



NATIONAL CENTER FOR RESPONSIBLE GAMING

## CollegeGambling.Org: Bridging Research and Practice

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## National Center for Responsible Gaming

Established as a nonprofit in 1996 to help individuals and families affected by gambling disorders by:

- Supporting the finest peer-reviewed, scientific research into pathological and youth gambling
- Encouraging practical applications of research findings to improve prevention, diagnostic, intervention and treatment strategies
- Advancing public education about gambling disorders and responsible gaming



## Unprecedented Support

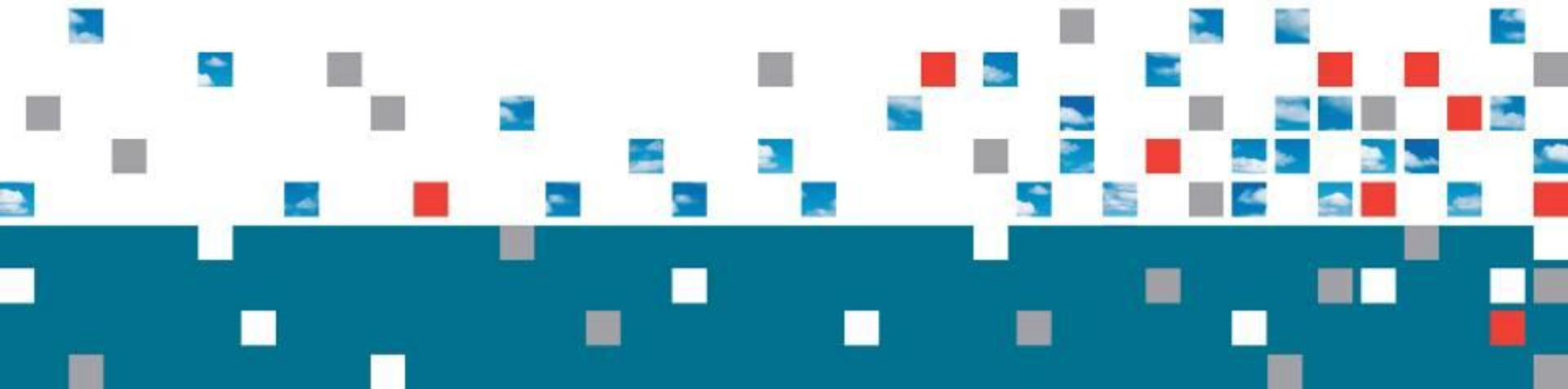
Since 1996, **more than \$22 million** has been committed to the NCRG through contributions from commercial casinos and related companies for research on gambling disorders





