



Problem Gambling and Problem Gambling Recovery in Canada

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AGRI 2021



Disclosure of Potential Conflict of Interest (past 3 years)

Research grants from CIHR, Health
Canada, and AGRI.

Travel funds from conference organizers
(ICBA; AGRI, Nordic Conference on Gambling,
University of Manitoba, New Horizons, Gambling
Addiction, Science, Independence, and
Transparency. 4th International Symposium)


Partial salary support from AGRI

Consulting fees from CCSA





Outline

- Problem Gambling In Canada
 - Prevalence and Characteristics
 - ANP Online Panel - Change Attempts
 - How many?
 - Change method?
 - Who?
 - How successful?
 - Self-change
 - Treatment-assisted change
 - Take-home messages
- 

Prevalence of Problem Gambling in Canada 2018

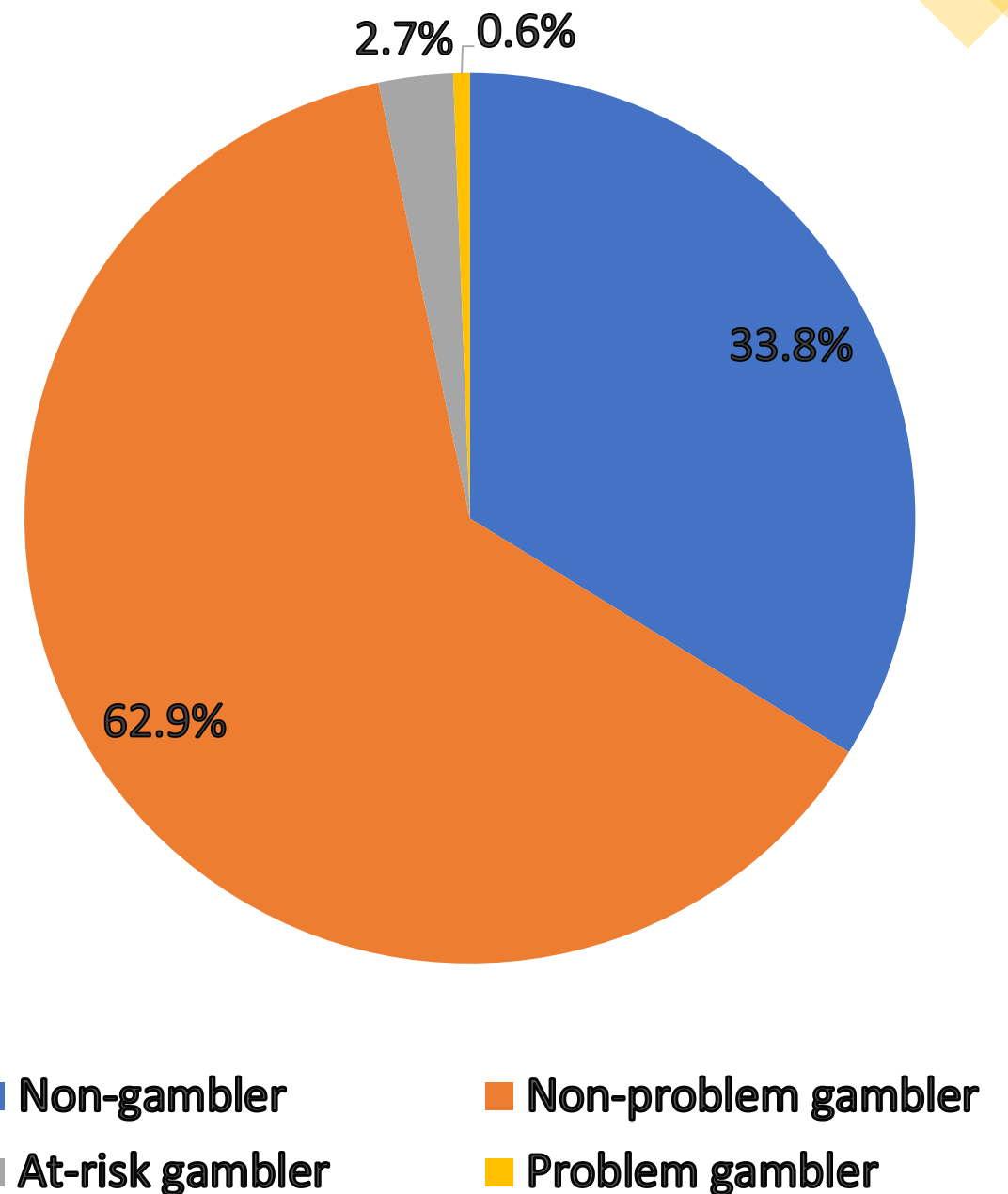
Williams et al, 2020a

Canadian Community Health Survey –
65,000

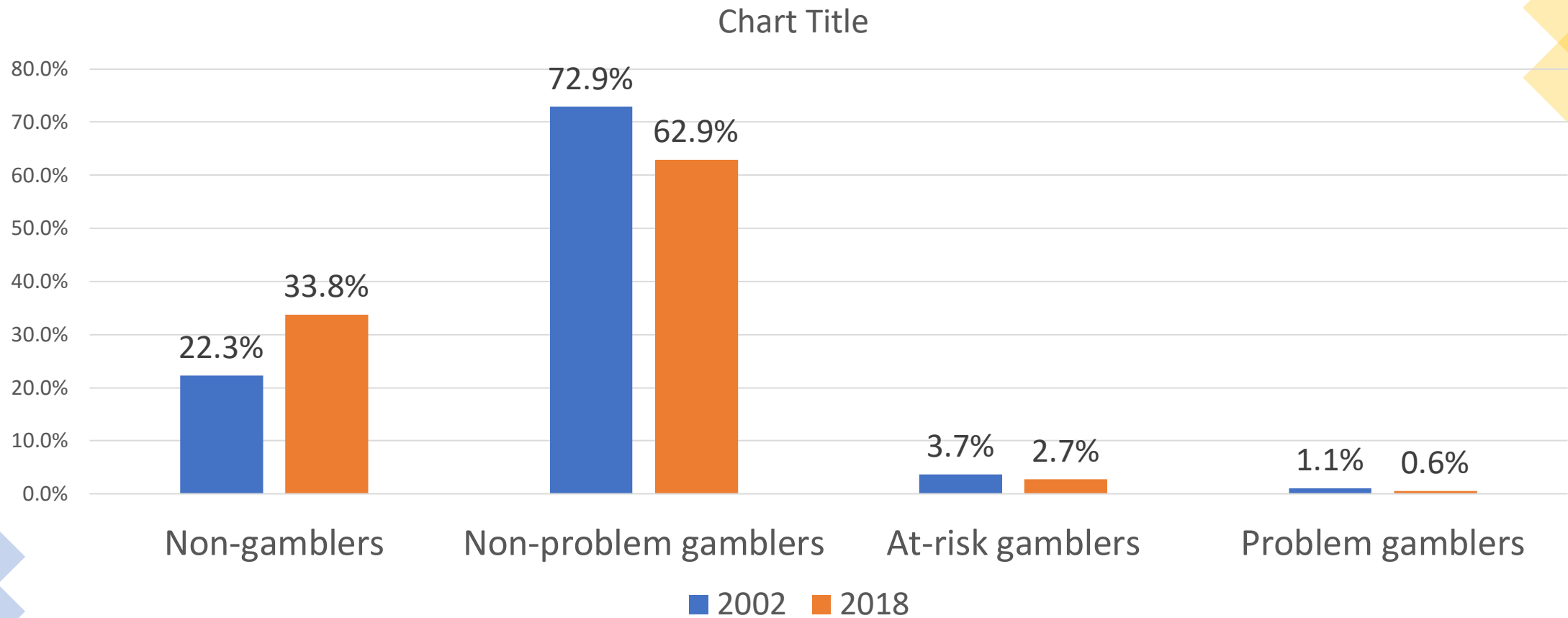
Canadians aged 12 and older, 10
provinces and 3 territories

Problem Gambling Severity Index
(PGSI)

Calculated PG in those age 18 and
older. N = 23,952



Problem Gambling 2002 and 2018



Predictors of Problem Gambling (CCHS)

	Odds Ratio
EGM Participation	15.1
Current Mood Disorder	3.0
Black	2.9
Gender- male	2.6
Casino Table game	2.4
Speculative Investing	2.2
Younger age, cigarette smoking, instant lottery, income,	

A meta-analysis of problem gambling risk factors in the general adult population

Youssef Allami^{1,2} , David C. Hodgins³ , Matthew Young^{4,5} , Natacha Brunelle⁶,
Shawn Currie³ , Magali Dufour⁷, Marie-Claire Flores-Pajot⁴ & Louise Nadeau⁸

11X Addictive Gambling Montreal CC Centre de Recherche en Prévention et Réhabilitation de Montréal, Institut Universitaire GRISSO de Centre Sud de l'Île de

Strong Effects

- EGM, Internet, Poker

Medium Strong

- Casino tables games cardrooms, daily lottery, Sports select, horse races.
- Mental health variables, binge drinking, illicit drug use, cannabis
- Family history of gambling problems
- Previous incarceration

Small

- All demographics: age, gender, ethnicity, education, marital status, employment
- Poor physical health

