

**EPIDEMIOLOGICAL STUDY
OF THE PREVALENCE OF
PATHOLOGICAL GAMBLING
IN THE ADULT POPULATION
OF CATALONIA
2007-2008**



Generalitat de Catalunya
Departament de Salut

EPIDEMIOLOGICAL STUDY

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INTRODUCTION

- 1977: legalization of gambling in Spain produced a significant increase in gambling activity.
- This expansion of gambling may have had an effect on the health and quality of life of people involved and their families.
- Health professionals have seen an increase in the number of consultations related to this.
- To date, no studies have quantified this phenomenon in Catalonia, making it difficult to plan services

EPIDEMIOLOGICAL STUDY

PRINCIPAL OBJECTIVES :

- Determine the gambling habits of the Catalan population
- Determine the prevalence of at-risk, problem and pathological gambling in the adult population of Catalonia as well as prevalence within sub-groups related to type of gambling

EPIDEMIOLOGICAL STUDY

SECONDARY OBJECTIVES :

- Determine sociodemographic and other variables associated with at-risk, problem and pathological gambling in the adult population of Catalonia
- Gather information to better direct health services in addressing this kind of at-risk behaviour

DESIGN

Statistical Population

- Adult population of Catalonia (5.8 million)

Size of sample

- 3,000 inhabitants (confidence level, 95% and margin of error $\pm 1.8\%$)

Sampling

- Multi-stage with age and gender quotas to ensure a representative sample of the adult population

Method

- Telephone interviews using a questionnaire adapted and validated for this study

QUESTIONNAIRE

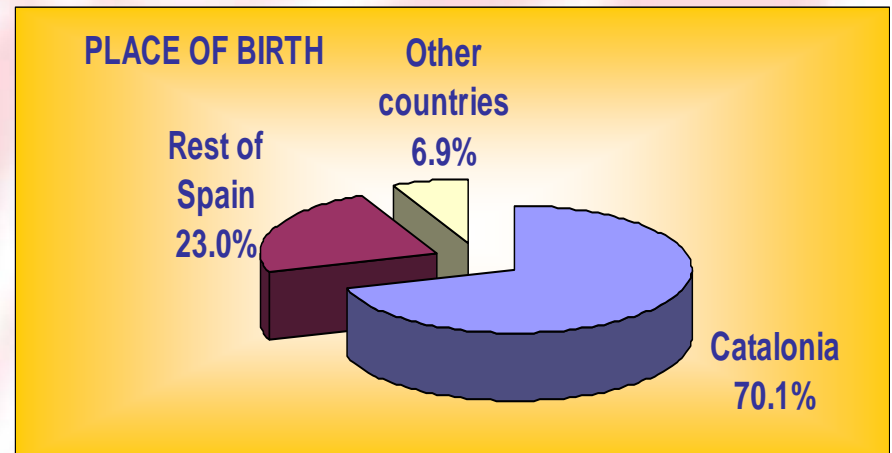
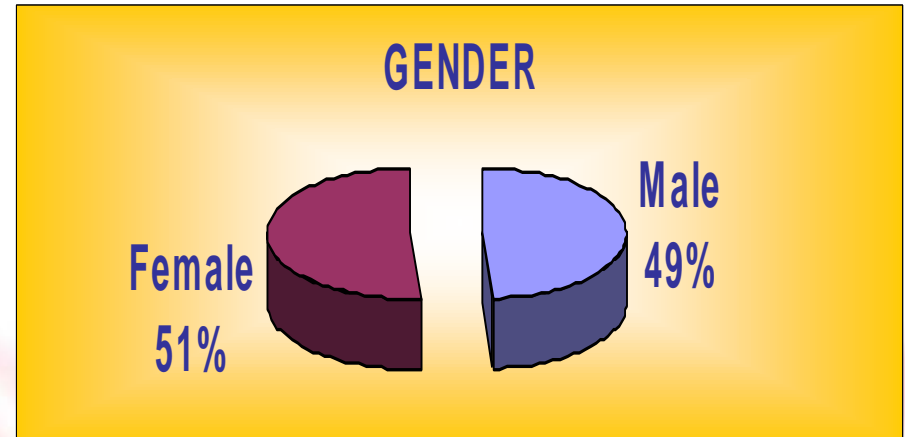
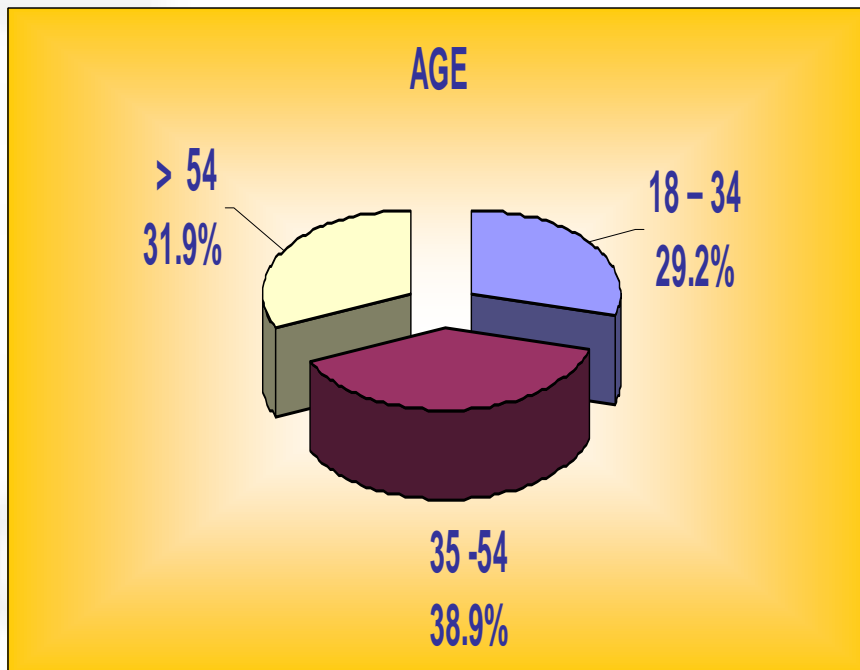
- Questionnaire adapted from that used by Dr. Volberg in New Mexico (Volberg & Bernhard, 2006)
- Consists of 167 questions, most with fixed responses
- Includes questions about gambling habits, problems associated with mental health and/or consumption of substances, awareness of support services and sociodemographics
- Problem gambling assessed using two different screens
 - NORC DSM-IV Screen for Gambling Problems (NODS)
 - Canadian Problem Gambling Index (CPGI PGSI)

