

Back to the Future: Memories of the Past Non-Gambling Self Facilitates Behavioral Change



2018 Alberta Gambling Research
Institute Conference

April 14th, 2018

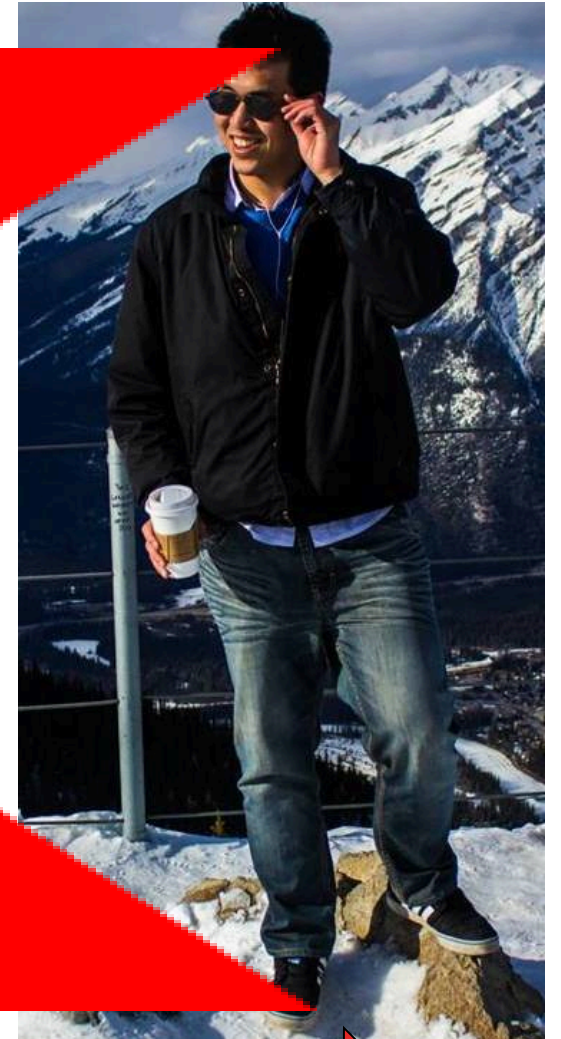
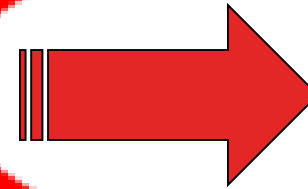
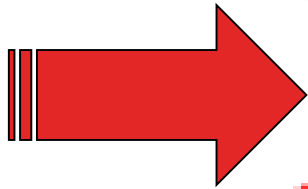
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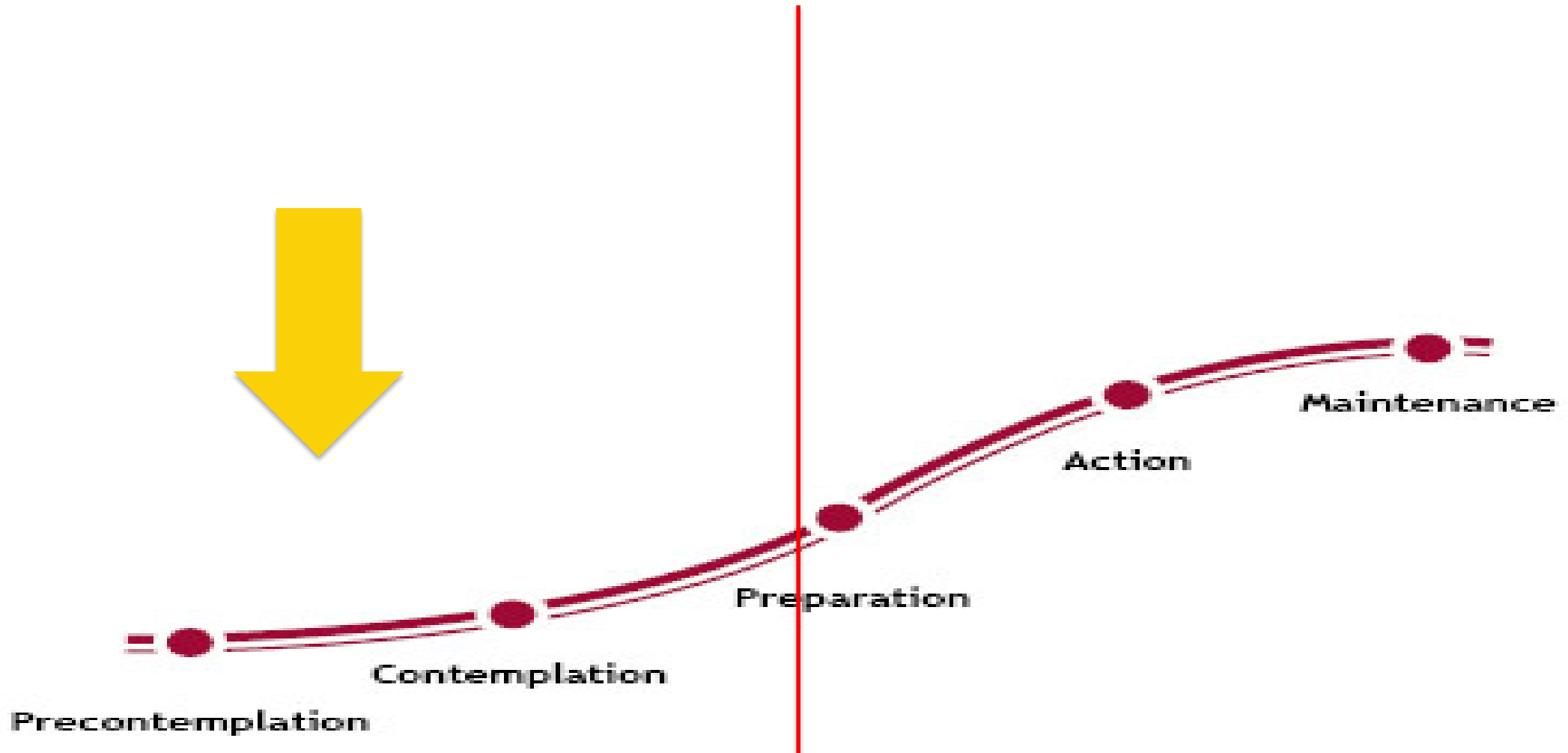
This research was funded in part by a grant from the National Center on Responsible Gaming, Manitoba Gambling Research Program and Gambling Research and Exchange Ontario. In addition, my research has been funded by the Alberta Gambling Research Institute (AGRI). I receive a doctoral scholarship from the AGRI and have been an invited speaker with travel costs reimbursed at AGRI and New Horizons.

