

9201007

AV
6723
C22-A2
E19a
1996

ADOLESCENT GAMBLING STUDY

FINAL REPORT

PREPARED FOR

ALBERTA ALCOHOL AND DRUG ABUSE COMMISSION

BY

CHARLENE ECKSTROM M. A.

FOR

THE COOL AID SOCIETY

UNIVERSITY LIBRARY

Lethbridge, Alberta

AUGUST, 1996

ALBERTA ALCOHOL AND DRUG ABUSE COMMISSION

15728

ACKNOWLEDGMENTS

The Researcher and Research Assistant would like to thank the adolescents who participated in this study, as their input helped us in our quest to gain further information and understanding about adolescent gambling. We would also like to thank the Principals and Teachers who assisted us in conducting the study in their schools and classes.

The Researcher would like to thank David Hewitt for providing the Steering Committee with the Nichi Adolescent Gambling Questionnaire which helped the Committee develop the Cool Aid 1996 Questionnaire.

The Researcher would also like to thank Ali Al-Asadi for helping to interpret the comparative and descriptive statistics.

Special thanks and recognition is extended to the Alberta Alcohol and Drug Abuse Commission for providing the Cool Aid Society with the funding to conduct this valuable research.

Charlene Eckstrom

Donna Coulter

TABLE OF CONTENTS

	PAGE
ACKNOWLEDGMENTS	i
TABLE OF CONTENTS	ii
LIST OF TABLES	iv
LIMITATIONS	vi
ABSTRACT	viii
BACKGROUND	1
THE STUDY	3
Purpose	3
Methodology	3
Design and Procedures	4
Questionnaire	6
Data Analyses	6
THE STUDY SAMPLE	7
Characteristics	7
Friends	8
Leisure Activities	8
GAMBLING ACTIVITIES	10
Current Gambling	10
Favorite Gambling	11
First Gambled	12
Money Spent	13
Why Gamble	15
Who Gamble With	16
Acquiring Money	17
Who Gambles	18
Concern Over Others Gambling	19
Feelings Associated With Gambling	20

SMOKING	22
Smoking Behaviors	22
Age Started Smoking	22
Amount Smoked	23
Parents and Friends Smoking	23
ALCOHOL	25
Drinking Behaviors	25
Age Started Drinking	26
Parents and Friends Drinking	26
SMOKING AND DRINKING WHEN GAMBLING	28
Smoking and Gambling	28
Smoking more when Gambling	28
Drinking and Gambling	29
Drinking more when Gambling	29
Statistical Significance's	30
SUMMARY OF FOCUS GROUPS	32
RECOMMENDATIONS	34
REFERENCES	37
APPENDICES	38
A. Cool Aid Questionnaire	
B. Leisure Activities	
C. Gambling Activities First Gambled In	
D. Focus Group Comments	

LIST OF TABLES

TABLE	PAGE
1. Demographic Profile	07
2. Involvement with Friends	08
3. Leisure Activities	09
4. Activities not Considered as Gambling	11
5. Favorite Gambling	12
6. First Gambled	13
7. Working Income Spent on Gambling	14
8. Amount of Money Spent Last Year	14
9. Reasons for Gambling	16
10. Who Gamble With	16
11. Borrowed or Stole Money	17
12. Who Gambles	18
13. Concern Over Other's Gambling	19
14. Feelings Experienced when Gambling	20
15. Disassociative Feelings	21
16. Age First tried to Smoke	22
17. Age Started Smoking	23
18. Amount Smoked	23
19. Parents and Friends Smoking	24
20. Description of Drinking	25
21. Age of First Drink	26
22. Parents and Friends Drinking	27
23. Smoking and Gambling	28
24. Smoking more when Gambling	29
23. Drinking and Gambling	29
24. Drinking more when Gambling	30

LIMITATIONS

The following are noted limitations of this study:

(1) The responses received from the 300 adolescents from the City of Grande Prairie and surrounding areas, may not reflect the gambling, smoking, and drinking behaviors, attitudes, and opinions of the total 13-18 year aged group. This may especially be the case for the 13-14 aged group which constituted 6% of the survey. As a result of the limited number of adolescents from the 13-14 aged group, the responses are skewed to the older aged group.

2. The questionnaire was comprised of questions developed by the Steering Committee, questions taken from the 1995 Nichi Adolescent Questionnaire (Hewitt, 1995), and questions from the Gamblers Self-Report Inventory (Lesieur & Rosenthal, 1992). As a result, the questionnaire was not tested for its reliability or validity.

3. The three main sections of the questionnaire included information on gambling, smoking, and drinking. Each section was only answered by those individuals who assessed themselves to be gamblers, and/or smokers, and/or drinkers. Unfortunately, it is of the Researchers opinion that valuable information about the gambling, smoking, and drinking behaviors of family and friends, could have possibly been omitted by those adolescents not answering the identified sections.

4. This study did not incorporate the South Oaks Gambling

Screen into the questionnaire, and as a result, the study does not identify the "at risk or problematic" adolescent gamblers.

5. Literature in the area of gambling is limited in Grande Prairie and this has affected the ability of the Researcher to make comparisons to either support or refute this study's findings.

7. The sample was geographically homogenous to the Grande Prairie area and is a relatively small sample size (300), which may have affected the ability to make accurate comparisons to other studies.

8. The information used for the data of this report, assumes that participants understood and answered the questions honestly and accurately.

ABSTRACT

There were three overall purposes of this study. The first purpose was to obtain in-depth information concerning behaviors, attitudes and prevalence of gambling among adolescents, parents, and friends. The second purpose was to gain information concerning the smoking and drinking behaviors of the adolescents, their parents, and friends. The final purpose was to ascertain information concerning the accessibility of gambling activities for adolescents, and suggest possible gambling prevention strategies.

The present study consisted of two main components. The components included, a questionnaire and focus groups. The study was conducted with adolescents from Beaverlodge, Grande Prairie, Wembley, and Sexsmith. In total, 300 adolescents completed the questionnaire between January and April, 1996. The adolescents consisted of 154 (51%) males and 146 (49%) females. The average age of the adolescents participating in the questionnaire, was 16.00.

There were 180 adolescents who participated in the qualitative part of the study. Ninety-five (53%) were females and 85 (47%) males. The average age of the adolescents participating in the focus groups, was 16.50.

This survey indicated that overall, 75% of respondents reported to be gamblers. Of that total, males (83%) were more likely to gamble than females (65%).

The average age of first beginning to gamble was 11.50 for males and 11.80 for females. Thirty-one percent of the adolescents reported gambling before age 10.

The male gamblers top three favorite gambling activities included, playing cards for money (36%), betting on personal skill (16%), and betting on sports teams (15%). The favorite choices for females included, playing cards (32%), playing bingo and scratch tabs (12%), and playing lotteries (11%).

Seventy-eight percent of the adolescent gamblers reported that at least one parent gambled. This is broken down to 94% of females and 66% of the males who indicated a parent gambled.

Forty percent of all the adolescents surveyed are considered to be smokers. This includes 35% for males and 45% for females. The average age of when males began smoking was 11.50 and 12.00 for females.

Seventy-one percent of all adolescents in this study have consumed alcohol regularly or once in a while. Of the total drinkers, 67% were females and 75% were males. The average age of when drinking began was 11.65 for males and 12.60 for females. The percentage of non-drinking adolescents in this study was 29%.

BACKGROUND

In 1995, the Cool Aid Society in conjunction with the area AADAC office, conducted a quantitative study of 895 students in Grande Prairie and the surrounding communities. The instrument used for the study was the South Oaks Gambling Screen (SOGS) adapted for adolescents.

As a result of the 1995 study, the Steering Committee had further questions concerning adolescent gambling which needed to be answered in order to understand more fully the attitudes and behaviors of adolescent gambling. The Steering Committee did not want to use the 1995 questionnaire (although some of the questions used in the 1996 study were repeated from the previous year's questionnaire). It is important to note however, that it is of the Steering Committee's opinion that the SOGS questionnaire for adolescents be repeated within five years.

The initial purpose of this study was to gain further information concerning adolescent, friend's, and parent's gambling behaviors. However, after the Researcher had discussed the proposed study with the Nichi Executive Director and then viewing the Nichi Adolescent Survey, the Researcher and Committee decided to incorporate several of the questions from the Nichi questionnaire into the 1996 Cool Aid study. The Committee reasoned that by doing so, would help in conducting comparisons between the Cool Aid and Nichi studies.

This evolved into including three main purposes of the

study. The first purpose was to obtain in-depth information concerning behaviors, attitudes and prevalence of gambling among adolescents, parents, and friends. The second purpose was to gain information concerning the smoking and drinking behaviors of the adolescents, their parents, and friends. The final purpose was to ascertain information concerning the accessibility of gambling activities for adolescents, and suggest possible gambling prevention strategies.

THE STUDY

PURPOSE

To reiterate, the purpose of the present study included the following three areas: To obtain in-depth information concerning behaviors, attitudes and prevalence of gambling among adolescents, parents, and friends. To gain information concerning the smoking and drinking behaviors of the adolescents, their parents, and friends. To ascertain information concerning the accessibility of gambling activities for adolescents, and suggest possible gambling prevention strategies.

The following research questions were used to guide the study:

1. What are the attitudes adolescents have toward gambling?
2. What are the gambling behaviors of the adolescents, their parents and friends?
3. What are the smoking and drinking behaviors of adolescents and their parents and friends?
4. What programs and material would be effective in preventing adolescents from gambling?

