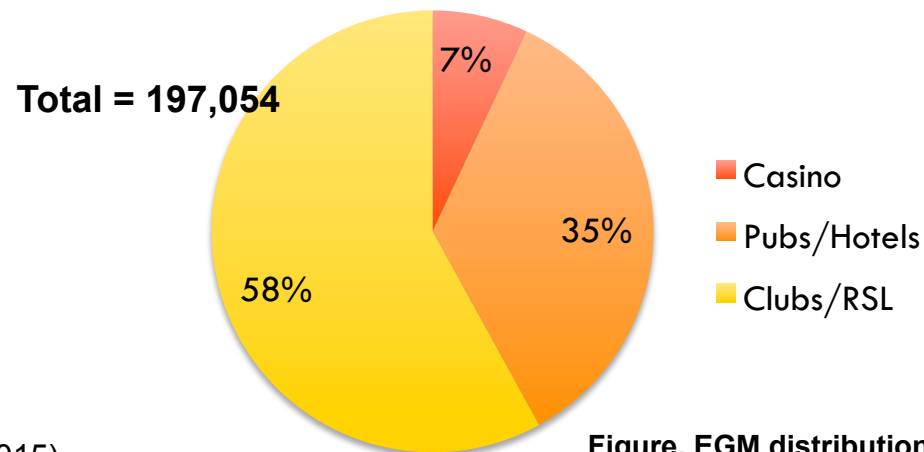


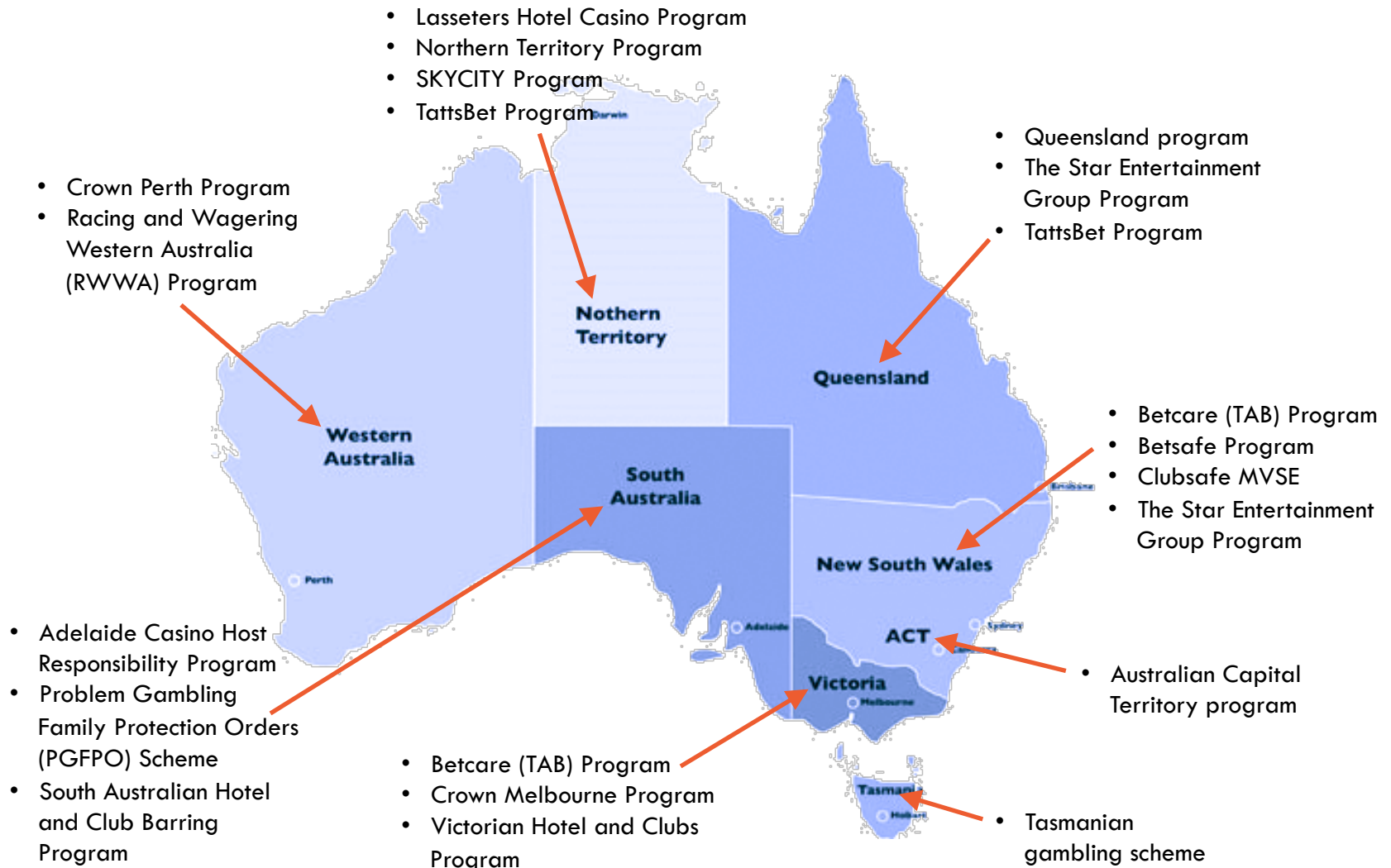
Figure. EGM distribution by venue type

(Australian Gaming Council, 2015)

BACKGROUND: Self-exclusion



BACKGROUND: Self-exclusion in Australia



BACKGROUND: Does self-exclusion work?

- Limited studies
- Self-report benefits
- Under-utilised
- Non-compliance (30-50%)
- Low detection (30%)
- Outside gambling (70-80%)

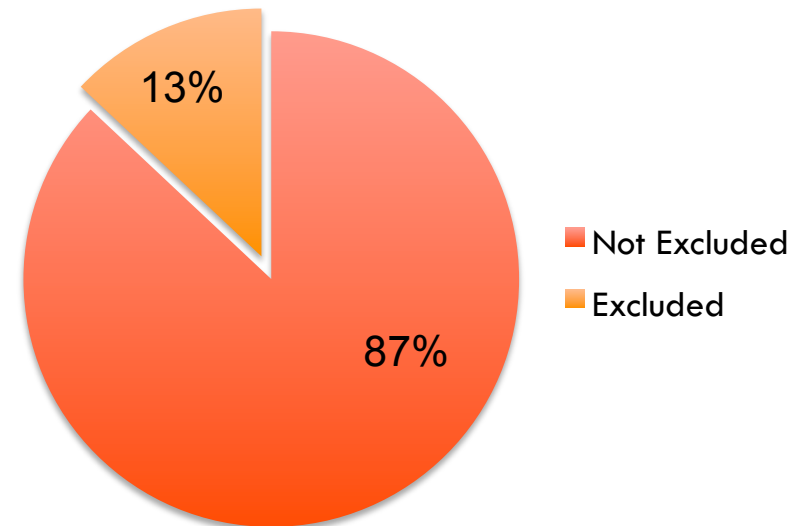
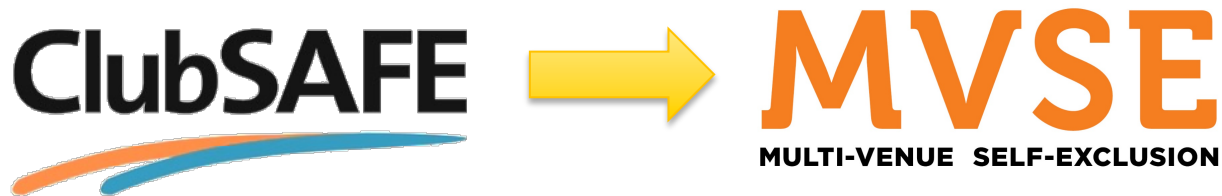


Figure. Problem Gamblers in Australia

(Sources: Gainsbury, 2014; Productivity Commission, 2010)

BACKGROUND:



Key features	Benefits
<ul style="list-style-type: none">• Register with Manager/ Counsellor	<ul style="list-style-type: none">• Privacy
<ul style="list-style-type: none">• Central system	<ul style="list-style-type: none">• Simplified enrolment
<ul style="list-style-type: none">• 35 venues at once	<ul style="list-style-type: none">• Less opportunity to gamble in outside venues
<ul style="list-style-type: none">• Entire club/All gambling areas/ Gaming machines	<ul style="list-style-type: none">• Social club use

STUDY:

Why?

