

GAMBLING DISORDER IN YOUNG PEOPLE



@ArtScienceDoc

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NHS Foundation Trust

Overview

1. Signs in younger people
2. Data from our patients at the NPGC
3. Case vignettes
4. Q and a
5. Discussion

Signs of a gambling problem in a young person

Constantly asking for/short of money or suddenly having large quantities of money

Loss of interest in other hobbies

Poor performance at school or school refusal

Poor relationships with friends and family

Poor attention to health and appearance.

Lying about gambling or being secretive.

Summary of findings from the Gambling Commission Survey 2019

- 2,943 pupils surveyed aged **11-16**
- **11%** had spent their own money on gambling in the last **7 days**. (7% girls, 13% boys)
- **67%** are with their parents at the time of placing a bet
- **50%** have had someone talk to them about problem gambling
- **1.7%** are problem gamblers
- **2.7%** are “at risk” gamblers

Summary of findings from the Gambling Commission Survey 2019

- Online: 7% spent their own money gambling online
- 6% used their parents account to gamble online
- 12% have ever played online gambling-style games. Of these 47% did so via an app.
- In-game items: 52% have heard of these and 6% have bet with in-game items outside of the game or privately.

NPGC

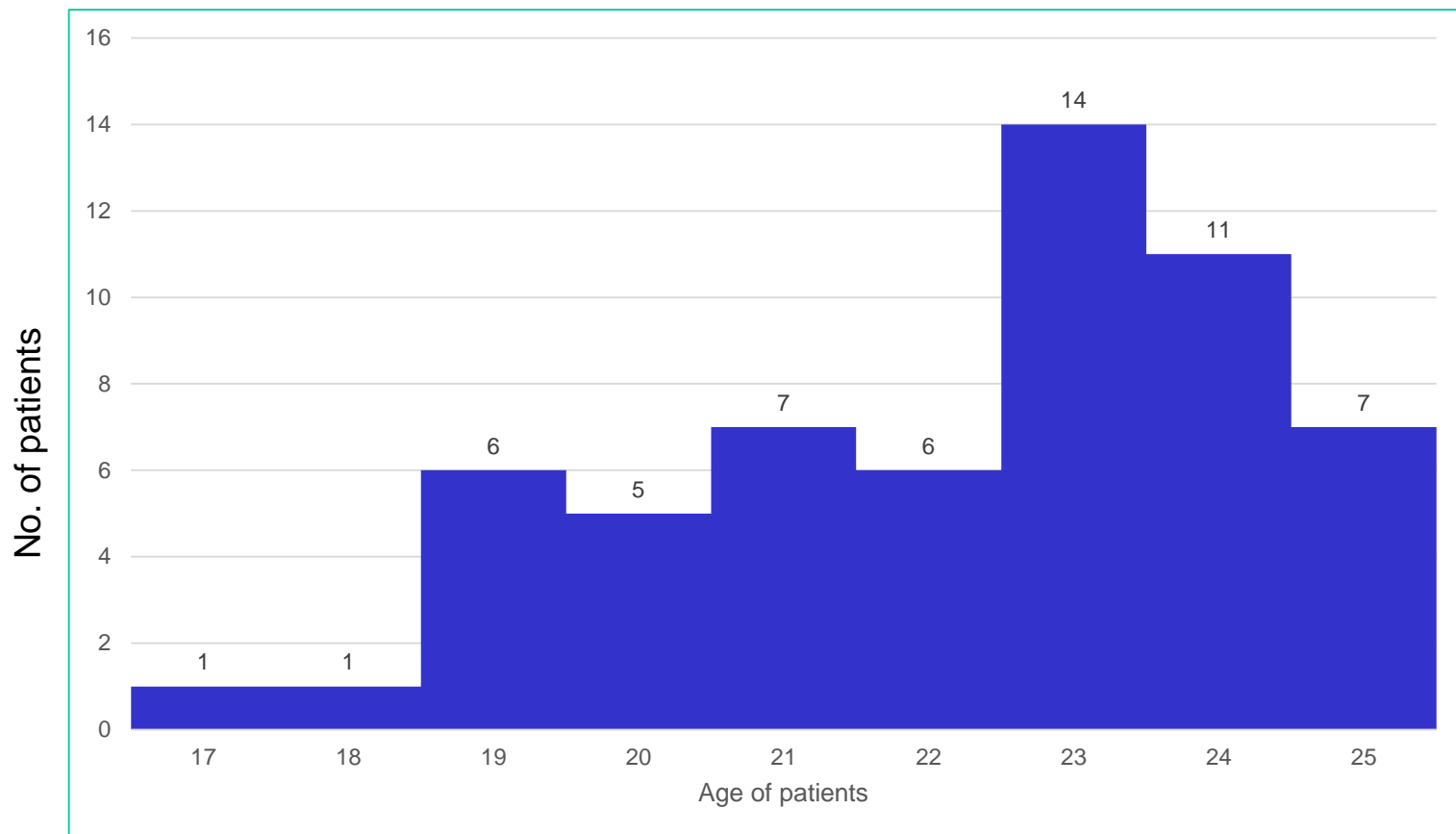
- NHS England funding for young people's services 2019
- 13 to 25 year olds now funded by NHS England at the National Problem Gambling Clinic
- No very young patients have as yet been referred..

