

DEVELOPMENT AND EVALUATION OF THE PSYCHOSOCIAL TREATMENT PROGRAM FOR GAMBLING ADDICTS IN PRISONS AND PROBATION

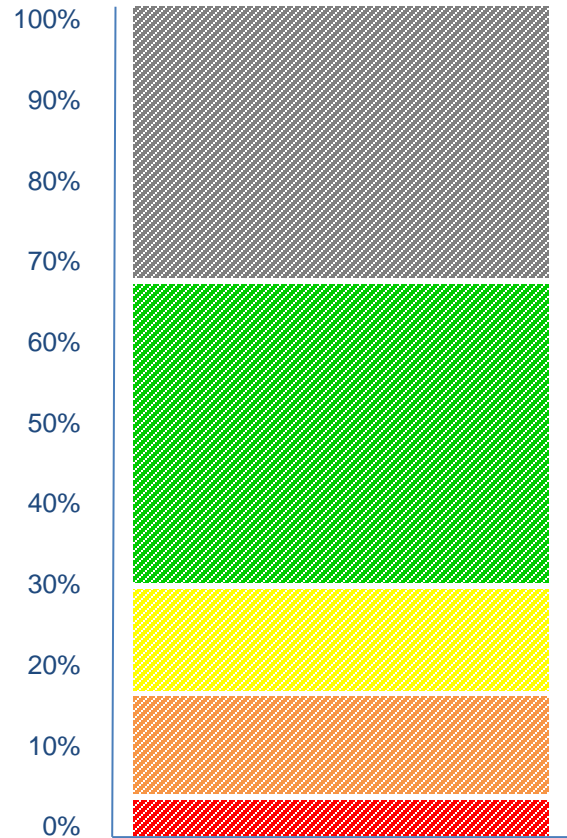
13th European Conference on Gambling Studies and Policy Issues
EASG 2022.



University of Zagreb
Faculty of Education and Rehabilitation Sciences
Department of Behavioural Disorders



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National Representative Samples

- **2.2%** gambling addicts (PGSI)
- **10%** has some gambling related problems (PGSI)
- Higher among **younger population (12.9%** of adolescents – CAGI/GPSS)
- Higher among **males**

Gambling among criminal offenders

43,7% help-line callers report committing a gambling-related crime

54,1% gamblers in treatment report committing a crime

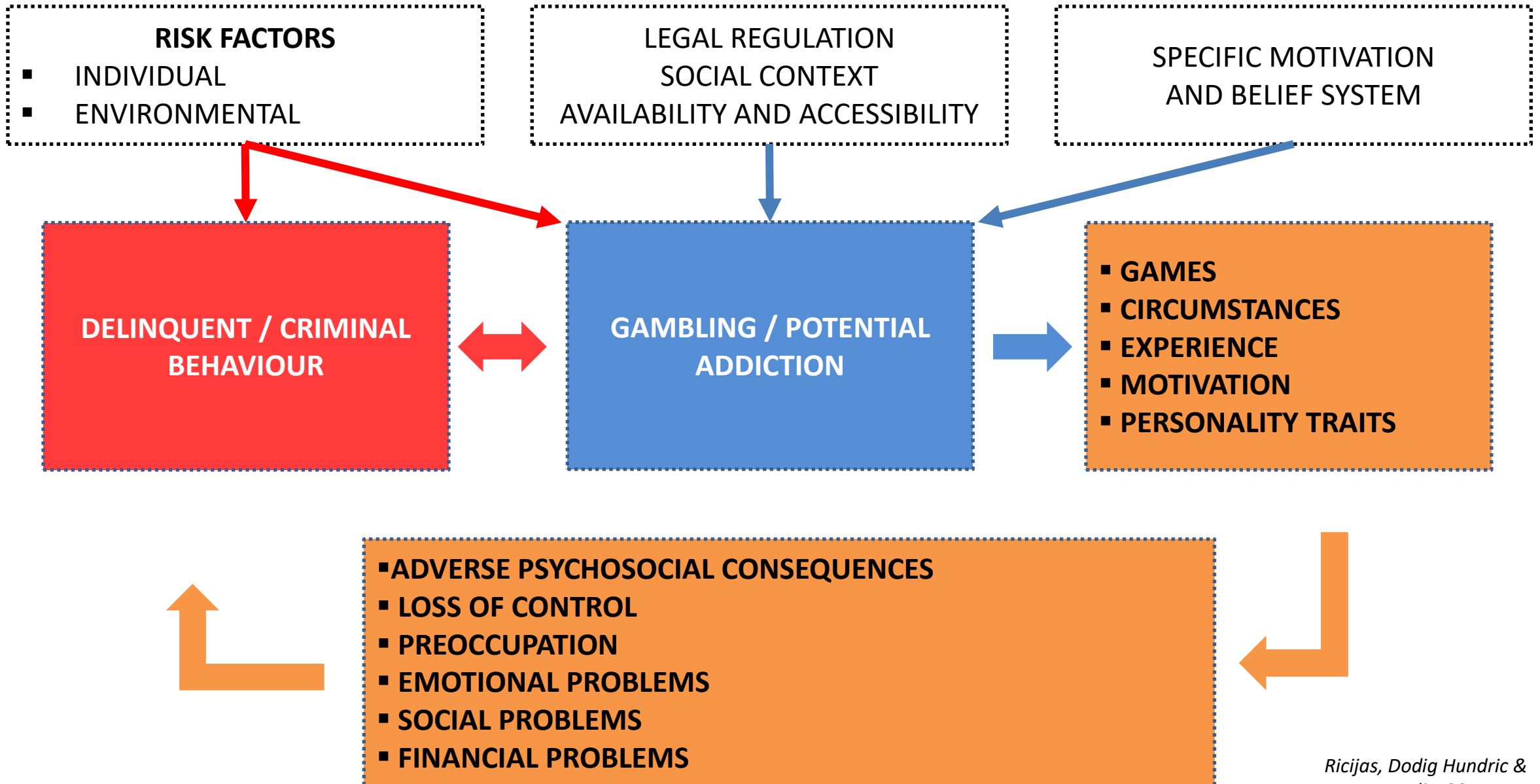
18 women serving gambling-related sentence responsible for 454 convictions (2 of them for 86%)



1/3 of offenders meets PG criteria

PG arrested 7x more often than non-gamblers

32% of PG arrested at least once in their life-time



SOCIAL COSTS

NORC / APC methodology

Social costs of gambling addiction in Croatia account for between **34% and 77% of the total annual gambling revenue**

(Globan et al., 2021)

COST BENEFIT ANALYSIS

1\$ investment for evidence based prevention

=

18\$ return on state costs

1\$ investment for evidence based treatment

=

7\$ return for the health system

30\$ return for labour productivity and other social costs

Psychosocial interventions (project activities)

PREVENTION

TREATMENT

High-schools
(ES)

Elementary schools
(ES)

Youth counseling service
(SWS)

Prison system and
probation (JS)