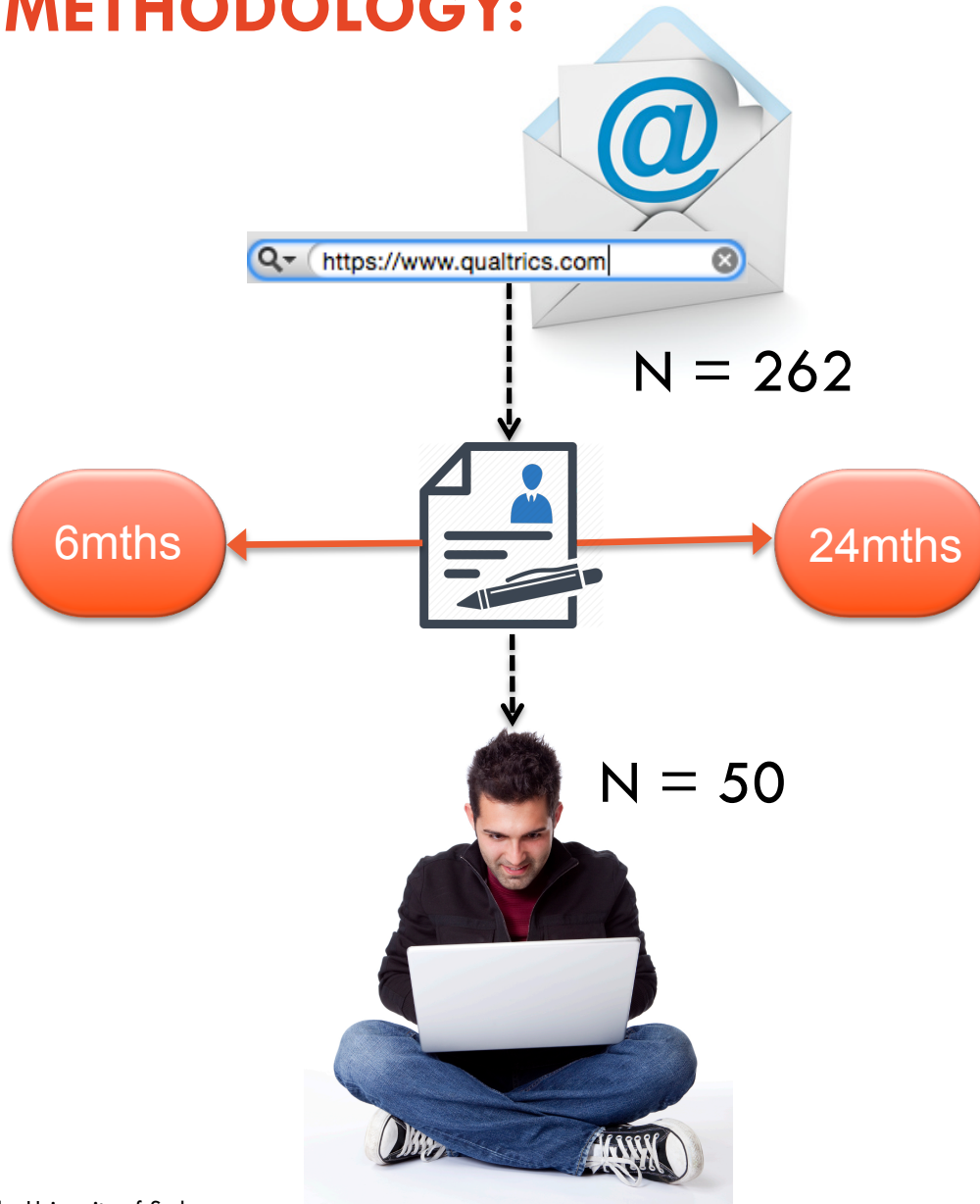
- Establish evidence-base
- Enhance program outcomes

Objectives

- ☐ Evaluate outcomes of MVSE
- ☐ Factors contributing to/inhibiting decision to self-exclude
- ☐ Motivations/characteristics differentiating compliant/non compliant gamblers