PROCEDURE

- Adaption & translation
- Programming for CATI
- Pilot study
- Re-programmed interview to **NOT** administer NODS, CPGI to respondents who gambled only on lottery, only on sports or only on parimutuel
- Data collection (N=3000)
- Process controls to maintain sample representation, quality of data

Sample demographic features

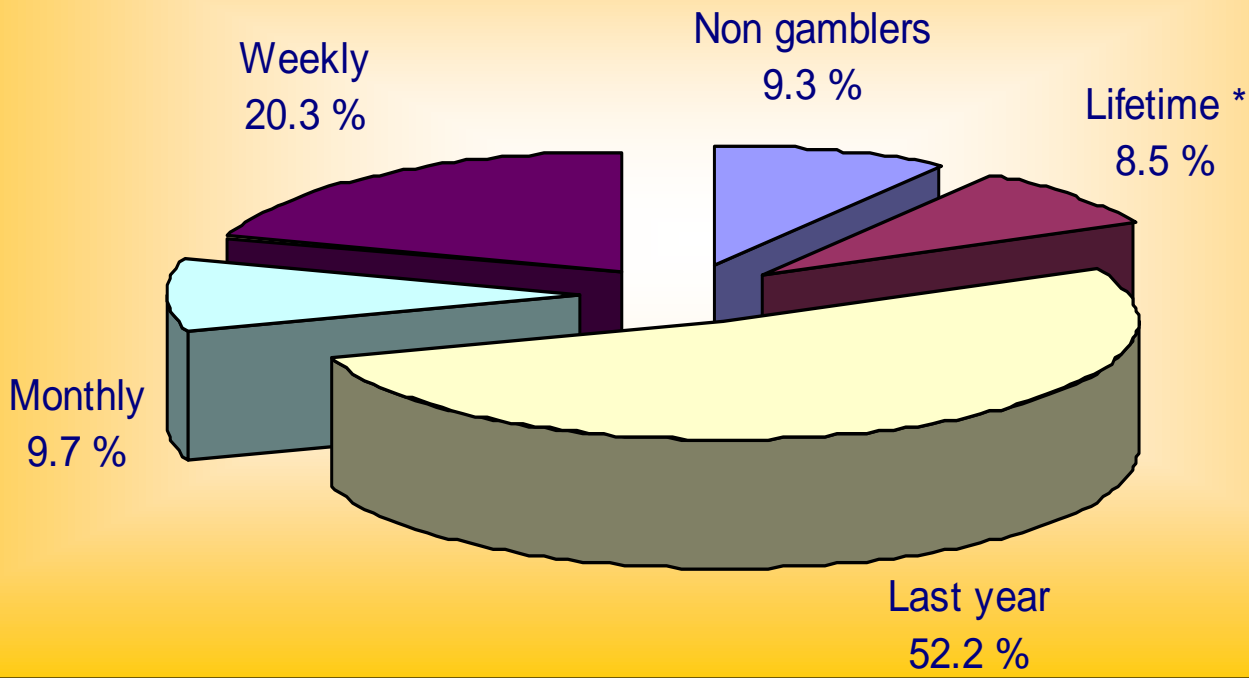
N = 3000



GAMBLING PARTICIPATION IN CATALONIA

SAMPLE 3000

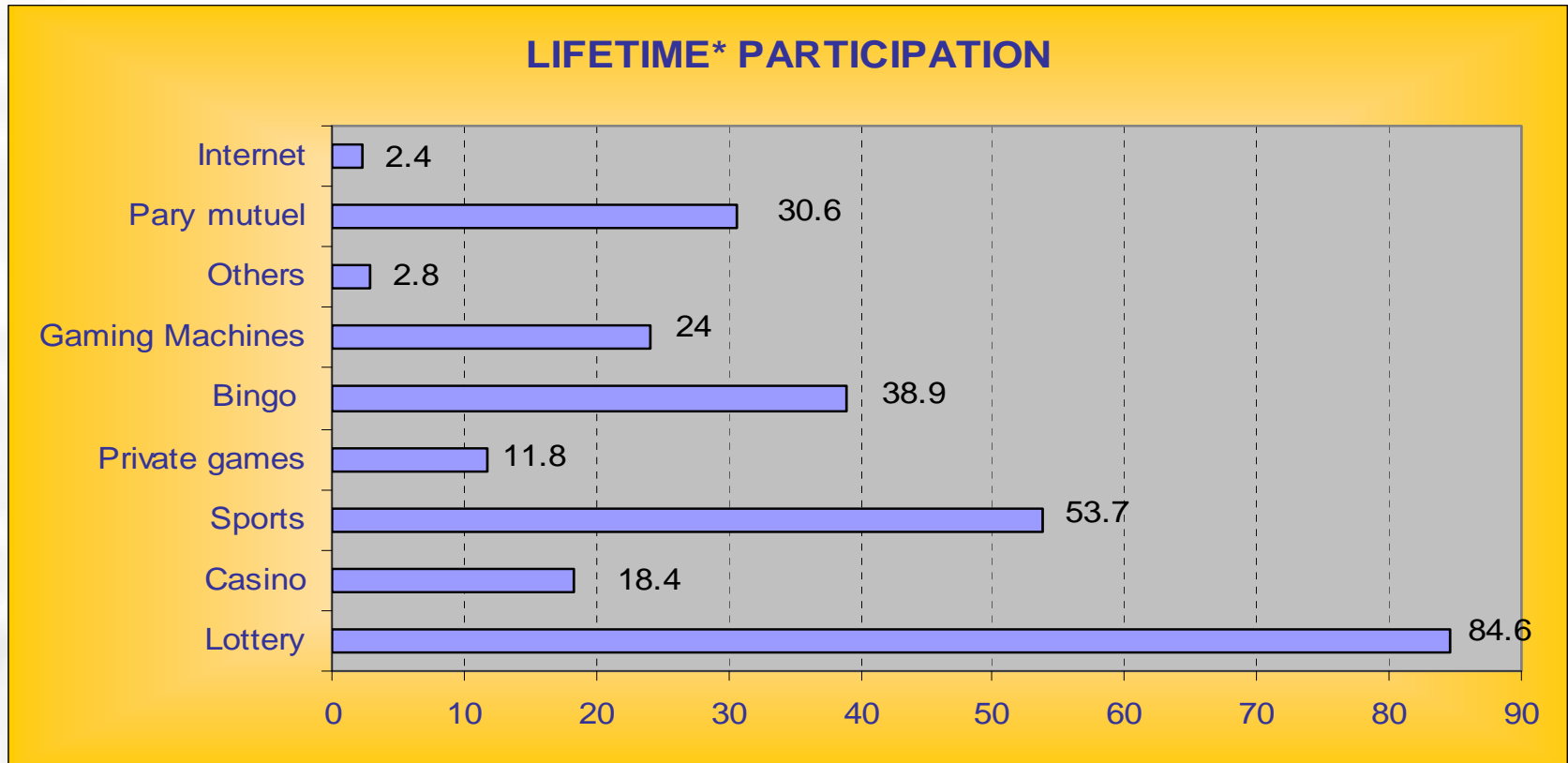
■ Non gamblers ■ Lifetime * ■ Last year ■ Monthly ■ Weekly