Developed and
implemented

Developed and
implemented

Development in
progress

Developed
Piloted
Evaluated
Modified

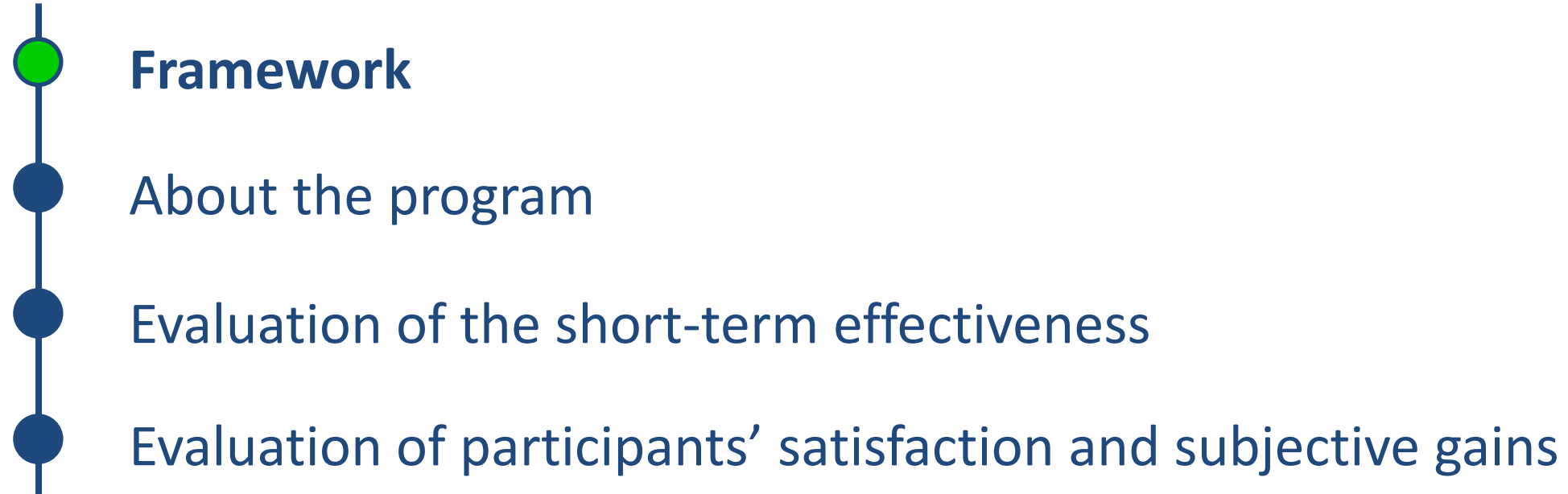
Youth Gambling
Prevention Program
„Who really wins?“

Prevention of
behavioral addictions

Structured
psychosocial group
treatment program

Structured
psychosocial group
treatment program

PSYCHOSOCIAL TREATMENT PROGRAM FOR GAMBLING ADDICTS IN PRISONS AND PROBATION



- FACULTY OF EDUCATION AND REHABILITATION SCIENCES
- ASSOCIATION FOR CREATIVE SOCIAL WORK (NGO)
- MINISTRY OF JUSTICE AND PUBLIC ADMINISTRATION – DIRECTORATE FOR PRISON SYSTEM AND PROBATION

1st year of the project



Prison/probation staff training over the course of 80 hours i.e.10 sessions

Concept of behavioral addictions	Terminology and diagnosis	Social context of gambling	Characteristics of gambling and addictive potential	Chances and probabilities in games of chance
Cognitive distortions/biases	Psychosocial characteristics of gambling addicts	Treatment specifics of working with gambling addicts I.	Treatment specifics of working with gambling addicts II.	Characteristics of structured treatment programs in the penal system

2nd year of the project

- **Smaller project team creates the program**
 - *Central Office for Prison System*
 - *Central Probation Office*
 - *Prison in Zagreb*
 - *Association for Creative Social Work*
 - *Department of Behavioral Disorders (UniZg)*
- **Regular meetings**
- **Additional trainings**
- **Continuous supervision**

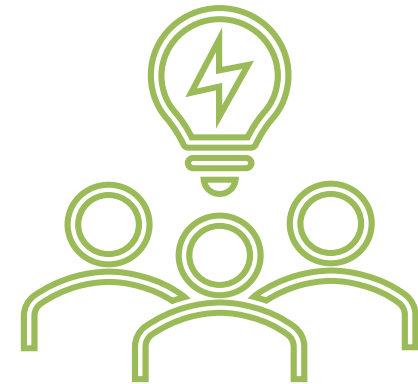
Program elaboration based on treatment phases

Analysis of treatment process and risk/protective factors

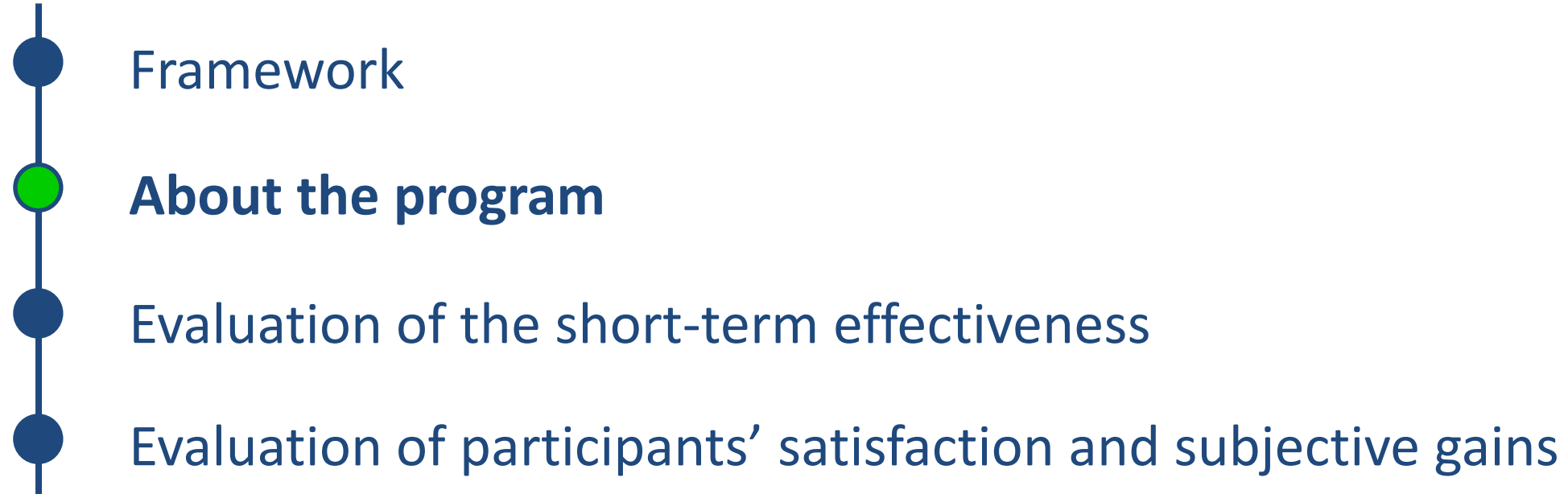
Each workgroup member elaborates a treatment area

Joint meetings and collaborative work

- **Formation of a group of participants**
 - Security measures for gambling addiction
 - Known to have psychosocial gambling-related problems
 - Prison in Zagreb
 - Penitentiary in Glina
 - Penitentiary in Lepoglava
- **Piloting**
- **Additional supervisions**
- **Scientific evaluation**
- **Modification**
- **Preparing 2nd pilot**



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Specific objectives

- acquiring **evidence-based knowledge** of gambling and gambling-related psychosocial problems
- gaining **insight** into and **changing** harmful, dysfunctional **cognitive patterns**,
- strengthening **socio-emotional skills** and the **capacity to change**
- achieving **abstinence** and prevent (re)lapse.



PAIR OF LEADERS

- Mental health professionals (social pedagogue / social worker / psychologist / psychiatrist)
- Subspecialization in gambling
- Training for program implementation
- Aligning the process and goals

FREQUENCY AND GROUP SIZE

- Minimum – once a week - 90 minutes
- 6 to 12 participants
- Closed group

INCLUSION CRITERIA

- GP / GA
- Sufficient sentence time
- Sufficient cognitive and emotional capacity

EXCLUSION CRITERIA

- More pronounced difficulties in intellectual functioning, cognitive impairment, psychotic disorder, personality disorder, illiteracy

Implementation



MODE	ACTIVITY	COMPONENTS OF WORK – DESCRIPTION AND PURPOSE
Individual	1-3 meetings	<ul style="list-style-type: none"> ⇒ assess gambling-related problems, as well as the need to enter the Program, ⇒ introduce the potential participant to the basic characteristics of the Program, ⇒ assess the inclusion and exclusion criteria for inclusion in the Program, ⇒ motivate participants to join the Program.
Group	6-9 workshops	Program implementation
Individual	1-2 meetings	<p>Halfway through the program:</p> <ul style="list-style-type: none"> ⇒ motivation to participate, ⇒ feelings triggered by the Program, ⇒ satisfaction with cooperation within the group, ⇒ any problems that the participant encounters and does not wish to verbalize in a group, ⇒ other areas that may affect the successful continuation of participation in the Program and the achievement of objectives.
Group	6-9 workshops	Program implementation
Individual	1-2 meetings	<p>The goal of summarizing and rounding out the treatment process.</p> <p>On individual level, assessing whether further involvement in psychosocial interventions is needed.</p>