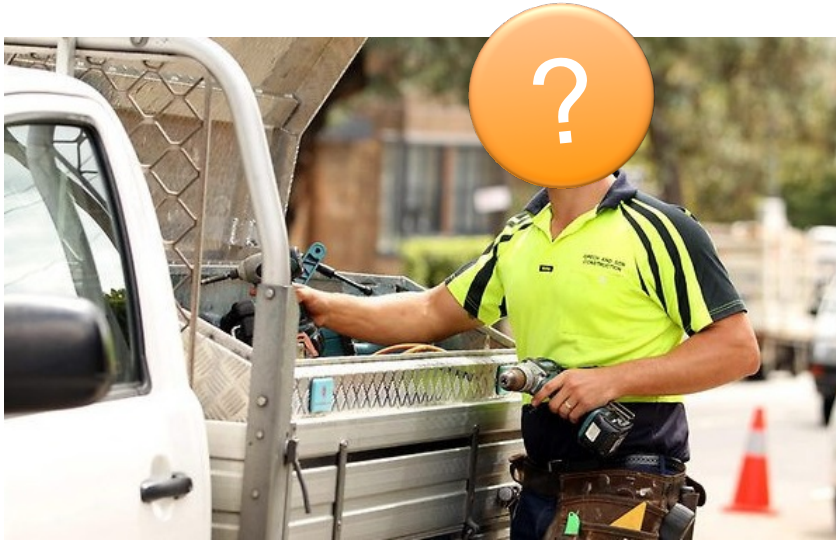
METHODOLOGY:



Measures:

- Demographics
- Past gambling
- Self-exclusion
- Gambling severity
- Stage of change
- Impulsivity
- Quality of life
- Psychological distress

RESULTS: Who joins MVSE?



- Middle aged
- Single male
- High school/technical diploma
- Australian born

- Gambling a problem for 9 years
- 5 days/week 5 hours/day
- \$200-\$500 per session



RESULTS: Main reason for self-excluding

1. Lost too much money



68%

2. Lost control



64%

3. Financial problems



46%

4. Problems with family/friends



44%

RESULTS: Main obstacles to joining MVSE

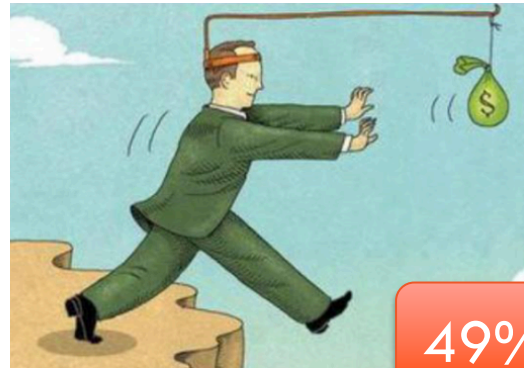
- 73% needed time to consider the program before joining (average 30.6 weeks)

