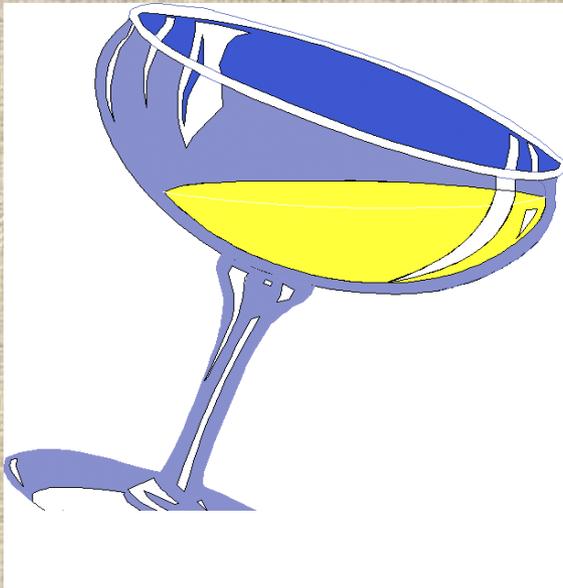


KNOW THE STAKES

ALCOHOL, SUBSTANCE ABUSE AND GAMBLING



KNOW THE STAKES

ALCOHOL, SUBSTANCE ABUSE AND GAMBLING



STEVEN KIPNIS, MD, FACP, FASAM
MEDICAL DIRECTOR

JOY DAVIDOFF, MPA
ADDICTION MEDICINE UNIT

BARRY DULBERG, MS (Ed.), MA
PREVENTION SERVICES

NYS OFFICE OF ALCOHOLISM AND
SUBSTANCE ABUSE SERVICES

TABLE OF CONTENTS

IMPULSE CONTROL DISORDER	PAGES 4 – 9
ICD AND SUBSTANCE ABUSE (TABLE)	PAGE 10
DEFINITION	PAGE 11
HISTORY OF GAMBLING	PAGES 12 – 14
TYPES OF GAMBLING	PAGES 15 – 20
ODDS OF WINNING	PAGE 21
GAMBLING AND THE STATES	PAGE 22
EPIDEMIOLOGY	PAGES 23 – 25
PERCEPTIONS OF GAMBLING	PAGE 26
TYPES OF GAMBLERS	PAGES 27 – 31
PATHOLOGICAL GAMBLING(PG)	PAGES 32 – 33
SCIENCE AND GAMBLING	PAGES 34 – 35
WHO IS AFFECTED?	PAGES 36 – 43
PHASES OF PATH. GAMBLING	PAGES 44 – 50
WITHDRAWAL	PAGE 51
UNIQUE ASPECTS OF PG	PAGES 52 – 56
PG AND SUBSTANCE ABUSE	PAGES 57 - 64
ASSOCIATED PROBLEMS	PAGES 65 – 66
DIAGNOSIS SCREENING	PAGES 67 – 75
TREATMENT	PAGES 76 – 92
REFERENCES	PAGE 93

-
- **IMPULSE CONTROL DISORDERS
(ICD'S)**
 - **PATHOLOGICAL GAMBLING??**

IMPULSE CONTROL DISORDER

- HISTORY

- 1838 ESQUIROL INTRODUCED TERM “MONOMANIA”

- A CONDITION IN WHICH AN INDIVIDUAL, ACTING ON AN IRRESISTIBLE IMPULSE, ENGAGES IN ACTS HE OR SHE DEPLORES AND DOES NOT WANT TO DO

- HE CITED ARSON, ALCOHOLISM, IMPULSIVE HOMICIDE AND KLEPTOMANIA

IMPULSE CONTROL DISORDER

- HISTORY

- 1900 THE TERM IS CHANGED TO “PATHOLOGICAL IMPULSES” OR “REACTIVE IMPULSES”

- PYROMANIA, KLEPTOMANIA, ONIOMANIA (BUYING/SHOPPING MANIA)

IMPULSE CONTROL DISORDER

- HISTORY
 - 1954 FROSCH AND WORTIS
 - DEFINED IMPULSE AS “ THE SUDDEN UNPREMEDITATED WELLING UP OF A DRIVE TOWARD SOME ACTION, WHICH USUALLY HAS THE QUALITY OF HASTINESS AND A LACK OF DELIBERATION”
 - 1980 IMPULSE CONTROL DISORDERS NOT INCLUDED IN THE DIAGNOSTIC AND STATISTICAL MANUAL OF MENTAL DISORDERS 3RD EDITION (DSM – 3)

IMPULSE CONTROL DISORDER

- HISTORY

- AT PRESENT PATHOLOGICAL GAMBLING IS ONE OF THE ICD'S

- IN GENERAL ICD'S OTHER THAN GAMBLING ARE RARE (0.6% - 1% OF THE US POPULATION)

- THERE ARE GENDER DIFFERENCES:

- MALES: INTERMITTENT EXPLOSIVE DISORDER, PATHOLOGICAL GAMBLING, PYROMANIA

- FEMALES: KLEPTOMANIA, COMPULSIVE SHOPPING, SELF – MUTILATION, TRICHOTILLOMANIA (HAIR PULLING)

IMPULSE CONTROL DISORDER

- ICD'S ARE RELATED TO SUBSTANCE USE DISORDERS:
 - IRRESISTIBLE IMPULSE OF ICD RESEMBLES CRAVINGS
 - ALCOHOL/DRUG CRAVINGS ASSOCIATED WITH TENSION, ANXIETY AND AROUSAL LIKE ICD'S
 - PLEASURE, HIGH, THRILL, RUSH SEEN WITH BOTH = **INTOXICATION**
 - NEUROBIOLOGY OF ICD'S RELATIVELY UNSTUDIED, THOUGH THOUGHT TO BE ABERRANT FUNCTIONING OF THE MOTIVATIONAL – REWARD SYSTEM

