



TRENDS AND PATTERNS IN UK TREATMENT SEEKING GAMBLERS: 2000-2015

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Gambling addiction: Science, Independence,
Transparency
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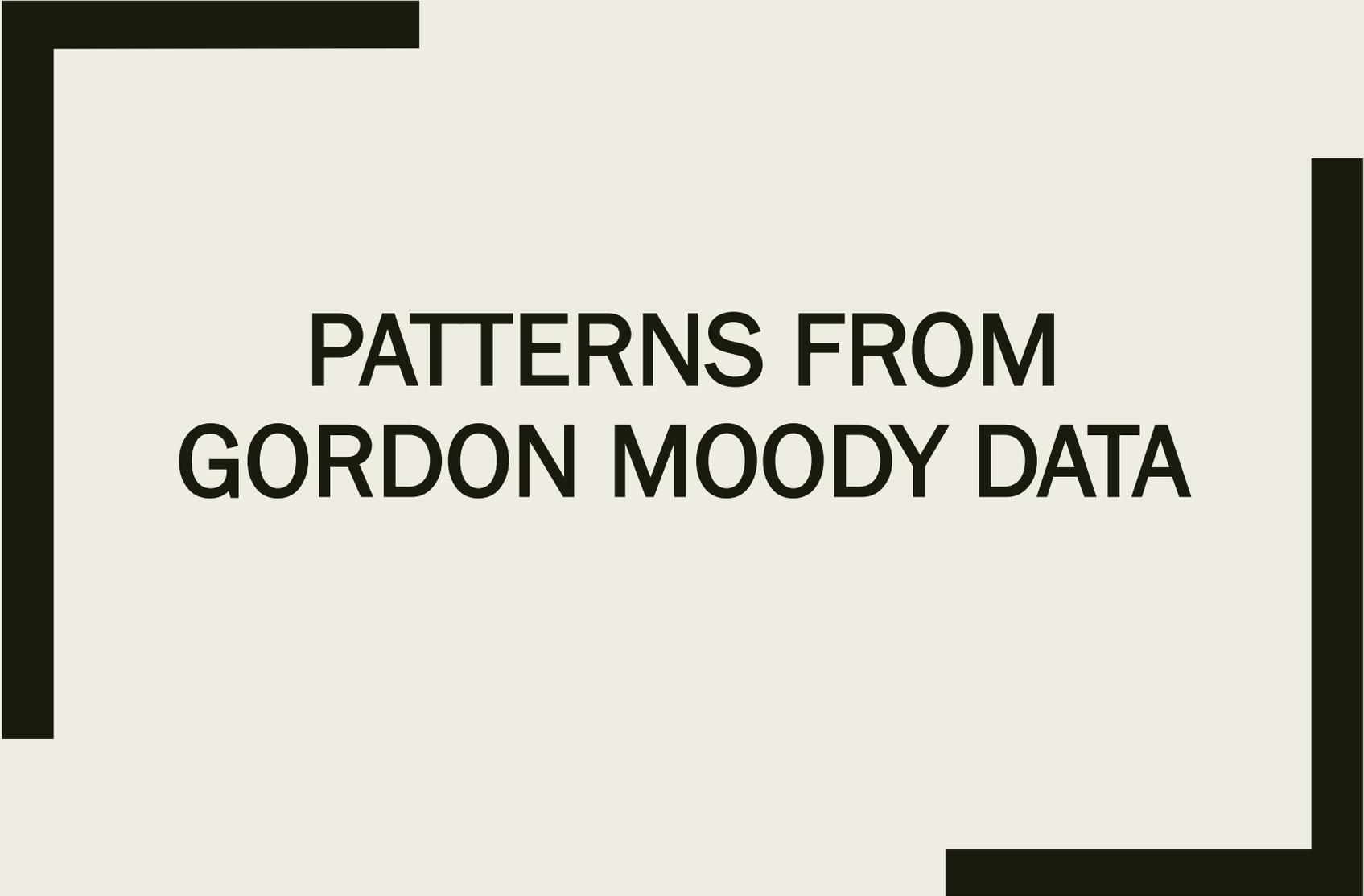
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Gambling in the UK

