

WHAT TYPES OF TREATMENTS DO CANADIANS WITH **PROBLEM GAMBLING** TYPICALLY GO FOR AND FIND HELPFUL?

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DISCLOSURE OF POTENTIAL CONFLICT OF INTEREST



I have received consulting fees from the responsible gambling division of a provincial (Crown Corporation) gambling operator in Canada



The above is unrelated to the work presented here

THE PROBLEM

One in five

people with
problem gambling
seek treatment
(Bijker et al., 2022)

0.23%



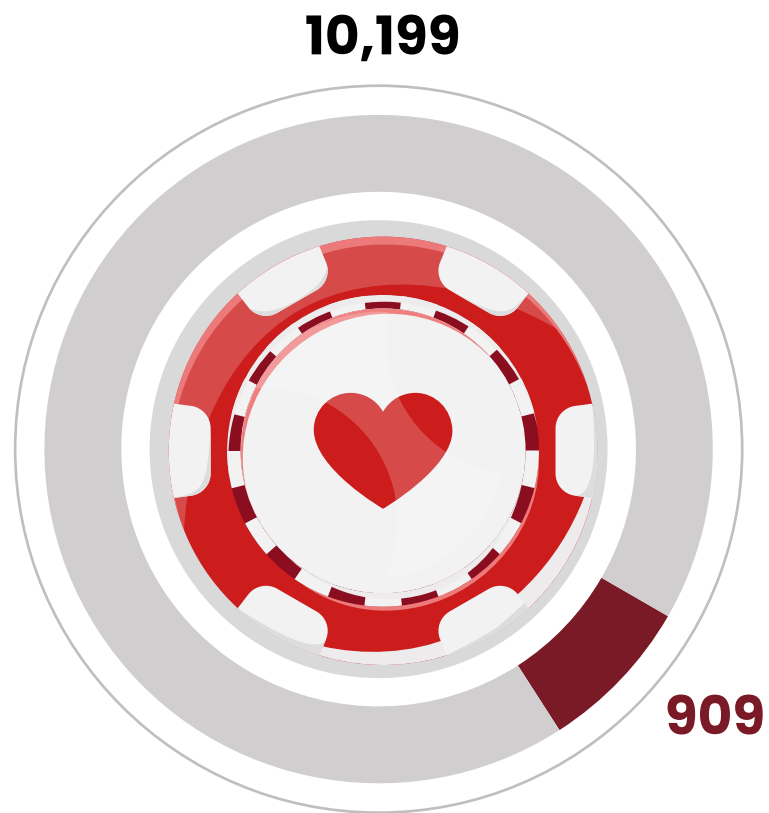
What types of help?



Are they helpful?



