



Brief Interventions for Problem Gamblers

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Background

- Self-help workbooks
- Motivational enhancement therapy (Miller & Rollnick, 1991)
- Studies with problem gamblers
 - Dickerson et al. (1990)
 - Robson et al. (2002)
 - Hodgins et al. (2001, 2004)



Objectives

- Confirmation of effects of minimal interventions such as self-help workbooks and motivational enhancement telephone interviews on gambling behavior, the readiness of change, and the extent of gambling related problems in a sample of gamblers on amusement with prize (AWP) machines, who classified their own gambling behaviour as problematic and were motivated for change.





Hypothesis

- Participants who received the self-help workbook and additional motivational interviewing will show a greater reduction in gambling and greater improvement than those receiving the self-help workbook only.



Method 1/5



Flyer

Flyer and poster in
arcades/gambling halls

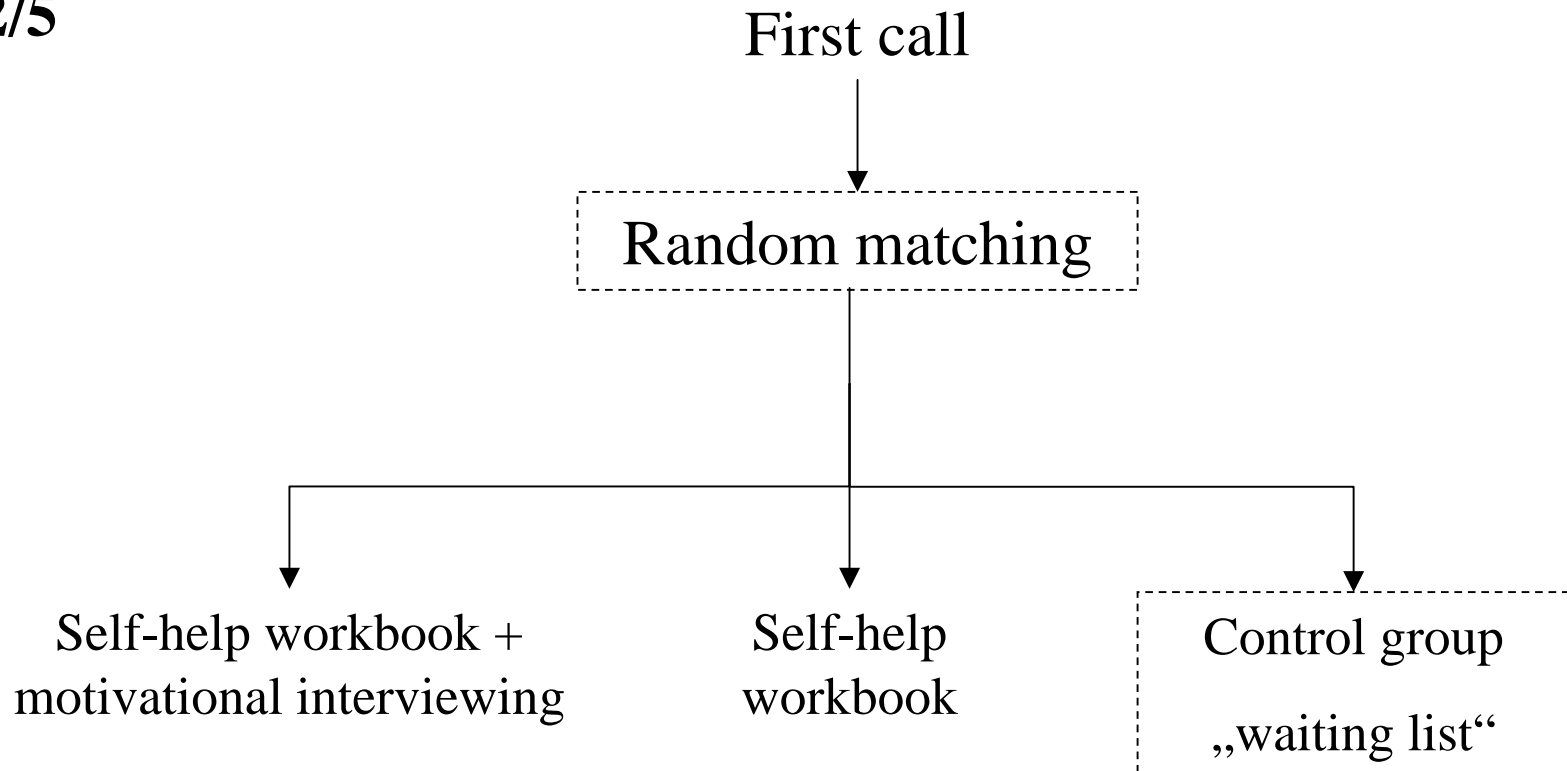
„Just for fun?... “

0800 – 5 64 64 84 (freecall)