METHODOLOGY

The study included self-completed questionnaires and focus groups of adolescents aged 13-18+ (those adolescents over 18 were surveyed in the schools and were currently

attending Grade 12). Adolescents from the communities of Grande Prairie, Beaverlodge, Wembley, and Sexsmith, participated in the study. The vast majority of the adolescents participating in the study, were currently attending school. The schools included, Beaverlodge Regional High, Grande Prairie Composite High, St. Joseph High, Sexsmith Secondary, Holy Cross Junior High, Store Front Alternative School, and Pregnant Teen Program.

Fifty percent of the adolescents surveyed lived in a city (Grande Prairie), 48% were from rural or semi-rural settings, while 2% of the adolescents did not respond to the question.

RESEARCH DESIGN AND PROCEDURES

Permission to conduct the survey was initially obtained from the three School's Superintendents prior to contacting the School's Principals. Once permission was obtained from the Superintendents, the Principals were contacted by telephone to ascertain their interest in the study. Following this telephone conversation, the Principals were sent packages of information concerning the study. Approximately two weeks later, the Researcher contacted the Principals, addressed questions the Principals had, and then arranged appropriate times to conduct the study. The Principals from the High Schools were cooperative and supported the study, however, some of the Principals from the Junior High Schools appeared to be more reluctant because of the content of the questionnaire. As a

consequence, there was less success in getting into the Junior High Schools resulting in a lower number of students in the 13 and 14 aged group.

The survey was a random study, administered to Junior High students and to the Grade 10, 11, and 12 Social Study classes. The schools participating included, Beaverlodge Regional High, Grande Prairie Composite, St. Joe's High, and Sexsmith Secondary, Holy Cross Junior High, Store Front Alternative School, and Pregnant Teen Program. The surveys were completed between January and April 1996. In total, 300 questionnaires were completed by the students. A research assistant distributed the questionnaires to students in the Grande Prairie, Beaverlodge, and Sexsmith schools. All students were informed that their participation in the survey was voluntary, and if any question was objectionable to them, they were instructed to leave the question blank.

Focus groups were conducted by the Study Researcher. A total of 20 groups were conducted in four communities. The focus groups occurred between February and June, 1996. Groups of six to ten adolescents were selected for the groups that typically lasted one hour. The focus groups were conducted in some of the schools (no teachers present), two youth organizations in Grande Prairie, and in homes of adolescents in two towns. Adolescents were assured of confidentiality and anonymity of their comments. The discussion was lead by the Researcher. The focus group finding is summarized in Section 6

of this report.

QUESTIONNAIRE:

The questionnaire was developed using questions from the Nichi Questionnaire (Hewitt, 1995) and the Gamblers Self-Report Inventory (GSRI) (Lesieur & Rosenthal, 1992). The committee also came up with additional questions to help gain further information which was not received in the 1995 Cool Aid Study. See Appendix 1 for the questionnaire.

The questionnaire covered the following areas:

- (a) Demographic information.
- (b) Work and leisure activities.
- (c) Gambling activities, including that of family and friends.
- (d) Personal, family, and friends alcohol and smoking use.

DATA ANALYSES:

Statistical analyses were analyzed on the Statview SE program. Chi-square and t-test for independent variables were used to evaluate the statistical significance of group differences, specifically gender and age differences between gambling, smoking, and drinking. An alpha of .05 was established for use in evaluating statistical tests for significance during the data analyses and interpretation of results. A significance level of .05 was used as it is one of the most commonly used levels of significance in the education field (Ary, Jacobs, & Razavieh, 1990). All other questions were analyzed based upon percentages.

A. STUDY SAMPLE

A1. CHARACTERISTICS OF THE STUDY SAMPLE

A total of 300 students completed the questionnaire. Fifty-one percent (154) of all subjects were male and 49% (146) female. The mean age was 16.10 with a Standard Deviation of 1.24. Ninety-four percent of all adolescents surveyed were 15 and over. Fifty percent of the adolescents surveyed lived in Grande Prairie, while 48% lived elsewhere, in rural or semi-rural communities. Table 1 provides more specific information.

Table 1

DEMOGRAPHIC PROFILE

Gender

Male	51%
Female	49%

Age

13	2.5%
14	3%
15	29%
16	23%
17	31%
18+	12%

Residence

Acreage/farm	30%
Village	3%
Town	15%
City	50%
No response	2%

Have a Job

Yes	51%
No	49%

Household Composition

Father	72%
Step-Father	9%
common-law Father	5%
Mother	70%
Step Mother	2%
Common-law Mother	4%
Brothers	56%
Step Brothers	3%
Sisters	49%
Step Sisters	2%
Grandparents	3%
Non relatives	5%
Own Children	3%
Other Relatives	2%

N=300

A 2. FRIENDS

The adolescents were asked how often they spend time with their friends on a weekly basis. The most frequently stated amount of time spent with friends, was 2-3 days per week (31%).

Table 2

INVOLVEMENT WITH FRIENDS

Days Per Week	Male	Female	Total
Never	<1%	3%	2%
1 day	8%	13%	10%
2-3 days	30%	32%	31%
3-4 days	25%	14%	20%
4-5 days	23%	23%	23%
6-7 days	12%	11%	12%
No response	2%	4%	3%

A3. LEISURE ACTIVITIES

Eighty-nine percent of the adolescents indicated being involved in at least one of the activities listed in Table 3. Males

(69%) indicated being more involved in an organized sporting activity such as baseball or hockey, than were females (27%). The males (29%) were also participating in body building and/or wrestling more than were females (10%). Females (23%) were more likely to participate in writing stories or poetry than were males (8%). For the other activities, gender differences were negligible. See Appendix 2 for other activities the adolescents listed as participating in.

Table 3

PARTICIPATION IN VARIOUS ACTIVITIES BY GENDER

Activity	Male	Female	Total
Team Sport	69%	27%	49%
Body building,	29%	10%	20%
Music	20%	29%	25%
Swimming, Skiing,	38%	40%	39%
Guides or Scouts	2%	1%	2%
Modeling	<1%	5%	3%
Acting	1%	3%	2%
Rodeo Events	5%	7%	6%
4 - H	0%	3%	1%
Paining, Drawing	12%	19%	16%
Photography	1%	6%	4%
Writing stories	8%	23%	15%
Other	29%	21%	22%
No response	7%	16%	11%

B. GAMBLING ACTIVITIES

(The following gambling related questions were answered by 213 of the adolescents).

B1. CURRENT GAMBLING

Seventy-five percent of all adolescents in this study reported to have gambled. Of this percentage, 83% were males compared with 65% of females. This finding is lower than the Nichi Study (1995) which found 92% of the males and 86% of the females to have gambled. However, the finding is higher than the Wynne Study (1996) which found 54% of the males and 45% of the females to have gambled.

In the 1995 Cool Aid Study, the responses from the adolescents indicated that many of them did not believe that certain activities constituted gambling. Therefore in the 1996 questionnaire, the adolescents were asked to identify those activities which they did not consider to be gambling.

As is indicated in Table 4, the vast majority of adolescents indicated that all fourteen listed items were viewed to be gambling. This ranged from 17% of the adolescents not believing Nintendo was gambling to just 1% who did not believe ULT's were gambling.

Table 4**ACTIVITIES NOT CONSIDERED TO BE GAMBLING.**

Activities	
Cards	13%
Flipped coins	9%
Personal skill games	9%
Sport Teams	3%
Bingo	14%
Dice games	6%
VLT's	1%
Scratch Tabs	9%
Lotteries	7%
Pull Tabs	8%
Sports Select	5%
POGS	10%
Penny Toss	14%
Nintendo	17%

B2. FAVORITE GAMBLING ACTIVITY

As a group, the top three favorite gambling activities included, playing cards for money (34%), betting on personal skill games (13%), and betting on sports teams (11%). The aforementioned top three choices were also favorites of the males with 36%, 16%, and 15% respectively. Female's favorite gambling activities included, betting on cards (32%), playing bingo and scratch tabs were tied at a distant second (12%), and the third favorite game of choice for females, was playing lotteries (11%). See Table 5.

The results from the present study do not indicate consistency with other studies. The Cool Aid 1995 study, reported males top three choices as, betting on games of personal skill, playing cards for money, and betting on sports

teams, while the female's three favorite choices included, scratch tabs, playing cards, and betting on games of personal skill. The top three favorite gambling activities among the adolescents in the Nichi Study (1995) included, playing cards, bingo, and betting on sports teams. The Wynne Study (1996) identified the three favorite choices among the adolescents they studied to be, playing lottery tickets, playing cards, and betting on sporting activities.

Table 5

FAVORITE TYPE OF GAMBLING ACTIVITY

Activity	Male	Female	Total
Cards	36%	32%	34%
Flipped coins	0%	9%	3%
Personal skill games	16%	9%	13%
Sport Teams	15%	5%	11%
Bingo	2%	12%	6%
Dice games	1%	0%	<1%
VLT's	1%	4%	2%
Scratch Tabs	7%	12%	9%
Lotteries	1%	11%	4%
Pull Tabs	0%	0%	0%
Sports Select	11%	4%	8%
POGS	1%	0%	<1%
Penny Toss	0%	3%	<1%
Nintendo	3%	4%	3%

N=144 Males N=87 Females N=57

B3. AGE WHEN FIRST GAMBLER

Thirty-one percent of those adolescents surveyed reported first gambling when they were aged 18 or younger. This percentage is higher than the findings from the Nichi study (26%) and significantly higher than the Zitzow (1992) study

which found 3% of the adolescents began gambling at aged 10 or younger.

