



Indicators of Clinically Significant Gambling Treatment Gains

The Institute for Gambling
Education and Research

Meredith K. Ginley, Walter R. Winfree, James P.
Whelan, & Andrew W. Meyers

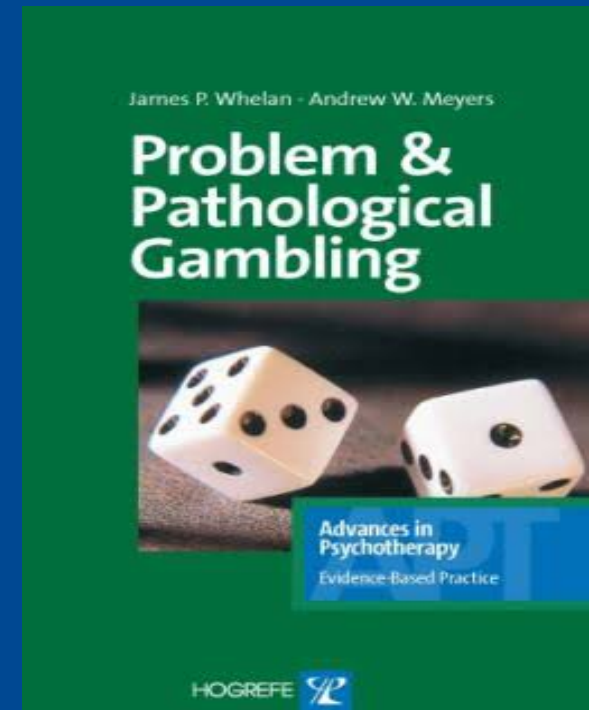
The Institute for Gambling Education & Research