Randomized matched samples

Method
2/5





Course of Measurement

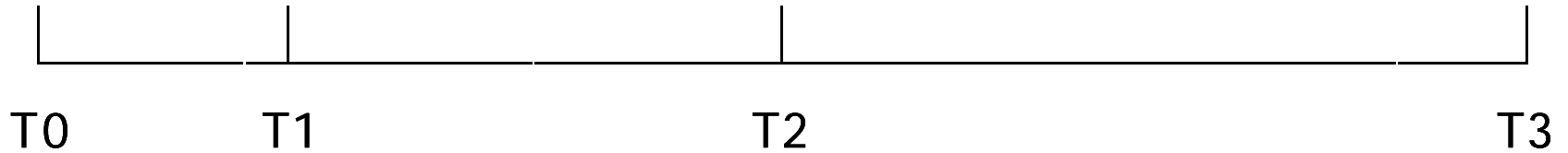
Method

3/5

2-months
follow-up

6-months
follow-up

12-months
follow-up



baseline
data



Stage-based Workbook for Problem Gamblers

Method

4/5

- Intro & Filter
- Chapter 1:
„Stay as I am!“
- Chapter 2:
„Changing? Yes and No!“
- Chapter 3:
„Preparation“
- Chapter 4:
„Full speed ahead“
- Chapter 5:
„Stay the course“

A large, stylized orange question mark is the central element. Inside the top curve of the question mark is a small image of a slot machine. To the left of the question mark, the text 'Nur...' is written in a bold, italicized font. Below the question mark, the text 'zum Spaß?' is written in a bold, italicized font. At the bottom of the question mark, there is a small rectangular box containing the text 'Selbsthilfe bei problematischem Umgang mit Geldspielgeräten oder FunGame-Automaten'. At the very bottom of the graphic, the logo of the University of Bremen is visible, consisting of a red 'U' with a white 'B' inside, followed by the text 'Universität Bremen'. The entire graphic is set against a white background with a black bar at the top and bottom, each containing a small yellow and pink square.



Motivational Interviewing

Method

5/5

- Feedback
- Responsibility
- Advice
- Options
- Empathy
- Self-efficacy



Instruments

1/2

- Severity of pathological gambling
 - Short Questionnaire of Gambling Behaviour (Petry & Baulig, 2003)
- Gambling behaviour
 - Frequency (days/week)
 - Duration (hours/day)
 - Stakes (losses/day in €)



Instruments

2/2

- Gambling related problems:
 - Family
 - Financial situation
 - Emotional state
 - Relationship to other people
 - Quality of life
- Readiness to change
 - Importance
 - Confidence of change



Subjects

1/2

- 58 male gamblers on AWP machines
- Age: 21 to 48
- Reaction to flyer and poster (with information of the research project) presented in arcades/gambling halls