- Around 70% of the population have gambled in the last 12 months (British Gambling Prevalence Surveys, 1999, 2007, 2010)
- Disordered gambling < 1%, however more 'at risk' (Wardle *et al*, 2011)
- Different treatment options are available for gamblers



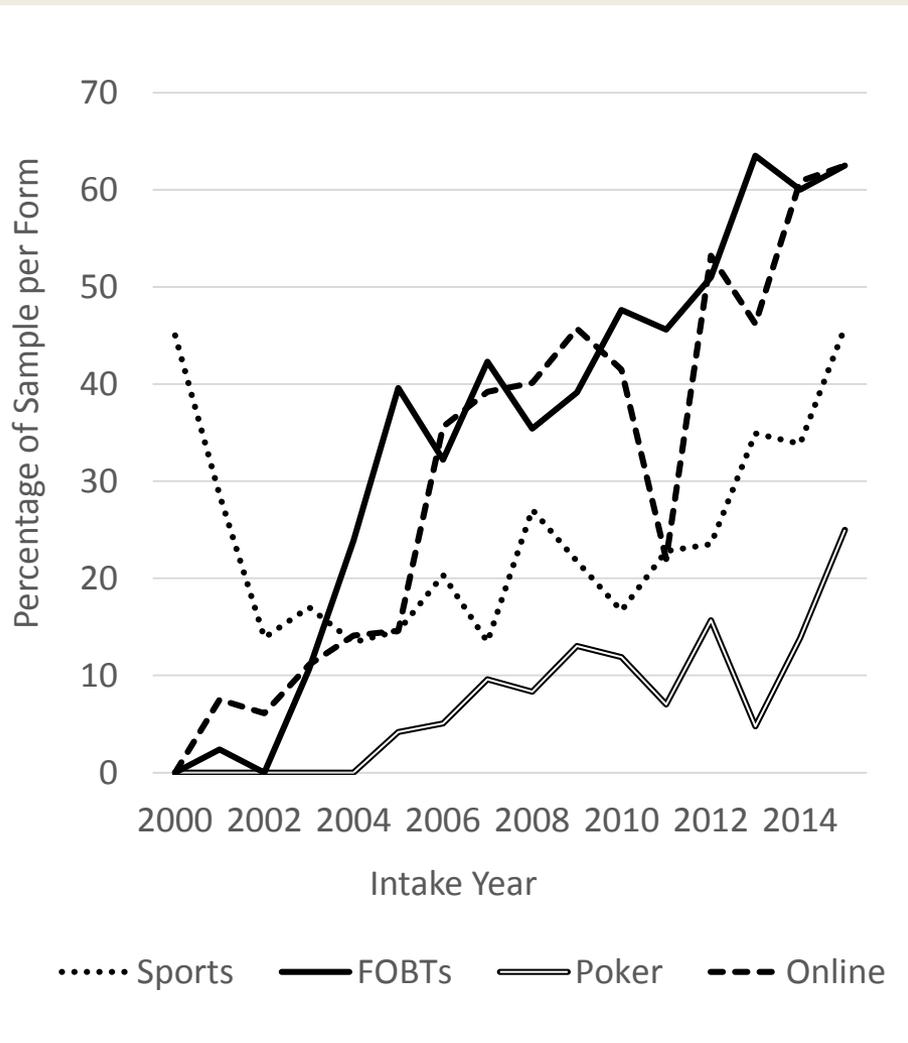
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**PATTERNS FROM
GORDON MOODY DATA**

Participant Demographics

- Data reported from 768 treatment seeking gamblers
- Only data from male gamblers are reported
- Age of applicants ranged from 17 to 70 ($n = 762$, $M = 34.82$, $s.d. = 9.98$).
- Ethnicity ($n = 744$), 88% ($n = 654$) identified as being with White, White Irish, or White Other.
- 76.9% ($n = 444$) disclosed drinking alcohol;
- 35% reported drinking at levels which exceeded recommended safe consumption levels
- 61.6% were current smokers
- 23.6% disclosed recreational or habitual use of non-prescription drugs.
- Gambling activities: 4.58 ($s.d. = 2.88$, range 1-18, $n = 739$).