PREVALENCE

ICD POPULATION	N	% WITH SUBSTANCE USE DISORDER	AUTHORS
PATHOLOGIC GAMBLING	140	47% SUBSTANCE ABUSE	LINDEN ET AL, 1986 RAMIREZ ET AL, 1983 SPECKER ET AL, 1996
IMPULSIVE, VIOLENT OFFENDERS	24	100% ALCOHOL ABUSE	LINNOILA ET AL, 1983
IMPULSIVE ARSONIST	22	91% ALCOHOL ABUSE	VIRKKUNEN ET AL, 1989
INTERMITTENT EXPLOSIVE DISORDER	14	57% SUBSTANCE ABUSE	SALOMEN ET AL, 1994
INTERMITTENT EXPLOSIVE DISORDER	27	48% SUBSTANCE ABUSE	McELROY ET AL, 1998
COMPULSIVE BUYING	90	37% SUBSTANCE ABUSE	CHRISTENSON ET AL, 1994 McELROY ET AL, 1994 SCHLOSSER ET AL, 1994
KLEPTOMANIA	20	50% SUBSTANCE ABUSE	McELROY ET AL, 1991
TRICHOTILLOMANIA	74	23% SUBSTANCE ABUSE	CHRISTENSON ET AL, 1991 SWEDO ET AL, 1989

GAMBLING DEFINITION



- WEBSTER SAYS:
 - TO STAKE OR RISK MONEY OR ANYTHING OF VALUE ON THE OUTCOME OF SOMETHING INVOLVING CHANCE.
 - ANY MATTER OR THING INVOLVING RISK

HISTORY OF GAMBLING



- DICE DATE BACK TO ANCIENT BABYLONIA
– 3000 BC

HISTORY OF GAMBLING



- LOTTERY
 - EARLY BIBLICAL MENTION OF CASTING LOTS (LOTTERY) TO DIVIDE LAND
 - FIRST STATE LOTTERY IN 1566 BY QUEEN ELIZABETH I

HISTORY OF GAMBLING



- **LOTTERY**
 - AS EARLY AS 1612, THE VIRGINIA COMPANY OF JAMESTOWN PETITIONED THE KING OF ENGLAND FOR PERMISSION TO CONDUCT A LOTTERY TO FINANCE THE STRUGGLING COLONY
 - IVY LEAGUE COLLEGES STARTED AND FINANCED BY LOTTERIES

TYPES OF GAMBLING



- GAMES OF SKILL
 - CARDS
- LOTTERY
 - INSTANT SCRATCH TICKETS
 - DAILY NUMBERS
 - LOTTO
 - QUICK DRAW

TYPES OF GAMBLING



- SPORTS
 - HORSE RACING AT TRACKS
 - OTB
 - OFFICE POOLS/BOXES
 - FOOTBALL
 - WORLD SERIES
 - NCAA BASKETBALL PLAYOFFS

TYPES OF GAMBLING



- CASINOS
 - LAND - BASED
 - FLOATING CRUISES
 - CRUISES TO NOWHERE
 - SLOT MACHINES AND POKER MACHINES NOT AT A CASINO

TYPES OF GAMBLING



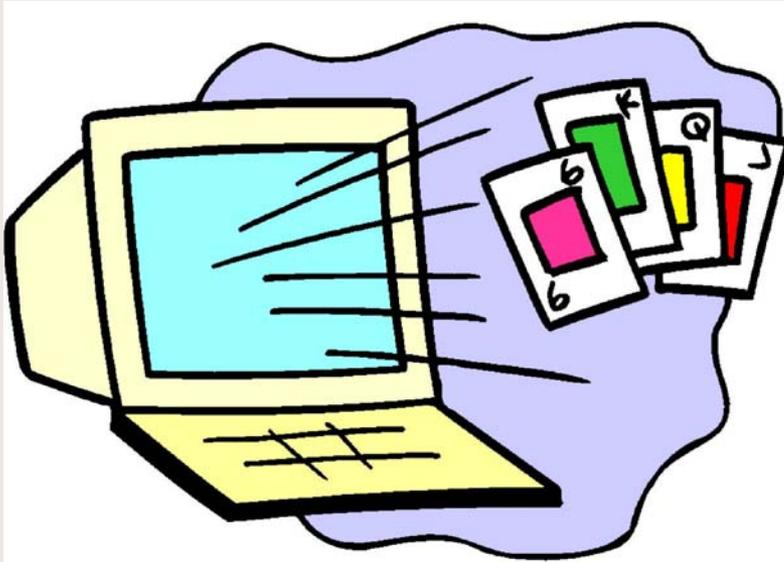
- MISCELLANEOUS
 - BINGO
 - PULL TABS
 - STOCK OR COMMODITIES MARKET
 - DICE
 - RAFFLES
 - NUMBERS

TYPES OF GAMBLING



- INTERNET
 - CASINOS
 - PLAY FOR MONEY
 - PLAY FOR POINTS WITH NO MONETARY PAYOUT OR RISK
 - CARDS
 - STOCKS

TYPES OF GAMBLING



- INTERNET
 - EARLY STAGES OF DEVELOPMENT WITH LESS THAN 1% OF TOTAL GAMBLING ACTIVITY

ODDS OF WINNING



- MEGA MILLION LOTTERY JACKPOT
 - 1 IN 76,275,360
- LOTTO JACKPOT
 - 1 IN 45,075,474
- PICK 10 JACKPOT
 - 1 IN 8,911,711
- WIN 4 LIFE SCRATCH OFF JACKPOT
 - 1 IN 5,292,000

WHERE IS GAMBLING?

