


## PROBLEM GAMBLING

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39<sup>th</sup> Annual Mental Health and Substance Abuse Integrated Service Conference - October 23 and 24, 2007

## Prairielands Addiction Technology Transfer Center

- I want first to introduce our center, and
- give an overview of the presentation I plan to share with you.

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## Map of the ATTCs



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## Prairielands ATTC Staff

- Anne Helene Skinstad, Ph.D.
  - Program Director
- Candace Peters, MA, CADC
  - Director of Training
- Duane Mackey, Ed.D.
  - Coordinator of Native American Projects
  - University of South Dakota, and
  - United Tribes Technical College
- Coordinator of Diversity Issues, TBN
- Rosalind Hayslett
  - Project Coordinator

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## Prairielands ATTC Speciality Areas

- Native American issues
- LGBT issues
- Women's issues
- Co-occurring mental health and substance use disorders
- Problem gambling
- Clinical supervision
- Leadership development

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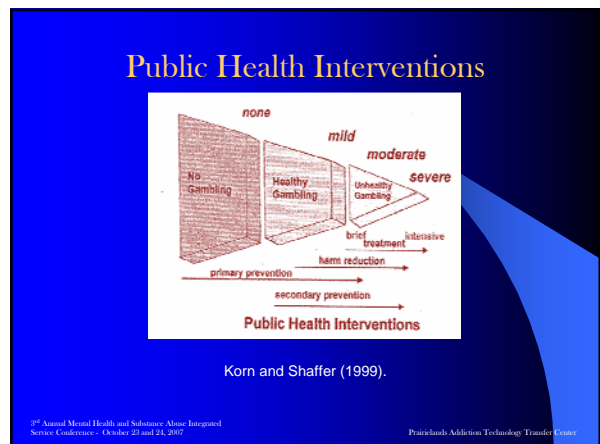
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- ## Overview
- What makes pathological gambling different from other addictive behavior disorders?
    - Harm reduction approach to the definition of pathological gambling
  - Empirically supported assessment instruments
    - SOGS
    - Screening
  - Empirically supported treatments
    - Psychosocial
    - Psychopharmacological
  - Resources in the Prairielands ATTC region
  - How to navigate the problem gambling literature and resources
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- ## Definition of Pathological/Problem Gambling
- DSM-IV (APA, 2000): Impulse Control Disorder
  - Continuum of problems:
    - from problem gambling
    - to pathological gambling
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- ## DSM-IV Criteria
- Persistent and recurrent maladaptive gambling behavior as indicated by five or more of the following:
- 1) a preoccupation with gambling
  - 2) needs to gamble with increasing amounts of money
  - 3) repeated unsuccessful efforts to control, cut back or stop
  - 4) restless and irritable when trying to cut down
  - 5) gambles as a way of escaping problems
  - 6) after losing money gambling, returns another day to get even
  - 7) lies to family members and others to conceal the extent of gambling
  - 8) has committed illegal acts
  - 9) has jeopardized or lost significant relationships, jobs, etc., because of gambling
  - 10) relies on others to provide money to relieve a desperate financial situation
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- ## Differential Diagnosis
- Social Gambling
    - Gambling with friends and family for fun once in a while without serious consequences
  - Professional Gambling
    - Stock-brokers, farmers, professional poker players
    - Risks from gambling are limited and the person is disciplined enough to avoid experiencing serious consequences
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## Pathological Gambling: Associated Features (DSM-IV)

- Distorted thinking:
  - Denial, overconfidence, sense of control
- Believes that money is both the cause and the solution to all their problems
- Are highly competitive:
  - restless, energetic
- Concerned with approval from others; sometimes overly generous
- Workaholic

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## Risk Factors

- Men with hyperactivity or inattentiveness in childhood
- Individuals with mood disorders may be predisposed to pathological gambling
  - Women often gamble to suppress a mood disorder
- Loss of judgement in a manic episode may increase risk for gambling
- Antisocial personality disorder

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## Prevalence

- Prevalence of pathological gambling is dependent on access to legal gambling opportunities
- Problem gambling
  - Often thought of as less serious, akin to abuse of a substance
- Lifetime prevalence of pathological gambling:
  - from 0.4% to 3.4% in adults
- Higher prevalence rates, reported to range from 2.8% to 8%, in adolescents and college students
- Increased prevalence rates in persons with substance use disorders
- Gender differences: 2/3 males, 1/3 females
- Casino Employees
  - Increased risk of problem gambling and alcohol abuse

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## Co-Occurring Disorders

- Co-occurrence with mental disorders:
  - Mood disorders, suicid,
  - Anxiety disorders
  - Personality disorders: narcissistic PD, Borderline PD, Antisocial PD
  - Other impulse control disorders
- Substance use disorders: stimulants, tobacco, alcohol
- Co-occurring medical problems:
  - hypertension
  - peptic ulcer disease
  - migraine

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## Empirically Supported Assessment Instruments

- South Oaks Gambling Screen (SOGS)
  - No other screening tool
- DSM-IV-TR (APA, 2000)
- Gambling Treatment Outcome Monitoring System (GAMTOMS)

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## Empirically Supported Pharmacological Treatments

- Pharmacotherapy of pathological gambling
  - Decreased serotonin functioning in serotonergic regions of the brain
    - Antidepressants: Clomipramine, SRIs
- Mood stabilizers:
  - Lithium
- Opioid antagonists (reduce craving)
  - Naltrexone, nalfene

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## Empirically Supported Psychosocial Treatments

- Psychosocial treatments
  - Ladouceur and colleagues
    - Cognitive treatment with relapse prevention and self control components
  - Dickerson and colleagues
    - Cognitive-behavioral treatment with a motivational enhancement component

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## Empirically Supported Psychosocial Treatments (Cont.)

- Petry
  - Eight weekly sessions of individual therapy worked better than the use of a workbook or referral to Gamblers Anonymous
- Blaszczynski and colleagues
  - Imaginal desensitization worked better than aversion therapy, in vivo desensitization, or imaginal relaxation

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## Resources in the Prairielands ATTC Region

- Wisconsin Council on Problem Gambling
- 9th Annual Statewide Compulsive Gambling Conference, March 22 & 23, 2007
- Midwest Conference on Problem Gambling and Substance Abuse August 13<sup>th</sup> through 15<sup>th</sup> in St. Louis
- Researchers in our region outside of Wisconsin
- U of Minnesota
  - Department of Psychiatry: Ken Winters, Ralph Stinchfield, Jon Grant, Joe Westermeyer
- University of Iowa
  - Department of Psychiatry: Donald Black
  - Department of Community and Behavioral Health: Anne Helene Skinstad

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## How to Navigate the Problem Gambling Resources and Literature

- National Center for Responsible Gaming, Division on Addictions, Harvard Medical School National Council on Problem
- Annual Conference in Las Vegas:
  - November 11th to 13th 2007
- National Council on Problem Gambling Annual Conference in June, 2008

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- Thank you
- Any questions?
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