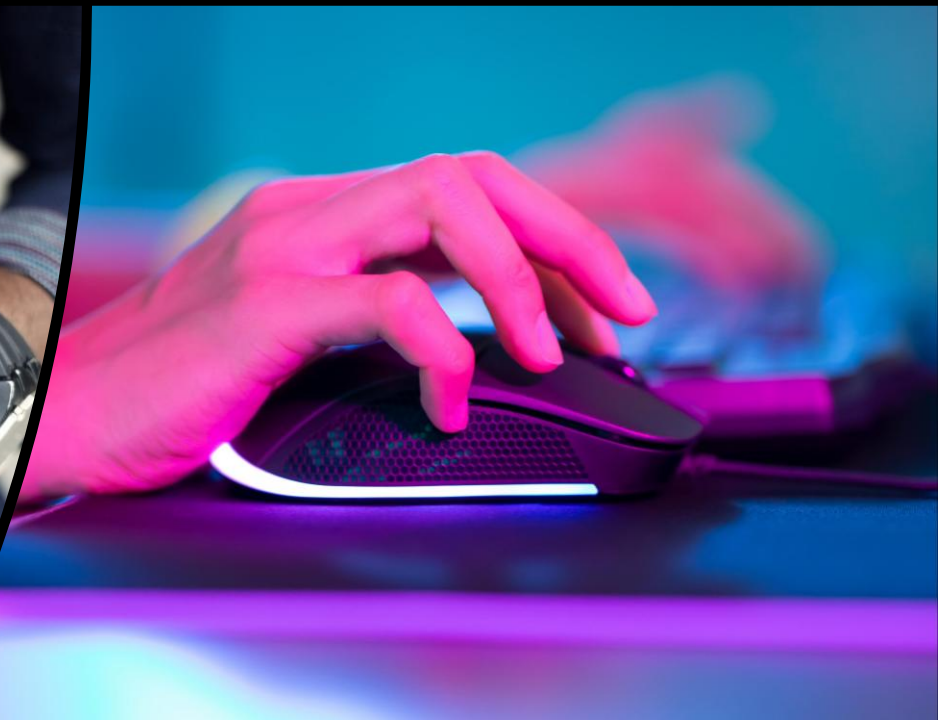
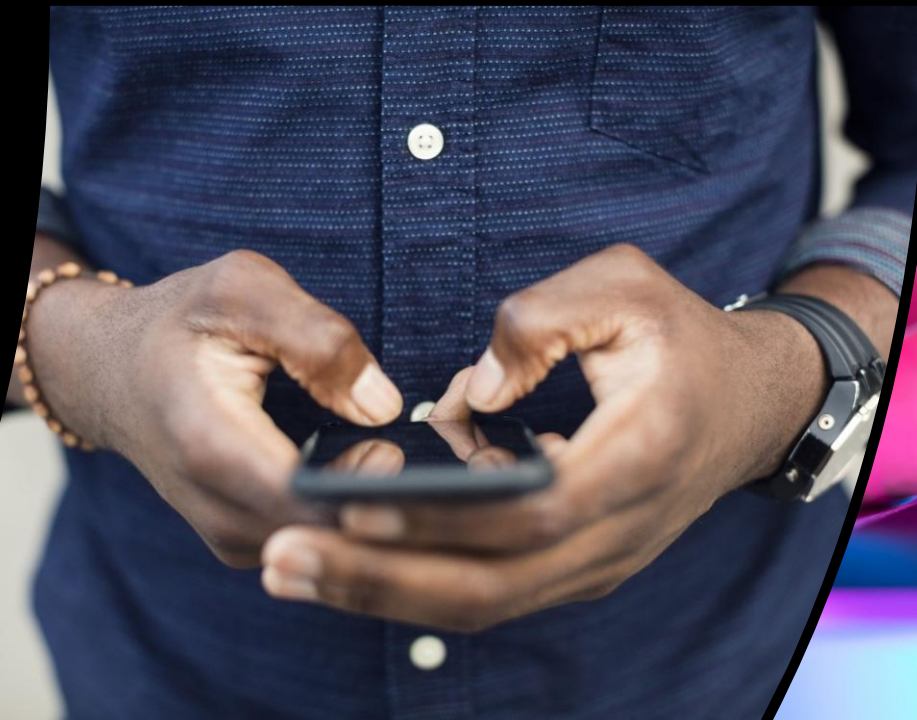


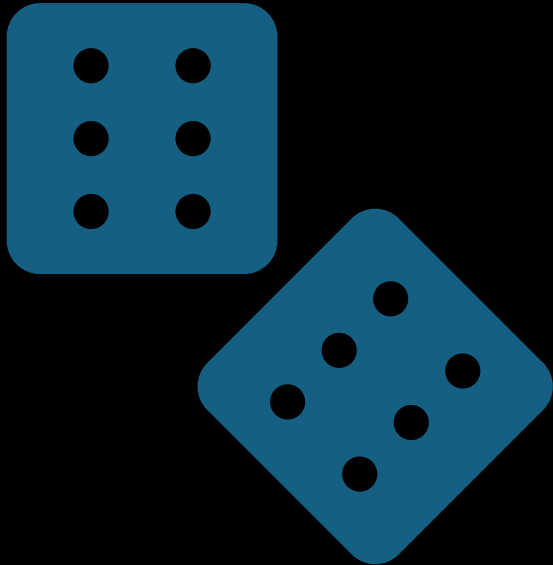
***Small gains and big losses:  
Understanding and treating  
online gambling addiction  
within the emerging adult  
population***

Presenters:

Tammy Ahn Hock, Ed.D., LPC, CAADC

Katherine L. Patterson, MA,  
Ph.D. Student- Counselor Education and  
Supervision





### Timeline:

- 1700s: card and dice games, lotteries, and horse-betting
- 1800s – 1900s: religion-driven bans occurred three times, pushing gambling underground
- Late 1800s: Charles Fey invents the slot machine
- 1930s: Nevada legalizes gambling, casino culture is developed in Las Vegas, and legalized gambling spreads
- Late 1970s - 1980s: Atlantic City is a thriving gambling town, and tribal casinos are abundant
- 2010: Nevada becomes the first state to legalize online gambling
- 2018: The U.S. Supreme Court overturns the Professional and Amateur Sports Protection Act (sports betting becomes legal)

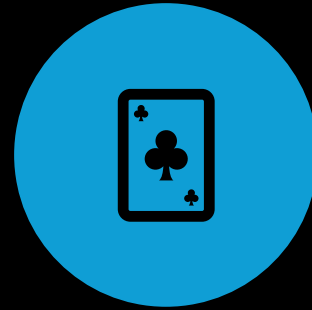
# Present-Day Legalized Gambling in PA:



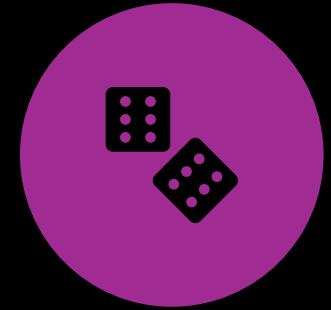
**LAND-BASED  
CASINOS**



**RACINOS  
(GAMBLING  
LOCATED AT  
HORSE  
RACETRACKS)**



**ONLINE  
CASINOS  
("IGAMING")**



**SPORTSBOOKS  
(ONLINE SPORTS  
BETTING)**

# Present-Day Legalized Gambling in PA:



**BINGO**



**LOTTERY**

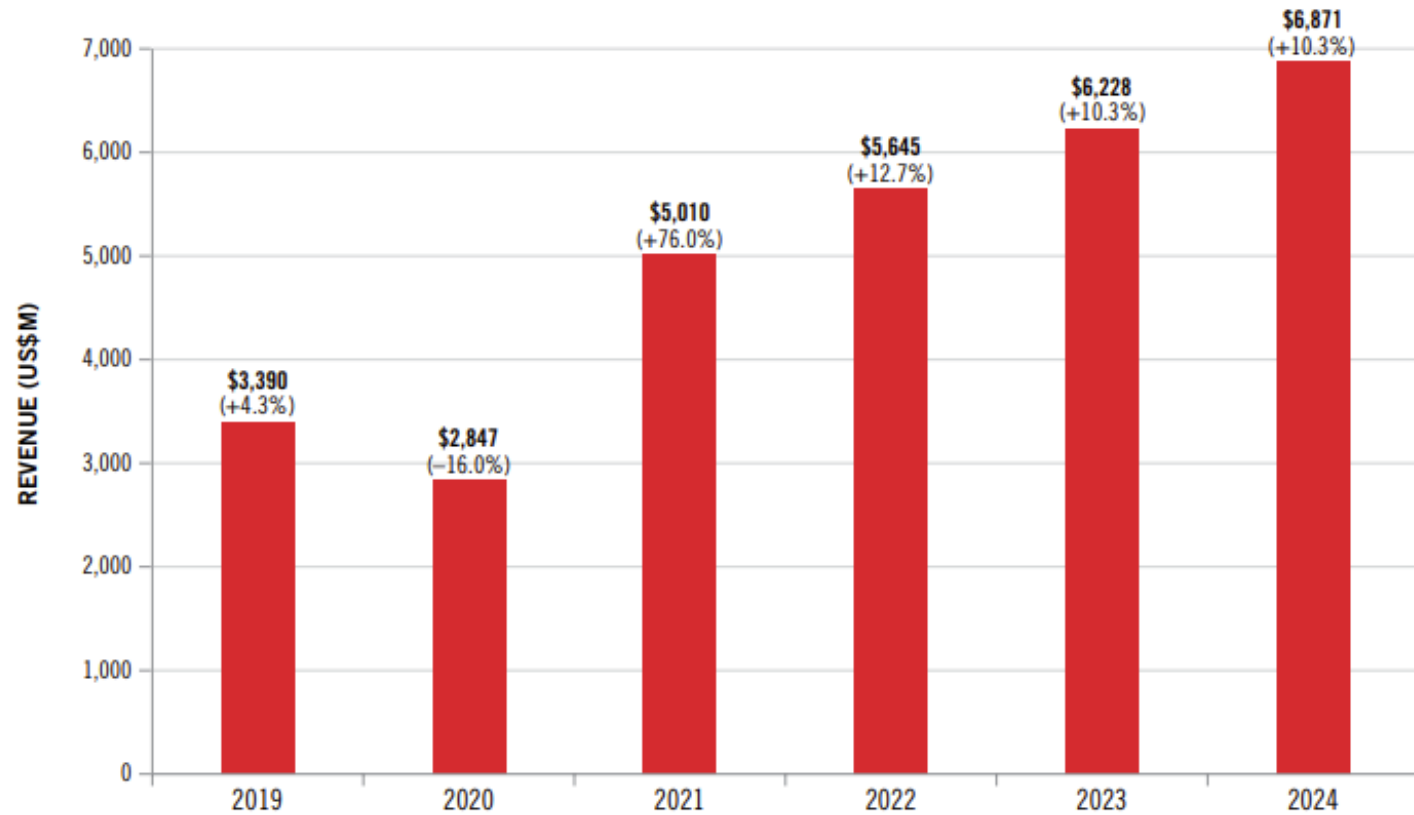
(American Gaming Association, 2025)

