



Outcomes From the First Womens' Residential Treatment Centre for Gambling Harm in the UK

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EXCESSIVE GAMBLING: PROMOTING AND PROTECTING HEALTH IN A DIGITALISED WORLD

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Declaration of Financial Interests or Relationships

I have the following financial interest or relationship to disclose regarding the subject matter of this presentation:

Other: Funding from GambleAware for treatment services for the women in this programme. Funding from a gambling operator for renovating the women's treatment centre in 2022.



Women and men who seek help for harmful gambling present with different **social** and **clinical** characteristics.

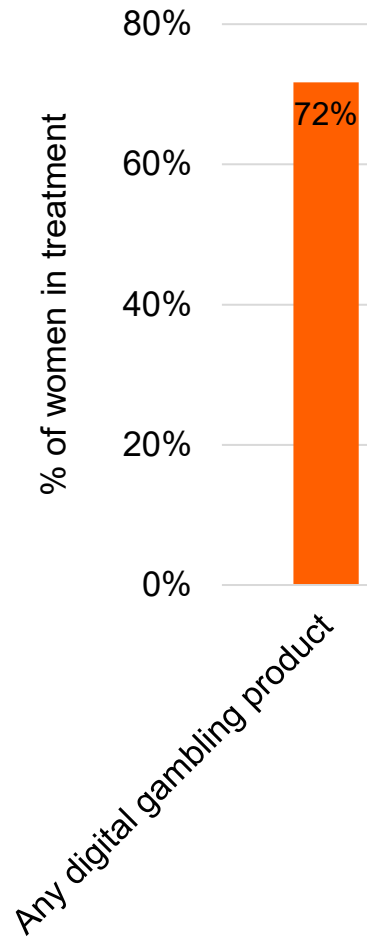


Motivation and Engagement

Experience of harm

Support needs

Do women experience harm through online gambling?



Do women experience harm through online gambling?



"Online gambling is the most secretive form of gambling. I was hidden in my bedroom for hours.

"I was totally engrossed in the colours, sounds and oblivious to anything else going on."

"I ignored my friends and invitations to go out. My world was work, then I'd come home, call my family, then straight on to the laptop I'd go."

"I would not think to eat, shower or sleep. That was my life for many years."

Tracey, who came to treatment with Gordon Moody in 2024.

Women who seek treatment with Gordon Moody

- 123 women attended the residential programme between November 2021 and March 2025.
- 79% were heterosexual and 21% were LGBTQ+.
- 43% of women had previously attempted to take their life.
- Average age when entering treatment was 42 years (range: 21 – 69 years old).