1. Not ready to stop



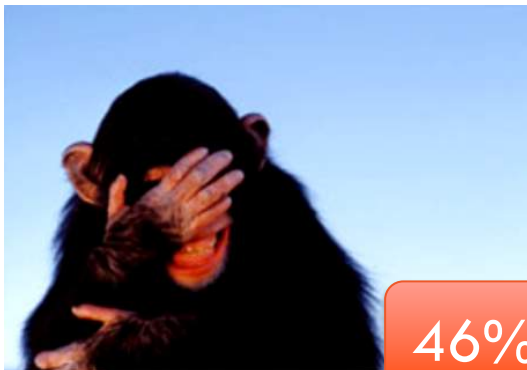
57%

2. Chase losses



49%

3. Embarrassed



46%

4. Denial

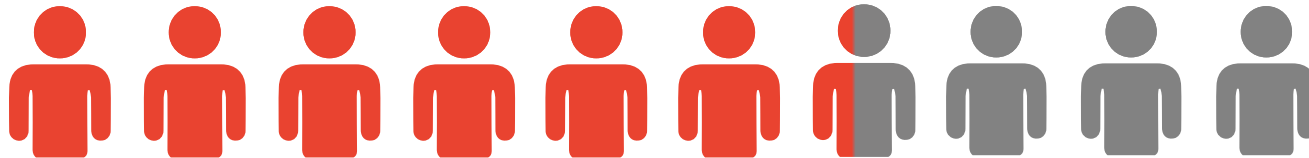


34%

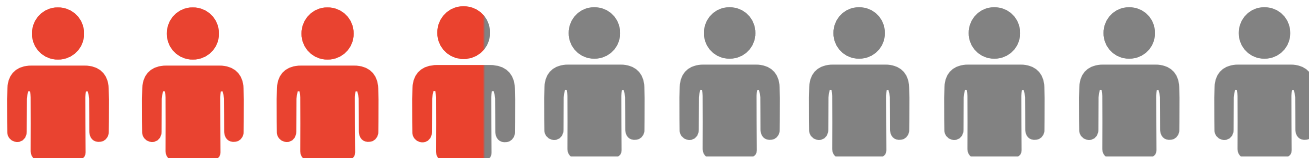
RESULTS: Compliance



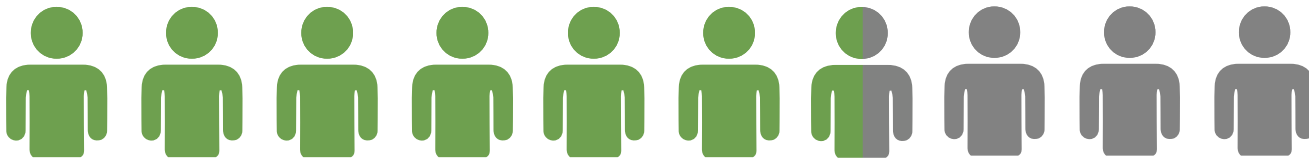
- 63% gambled at different venues



- 38% gambled at a MVSE venue (average 7 times)



- 65% (who breached) were detected (average 2.5 times)



RESULTS:

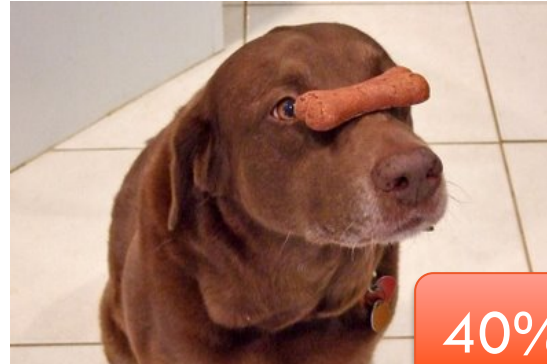
Reasons for complying

1. Worried about being caught



53%

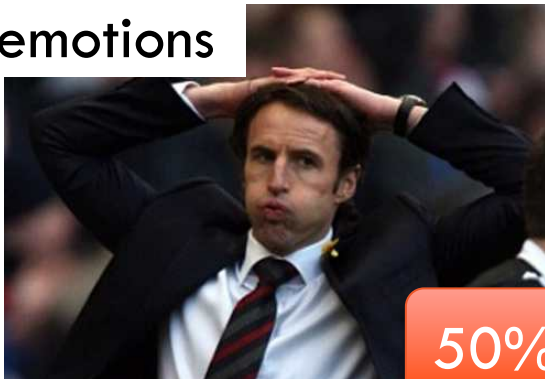
2. More self-control



40%

Reasons for NOT complying

1. Alleviate negative emotions



50%

2. Didn't think they'd be caught



39%

RESULTS:

What separates those who do/do not gamble?