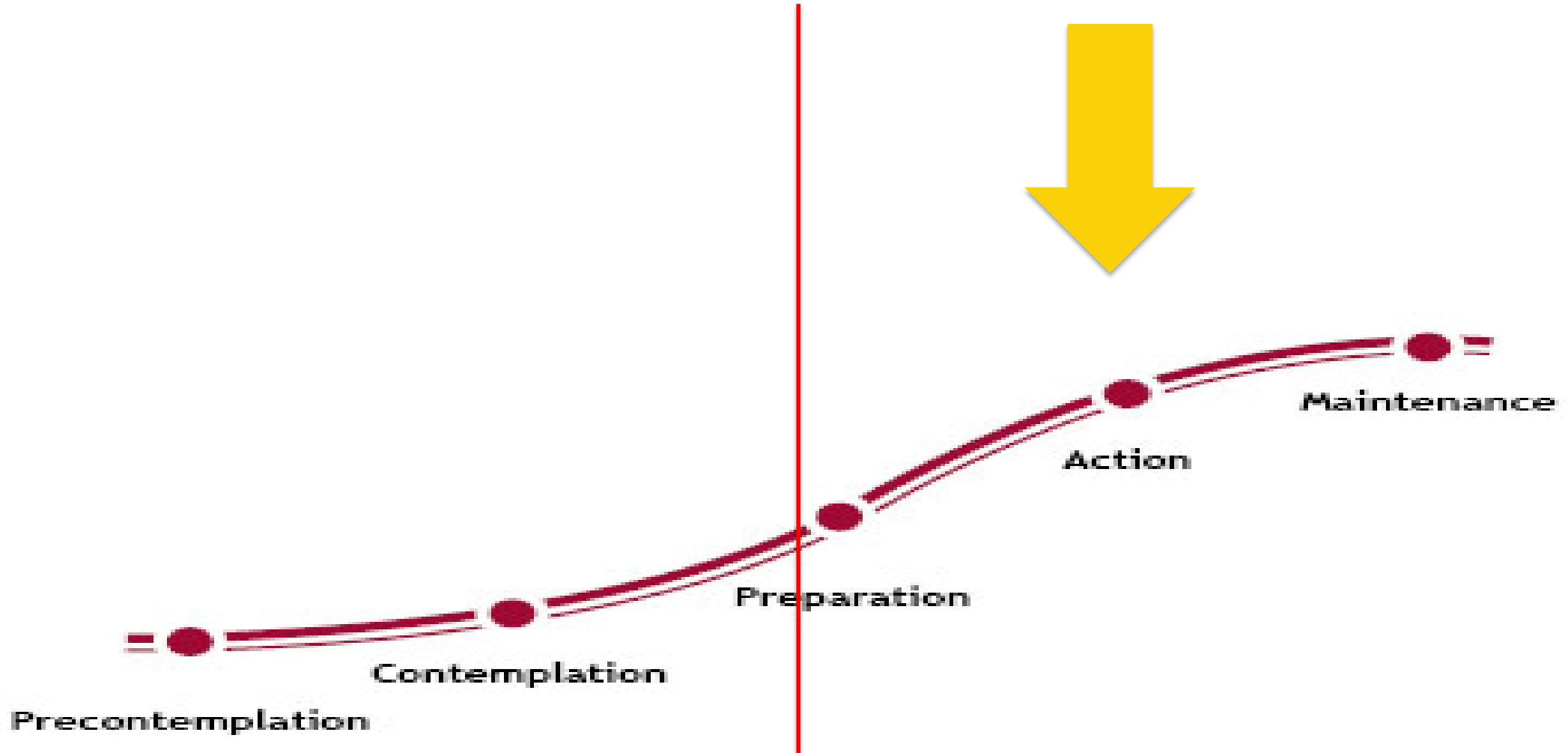










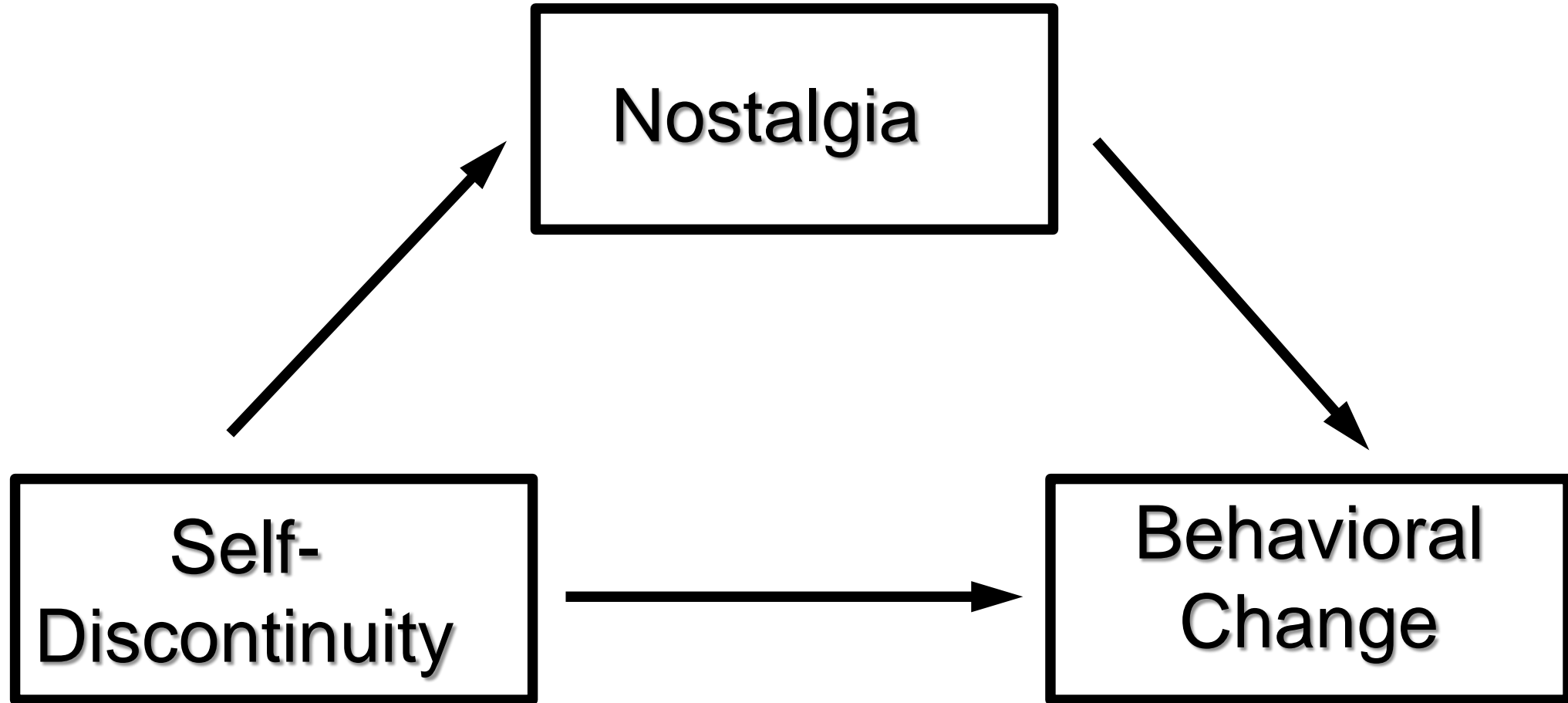


- Greek word: “nostos” and “algos”
- Psychological disorder
- Consequence of self-discontinuity (Iyer & Jetten, 2014)
- Self as target of nostalgia (Davis, 1977)
- Motivational force (Sedikides & Wildschut, 2016)



Can discontinuity-induced nostalgia facilitate behavioral change for gamblers?

- Study 1: cross-sectional
- Study 2: longitudinal
- Study 3: barriers to change
- Study 4: clinical sample
- Study 5: boundaries and limitations

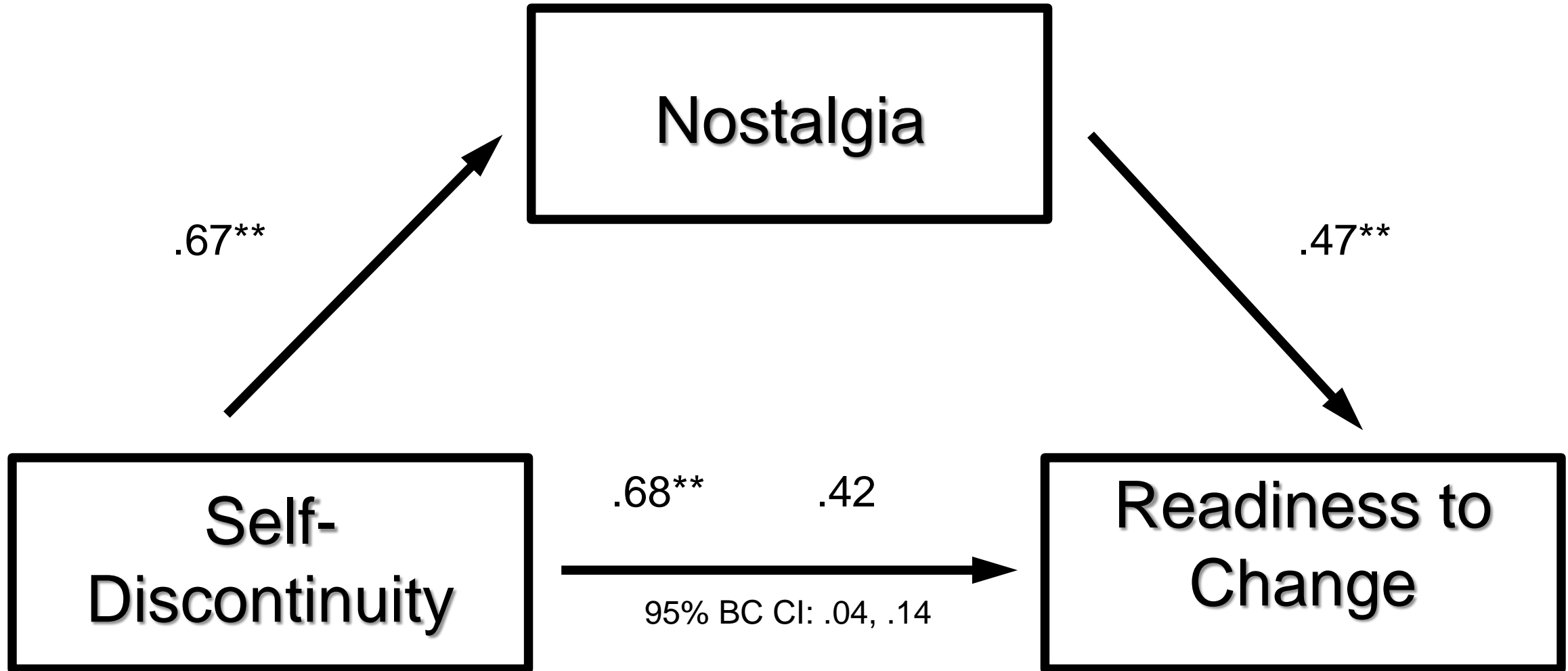


Participants

- Disordered Gamblers
- $N = 79$ (52 males) (Amazon's Mechanical Turk)
- Age = 19-72 years ($M = 34.15$, $SD = 13.24$)

Measures

- Problem Gambling Severity Index (PGSI; Ferris & Wynne, 2010)
- Self-Discontinuity (Iyer & Jetten, 2011)
- Nostalgia (Iyer & Jetten, 2011)
- Readiness to Change (Rollnick, Heather, Gold & Hall, 1992)



** $p < .01$

Participants

- Disordered Gamblers
- $N = 80$ (60 males)
- Age = 18-62 years ($M = 30.31$, $SD = 8.82$)

Measures

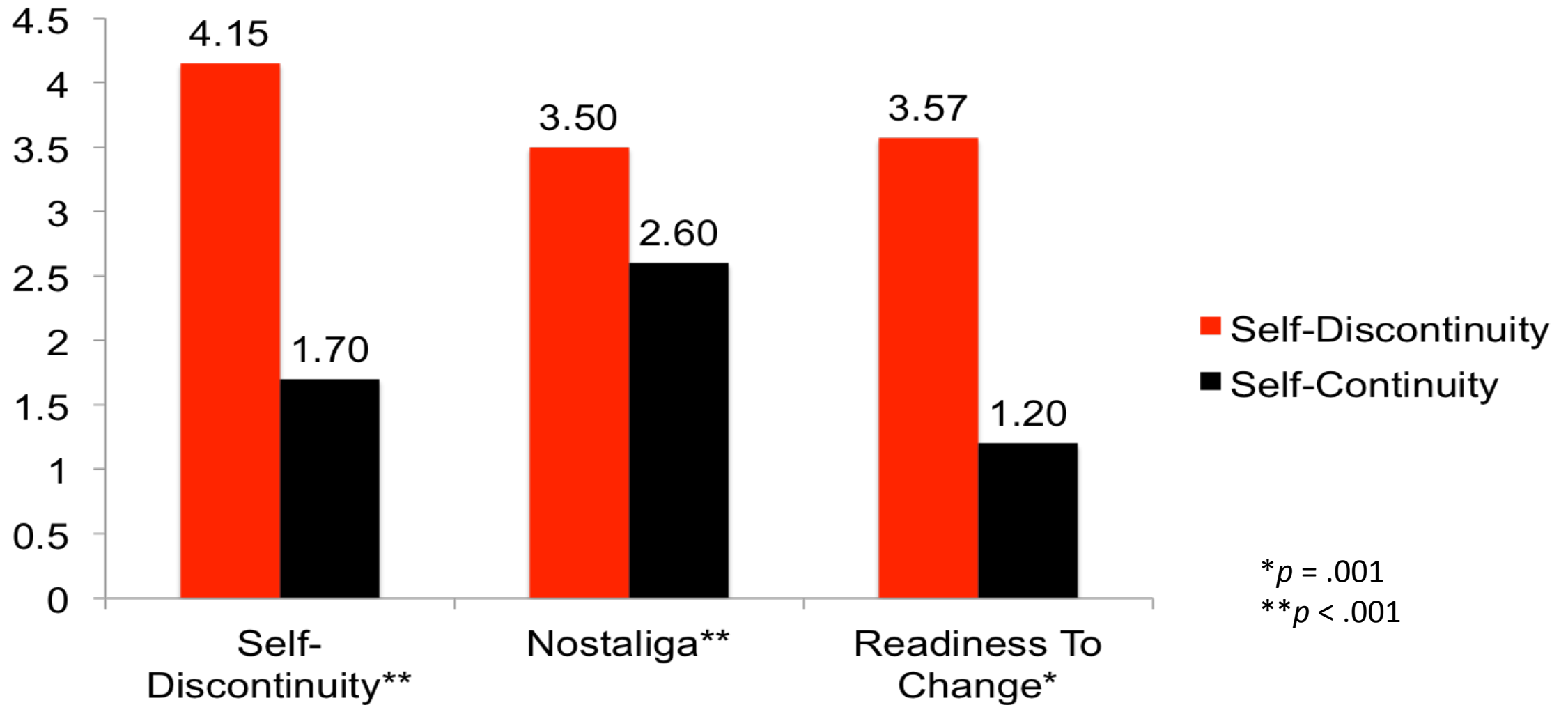
- Readiness to Change (Biener & Abrams, 1991)