THE PEOPLE



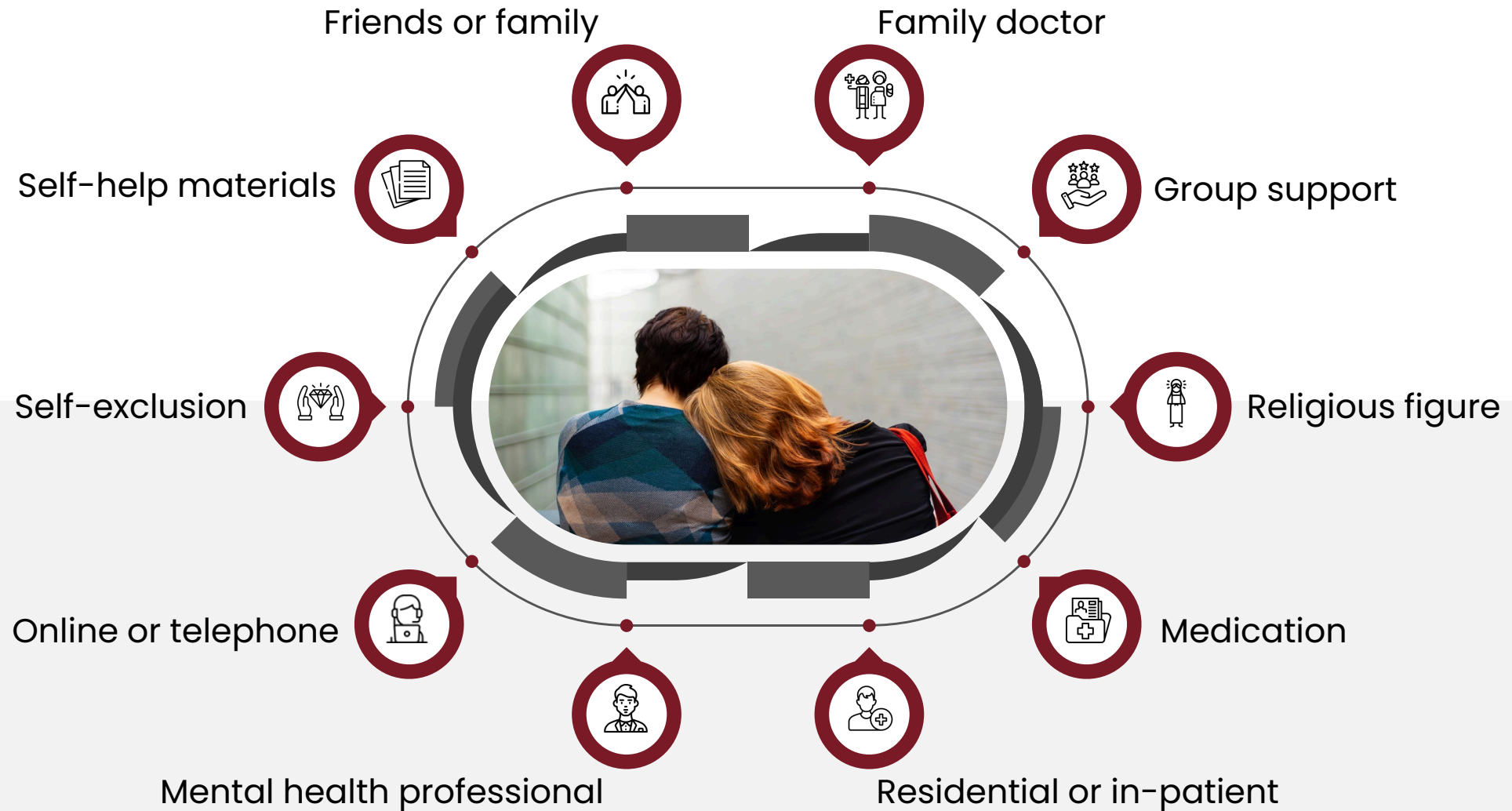
Online panel

Canadian adults
who gambled
at least
