

Gamblers' use of measures to prevent gambling problems and reduce harm



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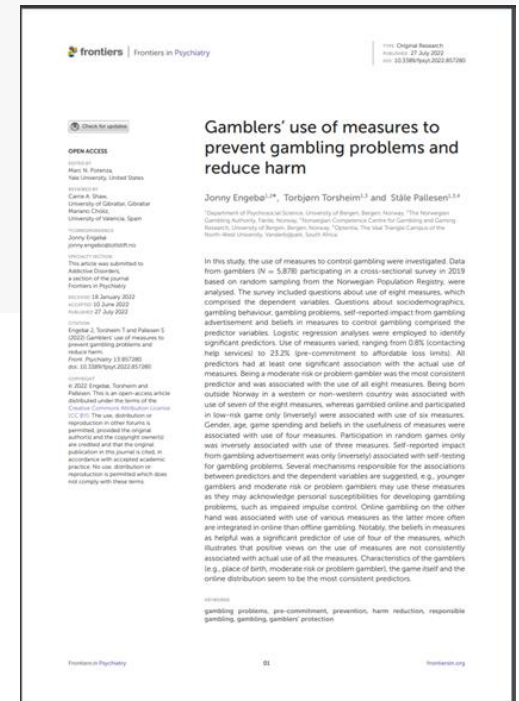
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Introduction

- Measures often referred to as responsible gambling tools (RG) (1).
- Also been named Consumer Protection Tools (CPT).
- Australian study: Most gamblers, 83%, did not use any CPTs, deposit limits (15.8%), timeouts (0.55%-1.57%) and self-exclusion (0.16%-0.57%) (2).
- Most studies investigate the use of measures within online gambling environments.
- One study identified significant predictors of positive beliefs for real or potential personal benefit of RG measures: E.g., female gender, young age, playing random games only, being a moderate risk or problem gambler and reporting high impact from gambling advertisements (3).

1. Blaszczynski A, Ladouceur R, Shaffer HJ. A science-based framework for responsible gambling: the Reno model.

J Gambl Stud. 2004;20(3):301-17. doi:10.1023/B:JOGS.0000040281.49444.e2

2. Heirene RM, Vanichkina DP, Gainsbury SM. Patterns and correlates of consumer protection tool use by Australian online gambling customers. *Psychol Addict Behav.* 2021. doi:10.1037/adb0000761

3. Engebø J, Torsheim T, Mentzoni RA, Molde H, Pallesen S. Predictors of gamblers beliefs about responsible gambling measures. *J Gambl Stud.* 2019. doi:10.1007/s10899-019-09835-2

Two research questions

- 1) To what extent do the gamblers use measures to help them to control their gambling behaviour ?
- 2) What can predict the use of such measures when controlling for other relevant predictors / independent variables?

Method

- Data collection autumn of 2019.
- 30,000 persons (gross sample) aged 16 through 74 years randomly selected from the National Population Registry of Norway.
- Invitation (sent by postal mail) was first to respond to a web-based survey. With up to two reminders, it was also possible to participate by returning an enclosed paper-based questionnaire.
- 9,248 valid answers (net sample) were received. Response rate of 32.7%.
- Response rates for similar surveys has been reduced since 2013 (43.6%) and 2016 (40.8%) (4).
- Data were weighted for age, gender and place of residence (county) in Norway.

4. Pallesen S, Mentzoni RA, Torsheim T, Erevik E, Molde H, Morken AM. Omfang av Penge- og dataspillproblemer i Norge 2019 [The Prevalence of Problem Gambling and Problem Gaming in Norway 2019]. Bergen: University of Bergen; 2020.

Statistics

- Results are presented in terms of frequencies, means and cross-tabulation.
- Eight measures of gambling regulating behaviour comprised the dependent (dichotomized) variables. These were analysed separately with logistic regression analyses due to their content specificity.