Subjects

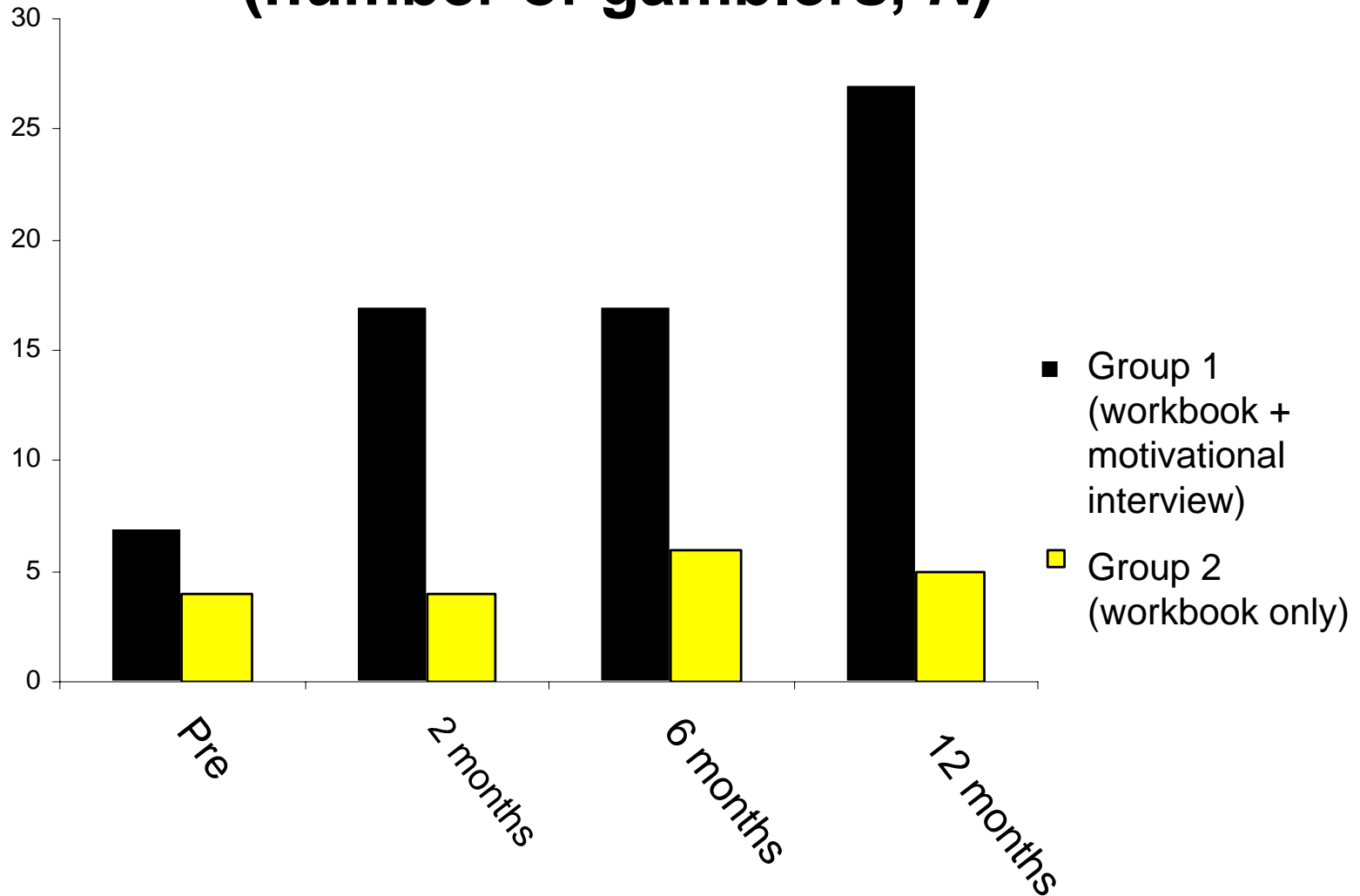
2/2

- Classified their gambling behaviour as problematic
- 88% agreed to at least 10 items of the „Kurzfragebogen zum Glücksspielverhalten“ (Short Questionnaire of Gambling Behaviour)



Readiness of change in both groups (number of gamblers, N)