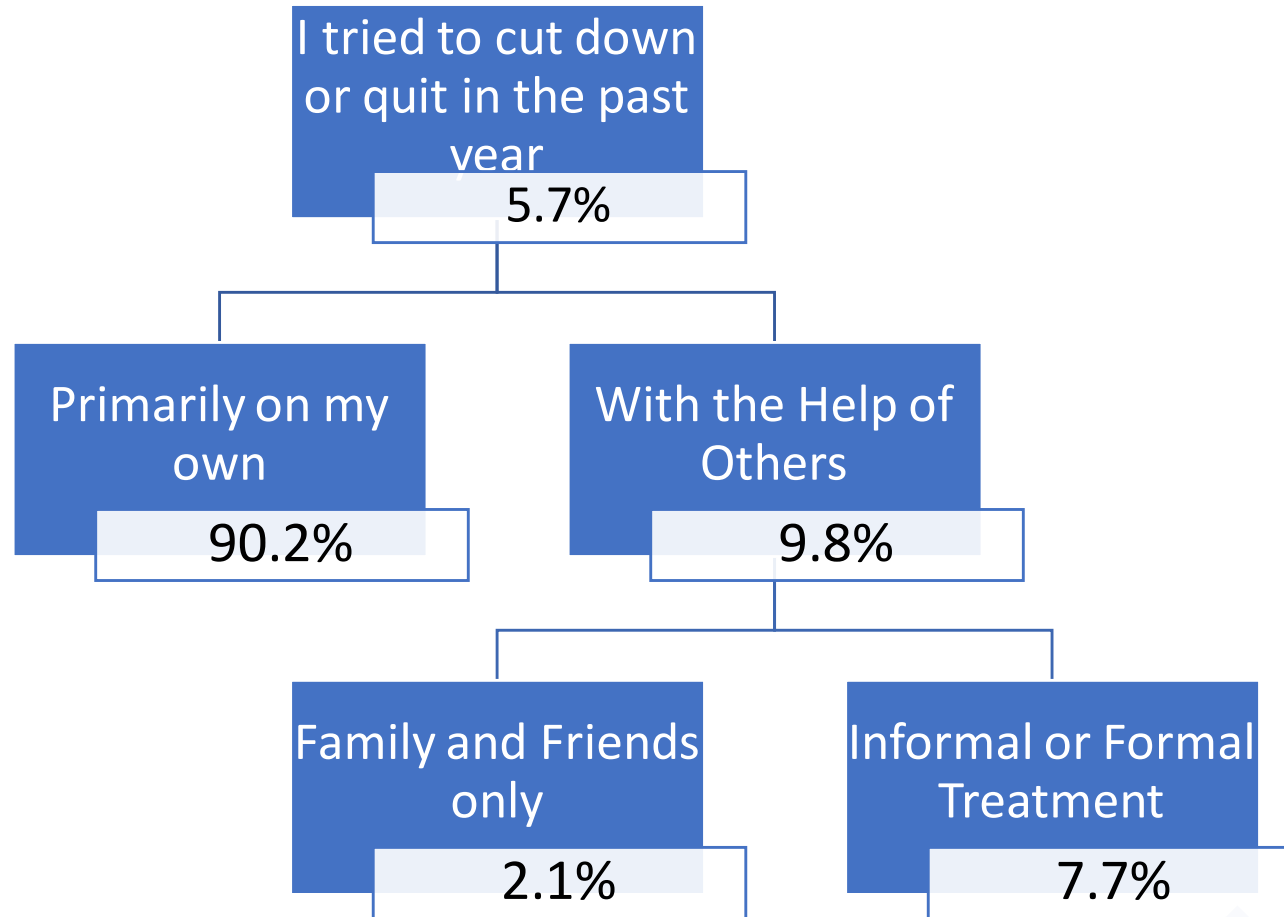


Let's talk about recovery

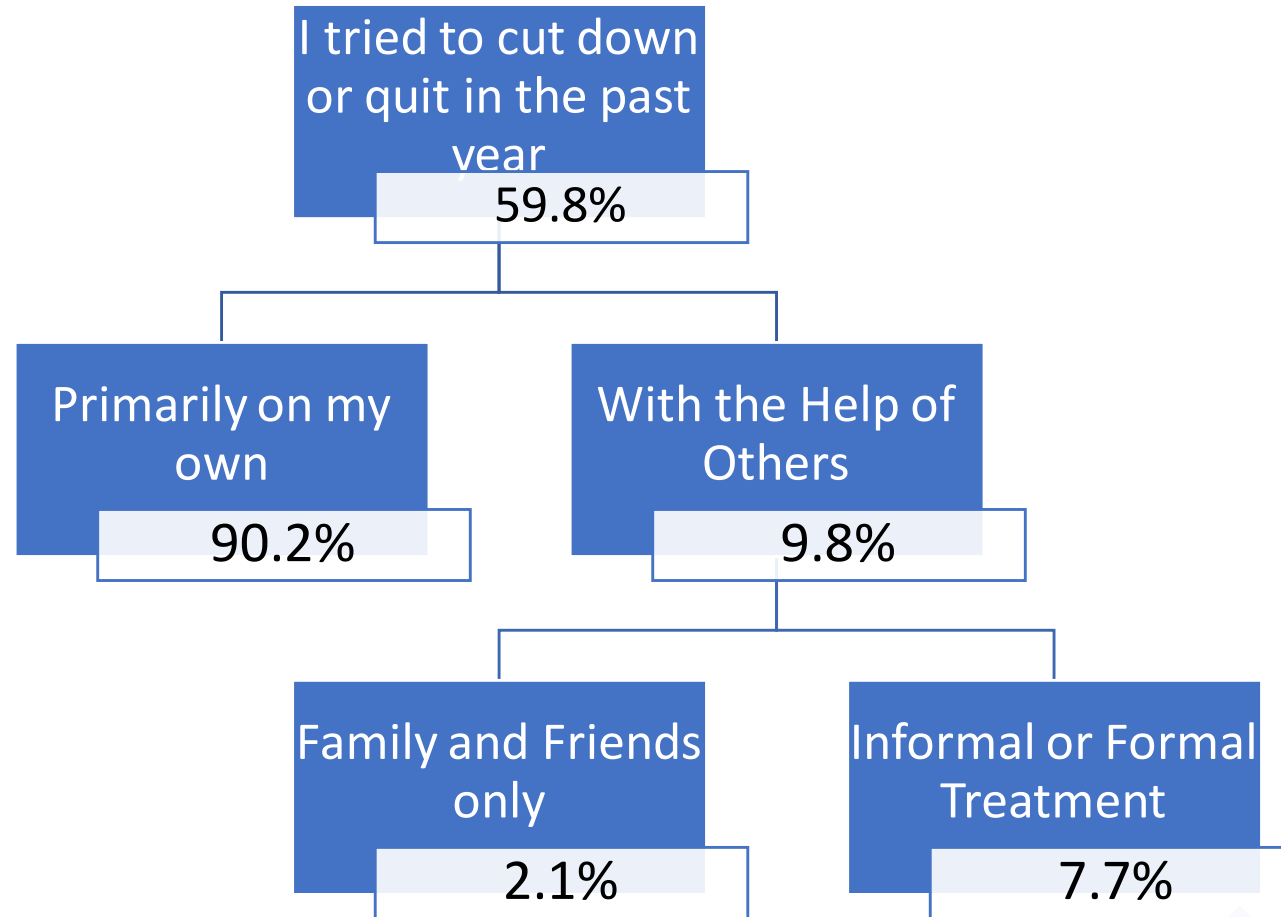


- Only about 10-15% of people with gambling problems seek treatment