The Gambling Clinic

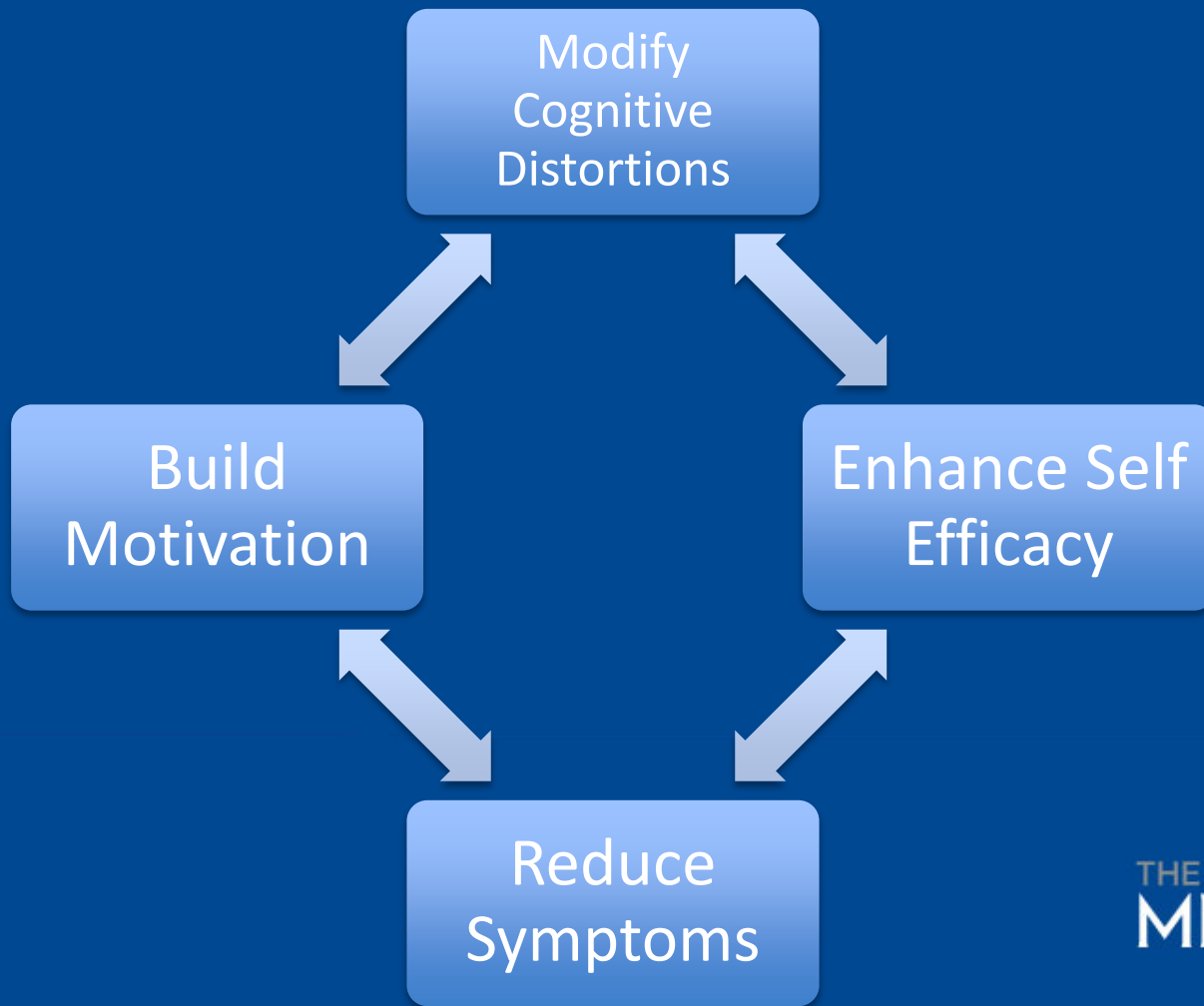
The Gambling Lab

Guided Self-Change Treatment Phases