# Revenue

Gross Revenue in PA in  
2024: \$6.87B

(American Gaming Association, 2025)

## PENNSYLVANIA: COMMERCIAL CASINO GAMING REVENUE (US\$M) 2019 to 2024

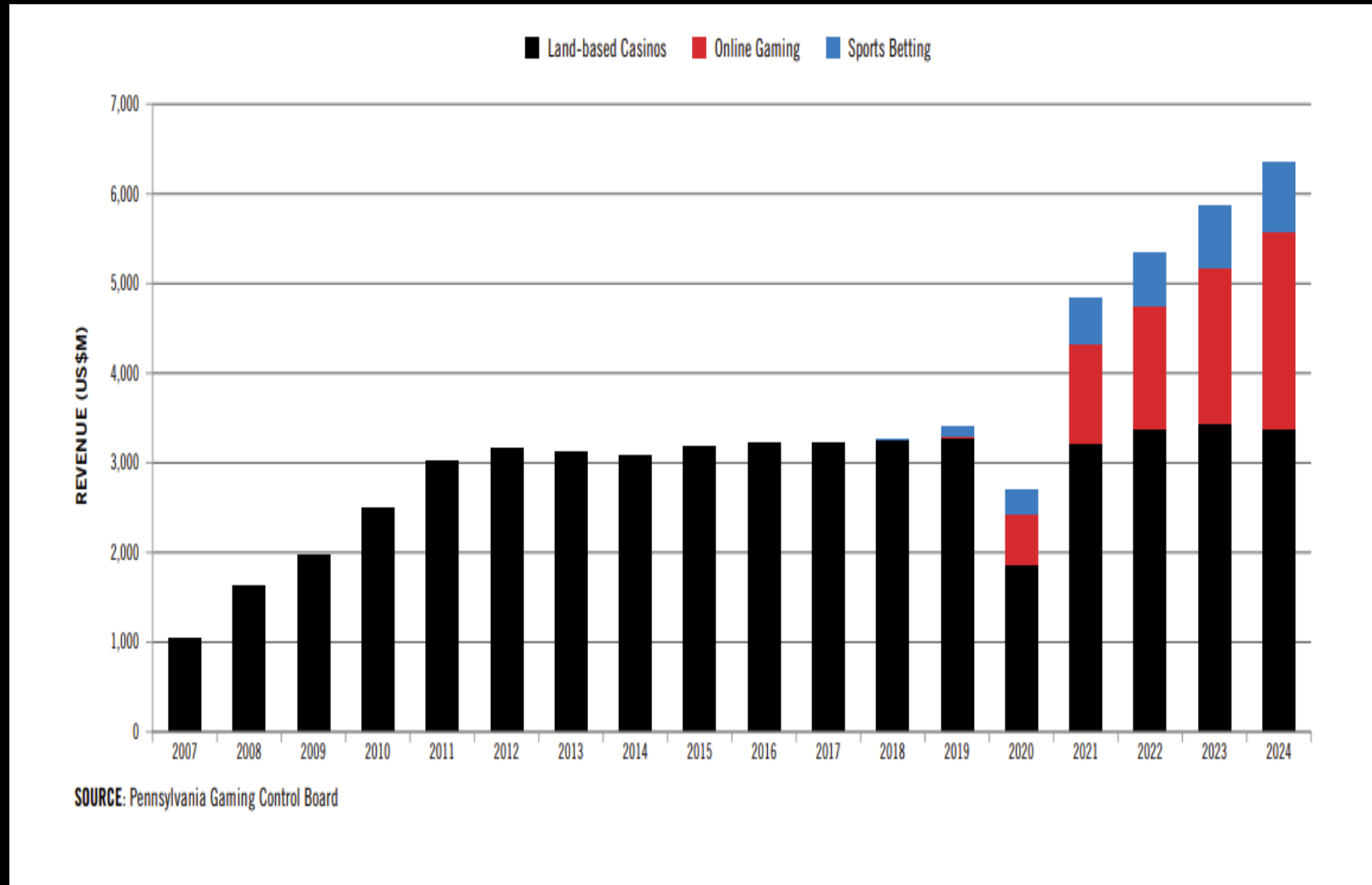


SOURCE: Pennsylvania Gaming Control Board

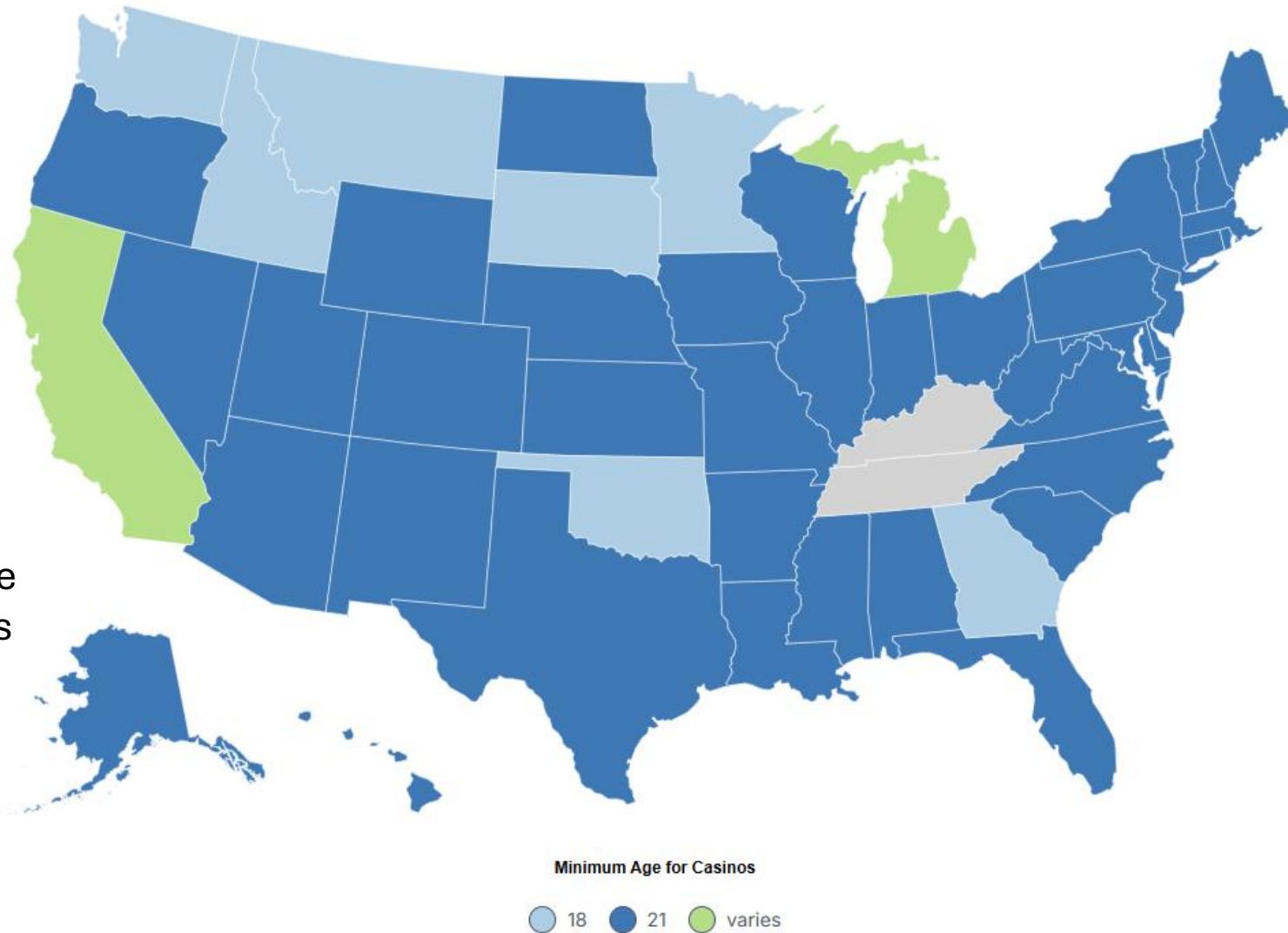
# Revenue

iGaming Revenue in PA  
in 2024: \$2.71B

(American Gaming Association, 2025)



## Gambling Age by State 2026



Internet (iGames) and sports betting laws are also illegal for persons under 21 in PA. Bingo and lottery tickets are restricted for persons under the age of 18.

# 2026 Stats



Two-thirds of adults in the US aged 21+ report having gambled before the age of 21:

- 40% lottery/scratch-off tickets
- 37% games at home with friends/family for money
- 23% sports betting
- 21% casino-style games
- 16% fantasy sports
- 3% other form

(National Council on Problem Gambling, 2026)

# Loopholes



- Using accounts belonging to 21+ (parents, older sibling, friends)
- Creating fake accounts
- Gambling platforms outside of the US with lower or no age restrictions (requires VPN)

---

## Risk Factors

- Male
- Early use
- Having a parent or caregiver with a gambling addiction
- Adverse Childhood Experiences
- Poor impulse control
- Psychiatric disorders
- Other types of addiction (primarily substances)
- Financial Insecurity
- Multiple types of gambling

(Baristown et al., 2021; Krotter et al., 2024; Sohn, 2023; Yale Medicine, n.d.)

