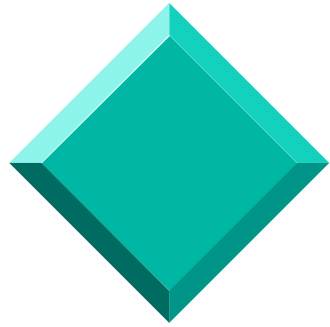


Motivational Enhancement and Self-help Workbooks as Treatment for Problem Gamblers

D. Hodgins, S. Currie, N. Peden

N. el-Guebaly, K. Makarchuk

University of Calgary

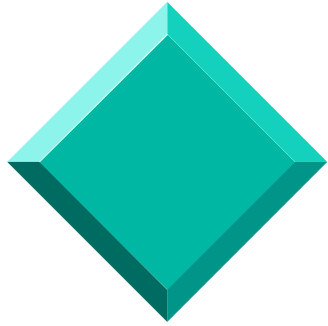


Research Funding

- ✧ Alberta Heritage Foundation for Medical Research
- ✧ National Center for Responsible Gaming

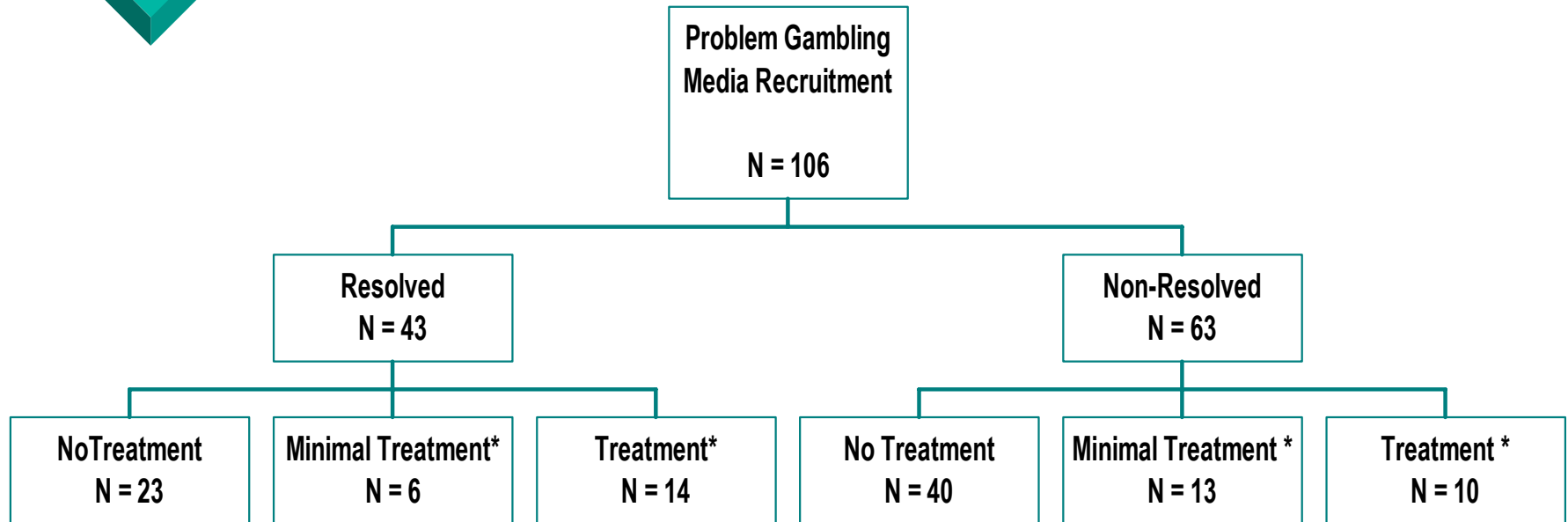
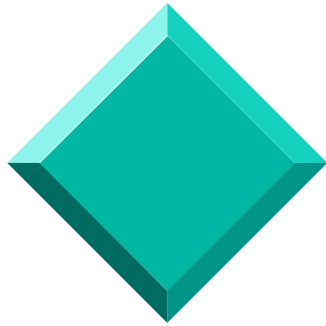


UNIVERSITY OF
CALGARY

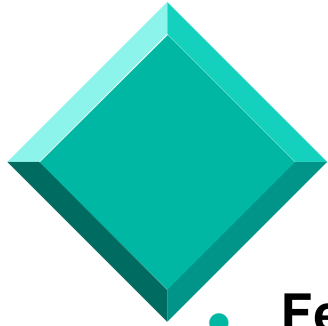


Problem Gambling Recovery Study: Goals

- What precipitates recovery?
 - ⊗ “Hitting bottom”
 - ⊗ Crystalization of discontent
- How is it achieved?
 - ⊗ To what do gamblers attribute their success?
 - ⊗ What role does treatment play?

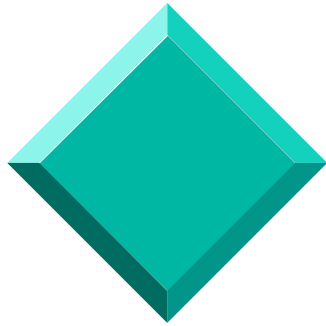


***Minimal Treatment <5 Sessions or meetings**



Sample Characteristics [N=106, R vs NR = NS]

- Female [%] 50%
- Age - mean [S.D.] 42 [10.0]
- Married/Common-Law [%] 47%
- Single - never married [%] 23%
- High school education or greater [%] 72%
- Employment: full-time [%] 56%
- unemployed [%] 25%
- Gambling Problem
 - Primarily Video Lottery Terminal [VLT] 47%
 - Primarily Mixed Games 37%
 - Primarily Casino 8%
 - Primarily Horses 4%
 - Primarily Bingo 2%
- South Oaks Gambling Screen [SOGS] - mean: 12[3.28]
- Pathological Gambling [DSM-IV 5+ criteria] 94%



Comorbid DSM-IV Diagnoses - SCID [N = 106]