Lifetime*: people who had gambled sometimes in their life and did not gamble last year

GAMBLING ACTIVITIES

SAMPLE 3000



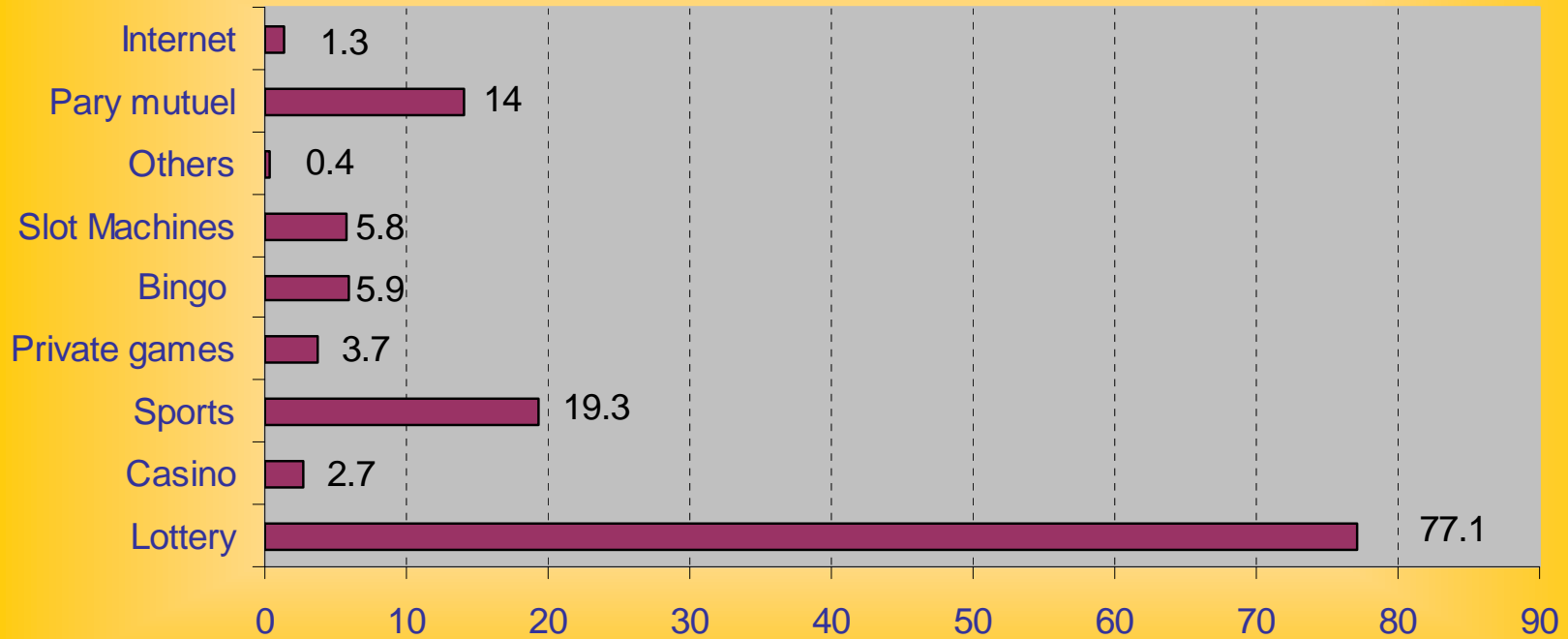
*Lifetime: people who have gambled sometimes in their life and did not gamble last year

The sum of the percentages is greater than 100 because some people take part in more than one gambling activity.