Data from the National Problem Gambling Clinic

- N = 58 patients (under 25)
- Assessed between 1/08/2015 and 31/08/2019

Age at referral

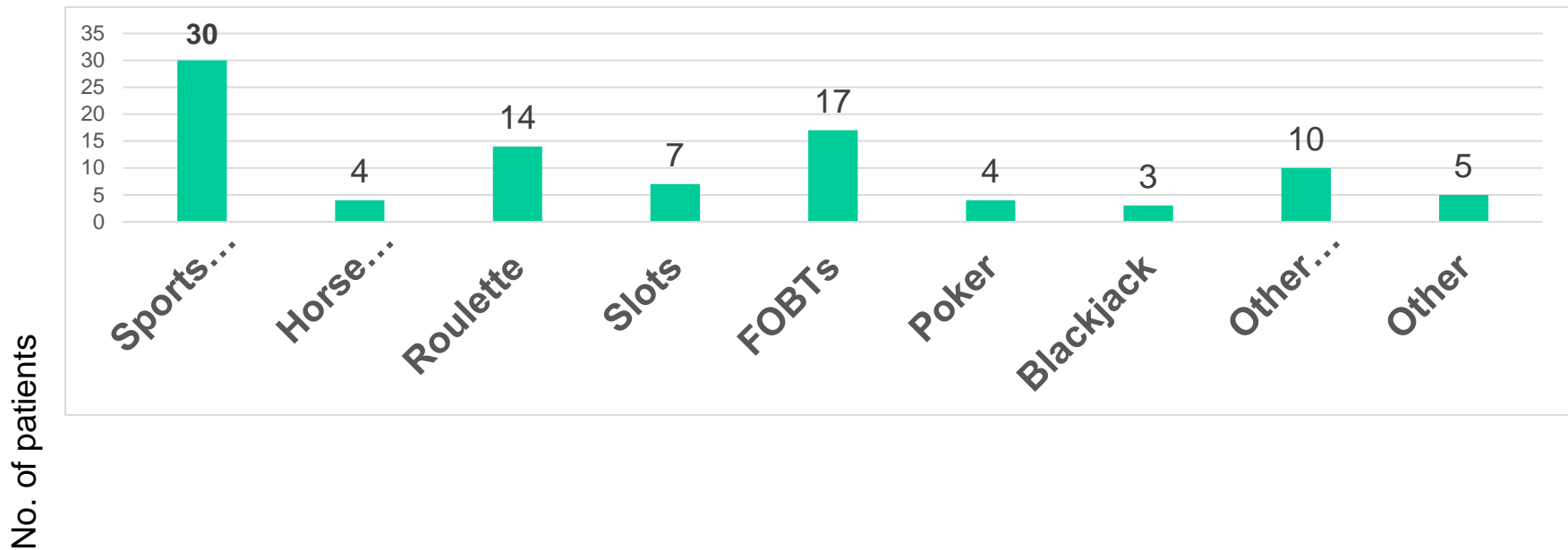
- Age range: 17 to 25



Source of referral

Referral	Count	Percentage
Self referral	43	74.14
Re-referral	4	6.90
Private setting	3	5.17
GP	2	3.45
Breakeven	1	1.72
AOT	1	1.72
CAMHS	1	1.72
Social worker	1	1.72
Gamcare	1	1.72
Army senior officer	1	1.72
Total	58	100,00