The average age of first gambling for males was 11.50 and 11.80 for females. These ages are approximately 1.5 years younger than the adolescents surveyed in the Nichi study which found the average age to be 13. Table 6 details the age of when gambling first began. Appendix 3 details some of the activities the adolescents first gambled in.

Table 6

AGE WHEN GAMBLING BEGAN

Age

10 and under	31 %
11	7 %
12	13 %
13	11 %
14	10 %
15	5 %
16 and older	7 %
Not sure	15 %

B4. MONEY SPENT ON GAMBLING

Analyses determined that 17% of those adolescents who gambled said they spent some of their working money on gambling. The adolescents were asked to estimate what percent of their working money was spent on gambling. One half of those adolescents indicated spending 5% or less on gambling activities, while 14% said they spent 20% or more of their earned income on gambling activities. See Table 7.

Table 7**PERCENTAGE OF WORKING INCOME SPENT ON GAMBLING**

Percent	
5% or less	50%
5-10%	19%
10-15%	0%
15-20%	8%
20-30%	3%
>35%	11%
no response	8%

N=36

In terms of identifying the overall amount of money adolescents spent on gambling, 39% of the adolescents indicated spending \$10.00 or less, while 17% indicated spending \$50.00 or more on gambling activities in the past year. As is evident from Table 8, as age increases so too did the amount spent on gambling. However, it is interesting to note that 28% of the 16 aged group reported spending the most amount of money (\$50.00 and more.) This finding reinforces the finding from the Cool Aid 1995 study, which indicated the then 15 year aged group, were spending the most amount of money on gambling activities.

Table 8**AMOUNT OF MONEY SPENT IN PAST TWELVE MONTHS**

Money spent	Age						Total
	13	14	15	16	17	18	
\$0-5.00	33%	33%	32%	23%	33%	32%	30%
\$5.00-\$10.00	0%	0%	15%	12%	9%	0%	9%
\$10.00-\$25.00	33%	33%	18%	12%	17%	28%	18%
\$25.00-\$50.00	17%	0%	15%	17%	23%	16%	17%
\$50.00-\$100.00	0%	0%	9%	13%	9%	8%	9%
\$100.00+	0%	17%	4%	15%	8%	4%	8%
No response	17%	17%	7%	8%	3%	12%	7%

B5. WHY GAMBLE

The adolescents were asked why they gambled and were provided fifteen choices which they could either agree or disagree with. Eleven of the reasons were taken from the Nichi questionnaire, while four reasons were taken from the GSRI instrument.

The main reason reported to why adolescents gamble, was to win money (72%) followed by entertainment or fun (70%), and the third reason was for excitement or challenge (59%). This finding was somewhat similar to the Nichi study (1995) which found the main three reasons for adolescent gambling in descending order, was for entertainment or fun, to win money, and be with friends. The Wynne Study (1996) found the top three reasons adolescents gamble, were for entertainment or fun, excitement or challenge, and finally to win money.

It is interesting to note that males in this study were stating more reasons for gambling than were females, with the exception of supporting charities. Females (26%) were supporting charities more than were males (16%).

Table 9**REASONS FOR GAMBLING**

Reason	Total
Be With Family	23%
Be With Friends	45%
Excitement/Challenge	59%
Win Money	72%
Curiosity	31%
Entertainment/Fun	70%
Forget Problems	6%
I'm Good At It	22%
Be Alone	1%
Support Good Causes	19%
Cope with rel'ships	1%
feel like a big shot	4%
Feel less shy	7%
Feel more powerful	2%
Other Reasons	4%
No Response	6%

B6. WHO DO YOU GAMBLE WITH

The majority of those adolescents who gamble reported gambling with friends (70%). Gambling with friends also rated the highest percentage from the Nichi Study at 61%.

Table 10**WHO DO YOU GAMBLE WITH**

Gamble with	
Alone	2%
Boy/girlfriend	21%
Friends	70%
Family	20%
Others	12%

B7. ACQUIRING GAMBLING MONEY

One question from the 1995 questionnaire asked the adolescents if they had ever stole or borrowed money to cover gambling debts. The Committee decided to also pose this question to the adolescents in the 1996 questionnaire. Of the total gamblers in this study, 17% indicated stealing or borrowing money from the listed sources in Table 11. Nineteen percent of the female gamblers answered "Yes" to this question compared with 15% of the male gamblers. These figures are translated to 12% of all adolescents surveyed in this study to have stolen or borrowed money to cover gambling debts. This finding is not consistent with the finding from the 1995 Cool Aid Study, where 5% of all the adolescents surveyed had stolen or borrowed money to cover gambling debts.

Table 11

BORROWED OR STOLE MONEY

Source	Age						Total
	13	14	15	16	17	18	
Parent	0%	50%	63%	80%	69%	100%	73%
Sibling	0%	50%	50%	60%	62%	25%	54%
Relative	0%	50%	50%	30%	15%	50%	32%
Friend	0%	50%	63%	70%	62%	50%	62%
Loan shark	0%	0%	13%	30%	8%	0%	11%
Sold property	0%	0%	13%	20%	15%	0%	14%
Passed bad cheque	0%	50%	0%	10%	15%	0%	11%
Stole from someone	0%	0%	25%	20%	31%	25%	24%
Other	0%	0%	0%	0%	8%	0%	3%

N=37

B8. WHO GAMBLES

Overall, the adolescents were reporting their friends to be gambling the most (49%). Males (53%) were reporting their friends gambling more than were females (42%). Females were reporting their Fathers (53%) and Mothers (41%) gambling more than the males reported the gambling behaviors of their Fathers (38%) and Mothers (28%).

Table 12

GAMBLERS

Who gambles

Father	44%
Mother	34%
Siblings	30%
Grandparents	21%
Uncles/aunts	41%
Other relatives	30%
Friends	49%

B9. CONCERN OVER OTHERS GAMBLING

Thirty-five percent of the gamblers reported being concerned about someone else's gambling. Females (52%) reported being more concerned than males (23%) over someone else's gambling. Table 13 breaks down the individuals who the adolescent gamblers stated being concerned about the gambling behaviors of others.

Table 13**CONCERN OVER OTHER'S GAMBLING****Individual**

Father	4 %
Mother	8 %
Siblings	4 %
Grandparents	5 %
Uncles/aunts	8 %
Other relatives	5 %
Friends	4 %

N=80 Females N=51 Males N=29**B10. FEELINGS EXPERIENCED WHEN GAMBLE**

The steering committee for the Cool Aid Study wanted to determine feelings experienced by the adolescent gamblers. There were thirteen descriptions of feelings taken from the GSRI which were provided for the adolescents to choose from. As is indicated in Table 14, over 50% of adolescent gamblers reported feeling no different when they gamble. This included 60% of the females and 47% of the males who did not experience any different feelings.

Table 14**FEELINGS EXPERIENCED WHEN GAMBLE**

Feelings	
No different	52%
Nervous	14%
Exhausted	3%
Sweaty palms	12%
Heart beat faster	13%
Sick to stomach	5%
Shortness of breath	3%
Dizzy	2%
Trembling/shaking	5%
Numbness/tingling	3%
Extremely alert	9%
Relief from pain	5%
Other feelings	19%

Research on pathological gamblers have identified many of these individuals to be experiencing dissociative states when they gamble (Jacob's 1989). The Steering Committee wanted to determine if there were adolescent gamblers in the present study who were experiencing dissociative states when gambling. The specific feelings were again taken from the GSRI. Twelve percent of the reported adolescent gamblers indicated experiencing at least one of the stated four feelings as is indicated in Table 15. This finding was consistent with the Wynne Study (1996) which found that adolescent problem gamblers were more prone to experiencing dissociative states. As is evident from the Table, the males were reporting more dissociative states than were the females.

Table 15**DISSOCIATIVE FEELINGS****Feelings**

	Males	Females	Total
Feel like a big shot	20%	4%	12%
Do no wrong	25%	9%	17%
In a trance	15%	1%	13%
Outside myself	9%	1%	5%

N=27 Males N=24 Females N=3

C. SMOKING

(The following smoking questions are reported by 119 adolescents who considered themselves to be smokers.)

C1. SMOKING BEHAVIORS

Forty percent of the adolescents surveyed, smoke once in a while or regularly. Thirty-five percent of the males and 45% of the females are reported as smokers. This study confirms the National findings which indicate more female adolescents are smoking than are males. The Nichi study also found females (58%) smoking more than males (39%). As is expected, as age increases, so too does smoking in the adolescents. The average age of when males had their first cigarette was 11.50 and 12.00 for females.

Table 16

AGE FIRST SMOKED

Age								
7 and younger	8	9	10	11	12	13	14 >	no response
8%	3%	9%	4%	11%	12%	18%	24%	12%

2. AGE STARTED SMOKING

Forty-three percent of the adolescent smokers first began smoking everyday when they were 14 or older.

Table 17

STARTED SMOKING DAILY

Age								
7 and younger	8	9	10	11	12	13	14 and	> no response
1%	1%	1%	4%	5%	9%	18%	43%	17%

B3. AMOUNT SMOKED BY AGE

Thirty-five percent of the male smokers smoke 1-5 cigarettes per day, and 57% of the male smokers smoke 5 and more cigarettes each day. There are 26% of the female smokers who smoke 1-5 cigarettes each day, and 40% of the females who smoke 5 or more cigarettes each day. The average number of cigarettes smoked daily was 1-5.