Implementation



I. INTRODUCTION	II. RAISING THE CRISIS AND THE MOTIVATION FOR CHANGE	III. UNDERSTANDING YOURSELF AND GAMBLING	IV. SOCIO-EMOT. SKILLS /EMPOWERMENT FOR CHANGE	V. RELAPSE PREVENTION AND CHANGE PLAN	VI. SUMMARY
1. INTRODUCTORY WORKSHOP	3. STAGES OF DEVELOPMENT OF GAMBLING ADDICTION	5. BEHAVIORAL COMPONENTS & PSYCHOLOGICAL NEEDS	9. CRITICAL THINKING	14. CRAVINGS & TRIGGERS	17. FINAL WORKSHOP
2. GAMBLING THROUGH SOCIAL CONTEXT	4. MOTIVATION FOR CHANGE & LIFE VALUES	5. BEHAVIORAL COMPONENTS & PSYCHOLOGICAL NEEDS	10. PROBLEM SOLVING & DECISION-MAKING	15. RELAPSE PREVENTION & CHANGE PLAN 1	
		7. GAMBLING MATH	11. EMOTIONS – AWARENESS & COPING	16. RELAPSE PREVENTION & CHANGE PLAN 2	
		8.SPORTS BETTING MATH	12. RISK & PROTECTION		
			13. SELF-CONFIDENCE		

Evaluation design


- Clear structure and content
- Clear topics, activities and aims
- Specific population
- Evidence-based
- Comprehensive



1. Evaluation of the (short-term) effect of the program
2. Evaluation of subjective gains of program participants
3. Evaluation of participants' satisfaction with the program and each workshop
4. Evaluation of the program implementation process

**No control group = ethical reasons*

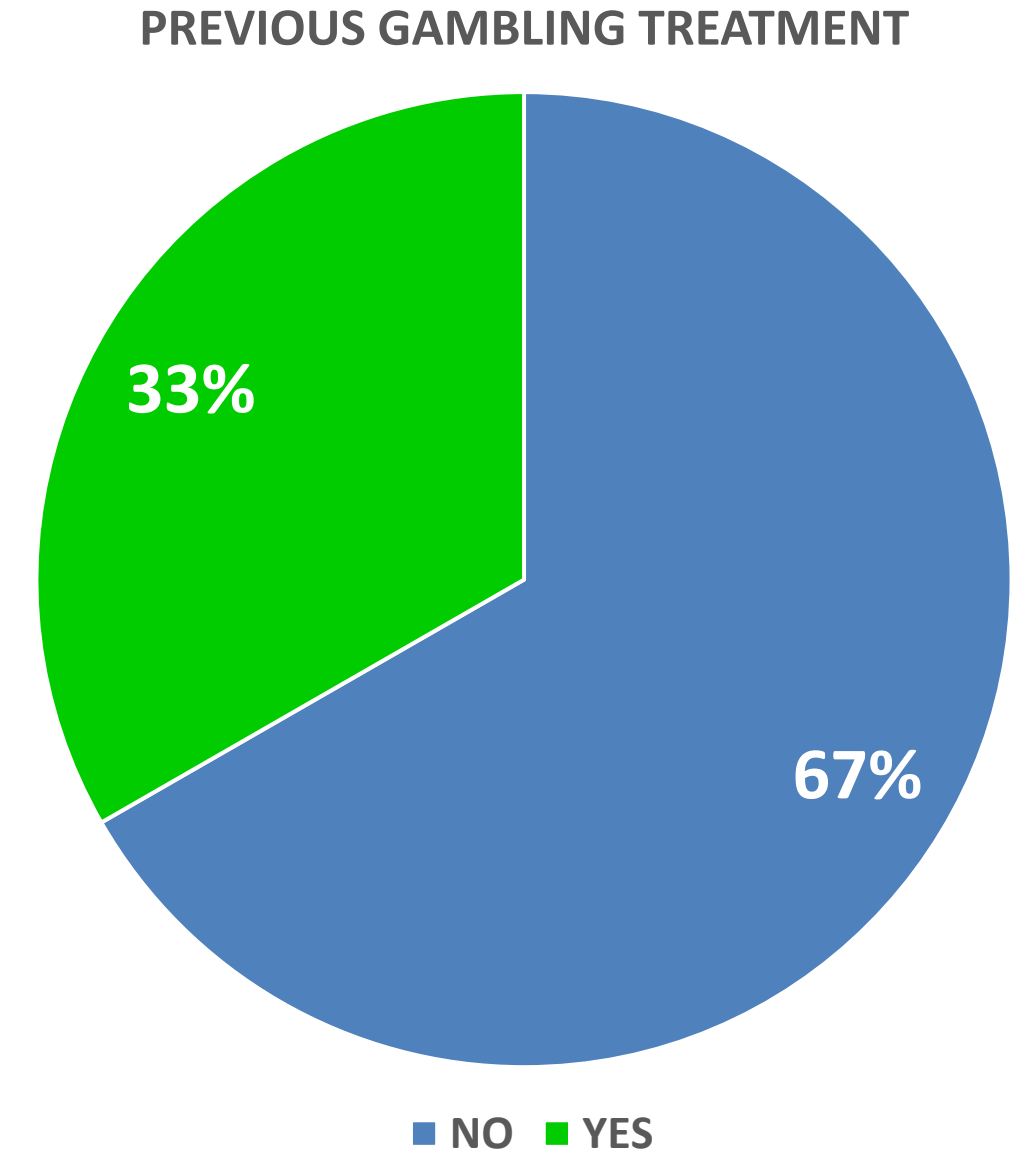
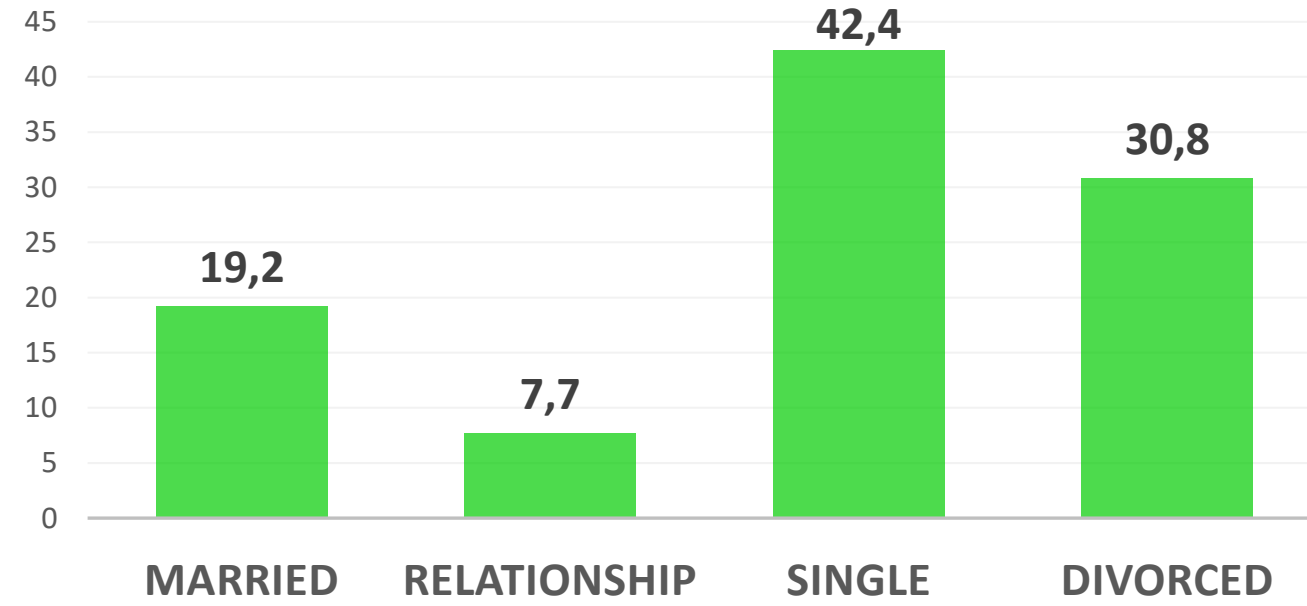
PSYCHOSOCIAL TREATMENT PROGRAM FOR GAMBLING ADDICTS IN PRISONS AND PROBATION