Mood Disorders

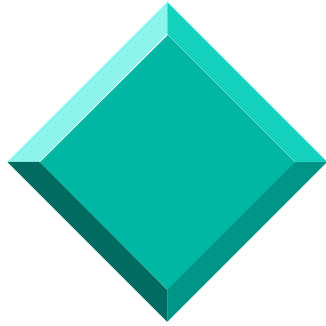
	Lifetime	Current
None	52%	82%
Major Depressive Disorder	43%	13%
Dysthymia	3%	3%
Bipolar	3%	2%

Alcohol Use Disorders

	Lifetime	Current
None	49%	62%
Abuse	14%	1%
Dependence	37%	4%
	[+ 34%remission]	

Other Drug Use Disorders

	Lifetime	Current
None	73%	94%
Abuse	7%	1%
Dependence	20%	4%



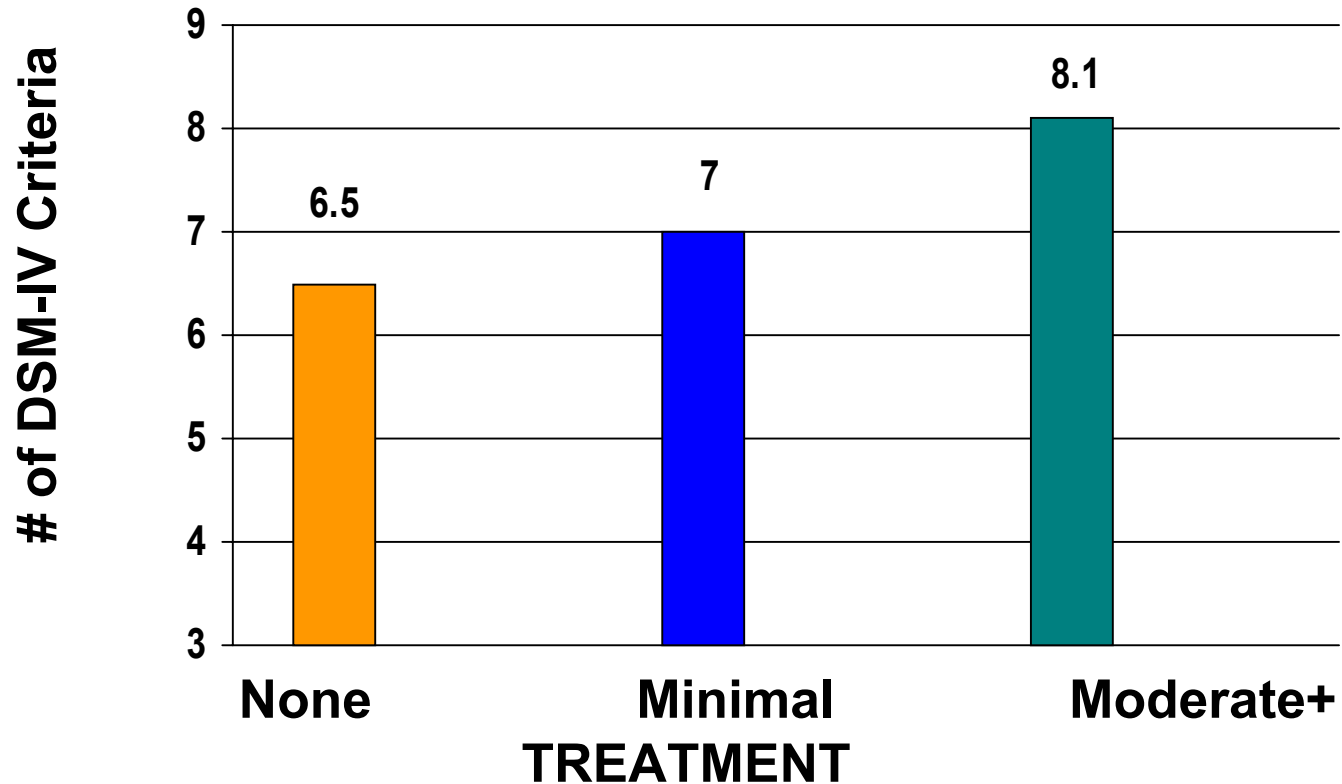
Predicting who seeks treatment

Demographics [age, gender]

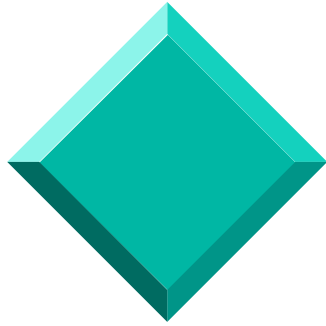
Comorbidities [alcohol, other drugs, depression]

Type of gambling

Severity of problem [SOGS, # of DSM-IV criteria]