Table 18

CIGARETTE SMOKING BEHAVIORS

No. Cigarettes
Smoked/Day

Age							Total
	13	14	15	16	17	18+	
0	0%	0%	0%	0%	0%	0%	0%
0-1	25%	20%	0%	10%	0%	9%	8%
1-5	25%	60%	19%	32%	19%	25%	25%
5-10	25%	20%	16%	13%	32%	25%	21%
10-15	0%	0%	9%	23%	13%	9%	13%
15-20	25%	0%	16%	10%	3%	0%	8%
20+	0%	0%	9%	6%	10%	13%	8%
No response	0%	0%	31%	6%	23%	19%	18%

B4. PARENTS AND FRIENDS SMOKING

This study found that the older the student, the more their friends were smoking. Females were reporting more friends smoking than were males. Forty-three percent of the smokers

indicated their Mother's smoking regularly or once in a while. Over half of the adolescents (54%) who smoke, report their Fathers to smoke regularly or once in a while. The study found a significant relationship between adolescent smoking and smoking among friends, mother, and father. Table 19 provides more details concerning friends and parent smoking.

Table 19

FRIENDS AND PARENTS SMOKING**Friends smoke weekly**

	Age						
	13	14	15	16	17	18+	Total
None	0%	0%	0%	6%	0%	0%	2%
Few	0%	20%	19%	23%	23%	25%	21%
Some	25%	40%	19%	29%	19%	25%	24%
Most	50%	40%	34%	32%	39%	19%	34%
All	25%	0%	13%	10%	0%	19%	11%
No response	0%	0%	16%	0%	13%	12%	9%

Mother Smoking

	13	14	15	16	17	18+	Total
Regularly	50%	60%	25%	31%	35%	19%	31%
Once in awhile	0%	0%	13%	23%	10%	0%	12%
Used to	50%	40%	16%	13%	23%	44%	23%
Never	0%	0%	19%	32%	16%	25%	21%
No response	0%	0%	27%	0%	16%	12%	13%

Father Smoking

	13	14	15	16	17	18+	Total
Regularly	50%	60%	47%	58%	35%	25%	45%
Once in awhile	25%	0%	9%	10%	13%	0%	9%
Used to	0%	20%	25%	23%	32%	38%	27%
Never	25%	20%	16%	6%	13%	25%	14%
No response	0%	0%	3%	3%	7%	12%	5%

D ALCOHOL

(The following alcohol questions are reported by 213 adolescents who considered themselves to be drinkers.)

D1. DRINKING BEHAVIOR BY AGE

Seventy-one percent (213) of the adolescents surveyed indicated drinking regularly or once in a while. Of the reported drinkers, 75% were males and 67% were females. Twenty-nine percent of the respondents were classified as non drinkers. This finding indicates that a higher percentage of adolescents in this study were considered as drinkers compared with the Nichi Study which reported 36% of the adolescents to be drinkers.

Two percent of the present study's adolescents, indicated never having drank alcohol. This finding is significantly lower than the Nichi Study (1995) and the Bertrand, Smith, and Bolitho Study (1994), in which both studies indicated 21% of the adolescents had never drank alcohol. As is evident from Table 20, as age increases so does the prevalence of drinking.

Table 20

DESCRIPTION OF DRINKING

Drinking behavior	Age						Total
	13	14	15	16	17	18	
Regularly	0%	0%	6%	19%	11%	11%	11%
Once in awhile	38%	70%	58%	56%	62%	58%	59%
Did but not now	13%	0%	11%	4%	6%	11%	8%
Had a sip or taste	25%	30%	19%	19%	18%	17%	19%
Never	25%	0%	0%	1%	2%	3%	2%
No response	0%	0%	7%	0%	0%	0%	2%

Table 22

FRIENDS AND PARENTS DRINKING

Friends drink
alcohol weekly

	Age						
	13	14	15	16	17	18	Total
None	0%	0	7%	6%	10%	8%	8%
Few	33%	29%	46%	33%	24%	20%	32%
Some	33%	43%	15%	29%	31%	24%	26%
Most	33%	29%	24%	20%	28%	36%	26%
All	0%	0%	8%	14%	7%	12%	9%

Mother Drinking

	13	14	15	16	17	18	Total
Regularly	0%	29%	8%	8%	6%	8%	7%
Once in awhile	100%	29%	64%	63%	78%	72%	69%
Did but not now	0%	29%	19%	14%	7%	12%	13%
Never	0%	14%	7%	12%	9%	8%	9%
Not sure	0%	0%	2%	4%	0%	0%	1%

Father Drinking

	13	14	15	16	17	18	Total
Regularly	33%	14%	12%	14%	13%	20%	14%
Once in awhile	67%	43%	68%	63%	62%	72%	64%
Did but not now	0%	43%	10%	16%	19%	8%	15%
Never	0%	0%	10%	8%	6%	0%	7%

E. SMOKING AND DRINKING WHEN GAMBLE

E1. SMOKING AND GAMBLING

Sixty-five percent of all smokers do not gamble. Twenty-five percent of the smokers do smoke when they gamble. Of this percentage, 33% are males and 18% are females.

Table 23

SMOKING AND GAMBLING

Response	Age						TOTAL
	13	14	15	16	17	18+	
Yes	0%	20%	31%	32%	13%	31%	25%
No	50%	0%	16%	13%	0%	0%	9%
Non gamblers	50%	80%	53%	52%	87%	69%	65%
No response	0%	0%	0%	3%	2%	0%	1%

YES N=30 NO N=11

(Smokers who do not gamble N=77)

E2. SMOKING MORE WHEN GAMBLE

Table 24 indicates that 19% of those adolescents who smoke say they smoke more when they gamble. This figure is broken down to 28% of the males compared with 12% of the females who stated smoking more when they gamble. It is interesting to note that 55% of the 16 year old males who currently smoke, smoke more when they gamble.

Table 24

SMOKING MORE WHEN GAMBLE

Response	Age						TOTAL
	13	14	15	16	17	18+	
Yes	0%	0%	16%	35%	9%	25%	19%
No	50%	20%	31%	10%	2%	6%	15%
Non gamblers	50%	80%	53%	52%	87%	69%	65%
No response	0%	0%	0%	3%	2%	0%	1%

YES N=23 NO N=18**(Smokers who do not gamble N=77)****E3. DRINKING AND GAMBLING**

Table 25 indicates the majority of drinkers either do not gamble or do not drink when they gamble (69%). The 16 aged group reported the highest percentage of drinking when gambling at 37%. Thirty-seven percent of the males who drink do so while gambling, compared with 19% of the females.

Table 25

DRINKING AND GAMBLING

Response	Age						Total
	13	14	15	16	17	18	
Yes	0%	14%	29%	37%	26%	28%	29%
No	33%	29%	42%	29%	34%	20%	33%
Non gambling drinkers	67%	57%	29%	31%	40%	44%	36%
No response	0%	0%	0%	2%	0%	8%	1%

YES N=62 NO N=71**(Drinkers who do not gamble N=77)****E4. DRINKING MORE WHEN GAMBLE**

Table 26 indicates 15% of the drinkers reporting gambling

more when they drink.

Table 26

DRINKING MORE WHEN GAMBLE

Responses	Age						Total
	13	14	15	16	17	18	
Drink more							
Yes	0%	14%	20%	16%	12%	12%	15%
No	33%	29%	51%	51%	49%	36%	47%
Non gambling drinkers	67%	57%	29%	31%	40%	44%	36%
No response	0%	0%	0%	2%	0%	8%	1%

YES n=32 NO n=101 Drinkers who do not gamble n=77

E5. STATISTICAL SIGNIFICANCE'S

To determine if there were significant group differences between age and gender (dependent variables) and gambling, smoking, and drinking (independent variables), statistical analyses using Chi Square and t-test for independent variables were employed.

The analyses indicated no significant differences in age. This finding was anticipated as this sample is essentially a homogenous population with little variance in age.

Gender differences proved to be significant in that males were gambling and drinking more than females. There was also a significant difference noted in that females were smoking more than males. Significant relationships were found between gambling and smoking; gambling and drinking; and smoking and drinking for the males. It is important to note however, that although significant differences were identified, these

differences were negligible. The Researcher would caution in attempting to draw any conclusive assumptions based upon these findings alone. Further research and larger samples would be required before attempting to make any definitive conclusions.

F. SUMMARY OF FOCUS GROUPS

F1. FOCUS GROUPS

The following section provides a summary of responses asked to the adolescents in the focus groups. Appendix 4 contains more detailed responses.

1. DO YOU FEEL ACCESS TO SOME FORMS OF GAMBLING IS TOO EASY FOR MINORS?

The vast majority of adolescents believed it was too easy for minors to participate in gambling activities. Some of the comments included: Anyone can play cards for money; You can lie about your age; Retailers can make money from your gambling and they don't care.

Those adolescents who did not believe it was too easy to access some forms of gambling said, You have to look old enough. The "No" comments were predominately from the 13-15 aged group.

One comment made from an adolescent said, "Gambling is not negative, as everyone has an addiction of some kind." Not surprising, there are still those adolescents who believe VLT's represents "true gambling".

2. HAVE YOU EVER HAD ANY DIFFICULTY IN PURCHASING OR PARTICIPATING IN GAMBLING ACTIVITIES?

Once again the majority of the adolescents said "No", they did not have problems participating in gambling activities. Some of the specific comments included: I have no problem getting

what I want or need; My parent or some other adult buys the lottery tickets.