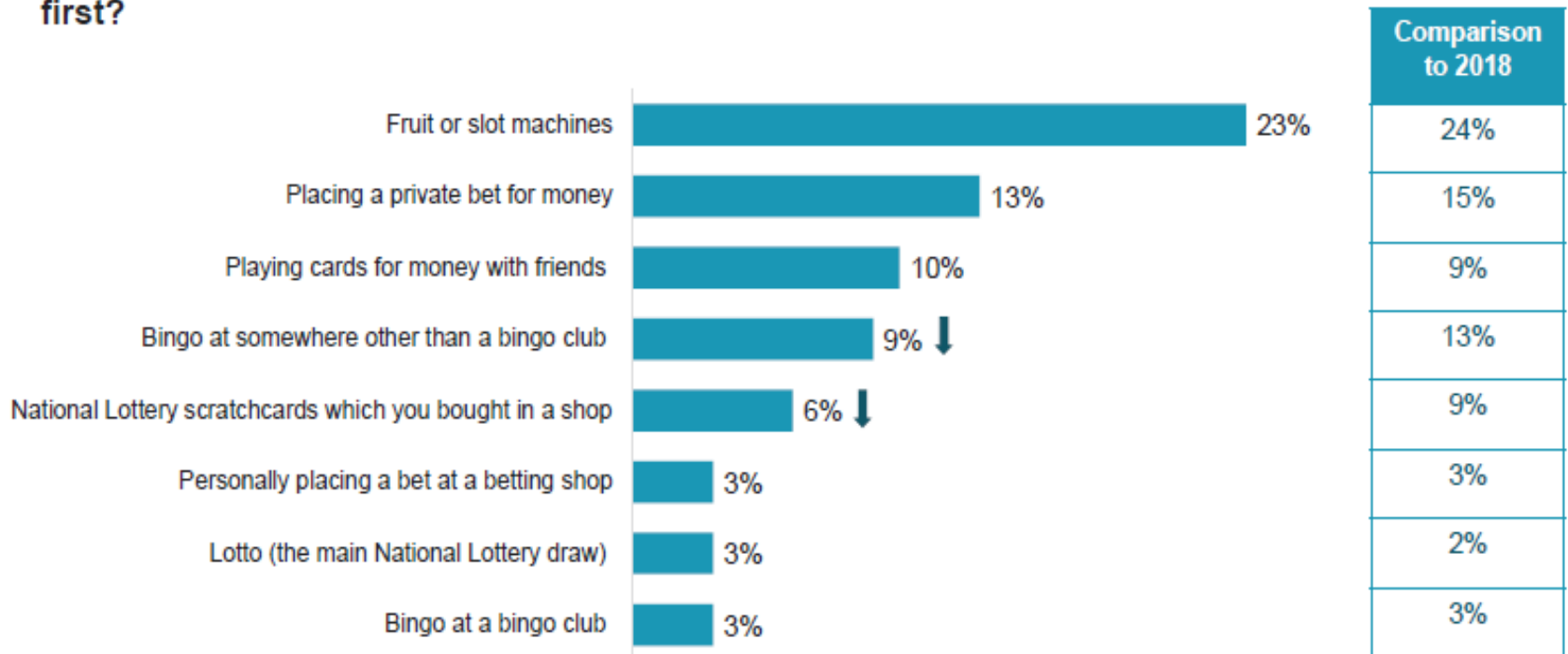
Types of gambling activity



Gambling Commission 2019

Gambling activity tried first

