



EXCESSIVE GAMBLING: PROMOTING AND PROTECTING HEALTH IN A DIGITALISED WORLD

5th International Multidisciplinary Symposium

18th - 20th June 2025

Caux • Montreux

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

The co-occurrence of gambling and internet gaming disorder among young adults : exploring the role of emotion regulation and rejection sensitivity



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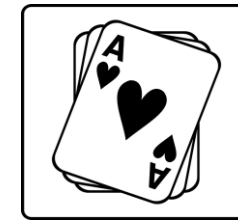
Centre de Recherches sur la Cognition et l'Apprentissage
(CeRCA)

Gambling Problem Symposia, Caux
June 19th, 2025

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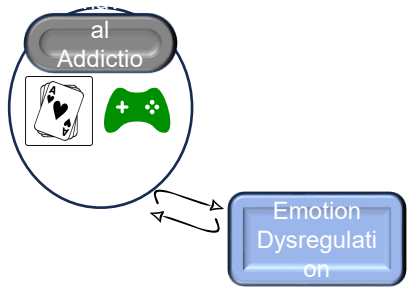
Background



- Co-occurrence of Gaming and Gambling
 - Gateway hypothesis (Defabbro & King, 2020)
- Previous studies found co-occurrence between problematic gaming and gambling
 - Between 0.4% and 1.2% (Gerdner and Hakansson, 2022 ; Sanders and Williams, 2019)
 - Problematic Gambler → 10.5% also had video gaming
 - Among problematic video gamers 24.1% also had gambling problems.
 - In treatment seeking patients: 14.5% (Ayala Rojas et al. 2022)
- Association between problematic Gaming and Gambling is controversial. Some studies found a relation (Hutul et al. 2024; Marchica et al. 2021 Marinaci et al., 2021), and others study not (Biegun et al. 2020)

Emotion (dys)Regulation

- **Emotion regulation** is central in the field of addiction and behavioural addictions.
- Involved in the development and maintenance of addictive behaviour
- **Emotion dysregulation** = Inability to regulate or modify emotional signals, despite best efforts, (Gratz et Roemer, 2004).
 - Emotion dysregulation is a transdiagnostic process



Emotion dysregulation, Gambling Disorder and Internet gaming Disorder are Strongly associated among both child, adolescents and adults' samples (Marchica et al. 2019 ; Estupiñá et al. 2024)

Lack of strategies

Difficulty in controlling Impulse

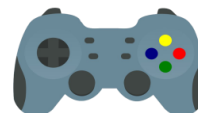
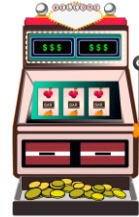
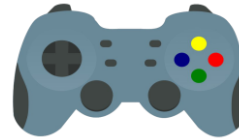
Catastrophism

Non-Acceptance
of negative emotional state
and/or aversive feelings

Suppression

Self-blame
Importance of guilt and shame

Lack of clarity
Identifying and understand emotion



Emotion
dysregulation

Received: 30 January 2024 | Revised: 16 April 2024 | Accepted: 22 May 2024
DOI: 10.1111/ajad.13621

REVIEW ARTICLE

Emotional regulation in Gaming Disorder: A systematic review

Francisco J. Estupiñá PhD | Mónica Bernaldo-de-Quirós PhD |
Marina Vallejo-Achón MSc | Ignacio Fernández-Arias PhD |
Francisco Labrador PhD

International Journal of Clinical and Health Psychology 24 (2024) 100502



Contents lists available at ScienceDirect
International Journal of Clinical and Health Psychology
journal homepage: www.elsevier.es/ijchp



Original article

Emotional dysregulation in relation to substance use and behavioral
addictions: Findings from five separate meta-analyses

Alba González-Roz^{a,*}, Yasmina Castaño^b, Andrea Krotter^b, Angie Salazar-Cedillo^b,
Elena Gervilla^{b,c}

REVIEW ARTICLE

CJA-JCA

The Role of Emotion Regulation in Video Gaming and Gambling Disorder: A Systematic Review

Loredana A. Marchica, MSc, Devin J. Mills, PhD, Jeffrey L. Dorevinsky, PhD, Tina C. Montreuil, PhD



Contents lists available at ScienceDirect
Clinical Psychology Review
journal homepage: www.elsevier.com/locate/clipsychrev



Review

Association between gambling disorder and emotion (dys)regulation: A
systematic review and meta-analysis

P. Velotti^{a,*}, G. Rogier^a, S. Beomonte Zobel^a, J. Billieux^{b,c}

Rejection Sensitivity (RS)

- Cognitive-affective process
- Tendency to anxiously anticipated and overreact to rejection situations from others (Downey & Feldman, 1996).