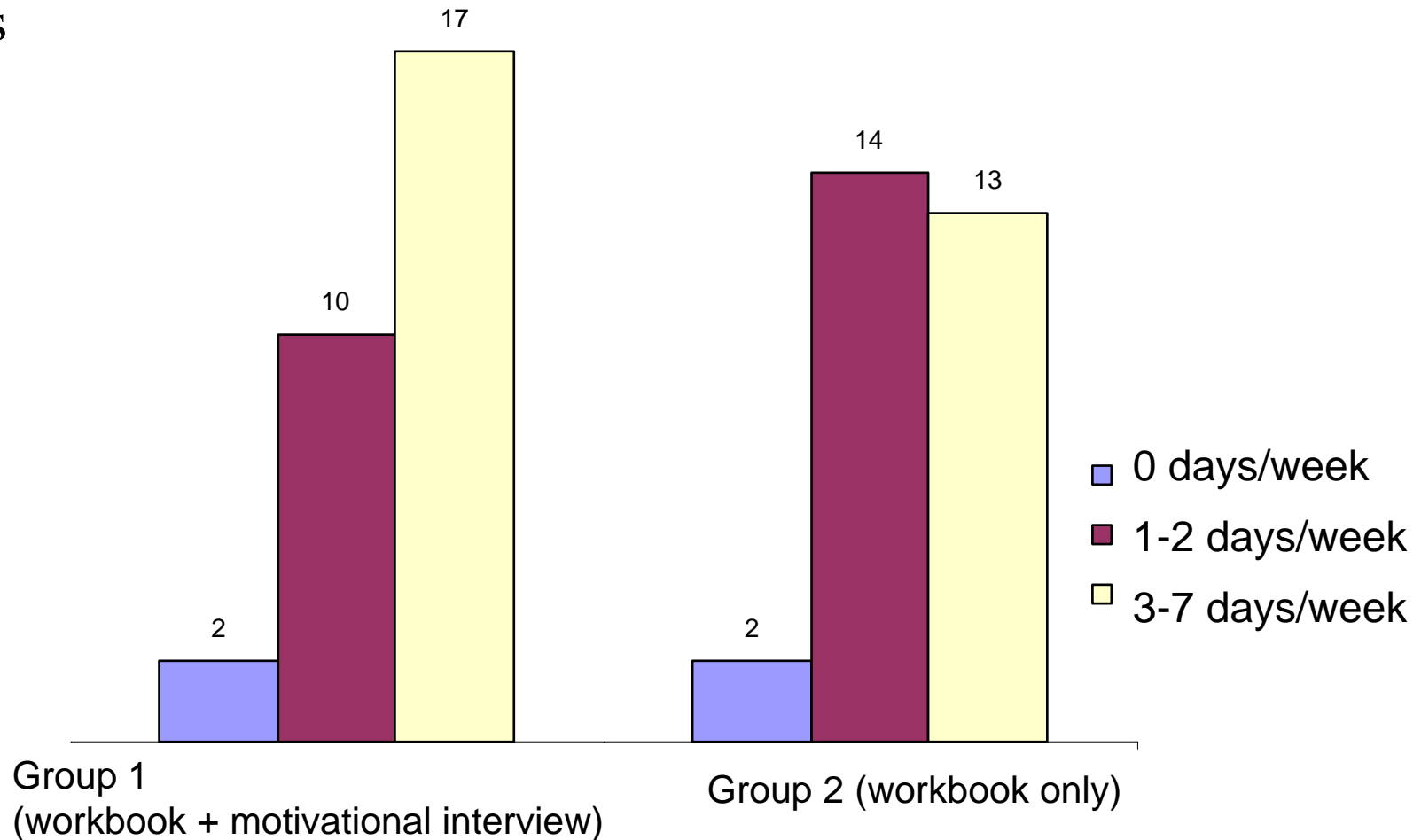
Results
1/8





Use of the workbook after two months

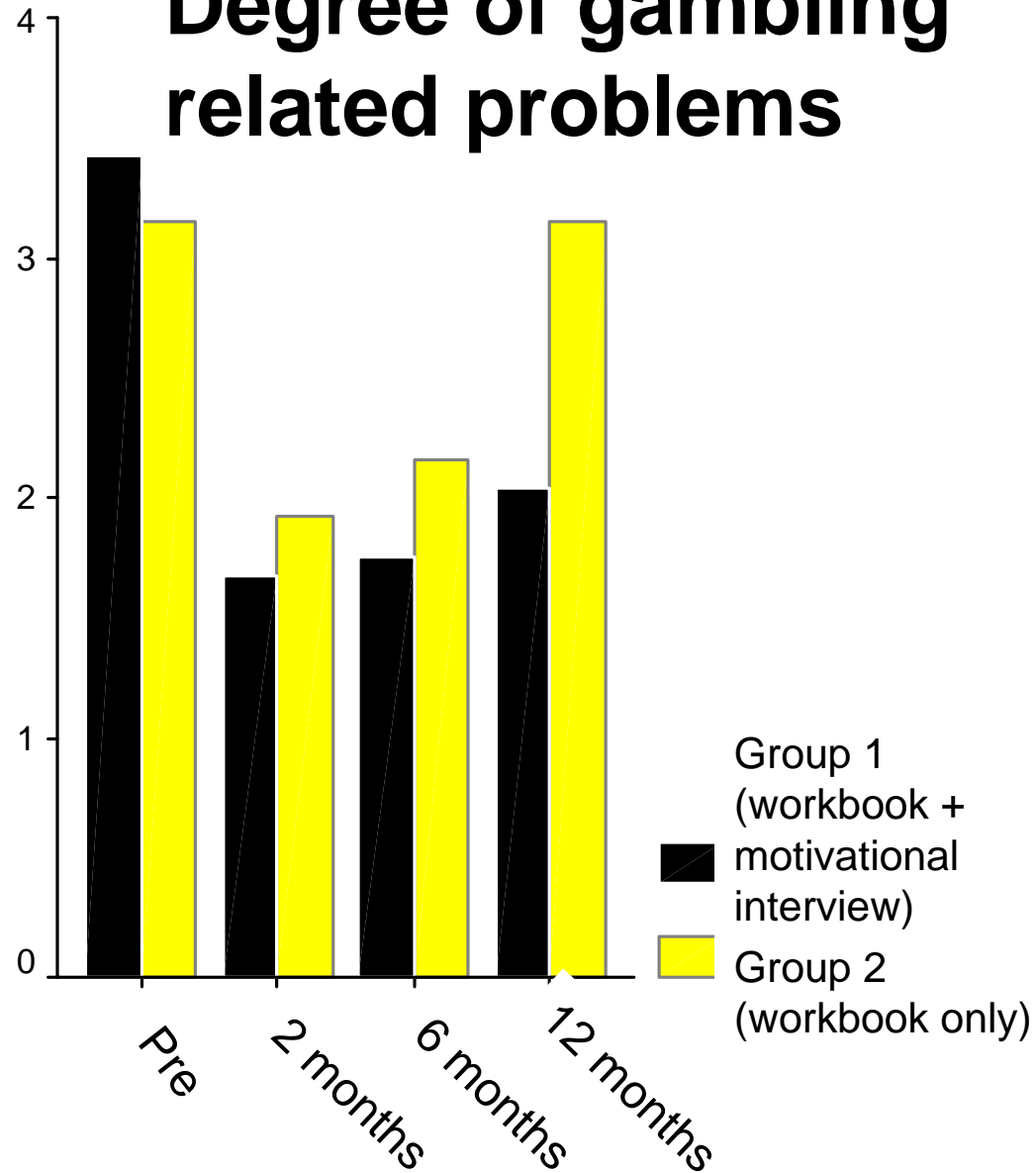