Gambling forms - Increases



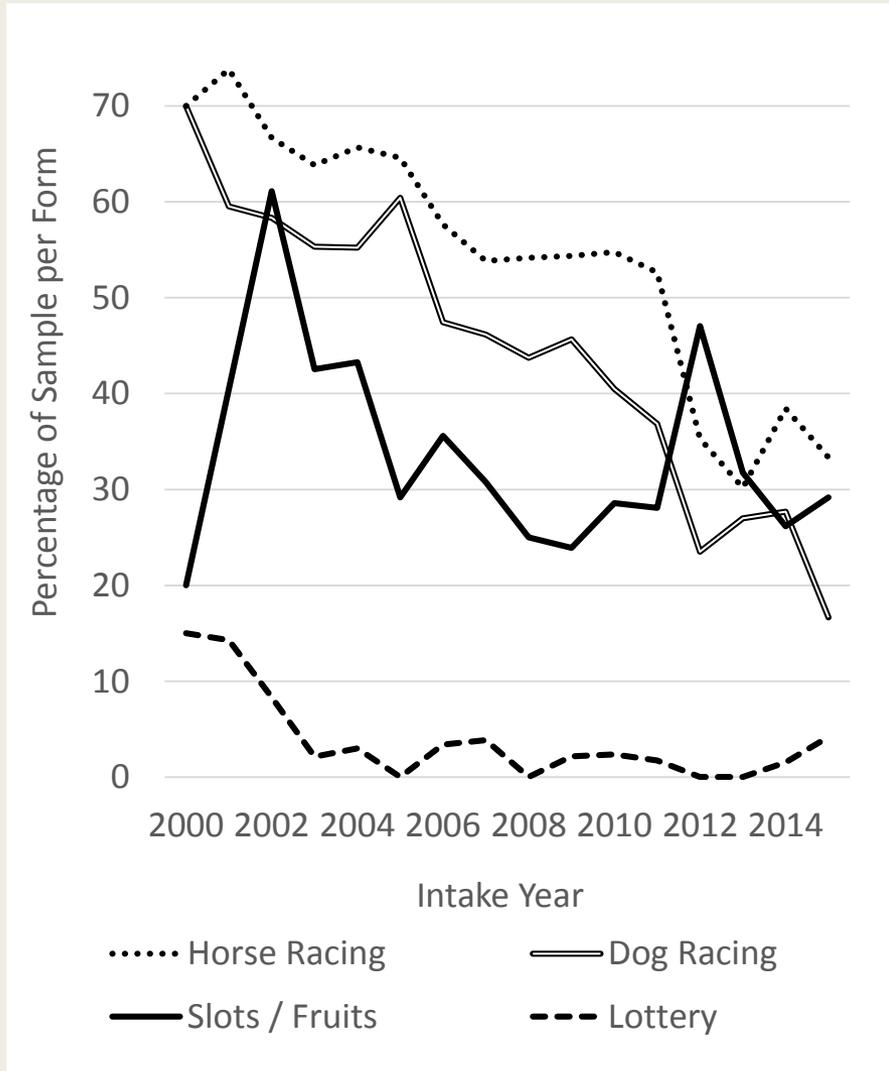
■ FOBTs ($\chi^2 (13) = 108.58$, $p < .001$),

■ Other Sports ($\chi^2 (15) = 69.68$, $p < .001$)

■ Poker ($\chi^2 (10) = 35.28$, $p < .001$)

■ Online Gambling ($\chi^2 (14) = 156.51$, $p < .001$).