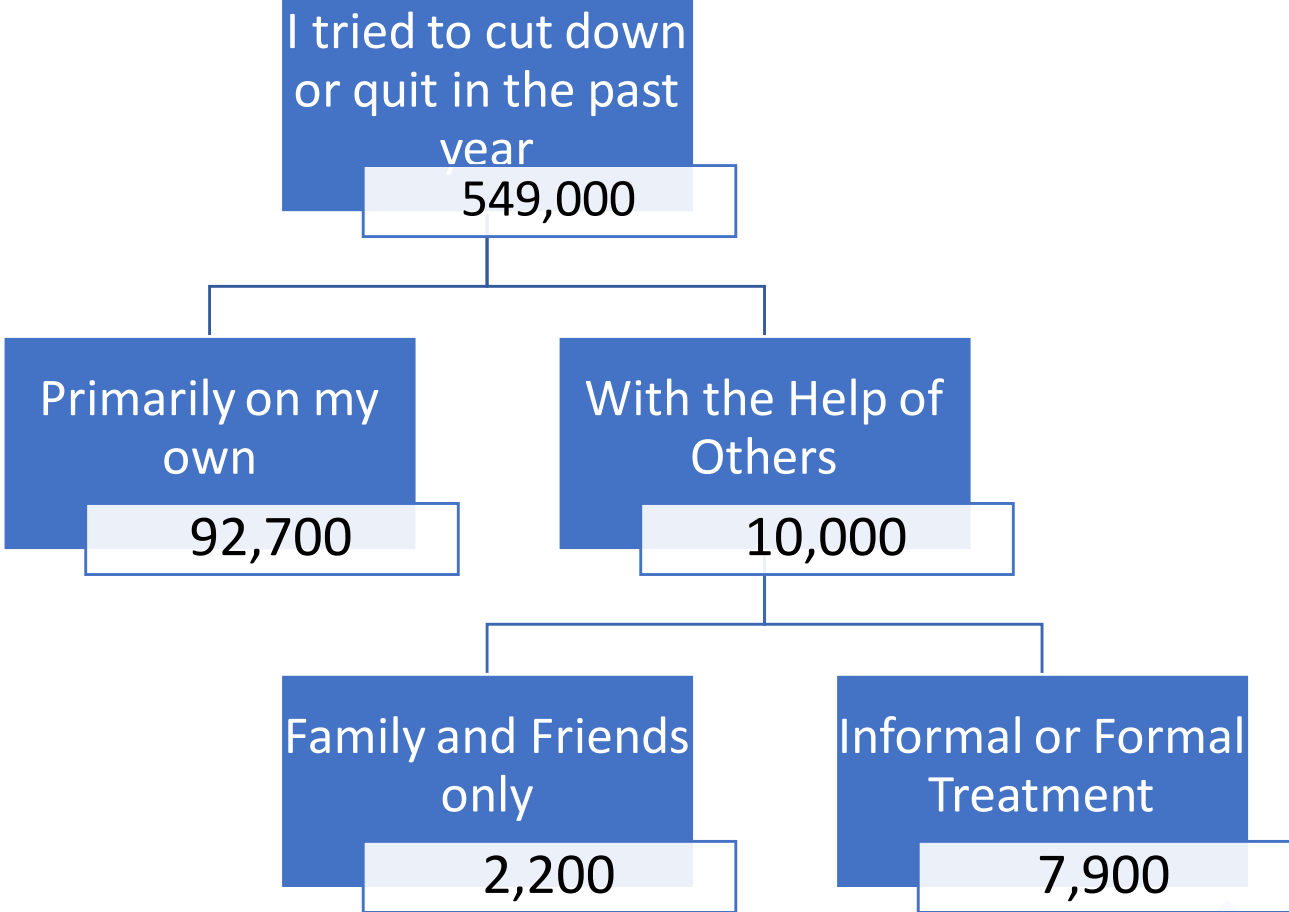
ANS Online Panel Change Attempts?

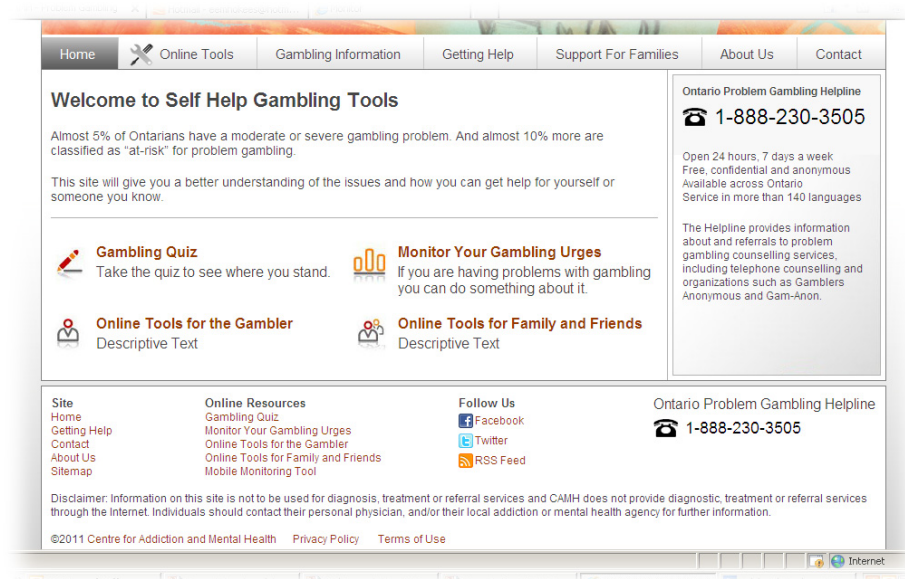


Change Attempts Among People with Gambling Problems?



How many Canadians are making change attempts?