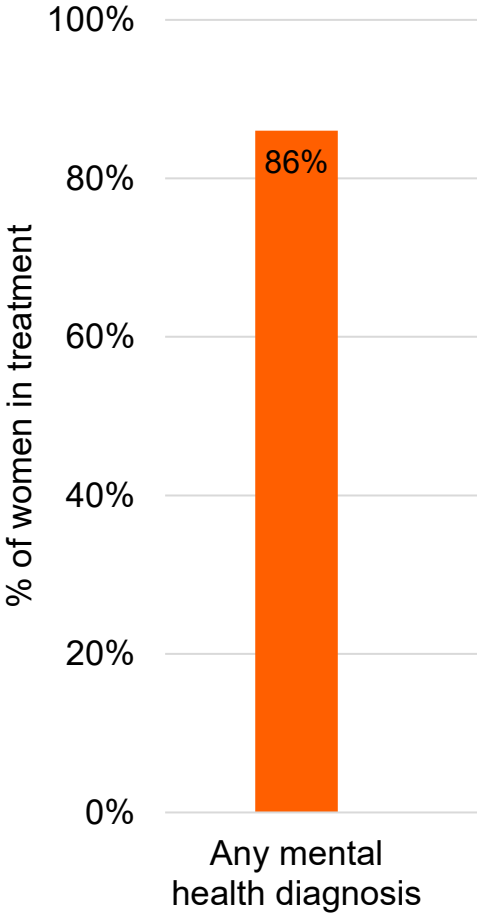
Therapeutic programme



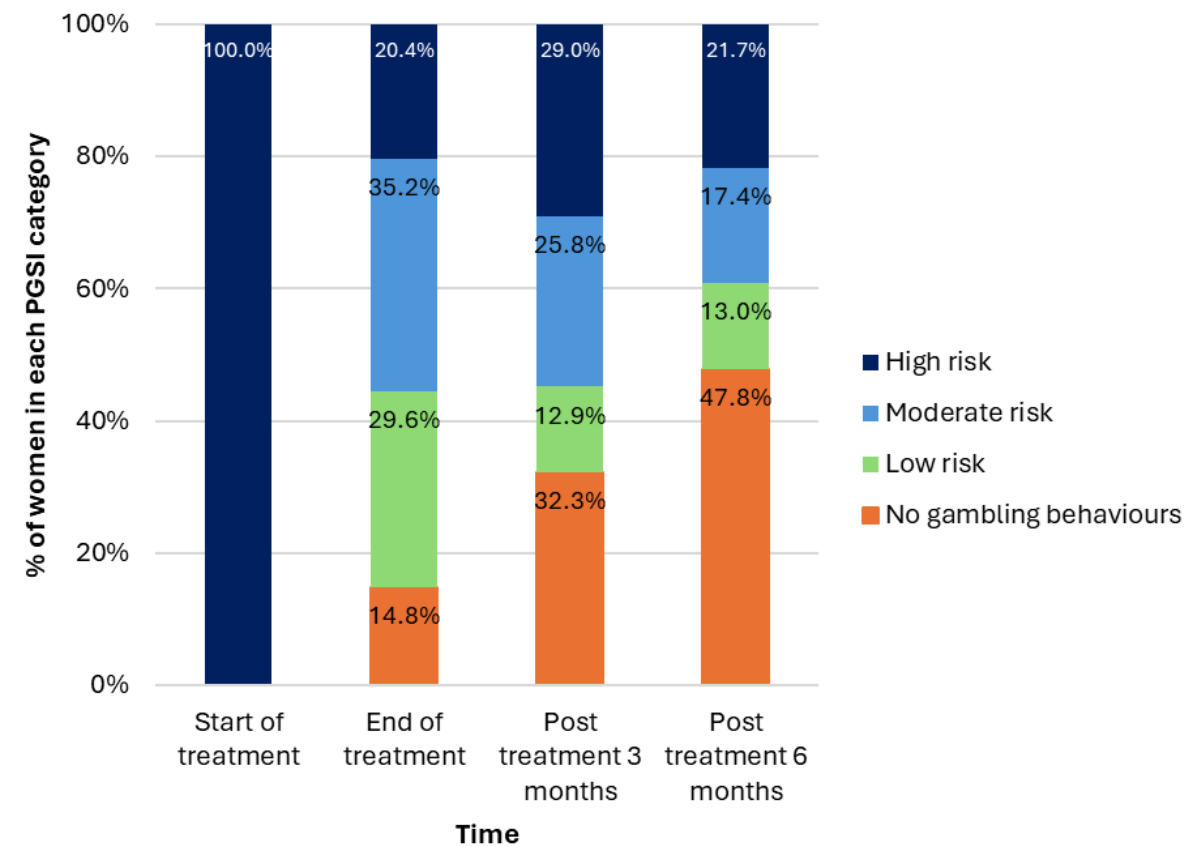
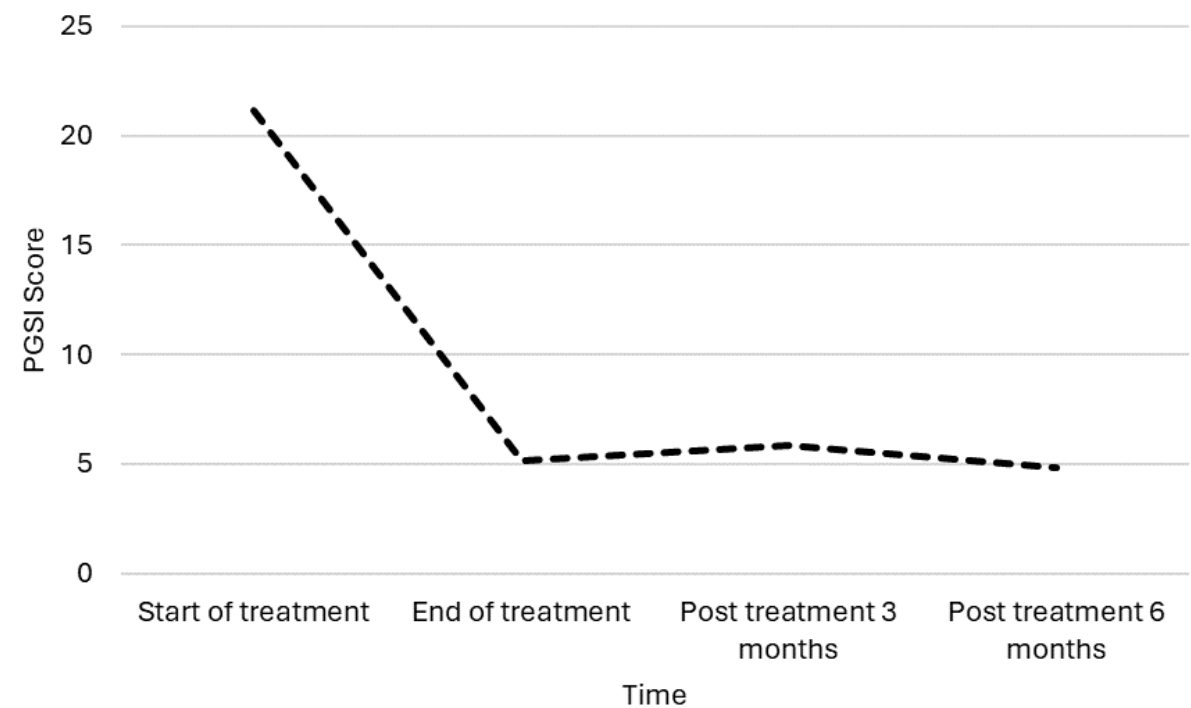
- Phase 1 – six weeks of support in the community and development of a recovery plan.
- Phase 2 – six weeks in a residential house with other women. Weekly one-to-one therapy sessions, 24 group CBT sessions & six wellbeing sessions.
- Phase 3 – six weeks in the community. Relapse prevention sessions & Lived Experience groups.
- Affected Others counselling.