monthly in 2018

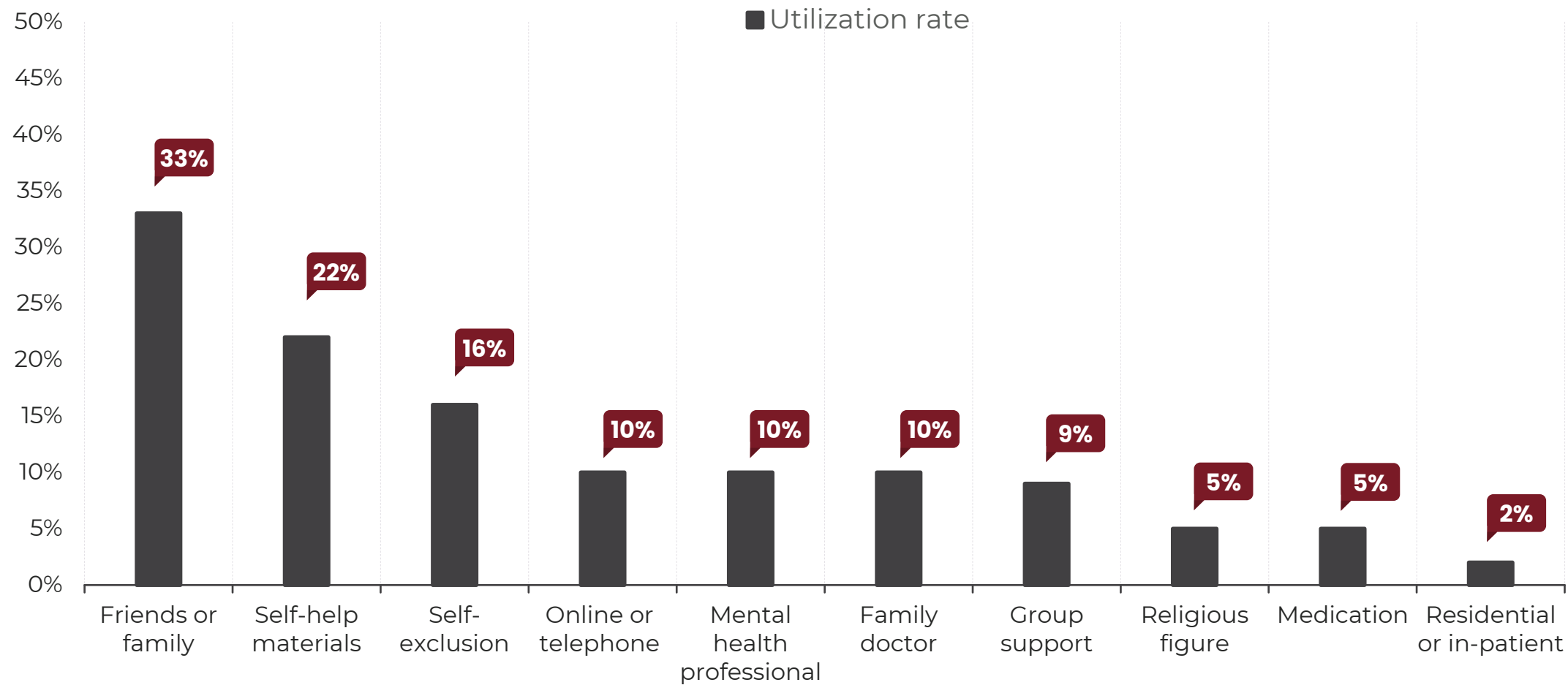
Problem Gambling
Severity Index
score ≥ 5