- 
- Framework
 - About the program
 - Evaluation of the short-term effectiveness**
 - Evaluation of participants' satisfaction and subjective gains

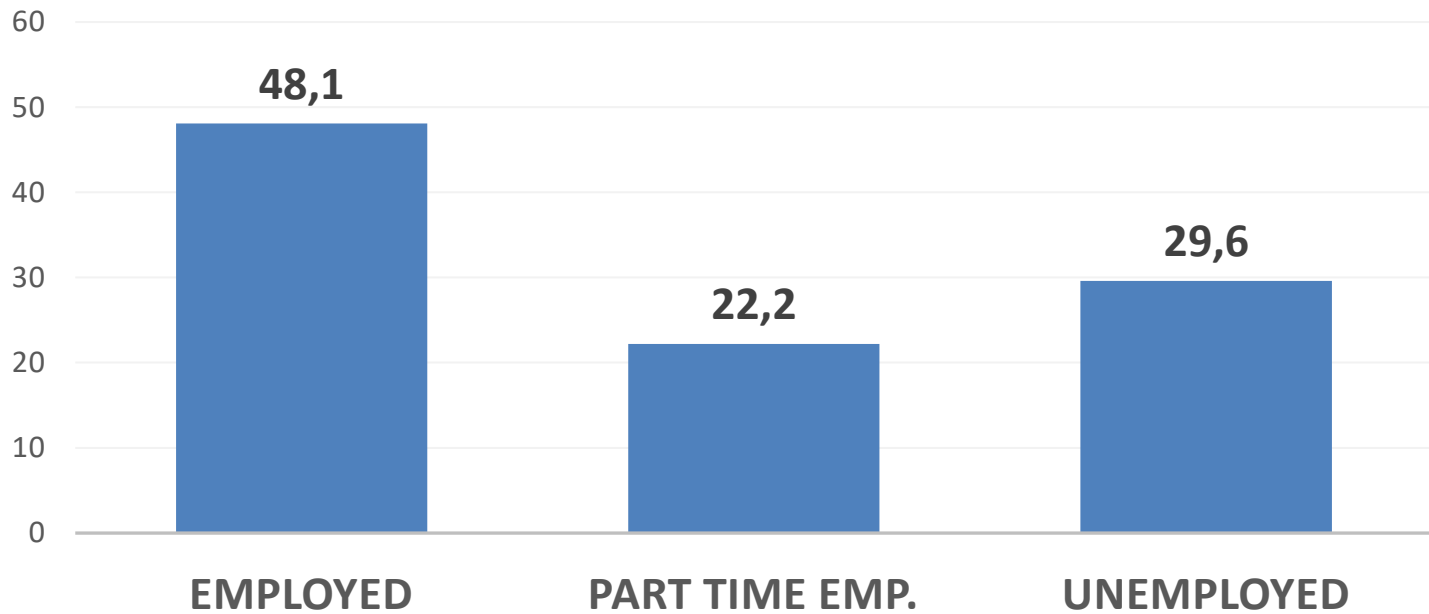
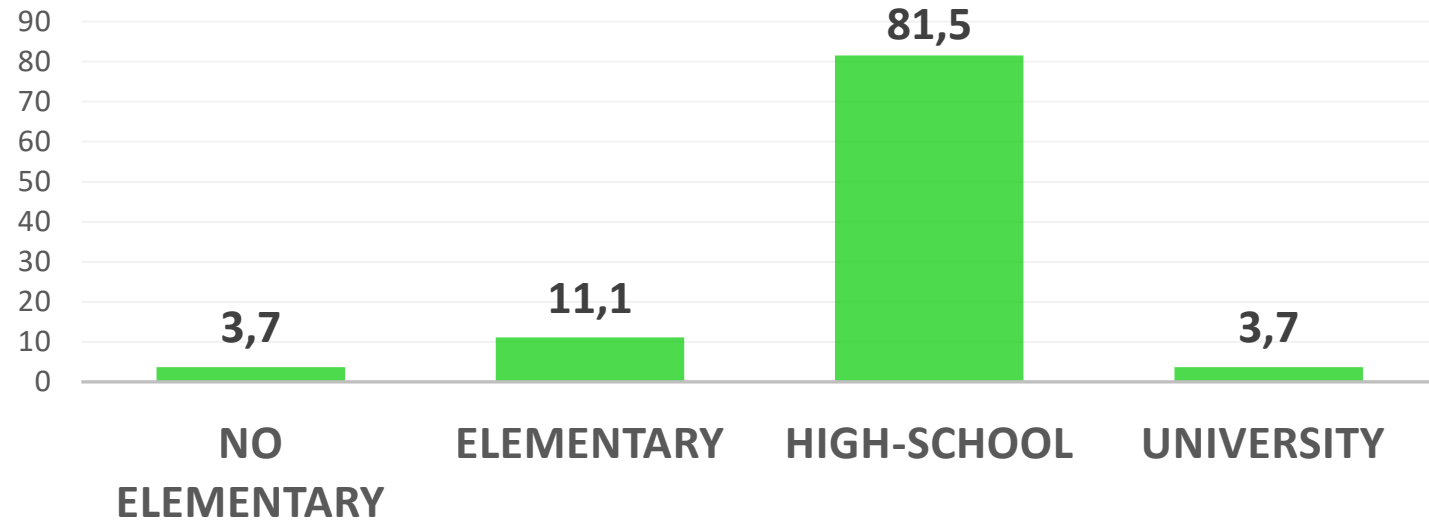
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Sample (n = 27)

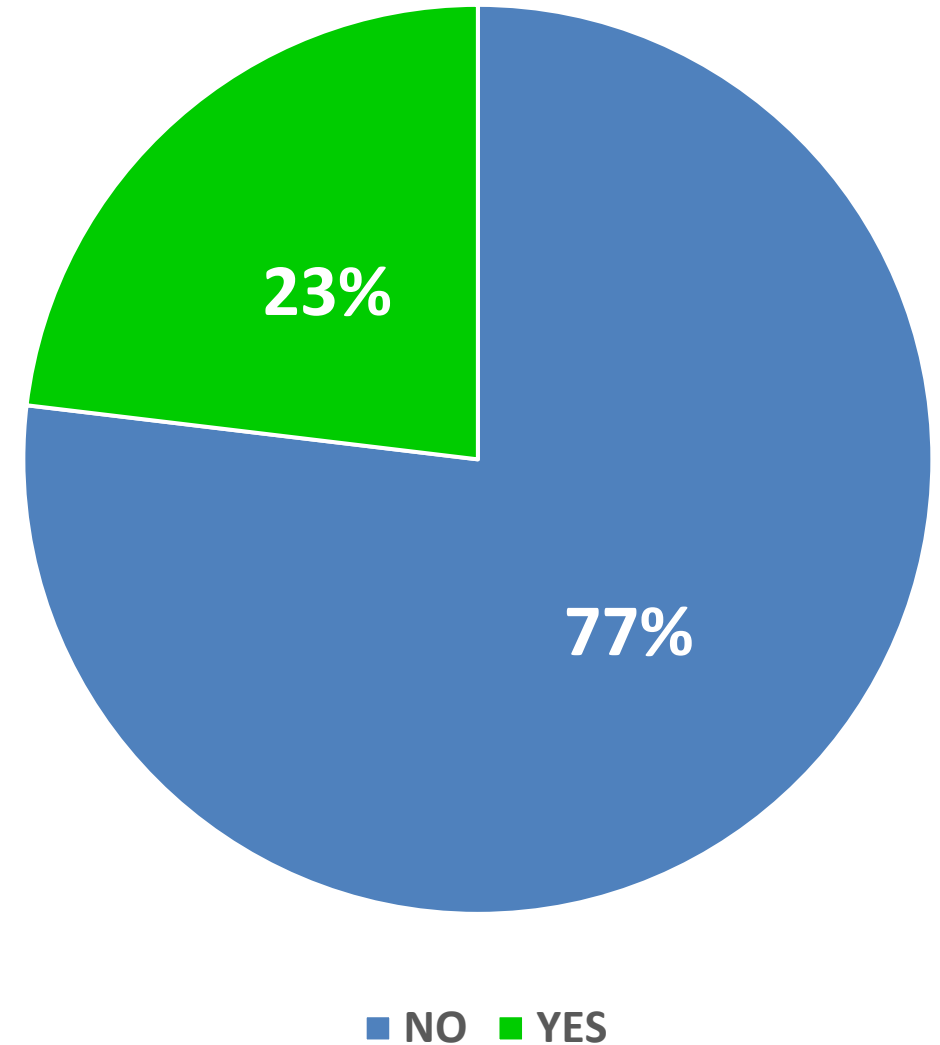
PRISONS/PEN.	N	%
1. LEPOGLAVA	9	33,3
2. GLINA	13	48,1
3. ZAGREB (Remetinec)	5	18,5
Total	27	



Sample (n = 27)



PROFESSIONAL GAMBLER?