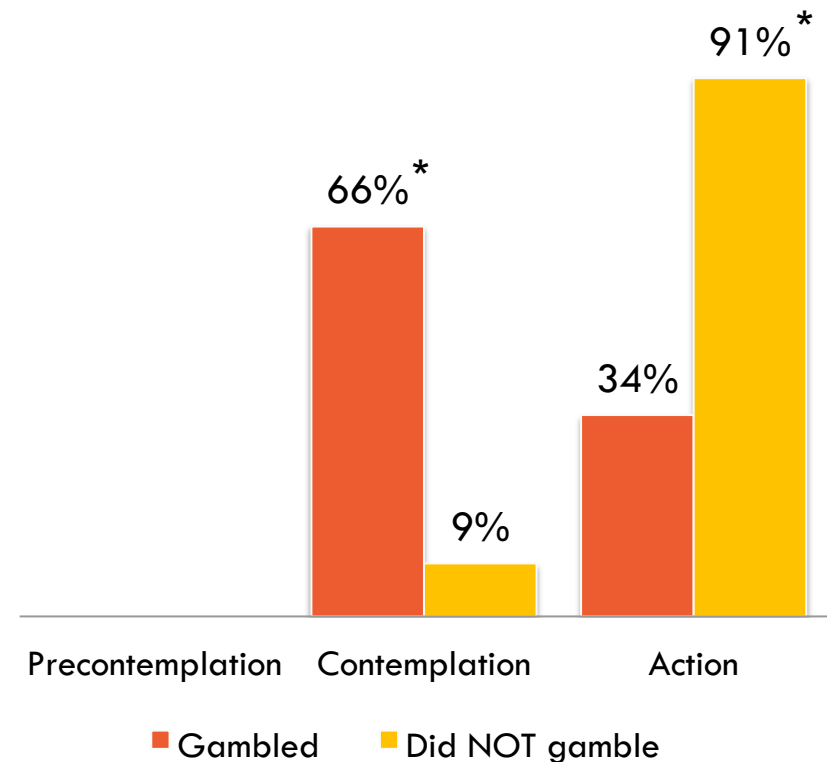
Impulsivity



- Those who gambled during exclusion were classified as 'highly impulsive'

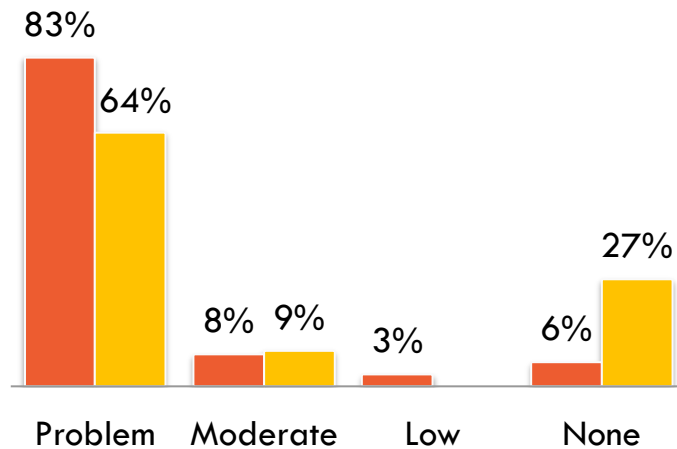
(Stanford et al., 2009)