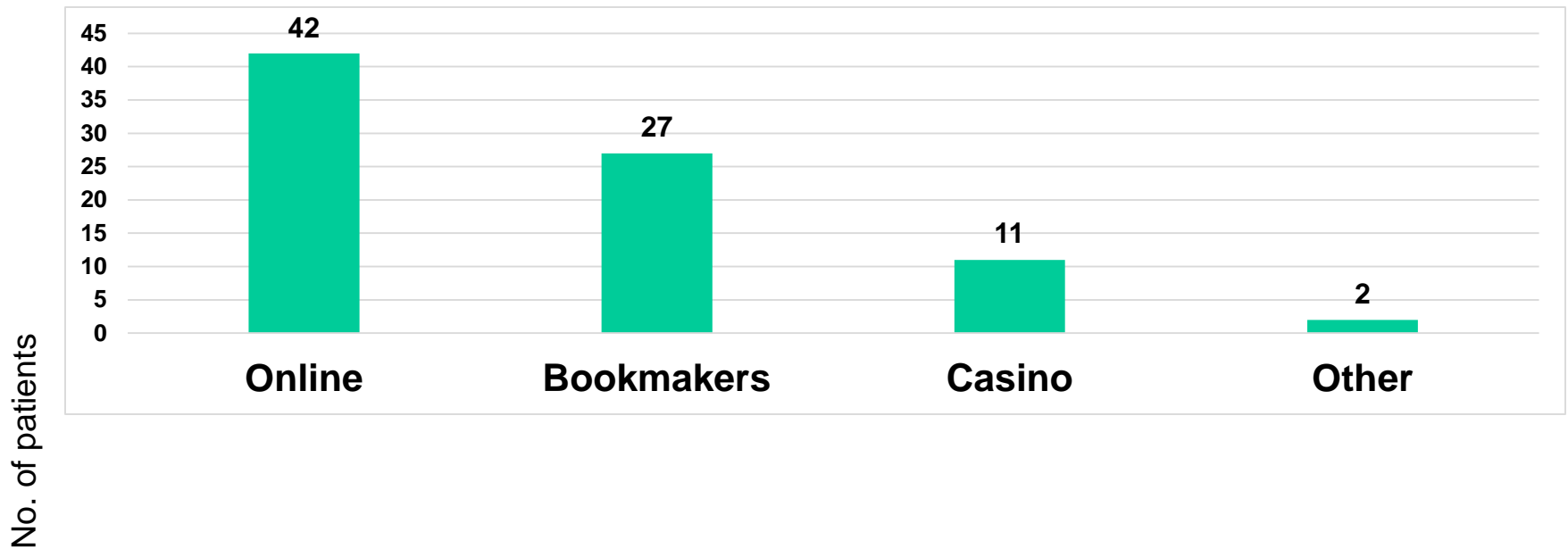
You mentioned that you have spent your money on the following activities. Which did you try first?