- IN 1978, ONLY 2 STATES LEGALIZED GAMBLING
- IN 2001, ONLY 3 STATES HAD NOT LEGALIZED GAMBLING
 - 38 STATES HAVE LOTTERIES
 - 35 STATES HAVE OFF – TRACK BETTING

EPIDEMIOLOGY OF GAMBLING

86% OF AMERICANS GAMBLE

IT IS IMPORTANT TO NOTE THAT
MOST PEOPLE WHO GAMBLE, JUST
LIKE MOST PEOPLE WHO DRINK, DO
SO SAFELY AND WITHOUT
ADDICTION

EPIDEMIOLOGY OF GAMBLING

- 86% OF AMERICANS GAMBLE
 - \$500 TO \$800 BILLION WAGED ANNUALLY IN THE U.S.
 - \$2200 PER PERSON WAGERED PER YEAR IN THE US
 - PROBLEM GAMBLING IS HIGHER IN JURISDICTIONS WHERE LEGALIZED GAMBLING HAS BEEN AVAILABLE FOR LONG PERIODS OF TIME
 - A SURVEY FROM LOUISIANA AND IOWA SUGGESTS THAT INCREASED AVAILABILITY ADD SUBSTANTIALLY TO AN UNDERLYING PREVALENCE RATE OF PROBLEM GAMBLING IN THE GENERAL PUBLIC

EPIDEMIOLOGY OF GAMBLING

- UP TO 5 MILLION AMERICANS MAY HAVE A SIGNIFICANT GAMBLING PROBLEM
 - 2 MILLION MAY BE PATHOLOGICAL GAMBLERS
 - 3 MILLION MAY BE PROBLEM GAMBLERS
- 10 MILLION ARE AT RISK OF BECOMING PROBLEM GAMBLERS
- COST OF PATHOLOGICAL AND PROBLEM GAMBLING HAS SOARED TO NEARLY HALF THE ANNUAL COST OF DRUG ABUSE IN THE US

(E.GRINOLS “GAMBLING IN AMERICA:COSTS AND BENEFITS”)

* SEE PAGE 27 FOR DEFINITIONS

PERCEPTIONS OF GAMBLING

- CULTURAL
- SOCIAL ACTIVITY
 - NOT RECOGNIZED AS A POTENTIAL ADDICTION
- EASY MONEY
 - ADVERTISING SLOGANS

5 TYPES OF GAMBLERS

- SOCIAL GAMBLER
- PROBLEM GAMBLER
- PATHOLOGICAL (COMPULSIVE) GAMBLER
- ORGANIZED CRIME GAMBLER
- PROFESSIONAL GAMBLER

5 TYPES OF GAMBLERS

- **SOCIAL GAMBLER**
 - **GAMBLES FOR ENTERTAINMENT AND A LITTLE EXCITEMENT**
 - **DEDICATES ONLY A SMALL AMOUNT OF LEISURE TIME**
 - **GAMBLING IS NOT GIVEN EXCESSIVE EMPHASIS**

5 TYPES OF GAMBLERS

- **PROBLEM GAMBLER**
 - DEDICATES MORE TIME, THOUGHTS AND MONEY TOWARDS GAMBLING
- **PATHOLOGICAL GAMBLER**
 - UNCONTROLLABLE PREOCCUPATION AND URGES TO GAMBLE
 - **GAMBLING IS THE MOST IMPORTANT THING IN THEIR LIVES**

5 TYPES OF GAMBLERS

- **ORGANIZED CRIME GAMBLER**
 - LAUNDERS ILLEGAL GAMBLING REVENUE AT RACE TRACKS, CASINOS AND THROUGH LOTTERY WAGERING
- **PROFESSIONAL GAMBLER**
 - MAKES LIVING THROUGH GAMBLING
 - BETS IN A CONTROLLED WAY
 - HANDLES LOSSES WELL
 - DOES NOT LET GAMBLING INTERFERE WITH NORMAL ACTIVITIES

GAMBLING TYPES

- ACTION GAMBLING
 - PRIMARILY AT GAMES OF PERCEIVED “SKILL”
 - BELIEVE THEY CAN “BEAT THE HOUSE” OR OTHER INDIVIDUALS BY DEVELOPING A SYSTEM
 - PREFERRED GAMES
 - POKER
 - DICE
 - CARDS
 - HORSE/DOG RACING
 - SPORTS BETTING
- ESCAPE GAMBLING
 - PRIMARILY AS A WAY TO ESCAPE LIFE’S CHALLENGES
 - OFTEN IN A HYPNOTIC STATE WHILE GAMBLING
 - DOES NOT GAMBLE TO BEAT THE HOUSE OR OTHERS
 - PREFERRED GAMES
 - BINGO
 - SLOT MACHINES
 - VIDEO POKER
 - LOTTERY
 - SCRATCH - OFFS

PATHOLOGICAL GAMBLING

- DEFINITION
 - A PROGRESSIVE DISEASE
 - AN INDIVIDUAL WHO HAS A PSYCHOLOGICALLY UNCONTROLLABLE PREOCCUPATION WITH AN URGE TO GAMBLE
 - RESULTING IN DAMAGE TO VOCATIONAL, FAMILY AND SOCIAL INTERESTS
 - CHARACTERIZED BY A CHRONIC AND PROGRESSIVE INABILITY TO RESIST THE IMPULSE TO GAMBLE
 - AN IMPULSE CONTROL DISORDER IN THE DSM
 - TYPICALLY A MALE 21 – 55 YEARS OLD

PATHOLOGICAL GAMBLING DIAGNOSIS

IN THE DSM

(MUST MEET 5 OUT OF 10 CRITERIA)

1. INCREASE BETS TO SUSTAIN THRILL
2. EXHIBITS AGITATION WHEN CUTTING BACK
3. CHASES LOSSES
4. LIES TO CONCEAL ACTIVITY
5. FINANCES BETS THROUGH ILLEGAL ACTS
6. JEOPARDIZES SIGNIFICANT RELATIONSHIPS
7. RELIES ON FINANCIAL BAILOUT
8. FAILS IN EFFORT TO CONTROL OR STOP
9. THINKS CONSTANTLY ABOUT GAMBLING
10. PREOCCUPIED WITH GAMBLING

THE SCIENCE

- PATHOLOGICAL GAMBLING IS THOUGHT TO BE AS A RESULT OF THE DYSFUNCTION OF THE SEROTONIN, NORADRENERGIC AND DOPAMINERGIC SYSTEMS
 - NOREPINEPHRINE (AROUSAL)
 - NOREPINEPHRINE IS INCREASED IN THE BRAIN OF PATHOLOGICAL GAMBLERS
 - DOPAMINE (REWARD)
 - DYSREGULATED DOPAMINE NEUROTRANSMISSION (STROJANOV ET AL *BIOL PSYCH* 2003)
 - SEROTONIN (COMPULSIVITY)