Those adolescents who said "Yes" to having problems in purchasing or participating in gambling activities, comments included: Sometimes clerks will ask for ID, so I quit trying; I had problems so I got other people to buy them for me; I had trouble getting adults to buy them so I don't buy them.

Other comments to this question included: I would rather do other activities than gamble; I have never tried to gamble; Once I had to steal to gamble; I needed money, so I sold some of my clothes.

3. IS THERE ANY PROMOTIONAL MATERIAL HELPFUL IN PREVENTING SOCIAL PROBLEMS WHICH YOU BELIEVE WOULD BE HELPFUL IN HELPING TO PREVENT GAMBLING:

The following include comments from the adolescents specifying the type of material they believe to be effective prevention material/programs: The Stop Smoking and Drinking ads on TV (many of the adolescents were specific, detailing what they thought was effective, usually explicit graphic commercials); Parents talking to them; Receiving information from AADAC; Belonging to extra curricular activities (i.e. team sports); Belonging to groups such as SAAD; Information presented from other teens; and one adolescent commented that the information seen on TV and in school stopped him from trying drugs.

Those adolescents who did not believe there was good

material or programs included such comments as: Most promotional material is a joke; Nothing helps if you are going to do it; Peer pressure is more effective than ads; I will just stop when I want; The ads are stupid.

For the most part, the females reported more positive comments concerning effective promotional material for prevention purposes than did males.

4. WHAT DO YOU BELIEVE TO BE INEFFECTIVE PROMOTIONAL MATERIAL:

Comments included: I don't have any problem so I don't read the stuff; Warnings on cigarette packages don't work; There are no commercials which can prevent addictions; Commercials on TV *encourage* you to drink and buy lottery tickets as they show you the good life; Pamphlets are useless; Those individuals on ads are useless because they don't have addictions.

F2. RECOMMENDATIONS

As gambling becomes more accessible and accepted in society, the incidences of gambling among young people will proportionally increase as has been evident with other forms of addictions (Jacobs, 1989). Smith (1992) concurs, stating that the more children are exposed to gambling, the greater the likelihood that they will participate in gambling as adults. Prevention and education are required to inform adolescents about the potential problems associated with gambling.

Elliot and his colleagues (1985), concluded that prevention

approaches must take into account the social network in which social problems are embedded and reinforced. The success of helping to curb and prevent social problems is evidenced in positive peer influence and social skills training programs. These programs have been used successfully to prevent cigarette smoking, develop positive interpersonal relationships, motivate for success, enhance social resistance skills, and promote self-esteem (Conrad & Hedin, 1980). Most of these prevention programs have occurred in the school setting.

Schools have been the catalyst in evoking changes in attitudes, knowledge, and behavior, in students when it comes to social issues. Programs such as SAAD and Safe Grads are two examples of programs which have proliferated in the past fifteen years and are now accepted and respected programs among High School Students. Schools can and should be at the forefront of implementing gambling prevention programs. This can occur through such means as having posters and pamphlets available throughout the schools, incorporating information on gambling as part of the Health Curriculum when teaching about addictions, and interactive presentations such as those currently presented to students when trying to get the message across about not Drinking and Driving. In addition, information geared toward adolescents in form of pamphlets, posters, self-screening cards, and helping information, should be available throughout the community.

Having young people on TV commercials and making

presentations to other young people, appears to be an effective means for adolescents to identify and relate to, instead of adults "preaching at them."

The general public has accepted gambling as a common occurrence in today's society. However, there appears to be a growing concern among some Albertans about the availability of gambling opportunities in the Province and the negative consequences associated with this. This segment of the population is pushing for more Government legislation and control on gambling in Alberta. Although a total ban on gambling activities would likely never occur, more enforcement of statutory age controls on gambling should take place, as the findings from this research indicate that age controls are not always being observed or enforced.

It must be noted and stressed at this time that AADAC provides exceptional addiction work in the area of drug and alcohol prevention for the adolescents of Alberta. This momentum should prevail when it comes to educating and preventing gambling problems and addictions with our young. AADAC must continue to be the Paradigm Pioneers in the prevention, intervention, and treatment of this relatively new identified addiction.

REFERENCES

- Ayr, D., Jacobs, L. C., & Razavieh, A. (1990). Introduction to Research in Education. Fort Worth: Harcourt Brace Jovanovich College Publishers.
- Betrand, L., Smith, R., & Bolitho, D. (1994) Substance use among Alberta adolescents: Prevalence and related factors. Calgary, AB.: Canadian Research Institute for Law and the Family.
- Conrad, M., Hedin, C. (1980). Self-esteem and specificity in self-focused attention. The Journal of Social Psychology, 133 (1), 121-123.
- Elliot, G. (1985). Gender differences in self-consistency: Evidence from an investigation of self-concept structure. Journal of Youth and Adolescence, 17 (1), 41- 45.
- Hewitt, D., & Auger, D. (1995) Firewatch on aboriginal adolescent gambling. Edmonton: Nechi
- Jacobs, D.F. (1989). Illegal and undocumented: A review of teenage gambling and the plight of children of problem gamblers in America. Compulsive Gambling: Theory, Research, and Practice, 14, 249-292.
- Leisure & Rosenthal (1992). Gamblers self-report inventory.
- Smith, G. (1992). The gambling attitudes and behaviors of Albertans. Survey Highlights 11, Population Research Laboratory, Dept. Sociology. Edmonton: University of Alberta.
- Wynne, J.W., Smith, G.J., & Dolberg, R.A. (1996). Gambling and problem gambling among adolescents in Alberta. Edmonton: Wynne Resources.
- Zitzow, D. (1992). Incidence and comparative study of compulsive gambling behaviors between American Indians and non-Indians with and near a northern plains reservation. Bemidji, M.N.: Indian Health Service.

APPENDICES

COOL AID QUESTIONNAIRE

COOL AID

9667 Hillcrest Drive
Grande Prairie, AB T8V 1A9
Ph. 532-9004



FRIENDSHIP • GUIDANCE • SUPPORT

COOL AID/ AADAC YOUTH ACTIVITY SURVEY

1996

This survey is being conducted by the Cool Aid Society in conjunction with AADAC. The purpose of the survey is to learn about young people and some of the things they may like to do such as gambling, drinking alcohol and smoking. Collecting this information may help us develop programs to educate young people about these things.

Your cooperation is very helpful to us. In order to make this survey useful, please answer the questions seriously and honestly. Please do not write your name or anything that might identify you on the survey. We do not want to know who completed the surveys. Except for the Cool Aid and AADAC researchers and the researcher assistant, no one will see your answers.

Your participation in this study is completely voluntary. We would appreciate it if you would answer all questions. However, if you find any question objectionable, you may leave it blank. If you do not understand any of the questions, please ask the researcher for help.

Please answer most of the questions by placing a "check mark" or an "x" next to your answer. For some questions, place a "number" (0, 1, 2, 3, etc.) on the line as in the following example:

List the number of brothers and sisters you have:

a) 2 sisters

b) 3 brothers

Thank you for your help.

HELPING YOUTH REACH NEW HORIZONS

The following questions are about you, your family and your friends:

- 1.) How old are you?
 - a.) _____ 12
 - b.) _____ 13
 - c.) _____ 14
 - d.) _____ 15
 - e.) _____ 16
 - f.) _____ 17
 - g.) _____ 18 or over

- 2.) Are you?

_____ Male _____ Female

- 3.) Do you attend school? _____ Yes _____ No

- 4.) If you answered "yes" to question 3, please specify which grade? Grade _____

- 5.) Do you have a job for which you are paid money? _____ Yes _____ No

- 6.) If you answered "yes" to Question 5, what is your monthly earned income?
 - a.) _____ \$50 or less
 - b.) _____ \$50 - \$100
 - c.) _____ \$100 - \$200
 - d.) _____ \$200 - \$300
 - e.) _____ \$300 or more

if more, please list amount _____

- 7.) Where do you live?
 - a.) _____ Acreage
 - b.) _____ Farm
 - c.) _____ Village
 - d.) _____ Town
 - e.) _____ City

- 8.) How many brothers and sisters do you have? (include step-brothers, step-sisters and half-brothers and half-sisters)
- a.) _____ older sisters
 - b.) _____ older brothers
 - c.) _____ younger sisters
 - d.) _____ younger brothers
- 9.) Who lives in your home with you?
- a.) _____ father or male guardian
 - b.) _____ step-father
 - c.) _____ common-law father
 - d.) _____ mother or female guardian
 - e.) _____ step-mother
 - f.) _____ common-law mother
 - g.) _____ brothers
 - h.) _____ step-brothers
 - i.) _____ sisters
 - j.) _____ step-sisters
 - k.) _____ step-parents
 - l.) _____ grandparents
 - m.) _____ non relatives
 - n.) _____ my children
 - o.) _____ I live by myself
 - i.) how many? _____
 - ii.) how many? _____
 - iii.) how many? _____
 - iv.) how many? _____
 - v.) how many? _____
 - vi.) how many? _____
 - vii.) how many? _____
 - viii.) how many? _____
- 10.) Approximately how many of your close friends go to school?
- a.) _____ none
 - b.) _____ 1
 - c.) _____ 2 or 3
 - d.) _____ 3 or 4
 - e.) _____ 4 or 5
 - f.) _____ 6 or more

- 11.) Approximately how many of your close friends do *not* go to school?
- a.) _____ none
 - b.) _____ 1
 - c.) _____ 2 or 3
 - d.) _____ 3 or 4
 - e.) _____ 4 or 5
 - f.) _____ 6 or more
- 12.) How many days a week do you do things with your friends?
- a.) _____ never
 - b.) _____ 1 day a week
 - c.) _____ 2-3 days a week
 - d.) _____ 3-4 days a week
 - e.) _____ 4-5 days a week
 - f.) _____ 6-7 days a week
- 13.) Do you actively participate in any of the following activities? (mark all that apply)
- a.) _____ baseball, hockey, football, or other team sport, if so, what? _____
 - b.) _____ body building, wrestling, weight lifting
 - c.) _____ music (playing an instrument or singing)
 - d.) _____ swimming, skiing, running, track events, etc.
 - e.) _____ Guides or Scouts
 - f.) _____ modeling
 - g.) _____ acting
 - h.) _____ rodeo events
 - i.) _____ 4-H
 - j.) _____ painting, drawing, sculpting
 - k.) _____ photography
 - l.) _____ writing stories or poetry
 - m.) _____ other (please specify) _____

The following questions concern gambling or playing games for money. People bet or spend money on many different things such as betting on sports, purchasing raffle tickets, playing bingo and card games which we call gambling. The following list includes a number of these. If you have never gambled on any of these or any *other* form of gambling, please go to Question 32.