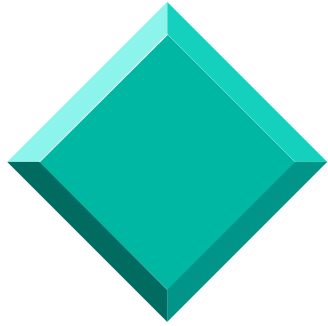


*Most frequent reason for no treatment: “Wanted to handle problem on own” 79%



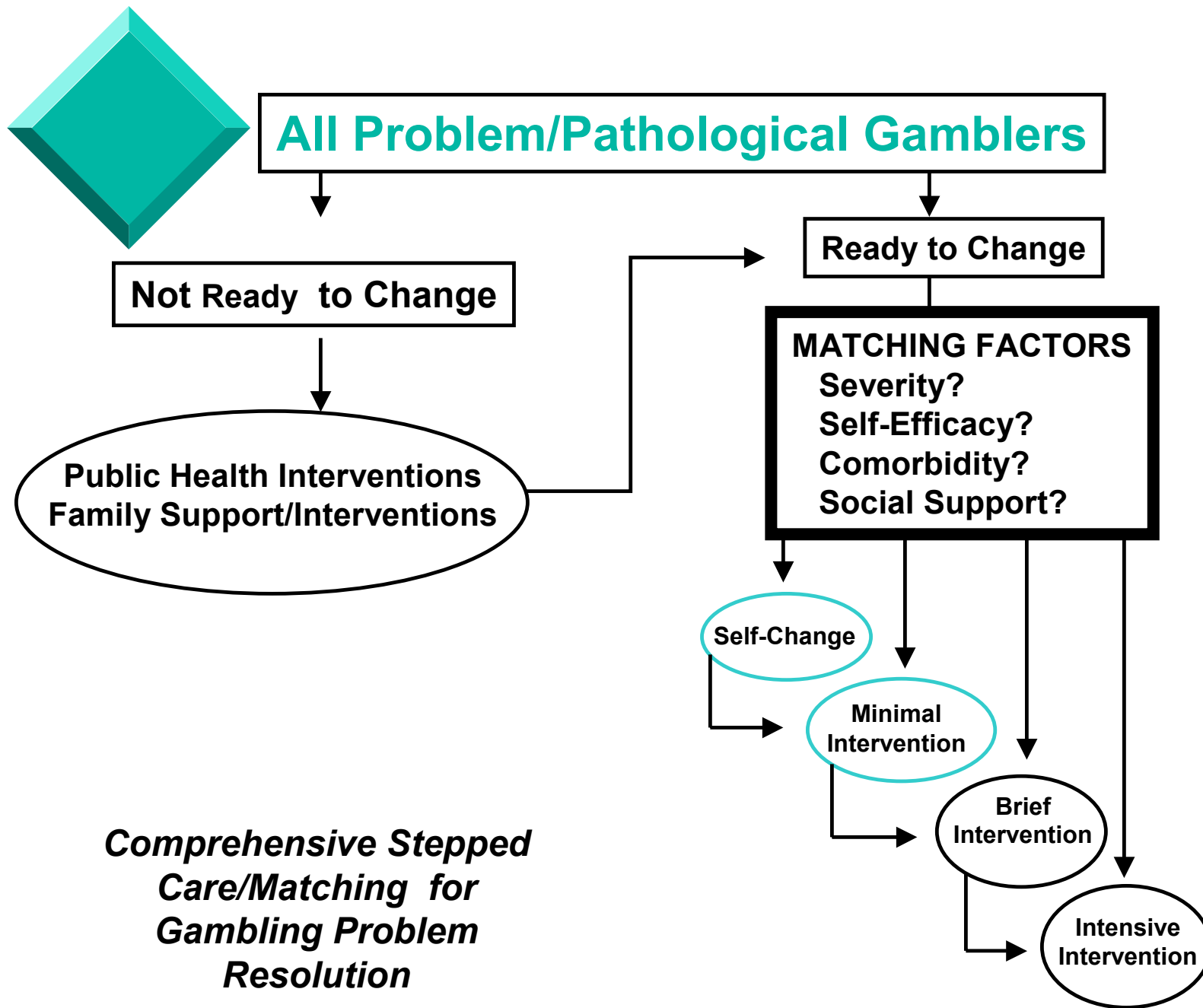
Major Recovery Strategies

- **Stimulus control/Avoidance** **49%**
“staying away from VLTs”
- **New Activities** **47%**
“took on new project at work”
- **Treatment** **28%**
- **Cognitive Strategies** **26%**
“I reminded myself ...”
“I talked myself out of going”
- **Social Support** **23%**

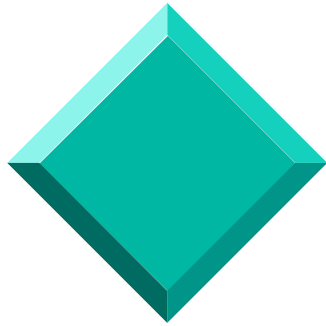


Problem Gambling Recovery Study: Conclusions

- ✧ “naturally recovered” gamblers recruited - less than half had treatment/self-help involvement
- ✧ severity of problem predicted treatment-seeking
- ✧ people who don't seek treatment want to “do it on their own” (79%)

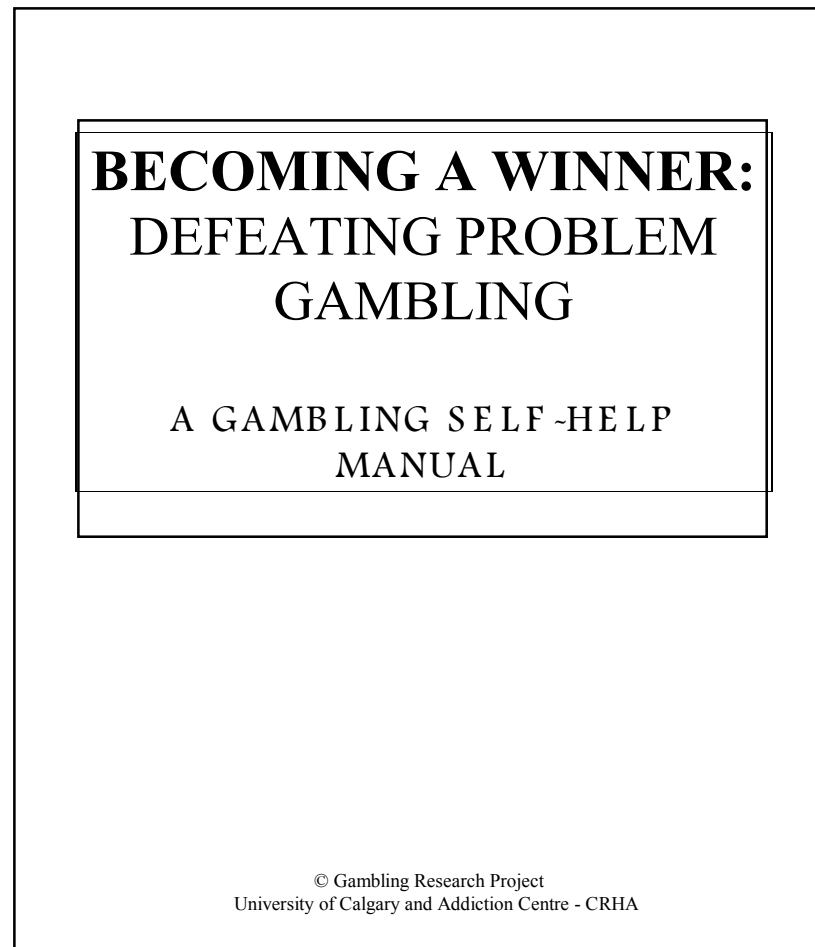


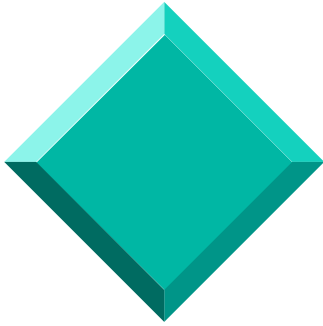
***Comprehensive Stepped
Care/Matching for
Gambling Problem
Resolution***



B. Developing the Workbook

Recovery strategies incorporated with the goals of being brief and easy to read.



