

# **How Do Job Characteristics Influence Gambling Practice and Gambling Disorder Among Adults? A Systematic Review**

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# **EXCESSIVE GAMBLING: PROMOTING AND PROTECTING HEALTH IN A DIGITALISED WORLD**

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## **Declaration of Financial Interests or Relationships**

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I have no financial interests or relationships to disclose regarding the subject matter of this presentation.

# Introduction

Unemployment and gambling (Syversten et al., 2024 ;  
Moreira et al., 2023)

Job stress, burnout and emotional dysregulation (Tang et al., 2019)

Gambling is linked to night shiftwork (Yoshioka et al., 2024)

# Methods

How do job characteristics influence gambling practice and gambling disorder ?

Influence of temporal organization and interactions with psychological factors

→ Mixed methods systematic review, following PRISMA and JBI guidelines

# Research algorithm

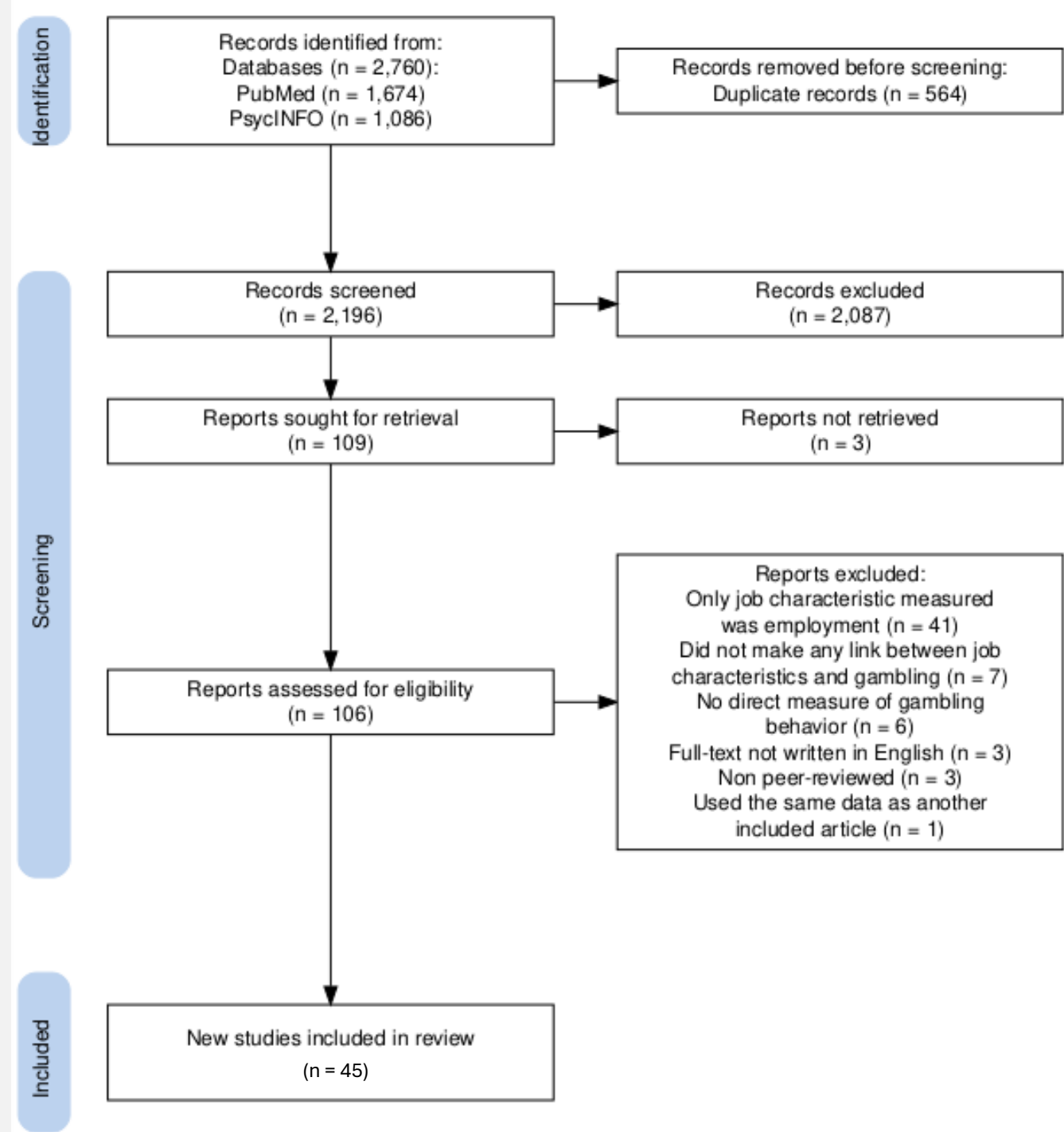
## PubMed algorithm :