Independent variables (predictors)

Percentages of the studied variables among the gamblers (N=5,677-5,878).

	%		%
Gender		Participated in games with low or higher risk	
Women	48.5	Higher risk games (medium or high)	76.0
Men	51.5	Low risk games only	24.0
Age (16-74)		Participated in random or skill games	
16-17 years	0.7	Skill games	35.5
18-25 years	14.0	Random games only	64.5
26-65 years	73.3	Game spending	
66-74 years	12.0	Low	88.9
Place of birth		High	11.1
Europe, North America, Oceania	7.5	Gambled online	
Africa, Asia, South or Central Amerika	3.4	No	41.6
Norway	89.1	Yes	58.4
CPGI		Self-reported impact from gambling advertisement (1-4)	
Non-problem gambling (CPGI 0)	79.0	Lower composite score	49.5
Low-risk gambling (CPGI 1-2)	13.9	Higher composite score	50.5
Moderate risk gambling (3-7)	4.9	Beliefs about RG measures (1-5)	
Problem gambling (8+)	2.1	Lower composite score	50.1
Mod.risk or problem gamblers (CPGI 3+)	7.0	Higher composite score	49.9

Dependent variables (used measures)

Percentage (including 95% confidence interval) the eight items measuring self-regulation and help seeking for gambling problems (N=5,733- 5,761).

	Percentage confirmed	95% CI	
		Lower	Upper
a. Pre committed to affordable amounts	23.2	22.2	24.3
b. Set temporary player break(s) in one or more games	5.5	4.9	6.1
c. Set a permanent exclusion in one or more games	2.8	2.4	3.2
d. Taken a self-test to see if I might have a gambling problem	4.9	4.4	5.5
e. Downloaded an economical overview of my gambling	3.4	2.9	3.8
f. Set a time limit to restrict gambling longer than I have intended	3.4	2.9	3.9
g. Contacted helpline, support groups or treatment providers for help	0.8	0.6	1.0
h. Let others control my economy because of my gambling	1.0	0.8	1.3

Predictors –	Gamblers			Beliefs in RG-/CP-measures (2019)
	Use of measures Sorted by OR, p≤ .05, (95% CI)			
	https://www.frontiersin.org/articles/10.3389/fpsy.2022.857280/full			https://dx.doi.org/10.1007/S10899-019-09835-2
Gender 4 of 8 measures	Men:	Downloaded economical overview Taken a self test for gambling problems Set a permanent exclusion Set temporary player break(s)	1.89 (1.26-2.81) 1.75 (1.29-2.37) 1.69 (1.11-2.58) 1.38 (1.03-1.86)	Women had stronger beliefs.
Age 4 of 8 measures	18-25 y.:	Taken a self test for gambling problems Set a time limit which restrict gambling Set temporary player break(s) Pre-committed to affordable amounts	4.38 (1.47-13.06) 3.72 (1.40-9.86) 2.30 (1.17-4.50) 1.86 (1.32-2.61)	Younger had stronger beliefs.
	26-65 y.:	Taken a self test for gambling problems	5.24 (1.83-14.95)	
	Reference group is age 66-74 y.			

Predictors –	Use of measures Sorted by OR, p≤ .05, (95% CI)			Beliefs in RG-/CP-measures	
Place of birth 7 of 8 measures	Outside Norway, non-Western:	Contacted help services for help Set a time limit which restrict gambling Let other control the economy Set temporary player break(s) Downloaded economical overview Taken a self test for gambling problems Set a permanent exclusion	8.28 4.67 4.08 4.00 3.50 2.82 2.47	(3.67-18.70) (2.86-7.62) (1.84-9.04) (2.53-6.34) (2.01-6.09) (1.73-4.58) (1.33-4.59)	No significant differences if born in Norway or not.
Place of birth 7 of 8 measures	Outside Norway, Western:	Contacted help services for help Set a permanent exclusion Set temporary player break(s) Downloaded economical overview Set a time limit which restrict gambling Pre-committed to affordable amounts Taken a self test for gambling problems	4.25 2.62 2.43 1.92 1.83 1.69 1.66	(1.76-10.29) (1.59-4.32) (1.64-3.60) (1.17-3.14) (1.10-3.04) (1.29-2.21) (1.09-2.52)	No significant differences if born in Norway or not.