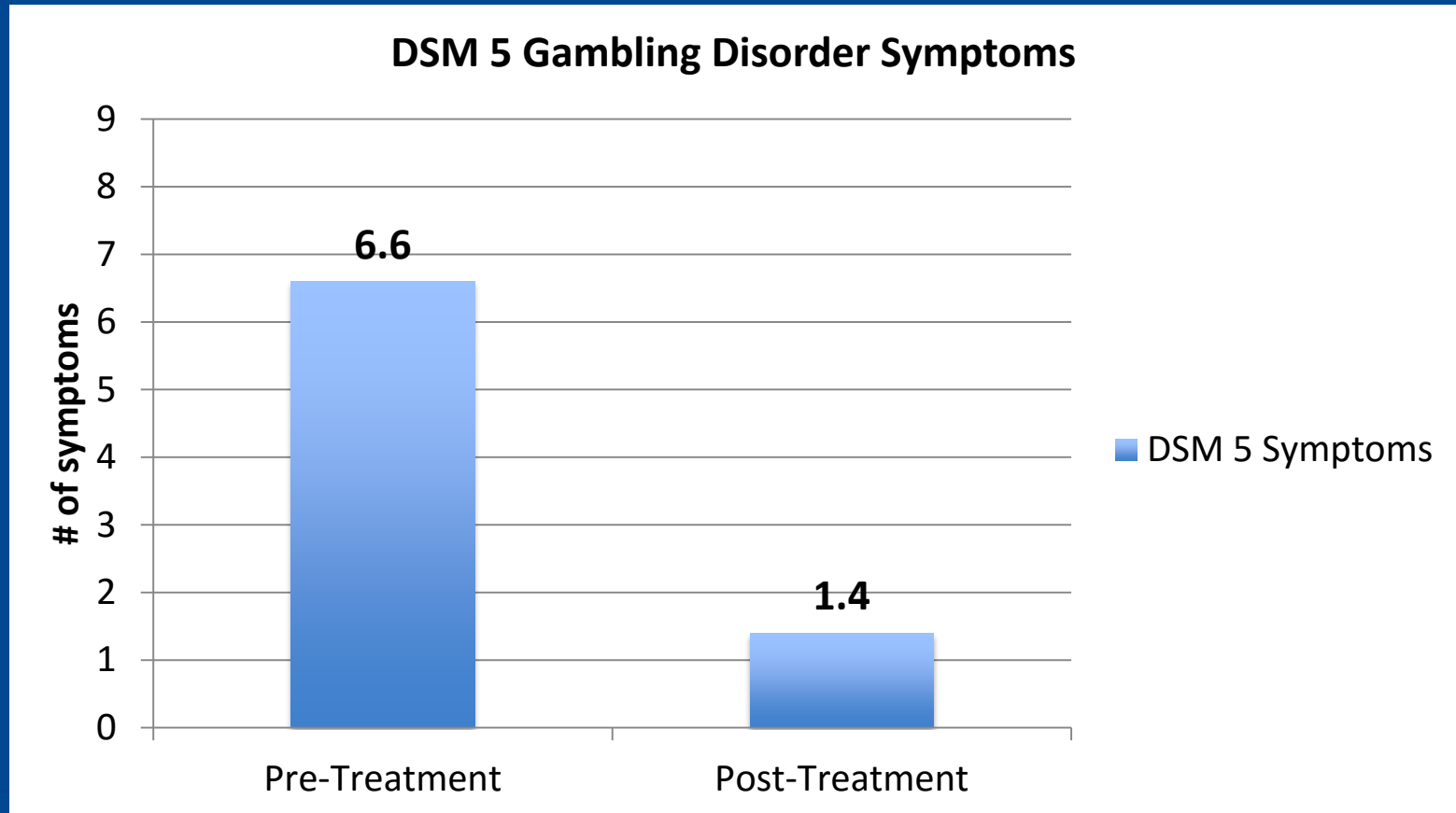
1. Assessment
2. Motivational Feedback
3. Functional Analysis
4. Evaluating Alternatives
5. Relapse Prevention