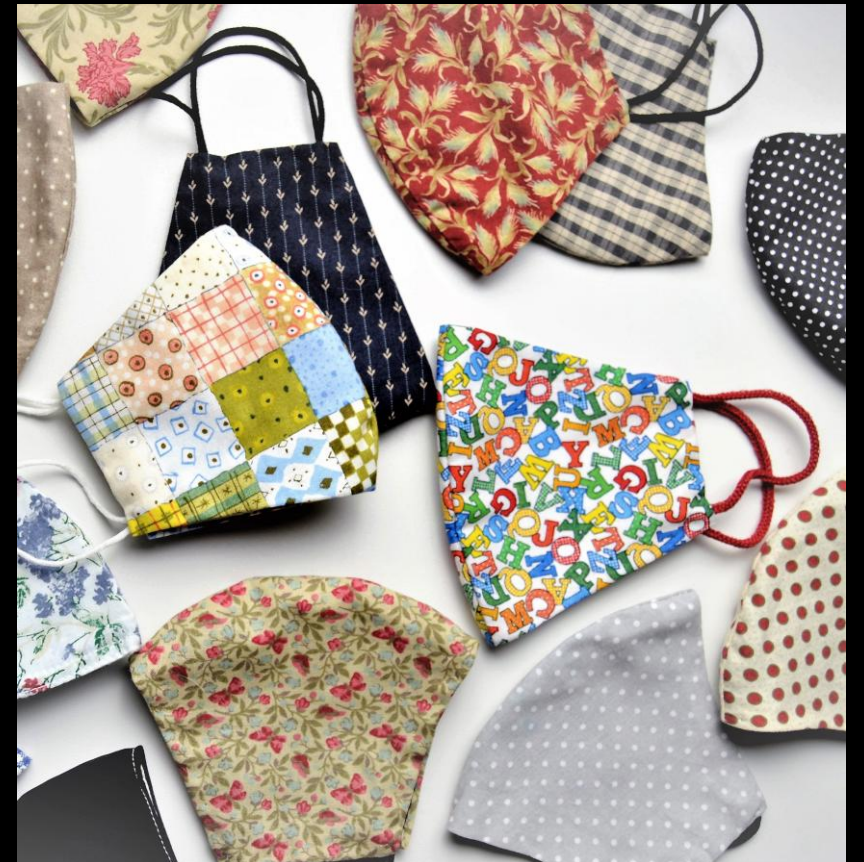


# 2020 and the COVID-19 Pandemic

---

## Social Distancing:

- Only essential employees provide in-office services
- Students receive synchronous and asynchronous instruction
- Restaurants, bars, stores, concert venues, casinos, etc., close
- Sports games are suspended



# 2020 and the COVID-19 Pandemic

---

*“...the implementation of lockdown measures caused a sudden disruption of daily routines, economic uncertainty, fears about personal and loved ones’ health, and social isolation, particularly for those living alone or separated from their support networks. This had a great impact on [the] mental wellbeing of individuals. These exacerbating mental health issues during the pandemic contributed to risky behaviors, such as alcohol consumption, tobacco smoking, and also gambling” (Catalano, 2024, p. 10).*

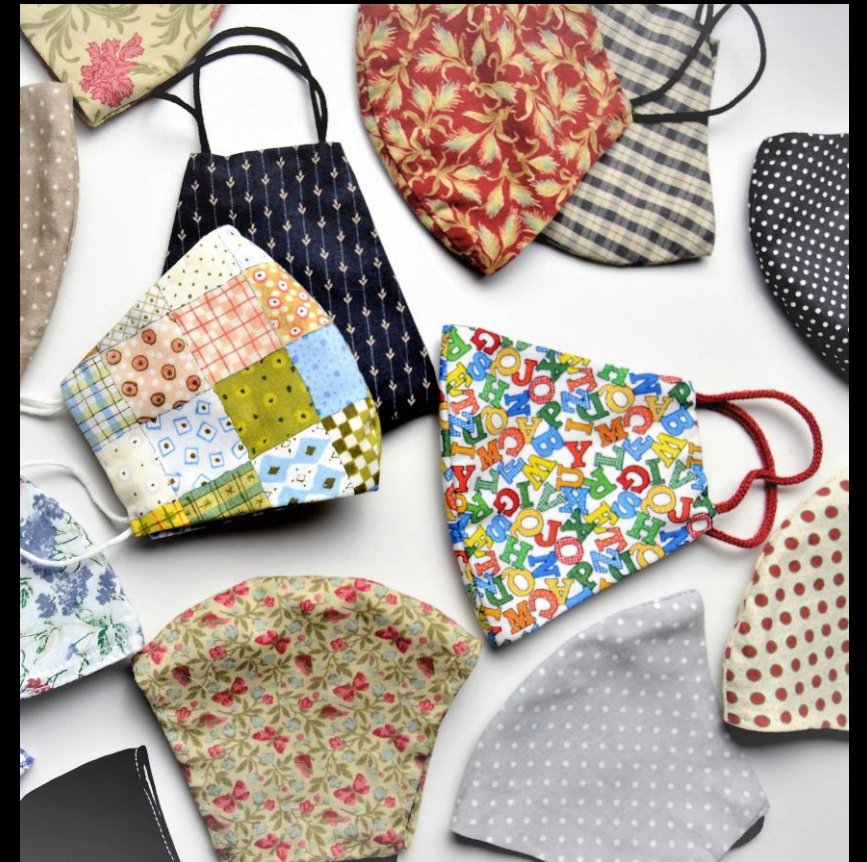
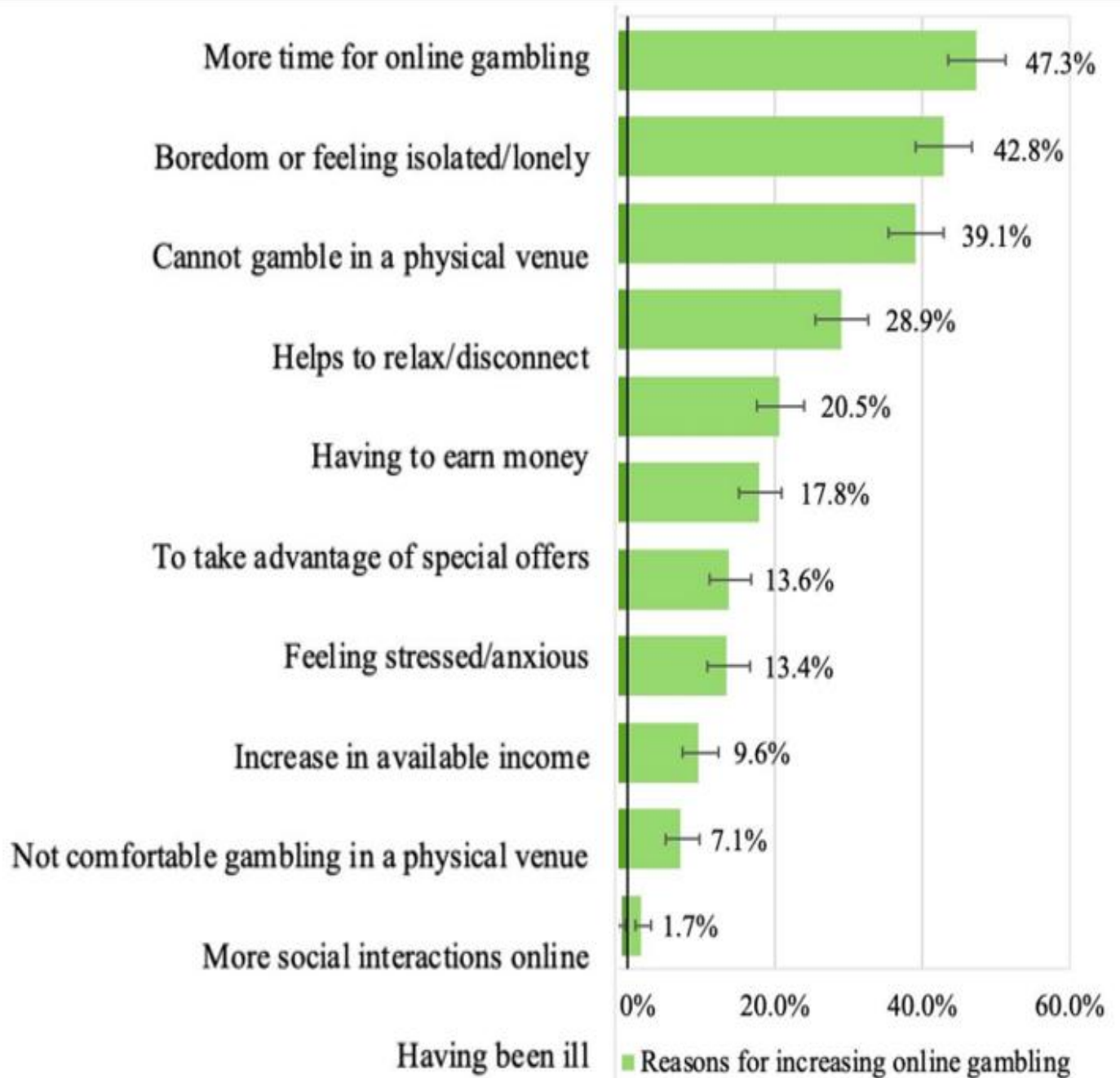


Fig. 3 Reasons for starting or increasing online gambling during the COVID-19 pandemic.

(Kairouz et al., 2025)



# Emerging adults

Defining “emerging adult”:

18 – 29

Characterized by:

- Moving out of childhood home
- Obtaining a college degree/vocational training
- Obtaining gainful employment/solidifying career path
- Marriage or serious partnership
- Having children
- Redefined relationship with parents/caregivers
- Strengthened understanding of self and place in the world
- Being future-oriented

(UNH, n.d.)