14.) Are there any of the items listed below that you do *not* consider gambling?

_____ Yes _____ No

If "yes", which ones? Please specify by using the appropriate letter(s). _____

- a.) Played cards for money
- b.) Flipped coins for money
- c.) Bet money on games of personal skill like pool, golf, bowling
- d.) Bet money on sports teams
- e.) Played bingo for money
- f.) Played dice games (such as craps or over and under) for money
- g.) Played Video Lottery Terminals (VLT)
- h.) Played scratch tabs that you buy (excludes restaurant promotions)
- i.) Played the lottery by picking numbers
- j.) Played pull tabs
- k.) Played Sports Select
- l.) Played Pogs for money
- m.) Played penny toss
- n.) Played video games like Nintendo for money

15.) If you have participated in any of the above activities, please indicate, by letter, your choices of activity and approximately how much you would spend on each one in a month.

My number one choice is _____ and I spend about _____ dollars per month.

My number two choice is _____ and I spend about _____ dollars per month.

My number three choice is _____ and I spend about _____ dollars per month.

- 15a.) If you have a job, is a percentage of your earned income spent on gambling?
 ____ Yes ____ No if "yes" approximately what percent? ____%
- 16.) When you participate in your choices of activities, do you usually do so
 a.) ____ alone
 b.) ____ with your boyfriend/girlfriend
 c.) ____ with other friends
 d.) ____ with members of your family
 e.) ____ with other people
- 17.) What is the total amount of money you have gambled in the last 12 months?
 a.) ____ \$0 to \$5
 b.) ____ more than \$5
 c.) ____ more than \$10
 d.) ____ more than \$25
 e.) ____ more than \$50
 f.) ____ more than \$100 if more than \$100, please list amount ____
- 18.) People gamble for different reasons. Please mark whether or not any of the following reasons might be a reason why you gamble. Mark all that apply.
- | | Yes | No |
|-----------------------------------|------|------|
| a.) To do things with my family | ____ | ____ |
| b.) To do things with my friends | ____ | ____ |
| c.) For excitement or challenge | ____ | ____ |
| d.) To win money | ____ | ____ |
| e.) Out of curiosity | ____ | ____ |
| f.) For entertainment or fun | ____ | ____ |
| g.) To forget problems for awhile | ____ | ____ |
| h.) Because I'm good at it | ____ | ____ |
| i.) To be alone | ____ | ____ |
| j.) To support good causes | ____ | ____ |
| k.) Others (please specify) _____ | | |

- 19.) Have you ever borrowed money or stolen something in order to bet or to cover gambling debts? _____ Yes _____ No

If you answered "Yes" to Question 18, please answer "yes" or "no" to the following questions. Mark all that apply.

	Yes	No
a.) borrowed money from parent(s)	_____	_____
b.) borrowed money from brother(s) or sister(s)	_____	_____
c.) borrowed money from other relative(s)	_____	_____
d.) borrowed money from friend(s)	_____	_____
e.) borrowed money from loan shark(s)	_____	_____
f.) sold personal or family property	_____	_____
g.) passed a bad cheque(s)	_____	_____
h.) stole from someone	_____	_____
i.) other (please specify) _____	_____	_____

- 20.) How old were you when you first gambled for money? _____ years old

- 21.) What type of gambling was that? (please specify) _____

- 22.) Do any of the following people gamble for money?

	Yes	No	I don't know
a.) father (include step-father or male guardian)	_____	_____	_____
b.) mother (include step-mother or female guardian)	_____	_____	_____
c.) brothers/sisters (include step and half)	_____	_____	_____
d.) grandparents (include step-grandparents)	_____	_____	_____
e.) uncles/aunts	_____	_____	_____
f.) other relatives	_____	_____	_____
g.) friends	_____	_____	_____

- 23.) If you answered "yes" to Question 21, are you concerned that any of the following people may be gambling too much?

Yes No I don't know

- | | | | |
|---|-------|-------|-------|
| a.) father (include step-father or male guardian) | _____ | _____ | _____ |
| b.) mother (include step-mother or female guardian) | _____ | _____ | _____ |
| c.) brothers/sisters(include step and half) | _____ | _____ | _____ |
| d.) grandparents (include step-grandparents) | _____ | _____ | _____ |
| e.) uncles/aunts | _____ | _____ | _____ |
| f.) other relatives | _____ | _____ | _____ |
| g.) friends | _____ | _____ | _____ |

- 24.) When I gamble, I feel like a big shot. _____ Yes _____ No

- 25.) When I'm gambling, I feel I can do no wrong. _____ Yes _____ No

- 26.) Of the reasons listed below, please mark the one which *best* describes why you gamble.

- a.) _____ to cope with relationships in life
 - b.) _____ to cope with uncomfortable feelings
 - c.) _____ to fill a need for excitement
 - d.) _____ as a way to get money
 - e.) _____ to feel like a big shot
 - f.) _____ to be less shy and more sociable
 - g.) _____ to feel more powerful
 - h.) _____ other (please specify on the line below)
-

- 27.) Have you ever felt like you had been in a trance while gambling?
 _____ Yes _____ No

28.) Have you ever felt like you were "outside yourself" watching yourself gamble?
 ____ Yes ____ No

29.) Which of the following have you experienced in connection with gambling (just prior to or while gambling). Check any that apply.

- | | |
|------------------------------------|------------------------------------|
| a.) ____ didn't feel any different | g.) ____ had shortness of breath |
| b.) ____ felt nervous | h.) ____ felt dizzy |
| c.) ____ felt exhausted | i.) ____ was trembling or shaking |
| d.) ____ had sweaty palms | j.) ____ felt numbness or tingling |
| e.) ____ heart beat faster | k.) ____ felt extremely alert |
| f.) ____ felt sick to your stomach | l.) ____ felt relief from pain |

If you experienced any other sensations in connection with gambling, what were they? _____

30.) Do you gamble with close friends? ____ Yes ____ No
 If you answered "Yes", please mark the applicable number.

- a.) ____ 1 or 2 friends
 b.) ____ 3 or 4 friends
 c.) ____ 4 or 5 friends
 d.) ____ 6 or more friends

31.) If you answered "yes" to question 29, do you feel any of those close friends may be gambling too much? ____ Yes ____ No

The following questions are about smoking legal tobacco products.

- 32.) Which of the following best describes you?
- a.) _____ I smoke regularly.
 - b.) _____ I smoke now, but only once in awhile.
 - c.) _____ I used to smoke, but don't smoke now.
 - d.) _____ I have never smoked.

If you don't smoke now or have never smoked, please go to Question 41. If you smoke now, please continue.

- 33.) At what age did you have your first cigarette?
_____ years old

- 34.) How many cigarettes do you smoke in a day?
_____ cigarettes

- 35.) At what age did you start smoking every day?
_____ years old

- 36.) How many of your friends smoke regularly?
- a.) _____ none
 - b.) _____ a few
 - c.) _____ some
 - d.) _____ most
 - e.) _____ all

- 37.) Which of the following best describes your mother/stepmother/female guardian?
- a.) _____ smokes regularly
 - b.) _____ smokes now but only once in awhile
 - c.) _____ used to smoke but doesn't now
 - d.) _____ has never smoked

38.) Which of the following best describes your father/stepfather/male guardian?

- a.) _____ smokes regularly
- b.) _____ smokes now but only once in awhile
- c.) _____ used to smoke but doesn't now
- d.) _____ has never smoked

39.) Do you smoke when you gamble? _____ Yes _____ No

40.) Do you tend to smoke more when you gamble? _____ Yes _____ No

The following questions are about alcohol and alcoholic beverages. When we say the word "drink" we mean: one bottle or can of regular or light beer, one Cooler containing liquor or wine, one mixed drink containing whiskey, vodka, rum etc. or any other beverage containing alcohol.

41.) Which of the following best describes you?

- a.) _____ I drink alcohol regularly.
- b.) _____ I drink alcohol now but only once in awhile.
- c.) _____ I used to drink alcohol but don't drink now.
- d.) _____ I have had a sip or taste but never a full drink of my own.
- e.) _____ I have never had a drink.

If you placed a mark beside c., d., or e., please go to Question 48.

If you placed a mark beside a. or b., please continue.