Proposed Change Process



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%

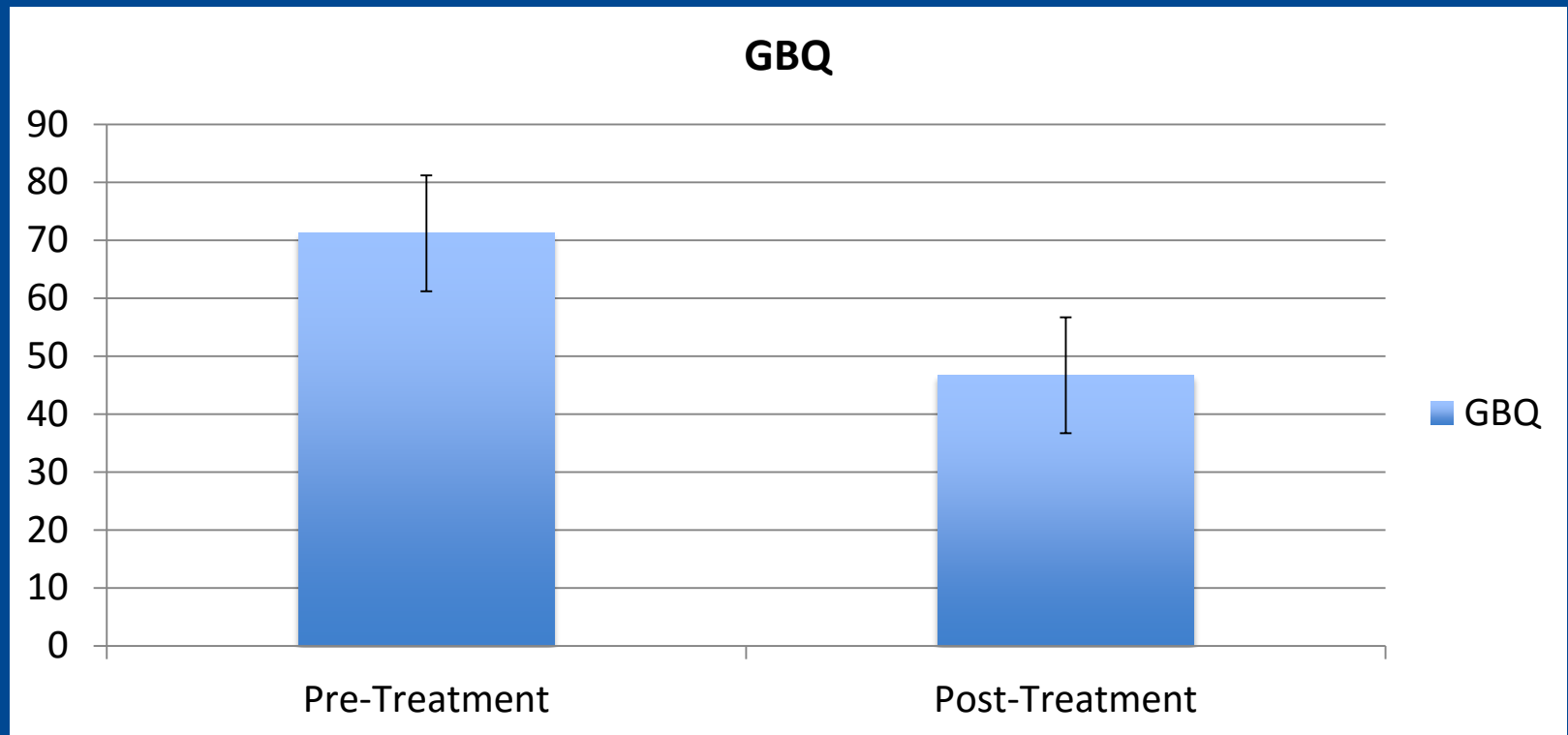
-slots: 84%

-cards: 58%

Gamblers' Beliefs Questionnaire

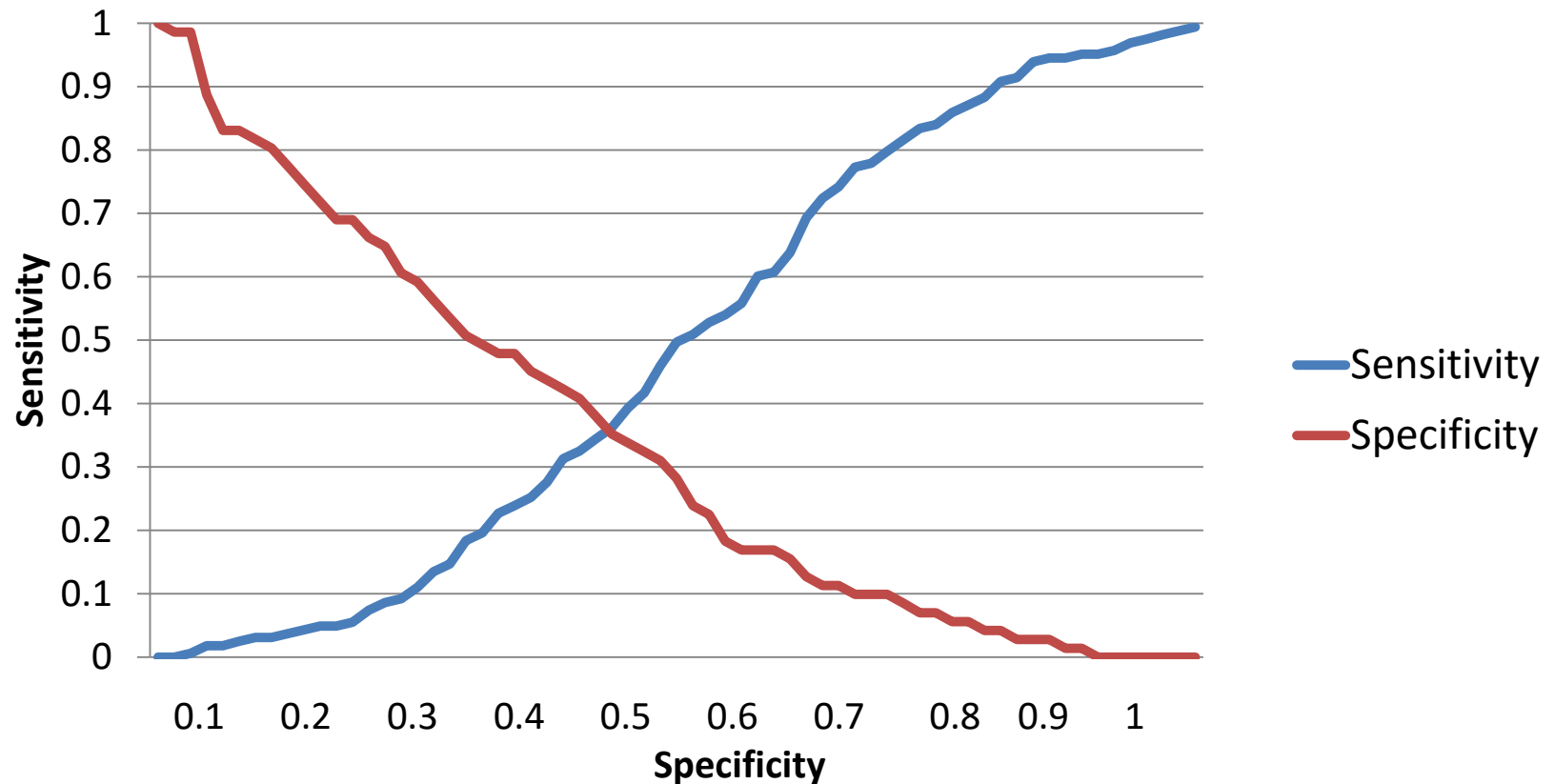
- Validity
 $\alpha = 0.87$
- Correlation with DSM Gambling Disorder Symptoms
 $r = 0.19, p < .05$