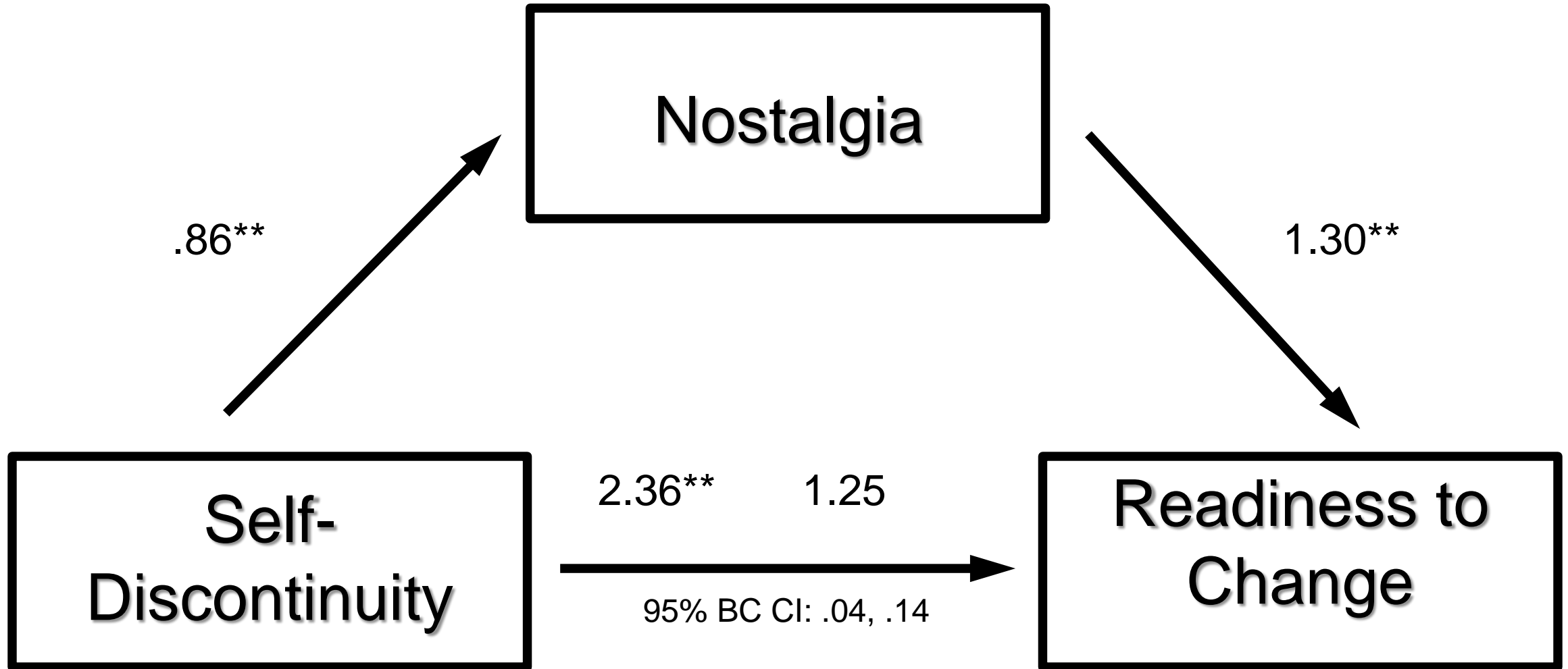
Procedure

- Random assignment to a *self-continuity* or *self-discontinuity condition*



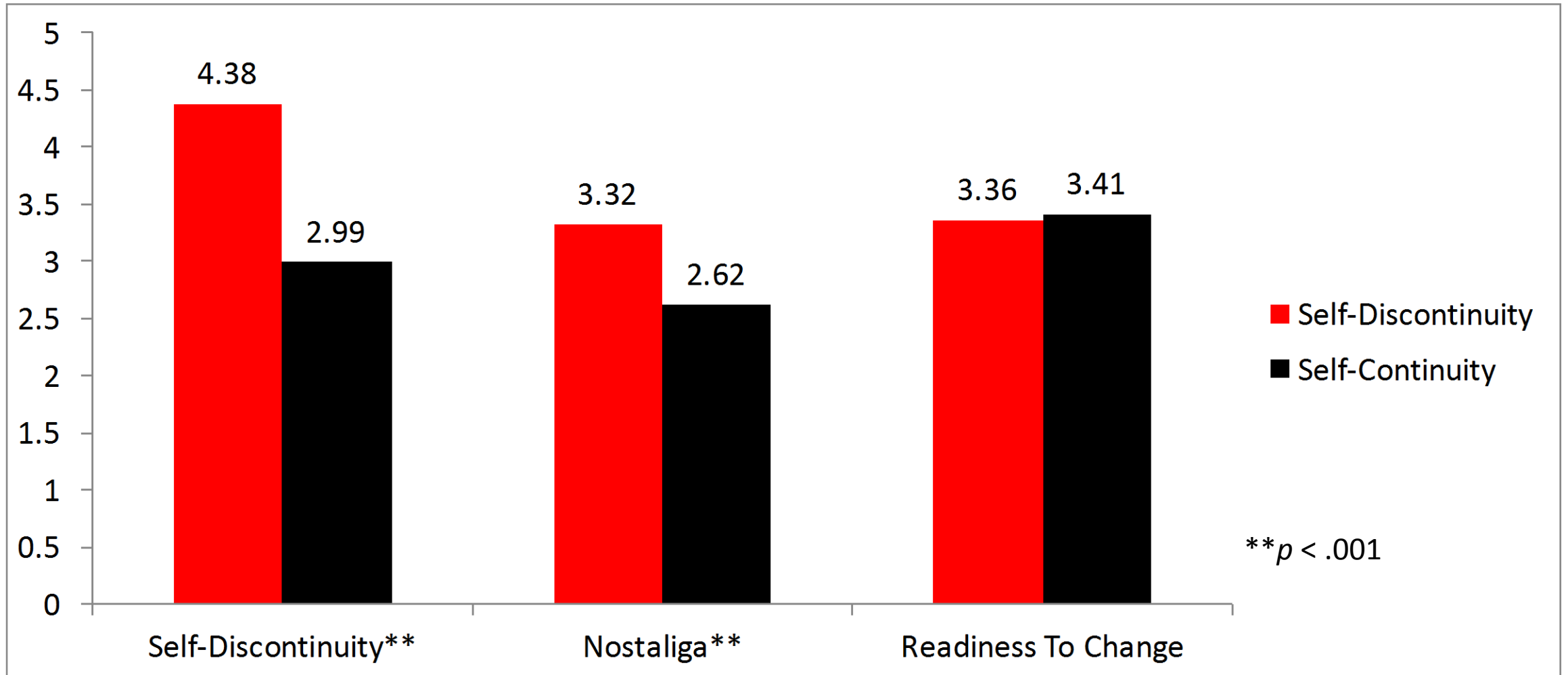
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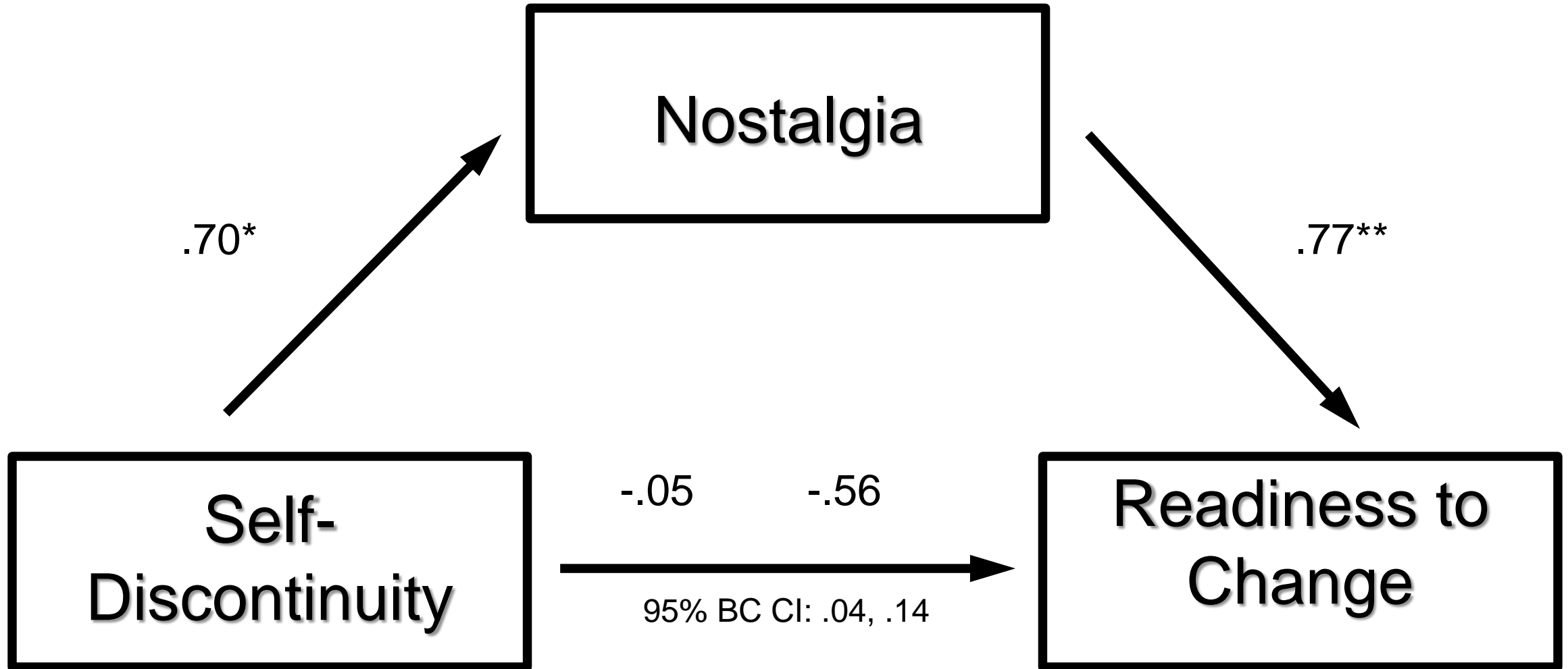