# Emerging adults

## Common Challenges of the 18 – 29 age period:

- **Identity:** who am I?
- **Instability:** relationships, work, residence
- **Responsibility:** self-focus to focus on others
- **Transition:** the “in-between” teen and adult years
- **Life Satisfaction:** presence or absence of optimism



# Risks: Emerging Adults vs. Older Adults

Gavriel-Fried et al. (2024)

Random sample of 3244 participants divided into:  
the 18 – 29 age group  
the 30+ age group

Assessed level of gambling severity (non-problem to severe)

## Emerging adults

- Higher levels of gambling-related harm (i.e., finances, relationships, work/study habits)
- More severe problem gambling
- More severe depression accompanied PG
- More severe anxiety accompanied PG



# Gender: What do we know?

Research is scant (so we don't know enough!), but here's what the data suggests:

## MEN:

- More engagement in sports betting, skills games, and stock market.
- 22% of Americans, including 48% of men aged 18-49 have at least one online sportsbooks account (Sienna Research Institute, 2025).
- Less stigmatized
- More motivated by the enjoyment of it
- More severe impact on life

(Theodorou et al., 2025)



# Gender: What do we know?

Research is scant (so we don't know enough!), but here's what the data suggests:

## WOMEN:

- More engagement in chance-based games (i.e., poker, roulette, craps)
- More stigmatized
- More likely to struggle with unmet emotional needs
- More likely to be unemployed

(Theodorou et al., 2025)



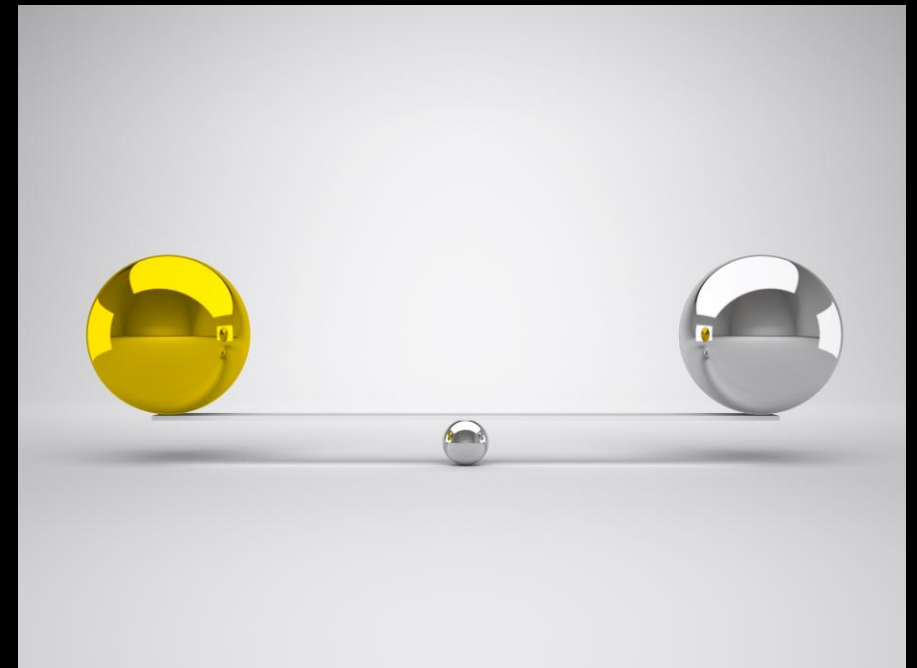
# Gender: What do we know?

Research is scant (so we don't know enough!), but here's what the data suggests:

MEN & WOMEN:

Gambling as a coping strategy is fairly equal

(Theodorou et al., 2025)





# DSM 5 TR Diagnostic Criteria

- **Preoccupation with gambling**
- **Need to gamble with increasing amounts of money**
- **Unsuccessful attempts to stop or control gambling**
- **Restlessness or irritability when attempting to stop gambling**
- **Gambling as an escape from problems or negative mood**
- **Chasing losses**
- **Lying to conceal the extent of gambling involvement**
- **Jeopardizing or losing important opportunities**
- **Relying on others for financial bailouts**
- **Has committed illegal acts**



- Preoccupation with gambling
- Need to gamble with increasing amounts of money
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- Has committed illegal acts

Unexplained financial strain

Not meeting responsibilities (work, school, parental, etc.)

Lying, stealing, etc.

Distracted

Relationship strain

Change in mood

Spending less time engaging in healthy activities

Losing interest in activities once enjoyed

Suicidal ideation



# Suicide and Gambling Disorder

The risk of suicide among individuals with a gambling disorder is 15 times higher than in the general population. (Karlsson & Hakansson, 2018)

Highest risk factors:

- Shame
- Indebtedness

(Marionneau & Nikkinen, 2022)



# Gains vs Losses:

UC San Diego's Rady School of Management 2024 study findings:

*“Of the more than 700,000 gamblers that we studied, 96% percent appeared to lose money to online gambling,” Wilbur said. “Only 4% made money from online betting. That is by design. Online gambling platforms often ban or throttle frequent winners’ accounts. There is no right to gamble.”*



## Gains vs Losses:

*“Of the top 10% of bettors—those placing the largest number of total wagers over the two years—about 95% ended up losing money, some dropping tens of thousands of dollars. Big losers of more than \$5,000 among these heavy gamblers outnumbered big winners by a staggering 128 to 1” (Mermont & Berzone, 2013).*



## CONSIDERATIONS:

Online gambling has 24/7 accessibility and can be done anywhere and on any device with an internet connection

Approx 25 legal online gambling apps in PA

Few state advertising restrictions exist to protect children or adults

One can be gambling while appearing to text, scroll on social media, check a weather app, etc.

Separate bank accounts can be created solely for gambling



## Advertising Restrictions

*“Advertisements used by a slot machine, gaming junket enterprise or manufacturer licensees may not contain false or misleading information.”*

*“Slot machine, gaming junket enterprise or manufacturer licensees cannot employ an individual to persuade or convince a person to engage in gaming or play a specific slot machine.”*

*“All advertisements must contain a message about receiving help for a gambling problem, including a toll-free helpline for gambling and a message.”*

(American Gaming Association, 2025)






# Part Two: Treatment

## Sign up

Already have an account? [Log in](#)

 Sign up with Google

 Sign up with Microsoft

OR

Email

Your email

Password

Your password



Full name

# Overview

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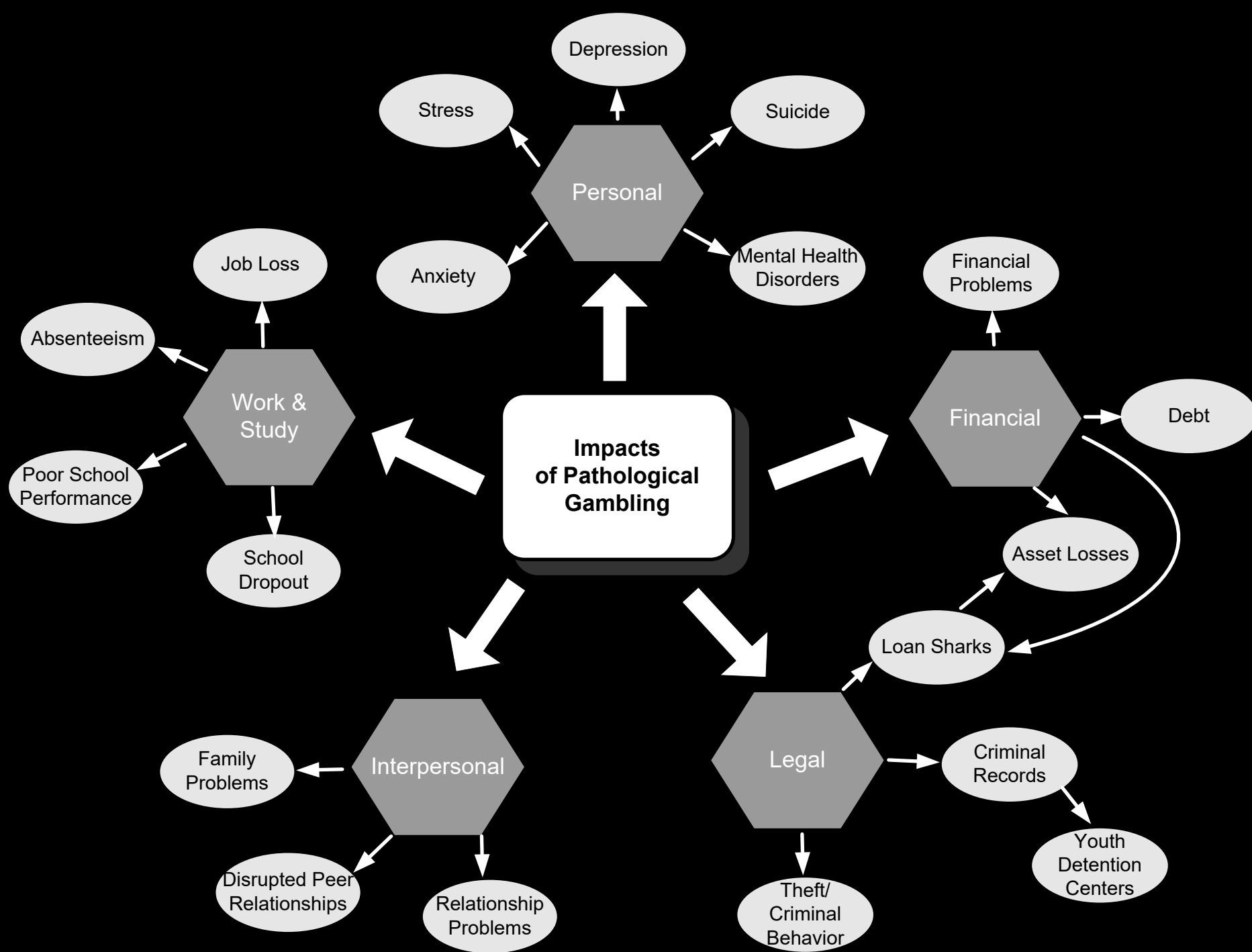
Recognition

Assessment

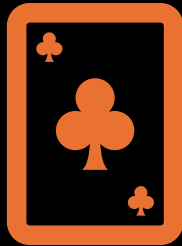
Treatment

# Recognizing the Signs

- Clinical presentations
  - Co-occurring concerns
    - Mood
    - Substance abuse
  - Financial problems
  - Relationship issues
  - Impairment in social or occupational functioning
  - Suicidal ideation
  - Isolation
  - Intellectualizing/rationalizing
  - Health issues
- Early intervention in key!