Measures (outcome evaluation)

T1 & T2

Previous diagnosis

Gambling activities *(past 3 months before prison)*

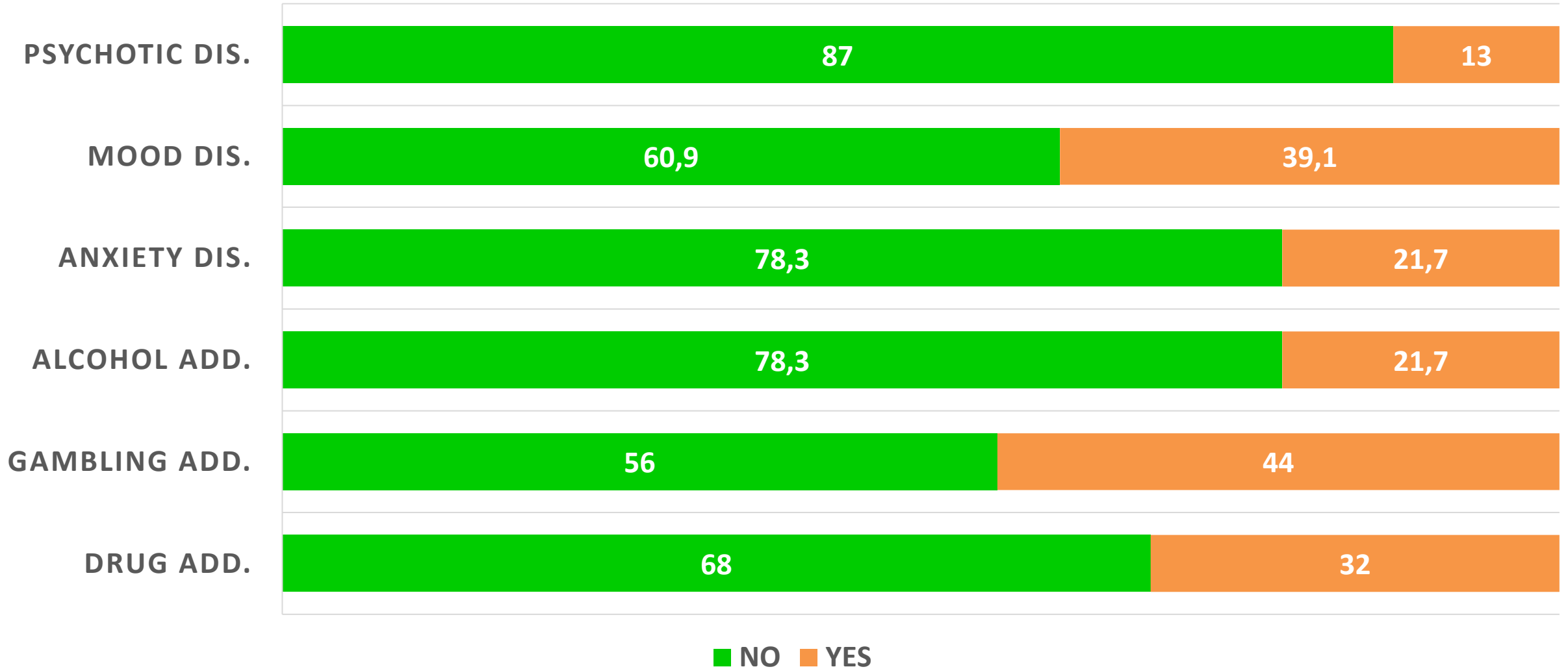
Gambling preferences and routines

Gambling related knowledge and cognition

Emotions *(depression, anxiety, stress)*

General self-efficacy

Previous diagnosis

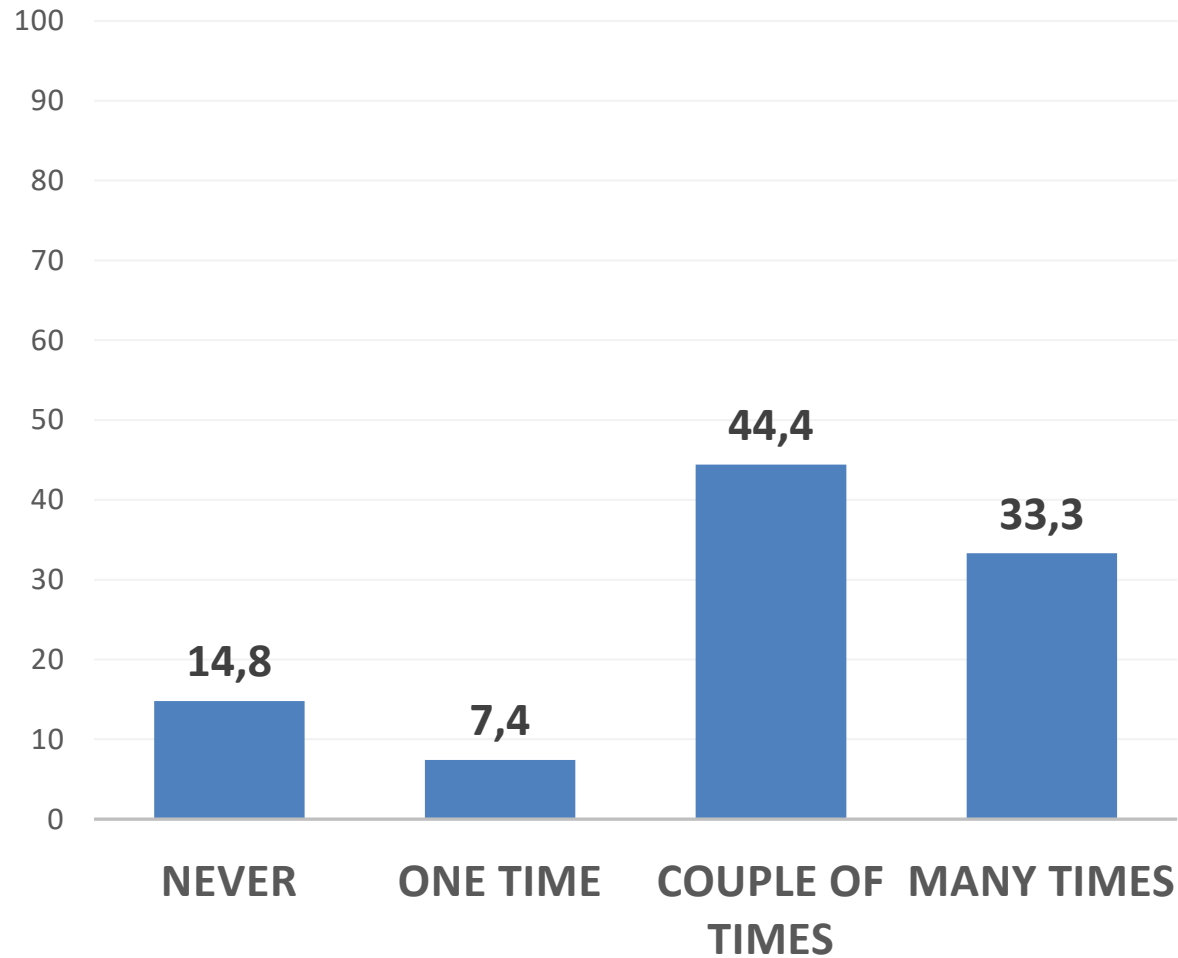