("Work\*" [Title/Abstract] OR  
"occupation\*" [Title/Abstract] OR  
"job" [Title/Abstract] OR "jobs" [Title/Abstract] OR  
"employment" [Title/Abstract] OR  
"downtime" [Title/Abstract]) AND  
("Gambl\*" [Title/Abstract]) NOT ("working  
memory" [title/abstract] OR "Iowa Gambling  
Task" [title/abstract])

## PsycINFO algorithm :

((TI Work\* OR AB Work\*) OR (TI occupation\* OR AB  
occupation\*) OR (TI job OR AB job) OR (TI jobs OR  
AB jobs) OR (TI employment OR AB employment)  
OR (TI downtime OR AB downtime)) AND ((TI  
Gambl\* OR AB Gambl\*)) NOT ((TI "working  
memory" OR AB "working memory") OR (TI "Iowa  
Gambling Task" OR AB "Iowa Gambling Task"))

# Review flowchart



# Mixed methods review

Convergent integrated approach with data transformation (following JBI guidelines)

Qualitization of quantitative data

Thematic synthesis of the results

# Results

32 articles addressed the links between job characteristics and gambling in the general population and among specific occupational groups

13 articles specifically addressed gambling venue employees



# Social class, industry and occupation

Social class : Working class, blue collar workers, « essential workers »

Specific occupational groups : drivers, construction workers, manual monotonous workers.

Less qualified among specific occupational groups : nurses, firemen, fishermen

Gaming venue employees tend to gamble more, and to be more at risk for problem gambling

**Precarious and less qualified workers tend to gamble more and to be more at risk for problem gambling**

# Workplace factors

Working hours and shiftwork

Heavy workload

Workplace environment

## Quote

*Gambling venue employee :*

“When I used to do day shift, I used to stay, have a drink and play . . . But now that I work nights, like I don’t go in there to play. And when I knock off, the machines are closed . . .” (Hing & Nisbet, 2010)

**No clear interactions between workplace factors and gambling**

# Exposure to gambling

Gambling culture at work

Exposure to gambling while at work

Gambling during working hours

## Quote

*Professional athlete :*

“But then, there is something to talk about in the dressing room as well. People talk about what to bet on, how to do it, how to bet ...” (Vinberg et al., 2021)

**Gambling exposure at work increased gambling practice and at risk gambling**

# Job characteristics interaction with individual factors

## *Quote*

Depression, anxiety, licit and illicit drug use

Exposure to traumatic events at work

Job satisfaction/stress

*Military personnel :*

“I was definitely suffering with some anxiety issues. . . Our [trade] is . . . quite stressful because a lot of the decisions you’re making have got safety implications. . .” (Champion et al., 2022)