Results
2/8





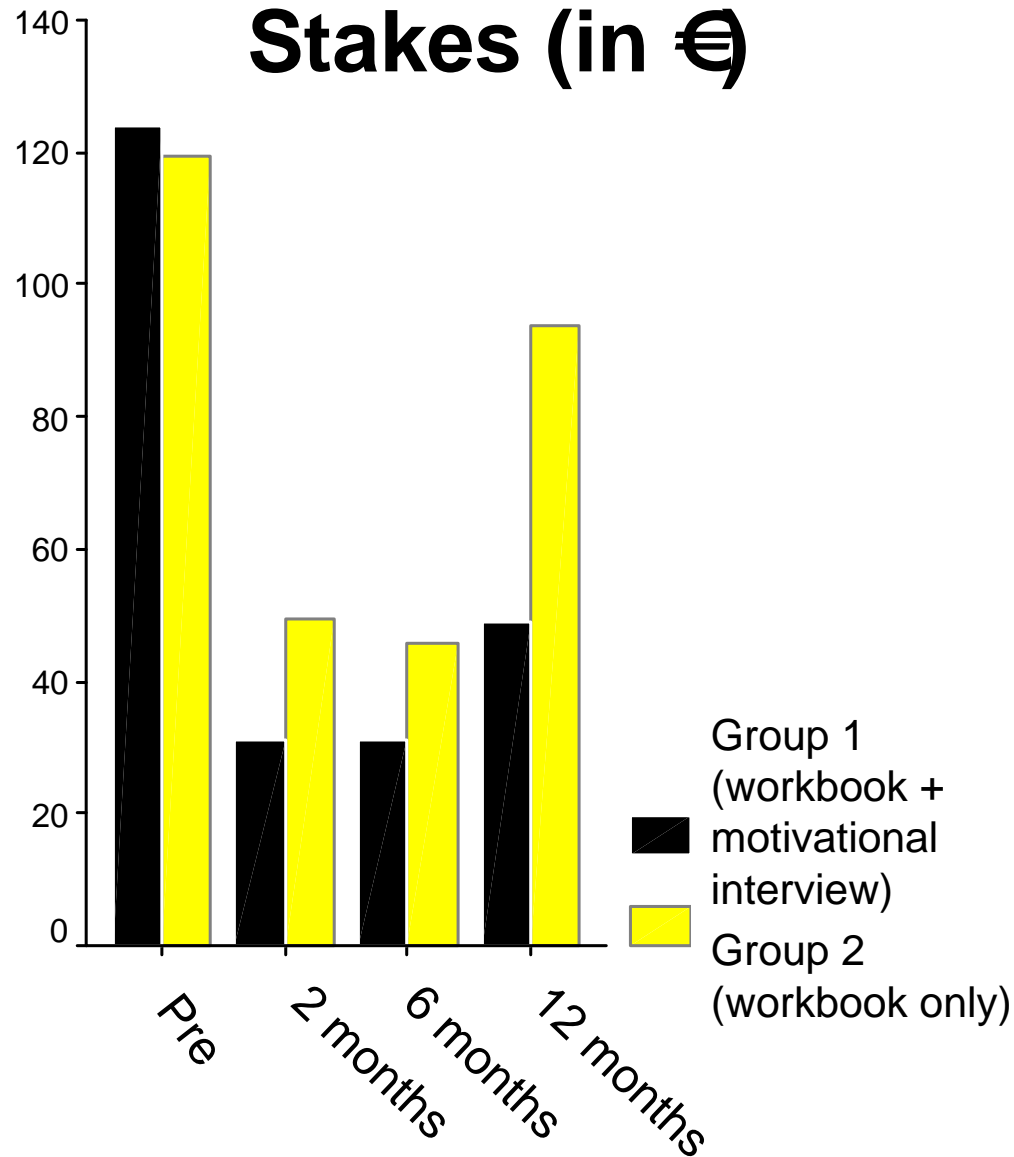
Results
3/8

Degree of gambling related problems