# Recognizing the Signs



**Helping our clients and ourselves**

What is gambling?



**Screening**



# Best Practices for Screening

- Incorporate questions regarding problem gambling throughout your intake/evaluation
  - Family History
  - Treatment History
  - Recreation
  - Finances
- Rescreening throughout treatment

# Standardized Screening Tools

- Problem Gambling Severity Index (PGSI)
  - Ferris & Wynne (2001)

## Problem Gambling Severity Index

This self-assessment is based on the Canadian Problem Gambling Index. It will help you decide if you wish to seek other forms of support or information.

When you think of the past 12 months, have you bet more than you could really afford to lose?

0 Never 1 Sometimes 2 Most of the time 3 Almost always

Still thinking about the last 12 months, have you needed to gamble with larger amounts of money to get the same feeling of excitement?

0 Never 1 Sometimes 2 Most of the time 3 Almost always

When you gambled, did you go back another day to try to win back the money you lost?

0 Never 1 Sometimes 2 Most of the time 3 Almost always

Have you borrowed money or sold anything to get money to gamble?

0 Never 1 Sometimes 2 Most of the time 3 Almost always

Have you felt that you might have a problem with gambling?

0 Never 1 Sometimes 2 Most of the time 3 Almost always

Has gambling caused you any health problems, including stress or anxiety?

0 Never 1 Sometimes 2 Most of the time 3 Almost always

Have people criticized your betting or told you that you had a gambling problem, regardless of whether or not you thought it was true?

0 Never 1 Sometimes 2 Most of the time 3 Almost always

Has your gambling caused any financial problems for you or your household?

0 Never 1 Sometimes 2 Most of the time 3 Almost always

Have you felt guilty about the way you gamble or what happens when you gamble?

0 Never 1 Sometimes 2 Most of the time 3 Almost always

Total your score. The higher your score, the greater the risk that your gambling is a problem.

**Score of 0:** Non-problem gambling.

**Score of 1 or 2:** Low level of problems with few or no identified negative consequences.



**Score of 3 to 7:** Moderate level of problems leading to some negative consequences.

**Score of 8 or more:** Problem gambling with negative consequences and a possible loss of control.

Ferris, J., & Wynne, H. (2001). The Canadian problem gambling index: Final report. Submitted for the Canadian Centre on Substance Abuse.

# Standardized Screening Tools

- Brief Biosocial Gambling Screen (BBGS)
  - (Gebauer et al., 2010)

 Cambridge Health Alliance 

**Brief Biosocial Gambling Screen (BBGS) Questionnaire**

Name \_\_\_\_\_ Date \_\_\_\_\_

To screen for potential gambling-related problems, please complete the following questions.<sup>2</sup>

**1. During the past 12 months, have you become restless irritable or anxious when trying to stop/cut down on gambling?**

Yes

No

**2. During the past 12 months, have you tried to keep your family or friends from knowing how much you gambled?**

Yes

No

**3. During the past 12 months did you have such financial trouble as a result of your gambling that you had to get help with living expenses from family, friends or welfare?**

Yes

No

<sup>2</sup> An online version of the BBGS is available at [www.divisiononaddiction.org/bbgs\\_new/](http://www.divisiononaddiction.org/bbgs_new/).

DIVISION ON ADDICTION - OUTPATIENT ADDICTION SERVICES  
CAMBRIDGE HEALTH ALLIANCE READINESS FOR GAMBLING EXPANSION (CHARGE)  
[WWW.DIVISIONONADDICTION.ORG/CHARGE/](http://WWW.DIVISIONONADDICTION.ORG/CHARGE/)

# Standardized Screening Tools

- South Oaks Gambling Screen (SOGS)
  - (Lesieur & Blume, 1987)
- Also comes in Spanish and Adolescent forms

## SOUTH OAKS GAMBLING SCREEN [SOGS]

Name: \_\_\_\_\_ Date: \_\_\_\_\_

1. Please indicate which of the following types of gambling you have done in your lifetime. For each type, mark one answer: "Not at All," "Less than Once a Week," or "Once a Week or More."

PLEASE "✓" ONE ANSWER FOR EACH STATEMENT:	NOT AT ALL	LESS THAN ONCE A WEEK	ONCE A WEEK OR MORE
a. Played cards for money			
b. Bet on horses, dogs, or other animals (at OTB, the track or with a bookie)			
c. Bet on sport (parlay cards, with bookie at Jai Alai)			
d. Played dice games, including craps, over and under or other dice games			
e. Went to casinos (legal or otherwise)			
f. Played the numbers or bet on lotteries			
g. Played bingo			
h. Played the stock and/or commodities market			
i. Played slot machines, poker machines, or other gambling machines			
j. Bowled, shot pool, played golf, or some other game of skill for money			
k. Played pull tabs or "paper" games other than lotteries			
l. Some form of gambling not listed above (please specify: _____)			

2. What is the largest amount of money you have ever gambled with on any one-day?

Never gambled
  More than \$100.00 up to \$1,000.00  
 \$1.00 or less
  More than \$1,000.00 up to \$10,000.00  
 More than \$1.00 up to \$10.00
  More than \$10,000.00  
 More than \$10.00 up to \$100.00

# Standardized Screening Tools

- National Opinion Research Center (NORC) Diagnostic Screen for Gambling Disorders (NODS)
  - Toce-Gerstein et al., 2009

## The NORC Diagnostic Screen for Gambling Problems

**NORC**  
A national organization for research  
at the University of Chicago

**INSTRUCTIONS:** For each question asked, circle YES or NO. When interview is complete, for questions for which R said YES, mark the corresponding box in the right-hand margin, ignoring items that do not have a corresponding box. Add up the number of marked boxes to determine R's score. A score of 0 indicates that results are not consistent with problematic levels of gambling. A score of 1 or 2 means that results are consistent with mild but subclinical risk for gambling problems. A score of 3 or 4 indicates results are consistent with moderate but subclinical gambling problems. A score of 5 or higher means that results are consistent with a likely diagnosis of pathological gambling, consistent with the diagnostic criteria of the DSM-IV. The highest score possible is 10.

1. Have there ever been periods lasting 2 weeks or longer when you spent a lot of time thinking about your gambling experiences, or planning out future gambling ventures or bets? 1   
YES SKIP TO 3  
NO GO TO 2
2. Have there ever been periods lasting 2 weeks or longer when you spent a lot of time thinking about ways of getting money to gamble with? 2   
YES  
NO
3. Have there ever been periods when you needed to gamble with increasing amounts of money or with larger bets than before in order to get the same feeling of excitement? 3   
YES  
NO
4. Have you ever tried to stop, cut down, or control your gambling?  
YES GO TO 5  
NO SKIP TO 8
5. On one or more of the times when you tried to stop, cut down, or control your gambling, were you restless or irritable? 5   
YES  
NO
6. Have you ever tried *but not succeeded* in stopping, cutting down, or controlling your gambling?  
YES GO TO 7  
NO SKIP TO 8
7. Has this happened three or more times? 7   
YES  
NO

# Standardized Screening Tools

- **NODS-CLiP**
  - ToceGerstein et al., 2009
- **Loss of Control**
  - Have you ever tried to stop, cut down, or control your gambling?
- **Lying**
  - Have you ever lied to family members, friends or others about how much you Lying gamble or how much money you lost on gambling?
- **Preoccupation**
  - Have there been periods lasting 2 weeks or longer when you spent a lot of time thinking about your gambling experiences, or planning out future gambling ventures or bets?

# A Step Further...

- SBIRT (Heinlein et al., 2022)
  - Screening
  - Brief Intervention
  - Referral to Treatment
- It is important to remember that a positive screen **does not** constitute a diagnosis, even if the screen suggests a high probability of problematic gambling behavior.
- Risk Status

# Risk Status (NCPG, 2023)

- Low
- Moderate
- High

## Who's at Risk?

### Low Risk

"I only buy tickets a few times a year when the jackpot is over \$500 million."



### Medium Risk

"I go to the casino once a month. I can afford to spend \$100, sometimes a bit more. I look forward to casino night all month and get kind of mad when I miss it."



### High Risk

"I buy lottery tickets every time I get gas or stop by the corner store. I spend at least \$50 a week on tickets. We have money problems and my wife gets upset about the number of tickets I buy, so I hide them from her."



## Consider

*your own gambling. Can you relate to any of these experiences in the past 12 months?*

- I feel moody when I try to cut down or stop gambling.
- I tried to stop gambling and could not.
- I used gambling to escape bad feelings.
- I went back to gamble to win back money
- I lost the day before.
- I lost or risked losing a job, relationship or schooling option.
- I felt the need to spend more money than usual.
- I spent a lot of time thinking about gambling.
- I had money problems because of gambling.
- I needed others to give me money to help me pay my gambling debts.

*Did you say "yes" to any of the above? You may be more at risk for a gambling problem than others.*

**DON'T**  
Gamble  
WITH  
YOUR Health

Gambling problems may lead to emotional problems, such as anxiety or depression.

---

*Did you know that adults with a gambling problem are 2-3 times more likely to develop a major depressive disorder?*

---

Gambling problems may also worsen physical health problems, such as: high blood pressure, stomach problems, headaches, heart problems, sleep problems.

Don't gamble with your health and

**MAKE A CHANGE**

to your gambling habits

**TODAY!**

# Assessment

- More comprehensive view of the client's presentation
- Assists in developing a treatment plan
- Structured
- Unstructured

# Structured Assessments

- Inventory of Gambling Situations
  - Petry et al., 2010

## Inventory of Gambling Situations

Listed below are a number of situations or events in which some people gamble heavily. Read each item carefully and answer in terms of your own gambling **over the past year**.

If you NEVER gambled heavily in that situation, circle "1".  
If you RARELY gambled heavily in that situation, circle "2".  
If you FREQUENTLY gambled heavily in that situation, circle "3".  
If you ALMOST ALWAYS gambled heavily in that situation, circle "4".