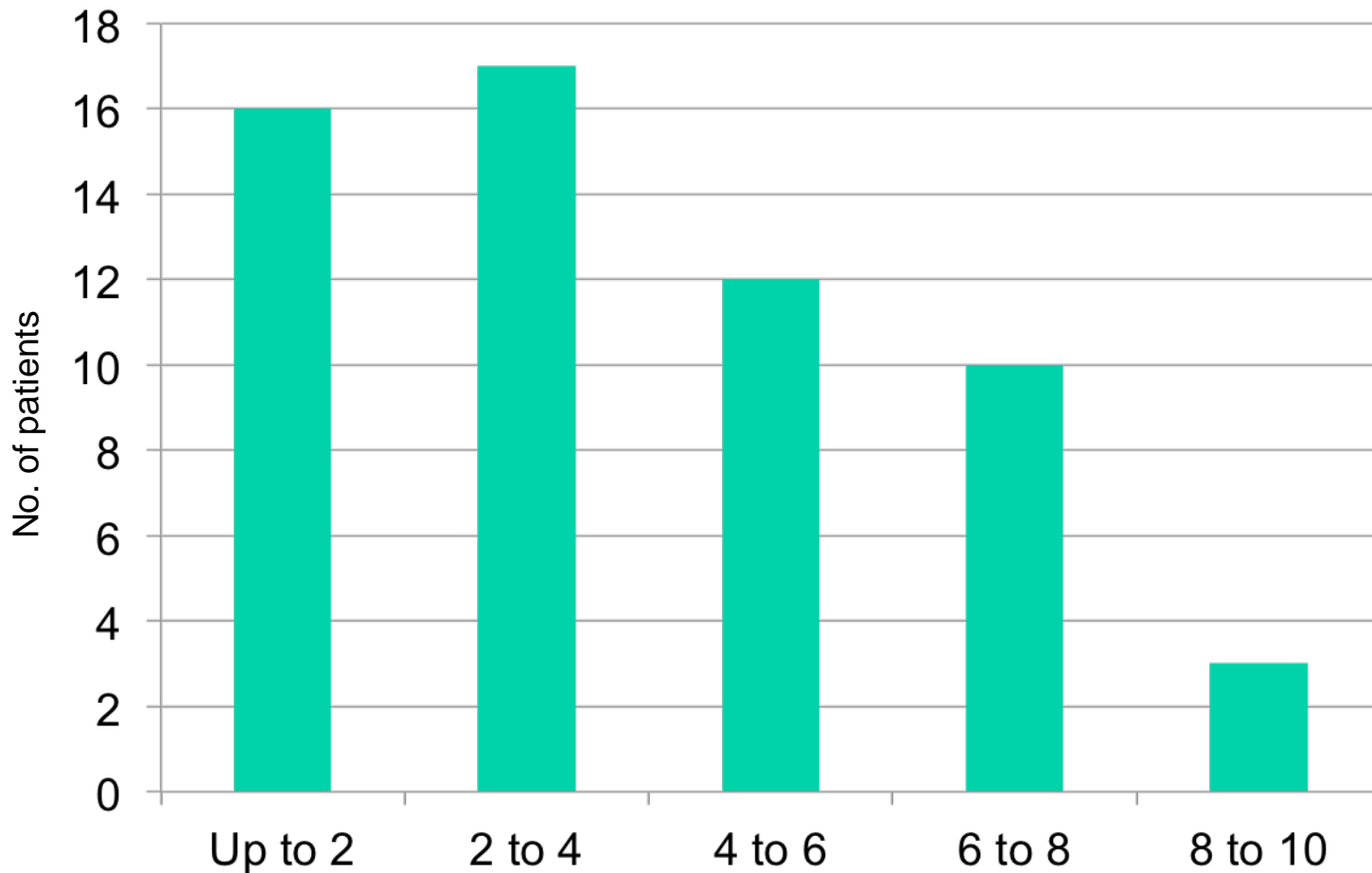
Percentages shown for individual activities selected by 3% or more of young people.
 Base: 2018: All 11-16 year olds who have ever spent their own money on more than one gambling activity (923).
 Base: 2019: All 11-16 year olds who have ever spent their own money on more than one gambling activity (888).