GBQ and Treatment Outcome



$t(126) = -6.52, p < .01$

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

Internal Factors

External Factors

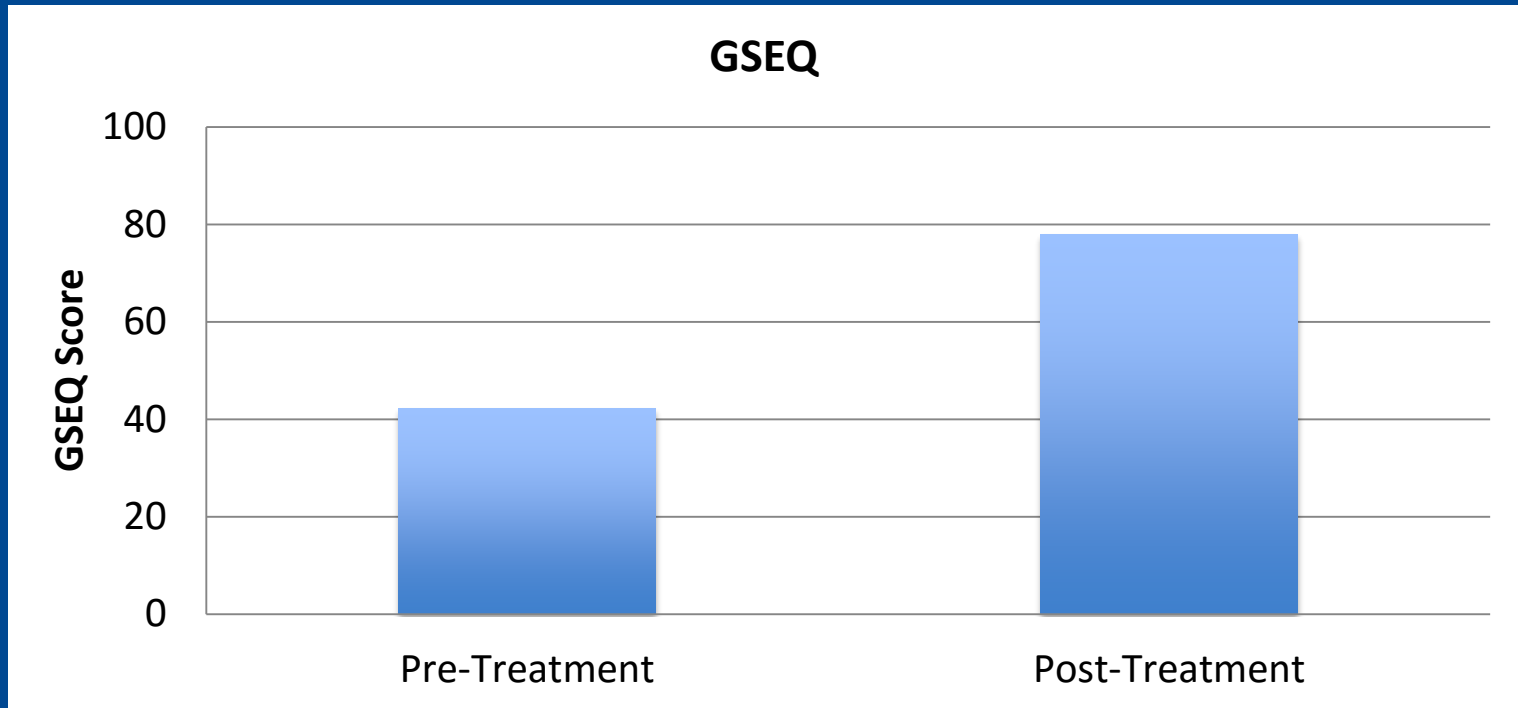
Gambling Self-Efficacy Questionnaire

Sample	Treatment Seeking Gamblers	Community Sample
n	312	309
M_{age}	44	34
% Male	53	45
% Caucasian	61	63
% Gambling Disordered	96%	6.5%