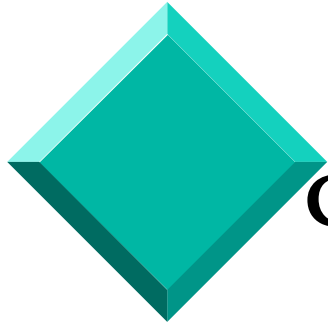


A. Self Assessment

- ✧ **SOGS**
- ✧ **Negative Consequences**
- ✧ **Functional Analysis**
- ✧ **Reasons**
- ✧ **Costs**

B. Decision-making

- ✧ **Cost-benefit analysis**
- ✧ **Quitting or cutting back**



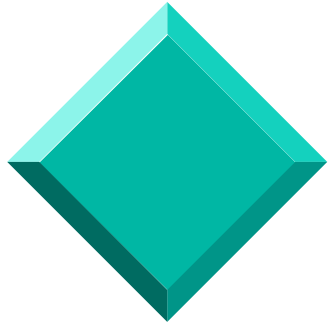
C. Strategies

- ✧ **Identifying cognitions**
- ✧ **Concept of randomness**
- ✧ **Dealing with urges - cognitively**
- behaviorally

D. Maintenance

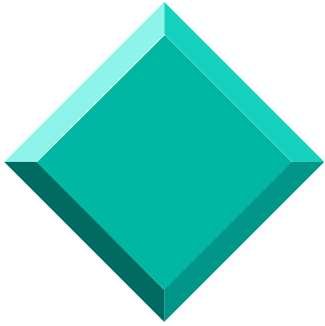
- ✧ **High risk situations**
- ✧ **Relapse prevention**
- ✧ **Making amends**
- ✧ **Co-morbid problems**

E. Other Resources



C. Minimal Treatment Clinical Trial

Are you concerned about your gambling? We are seeking individuals who are interested in overcoming their problem with gambling and who would like to quit or cut back on their own. This free program is being offered by telephone and through the mail as part of a research project at the University of Calgary. For more information, call 1-877-437-3777. Confidentiality assured.



✧ **Random assignment to 3 conditions**

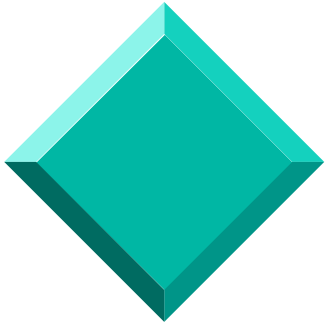
⊗ waiting list control (1 month).

⊗ self-help workbook through the mail.

⊗ self-help workbook through the mail plus
a 30 - 45 minute motivational telephone
interview.

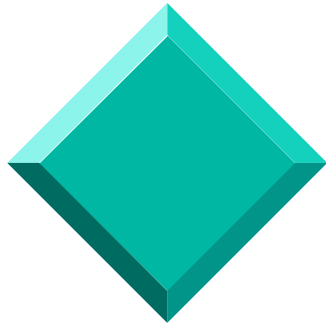
✧ Telephone follow-up 1, 3, 6 and 12 months.

✧ Collateral verification.