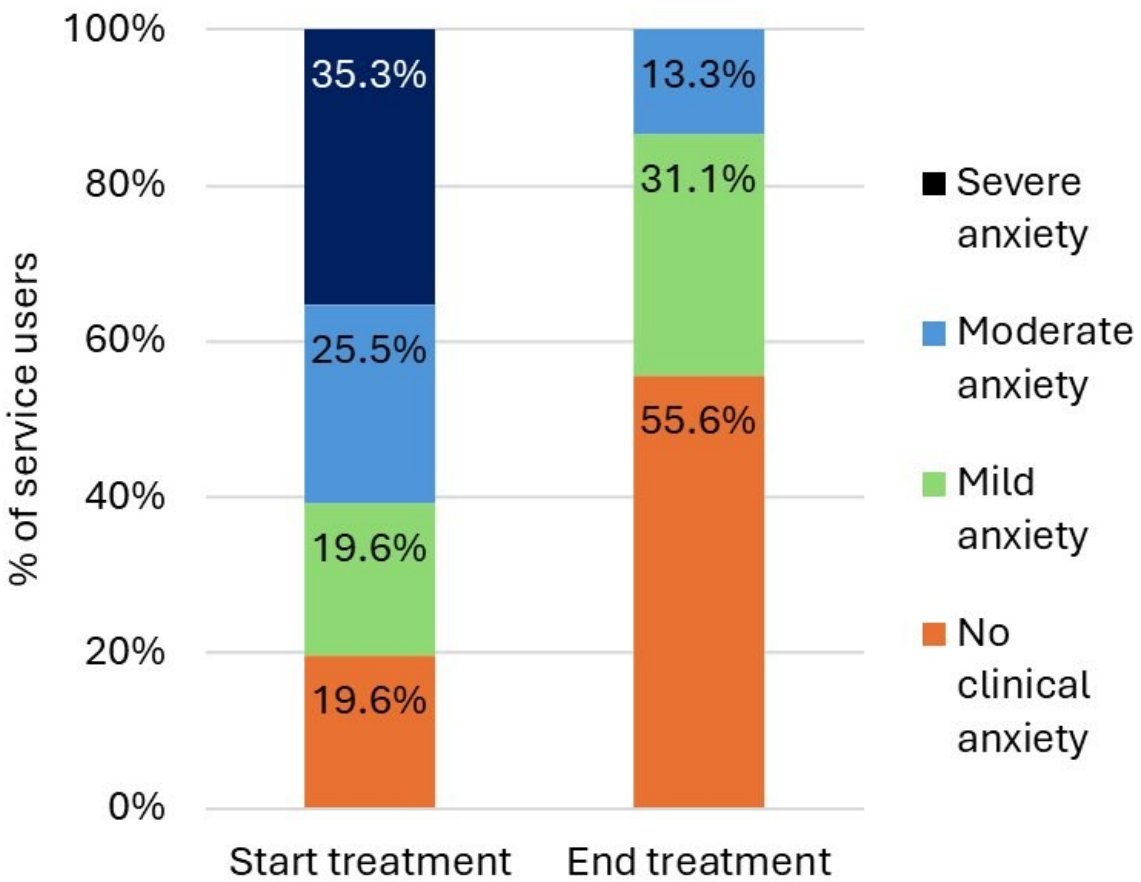
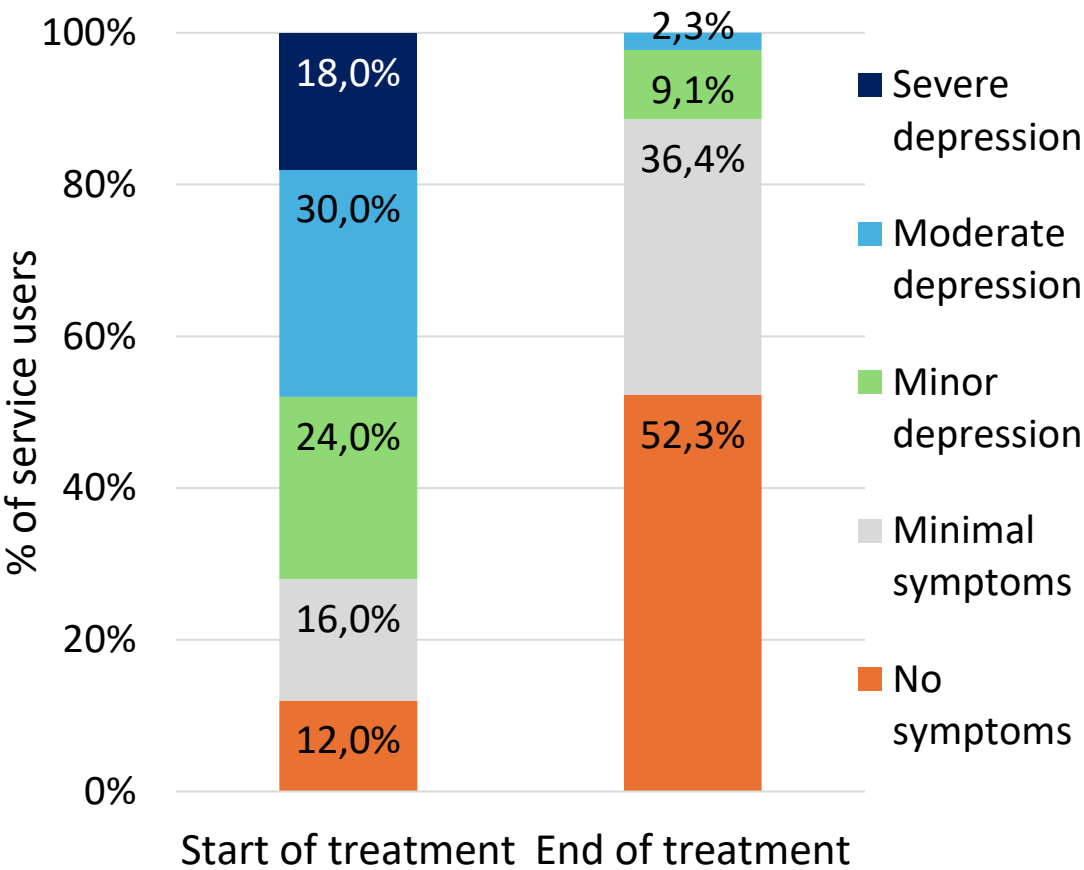
Women experiencing gambling harm are likely to have other mental health disorders



Gambling behaviours



Depression and anxiety



Conclusion



- The majority of women attending Gordon Moody gambled online (72%), with 67% of women using online casinos.
- Gordon Moody's therapeutic programme reduces gambling behaviours, depressive and anxious symptoms in women experiencing gambling harm.
- The reduction in gambling behaviours is sustained six months later.