$** p < .01$







* $p < .05$

**Desire to
change**



Change



Method

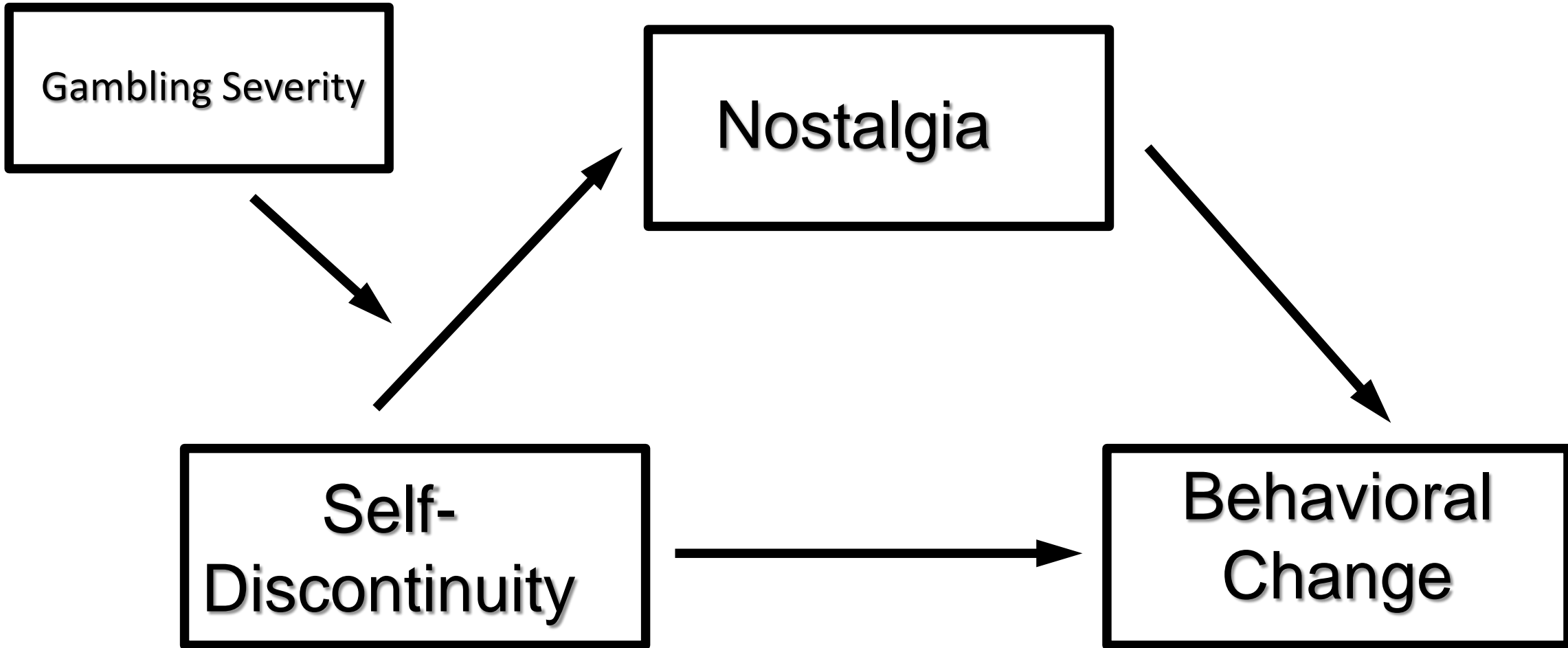
- Longitudinal (1 month)
- Self-reported change attempt

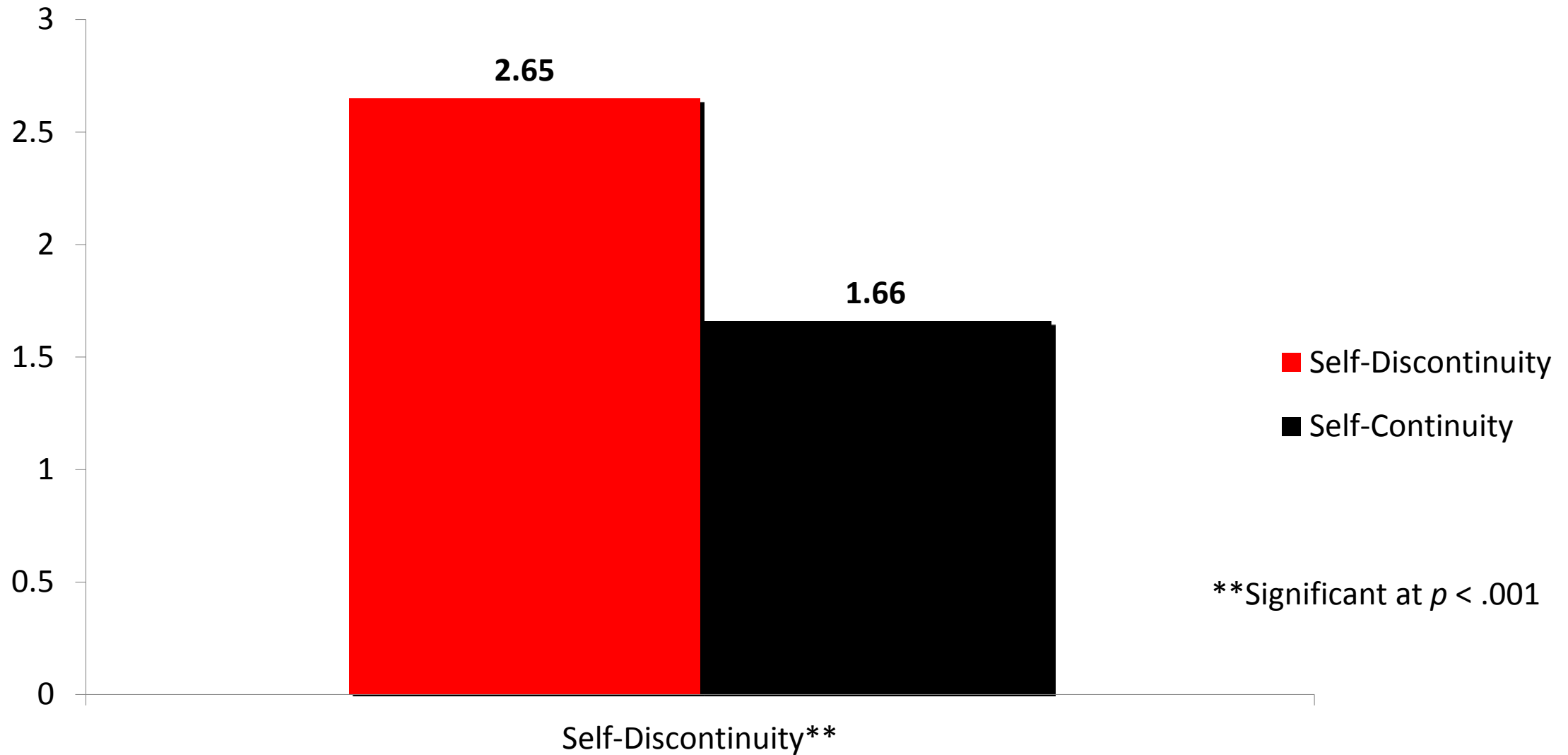
Participants

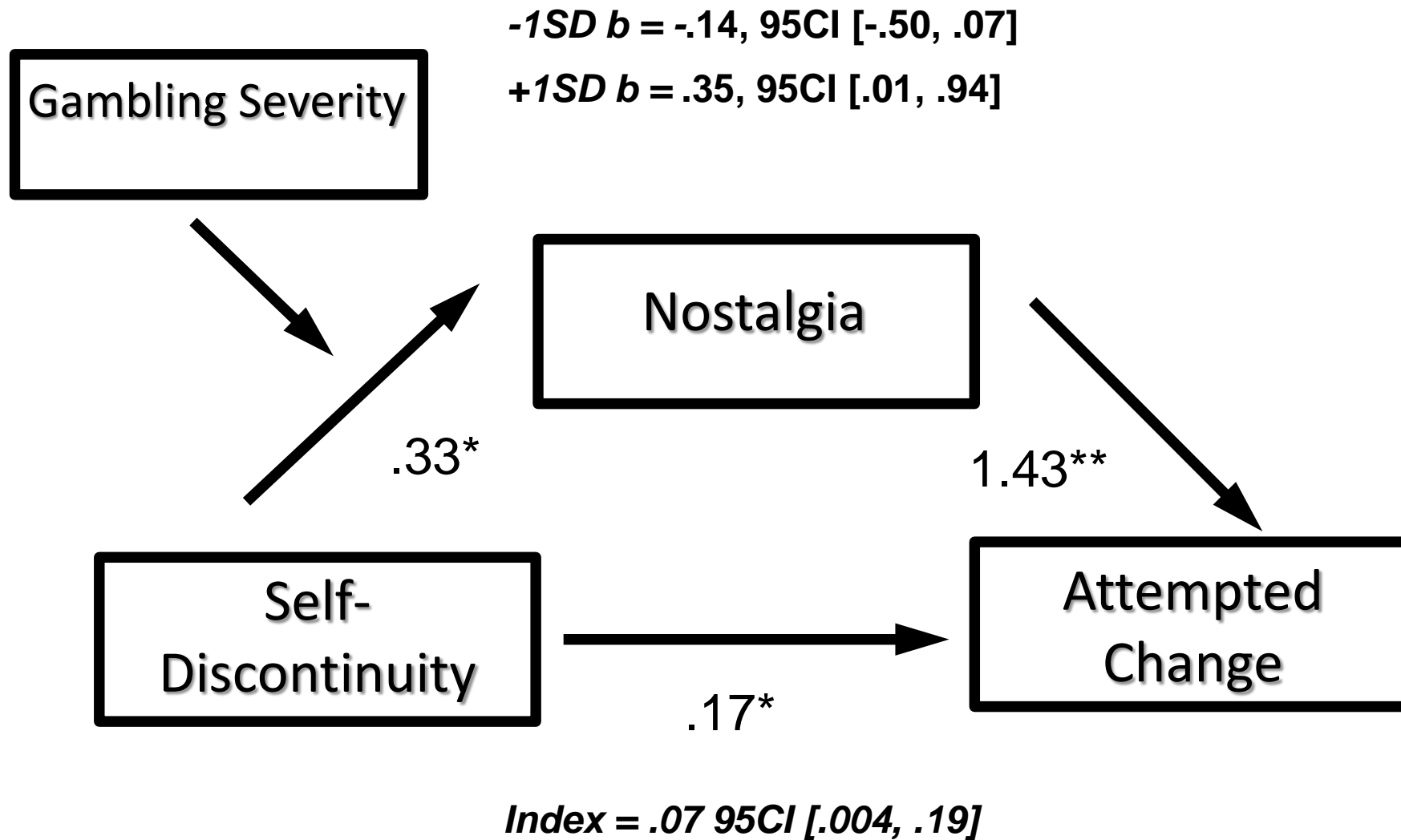
- Community Gamblers
- $N = 181$ (112 males); 115 completed follow-up
- Age = 18-67 years ($M = 35.82$, $SD = 11.08$)