"I GAMBLED HEAVILY WHEN"				
	Never	Rarely	Frequently	Almost Always
1. When I almost won and felt that I would win very soon.	1	2	3	4
2. When I was able to gamble without anyone knowing.	1	2	3	4
3. When I decided that this time I would use good gambling strategies.	1	2	3	4
4. When I was happy.	1	2	3	4
5. When I wanted some action.	1	2	3	4
6. When someone encouraged me to bet.	1	2	3	4
7. When I was depressed.	1	2	3	4
8. When I was about to get caught unless I came up with some money fast.	1	2	3	4
9. When I started to believe that gambling was no longer a problem for me.	1	2	3	4
10. When I wanted to prove to others that I was worthy of respect.	1	2	3	4
11. When I didn't want to have to think.	1	2	3	4
12. When I talked myself into gambling.	1	2	3	4
13. When other people didn't seem to like me.	1	2	3	4
14. When I was in a situation in which I was in the habit of gambling.	1	2	3	4
15. When I saw a good opportunity that I hated to pass up.	1	2	3	4
16. When I felt confident and relaxed.	1	2	3	4
17. When everyday life seemed boring.	1	2	3	4
18. When people around me expected me to gamble.	1	2	3	4
19. When I was winning and wanted to keep on winning.	1	2	3	4
20. When I was drinking/using drugs.	1	2	3	4

# Structured Assessments

- Gambling Pathways Questionnaire
  - Nower & Blaszczynski, 2016

**Gambling Pathways Questionnaire (GPQ)**

The following statements refer to your views about gambling and beliefs about yourself and your life. Please check **ONE** box that best reflects how much you agree or disagree with each statement .

	Strongly DISAGREE					Strongly AGREE	
	1	2	3	4	5	6	
1. I gamble mainly to relieve tension, to "blow off steam."	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
2. I like doing or saying crazy things just to shock others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
3. Gambling gives me purpose in life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
4. I often say mean and hurtful things when I'm angry.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
5. When I gamble, I can forget my responsibilities for a while.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
6. If I want sex, I am willing to pay for it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
7. A big win at gambling would give my life meaning.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
8. I'll often take a dare, even if it's dangerous.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
9. I frequently buy things on impulse, even if I can't afford them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
10. When I'm angry, I always feel better if I can hit or throw something.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
11. If I won at gambling, I wouldn't feel like such a failure.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
12. I am often impatient when standing in line or waiting for other people.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
13. I only follow the rules if I think I could get caught.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
14. I gamble mainly to cope with the stress and pressures of life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

The next series of statements refer to feelings and behaviors you experienced *before* or *after* gambling became a problem for you. The questions will repeat, but you may have different answers, depending on the time frame. Please check **ONE** box for each statement .

**"BEFORE gambling became a problem for me..."**

	Strongly DISAGREE					Strongly AGREE	
	1	2	3	4	5	6	
15. I often felt panicky.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
16. I often felt tense and nervous.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
17. I worried a lot.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
18. I often felt sad and down for periods of time (lasting at least two weeks).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

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# Structured Assessments

- Gambling Pathways Questionnaire
  - Nower & Blaszczynski, 2016

## Gambling Pathways Questionnaire (GPQ)

The following statements refer to your views about gambling and beliefs about yourself and your life.

Please check ONE box that best reflects how much you agree or disagree with each statement

	Strongly DISAGREE				Strongly AGREE	
	1	2	3	4	5	6
1. I gamble mainly to relieve tension, to "blow off steam."	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I like doing or saying crazy things just to shock others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Gambling gives me purpose in life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I often say mean and hurtful things when I'm angry.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. When I gamble, I can forget my responsibilities for a while.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. If I want sex, I am willing to pay for it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. A big win at gambling would give my life meaning.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I'll often take a dare, even if it's dangerous.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I frequently buy things on impulse, even if I can't afford them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. When I'm angry, I always feel better if I can hit or throw something.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. If I won at gambling, I wouldn't feel like such a failure.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. I am often impatient when standing in line or waiting for other people.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. I only follow the rules if I think I could get caught.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. I gamble mainly to cope with the stress and pressures of life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

The next series of statements refer to feelings and behaviors you experienced *before* or *after* gambling became a problem for you. The questions will repeat, but you may have different answers, depending on the time frame. Please check ONE box for each statement .

**"BEFORE gambling became a problem for me..."**

	Strongly DISAGREE				Strongly AGREE	
	1	2	3	4	5	6
15. I often felt panicky.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. I often felt tense and nervous.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. I worried a lot.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. I often felt sad and down for periods of time (lasting at least two weeks).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

# Structured Assessments

- Addiction Severity Index – Gambling Scale
  - Petry, 2003

**MEDICAL STATUS**


1. How many days have you experienced medical problems in the past 30 days? \_\_\_\_\_ days
2. How troubled or bothered have you been by these medical problems in the past 30 days?  
Not at all<sup>0</sup> Slightly<sup>1</sup> Moderately<sup>2</sup> Considerably<sup>3</sup> Extremely<sup>4</sup>
3. How important to you now is treatment for these medical problems?  
Not at all<sup>0</sup> Slightly<sup>1</sup> Moderately<sup>2</sup> Considerably<sup>3</sup> Extremely<sup>4</sup>

**GAMBLING**


1. At what age did you **first gamble**? \_\_\_\_\_ years old
2. At what age did **gambling problems begin**? \_\_\_\_\_ years old
3. What is your **primary form** of gambling? Circle **one** only.  
Lottery<sup>1</sup> Scratch<sup>2</sup> Keno<sup>3</sup> Slots<sup>4</sup> Cards<sup>5</sup> Sports<sup>6</sup> Dice<sup>7</sup> Internet<sup>8</sup> Other<sup>9</sup>: \_\_\_\_\_
4. What other forms of gambling are problematic for you? Circle **all** that apply.  
None<sup>1a</sup> Lottery<sup>1b</sup> Scratch<sup>1c</sup> Keno<sup>1d</sup> Slots<sup>1e</sup> Cards<sup>1f</sup> Sports<sup>1g</sup> Dice<sup>1h</sup> Internet<sup>1i</sup> Other<sup>1j</sup>: \_\_\_\_\_
5. Have you ever received **gambling treatment** before? No<sup>0</sup> Yes, here<sup>1</sup> Yes, but only at another program<sup>2</sup>
6. How many times have you been to **Gamblers Anonymous (GA)** meetings?  
None<sup>0</sup> Once<sup>1</sup> 2-10 times<sup>2</sup> More than 10 times<sup>3</sup>
7. Have you **ever filed for bankruptcy** because of gambling problems?  
No, and I don't plan to<sup>0</sup> No, but I am thinking about it<sup>1</sup> Yes, I filed for bankruptcy<sup>2</sup>
8. In the past 30 days, how many days did you **think about gambling** or about placing bets?  
*Include days you thought about gambling, whether or not you actually gambled.* \_\_\_\_\_ days
9. How many **days did you gamble** in the past 30 days?  
*Include days you made any bets at all, even just buying a lottery ticket?* \_\_\_\_\_ days
10. How **much did you gamble in total** during the past 30 days?  
*(Include all money or items risked on all forms of gambling)* \$ \_\_\_\_\_
11. How many days have you **experienced gambling problems** in the past 30? \_\_\_\_\_ days
12. How does your gambling in the past 30 days compare to your usual (or usual problematic) level gambling?  
Much lower<sup>0</sup> About the same<sup>1</sup> Much higher<sup>2</sup>
13. How **troubled or bothered** have you been in the past 30 days by gambling problems?  
Not at all<sup>0</sup> Slightly<sup>1</sup> Moderately<sup>2</sup> Considerably<sup>3</sup> Extremely<sup>4</sup>
14. **How important to you now is treatment** for these gambling problems?  
Not at all<sup>0</sup> Slightly<sup>1</sup> Moderately<sup>2</sup> Considerably<sup>3</sup> Extremely<sup>4</sup>
15. My **goal** is to: Stop gambling completely<sup>0</sup> Limit or control my gambling<sup>1</sup> Gamble as I did before treatment<sup>2</sup>

Gambling Services Intake Assessment (version 11/2015) Are all items answered on this page? \_\_\_\_\_ Clinician initials: \_\_\_\_\_

# Structured Assessments – Co-Occurring

- ASAM Gambling Assessment
    - Evergreen Council of Problem Gambling, 2020
  - SUDs
  - Biomedical Conditions
  - Psychiatric Conditions
  - Correlates to ASAM LOC
- 

# Structured Assessments – Co- Occurring

- Co-Occurring Disorders Screening Tool & Severity Index
    - Oregon Health Authority Problem Gambling Services, 2019
  - PTSD
  - ACEs
  - SUDs (AUDIT, DAST)
  - Anxiety
  - Depression
  - SI
- 

# Unstructured Assessments

- Personal Background
  - Gambling History
  - Financial Situation
  - Legal History
  - Biological Factors
  - Psychological Factors
  - Cognitive Factors
  - Social Relationships
  - Spirituality
  - Cultural Factors
  - Safety Factors
  - Stage of Change
  - Three Pathways
  - Strengths
  - Personality
- 



# Personal Background

- Who is your client?
- Where do they come from?
- What experiences have they had?



# Personal Background

- School
- Employment
- Relationships
  - Romantic
  - Sexual
  - Friendships
- Hobbies



# Personal Background

- Legal History
- Substance Use History
- Spirituality
- Cultural Identity

# Medical History



ARE THERE ANY PERTINENT  
MEDICAL CONCERNS?



HOW CONSISTENT ARE THEY  
WITH THEIR PHYSICAL HEALTH?  
TAKING MEDICATION?