THE SCIENCE

- NO SPECIFIC GENE IS ASSOCIATED WITH PATHOLOGICAL GAMBLING (PG)
- PG SUBJECTS DISPLAY A DECREASED ACTIVITY IN THE FRONTAL AND ORBITOFRONTAL CORTEX, BASAL GANGLIA AND THALAMUS
(POTENZA ET AL *ARCH GEN PSYCH* 2003)
- SIMILAR NEUROPATHOLOGY AS SEEN IN OBSESSIVE COMPULSIVES AND ADDICTIVE DISORDERS
(CAVEDINI ET AL *BIOL PSYCH* 2002)

GENDER DIFFERENCES

- POTENZA ET AL AM J PSYCH
 - MALES
 - YOUNGER
 - CARDS
 - SPORTS
 - LOANS AND BOOKIES
 - FEMALES
 - OLDER
 - LOTTERY AND SLOTS
 - CREDIT CARD DEBT

NYS PREVALENCE RATES

- 1996 STUDY
 - 7.3% OF NEW YORKERS ARE IDENTIFIED AS HAVING A LIFETIME PREVALENCE OF PROBLEM GAMBLING
 - IN 1996, THIS WAS THE HIGHEST RATE IN THE NATION
 - 3.6% OF NEW YORKERS ARE IDENTIFIED AS HAVING CURRENT PROBLEM GAMBLING
 - IN 1996, THIS WAS THE SECOND HIGHEST RATE IN THE NATION

NATIONAL ADOLESCENT REVIEW

- GAMBLING BEGINS AT AGE 12
- 1.5% OF TEENS AGE 16-17 CAN BE CLASSIFIED AS “PROBLEM OR PATHOLOGICAL GAMBLERS”
- 2% CAN BE CLASSIFIED AS “AT - RISK”

NATIONAL ADOLESCENT REVIEW

- MANY FAMILIES OF PATHOLOGICAL GAMBLERS SUFFER FROM A VARIETY OF FINANCIAL, PHYSICAL, AND EMOTIONAL PROBLEMS
 - DIVORCE
 - DOMESTIC VIOLENCE
 - CHILD ABUSE OR NEGLECT

NATIONAL ADOLESCENT REVIEW

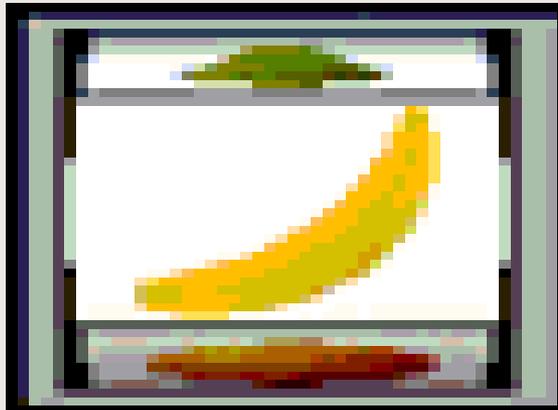
- CHILDREN OF PATHOLOGICAL GAMBLERS ARE MORE LIKELY TO ENGAGE IN DELINQUENT BEHAVIORS
 - SMOKING
 - DRINKING
 - USING DRUGS
- CHILDREN OF PATHOLOGICAL GAMBLERS ARE AT INCREASED RISK OF DEVELOPING PROBLEM OR PATHOLOGICAL GAMBLING

1997 NYS SURVEY

- AGE 12 – 17
 - 86% SAID THEY HAD GAMBLED LIFETIME
 - 15% SAID THEY HAD GAMBLED ON A WEEKLY BASIS
 - **DESPITE LEGAL RESTRICTIONS ADOLESCENTS WHO HAD GAMBLED REPORTED:**
 - 1/3 OF ADOLESCENTS PURCHASED LOTTERY TICKETS
 - 9% WAGERED AT DOG/HORSE TRACKS
 - 6% HAD PLAYED QUICK DRAW
 - 5% HAD WAGERED AT A CASINO

OLDER ADULTS

- MCNEILLY ET AL
 - BINGO IS THE MOST COMMON ON – SITE SOCIAL ACTIVITY IN SENIOR RESIDENCES
 - TRIPS TO A CASINO WERE MOST COMMON DAY TRIP
 - 16% OF SENIORS TOOK PART IN CASINO DAY TRIPS AT LEAST ONCE PER MONTH



IN PRIMARY CARE SETTINGS



- 6.2% OF PATIENTS MEET THE CRITERIA OF PROBLEM OR PATHOLOGICAL GAMBLERS
- THESE PATIENTS HAVE AN INCREASED INCIDENCE OF
 - INSOMNIA
 - IRRITABLE BOWEL SYNDROME
 - PEPTIC ULCER DISEASE
 - HYPERTENSION
 - MIGRAINES

THREE PHASES OF PATHOLOGICAL GAMBLING

- WINNING PHASE
- LOSING PHASE
- DESPERATION PHASE

THREE PHASES OF PATHOLOGICAL GAMBLING



- WINNING PHASE
 - THE SEARCH FOR ACTION
 - WINS ENHANCE SELF-ESTEEM AND EGO
 - LOSSES ARE RATIONALIZED AS BAD LUCK OR POOR ADVICE
 - THE GAMBLER WILL FREQUENTLY DESCRIBE “THE BIG WIN”

THREE PHASES OF PATHOLOGICAL GAMBLING

- WINNING PHASE
 - OCCASIONAL GAMBLING
 - FREQUENT WINNING
 - EXCITEMENT PRIOR TO AND WITH GAMBLING
 - INCREASED AMOUNTS OF BETS
 - FANTASIES ABOUT WINNING
 - “THE BIG WIN”
 - UNREASONABLE OPTIMISM