Predictors –	Use of measures Sorted by OR, p≤ .05, (95% CI)			Beliefs in RG-/CP-measures
CPGI (3+) Moderate risk or problem gambler 8 of 8 measures	CPGI (3+)	Let other control the economy Contacted help services for help Set a permanent exclusion Set temporary player break(s) Taken a self test for gambling problems Set a time limit which restrict gambling Downloaded economical overview Pre-committed to affordable amounts	19.86 (8.56-46.09) 8.77 (3.95-19.48) 5.70 (3.74-8.69) 4.98 (3.65-6.80) 3.64 (2.60-5.10) 3.10 (2.10-4.57) 2.69 (1.81-4.01) 1.44 (1.12-1.85)	CPGI 3+ had higher beliefs.
Self-reported impact from gambling adv. 1 of 8 measures	Higher comp. score:	Taken a self test for gambling problems	0.74 (0.57-0.98)	Higher impact, stronger beliefs
Beliefs in RG/CP measures 4 of 8 measures	Higher comp. score:	Pre-committed to affordable amounts Set a time limit which restrict gambling Set temporary player break(s) Taken a self test for gambling problems	1.76 (1.52-2.04) 1.61 (1.16-2.23) 1.39 (1.07-1.81) 1.32 (1.01-1.72)	

Predictors –	Games and distribution Sorted by OR, p≤ .05, (95% CI)			Beliefs in RG-/CP-measures
Risk in games 6 of 8 measures	Low risk:	Pre-committed to affordable amounts Set a time limit which restrict gambling Set temporary player break(s) Downloaded economical overview Taken a self test for gambling problems Set a permanent exclusion	0.29 (0.23-0.36) 0.32 (0.16-0.65) 0.36 (0.21-0.60) 0.42 (0.20-0.86) 0.46 (0.28-0.74) 0.47 (0.24-0.94)	If gambling on low risk games only, less beliefs.
Random or skill 3 of 8 measures	Random:	Contacted help services for help Downloaded economical overview Pre-committed to affordable amounts	0.34 (0.14-0.83) 0.35 (0.23-0.53) 0.85 (0.72-1.00)	If gambling on random games only, stronger beliefs.
Spending 4 of 8 measures	High:	Set a permanent exclusion Let other control the economy Set temporary player break(s) Pre-committed to affordable amounts	2.96 (1.97-4.44) 2.60 (1.34-5.07) 2.04 (1.47-2.84) 1.68 (1.36-2.09)	High spending, less beliefs.
Land-based or online gambling 6 of 8 measures	Online:	Pre-committed to affordable amounts Downloaded economical overview Taken a self test for gambling problems Set temporary player break(s) Set a time limit which restrict gambling Set a permanent exclusion	9.68 (7.77-12.05) 6.81 (3.42-13.55) 6.14 (3.79-9.94) 4.87 (3.16-7.49) 4.13 (2.48-6.88) 2.35 (1.39-3.96)	No significant differences between land-based and online gambling

Conclusions

- Gamblers, to a varying degree use external measures.
23.2% pre-commit to affordable amounts – 0.8% contact help services.
- All predictors had significant association(s) with actual use.
- Being a moderate risk or problem gambler or being born outside Norway were the most consistent predictors, being associated with 8 and 7 of the eight measures.
- Characteristics of the gambler (e.g., male gender, young age and reporting gambling problems) and characteristics of the games (e.g., skill, online) were associated with the use of measures to regulate gambling behaviour.

Thank you!

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