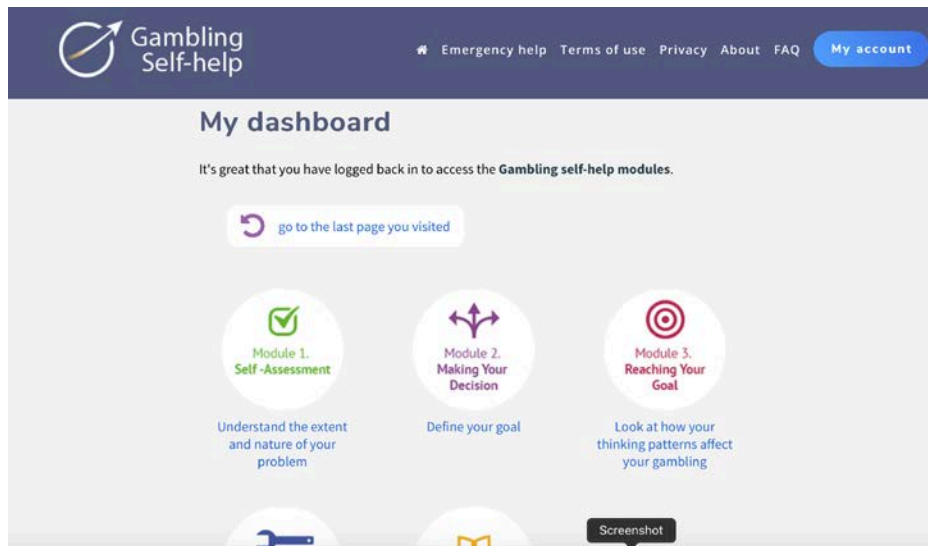




Promoting self-recovery

- Ongoing trials in
 - Switzerland
 - Canada
 - Australia
 - Likely elsewhere

- Available to the public
 - Canada
 - Problemgambling.ca
 - GamblingHelp.com
 - Australia
 - Likely elsewhere



Who
tries to
change
on their
own?

Demographics	On Own	Formal or informal treatment	
Sex (% men)	45%	48%	NS
Age (M)	44	37	.0001
Married/common law	50%	50%	NS
Employed F/t	48	43	NS
Problem Gambling (PGSI 5+)	100%	100%	NS
Gambling Disorder (PPGM) (%)	68%	91%	.0001
PSGI (M)	11	14	.0001

Who tries to
change on
their own?

Gambling	On Own	Formal or informal treatment	
Number of gambling types (7)	4.5	6.5	.0001
Gambling type		More likely to participate in every type of gambling except lottery tickets	
Online gambling	48%	75%	.0001
Gambling Fallacies (M)	5.0	3.7	.0001
Gambling family history	39%	57%	.001

Who tries to
change on
their own?

COMORBIDITY	ON OWN	FORMAL OR INFORMAL TREATMENT	
Alcohol (more than weekly drinking)	34%	38%	NS
Cannabis (% yes)	48%	72%	.0001
Tobacco (% yes)	62%	80%	.001
Other drugs (% yes)	19%	36%	.0001
Behavioural addiction	40%	47%	NS
Mental Health Disorder	54%	68%	.01

Who tries to
change on
their own?

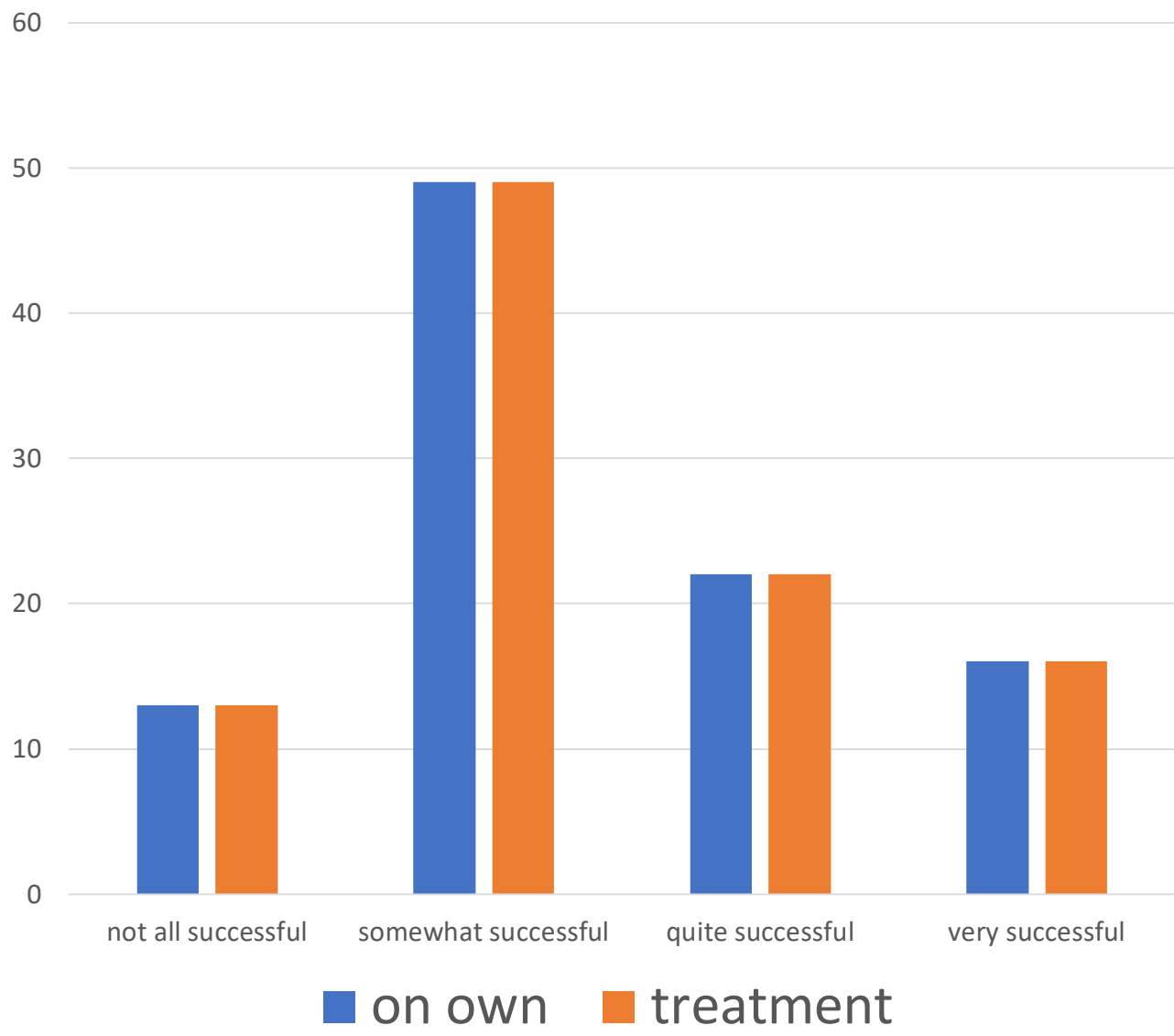
Life Circumstances	On Own	Formal or informal treatment	
Negative Life Events (M)	3.3	5.2	.0001
Child Abuse/Neglect	34%	50%	.002