Source: Ipsos MORI
 Young People Omnibus 2019
 GC_GAMFIRST

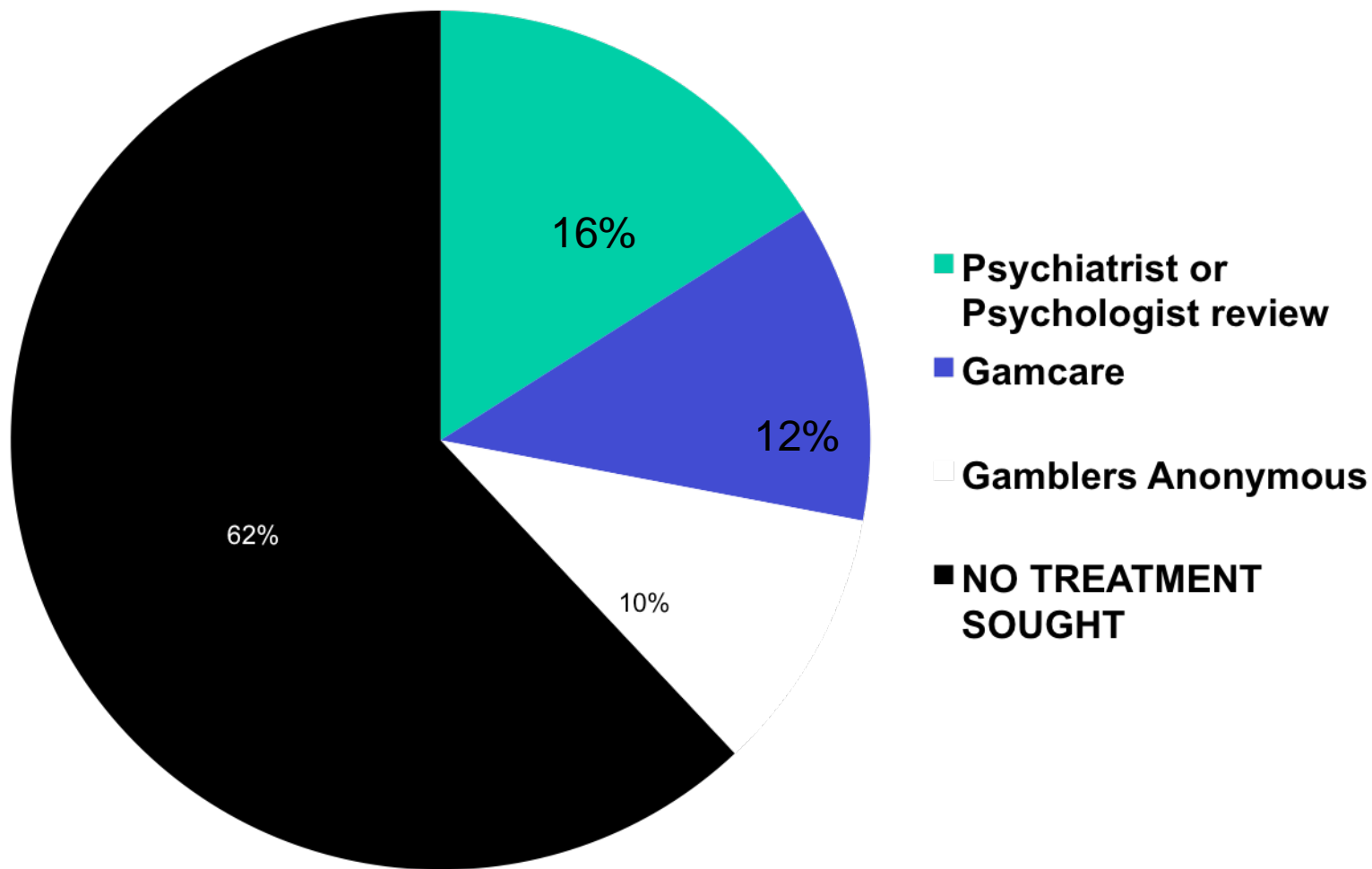
Location of gambling activity



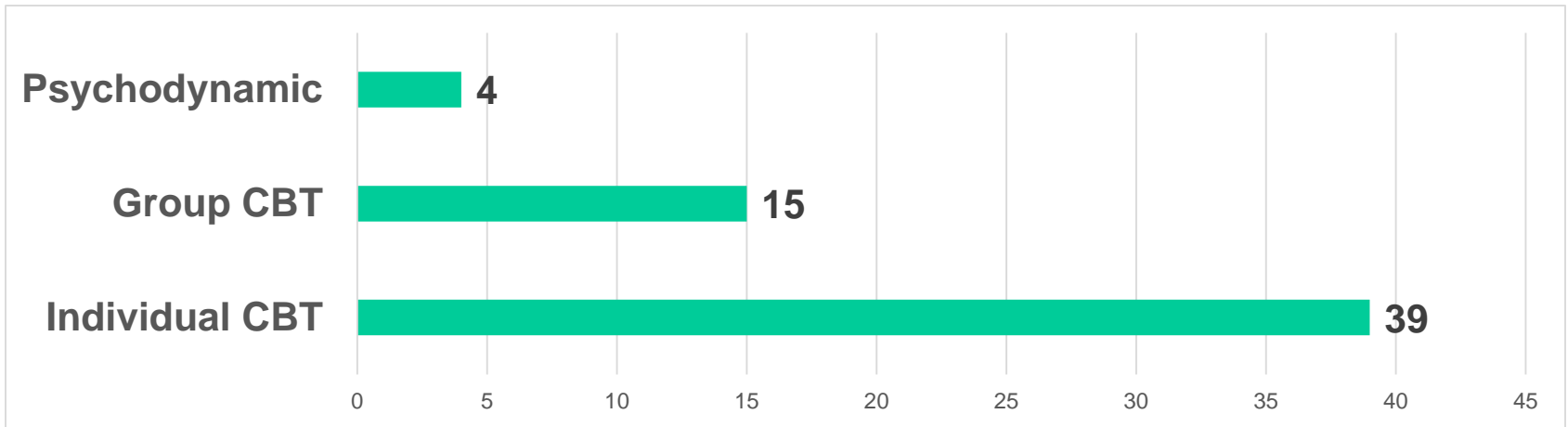