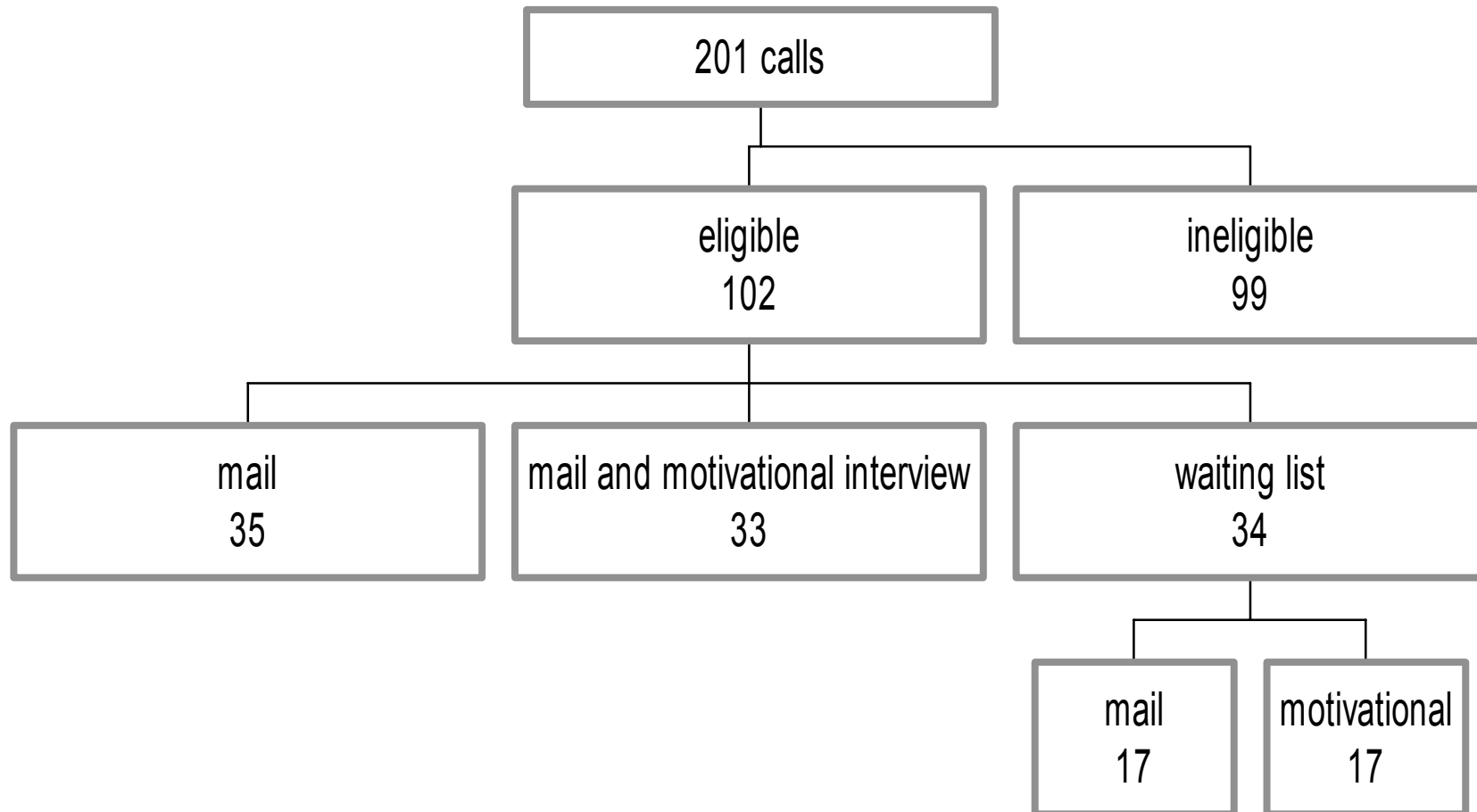


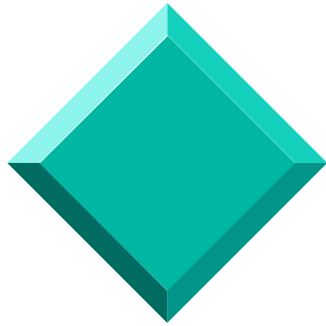
*Motivational Interview = Motivational
Nudge*

1. Elicit client concerns
2. Explore ambivalence
3. Promote self-efficacy
4. Suggest strategies



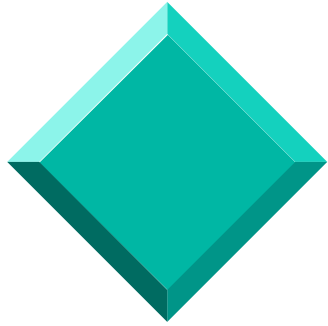
Minimal Treatment - Recruitment





Minimal Treatment Demographics (n=102)

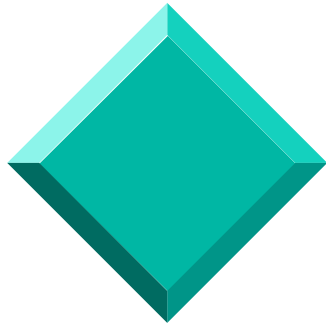
✧	Gender - female	52%
✧	Problem Type	
	⊗ VLT's	86%
	⊗ Casinos	19%
	⊗ Bingo	10%
	⊗ Horse racing	4%
	⊗ Lotteries	4%
	⊗ Slots	3%
	⊗ Card games	3%
	⊗ Speculative investments	1%
	⊗ Games of skill	1%
✧	South Oaks Gambling Screen	M = 12.0 (3.7) Range = 3 - 19
✧	Previous Treatment	56%
✧	Money spent in month before entry	\$1494.00
✧	Days spent gambling in month before entry	9.6 days



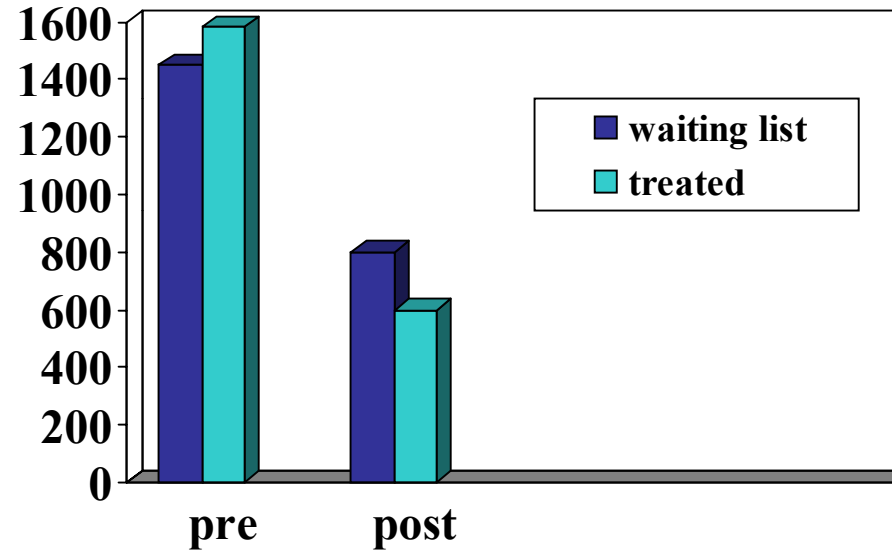
Minimal Treatment - Results

✧ Follow-up rates

✧ One month	96%
✧ Three months	91%
✧ Six months	83%
✧ Twelve months	84%



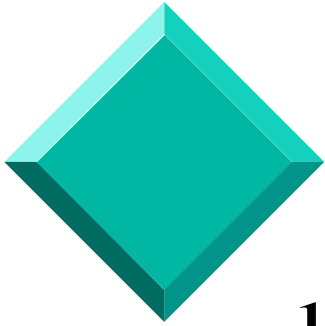
Comparison of money spent between baseline and one month



