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

- Modify Cognitive Distortions
- Enhance Self Efficacy
- Build Motivation
- Reduce Symptoms
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
  \[ r = 0.19, \ p < .05 \]
$t(126) = -6.52, p < .01$
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
<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

$GSEQ$

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


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