Gambling in the past 3 months – before prison

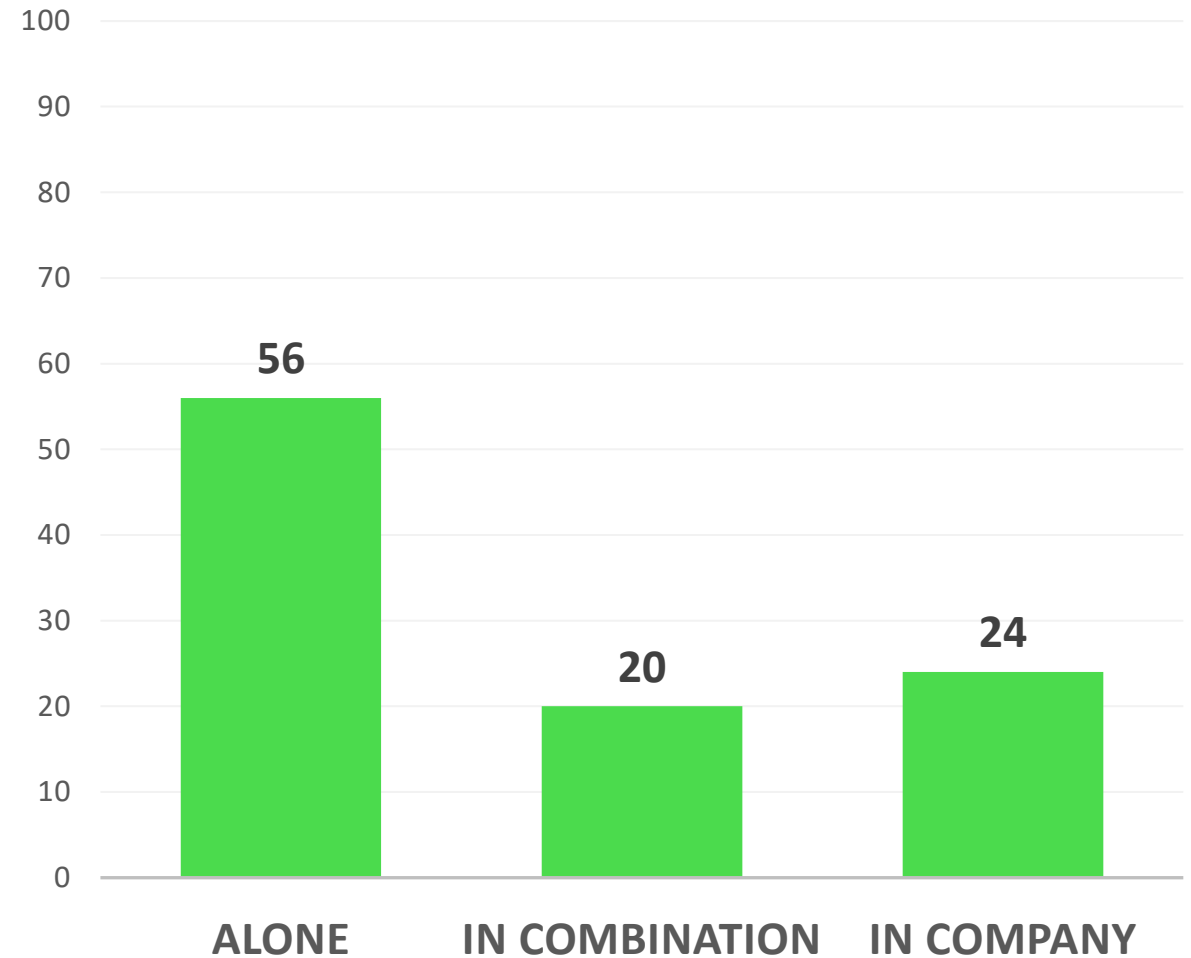


	NEVER	<1X MONTH	2X MONTH.	1X WEEK	>WEEK	EVERY DAY
LOTTERY	56,5	17,4	17,4	0,0	8,7	0,0
SCRATCH	65,2	26,1	0,0	0,0	8,7	0,0
SPORTS BETTING	20,8	16,7	0,0	8,3	16,7	37,5
EGMs	41,7	16,7	0,0	0,0	25,0	16,7
ROULETTE	37,5	12,5	4,2	8,3	12,5	25,0
CARDS	66,7	4,2	4,2	4,2	12,5	8,3