GAMBLING IMPACT

# Psychiatric History



**Past diagnoses**



**Current mental health concerns**

Level of self-awareness

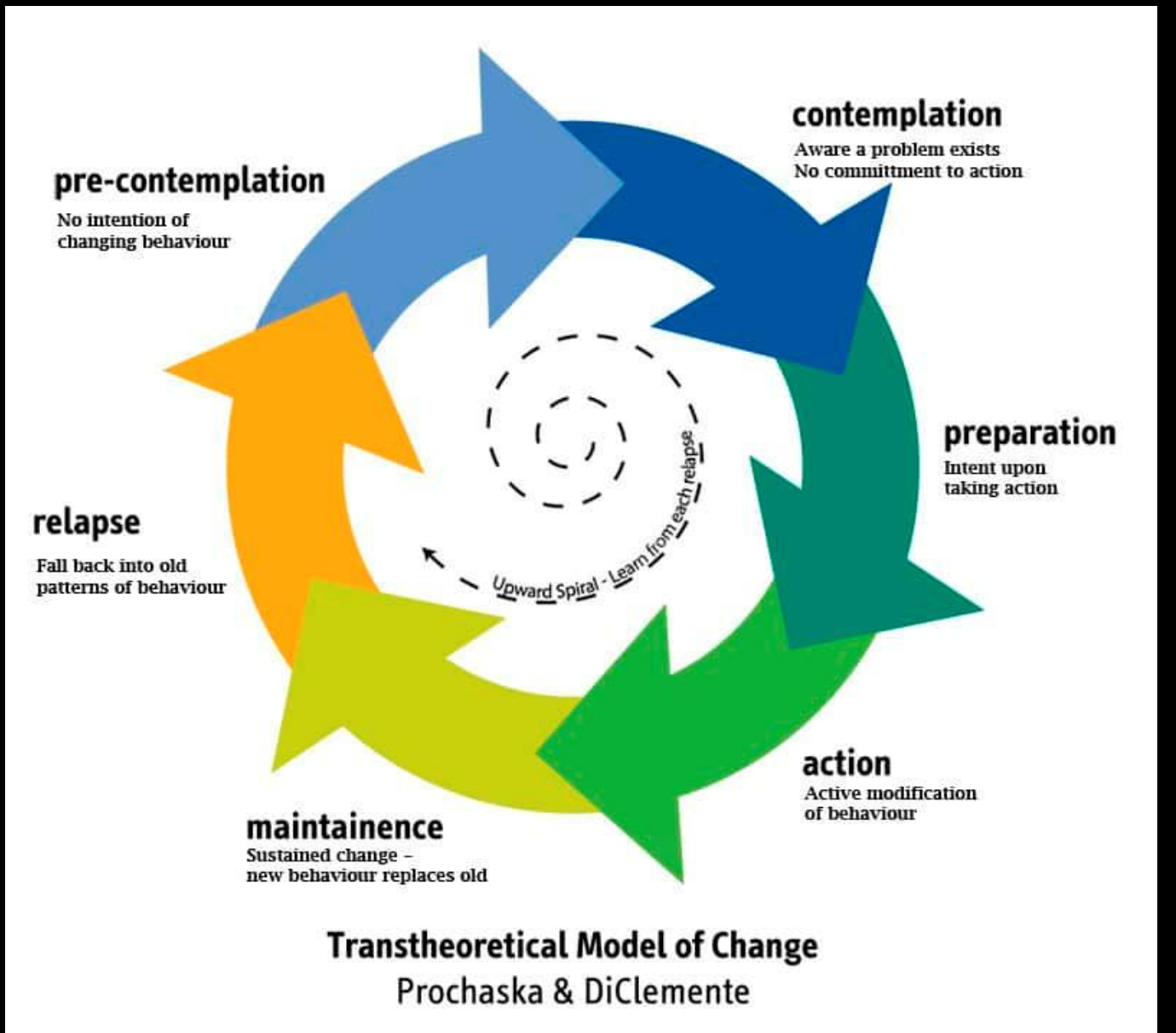


**Psychiatric medication**



**Are these their concerns**


# Stage of Change



# Gambling History

- First gambling experience
- Largest bet or mot spent in one day
- Most recent bet
- Preferences for types of gambling
- How did they learn about gambling
- Family and gambling
- Cultural views of gambling

# Summary

- Make sure you're instilling hope
  - Make plans for next session and discuss treatment planning
  - Discuss continued gambling non-judgmentally
- 

# Harm Reduction

- Stance is against harm, not against gambling, so any positive change by the client is beneficial.
- Short-term goals, targeted behavior
- Remember, harm reduction is not co-signing the behavior

# Harm Reduction

## 10 RULES OF RESPONSIBLE GAMBLING

- If you choose to gamble, do so for entertainment purposes.
- Treat the money you lose as the cost of your entertainment.
- Set a dollar limit and stick to it.
- Set a time limit and stick to it.
- Expect to lose.
- Make it a private rule not to gamble on credit.
- Create balance in your life.
- Avoid “chasing” lost money.
- Don’t gamble as a way to cope with emotional or physical pain.
- Become educated about the warning signs of problem gambling.

# Self-Exclusion



Pennsylvania Gaming Control Board  
Office of Compulsive and Problem Gambling

## Self-Exclusion Enrollment and Removal

🔒 LOG IN

First Name

Last Name

Last 4 of SSN

📅 Birth Date

Log in

Can't log in? [Click here to create an account](#)

Please note that excessive logins may result in a temporary  
lockout of your account.

For more information on gambling disorder treatment options, call [1-800-GAMBLER](tel:1-800-GAMBLER).

303 Walnut Street  
Commonwealth Tower, 5th Floor  
Harrisburg, PA 17101

If you are having trouble completing your enrollment, contact the board: 717-346-8300 or  
[problemgambling@pa.gov](mailto:problemgambling@pa.gov)

Your participation in the PGCB's Self-Exclusion Program(s) will be shared with PA State Police for enforcement purposes. Your participation will not be shared with or visible to any other state agency.

**i** This application captures live photos during self-exclusion enrollment and removal. It is recommended that a mobile device be used to ensure higher quality photos are captured.

# Case Study (Bechtold & Wilson, 2021)


*“Dave is a 29-year-old single male, who lives with his parents due to excessively gambling at casinos. He seeks help at the request of his parents. After completing a throughout financial inventory and financial restitution plan, the client agrees that self-exclusion would be helpful for him for several reasons. He wants to show his parents that he is taking this seriously and he wants to tell his friends that he can’t go to the casino as he could be arrested for trespassing (his way of handling peer pressure). In his state of residents, the self-exclusion program offers one- and five-year terms, as well as lifetime. The therapist discusses signing up for one year, as five years seems too difficult to conceptualize at his age. He scheduled an appointment at the local government office, signs up and provides his parents with proof. He starts in his next therapy session that a “huge weight has been lifted” and discusses how the threat of being arrested for trespassing is helpful when he has urges or cravings as well as when his friends pressure him to go with them to the casino.”*



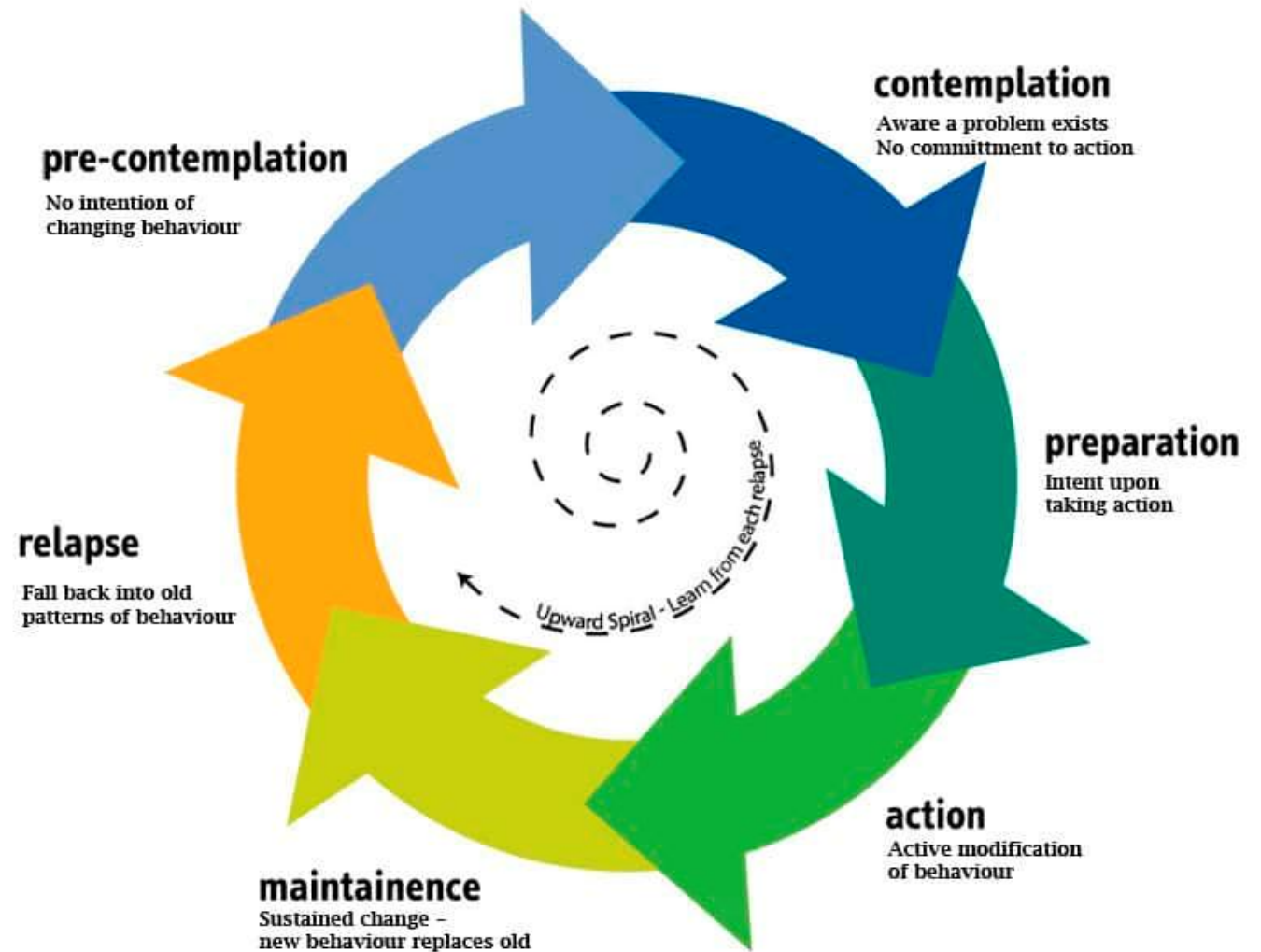
# Treatment Planning

- Collaborative construction of client's current needs and their hopes for recovery
- SMART goals

# Treatment

- Cognitive-Behavioral Therapy (CBT)
  - Motivational Interviewing (MI)
  - Mindfulness
    - Mindfulness-based Cognitive Therapy (MBCT)
    - Mindfulness-based Relapse Prevention (MBRP)
  - Pharmacotherapy
- 

# Reassessing Stage of Change



**Transtheoretical Model of Change**  
Prochaska & DiClemente

# Staying Aware of Current Gambling

If you gambled at all within the past 4 weeks, please circle the timeframe of "past 4 weeks". If you did not gamble in the past 4 weeks, please circle "typical month" and complete the calendar as a typical month would appear.