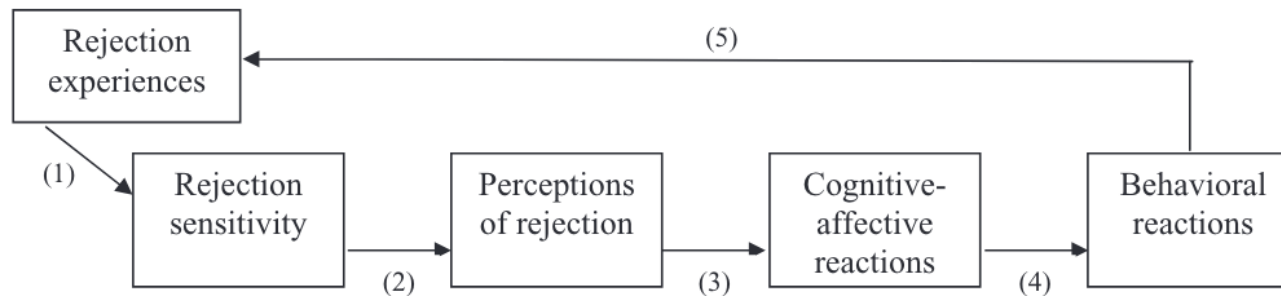


Figure 1. Simplified rejection sensitivity model (from Levy et al., 2001, p. 252).

RS increases negative emotional and behavioral reactions to events that can induce rejection → leading to **self-fulfilling prophecy**

When perceived rejection occurs, individuals are inclined to experience unpleasant emotions (sadness, anxiety, loneliness...) that required regulation.

Rejection Sensitivity and Emotion Regulation



- As a personality disposition, RS persons experience greater emotional and interpersonal difficulties (Downey & Feldman, 1996)
- RS is indirectly associated with psychopathology symptoms (anxiety, depression)
- Emotion dysregulation, suppression and social avoidance mediated the relation between RS, anxiety and depression (Gardner & Zimmer-Gembeck, 2018; Gardner et al. 2020)

Experience of a high intensity emotions and regulation difficulties → involved in the relation between RS and psychopathology symptoms

Rejection Sensitivity and addictive behaviors

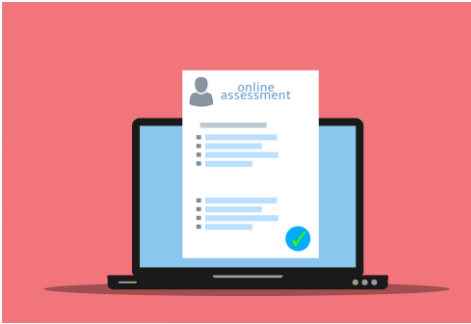
- RS were related to compulsive buying shopping disorder, and social media/"Internet" addictive behaviors (Cassidy & Adair, 2021; Müller et al., 2012)
- One study associate RS to gaming disorder (Weinstein et al., 2016)
- RS is related to negative affects, loneliness and social anxiety (Bowker et al., 2011; Ding et al., 2020 ; Zimmer-Gembeck et al. 2021)

Aim of the study

Individuals may play or gamble to regulate unpleasant emotion resulting from rejection sensitivity

1. Explore the association of emotion dysregulation and rejection sensitivity with gambling and gaming disorder severity
2. Explore role of emotion dysregulation and rejection sensitivity in the co-occurrence of gambling and gaming disorder severity.

Method



- 451 participants, aged under 26.
- Mean age=20.8, SD=1.62
- 73.3% women, mostly students (71.4 %) and single (65.5 %)
- Questionnaires
 - Problem Gambling Severity Index (PGSI) (Ferris & Wynne, 2001)
 - Internet Gaming Disorder Test- 10 Items (IGT-10) (Kiraly et al. 2019)
 - Adult Rejection Sensitivity Questionnaire (ARSQ) (Berenson et al., 2009; Lafait & Philippot, 2023).
 - Difficulties in Emotion Regulation Questionnaire (DERS), (Dan-Glauser & Scherer, 2013 ; Gratz & Roemer, 2004; Hallion et al., 2018)

Results

Gambling/Gambling Status	n	% of Total
None	219	52.0 %
Gaming	152	36.1 %
Gambling	14	3.3 %
Both	35	8.6 %
Problematic gaming	15	8%
Problematic gambling	9	18,4%
Problematic Gaming/Gambling	2	5,7%

Correlations Matrix

	IGD-10	PGSI
PGSI	0.273	—
Rejection sensitivity	0.018	-0.059
DERSclearity	0.108	0.310
DERStrategies	-0.05	-0.155
DERSimpulse	0.089	-0.122
DERSnnon-acceptance	0.042	-0.041
DERStgoals	0.082	-0.001
DERSttotal	0.075	-0.006

Note. * $p < .05$, ** $p < .01$, *** $p < .001$

Anova reported no significant differences on DERS dimensions, Rejection sensitivity between no gamers or gambler, gamers, gamblers and Gamers/gamblers

Discussion

Rejection sensitivity

- The link between rejection sensitivity (RS) and gaming/gambling may involve other variables, such as social anxiety or ADHD.
- RS appears to be involved, but possibly in a distal or indirect way.

Emotional Regulation

- No significant link between emotional regulation and gaming/gambling in our sample.
- Emotional dysregulation and effective regulation were similarly distributed across groups.
- Both problematic and non-problematic gamers and gamblers reported comparable levels of emotional dysregulation.

Discussion

Perspectives and Next Steps

- Increase sample size and/or replicate the study in a more diverse population.
- Investigate loot boxes as a potential mechanism linking gaming to gambling.
- Explore whether emotional regulation and rejection sensitivity may play indirect/distal roles in this transition.

Thank you for your attention

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