THREE PHASES OF PATHOLOGICAL GAMBLING

- LOSING PHASE
 - THE CHASE
 - LOSSES BECOME MORE FREQUENT
 - SELF ESTEEM IS JEOPARDIZED
 - GAMBLER BORROWS MONEY TO “GET EVEN”
 - HIDES LOSSES AND LIES ABOUT WHERE THE MONEY WENT

THREE PHASES OF PATHOLOGICAL GAMBLING

- LOSING PHASE
 - GAMBLING ALONE
 - THINKING ONLY OF GAMBLING
 - CAN'T STOP BORROWING MONEY
 - LEGAL/ILLEGAL
 - CARELESS WITH SPOUSE/FAMILY
 - DELAY IN PAYING DEBTS
 - UNHAPPY HOME LIFE
 - UNABLE TO PAY DEBTS
 - BRAGGING ABOUT WINS
 - PROLONGED EPISODES OF LOSING
 - LOSING TIME FROM WORK
 - PERSONALITY CHANGES
 - BAILOUTS

THREE PHASES OF PATHOLOGICAL GAMBLING

- DESPERATION PHASE
 - HITTING BOTTOM
 - BECOMES OBSESSED WITH GETTING EVEN
 - WITHDRAWALS FROM FAMILY BANK ACCOUNTS
 - SECRET LOANS
 - PANICS AT THE THOUGHT THAT THE GAMBLING ACTION WILL END IF THE CREDIT OR BAILOUTS STOP
 - ILLEGAL ACTIVITIES TO SUPPORT GAMBLING
 - ARRESTS

THREE PHASES OF PATHOLOGICAL GAMBLING

- DESPERATION PHASE
 - HITTING BOTTOM
 - SEVERE MOOD SWINGS
 - REMORSE
 - BLAMING OTHERS
 - ROCK BOTTOM
 - HOPELESSNESS
 - SUICIDAL IDEATIONS OR ATTEMPTS
 - ARRESTS
 - DIVORCE
 - ALCOHOL/DRUG INVOLVEMENT
 - EMOTIONAL BREAKDOWN
 - WITHDRAWAL SYMPTOMS

WITHDRAWAL SYMPTOMS IN PATHOLOGICAL GAMBLERS

- CRAVING 91%
- RESTLESS/IRRITABLE 87%
- INSOMNIA 50%
- HEADACHE 36%
- DIGESTIVE PROBLEMS 34%
- WEAKNESS 27%
- PALPITATIONS 26%
- SHAKES 19%
- MUSCLE ACHES 17%
- BREATHING DIFFICULTY 13%
- SWEATS 12%
- CHILL/FEVER 6%

UNIQUE CHARACTERISTICS OF PATHOLOGICAL GAMBLING

- GAMBLING IS A “HIDDEN”
ADDICTION
- AS LONG AS THERE IS MONEY,
OVERDOSE IS NOT POSSIBLE
- GAMBLING IS NOT USUALLY
PERCEIVED AS A DISORDER
- FEW RESOURCES AVAILABLE FOR
THOSE AFFECTED

UNIQUE CHARACTERISTICS OF PATHOLOGICAL GAMBLING

- GAMBLING CAUSES TREMENDOUS FINANCIAL PROBLEMS
- PATHOLOGICAL GAMBLERS CAN USUALLY FUNCTION AT WORK
- GAMBLING PREVENTION MESSAGE IS NOT AS EASILY ACCEPTED AS A DRUG PREVENTION MESSAGE

PATHOLOGICAL GAMBLING

- OFTEN OCCURS IN CONJUNCTION WITH OTHER BEHAVIORAL PROBLEMS
 - SUBSTANCE ABUSE
 - MOOD DISORDERS
 - PERSONALITY DISORDERS

*NATIONAL GAMBLING IMPACT STUDY & 1999 NATIONAL PREVALENCE STUDY

PATHOLOGICAL GAMBLING

- 76% OF PATHOLOGICAL GAMBLERS HAD A MAJOR DEPRESSIVE DISORDER WITH RECURRENT EPISODES IN 28%
- SUICIDE RISK IS HIGH (17-24%)

PATHOLOGICAL GAMBLERS

- MORE LIKELY THAN NON-PATHOLOGICAL GAMBLERS TO REPORT THAT THEIR PARENTS WERE PATHOLOGICAL GAMBLERS
- RESEARCH SUGGESTS THAT THE EARLIER A PERSON BEGINS TO GAMBLE, THE MORE LIKELY HE/SHE IS TO BECOME A PATHOLOGICAL GAMBLER

*NATIONAL GAMBLING IMPACT STUDY & 1999 NATIONAL PREVALENCE STUDY

PATHOLOGICAL GAMBLING AND SUBSTANCE ABUSE

- ESTIMATES SHOW THAT BETWEEN 30% AND 50% OF CLIENTS SEEKING TREATMENT FOR PROBLEM GAMBLING HAVE A CO-EXISTING ALCOHOL AND/OR SUBSTANCE ABUSE DISORDER

PATHOLOGICAL GAMBLING AND SUBSTANCE ABUSE

- NYS COUNCIL ON PROBLEM GAMBLING SURVEY 1986 – 1996
 - MALE PROBLEM GAMBLERS ARE MORE LIKELY THAN FEMALE PROBLEM GAMBLERS TO USE ALCOHOL ON A WEEKLY BASIS AND TO HAVE USED ILLICIT DRUGS IN THE PAST YEAR

PATHOLOGICAL GAMBLING AND SUBSTANCE ABUSE

- NYS COUNCIL ON PROBLEM GAMBLING SURVEY 1986 – 1996
 - PROBLEM GAMBLERS AGE 21 – 29 WERE MORE LIKELY THAN OLDER PROBLEM GAMBLERS TO USE ALCOHOL ON A WEEKLY BASIS
 - PROBLEM GAMBLERS AGE 18 – 20 WERE MORE LIKELY THAN OLDER PROBLEM GAMBLERS TO USE MARIJUANA ON A WEEKLY BASIS