42.) How old were you when you had your first real drink (such as a bottle of beer, full glass of wine or mixed drink)? _____ years old

- 43.) How many of your friends drink alcohol at least once a week?
- a.) _____ none
 - b.) _____ a few
 - c.) _____ some
 - d.) _____ most
 - e.) _____ all
- 44.) Which of the following best describes your mother/stepmother/female guardian?
- a.) _____ drinks regularly
 - b.) _____ used to drink but doesn't now
 - c.) _____ drinks now but only once in awhile
 - d.) _____ has never drank alcohol
- 45.) Which of the following best describes your father/stepfather/male guardian?
- a.) _____ drinks regularly
 - b.) _____ used to drink but doesn't now
 - c.) _____ drinks now but only once in awhile
 - d.) _____ has never drank alcohol
- 46.) Do you drink alcohol when you gamble? _____ Yes _____ No
- 47.) Do you tend to drink more when you gamble? _____ Yes _____ No

LEISURE ACTIVITIES

COOL AID/AADAC YOUTH ACTIVITY SURVEY '96
Additions to the spreadsheet report

QUESTION 13 OTHER SPORTS AND HOBBIES

MALES

Other team sports included biking, curling, golfing and wrestling.

Other hobbies included video games, band, dirt biking, skidooring, youth groups, snowboarding, track and field, body building, volunteering, computer games, modeling, watching TV, woodworking, partying and getting drunk.

FEMALES

Other team sports included badminton, volleyball, bowling, and biking.

Other hobbies included movies, "boyfriend time", reading, skating, playing pool, snowboarding, skidooring, fencing, horseback riding, church, air cadets, aerobics, judo, jazz dancing and ballet.

GAMBLING ACTIVITIES FIRST GAMBLER IN

COOL AID/AADAC YOUTH SURVEY '96

QUESTION 21 WHAT TYPE OF GAMBLING DID YOU FIRST DO?

Types of gambling that were specified were:

MALES

Age 13	Scratch and win
Age 14	Lottery tickets, playing cards
Age 15	Betting on golf, playing cards for money, lottery tickets, coin toss, bingo, pull tabs, betting on personal skills
Age 16	Poker, lottery tickets, betting on sports games at school, VLT, dice, bingo, betting on fights, horse racing, betting on personal skills such as remembering certain words to a song, scratch and win
Age 17	Sports events, cards, dice, lottery tickets, personal skills bets, pool, nintendo, golf games
Age 18+	personal skills bets, scratch and win, cards dice VLT

FEMALES

Age 13	cards, bingo, horse racing
Age 14	Betting on skills in sports
Age 15	Playing scratch and win, playing cards for money, betting on sports games and video games
Age 16	Horse racing, betting on weight loss, bingo, dice, scratch and win cards, betting on sports games
Age 17	Horse racing, lottery tickets, poker, VLT, pull tabs, pool, sports games,
Age 18+	Poker, VLT, lottery tickets, marbles, bingo

FOCUS GROUP COMMENTS

COOL AID/AADAC YOUTH ACTIVITY SURVEY '96

DO YOU FEEL ACCESS TO SOME FORMS OF GAMBLING IS TOO EASY FOR MINORS?

MALES

Ages

13 "Don't seem to want to gamble" --- from someone who reported gambling

14 "Not too easy; you have to look old enough"

"No, stores don't let minors in to buy tickets."

"It's easy because you can gamble at home and you don't need ID there."

Yes, because anybody can play cards for money."

15 "Yes it is because when among friends, you can gamble even if you don't buy any lottery tickets because you can play cards for money, like poker."

"Yes, if you look older you can buy lottery tickets or get into bars and play VLT."

"No, because most people are strong in stopping minors from gambling."

"Yes, because you can lie about your age if you look old enough."

"Yes, because the people who make the money from gambling don't care where they get it."

"Yes it must be because I hear kids bragging about gambling in places they're not old enough to get in to."

16 "Yes, adults aren't even aware of gambling among minors; kids bet on pool, cards and sports all the time."

"No, it shouldn't matter whether you're a minor or not if you want to gamble."

"No, because I love gambling."

"Yes, lotto tickets are too easy to buy."

"Yes, playing cards and accessing gambling machines is too easy."

"Yes, because if you really want to gamble, all you have to do is pick teams with a friend and make a bet."

"No, gambling is hard to gain access to, but you can bet on just about anything."

"Yes, clerks never ask for ID in most places."

"Yes, gamblers pull minors in to their habits."

(continued)

FEMALES

Ages

- 13 "I don't like VLT machines...too addicting. Anyone can play them...just give adults the money."
"You can get anything, anywhere, anytime."
"Easy, just ask an adult to buy."
- 14 "They bet on stupid things cause it's easy!"
- 15 "Yes, cause they do it with friends."
"Yes, because gambling is all around us and if there's a will, there's a way."
"Yes, bingo is too easy to get into."
"Yes, because there are so many forms of gambling and kids don't realize they are doing it."
"Yes, because kids even gamble on video games in arcades."
"Yes, because some stores will sell you anything you want regardless of your age."
"No, you have to be older."
"Yes, some kids gamble on silly things and when they get older they want to gamble more."
- 16 "It's very easy for minors to get into bars to gamble and drink because the places only want to make money."
"No, I'm not addicted to anything."
"No, because they shouldn't be gambling in the first place!"
"Yes, because a lot of minors have fake ID or look older than they are."
"Yes, because some parents think it's ok for kids to gamble."
"Yes, because kids even gamble on who'll pass a test or who will lose the most weight or on fights after school."
"Yes, because once kids sneak into bars, they'll like it and try again and again."
"Yes, because it doesn't take much for minors to get in where they can gamble and Bingo is pretty close odd gambling."
- 17 "It's easy to get an adult and even parents to buy tickets."
"Yes, ID is rarely asked for."
"Yes, kids can gamble in lots of places, including their homes."
"Yes, because I can get into the bar anytime."
"Yes, because minors can often fool people into thinking they are older."

FEMALES

Ages

17

"Yes, because any idiot can get anything."

"Lottery tickets are too easy for minors to buy."

"Gambling on sports, etc. with friends is usually just good fun and not addictive. I think reducing access to gambling will only make young people more curious. It's best to show what's out there and explain why it's bad for them."

18+

"Yes, lottery tickets, Sports Select and bingo are too easy to get."

"Yes, because people in stores always sold things to me when I was a minor."

"Yes, ID is not asked for in bars."

"Yes, because minors can often fool people into believing they're older."

MALES

Ages

17

"Yes, because anyone can gamble anywhere."

"No, and I don't really care who gambles if it doesn't concern me."

"Yes, because the rules are not strict enough."

"Yes and no; hockey pools and so on are easy to access but *actual gambling is not*."

"Yes, sneaking into bars is too easy and that's where the VLT machines are."

"Yes, adults give in."

"Yes, ID is very rarely asked for."

"Yes, lottery are too easy to get--all you have to do is ask some adult to buy them."

"Gambling by minors is not that common plus I don't feel gambling on a small scale is negative."

"I don't believe gambling is that bad. Everyone has an addiction of some kind."

18

"No, people can gamble anywhere; it's if they choose to that's the problem."

"No, most ways of gambling are the VLT machines and you have to be old enough to get in the bars to play them."

"Yes, because as long as you are with someone who looks old enough, you can get in anywhere."

"Yes, because many places never ID."

COOL AID/AADAC YOUTH ACTIVITY SURVEY '96

HAVE YOU EVER HAD ANY DIFFICULTY IN PURCHASING OR ACCESSING ANY GAMBLING ITEM(S) OR ACTIVITIES? IF SO, WERE YOU STILL ABLE TO OBTAIN THE ITEM OR ACCESS THE ACTIVITY?

MALES

Ages

13 "rather do other activities" (this from someone who reported as participating in gambling)

14 "never tried"

"trouble getting adults to buy lottery tickets"

"no problem getting what I need or want"

"Yes, because sometimes places ID"

"No, because I got people who will get anything for me"

15

"I can get what I want without any problem"

"All you need is a mature looking friend to buy anything that you want."

"Yes, trouble buying scratch cards"

"My Mom and Dad buy me lottery tickets."

"Yes, I have and I couldn't get it"

"Yes, I had trouble but I still got what I wanted."

"Yes, I've had some problems but my older friends always help me."

"No, I just get an adult to buy for me."

"Yes, so I gave up trying."

16

"Never have any trouble getting what I want."

"Yes; to get money, I sold a lot of my clothes."

"No, because I never tried." (answered by most non gamblers)

"No, I don't gamble unless it's cards or bingo."

MALES

- 17 "I got poker chips at a casino and I still have them."
"Never had any problems getting what I want."
"No problem; places don't even ID me."
"Yes, once I was underage and the salesperson knew and wouldn't sell me any lottery tickets."
"No difficulties whatsoever."
"Yes, I had to show ID to buy some scratch and win tickets."
"Yes, but 99% of the time I can get what I want."
"No, my Mom or friends buy them if I can't."
"I get lottery tickets as gifts; I don't have to buy them."
"VLT games places and casinos are harder to get into but cards and crap games are easy."
"Yes, I couldn't buy a lottery ticket without ID."

18+ "Was never once asked for ID when I was underage."

FEMALES

Ages

- 13 "Never tried"
"No trouble"

14 "Once I had to steal"

15 "No problem in buying anything I need."

