

# Correlates of Anxiety Symptoms Among People Seeking Treatment for Gambling Disorder



## INTRODUCTION

- Prevalence of co-occurring anxiety in gambling disorder is estimated to be 37.4% in the general population and 17.6% in treatment seeking samples.
- Despite the high rate of co-occurrence, the correlates associated with anxiety and gambling are unknown.
- The aim of the present study was to examine the psychological correlates associated with anxiety in a sample of people seeking treatment from gambling disorder in Sao Paulo, Brazil.

## METHODS

- Participants were 415 people seeking treatment for gambling disorder at a University hospital in Sao Paulo, Brazil.

### Measures:

- Beck Anxiety Inventory
- The Gambling Symptom Assessment Scale
- The Gambling Beliefs Questionnaire
- Barratt Impulsiveness Scale – 11
- Temperament and Character Inventory
- The Shorter PROMIS Questionnaire

## RESULTS

Figure 1. Gambling-related predictors of anxiety severity

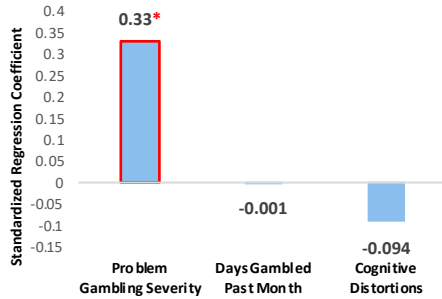


Figure 2. Personality predictors of anxiety severity

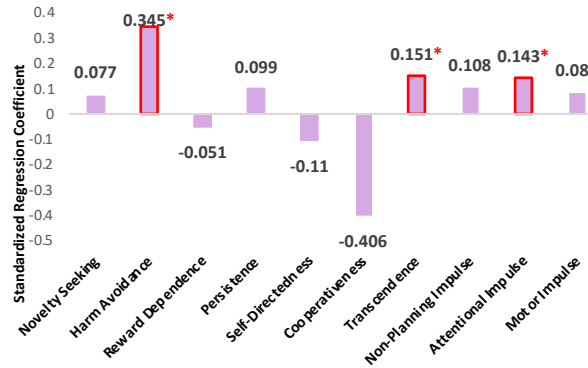


Figure 3. Addiction-related predictors of anxiety severity

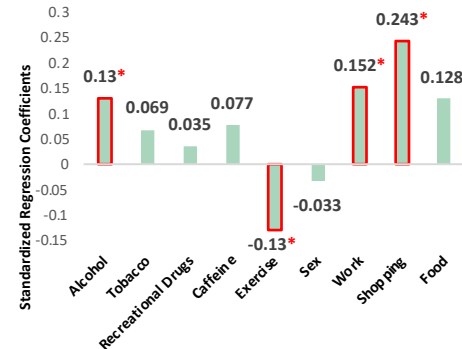
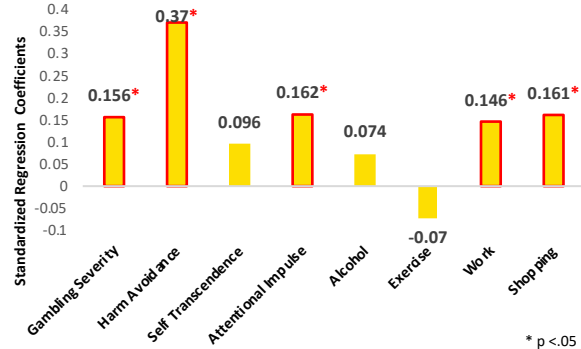


Figure 4. Final model with significant predictors entered together



\* p < .05

## RESULTS

- The participants consisted of 59.2% males and 40.8% females.
- The mean age of the sample was 46.46 (SD=11.93) years.
- The average score on the Beck Anxiety Inventory was 17.87 (SD=12.67).
- N = 210 (50.6%) met threshold for moderate to severe anxiety.

## CONCLUSION

- Anxiety symptoms was associated with greater problem gambling severity and comorbid addictions, in particular behavioural addictions.
- People seeking treatment for gambling disorder with comorbid anxiety may require tailored interventions that target comorbid addictions and impulsivity.