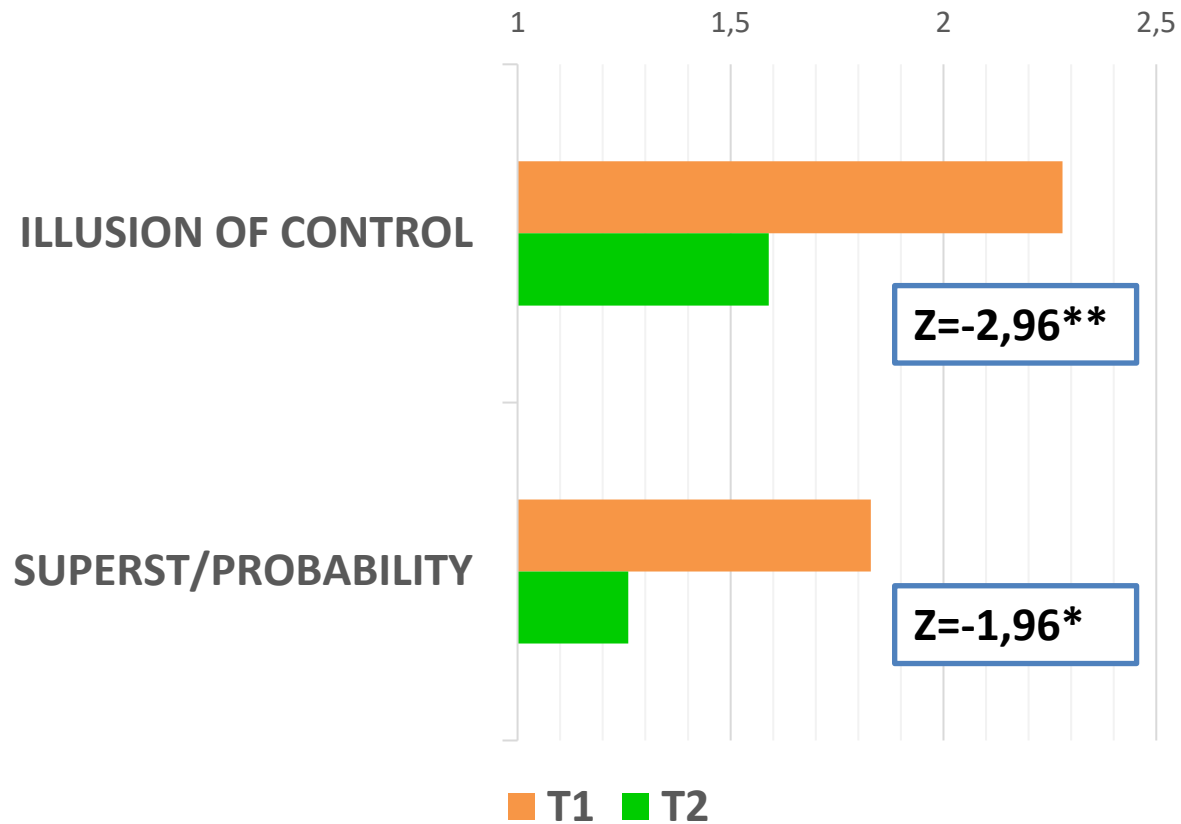
Experience of a „Big Win“



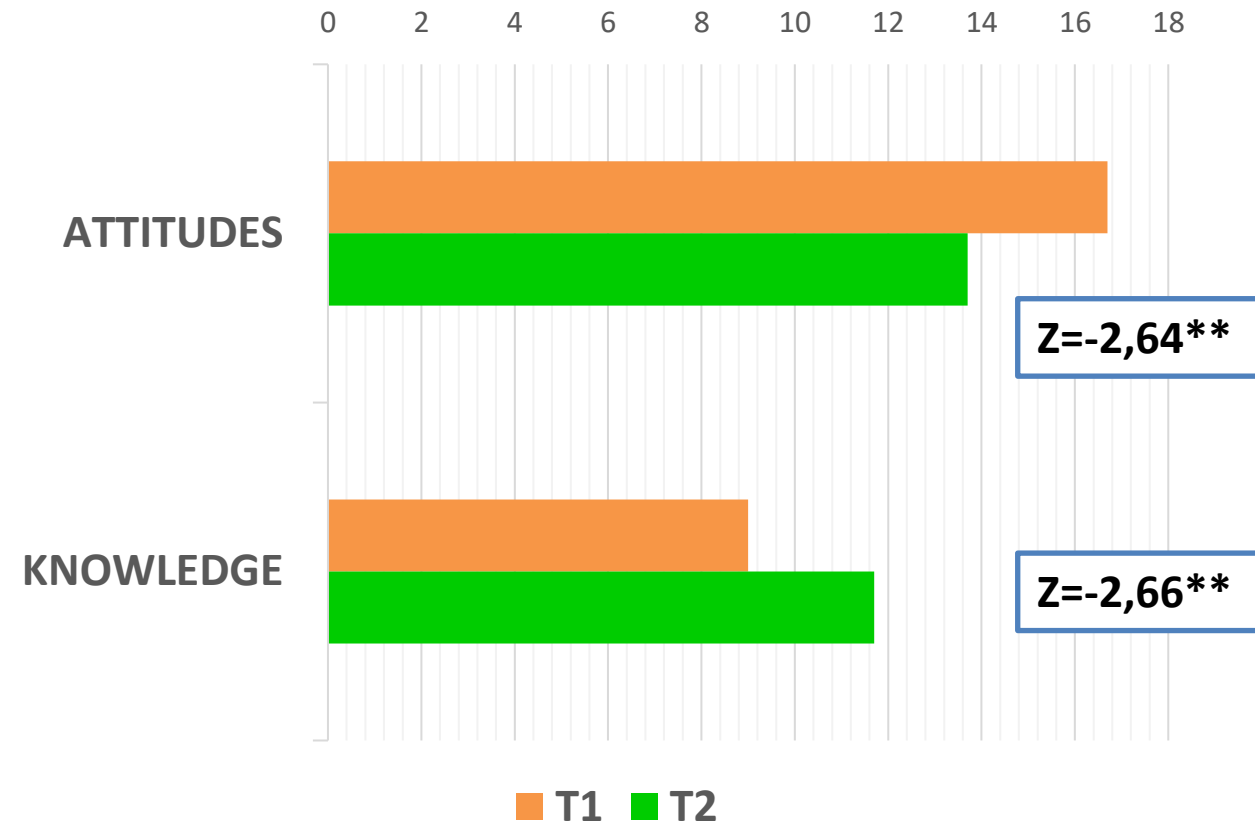
Alone vs. In Company



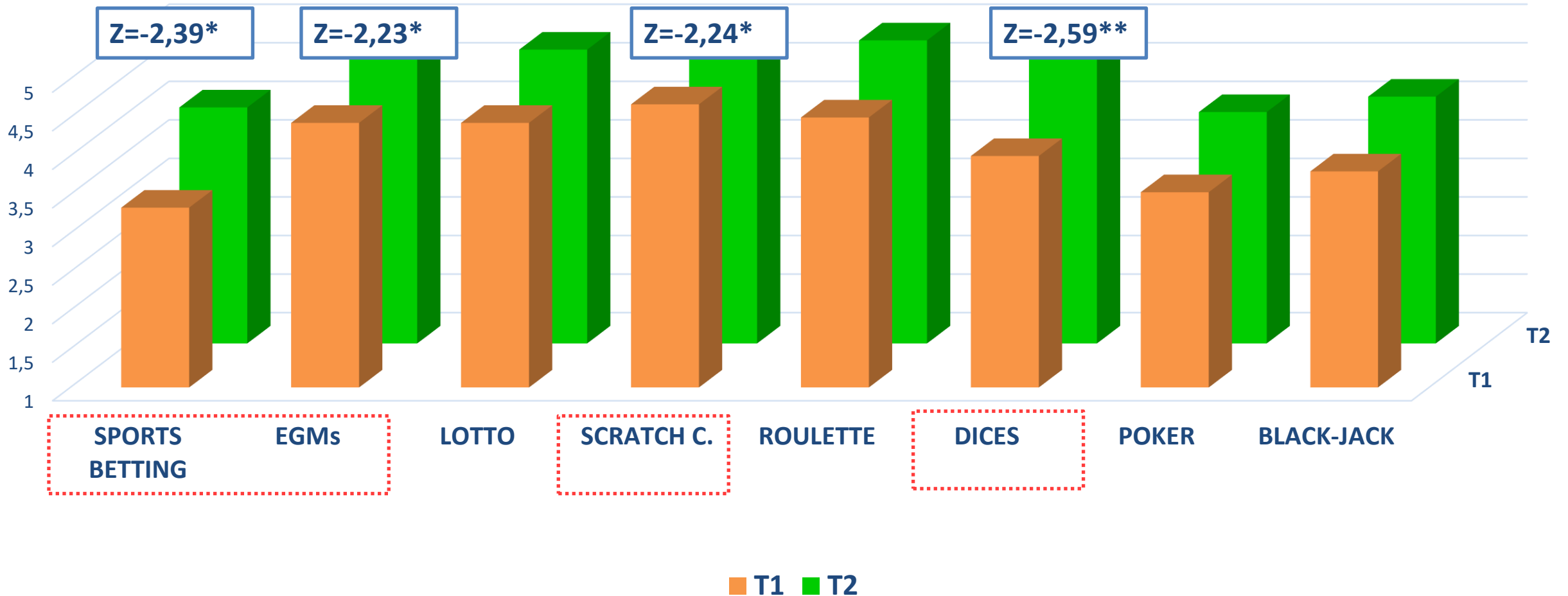
COGNITIVE DISTORTIONS



ATTITUDES AND KNOWLEDGE

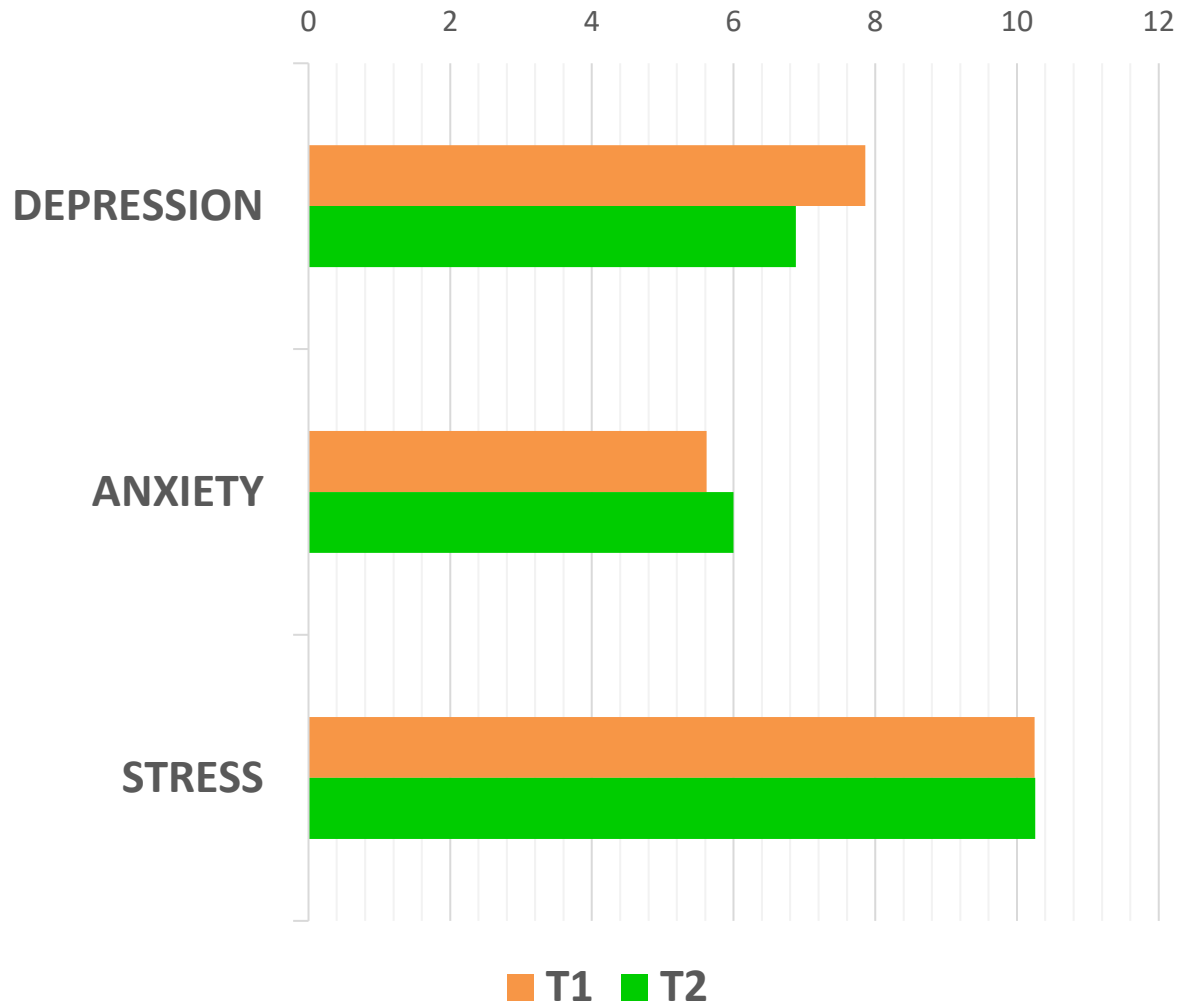


Skill/Knowledge vs. Luck/Chance

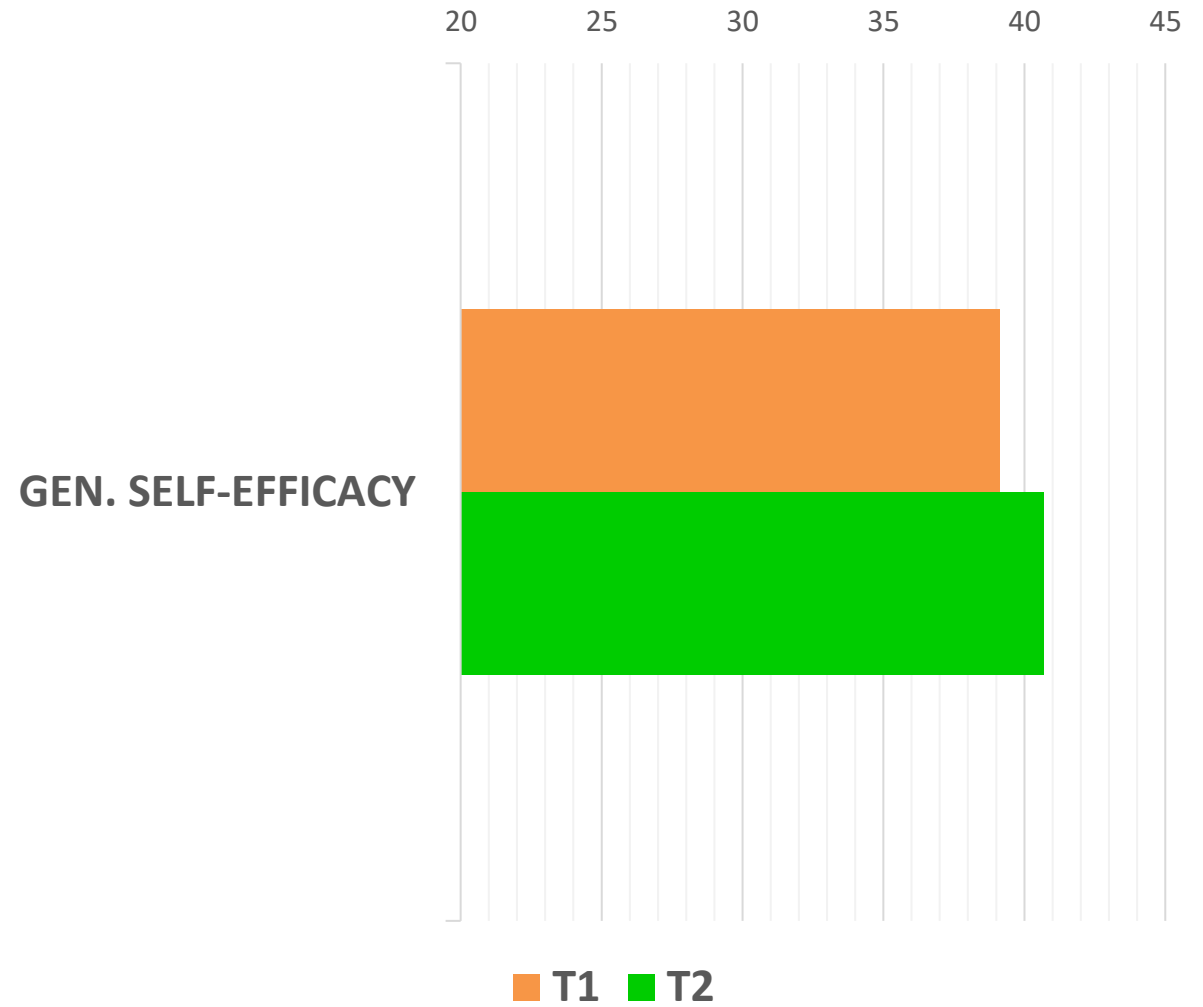


No (measured) effect


DASS-21 SCALE



GSE



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 - **Evaluation of participants' satisfaction and subjective gains**

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To what extent did this Program help you to...



1 (not at all, bad) to 5 (fully, excellent)

...differ between true facts about gambling and myths	0,0	5,9	5,9	29,4	58,8
...recognize your own consequences of gambling	0,0	0,0	11,8	17,6	70,6
...learn about chances and probability in games of chance	0,0	0,0	23,5	17,6	58,8
...understand the functioning of games of chance	11,8	0,0	0,0	35,3	52,9
...learn to recognize personal triggers for gambling	0,0	0,0	5,9	35,3	58,8
...learn to make better decisions in life	0,0	0,0	11,8	17,6	70,6
...learn how to solve problems	0,0	0,0	11,8	23,5	64,7