Gambling forms - Decreases



■ Dog Racing ($\chi^2 (15) = 75.65, p < .001$)

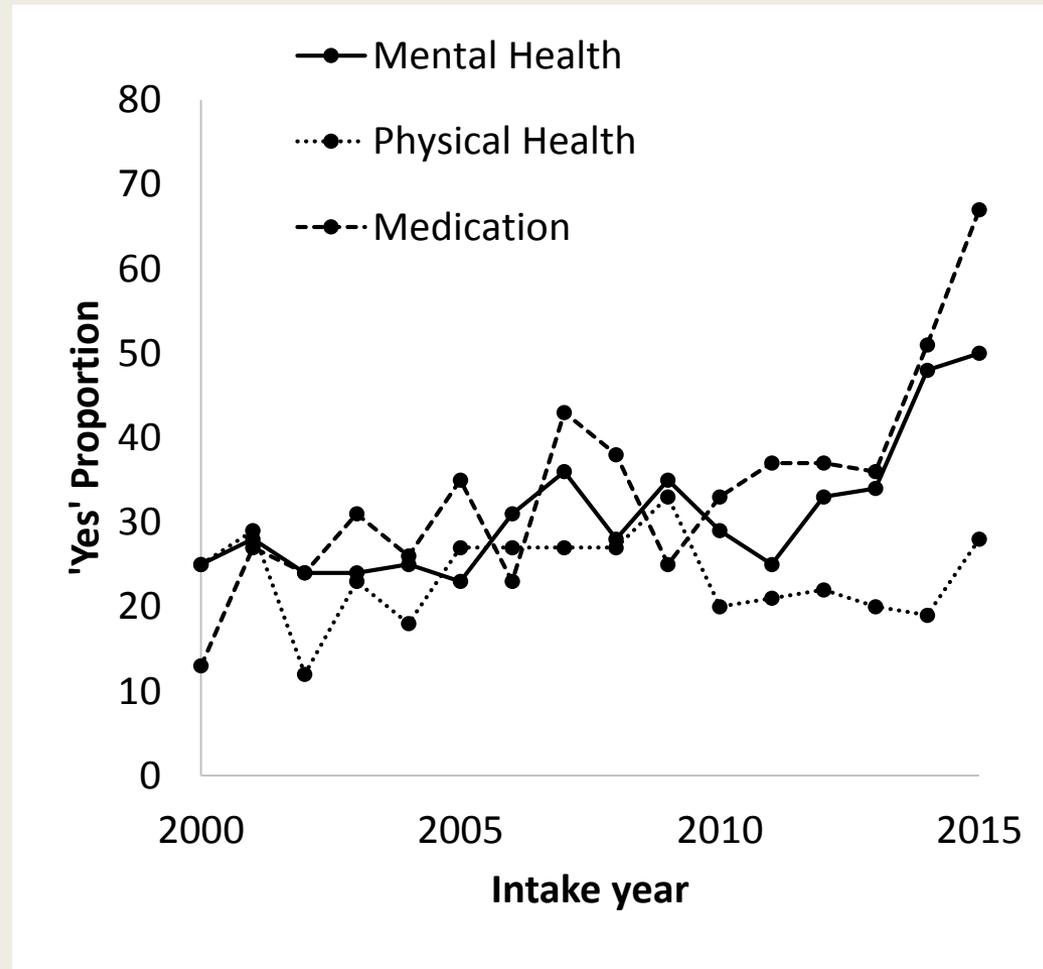
■ Horse Racing ($\chi^2 (15) = 52.26, p < .001$)

■ Slot / Fruit Machines ($\chi^2 (15) = 49.06, p < .001$)

■ National Lottery ($\chi^2 (11) = 48.18, p < .001$)