PATHOLOGICAL GAMBLING AND SUBSTANCE ABUSE

- MANY CLIENTS NOTE THAT THE REASON THEY ARE ABLE TO MAINTAIN ABSTINENCE FROM THEIR ALCOHOL/DRUG PROBLEM IS BECAUSE THEY HAVE REPLACED IT WITH GAMBLING
- CLIENTS REPORT THAT WHILE IN TREATMENT FOR THEIR ALCOHOL/DRUG PROBLEM, NO ONE SCREENED THEM OR ASKED THEM IF THEY GAMBLED OR FELT THEY HAD A PROBLEM WITH THEIR GAMBLING

PATHOLOGICAL GAMBLING AND SUBSTANCE ABUSE

- HALL ET AL
 - 84% RATE OF UNEMPLOYMENT IF
SUBSTANCE ABUSE AND GAMBLING
PROBLEM
 - 49% RATE OF UNEMPLOYMENT WITH ONLY A
SUBSTANCE ABUSE PROBLEM
 - 62% HISTORY OF INCARCERATION IF
SUBSTANCE ABUSE AND GAMBLING
PROBLEM
 - 34% HISTORY OF INCARCERATION WITH
ONLY SUBSTANCE ABUSE PROBLEM

PATHOLOGICAL GAMBLING AND SUBSTANCE ABUSE

- RESEARCH INSTITUTE ON
ADDICTIONS (RIA 2003)
 - IF CURRENT ALCOHOL DEPENDENCE
DIAGNOSIS 16.3 TIMES MORE LIKELY
TO HAVE CURRENT GAMBLING
PROBLEM

PATHOLOGICAL GAMBLING AND SUBSTANCE ABUSE

- 84% OF PATIENTS WHO ARE SUBSTANCE USERS AND PATHOLOGICAL GAMBLERS HAVE A DIAGNOSIS OF NICOTINE DEPENDENCE
- ONSET OF PATHOLOGICAL GAMBLING PRECEDED ONSET OF COCAINE DEPENDENCE IN 72% OF PATIENTS
- ONSET OF PATHOLOGICAL GAMBLING PRECEDED ONSET OF OPIATE DEPENDENCE IN 44% OF PATIENTS
- LEDGERWOOD AND DOWNEY IN *ADDICT BEHAVIOR* 2002 FOUND THAT PATH. GAMBLERS IN NTP'S WERE MORE LIKELY TO USE COCAINE THROUGHOUT TREATMENT AND DROP OUT AT A HIGHER RATE THAN NON-GAMBLERS

DIFFERENCES BETWEEN SUBSTANCE ABUSE AND PATHOLOGICAL GAMBLING

- NO SATURATION POINT FOR A PATHOLOGICAL GAMBLER
- NO URINE SCREEN/BREATHALYZER FOR A PATHOLOGICAL GAMBLER
- BAILOUTS – EASY ACCESS TO MONEY
- CHASING LOSSES
- NO DIFFERENTIAL BETWEEN ABUSE AND DEPENDENCE IN THE GAMBLING DIAGNOSIS
- WARNING SIGNS ARE HIDDEN AND THE PATHOLOGICAL GAMBLER OFTEN ENTERS TREATMENT MUCH LATER IN THEIR PROGRESSION

ASSOCIATED PROBLEMS

- **PATHOLOGICAL GAMBLERS MAY ALSO HAVE:**
 - HISTORY OF SUICIDAL IDEATIONS/ATTEMPTS
 - FELONY CONVICTIONS
 - SPOUSE AND CHILD ABUSE
 - UNEMPLOYMENT

**MUCH LIKE MANY OF THE SUBSTANCE
USING PATIENTS**

THE PATHOLOGICAL GAMBLER'S SPOUSE

- PROFILE
 - POOR SELF IMAGE
 - UNREALISTIC EXPECTATIONS
 - CARETAKER
 - FAMILY HISTORY OF GAMBLING AND/OR SUBSTANCE ABUSE
 - ANGRY, RESENTFUL, DEPRESSED
 - OVERACHIEVER
 - OFTEN THE PRIMARY PERSON WHO BAILS THE GAMBLER OUT
 - WORKS MANY JOBS TO MAKE ENDS MEET

DIAGNOSIS

- NO BLOOD TEST AVAILABLE
- NO URINE TEST AVAILABLE
- NO BREATH TEST AVAILABLE
- NO SALIVA TEST AVAILABLE
- NO GENETIC MARKERS TO DATE

DIAGNOSIS

- SEVERAL SCREENING TESTS ARE AVAILABLE
 - LIE/BET QUESTIONNAIRE
 - SOUTH OAKS GAMBLING SCREEN (SOGS)
 - WARNING SIGNS IN ADOLESCENTS

LIE/BET QUESTIONNAIRE

- Have you ever had to lie to people important to you about how much you gambled?
- Have you ever felt a need to bet more money?

***Yes to either indicates a pathological gambling tendency.**

SOUTH OAKS GAMBLING SCREEN

1. Indicate which of the following types of gambling you have done in your lifetime. For each type, select one of the answers provided (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
- C. Bet on sports
- D. Played dice games for money
- E. Went to the casino (legal or otherwise)
- F. Played the numbers or bet on lottery.
- G. Played bingo
- H. Played the stock, options, and/or commodities market
- I. Played slot machines, poker machines, etc
- J. Bowled, shot pool, played golf or some other game of skill for money.
- K. Pull tabs or “paper” games other than lotteries
- L. Some form of gambling not listed above (please specify) _____

2. What is the largest amount you have ever gambled in any one day?

- ___ Have never gambled ___ \$1 or less ___ More than \$1, less than 10
___ More than \$10 up to \$100 ___ Between \$100 and \$1000
___ Between \$1,000 and \$10,000 ___ More than \$10,000

SOUTH OAKS GAMBLING SCREEN

- 3. Check which of the following people in your life has(or had) a gambling problem?** Father Mother A brother or sister
 A grandparent My spouse or partner My child(ren)
 Another relative A friend or someone else important in my life
- 4. When you gamble, how often do you go back another day to win back money you lost?**
 Never Some of the time (less than half the time) I lost
 Most of the time I lost Every time I lost
- 5. Have you ever claimed to be winning money gambling but weren't really? In fact you lost.**
 Never Yes, less than half the time I lost Yes, most of the time
- 6. Do you feel you have ever had a problem with gambling?**
 No Yes, in the past, but not now Yes
- 7. Did you ever gamble more than you intended to ?** Yes No
- 8. Have people criticized your betting or told you that you had a gambling problem, regardless of whether or not you thought it was true?** Yes
 No