GAMBLING ACTIVITIES

SAMPLE 3000

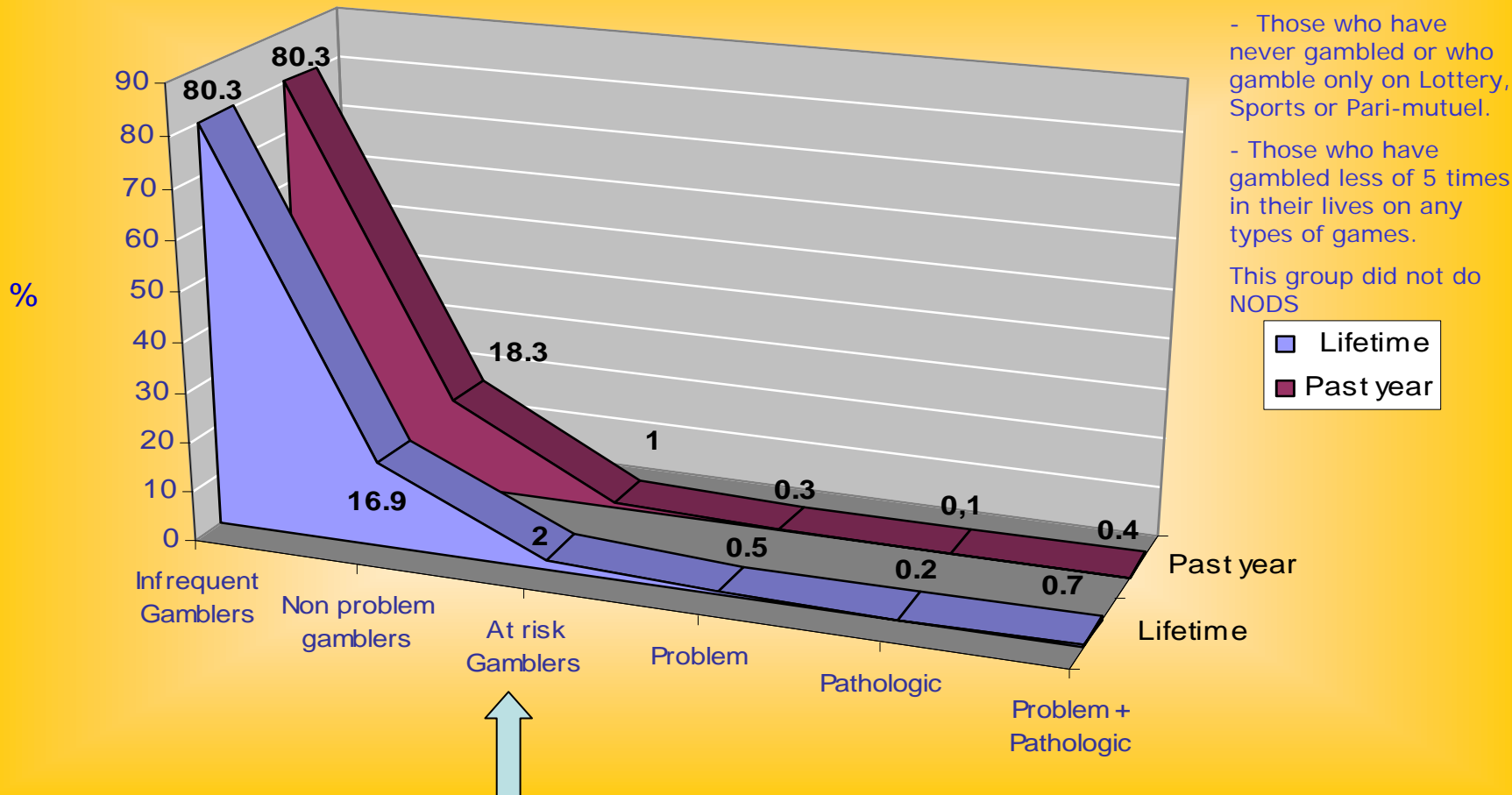
PAST YEAR PARTICIPATION



The sum of the percentages is greater than 100 because some people take part in more than one gambling activity.