**Emotional regulation : gambling as a stress-coping strategy**

# Protective factors at work

Peer support and resources

Training, experience and competence

Gambling regulation at work

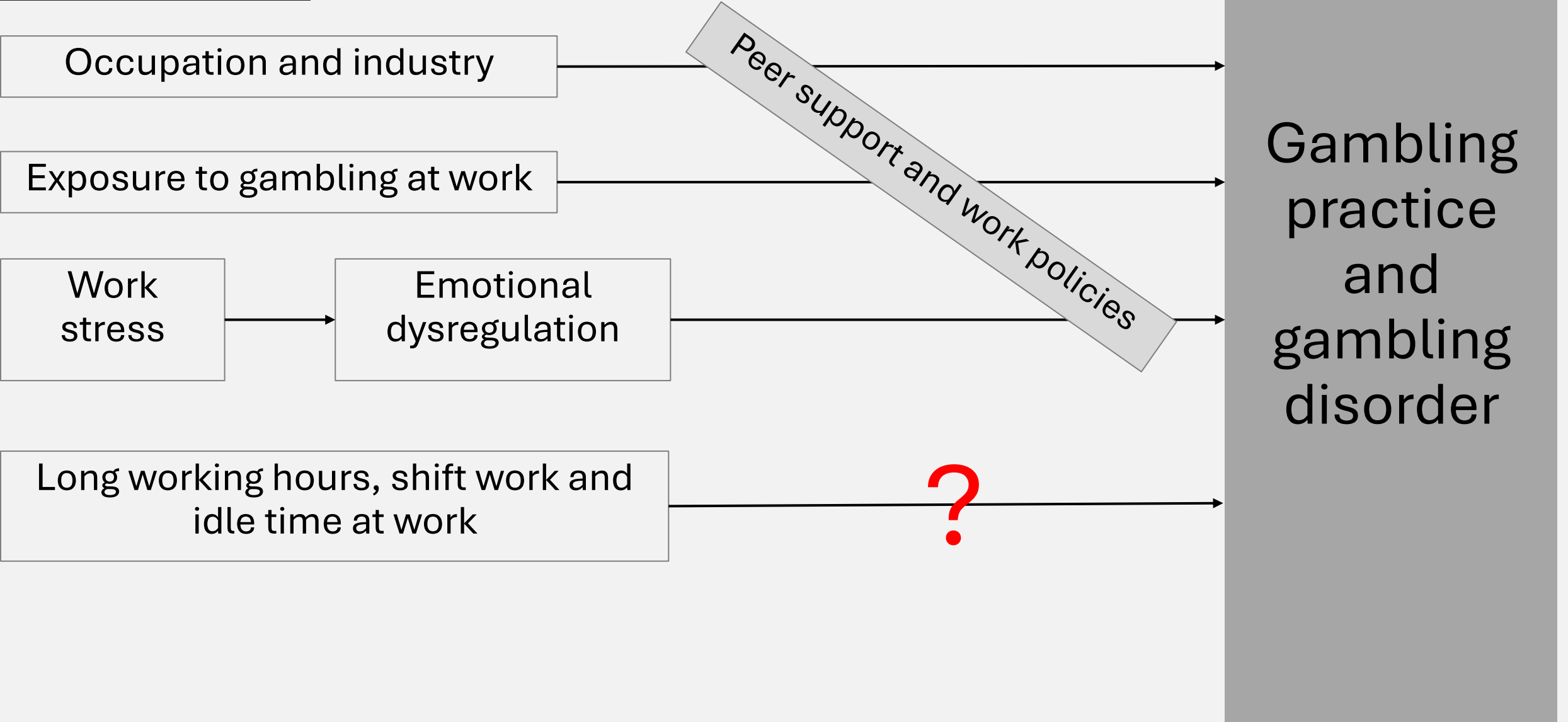
## *Quote*

*Footballer :*

“The manager I am with now, he knew I had the problems...and he said to me: ‘if you can get rid of all the shit out of your life, then if we can help you, we will help you.” (Lim et al., 2017)

**Peer support, experience and regulation policies at work prevented at risk gambling**

# Discussion



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