

Summary:

Psychosocial and Treatment Characteristics of Gambling Help-line Callers Study

Michigan, 2010

- Women reported greater problem gambling severity, and more financial and psychiatric problems than men reported.
- Women are more likely to have a history of attending treatment for gambling or psychiatric problems.
- Help-line callers who report a history of gambling-related illegal behaviors also report greater problem gambling severity, and more financial and psychiatric problems than help-line callers who don't report gambling-related illegal behaviors.
- Help-line callers reporting problems of greater severity are more likely to attend treatment than are callers reporting problems of lower severity.
- Most gamblers found the counseling they received from the help-line as helpful, but those who did not attend treatment found it less helpful than those who did.
- Help-line callers who did not attend treatment had less intention to follow-through on their treatment referral when they initially contacted the help-line than callers who eventually attended treatment.
- Individual motivation to change gambling behaviors was a significant predictor of whether a help-line caller would eventually follow-through on his/her treatment referral.
- Feeling that gambling is not a problem and not being ready for treatment were the two barriers to treatment reported significantly more often by those who did not attend treatment than by those who did attend.
- Treatment attendees were more likely, than those who did not attend treatment, to say that they believed they had a gambling problem, and that treatment would be supportive and help them with their problems.
- Overall, lower motivation to change gambling behaviors was a significant barrier to treatment for those helpline callers who did not attend any treatment sessions.

Study Period: 11/1/08 – 7/15/10

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