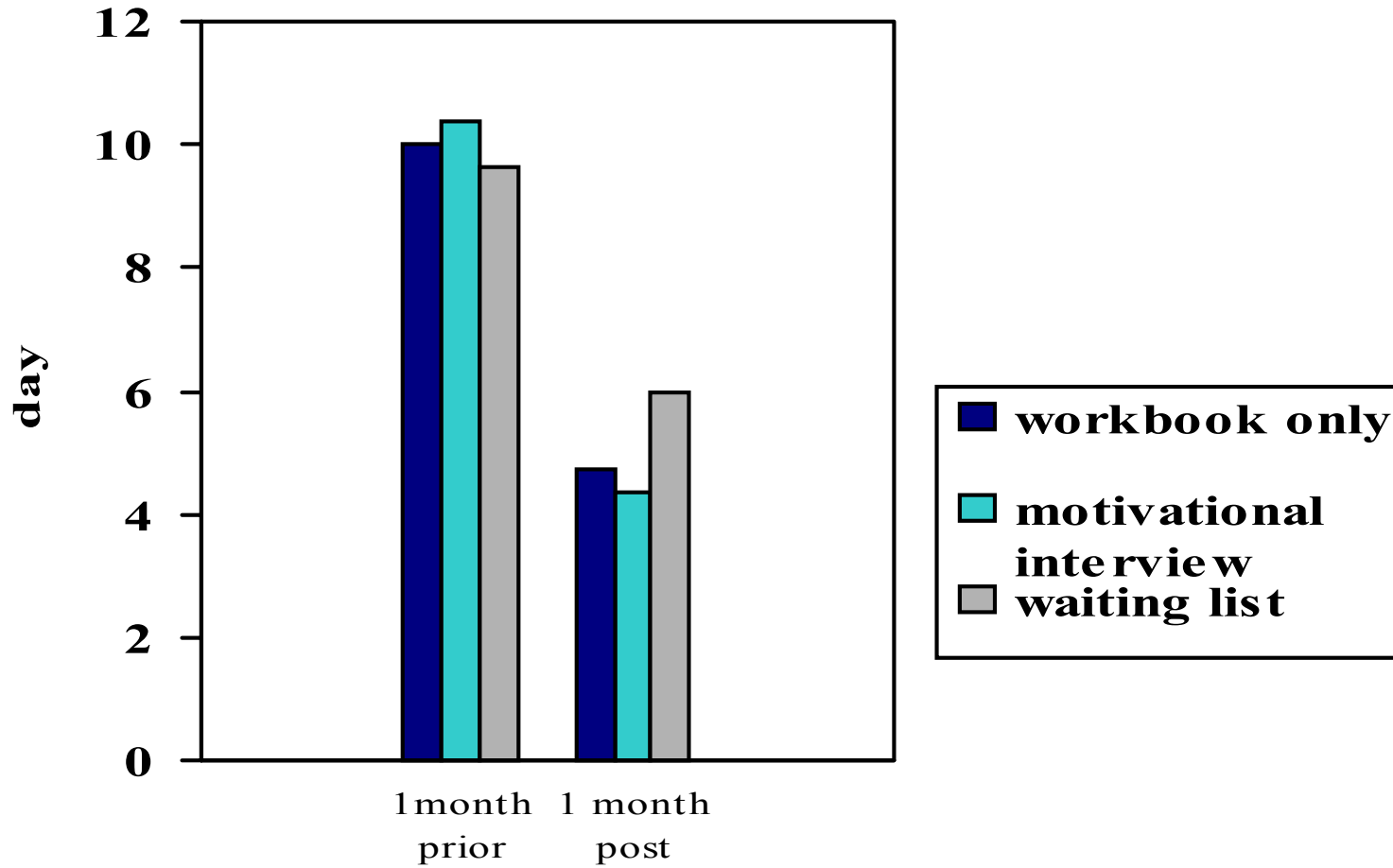
Waiting list versus Active Treatment

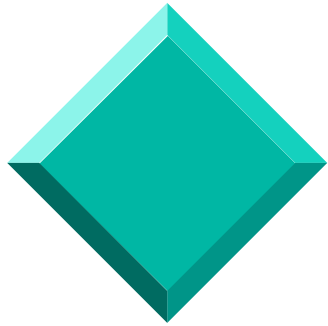
Odds Ratio = 2.4

Active Treatment Group participants 2.4 x more likely to show significant improvement than waiting list participants.