...learn how to say „NO“ in different relationships	0,0	0,0	5,9	35,3	58,8
...learn to control the need/desire to gamble	0,0	0,0	5,9	29,4	64,7

To what extent did this Program help you to...



1 (not at all, bad) to 5 (fully, excellent)

How much did you like participating in the Program?	0,0	0,0	5,9	17,6	76,5
What was the atmosphere at the workshops?	0,0	0,0	5,9	11,8	82,4
How did you feel at the workshops?	0,0	0,0	5,9	35,3	58,8
To what extend did it improve the quality of your life ?	0,0	5,9	0,0	23,5	70,6
How much did you find this Program interesting ?	0,0	0,0	11,8	11,8	76,5
How much was this Program useful for you?	0,0	0,0	5,9	17,6	76,5
Would you recommend this Program to others?	0,0	0,0	0,0	0,0	100
In general, how satisfied are you with the Program ?	0,0	0,0	0,0	23,5	76,5
In general, how satisfied are you with the staff ?	0,0	0,0	0,0	0,0	100

Conclusions and challenges

- Strong effects on knowledge and gambling related cognition
- No (measured) effects in emotional symptoms
- Very positive feedback (personal gains)
- *Prison surrounding and interactions*
- *Length of sentence*
- *(In)Voluntary clients!?*



Thank you for your attention! 😊



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