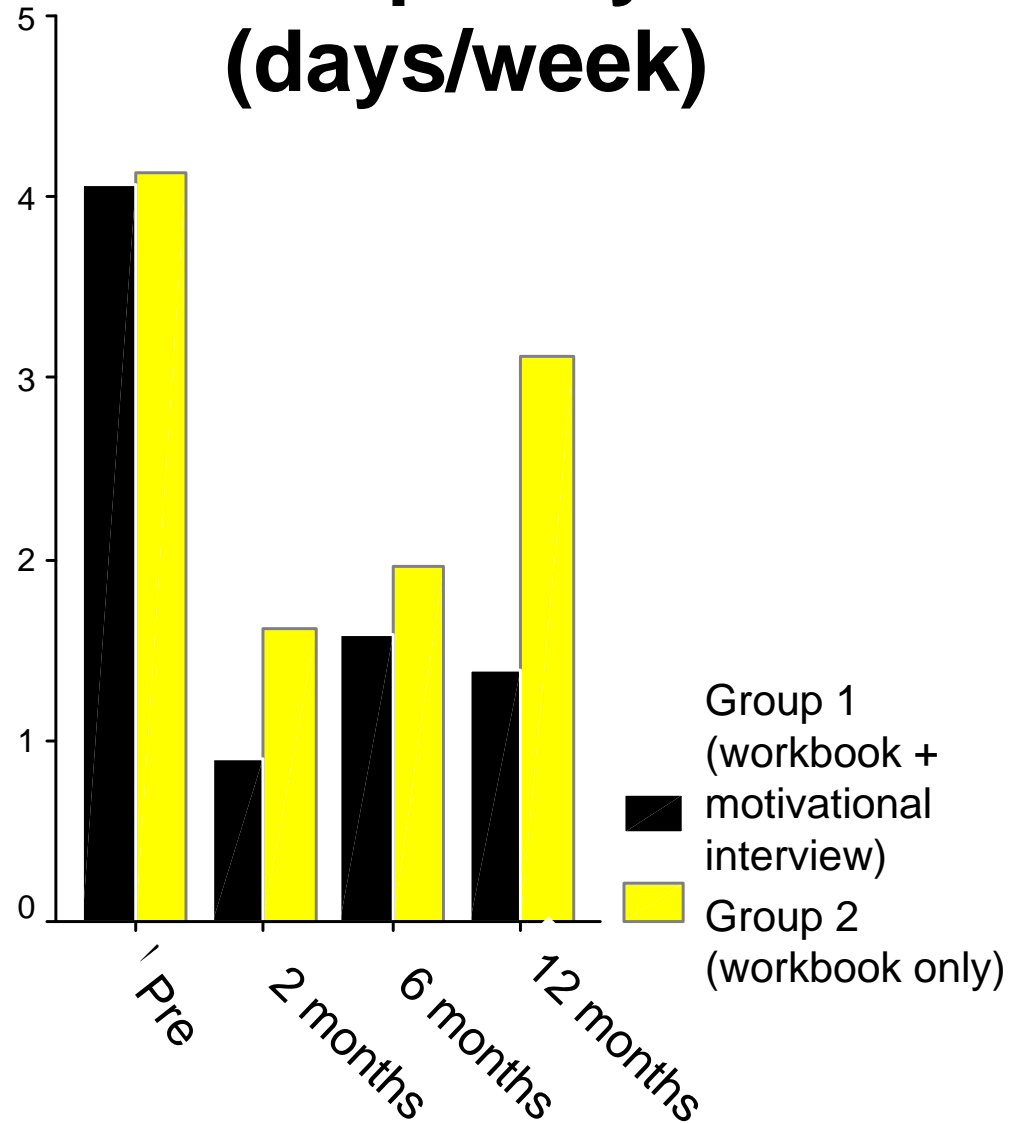
Results
4/8





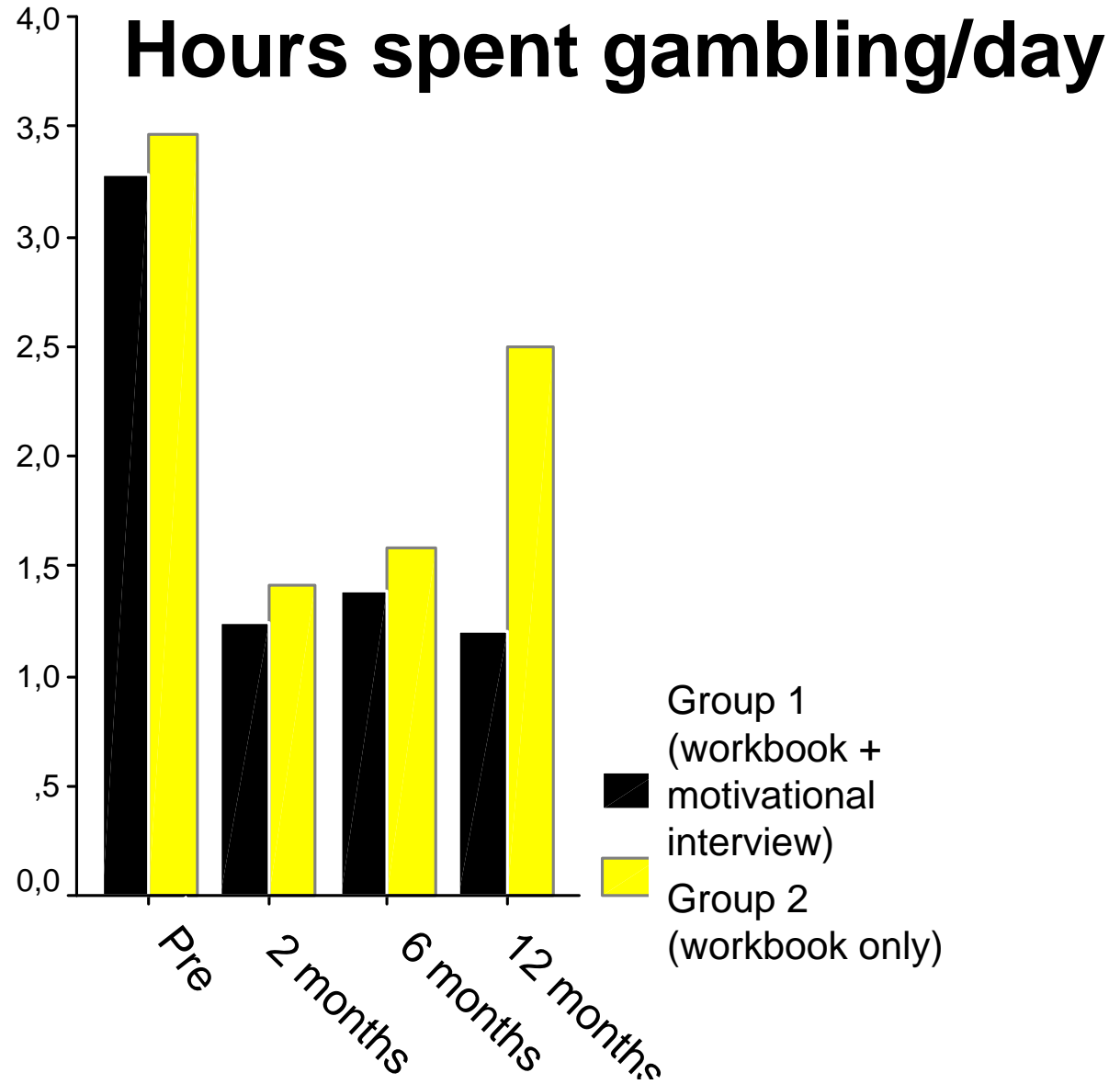
Results
5/8

Frequency (days/week)