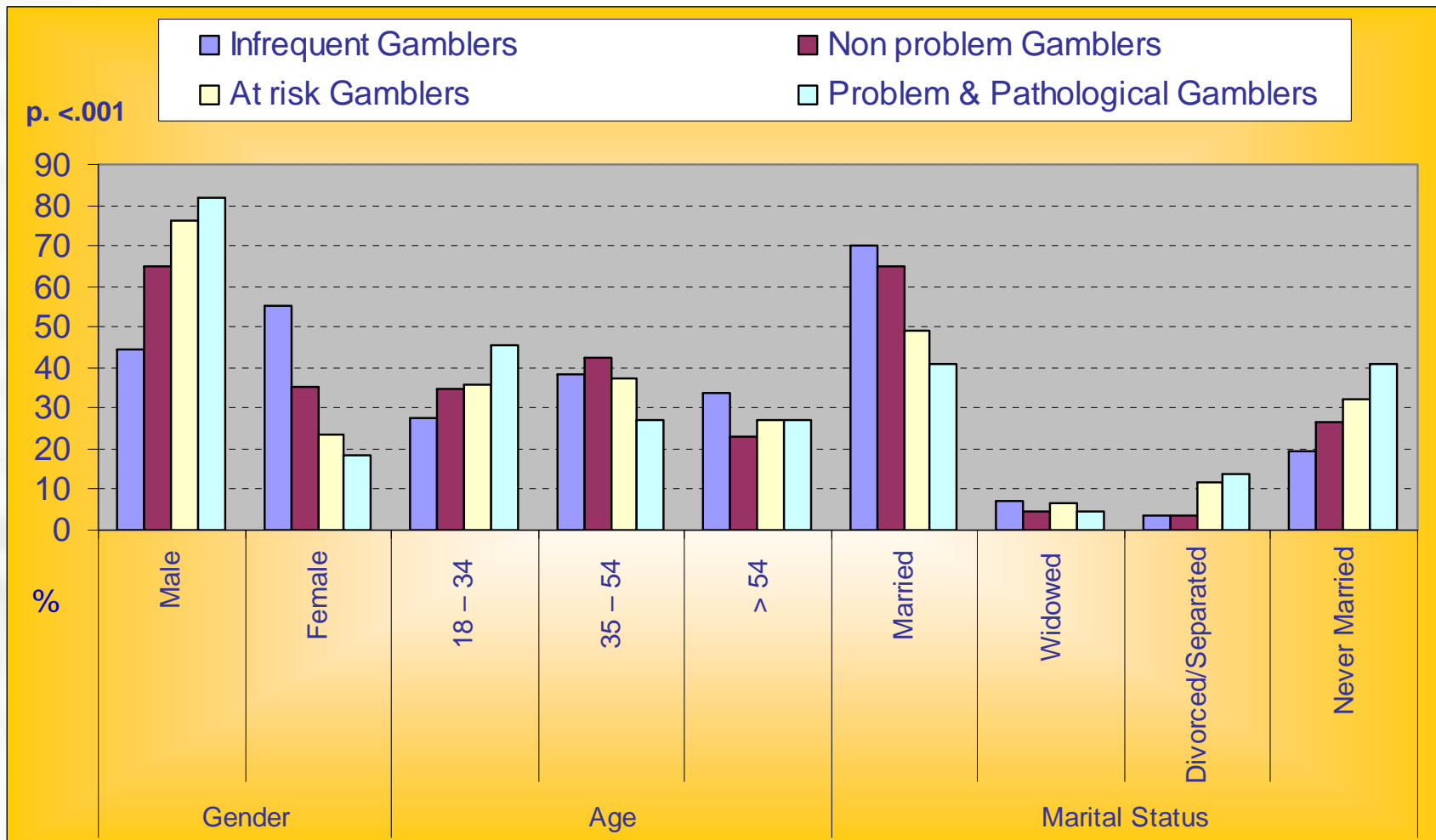
PREVALENCE OF PATHOLOGICAL GAMBLING: LIFETIME & PAST YEAR NODS

SAMPLE: 3000