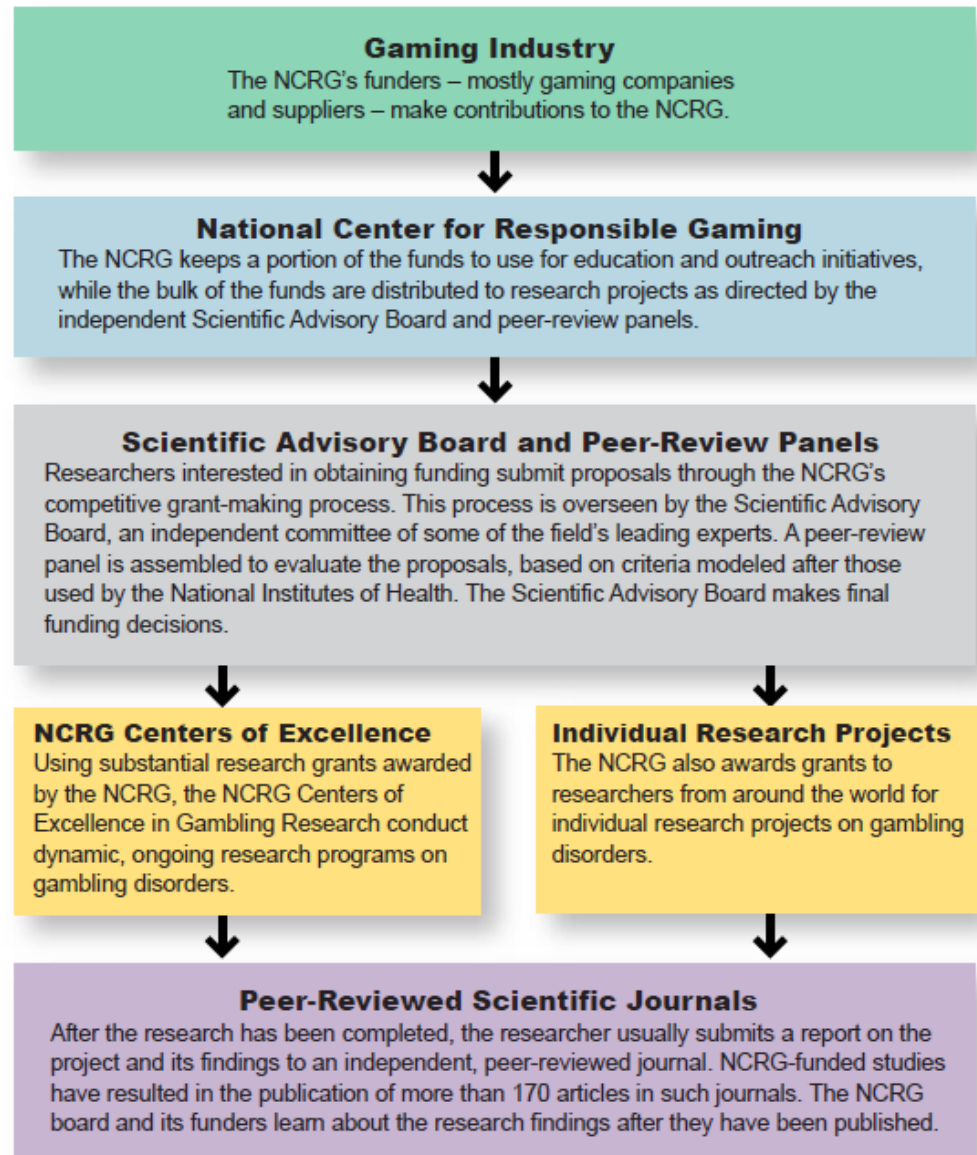
NATIONAL CENTER FOR RESPONSIBLE GAMING

# Firewalls: Preserving the Integrity of the Research



# Ensuring the Integrity of NCRG-Funded Research

Since its founding in 1996, the NCRG has mandated stringent firewalls in a multistep process to separate the gaming industry's contributions from the research it funds. This process, detailed in the diagram below, ensures the NCRG and its funders have no influence over which research projects receive funding, nor over the findings of the research that is funded. In this way, the NCRG serves as a model for other industries and institutions interested in learning how to safeguard the integrity of the research they fund.





## Scientific Advisory Board

- Linda B. Cottler, Ph.D., MPH, chair
  - University of Florida
- Tammy Chung, Ph.D.
  - University of Pittsburgh School of Medicine
- Jeff Derevensky, Ph.D.
  - McGill University
- Mark S. Gold, M.D.
  - University of Florida
- Miriam Jorgensen, Ph.D.
  - University of Arizona
- Lisa Najavits, Ph.D.
  - Boston University
- David Takeuchi, Ph.D.
  - University of Washington
- Ken C. Winters, Ph.D.
  - University of Minnesota

## Peer Review

- Independent study sections modeled after the NIH
- Reviewers must have:
  - Experience in grant review, preferably NIH
  - Expertise in subject matter of proposals
  - Distinguished publications record
- Strong Conflict of Interest and Confidentiality Policies



## Grant Recipients

- Boston University
- Duke University
- Harvard Medical School
- Johns Hopkins University
- Massachusetts General Hospital
- McGill University
- University of California-Davis
- University of Iowa
- University of Florida
- University of Michigan
- University of Missouri
- University of Washington, Seattle
- Virginia Commonwealth University
- Washington University School of Medicine
- Yale University



- Publication in a peer-reviewed journal provides **independent confirmation of scientific merit**
- NCRG-funded research has yielded more than 210 publications, most in quality scientific journals





## NCRG Research Published in Peer-Reviewed Journals

- *Psychology of Addictive Behaviors*
- *Harvard Review of Psychiatry*
- *Biological Psychiatry*
- *Neuron*
- *Annual Review of Public Health*
- *Addiction*
- ***Journal of American College Health***
- *American Journal of Public Health*
- *Psychological Medicine*
- *Neuropsychopharmacology*
- *Psychopharmacology*
- *American Journal of Psychiatry*
- *Archives in General Psychiatry*
- *Canadian Journal of Public Health*

## Key Findings

- First reliable estimates of prevalence of disorder
- First significant evidence of a genetic component for gambling disorders
- First significant evidence for naltrexone as a treatment strategy
- Pioneering research on CBT and brief interventions
- First study to frame gambling as a public health issue
- New model for understanding addiction as a syndrome
- First study of health risks of casino employees
- **First national study of college gambling**