Multivariate
model $R^2 =$
.19

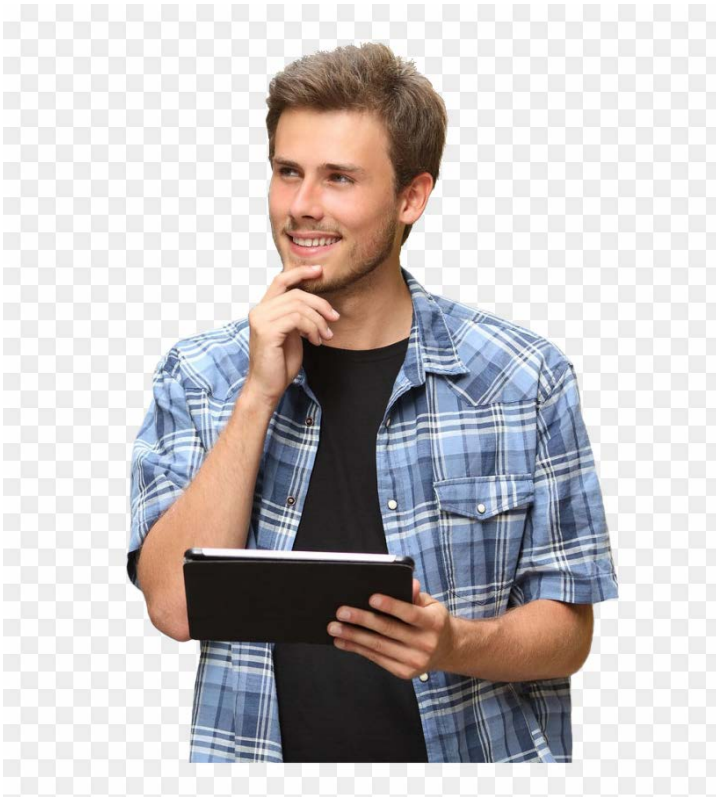
	OR
Problem gambling severity-PPGM	1.1
Negative life events	1.1
Number of gambling types	1.5



Perceived success?



Why not treatment?