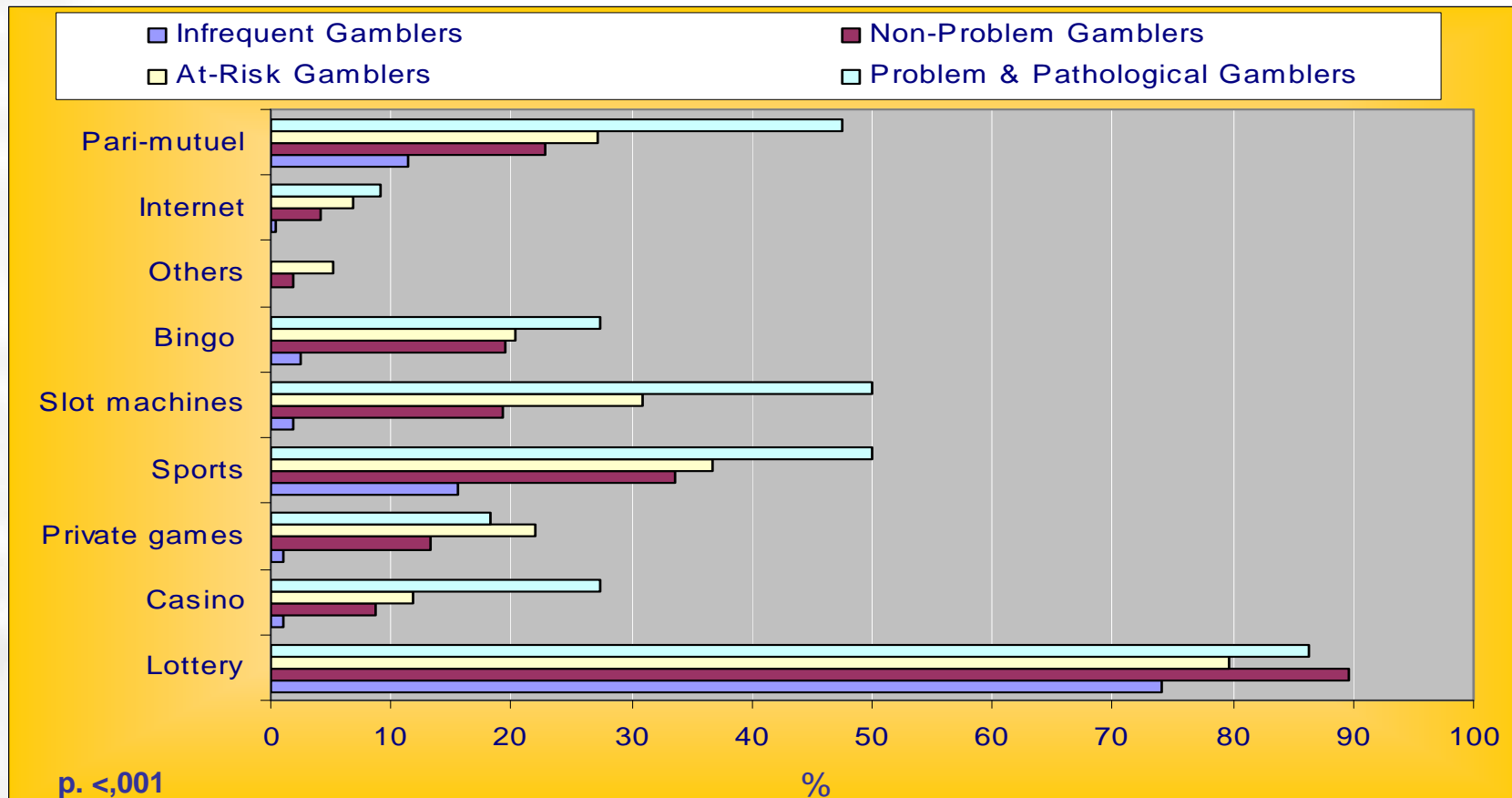
DEMOGRAPHIC CHARACTERISTICS AMONG NODS CATEGORIES

SAMPLE: 3000