Measures

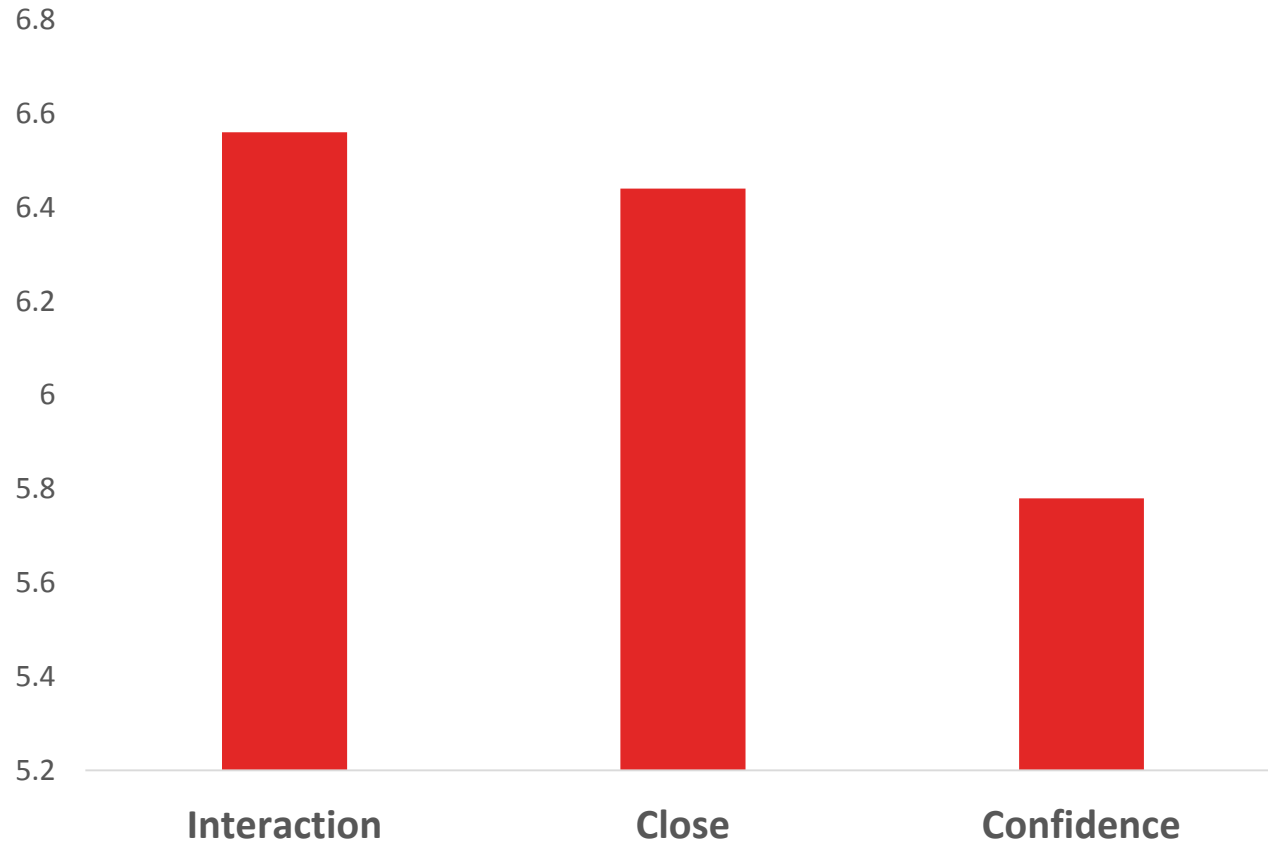
- *“Have you made an attempt to quit or cut down gambling in the past month?”*





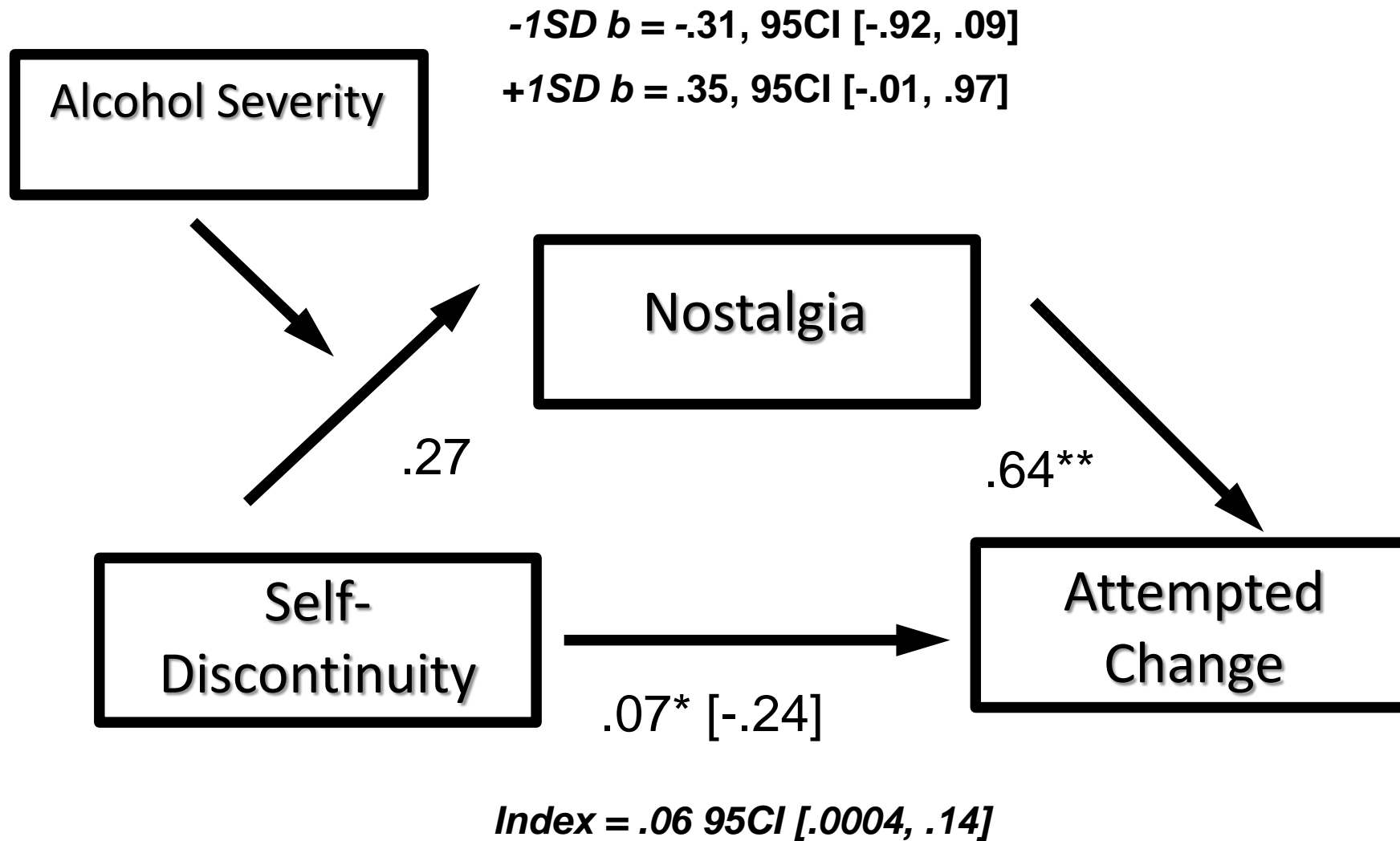






Collateral agreement with the participant in question about whether a change attempt was made:

(88.89%; n = 16), $\chi^2(2) = 15.11, p < .001$.