Duration of problem gambling



Previous treatment



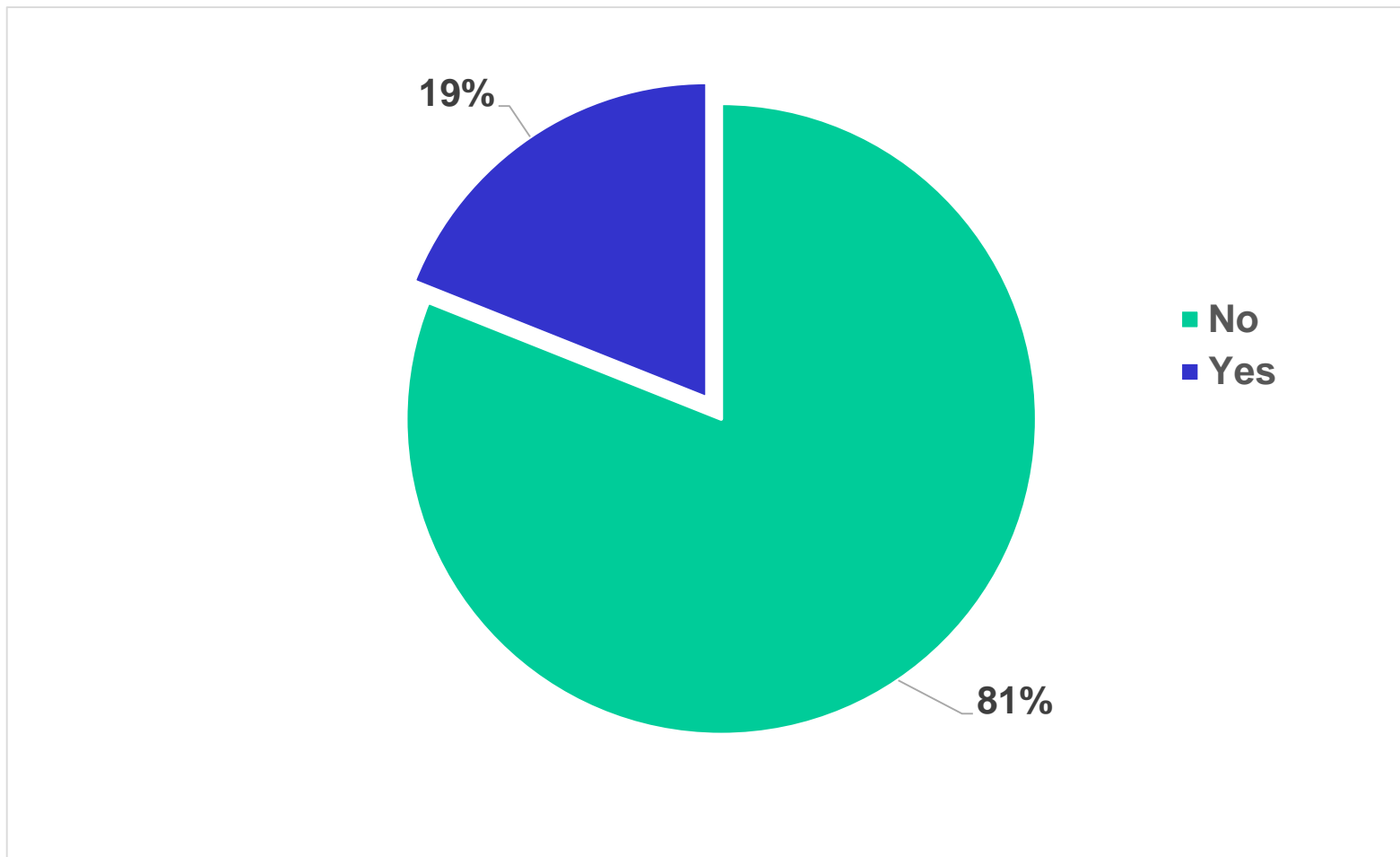
Psychological treatment delivered at NPGC YP