## NCRG Educational Initiatives

Through a variety of programs and activities, the NCRG strives to:

- Raise public awareness of gambling disorders and responsible gaming
- Provide meaningful, research-based education for health care providers
- Promote a lively exchange of ideas within the field of gambling research
- Develop practical applications for research findings



## Treatment Provider Workshop Series

- Learn best practices directly from researchers who translate their findings about gambling disorders into real-world applications



## NCRG Webinar Series

- Earn free online continuing education units without leaving your home or office.
- Archived sessions at [www.ncrg.org/public\\_education](http://www.ncrg.org/public_education)





## Get CEUs from the NCRG

The National Center for Responsible Gaming (NCRG) is approved by the following certifying organizations to offer continuing education:

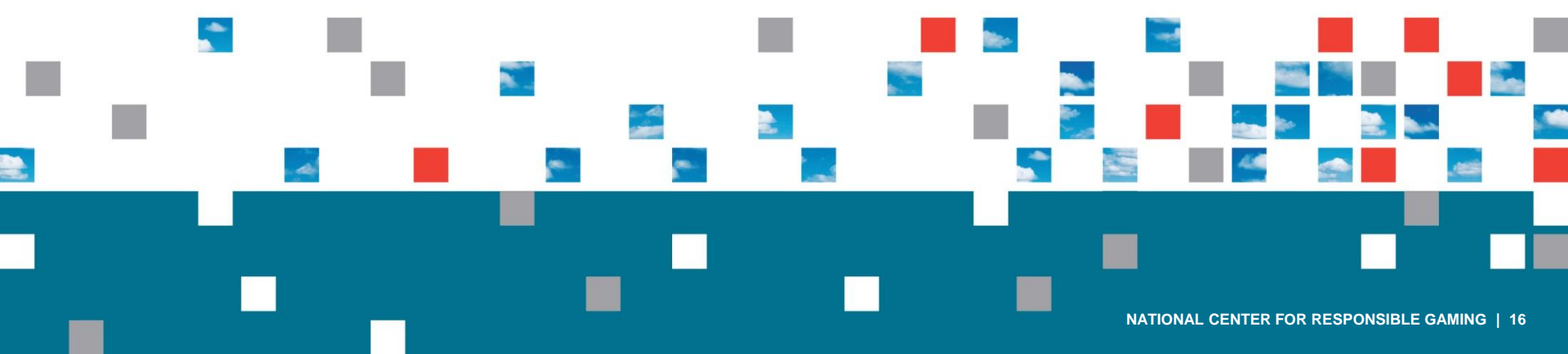
- NAADAC, The Association for Addiction Professionals (provider # 737)
- The California Board of Behavioral Sciences (Approval # PCE 4619)
- National Board for Certified Counselors (NBCC) (Provider # 6474)
- The NCRG also is approved by the American Psychological Association to sponsor continuing education for psychologists. The NCRG maintains responsibility for this program and its contents.



## *Increasing the Odds – NCRG Monograph Series*

- Concise, easy-to-understand summaries of seminal peer-reviewed research on gambling disorders, as well as implications for future research and prevention efforts.
- Topics include:
  - Youth and College Gambling
  - Gambling and Public Health
  - Self-Exclusion
  - Neurobiology of Gambling Disorders
  - NEW What Clinicians Need to Know about Gambling Disorders

# Gambling Disorders 101





## What is Disordered Gambling?

- “Persistent and Maladaptive” gambling behavior
- Proposed change: Categorize as “Addiction and Related Disorders” in the DSM-5
- Disordered Gamblers face serious negative consequences particularly in family/friend relationships, employment, and financial resources
- They experience many of the same problems as people with other addictions: increasing tolerance, withdrawal symptoms when attempting to stop, preoccupation, cravings

**American Psychiatric Association, 1994**



## How many Americans experience Disordered Gambling?

- Pathological Gambling: About 1 %
- “Problem Gambling”: About 2-3%

Kessler et al., 2008

## What defines a Gambling Disorder?

- (1) is preoccupied with gambling
- (2) needs to gamble with increasing amounts of money in order to achieve the desired excitement
- (3) has repeated unsuccessful efforts to control, cut back, or stop gambling
- (4) is restless or irritable when attempting to cut down or stop gambling
- (5) gambles as a way of escaping from problems
- (6) after losing money gambling, often returns another day to get even
- (7) lies to family members or others to hide the extent of involvement
- (8) has committed illegal acts such as forgery to finance gambling
- (9) has jeopardized or lost a significant relationship, job, or educational or career opportunity because of gambling
- (10) relies on others to provide money to relieve a financial situation caused by gambling