- Shame
- Guilt
- Self-Stigma



Method

- Longitudinal (6 months)
- People who endorse 1+ on NODS-CLiP
- Multi-Method Recruitment Method
 - Random digit telephone dialing ($n = 56$)
 - Casino's in Ottawa and Winnipeg ($n = 93$)
 - Online advertisement ($n = 46$)

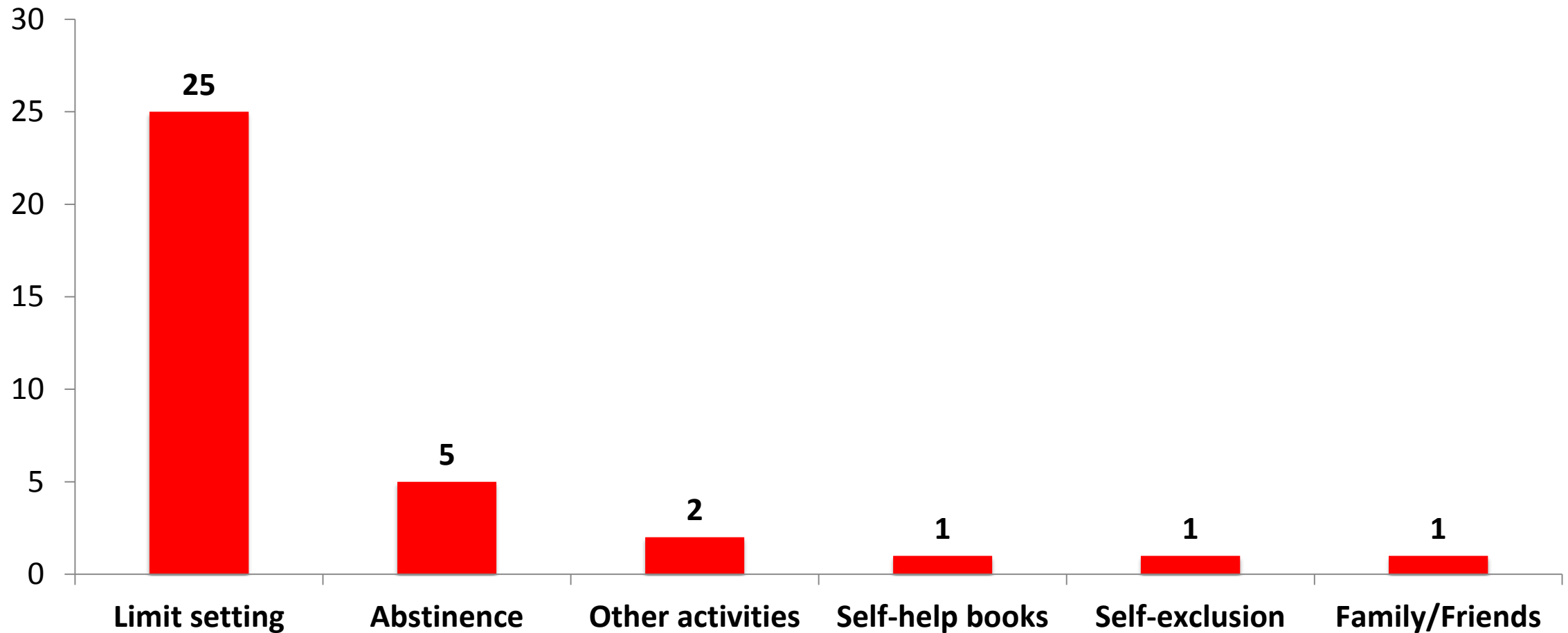
Participants

- $N = 195$ (99 males); 76 completed follow-up
- Age = 18-67 years ($M = 35.82$, $SD = 11.08$)

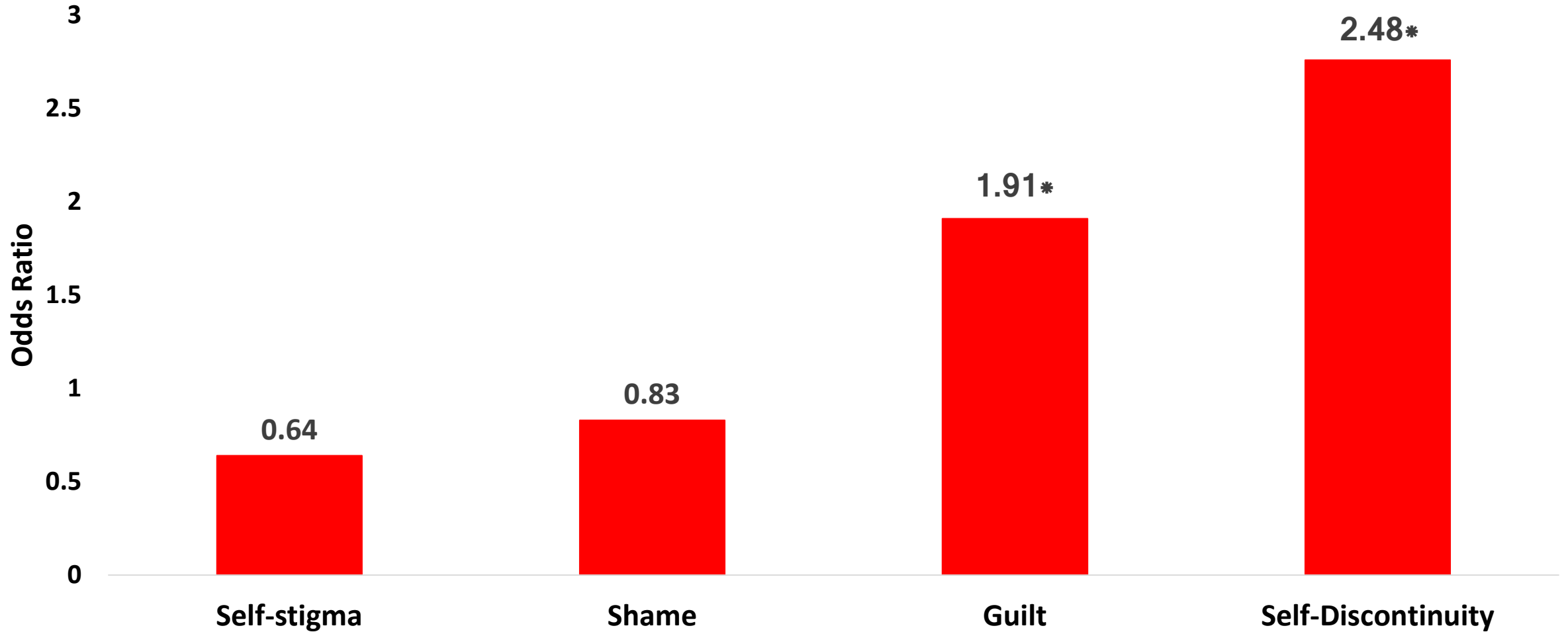
Measures

- Shame and Guilt (Test of Self Conscious Affect – 3) (Tangney, Dearing, Wagner & Gramzow, 2000)
- Self-Discontinuity
- Self-Stigma
- Attempted Change
- Strategies