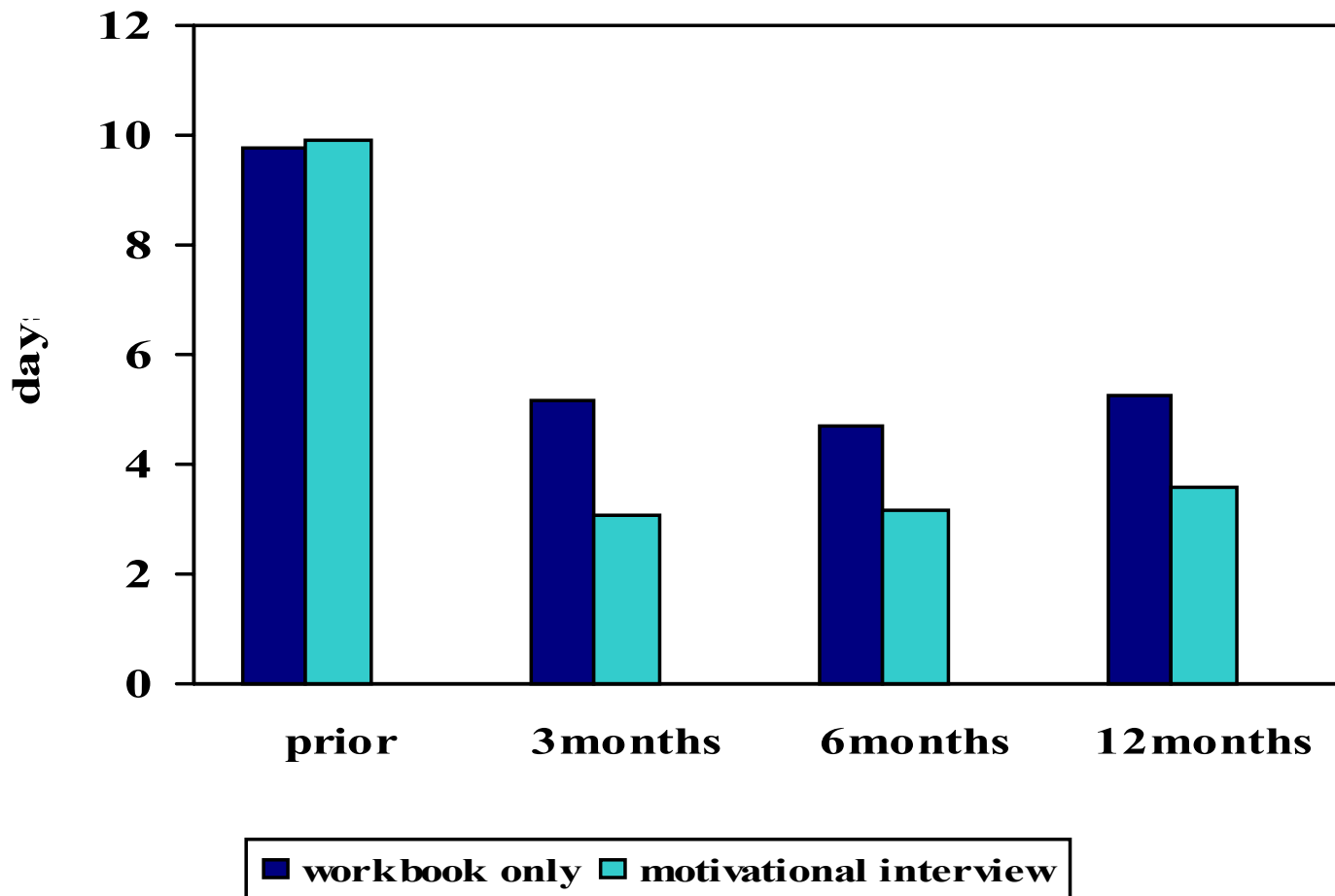
Days gambled at one month follow-up

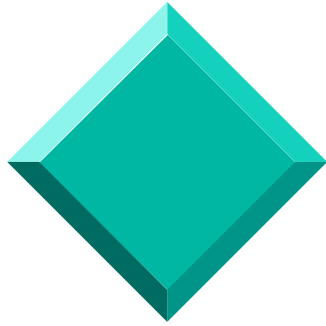




Minimal Treatment - Twelve Month Outcome

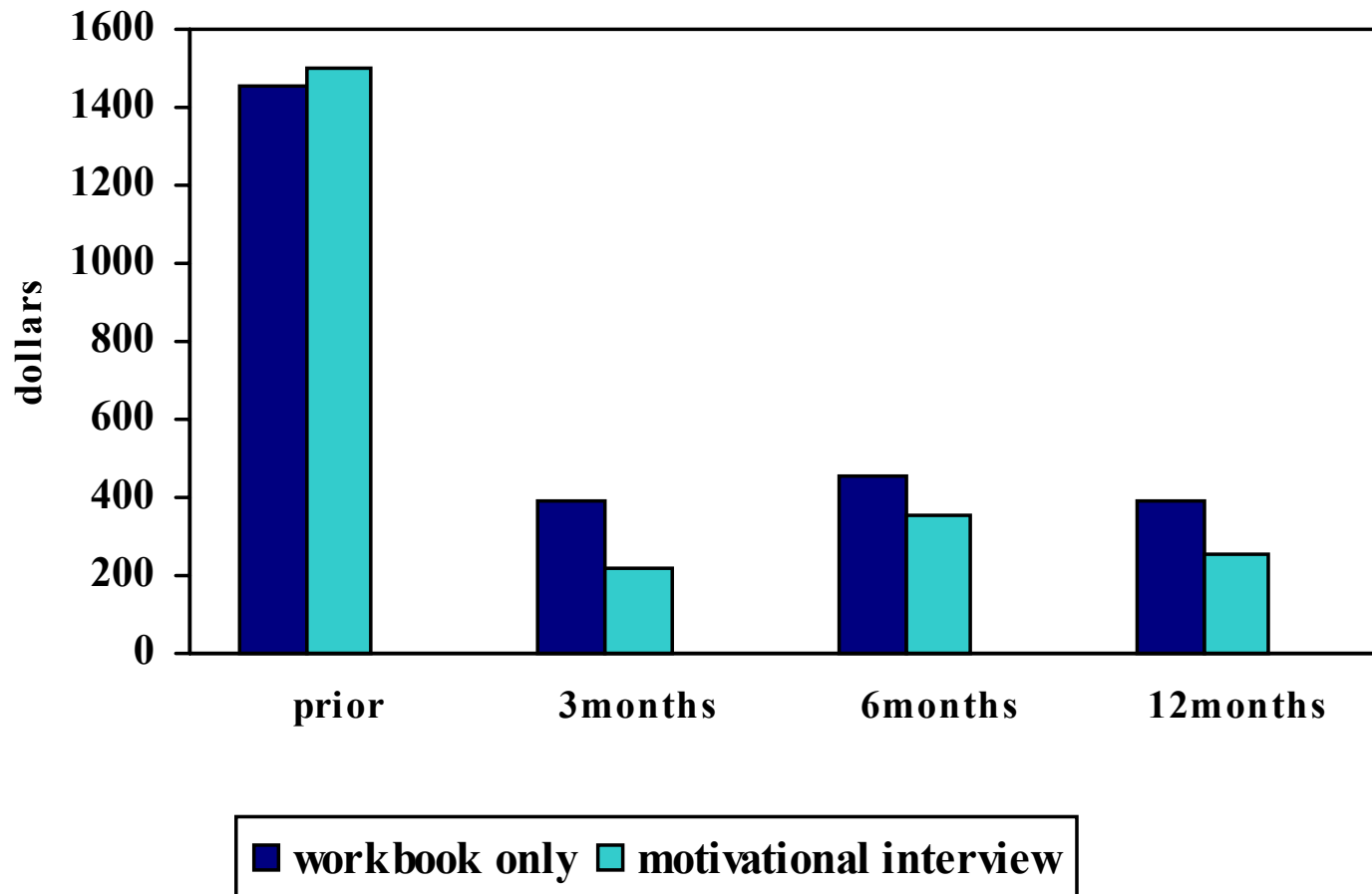
Average days gambled

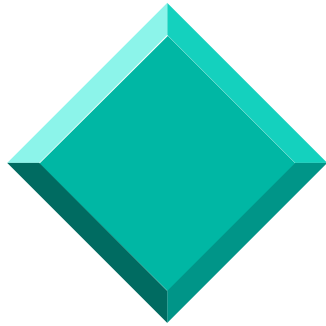




Minimal Treatment - Twelve Month Outcome

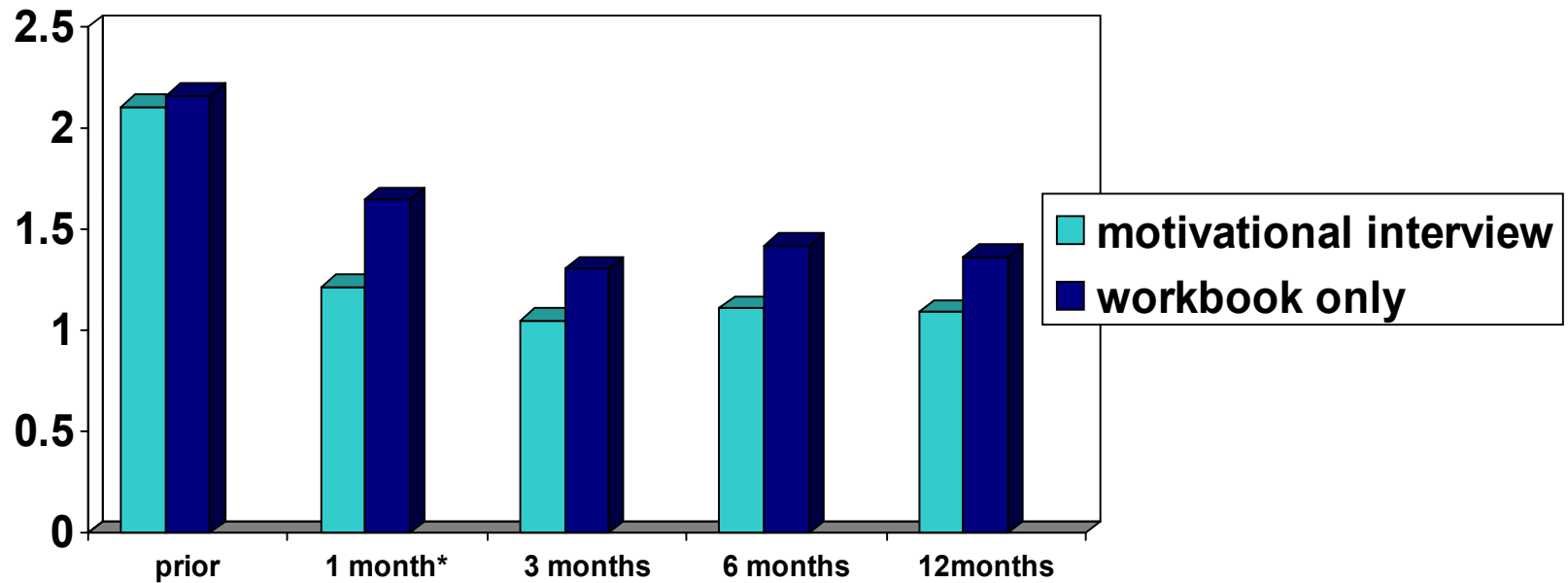
Average money gambled

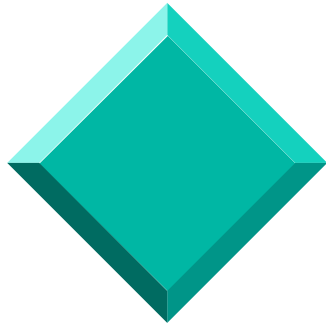




Minimal Treatment - Twelve Month Outcome

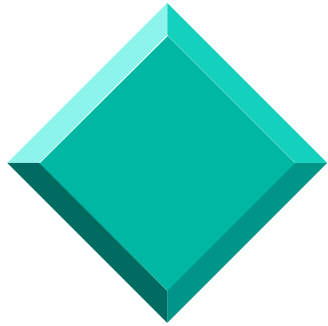
Average money spent per gambling day (logged)





Clinical Classification of Outcome of Participants at Each Follow-up Period

	3 months		6 months		12 months	
Workbook	Motivational interview	Workbook only	Motivational interview	Workbook only	Motivational interview	only
Abstinent (%)	42	19	33	23	30	21
Improved (%)	39	56	43	55	59	57
Not significantly improved (%)	19	25	23	23	11	21
Total N	31	32	30	31	27	28