I did not believe I needed help 55%

I felt too ashamed to seek help 31%

I was unaware of where to find help 18%

I did not believe that treatment would work for me 16%

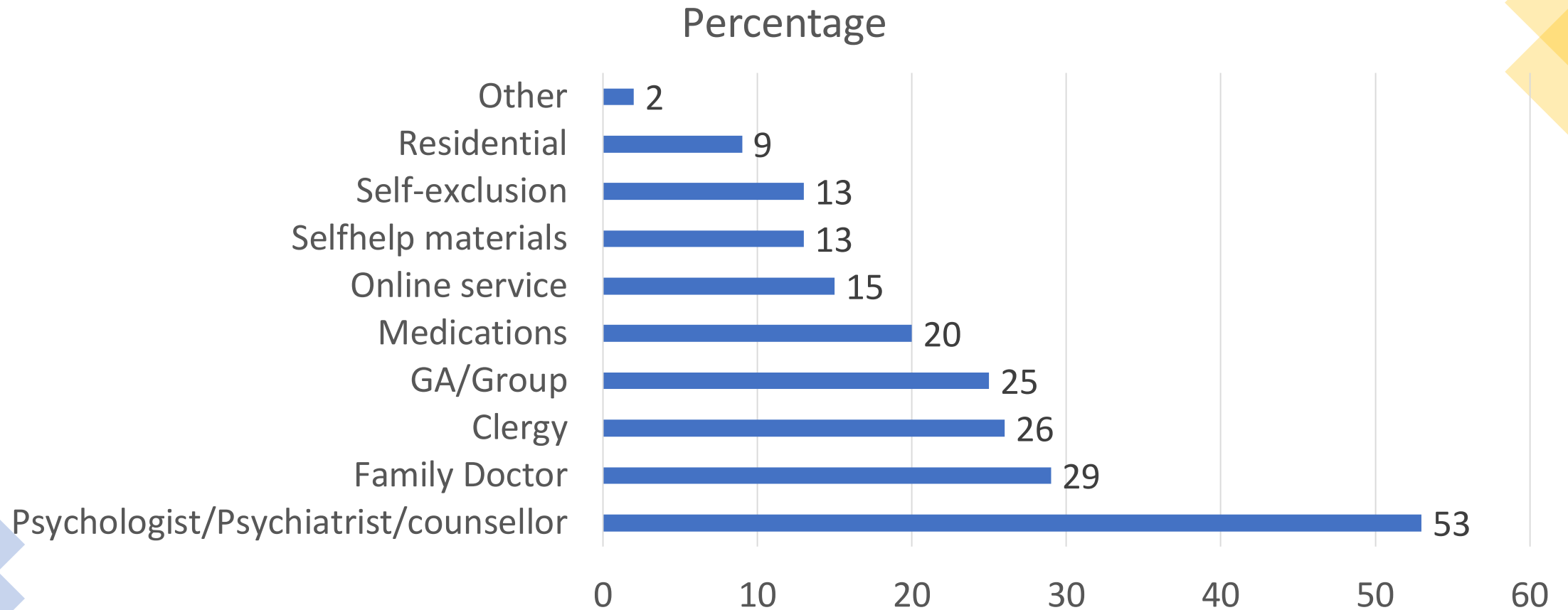




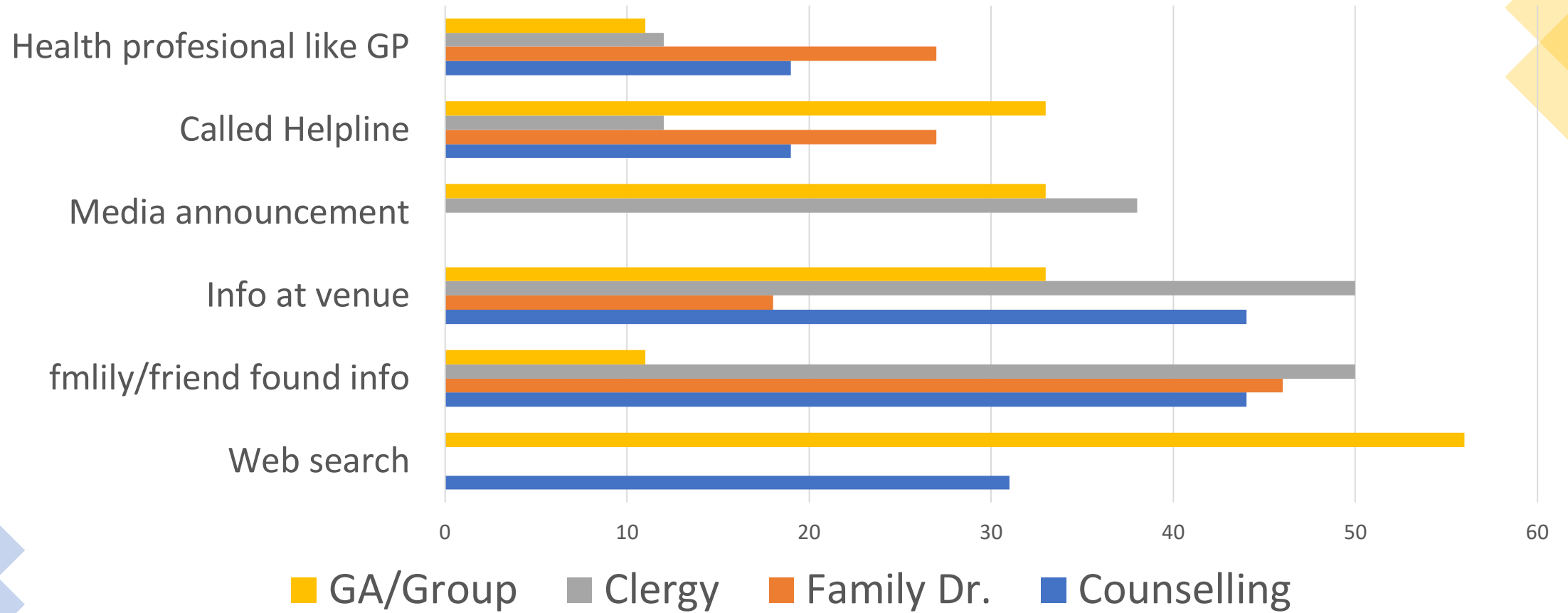
Who tries to change on their own and why?

- People with less somewhat less severe problems
- People who want to try on their own either because they don't feel they need treatment or because they are too ashamed.

Treatment Choices (N =93; M = 2, SD = 1.4)



How people became aware?