SOUTH OAKS GAMBLING SCREEN

9. Have you ever felt guilty about the way you gamble or what happens when you gamble? ___Yes ___No
10. Have you ever felt like you would like to stop gambling but didn't think you could? ___Yes ___No
11. Have you ever hidden betting slips, lottery tickets, gambling money, or other signs of gambling from your spouse, children, or other important people in your life? ___Yes ___No
12. Have you ever argued with people you like over how you handle money? ___Yes ___No
13. (If you answered 'yes' to question 12): Have money arguments ever centered on your gambling? ___Yes ___No
14. Have you ever borrowed from someone and not paid them back as a result? ___Yes ___No
15. Have you ever lost time from work (or school) due to gambling? ___Yes ___No

SOUTH OAKS GAMBLING SCREEN

16. If you borrowed money to gamble or to pay gambling debts, where did you borrow from?(check 'Yes' or 'No' for each)

- A. from household money
- B. from your spouse/significant other
- C. from other relatives
- D. from banks, loan companies or credit unions
- E. from credit cards
- F. from loan sharks
- G. you cashed in stocks, bonds, etc
- H. you sold personal or family property
- I. you wrote bad checks.
- J. you have (had) a credit line with a bookie
- K. you have (had) a credit line with a casino

SOUTH OAKS GAMBLING SCREEN SCORING

- **ADD UP THE NUMBER OF QUESTIONS WHICH SHOW AN “AT RISK” RESPONSE**
 - **Question 1, 2 and 3 not counted**
 - Question 4 Most of the time I lose, OR, Every time I lose = 1 point
 - Question 5 Yes, less than half the time I lost, OR, Yes, most of the time = 1 point
 - Question 6 Yes, in the past but not now, OR Yes = 1 point
 - Question 7 Yes = 1 point
 - Question 8 Yes = 1 point
 - Question 9 Yes = 1 point
 - Question 10 Yes = 1 point
 - Question 11 Yes = 1 point
 - **Question 12 Does not count**
 - Question 13 Yes = 1 point
 - Question 14 Yes = 1 point
 - Question 15 Yes = 1 point
 - Question 16(a) Yes 16(b) Yes 16(c) Yes 16(d) Yes 16(e) Yes 16(f) Yes 16(g) Yes 16(h) Yes 16(i) Yes = 1 point for each yes (**question j and k not counted**)
- **Total number of boxes checked _____**
- **1 to 4= potential pathological gambler/problem gambler**
- **5 or more= probably pathological gambler**

GAMBLING WARNING SIGNS IN ADOLESCENTS

NJ COUNCIL ON COMPULSIVE GAMBLING

- UNEXPECTED ABSENCES FROM SCHOOL
- SUDDEN DROP IN GRADES
- CHANGE IN PERSONALITY (IRRITABILITY, IMPATIENCE, SARCASM)
- CARRIES A LOT OF MONEY
- EXAGGERATED DISPLAY OF MONEY OR OTHER MATERIAL POSSESSIONS
- AN UNUSUAL INTEREST IN PUBLICATIONS HAVING TO DO WITH SPORTS, HORSE RACING, LOTTERIES
- INTENSE INTEREST IN GAMBLING CONVERSIONS
- GAMBLING LANGUAGE IN HIS/HER CONVERSATIONS (BET, POINT SPREAD)
- SPORTS GAMBLING TICKETS AND OR LOTTERY TICKETS IN THEIR POSSESSION
- PLAYING OF GAMBLING TYPE GAMES ON THE INTERNET

TREATMENT

- PAUCITY OF EVIDENCE FOR EFFECTIVE TREATMENT
 - ONLY 4 RANDOMIZED CONTROLLED TRIALS

TREATMENT

- SEVERAL MODALITIES HAVE BEEN TRIED
 - INPATIENT UNITS
 - 9 MONTH RESIDENTIAL PROGRAM IN ENGLAND (GORDON HOUSE ASSOC.)
 - SELF HELP FELLOWSHIP PROGRAMS (GAMBLERS ANONYMOUS)
 - COGNITIVE BEHAVIORAL METHODS
 - PHARMACOLOGIC INTERVENTIONS

TREATMENT

- ADDICTION MODEL INCLUDES
 - STRUCTURED INTERVENTION
 - EXTERNAL MOTIVATION INITIALLY
 - PSYCHOEDUCATION
 - EARLY ABSTINENCE
 - LONG - TERM SUSTAINED ABSTINENCE
 - 12 - STEP SELF - HELP GROUPS
 - RELAPSE PREVENTION
 - BEHAVIORAL CHANGE MODALITIES

TREATMENT

- GAMBLERS ANONYMOUS
 - FOUNDED IN 1957 BY JIM W.
 - OPEN AND CLOSED MEETINGS
 - NOT MANY OPEN MEETINGS SECONDARY TO LEGAL CONCERNS
 - PRESSURE GROUP
 - NOT FOUND IN AA
 - GAMBLER AND SPOUSE MEET WITH OLDTIMERS AND BRING IN INCOME AND DEBT INFORMATION
 - THE GROUP WORKS OUT A BUDGET TO REPAY THOSE OWED MONEY
 - 12 STEPS
 - SIMILAR TO AA

12 STEPS OF GA

- 1. We admitted we were powerless over gambling - that our lives had become unmanageable.**
- 2. Came to believe that a Power greater than ourselves could restore us to a normal way of thinking and living.**
- 3. Made a decision to turn our will and our lives over to the care of this Power of our own understanding.**
- 4. Made a searching and fearless moral and financial inventory of ourselves.**