**American Psychiatric Association, 1994**

## Three Important Characteristics of Disordered Gambling

**Comorbidity:** 96% of people with disordered gambling have another psychological condition

**Fluidity:** People frequently move between levels of disordered gambling, and are just as likely to experience both less symptoms as more symptoms

**Natural Recovery:** About 30% of people who recover from disordered gambling do so without treatment, **only about 12% of disordered gamblers attend formal treatment**

**Kessler et al., 2008,  
Slutske 2006**



# Research on College Gambling

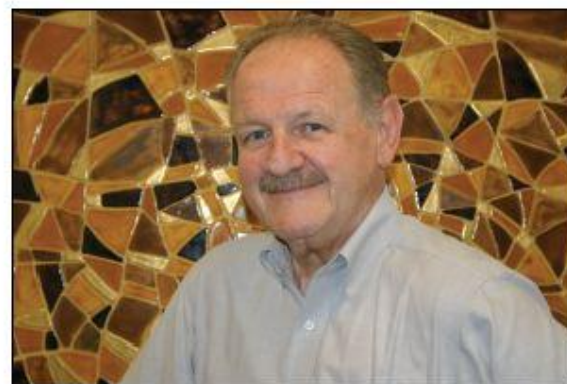
# Harvard College Alcohol and Gambling Study



Dr. Henry Wechsler



Howard J. Shaffer, Ph.D., CAS



Richard LaBrie, Ed.D.



Robert Wood Johnson Foundation



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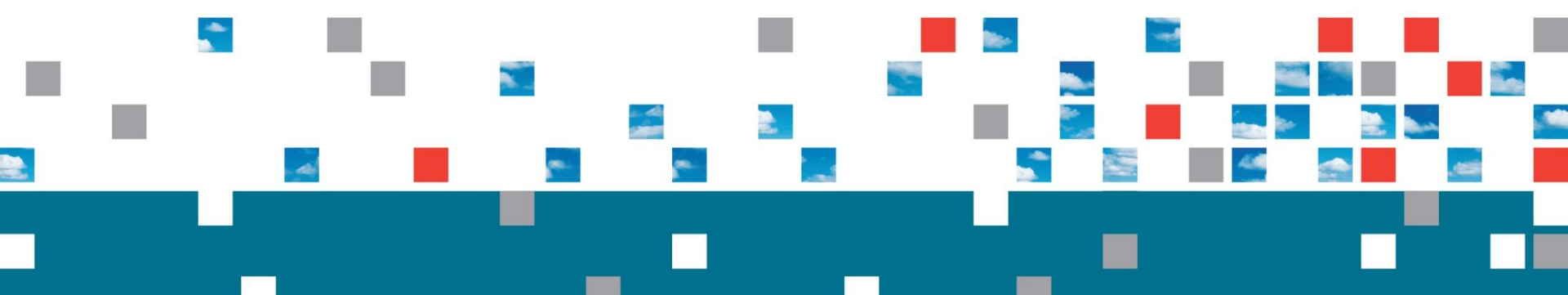
Advancing Research, Education and Awareness

## 75 Percent of College Students Gambled During the Past Year

By gambling activity:

- Lottery/numbers.....43%
- Card Games.....38%
- Office Pools/Raffles.....38%
- Sports betting.....23%
- Games of Skill (bowling, pool, etc.).....20%
- Casino gambling.....15%
- Internet gambling.....3%

**Barnes et al., 2010**



## Disordered Gambling in College Students

- All college students: 6%
- Men: 11%
- Women: 2%
  
- This study reported problem and pathological gambling rates together as disordered gambling.

**Barnes et al., 2010**



## Correlates of College Student Gambling

Compared to their non-gambling counterparts, students who had gambled in the past year had higher rates of:

- Binge drinking
- Marijuana use
- Cigarette use
- Illicit drug use
- Unsafe sex after drinking

**LaBrie et al., 2003**

## Correlates of College Student Gambling

Compared to students without gambling problems, students with gambling problems are more likely to:

- Use tobacco
- Use alcohol, drink heavily or binge drink, and get drunk
- Use marijuana or other illegal drugs
- Drive under the influence
- Have a low GPA