Gambling Self-Efficacy Questionnaire

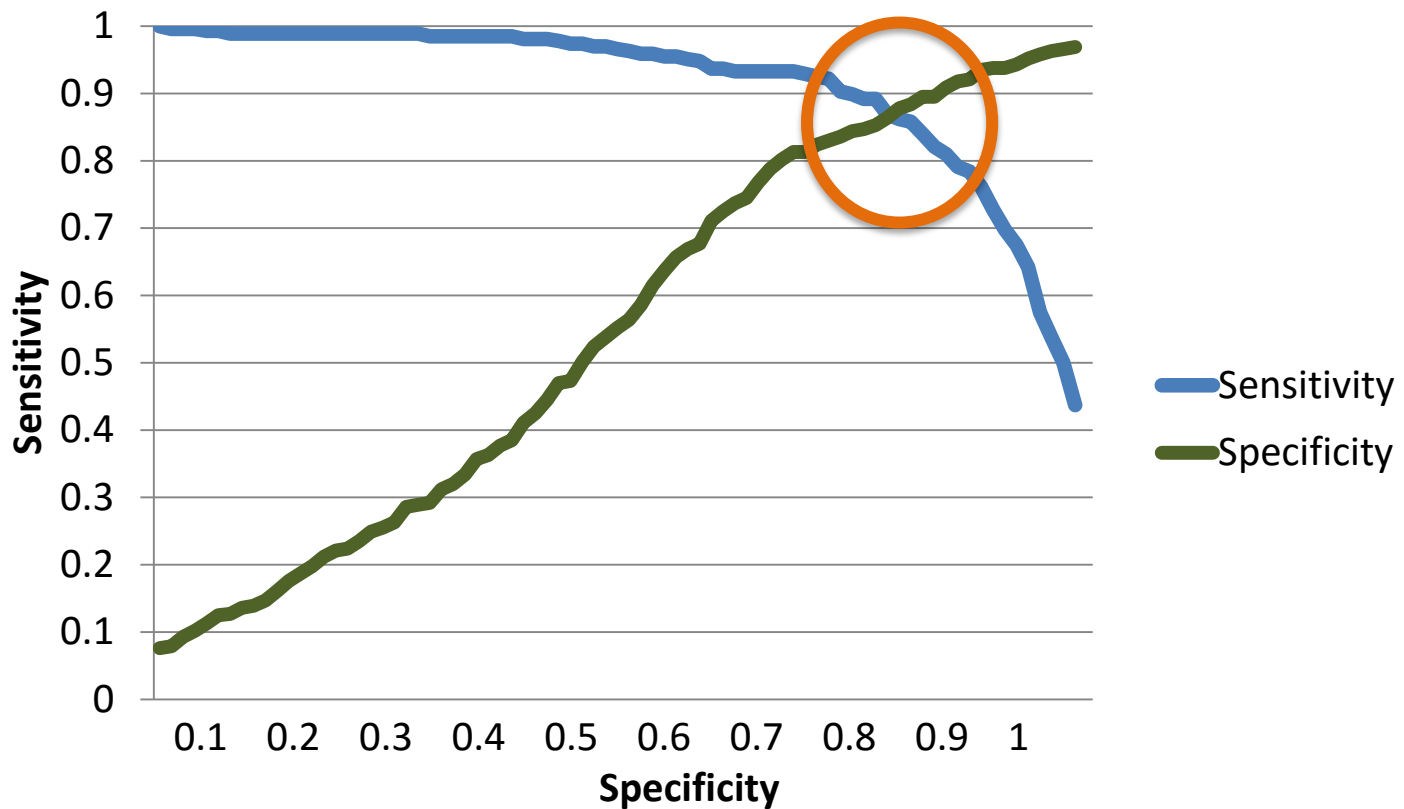
- Validity
 $\alpha = 0.95$
- Correlation with Gambling Disorder Symptoms
 $r = -0.26, p < .05$

Treatment Outcome and GSEQ Score



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

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

Thank you!

- Winfree, W. R., Ginley, M. K., Whelan, J. W., & Meyers, A. W. (2015). Psychometric evaluation of the Gamblers' Beliefs Questionnaire with treatment-seeking pathological gamblers. *Addictive Behaviors*. doi:10.1016/j.addbeh.2014.12.016
- Winfree, W. R., Ginley, M. K., Whelan, J. W., & Meyers, A. W. (2015). A psychometric evaluation of the Gambling Self-Efficacy Questionnaire in a sample of treatment-seeking pathological gamblers. *Psychology of Addictive Behaviors*, 28(4), 1305-1310. doi: 10.1037/a0037678

gambling@memphis.edu

thegamblingclinic.memphis.edu

thegamblinglab.memphis.edu