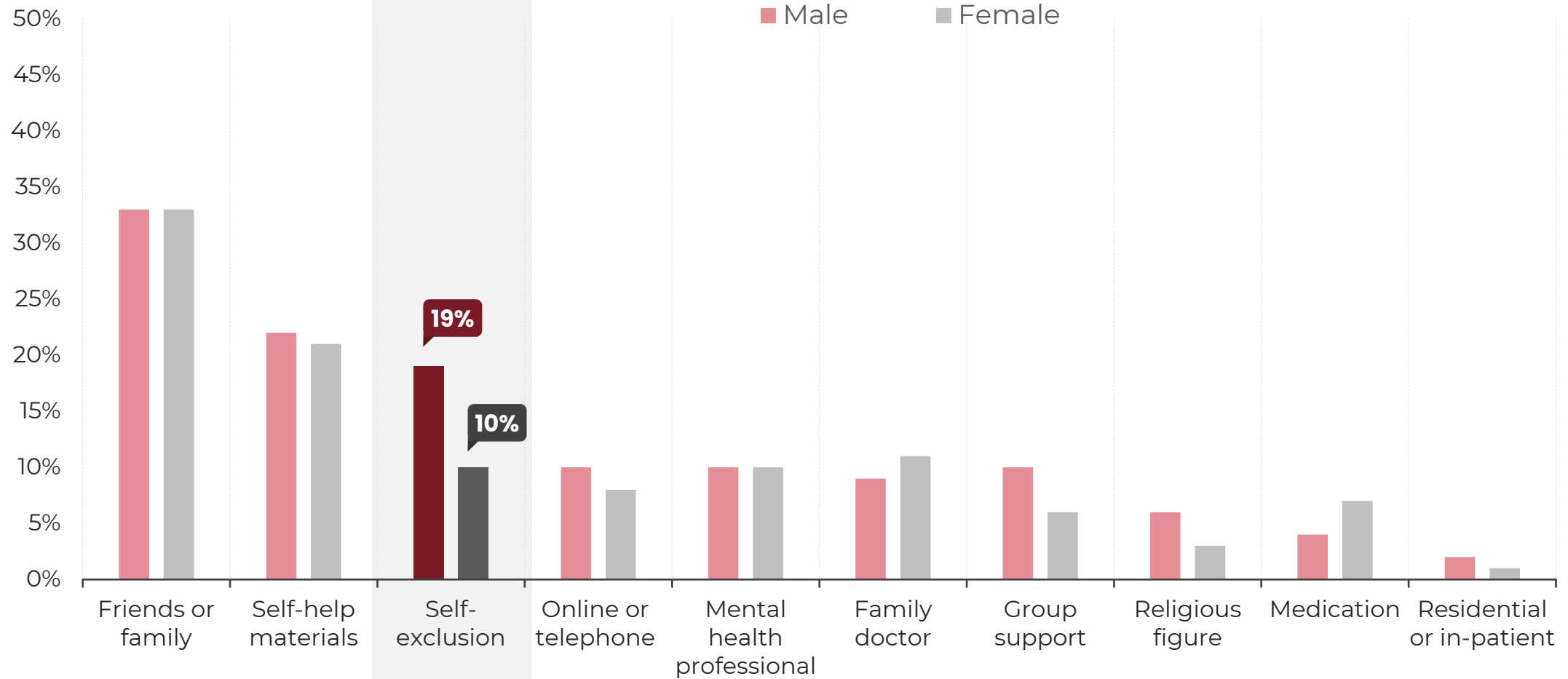
TYPES OF HELP



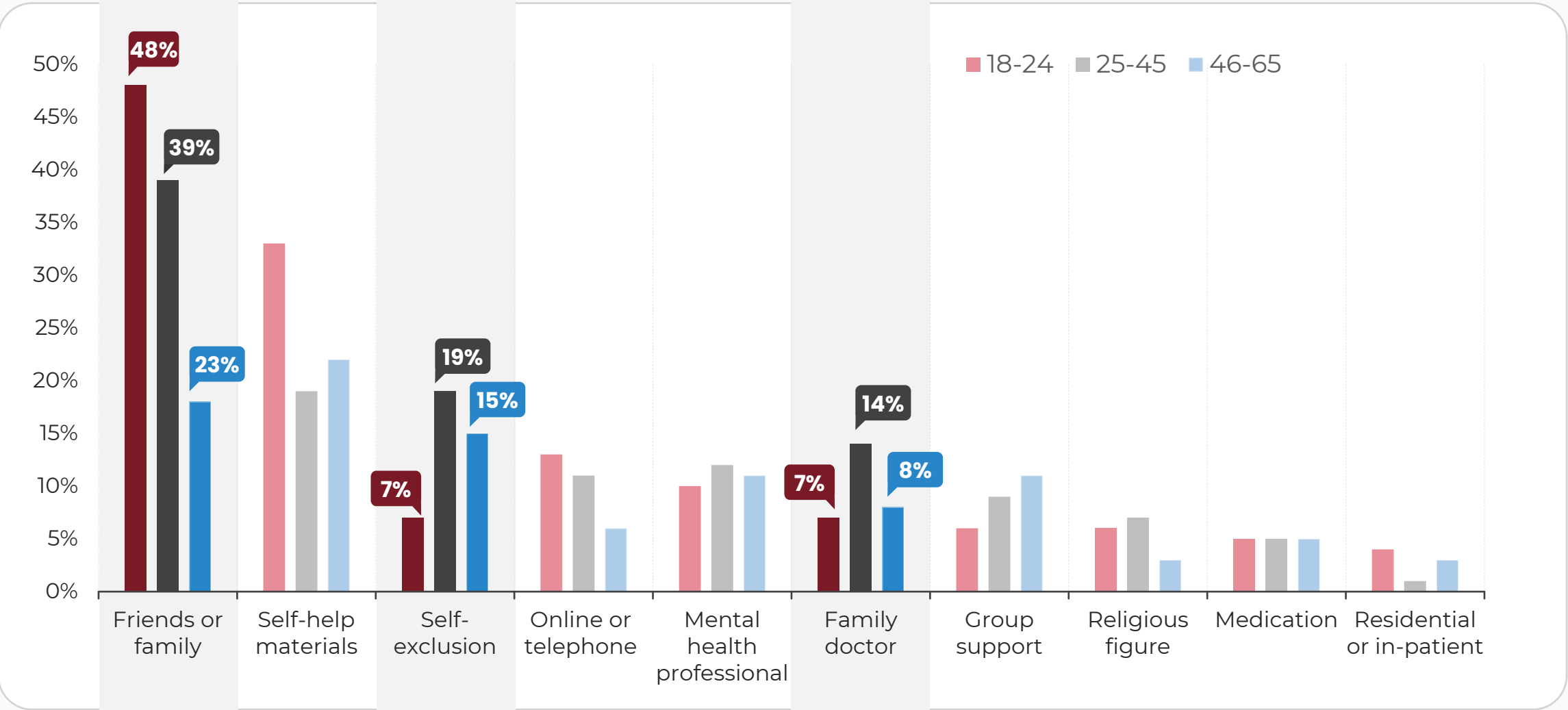
TYPES OF HELP SOUGHT BY CANADIANS



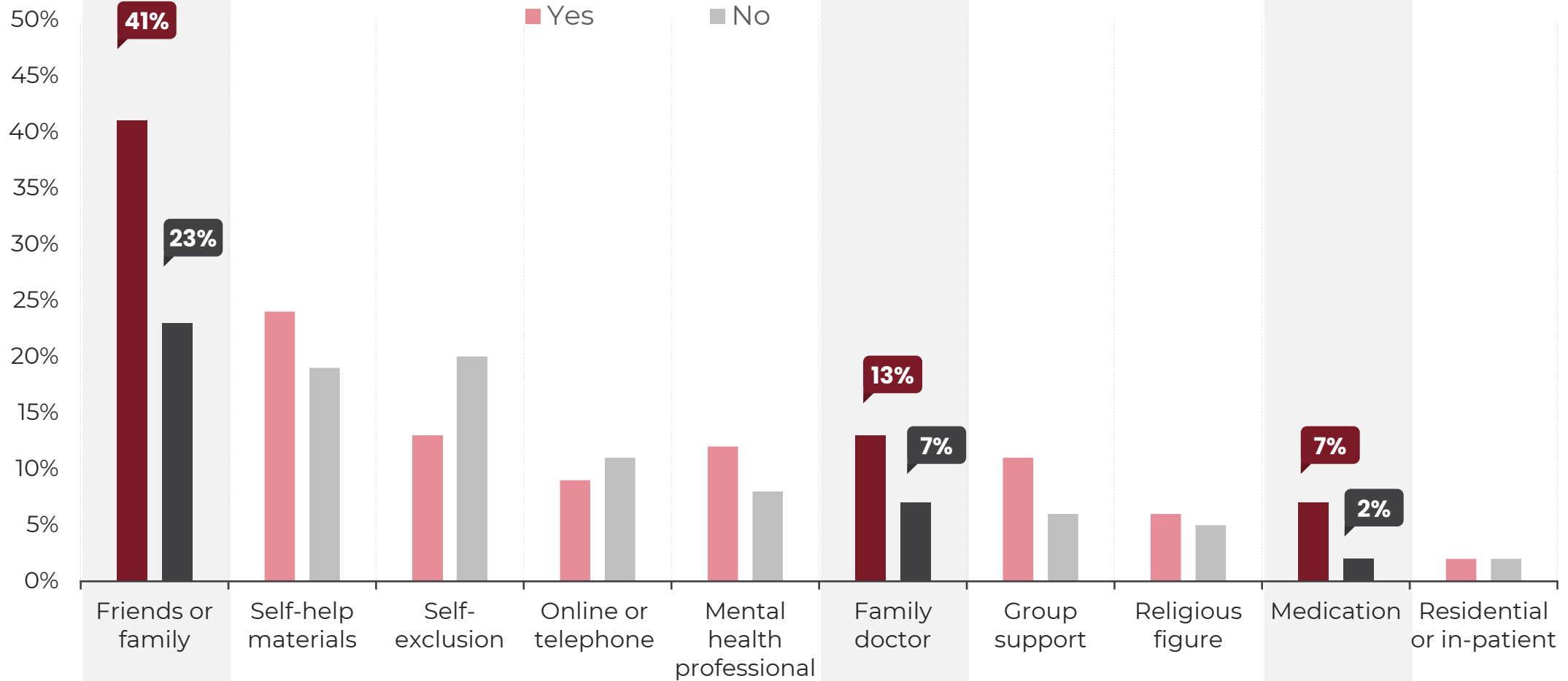