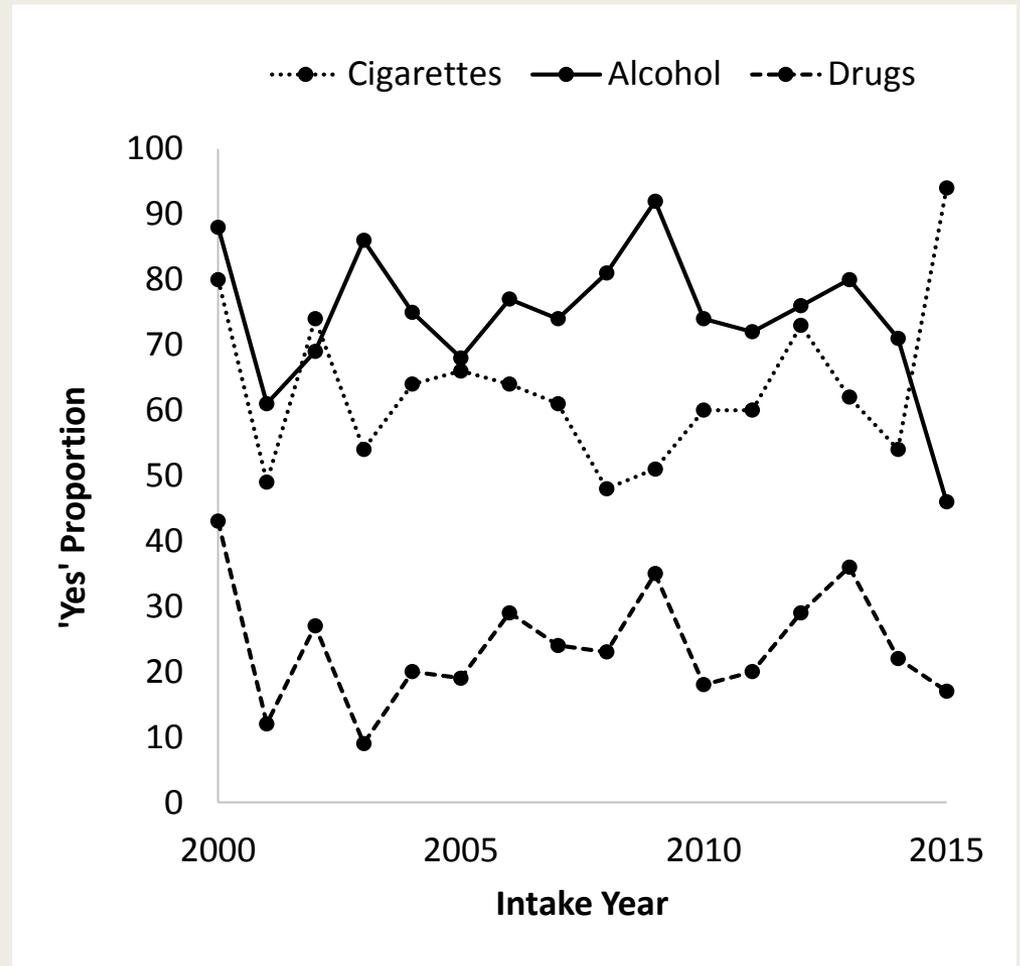
Physical and mental health

- Any mental health disorder ($\chi^2 (15) = 31.99, p < .01$)
- Prescribed medication ($\chi^2 (15) = 69.27, p < .001$)
- Any physical health disorders ($\chi^2 (15) = 17.26, p > .05$).