Fit with a Stepped Care Orientation

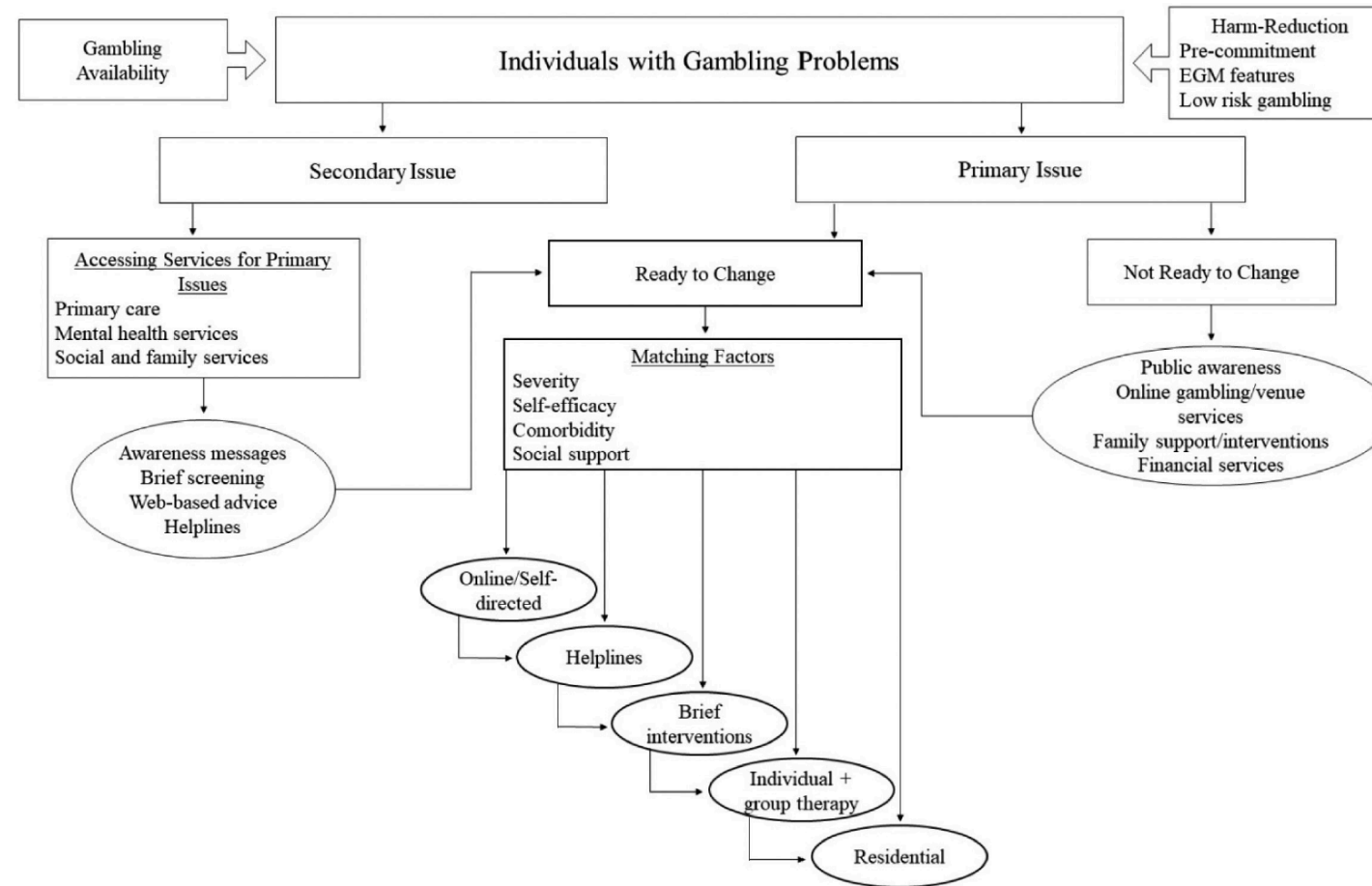


FIGURE 10.1 Expanded stepped care model addressing gambling problems

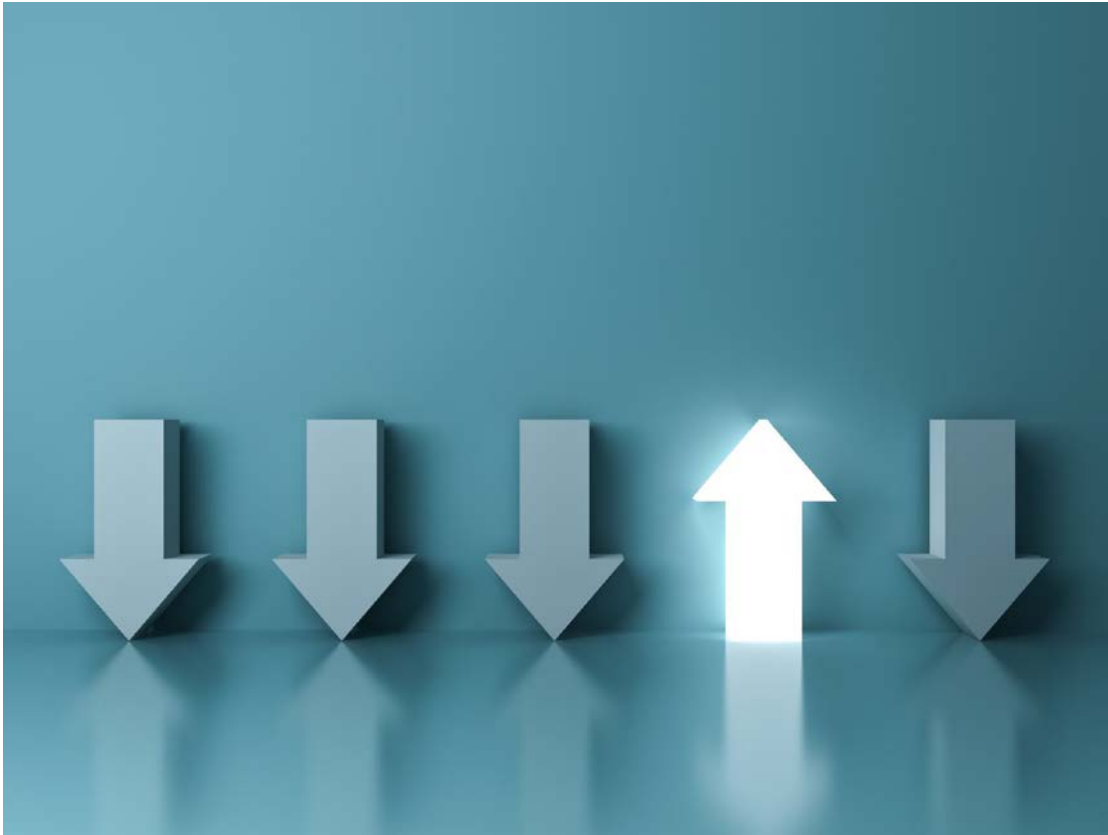


Take-home messages

- Variety of pathways to recovery.
- Variety of types of support accessed, none perceived as more helpful than others
- Self-recovery is a very popular route
- Routes to treatment are also varied
 - Family/Friends, Clergy, Health professionals, Venue, Web all play important role.

Messages to the Public

- Promoting self-recovery
- Treatment can work
- Treatment is available



ANP Next Steps

- Pathways to Treatment Study (N= 500)
 - Deeper dive into the experiences and timeline of addressing gambling-related problems.



Thank you

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