(N = 102)

1 mos

12 mos

Goal met during follow-up?

not at all

17%

24%

partially

49%

29%

mostly

11%

17%

completely

23%

30%

Treatment received?

Yes

8%

17%

Read manual?

Not at all

6%

5%

Some sections

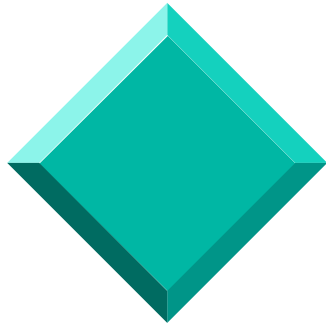
35%

17%

Completely

59%

78%



(N = 102)

1 mos

12 mos

Followed procedures?

Not at all

15%

18%

To some extent

68%

73%

Completely

17%

9%

Used strategies?

Not at all

23%

25%

Occasionally

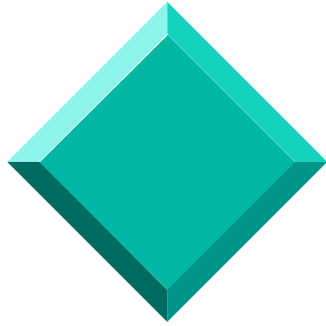
55%

61%

Regularly

23%

14%



Conclusions

- ✧ **Media recruitment is an effective way to attract problem gamblers not seeking treatment particularly women.**
- ✧ **Significant reduction in gambling at 12 months.**
- ✧ **Results promising. Gamblers report reading the manual and following the strategies.**
- ✧ **Support for Stepped Care Model.**
- ✧ **Motivational enhancement helpful.**
- ✧ **No gender differences.**