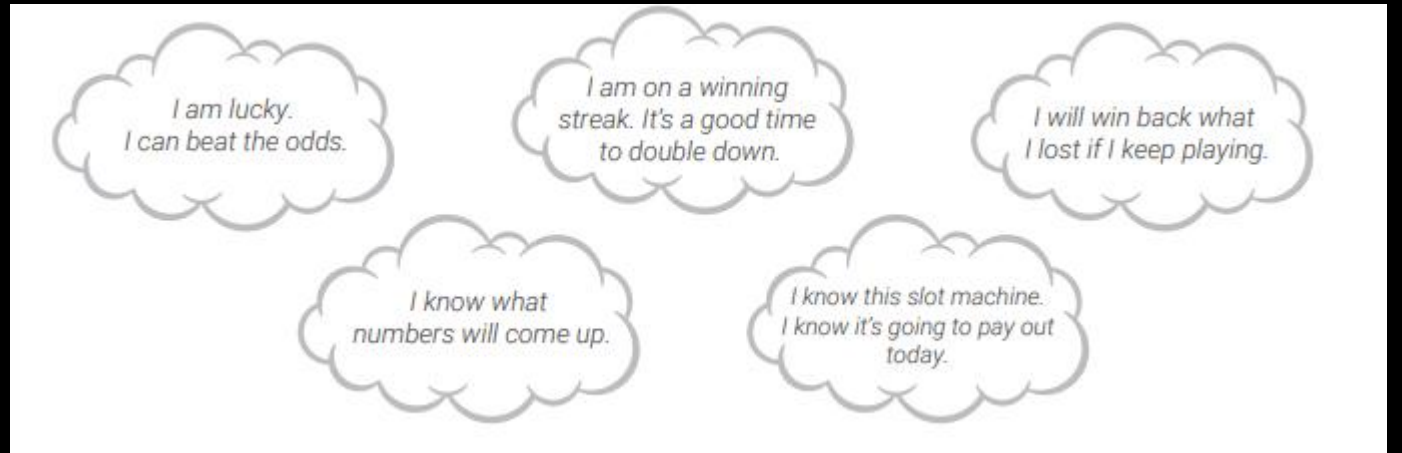
PLEASE CIRCLE ONE:

**1. Past 4 weeks** or 2. Typical month

Day	Sun	Sat	Fri	Thurs	Wed	Tues	Mon
Type	0	slots	scratch-offs	0	lottery	0	slots & cards
Time (hrs OR min)	___ hrs ___ min	<u>4</u> hrs ___ min	___ hrs <u>5</u> min	___ hrs ___ min	___ hrs <u>10</u> min	___ hrs ___ min	<u>8</u> hrs ___ min
\$ Lost		250			20		500
Only if you were up at the end of the day, enter the \$ amount here			2				

# CBT

- Evidence-based
- Cognitive distortions
  - Imaginal desensitizations



# CBT



## Identifying habituation


Decision points



## Addressing ambivalence



MI

- Focus on motivational state, readiness to change, and identifying ambivalence or resistance.
    - Softening sustain talk
  - Incongruency
- 

# MI



Engaging



Focusing



Evoking



Planning

# Clinical Simulation

Cognitive-Behavioural  
Therapy Session



# Mindfulness (MBCT)

- Increases self-awareness and self-regulation
- Manage urges in a healthy way
- Encourage positive emotional regulation
  - Replacing unhealthy coping mechanisms

# Mindfulness (MBCT)

- Used when clients encounter an uncomfortable craving or urge to act out addictive behavior.
  - Suspending judgement
- Be present with the craving
  - Lose the meaning attached to it
- Surfing the wave

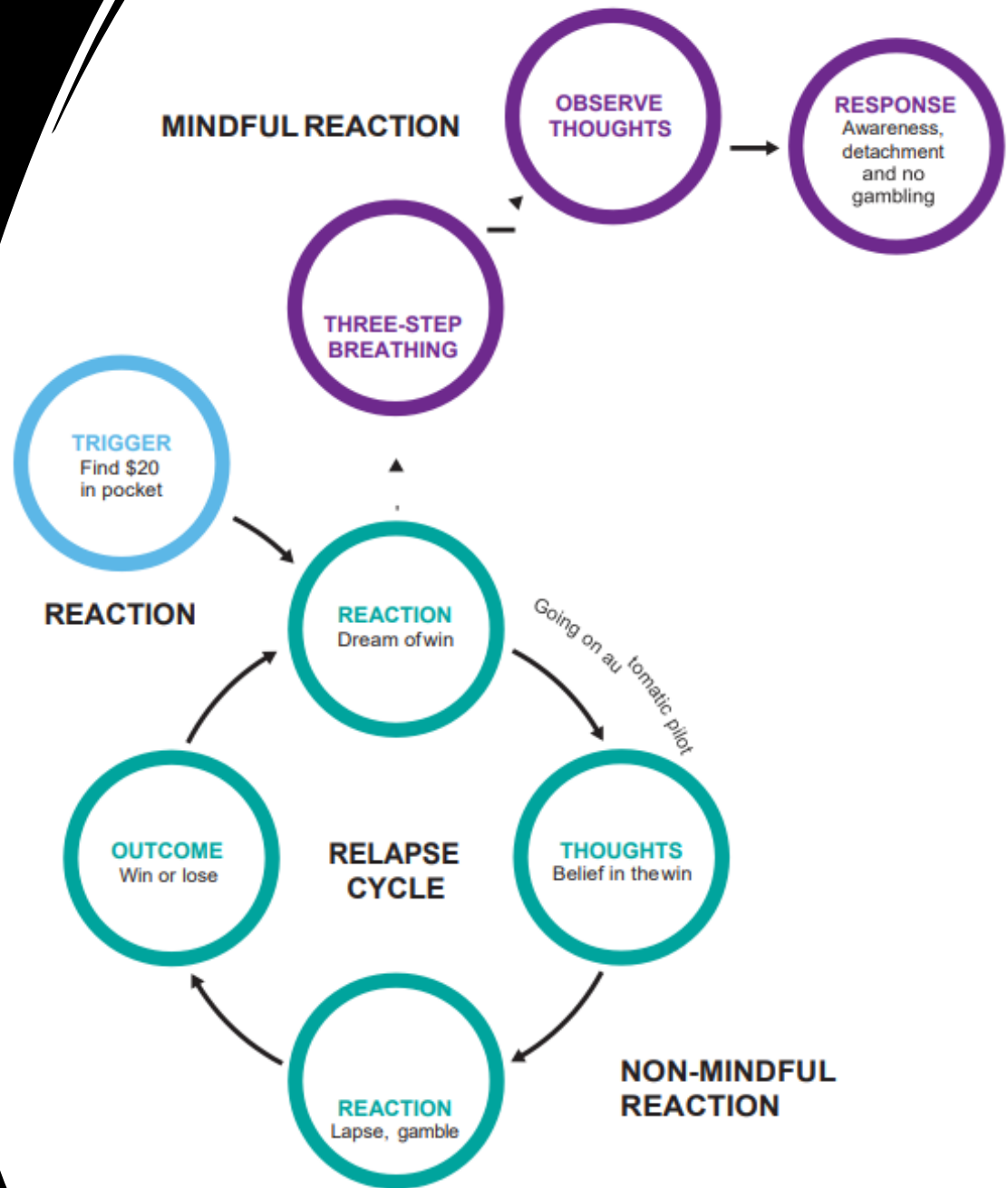


# Mindfulness (MBCT)

- Acceptance and letting go
- Mindfulness techniques
  - Mindful breathing
  - Body scanning
  - Guided imagery

# Mindfulness (MBRP)

- Relapse Prevention
  - Awareness
  - Relationship to discomfort
  - Nonjudgment
  - Lifestyle



# Pharmacotherapy


- Opioid antagonists
- SSRIs
- Mood stabilizers
- Promising Treatments
  - Glutamatergic agents
  - GLP-1s
- Currently, no FDA approved medications

# Other Areas of Treatment Consideration

- Family Therapy
  - Asset protection for spouse/kids
    - National Endowment for Financial Education
  - IPV
- Financial Counseling
  - [OptOutPrescreen.com](https://www.optoutprescreen.com)
  - Clarifying debts and expenses
  - Financial Restitution Plan



# Barriers to Treatment

- Funding
  - Available clinicians
  - Stigma and shame
- 

# Active Steps

- Financial restrictions
- Alternative dopamine sources
- Community-Based Self-Help Groups

# Community- Based Self- Help Groups


- Gambler's Anonymous (GA)
- Gam-Anon
- SMART Recovery
- Gamtalk
- Debtors Anonymous (DA)

# Treatment Possibilities

- Inpatient/Residential
- Outpatient
  - IOP & GOP
- Finding Professionals
  - IPGGC
  - The National Problem Gambling Helpline (1-800-MY-RESET)
  - Council on Compulsive Gambling of Pennsylvania (1-800-GAMBLER)



## Considerations for Special Populations

- Veterans
  - Minority Groups
  - Co-Occurring Disorders
- 

# Emerging Treatments

- Exposure and Response Prevention Therapy (ERP)
- Technology-Based Interventions
- Preventative Education and Awareness
  - Personalized Normative Feedback (PNF)

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