12 STEPS OF GA

- 5. Admitted to ourselves and to another human being the exact nature of our wrongs.**
- 6. Were entirely ready to have these defects of character removed.**
- 7. Humbly asked God (of our understanding) to remove our shortcomings.**
- 8. Made a list of all persons we had harmed and became willing to make amends to them all.**
- 9. Make direct amends to such people wherever possible, except when to do so would injure them or others.**

12 STEPS OF GA

- 10. Continued to take personal inventory and when we were wrong, promptly admitted it.**
- 11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.**
- 12. Having made an effort to practice these principles in all our affairs, we tried to carry this message to other compulsive gamblers.**

TREATMENT

- PSYCHOTHERAPEUTIC APPROACHES
 - EMPHASIZE THE REASONS FOR GAMBLING AND CONFRONT THOSE REASONS TO END THE BEHAVIOR
 - COGNITIVE TREATMENT FOCUSES ON CHALLENGING AND CORRECTING THE PATIENT'S ERRORS IN THINKING
 - FOR EXAMPLE, EXPLORING AND UNDERSTANDING THE ILLUSION OF CONTROL OVER CHANCE EVENTS
 - BEHAVIORAL THERAPY CONSIDERS PG TO BE A LEARNED BEHAVIOR AND RELIES ON TECHNIQUES SUCH AS SYSTEMIC EXPOSURE OR DESENSITIZATION AND SKILL DEVELOPMENT
 - RELAXATION TECHNIQUES IS AN EXAMPLE

TREATMENT

- PSYCHOTHERAPEUTIC APPROACHES
 - COGNITIVE BEHAVIORAL THERAPY COMBINES ELEMENTS FROM BOTH APPROACHES
 - IN A UNIVERSITY OF MINNESOTA STUDY, ALMOST HALF OF THE PATHOLOGICAL GAMBLERS SAID THAT ADVERTISEMENTS ON TV, RADIO AND BILLBOARDS COULD TRIGGER THE DESIRE TO GAMBLE AND THAT IDENTIFYING AND ADDRESSING THESE TRIGGERS IS ONE KEY TO SUCCESSFUL RECOVERY

TREATMENT

- PHARMACOTHERAPY
 - RELATIVELY NEW CONCEPT FOR GAMBLING TREATMENT
 - FEW CONTROLLED STUDIES EXIST

TREATMENT

- PHARMACOTHERAPY

- NALTREXONE

- INHIBITS DOPAMINE IN THE REWARD AREA (VENTRAL TEGMENTAL AREA, BASAL GANGLIA REGION)

- NALTREXONE TRIAL (GRANT JE, KIM SW *ANN CLIN PSYCH* 2002)

- 50 PATIENTS
 - 90.9% RESPONDED TO MEDICATION
 - A QUESTION WAS RAISED - COULD BETTER RESULTS BE OBTAINED WITH SSRI'S AND NALTREXONE IN COMBINATION

NOTE: RESTRICT USE OF OVER THE COUNTER ANALGESICS AS THE COMBINATION OF CAN CAUSE AN ELEVATION IN LIVER FUNCTIONS⁸⁶

TREATMENT

- PHARMACOTHERAPY
 - NEFAZODONE TRIAL
 - SEROTONIN ANTAGONIST
 - HYPOTHESIS IS ABNORMAL SEROTONIN FUNCTION IS THE PATHOPHYSIOLOGY OF POOR IMPULSE CONTROL
 - STARTED AT 50MG/D IN 14 SUBJECTS AND INCREASED TO A MAXIMUM OF 500 MG/D
 - 12 FINISHED THE STUDY
 - » 75% IMPROVED ON SEVERAL SCALES (OBSESSIVE, DEPRESSION, ANXIETY)

(PALLANTI S ET AL *J CLIN PSYCH* 2002)

TREATMENT

- PHARMACOTHERAPY
 - CITALOPRAM TRIAL
 - GIVEN TO 15 SUBJECTS
 - PATIENTS REPORTED IMPROVEMENT IN ALL GAMBLING AREAS (13 OF 15 MUCH IMPROVED)
 - NUMBER OF DAYS SPENT GAMBLING
 - AMOUNT OF MONEY LOST GAMBLING
 - PREOCCUPATION WITH GAMBLING
 - URGES TO GAMBLE

(ZIMMERMAN ET AL *J CLIN PSYCH* 2002)

TREATMENT

- PHARMACOTHERAPY

- PAROXETINE TRIAL

- RANDOMIZED, DOUBLE BLIND PLACEBO CONTROLLED
 - UP TO 60 MG/D
 - STATISTICALLY GREATER RESPONSE (DECREASE IN GAMBLING ACTIVITY) IN PAROXETINE GROUP

(KIM ET AL *J CLIN PSYCH* 2002)

TREATMENT

- PHARMACOTHERAPY
 - LITHIUM AND VALPROATE
 - 42 NON BIPOLAR PATH. GAMBLERS
 - NOT DOUBLE BLIND PLACEBO CONTROLLED
 - 60% RESPONDED IN EACH MEDICATION GROUP
- (PALLANTI ET AL *J CLIN PSYCH* 2002)

TREATMENT

- WHICH PATH. GAMBLERS WILL COMPLETE TREATMENT?
 - IT WAS FOUND THAT A HIGHER LEVEL OF IMPULSIVITY AT INTAKE WAS ASSOCIATED WITH A HIGHER DROP OUT RATE

(LEBLOND ET AL *BR J CLINICAL PSYCHOL* 2003)

SPECIAL CASE

- PATIENTS TAKING PRAMIPEXOLE, AN ANTI - PARKINSON MEDICATION DEVELOPED GAMBLING PROBLEMS
 - VERY SMALL NUMBER (9 OUT OF 529)
 - NOT SURE OF THE ETIOLOGY

ADDITIONAL INFORMATION AND REFERENCES

- IN ADDITION TO REFERENCES IN THE WORKBOOK:
 - NATIONAL COUNCIL ON PROBLEM GAMBLING
(WWW.NCPGAMBLING.ORG)
 - NY COUNCIL ON PROBLEM GAMBLING
(WWW.NYPROBLEMGAMBLING.ORG)