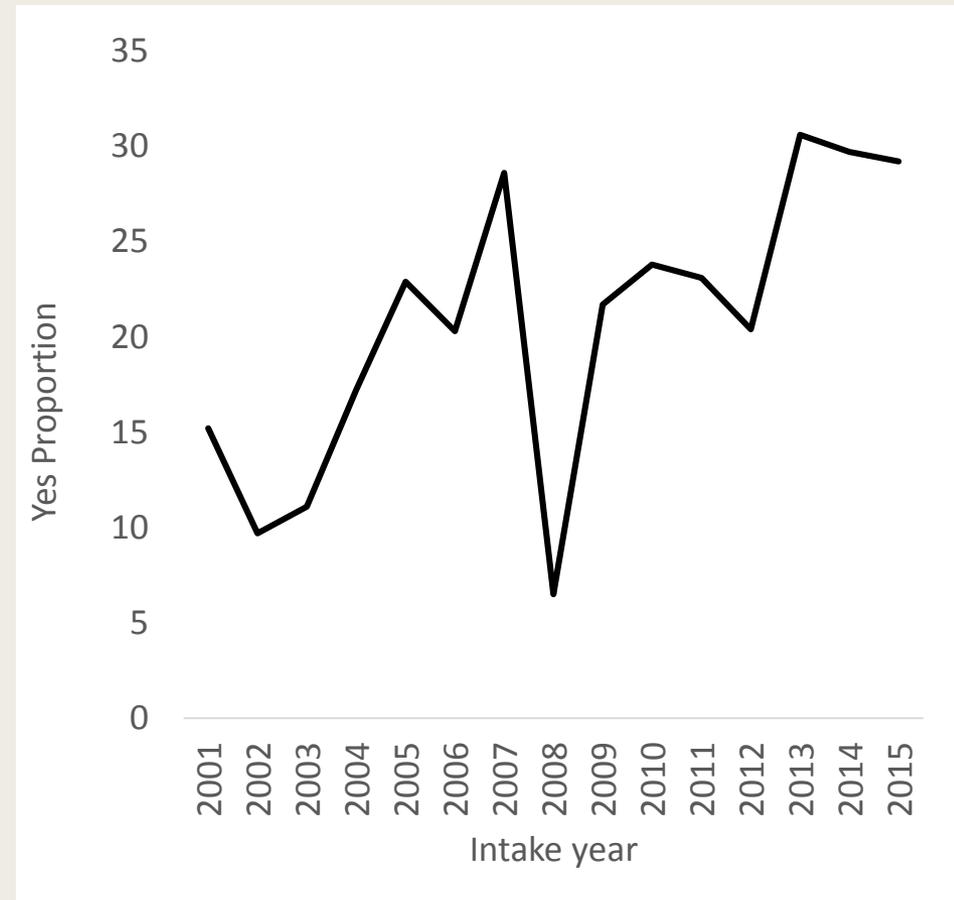
Substance use

- Smoking tobacco ($\chi^2(15) = 35.18, p < .01$)
- Using drugs ($\chi^2(15) = 50.17, p < .001$).
- Drinking alcohol did not vary significantly ($\chi^2(15) = 24.04, p > .05$) (Fig.2).



Suicide

- The proportion of individuals who reported attempting suicide varied significantly by intake year ($\chi^2 (14) = 38.44, p < .001$).
- Instances of suicidal thoughts did not vary by intake year ($\chi^2 (15) = 16.5, p > .05$).





IMPLICATIONS

Implications: forms

INCREASES

- **FOBTS: Increased accessibility? Clustering of shops? All bookies maximising their allowance of 4 per shop?**
- **Sports: Increased exposure through advertising / sponsorship? Normalisation into mainstream culture?**
- **Poker: Growth of online poker? Celebrity endorsement? Fame for star players?**
- **Online Gambling: Increased accessibility? Market variety? Marketing / advertising?**

Implications: Health

SUICIDE

- Gamblers are increasingly more likely to have attempted suicide before seeking treatment
- This despite those experiencing suicidal thoughts remaining relatively constant.

MENTAL HEALTH

- Gamblers increasingly more likely to report a co-morbid mental health disorder
- More likely to already be taking prescribed medication

Summary

- Forms of gambling varied by intake year: Increase in FOBT use and a recent increase in other sports gambling; decrease in dog racing and slot / fruit machines.
- Use of the internet to access of gambling increased significantly
- Gamblers reporting mental health disorders and taking prescribed medication both increased significantly over time.
- Smoking tobacco and drug use varied significantly by intake year, however there did not seem to be a consistent pattern
- Suicide attempts increased significantly by intake year.

Limitations

- Relies heavily on self report
- Rudimentary questions
- Data collection over multiple sites over an extended period of time – not always consistent which hinders analysis
- Sample size per year limited by bed space –not the number of gamblers
- No females – so we don't know if these patterns or exclusively male, or translate to female gamblers

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