**LaBrie et al., 2003**

## College Students and Mental Disorders

- Increase in psychiatric disorders among college students in recent years
- Dramatic advances in antidepressants and other drugs during the past 30 years have enabled more students with depression, anxiety and other psychiatric disorders to attend college

**Kadison, & DiGeronimo, 2004; Gallagher, 2004**

## Gambling Disorders & Co-occurring Psychiatric and Addictive Disorders

Among pathological gamblers:

- 75% had an alcohol disorder
- 38% had a non-alcohol, drug-use disorder
- 60% were nicotine dependent
- Nearly 50% had experienced a mood disorder
- 41.3% experienced an anxiety disorder
- 60.8% experienced a personality disorder

**Petry, Stinson, & Grant, 2005**

# Prevention & Treatment

- Screening:
  - BBGS
- Finding Treatment:
  - Primary Care
  - Helplines
- Treatment Options:
  - Self-Help
  - Gamblers Anonymous
  - Formal Treatment

## Formal Treatment Options

- Self-Exclusion
- Brief Treatment
  - Your First Step to Change
  - Change Your Gambling Change Your Life
  - Motivational Feedback Intervention
- Cognitive Behavioral Therapy
- Drug Treatments
  - Opioid Antagonists
  - Glutamatergic agents



# CollegeGambling.org

An online resource for administrators, campus health professionals, college students and parents

The screenshot shows the homepage of CollegeGambling.org. At the top, there is a navigation bar with links for Home, About Us, Media, Contact Us, and a search box. Below this is the NCRG logo and the text 'NATIONAL CENTER FOR RESPONSIBLE GAMING'. The main heading is 'CollegeGambling.org' in a large, red, serif font. Underneath, there are navigation links for 'Facts and Stats', 'For Campus Administrators', 'For Campus Health Professionals', 'For Students', and 'For Parents'. A central section titled 'Welcome to CollegeGambling.org' contains three paragraphs of text explaining the site's purpose and its development by the National Center for Responsible Gaming. To the right of this text is a 'facts and statistics' box with a photo of students and a 'Get the facts!' button. At the bottom, there are four image-based navigation buttons: 'For Campus Administrators', 'For Campus Health Professionals', 'For Students', and 'For Parents'. A footer at the very bottom contains links for 'Terms of Use', 'Disclaimer', 'Privacy Policy', 'Resources for Help', 'Gambling Disorders 360° Blog', and a Facebook link.

## Expanding Online Resources

- [www.ncrg.org/resources](http://www.ncrg.org/resources)



Gambling Disorders 360°:  
[blog.ncrg.org](http://blog.ncrg.org)



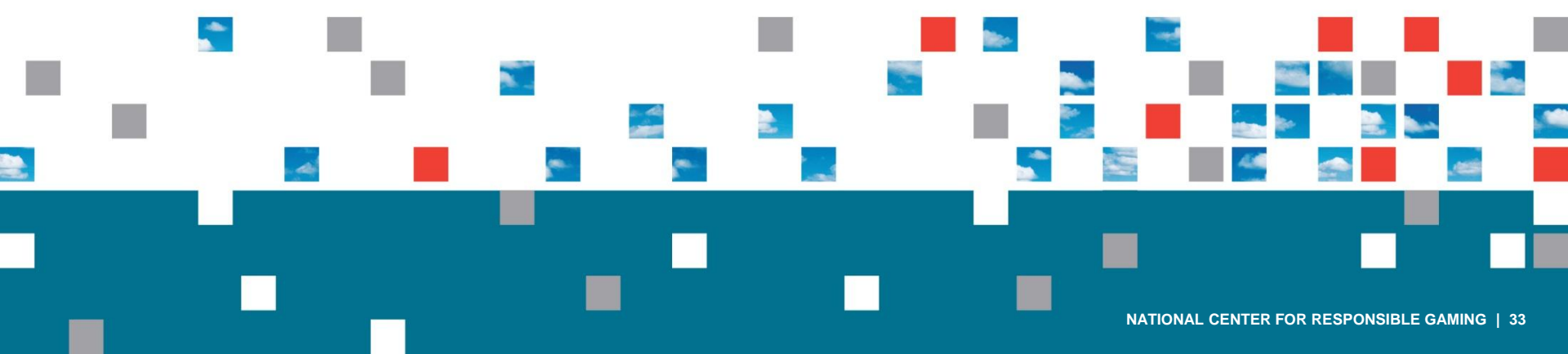
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# Questions?





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For More Information

[www.ncrg.org](http://www.ncrg.org)

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# THE NATIONAL CENTER FOR RESPONSIBLE GAMING