FEMALES

Ages

- 15 "No, I went into bingo and played when I was ten, but never went again because it's too smoky."
"My grandparents take me to bingo and they buy my cards."
"Yes, I had trouble but just asked an older friend to buy the tickets."
- 16 "I have never been denied the right to gamble."
"Never had any difficulty to get anything I want."
"I don't gamble (this comment was from someone who reported spending \$25 in the last 12 months on gambling)"
- 17 "Parents bought my tickets when I couldn't buy them."
"I've never had trouble because someone older has always done it for me."
"Yes, trouble getting Lotto 649 tickets."
- 18+ "I had no problems getting whatever I wanted when I was a minor."
"No difficulty; I just got a friend who was old enough to buy me the tickets."

COOL AID/AADAC YOUTH ACTIVITY SURVEY '96

HAS ANY TYPE OF PROMOTIONAL MATERIAL BEEN EFFECTIVE IN HELPING YOU PREVENT ANY FORM OF ADDICTION AND/OR SOCIAL PROBLEM? IF SO, WHAT WAS IT AND FROM WHERE WAS IT OBTAINED?

MALES

Ages

- 13 "I don't feel I have a problem, so I don't pay attention."
- 14 "Stop smoking ads on TV are effective."
"No, most don't help; it's a joke!"
"I like to see ads in windows of stores."
- 15 "Aids ads on TV work."
"Showing the down side of smoking and drinking on TV works."
"Yes, TV commercials about smoking."
"No, if you're going to do it, you're going to do it... nothing helps."
"No, I've never had to use any of it because I don't have any addictions."
"Yes, a commercial where a brain dead boy was being fed by his mother. It was caused from sniffing glue. This scared me!"
- 16 "Ads on TV helped me to quit smoking."
"I have never been close to being addicted to gambling."
"Stuff on TV and at school probably stopped me from trying drugs."
"The smoking and drinking and driving ads on TV help me."

MALES

AGES

16

"No, none of it has helped me."

"Yes, the don't drink and drive stuff on TV."

"Yes, my parents telling me."

"My sports participation helps me to stay away from things that aren't healthy."

17

"Yes, posters in my school and in recreation facilities about drinking and driving."

"Yes, the anti smoking stuff."

"Peer pressure is more effective than any ads on TV or posters."

"No, there's lots of information out there but nothing can help me."

"I tend to make decisions based on my own values."

"No, I smoke and drink regularly."

"Yes, the ads about safe sex."

"No, I do what I want."

"No, I just stop when I want."

"Realistic, shocking stuff on TV is effective."

"Yes, some information on drinking and that a friend got from AADAC and gave to me."

"Yes, joining the basketball team made me more disciplined and a better person and has prevented me from trying anything harmful or illegal."

"The stuff on alcoholism because my Dad was a big drunk and he stopped with help from AA."

"Realistic stuff on TV using young people...like the drinking and driving ones with the young people driving and laughing and then there is an accident scene that looks real."

"No, because I've already decided to be "straight edged."

18+

"Posters in school and TV commercials."

"School information on drugs and alcohol."

"No, because the ads are just stupid!"

FEMALES

Ages

- 13 "drinking stuff doesn't work on me"
"Yes, TV ads on drinking and driving."
- 14 No comments
- 15 "Yes, 'Kids Help Phone'...got information from school"
"Nothing had any effect...people just ignore everything."
"No, people have to learn a lesson by themselves."
"Yes, the cigarette package warnings are scary"
"Personal experience from family member sick from booze and smoking"
"Yes, 'Basketball Diaries' showed me what drugs can do to me"
"Yes, stories from other teens"
"Presentations in school that appeal to emotions"
"No, I've formed my own opinions and values to live by."
"Yes, my Mom and the Bible."
"No, because I don't have a problem" (*this comment from someone who reported spending a very portion of her earned income on gambling*)
"Yes, SADD at school"
"Yes, information on suicide that came from the public library."
"No, I don't read any of the material."
"Participation in athletics makes me stay away from smoking and one bad hangover cured me from drinking alcohol."
- 16 "I don't have a gambling problem so I wouldn't know" (this from someone who reported spending 30% of earned income on gambling)
"I know to go to Gamblers Anonymous if I have a problem."
"I went to a "shrink" for a social problem and it helped me."
"Yes, the drinking and driving ads on TV that are done with teens."

FEMALES

Ages

16

"It's No Game You're Playing" ad is effective."

"No, I can control myself and I don't gamble that much."

"Yes, what is shown on the news in regards to driving while drunk accidents and drug arrests helps"

"The alcohol ads turn me off because they try to make it look 'cool' and I know it's not!"

17

"Street posters could help"

"Television ads are helpful"

"Guest speakers at school are effective."

"Pamphlets on sexually transmitted diseases are helpful."

"This Is Your Brain On Drugs" is powerful"

"Drinking and Driving ads on TV...the ones with young people in them."

"Yes, the TV ad where it shows the wine glasses in front of the camera and the image keeps on blurring."

"No, because I just do what I want, no matter what."

"Mainly true stories that I know have happened to people because of drugs or drinking."

18+

"No, it is by personal choice that I haven't become addicted to anything."

"Yes, SADD information"

"Yes, commercials on TV in regards to drug abuse"

"No, unless you really want to listen, nothing will work."

"Yes, seeing with my own eyes people around me with problems."

"Yes, school programs dealing with emotional problems and drinking and driving."

"Yes, TV ad showing action and reactions to drinking and driving."

"Yes, the labels on cigarette packages."

COOL AID/AADAC YOUTH ACTIVITY SURVEY '96

IN YOUR OPINION, IS THERE ANY PROMOTIONAL MATERIAL YOU HAVE SEEN THAT YOU FEEL IS INEFFECTIVE IN COMBATING ADDICTIONS AND/OR SOCIAL PROBLEMS. IF SO, PLEASE GIVE SPECIFIC EXAMPLES.

MALES

Ages

- 13 "Don't have any problems, so I don't read the stuff."
- 14 "All drinking prevention ads are ineffective."
"Stores ignoring the law about not selling cigarettes to minors...they do it anyway!"
"Don't Drink and Drive.. This is Your Brain on Drugs...Just Say No to Sex...none of these things work!"
- 15 "Warnings on cigarette packages are ineffective."
"There aren't any commercials I've seen that can prevent addictions."
"I don't watch TV that much so I don't know."
"Yes, most of the stuff on TV such as anti violence, smoking and drinking don't register."
"All of them are ineffective to me."
"Anti smoking ads tell people it's bad for them but people still continue to do it."
"Advertisements don't do much 'cause people don't care these days!"
- 16 "Yes. NOTHING WORKS!"
"How to lose weight promotional material doesn't work."
"The anti smoking ads don't work; if people want to smoke, they will."
"Yes, the warnings on cigarette packages are ignored."
"Yes, posters and billboards are a waste of time. They do nothing to affect gamblers or any other addiction."
"We don't care about signs that say "smoking can kill you". It's more likely we will die from violence, drinking and driving or a drug overdose."

MALES
Ages

- 17 "Commercials everywhere encourage you to get involved in drinking beer, buying lotto tickets and having "the good life."
"Yes, surveys!"
"Pamphlets are useless. They just get thrown away."
"Ones where celebrities try to get you to not do something."
"I think the anti smoking ads aimed a kids are a joke; more young people seem to be smoking."
"Many of the promotional material I've seen give opinions, not facts."
"Most are ineffective because people are always looking to make a quick buck no matter what the ads say."
"Almost all things are ineffective except for speakers who come to school and let us ask them questions."
"Just Say No to Drugs" doesn't work."
"Yes, the commercial where it says "if you drink and drive, you're a bloody idiot." It only makes me laugh because it sounds so funny!"
- 18+ "Most of it is ineffective."
"Almost all is ineffective because it is presented by people who have no experience with an addiction."
"Really Me" ads need a facelift...should be more ads like the "If You Drink and Drive, You're A Bloody Idiot" style."
"This is Your Brain on Drugs" is retarded!"

FEMALES

Ages

- 13 "The anti smoking ad where all the gunk come out is ineffective...only just gross!"
"Posters and ads asking people to come and gamble are a bad influence."
"Most of them...nobody cares or listens to the ad or promotional stuff!"
- 14 no comments
- 15 "The commercials with the kids singing about how bad drugs are is dumb. Little kids don't use drugs...it's the older kids who do drugs."
"Yes anti smoking ads don't work...look how many kids are still smoking."
"Yes, the ads on TV don't get the message across...it's a sham."
"They shouldn't imply that you'll always win in the gambling ads on TV and in print."
"Cigarette warnings on the packages are ineffective...smokers just ignore them."
- 16 "The Stay In School" commercials are stupid. If we don't listen to our parents, why should we pay attention to the ads; to us it's like another lecture from another adult."
"Telling students who are old enough to know what drugs can do to them is ineffective because they're just going to do drugs anyway."
"Some of the stop smoking ads make smoking look 'cool'.
"Showing young people with beer on TV commercials gives us the impression that to have fun, you have to drink."
"The messages on cigarette packages don't work; my brothers just laugh at them."
- 17 "Anti smoking ads just make young kids curious about smoking and they try it."
"Commercials about safe sex and teen pregnancy don't work."
"Warnings about the danger of second hand smoke don't work...too many places still allow smoking."
"The TV ads on drinking and driving don't come across as serious enough."
"Commercials on TV are dull!"

FEMALES

Ages

18+

"There is not enough stress placed on the social ramifications of smoking, drinking and gambling."

"All work to combat addictions has to begin at home and we need to tighten the laws."

"Material aimed at teens is not age appropriate. It is not reaching the younger people where it should be. The messages are not getting across soon enough."

c:\aadac1.wps