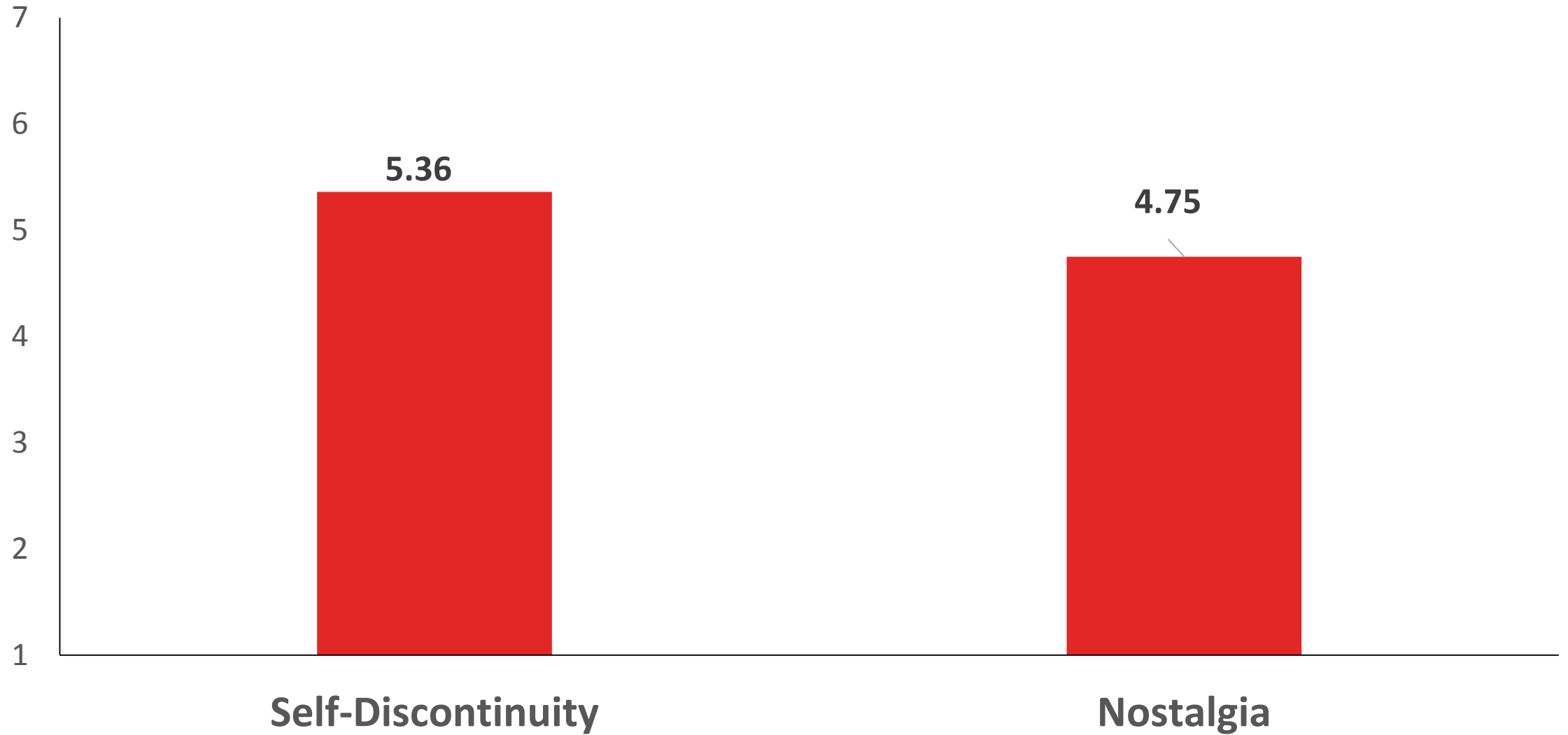
Strategies Used to Overcome Gambling



Predictors of Change









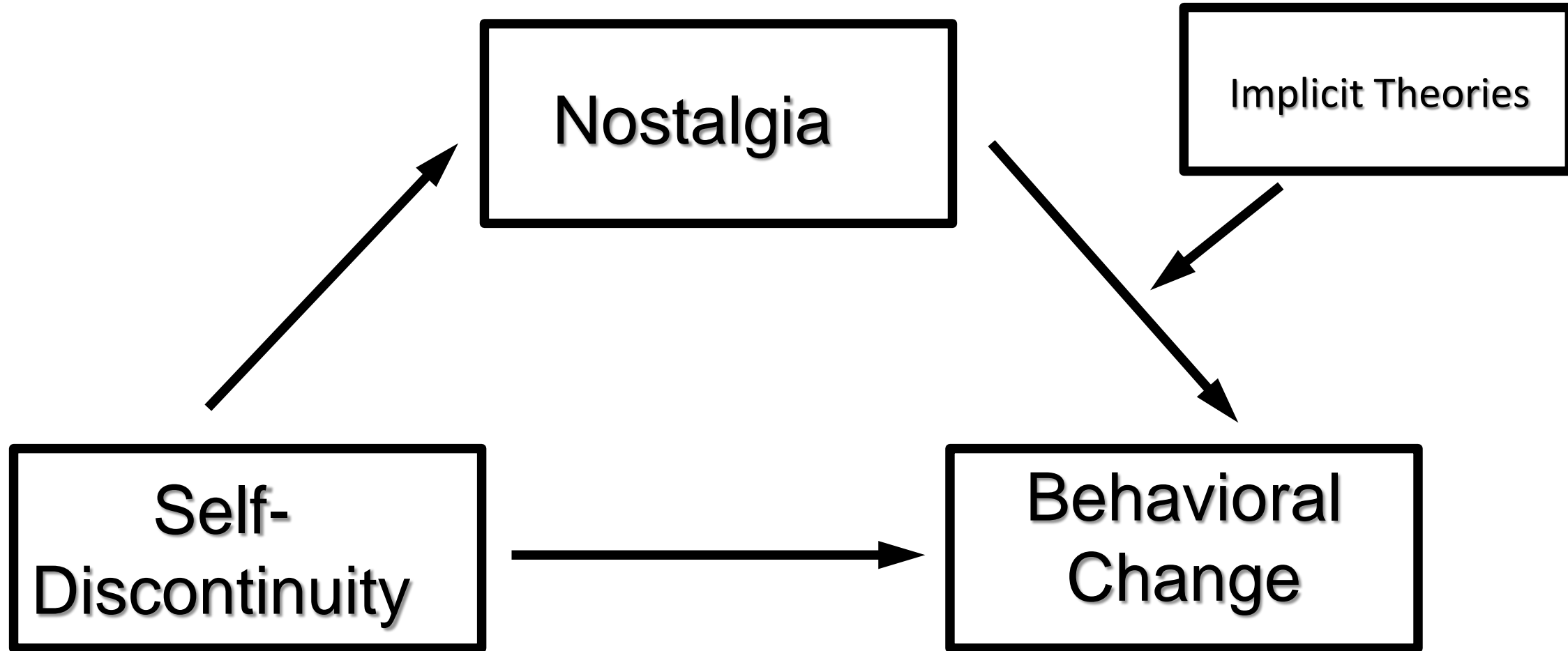


Incremental Theorist
Behavior is malleable



Entity Theorist
Behavior is fixed





Method

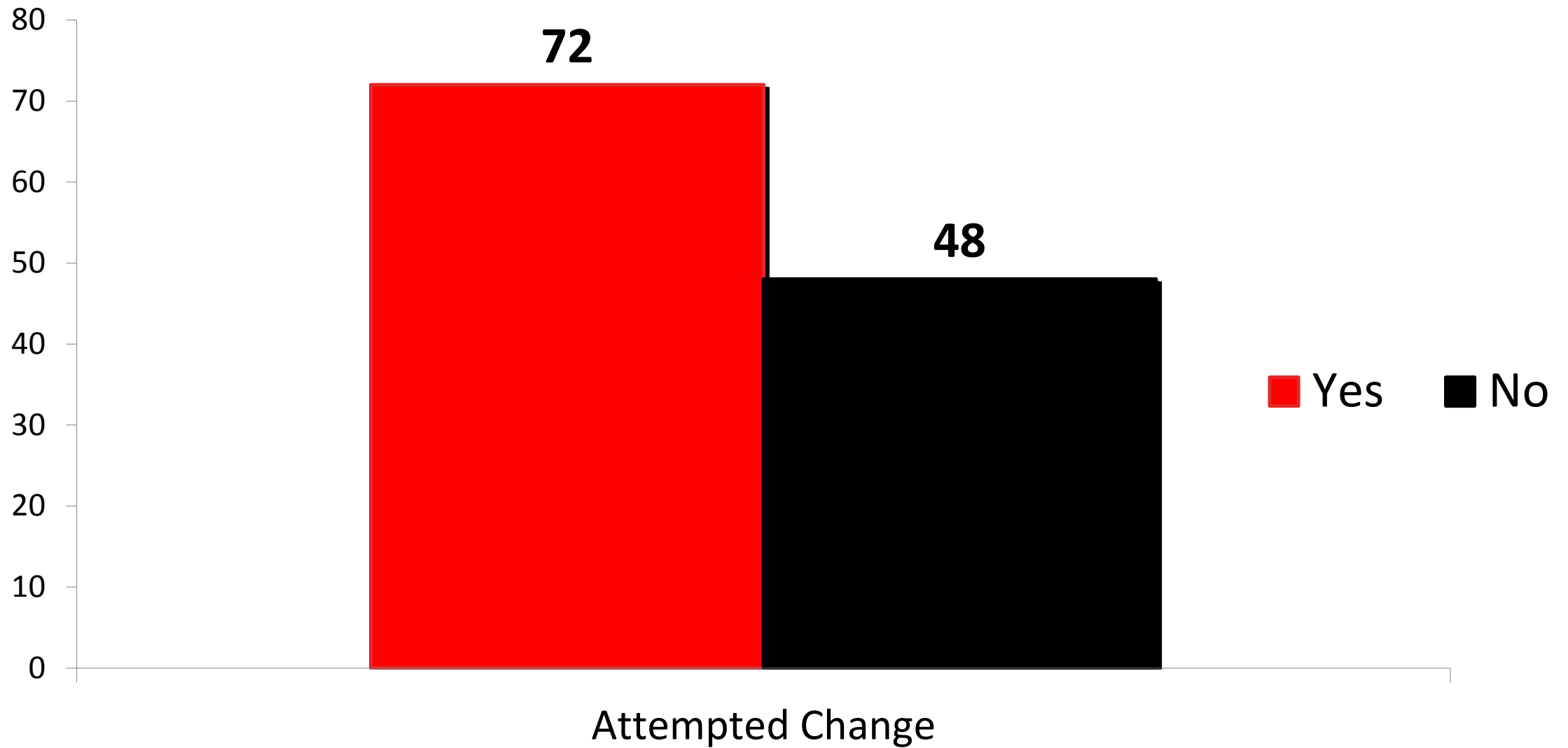
- Longitudinal (3 month)
- Self-reported change attempt