PAST YEAR GAMBLING AMONG NODS CATEGORIES

SAMPLE: 3000



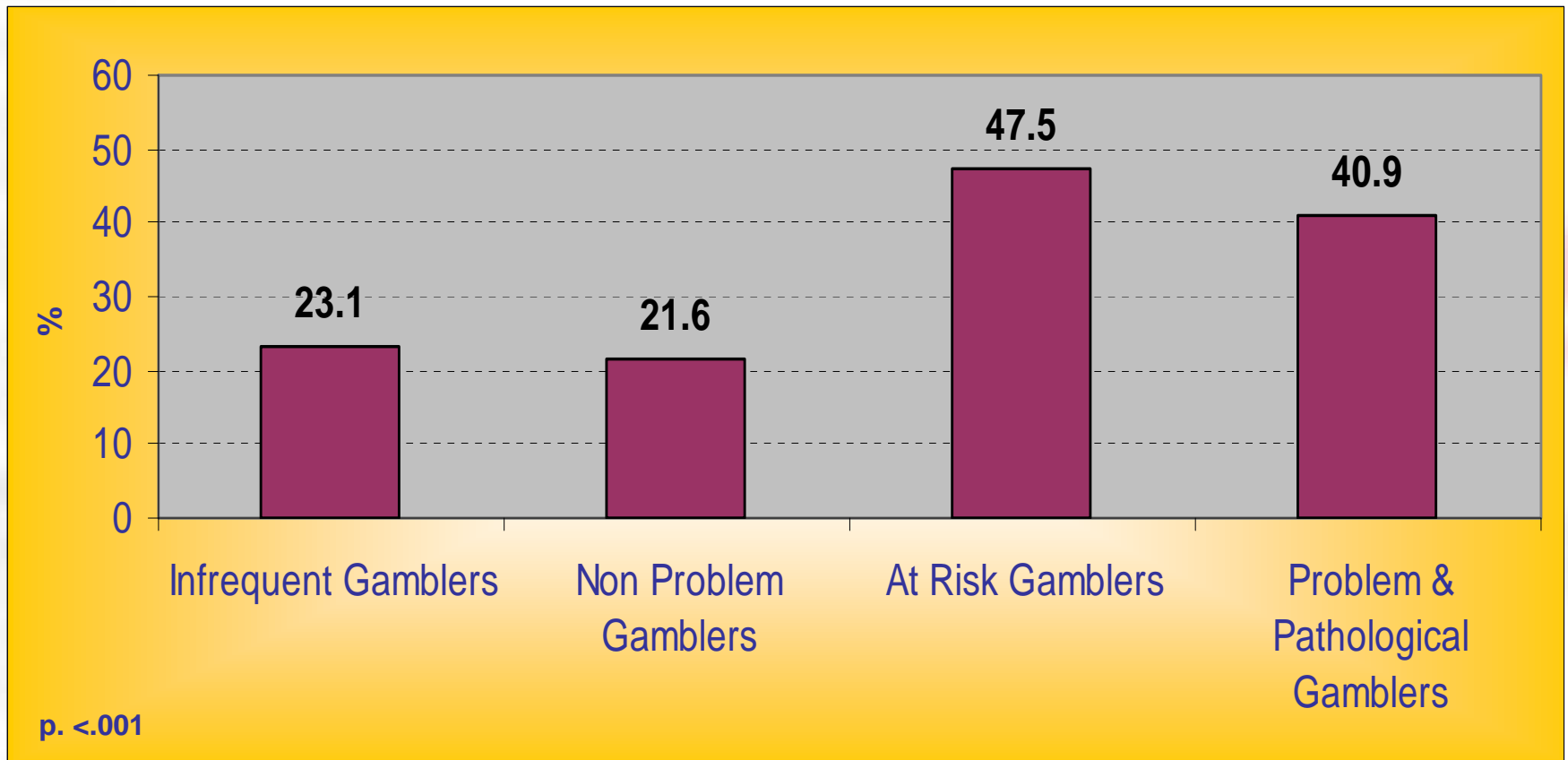
Infrequent gamblers:

People who haven't done section C and section D:

- People who have never gambled or who gamble only on Lottery, Sports or Pari-mutuel.
- People who have gambled less of 5 times in their lives on any types of games.

STARTED GAMBLING BEFORE 18 YEARS OLD

SAMPLE: 3000



CONCLUSIONS

PARTICIPATION AND TYPE OF GAME:

- Participation in gambling in Catalonia:
 - 90.7 % of adults interviewed
 - 8.5 % have gambled at some time
 - 52.2 % have gambled in the past year
 - 30 % gamble monthly or more often
- In general, the preferred types of gambling among adults in Catalonia are the lottery and betting on sports.

SOCIODEMOGRAPHIC PROFILE:

- The profile of people who most often participate in games of chance is the following: male, aged between 35 & 54, born in Catalonia, married, with secondary education level, in full-time employment and with a low economic level.

CONCLUSIONS

PREVALENCE OF PEOPLE AFFECTED BY GAMBLING IN CATALONIA:

- At-risk gambler: 2 %, which represents approximately 116,000 people.
- Problem gambler: 0.5%, which represents approximately 29,000 people.
- Pathological gambler: 0.2%, which represents approximately 11,500 people.

Approximately 156,500 adults aged 18 or over have or could have problems with games of chance.

CONCLUSIONS

CHARACTERISTICS OF AT-RISK, PROBLEM AND PATHOLOGICAL GAMBLERS:

- At risk gambler:
 - male
 - aged between 35 and 54
 - married
 - began gambling before reaching 18
 - gambled first on lotteries or sports
- Problem and pathological gambler:
 - male
 - aged between 18 and 34
 - married or single
 - began gambling before reaching 18
 - gambled first on slot machines.

CONCLUSIONS

DIFFERENCES IN THE CHARACTERISTICS OF GAMBLERS:

- Sex: Men gamble significantly more than women and show more serious problems related to gambling.
- Age: Problem and pathological gamblers are younger (18-34) than occasional gamblers.
- Age of starting to gamble: At risk, problem and pathological gamblers begin gambling before they reach 18.

CONCLUSIONS

REASONS FOR GAMBLING:

- General population:
 - To win money.
 - Because it is convenient and easy to do.
- Problem and pathological gamblers:
 - To escape from their problems.
 - Because it is exciting and a challenge.

CONCLUSIONS

MENTAL HEALTH AND THE CONSUMPTION OF SUBSTANCES:

- Mental health problems increase significantly in line with the seriousness of gambling problems.
- At risk, problem and pathological gamblers show a higher level of consumption of alcohol and drugs than the general population.
- The daily consumption of tobacco (cigarettes) is significantly higher in at risk, problem and pathological gamblers.