SEX DIFFERENCES



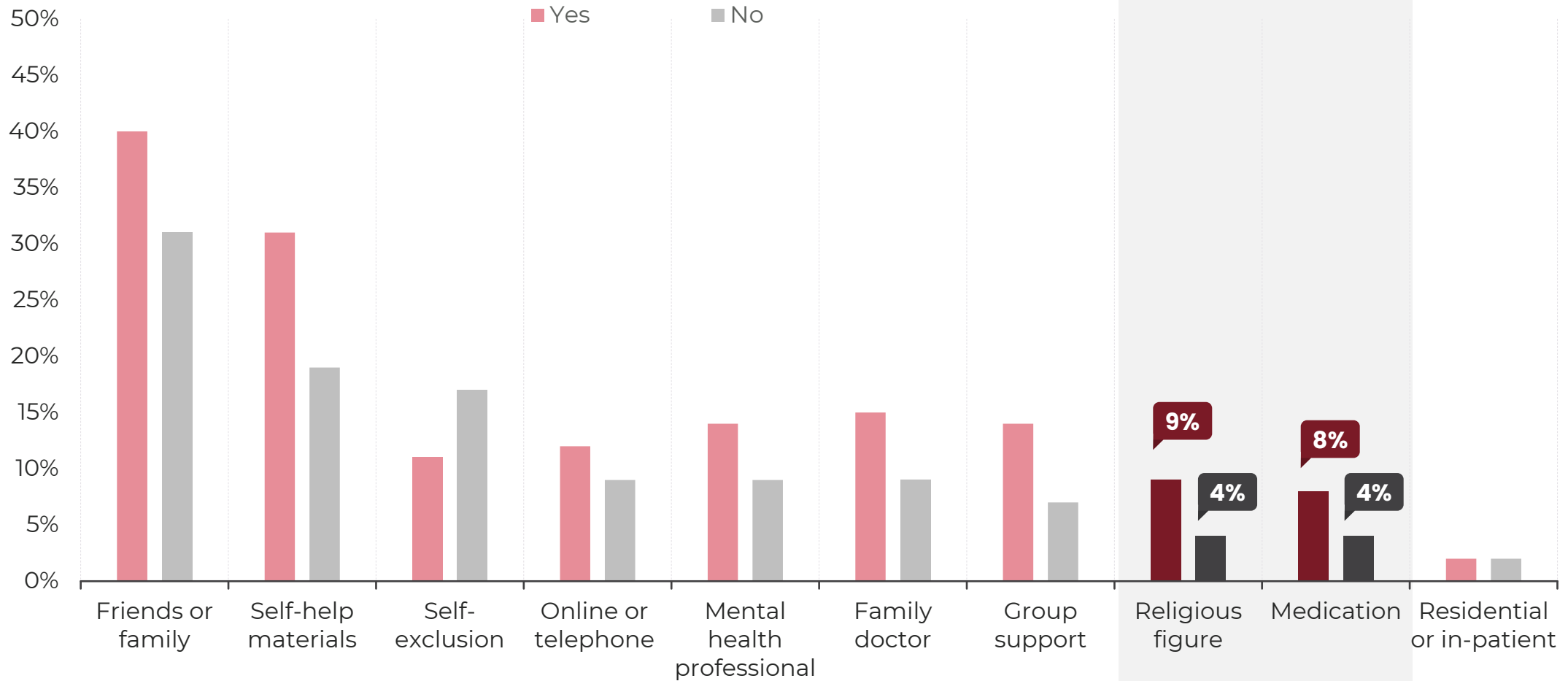
AGE DIFFERENCES



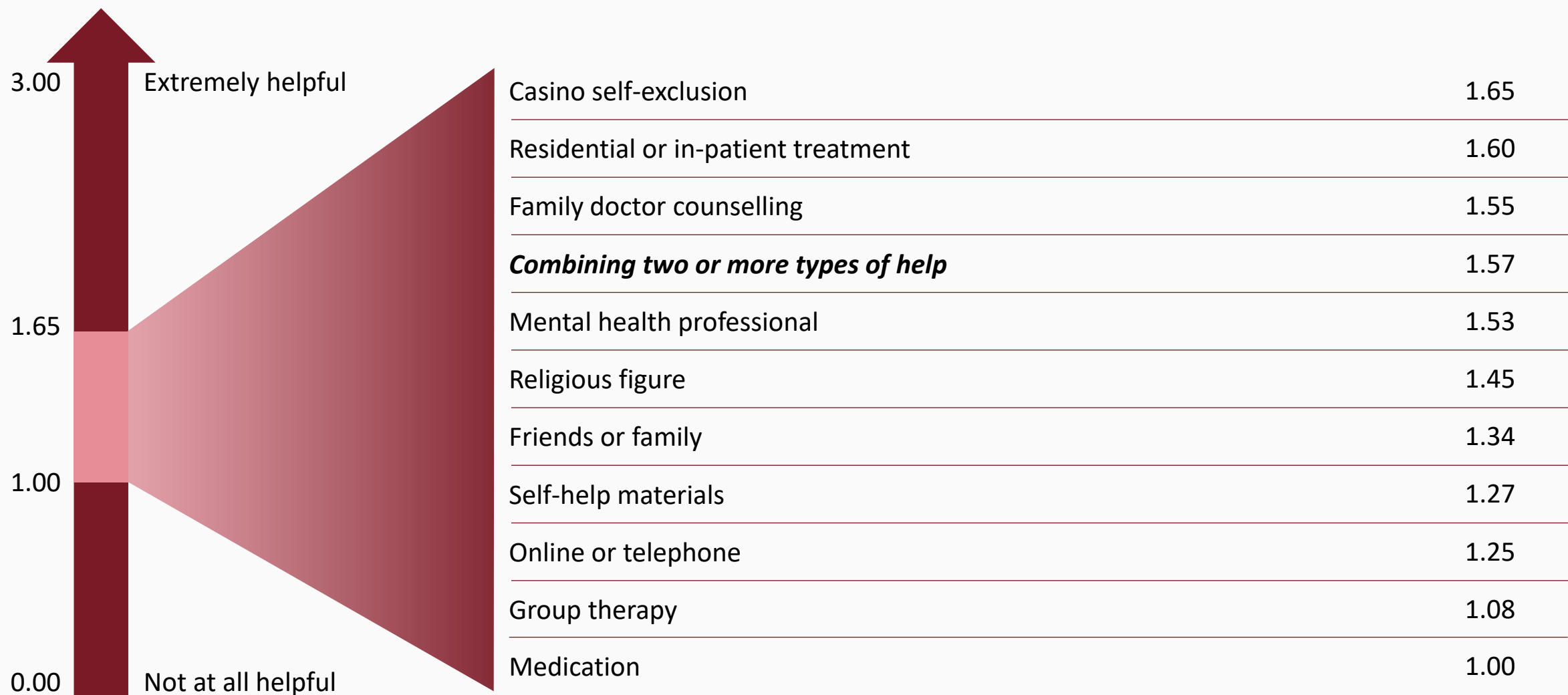
HAVING A MENTAL DISORDER



HAVING A SUBSTANCE USE DISORDER



All types of help are perceived as helpful to some extent



FRIENDS AND FAMILY



Least helpful



Least combined with other forms



Burden for friends/family who might feel helpless



Importance of services for loved ones of those with problem gambling



Encourage the person suffering from problem gambling to seek help



First one people try?

NEXT STEP...