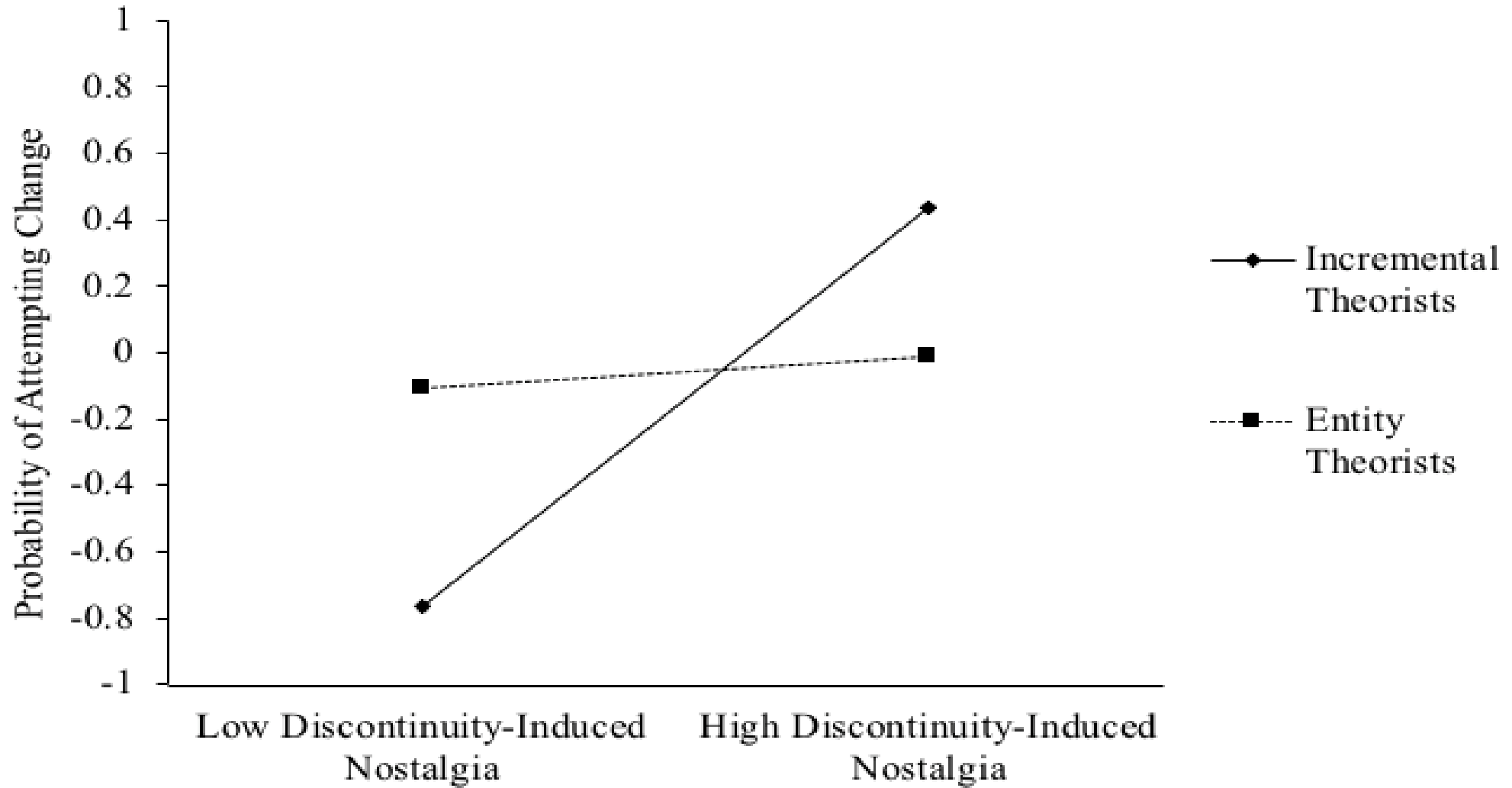
Participants

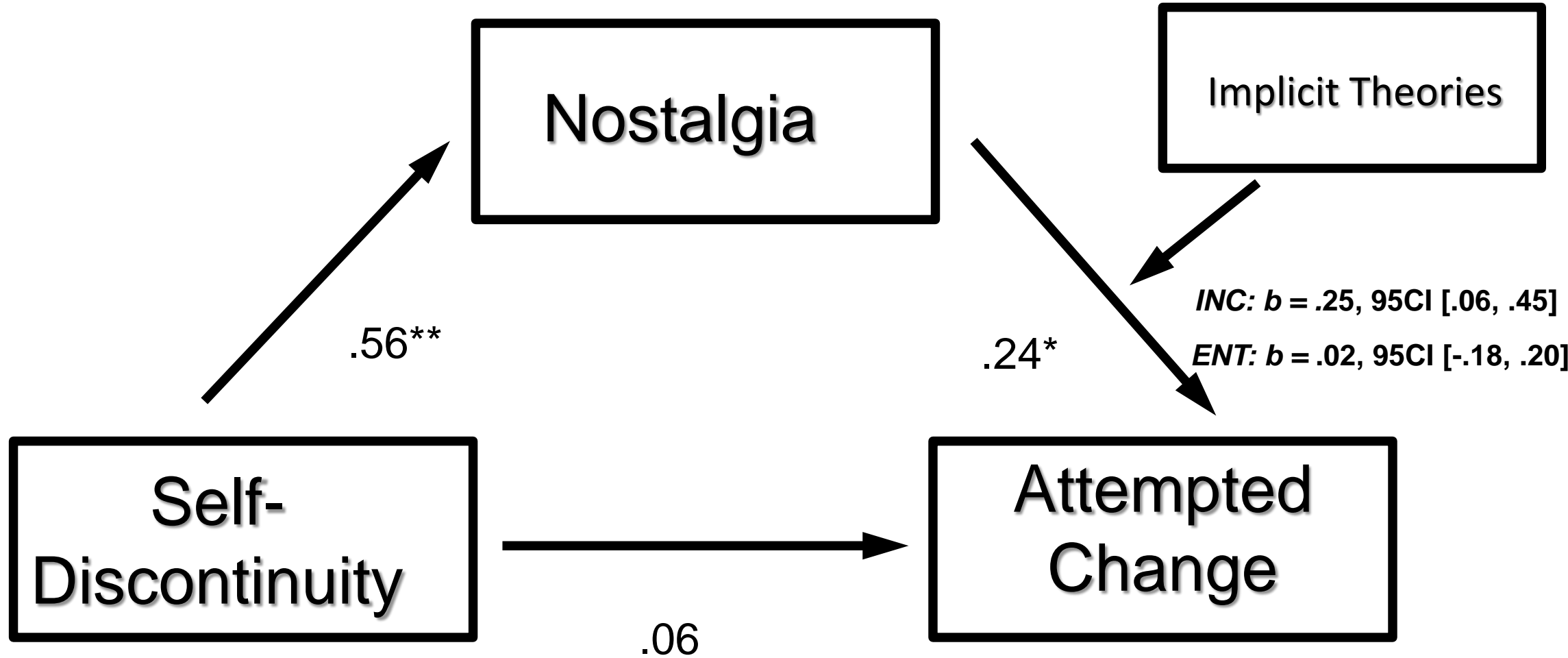
- Community Gamblers (endorse 1+ item on NODS-CLiP)
- $N = 243$ (117 males); 182 completed follow-up
- Age = 18-71 years ($M = 35.09$, $SD = 11.38$)

Measures

- Implicit Theories (Gambling related)
- Sustained Change

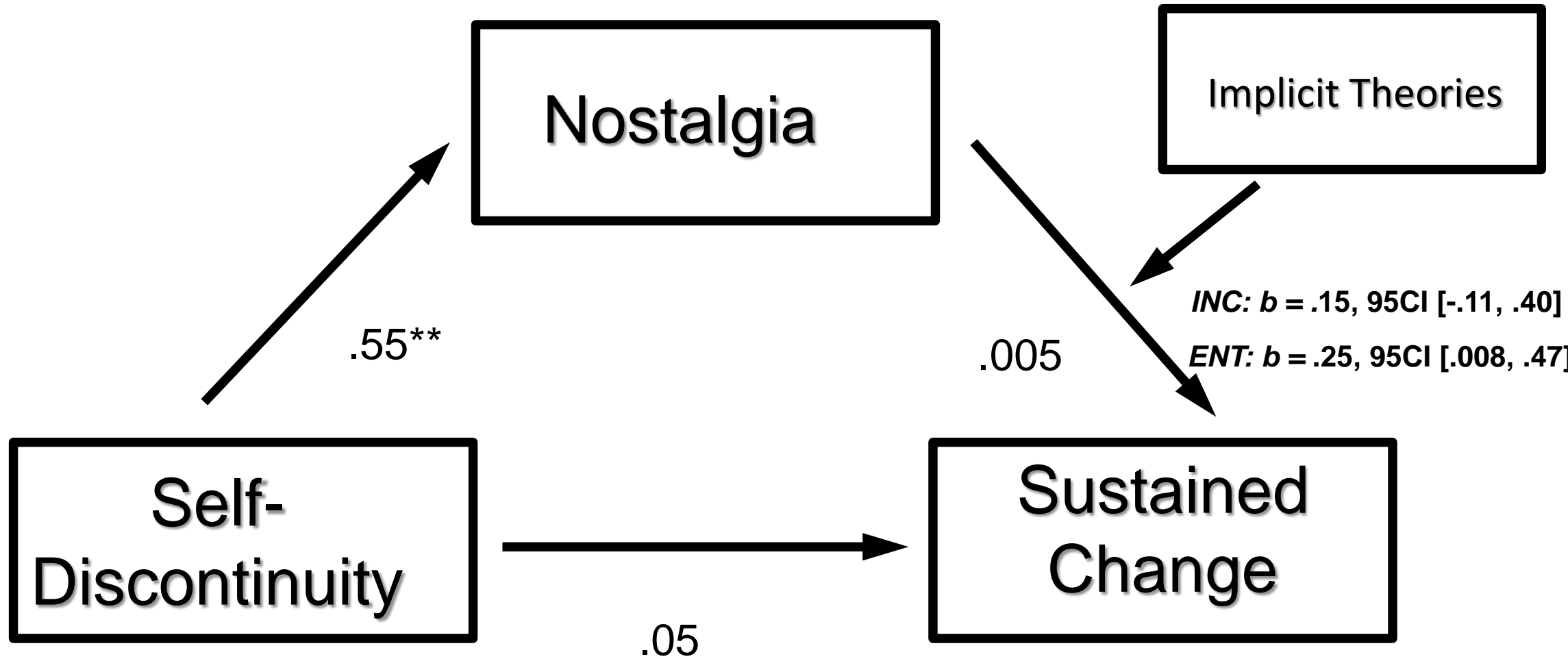






* $p < .05$, ** $p < .01$

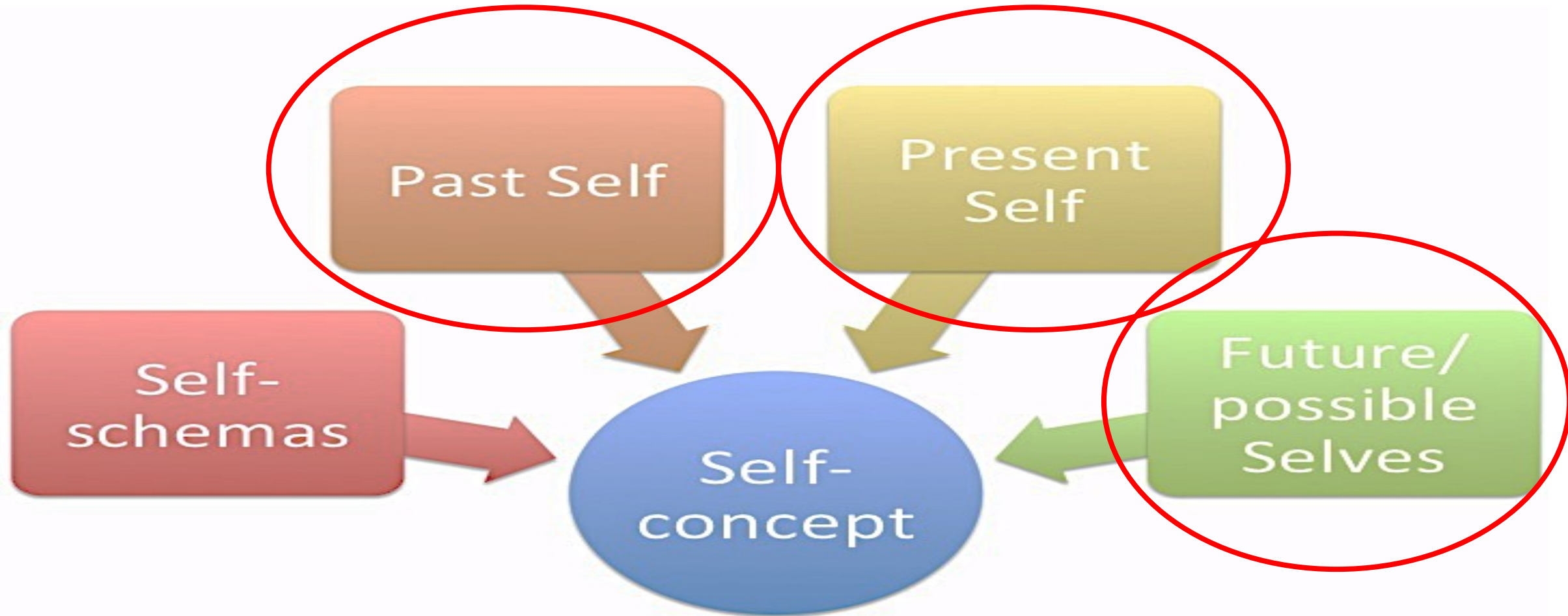
Index = -.11 95CI [-.24, -.001]



* $p < .05$, ** $p < .01$

Index = .05 95CI [-.08, .18]





- The past can help shape the future
- What are the effects of discontinuity-induced nostalgia for other addictive behaviors?
- What are the targets of nostalgia (for addictive behaviors)
- Limits and boundaries of nostalgia

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