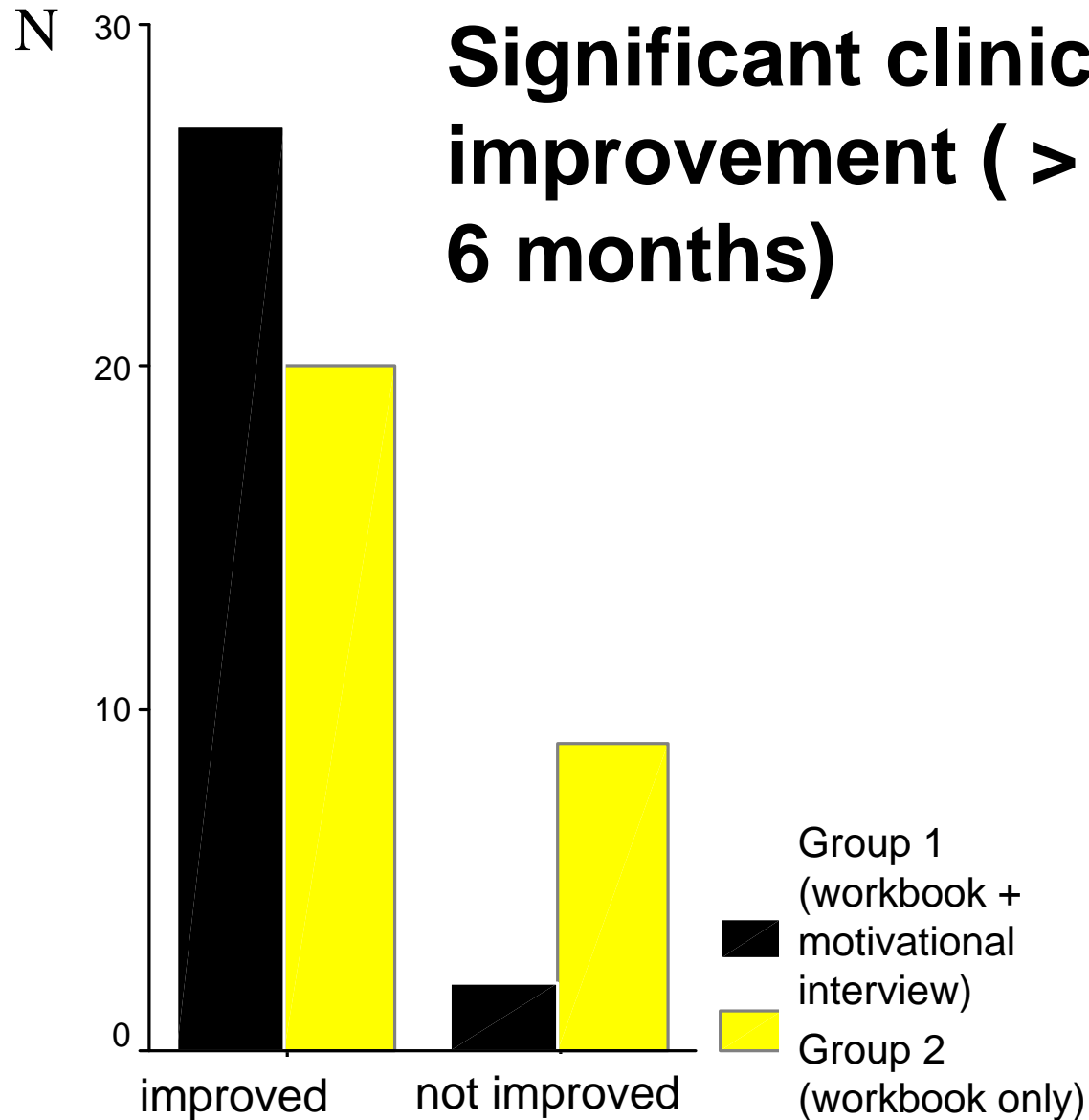


Results
6/8



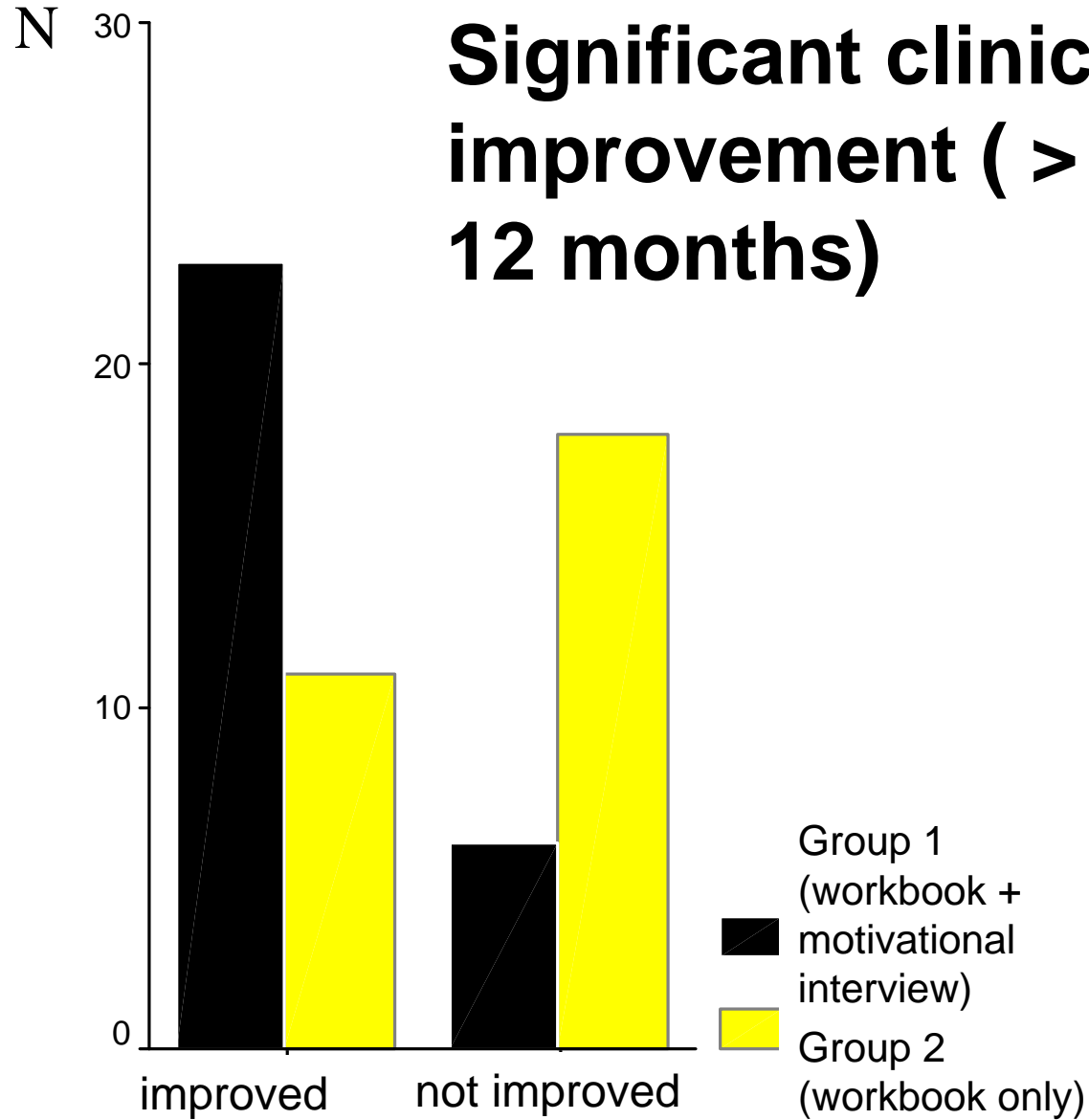


Results
7/8





Results
8/8





Discussion

1/2

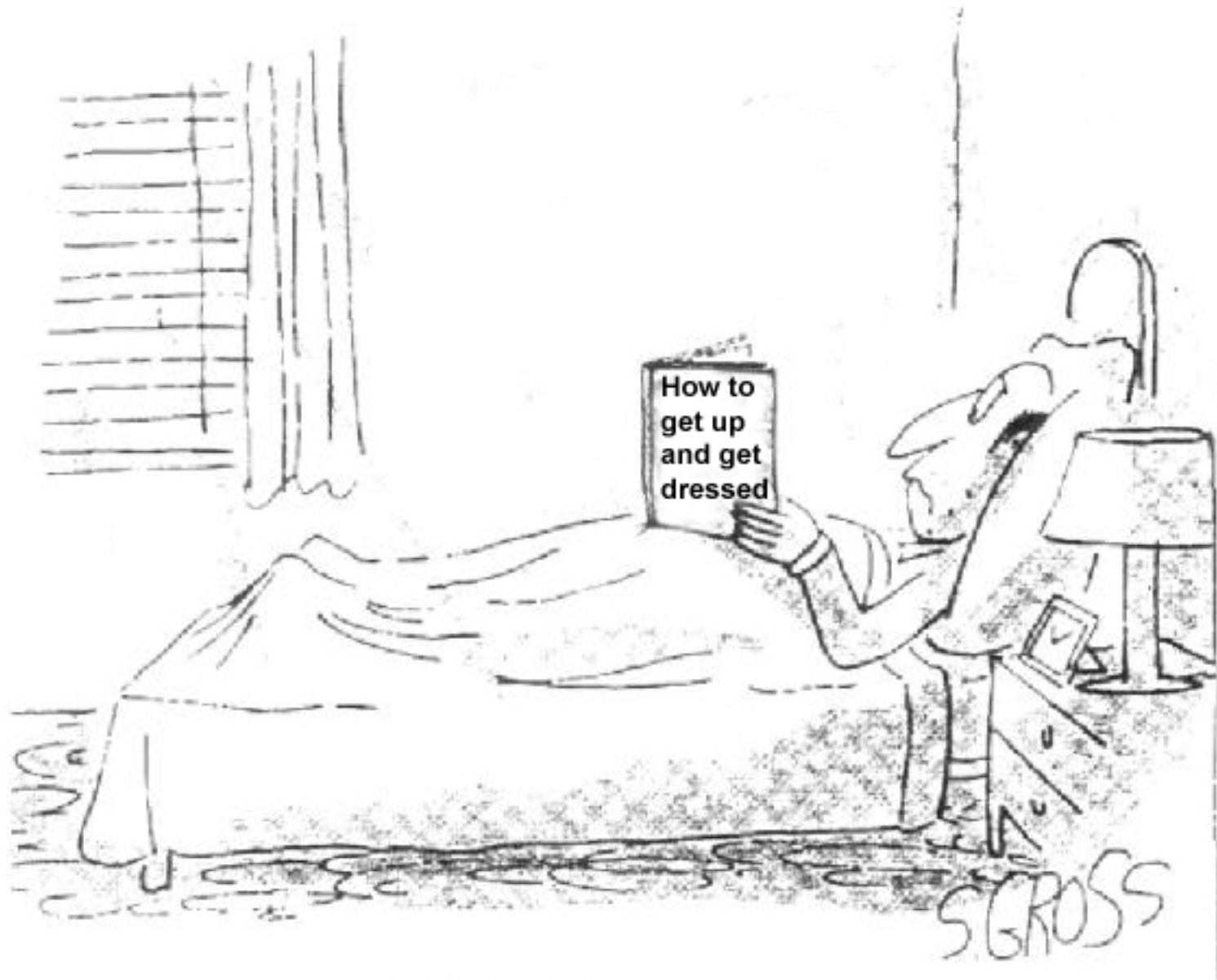
- Results consistent with previous research
- Easier to control frequency than session expenditure
 - Card-based play to set limits



Discussion

2/2

- Benefit from motivational interviewing
 - Identification of problem gamblers in the venue
 - Training of employees (e.g. in motivational interviewing)
- Limitation: no control group



Self-help workbooks – useful in any situation!