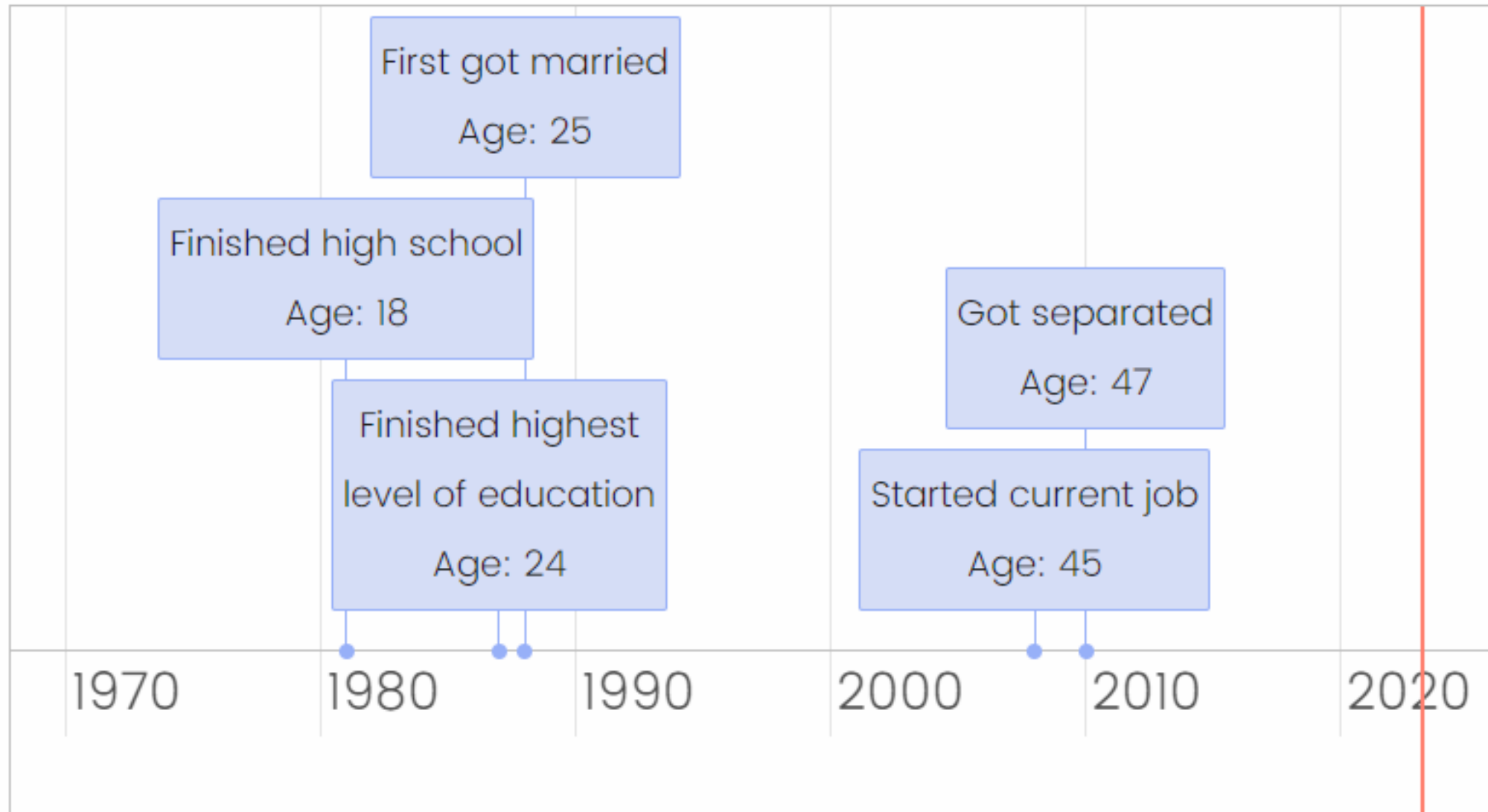


Imagine a 59-year-old man



Started gambling as a teenager

MILESTONES





**THANK
YOU**

References

Cited here

Bijker, R., Booth, N., Merkouris, S. S., Dowling, N. A., & Rodda, S. N. (2022). Global prevalence of help-seeking for problem gambling: A systematic review and meta-analysis. *Addiction*, 117(12), 2972–2985. <https://doi.org/10.1111/add.15952>

Other relevant articles

Allami, Y., Williams, R.J., Hodgins, D.C., Stevens, R., Shaw, C.A., el-Guebaly, N., ... & Belanger, Y. (submitted for publication). Canadians with Problem Gambling: Relative Popularity and Helpfulness of Treatment Options.

Hodgins, D. C., Williams, R. J., Belanger, Y. D., Christensen, D. R., El-Guebaly, N., McGrath, D. S., ... & Stevens, R. M. (2022). Making change: Attempts to reduce or stop gambling in a general population sample of people who gamble. *Frontiers in Psychiatry*, 13