Readiness to change

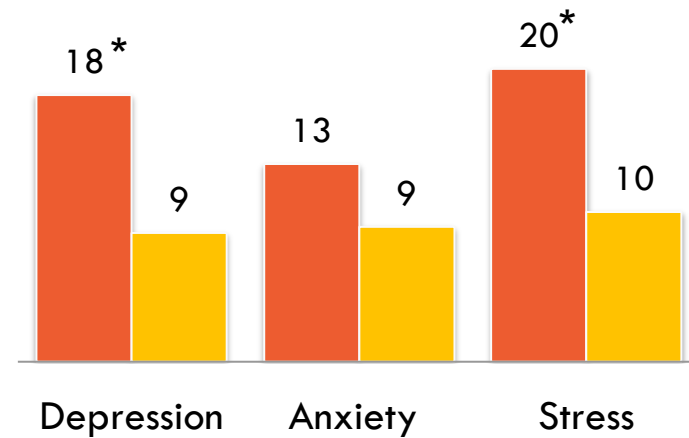


RESULTS: Formal measures

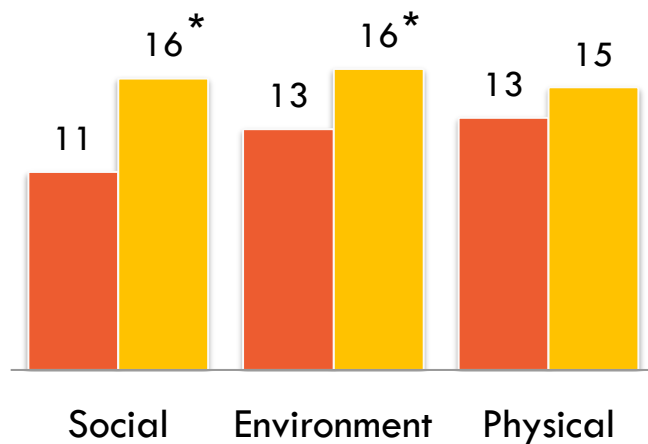
Problem Gambling Severity





Psychological distress



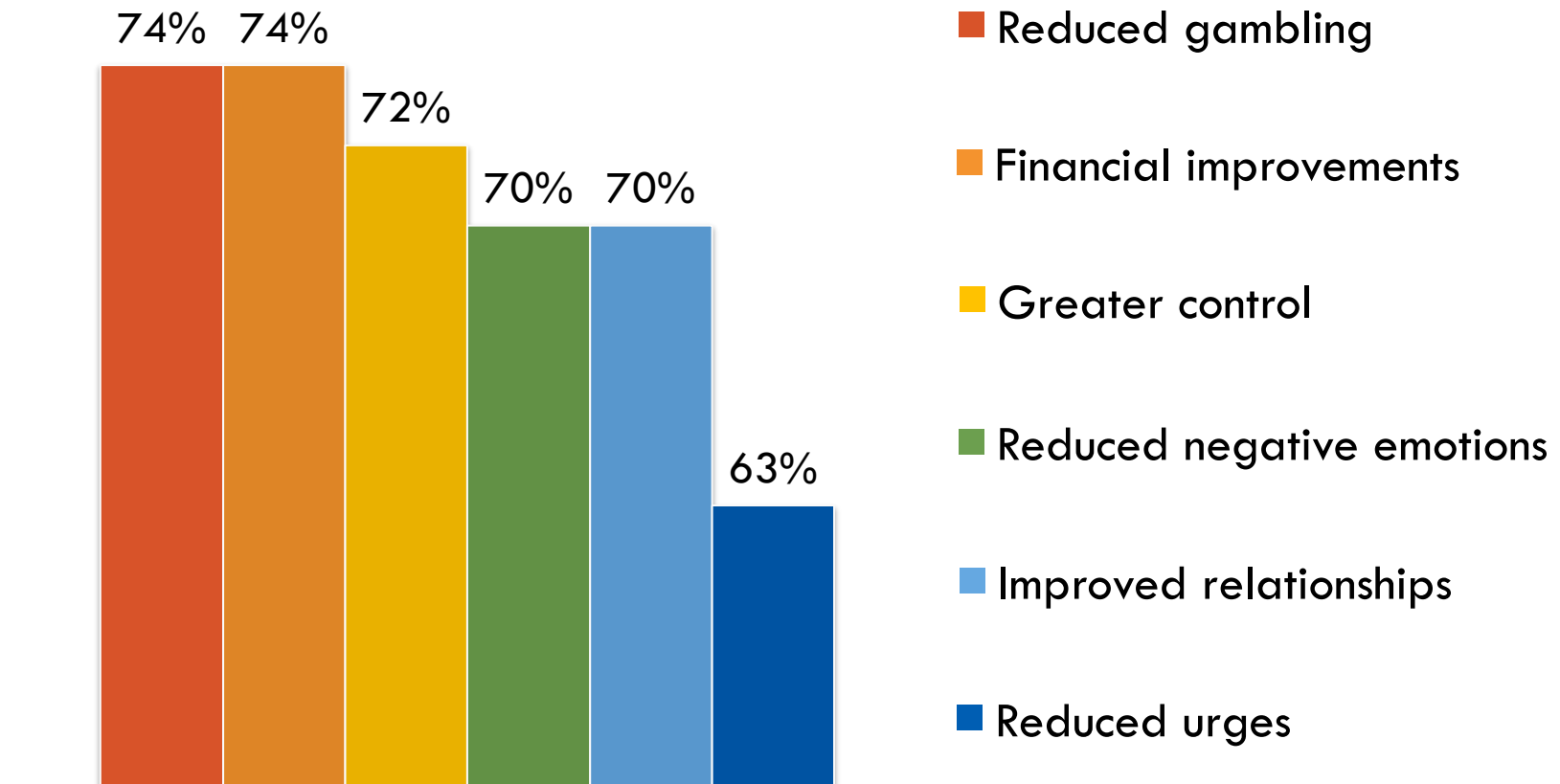
Quality of Life



 Gambled

 Did NOT gamble

RESULTS: Self-reported improvements



NEXT STEPS

Practical

- Safe/convenient registration
- Linking self-exclusion with education and psychotherapy
- Enhanced detection systems

Research

- Long-term prospective study



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