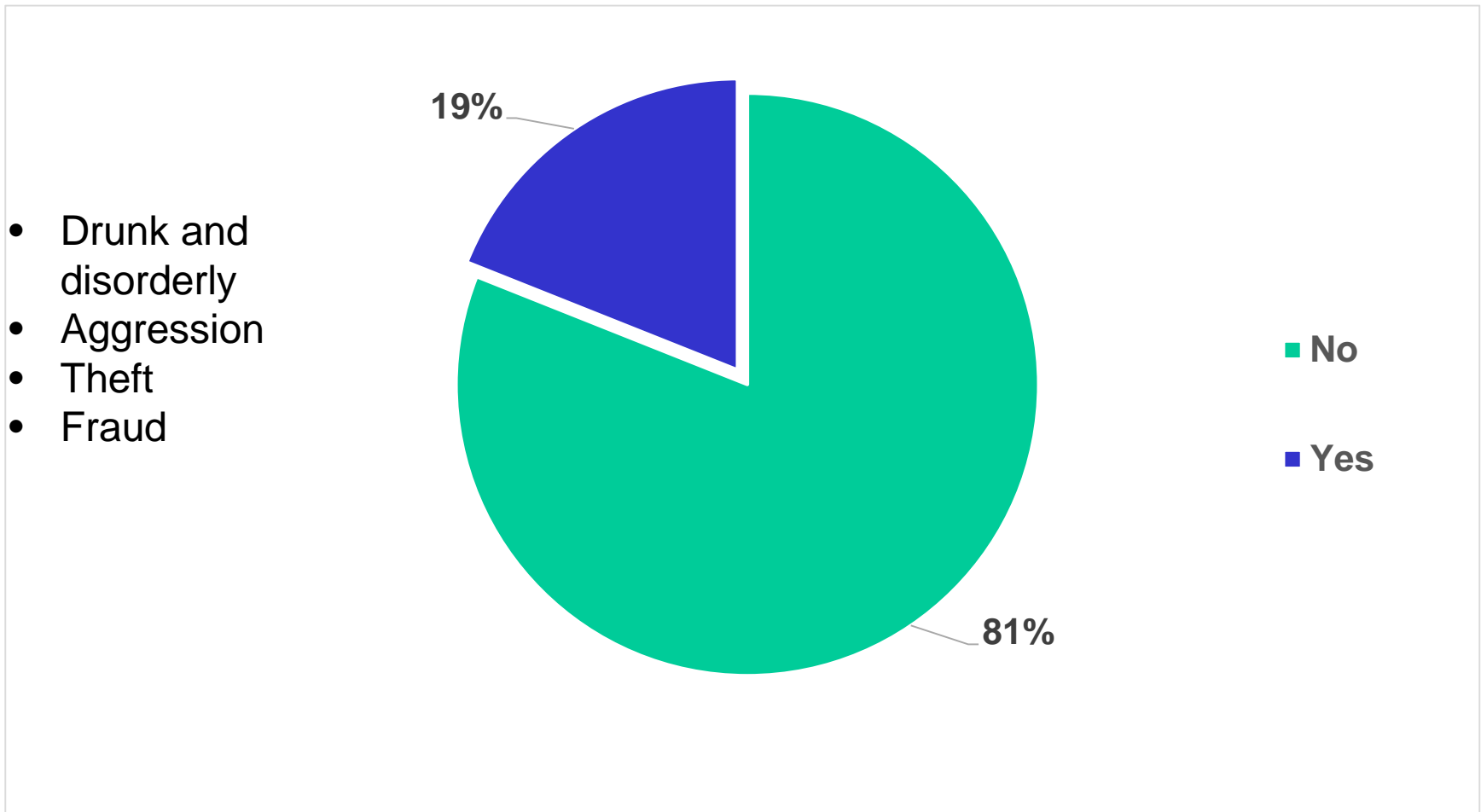
Psychiatric co-morbidity

Psychiatric comorbidity	Count	Percentage
No	28	48.28
Depressive Episode	10	17.24
Mixed Anxiety and Depression	8	13.79
Anxiety Disorder	3	5.17
Bipolar Affective Disorder	2	3.45
Obsessive-Compulsive Disorder	2	3.45
ADHD	1	1.72
Psychotic Disorder	1	1.72
PTSD	1	1.72
Asperger's Syndrome	1	1.72
Emotional Unstable Personality Disorder	1	1.72
	58	100.00

History of suicide attempts



Forensic history



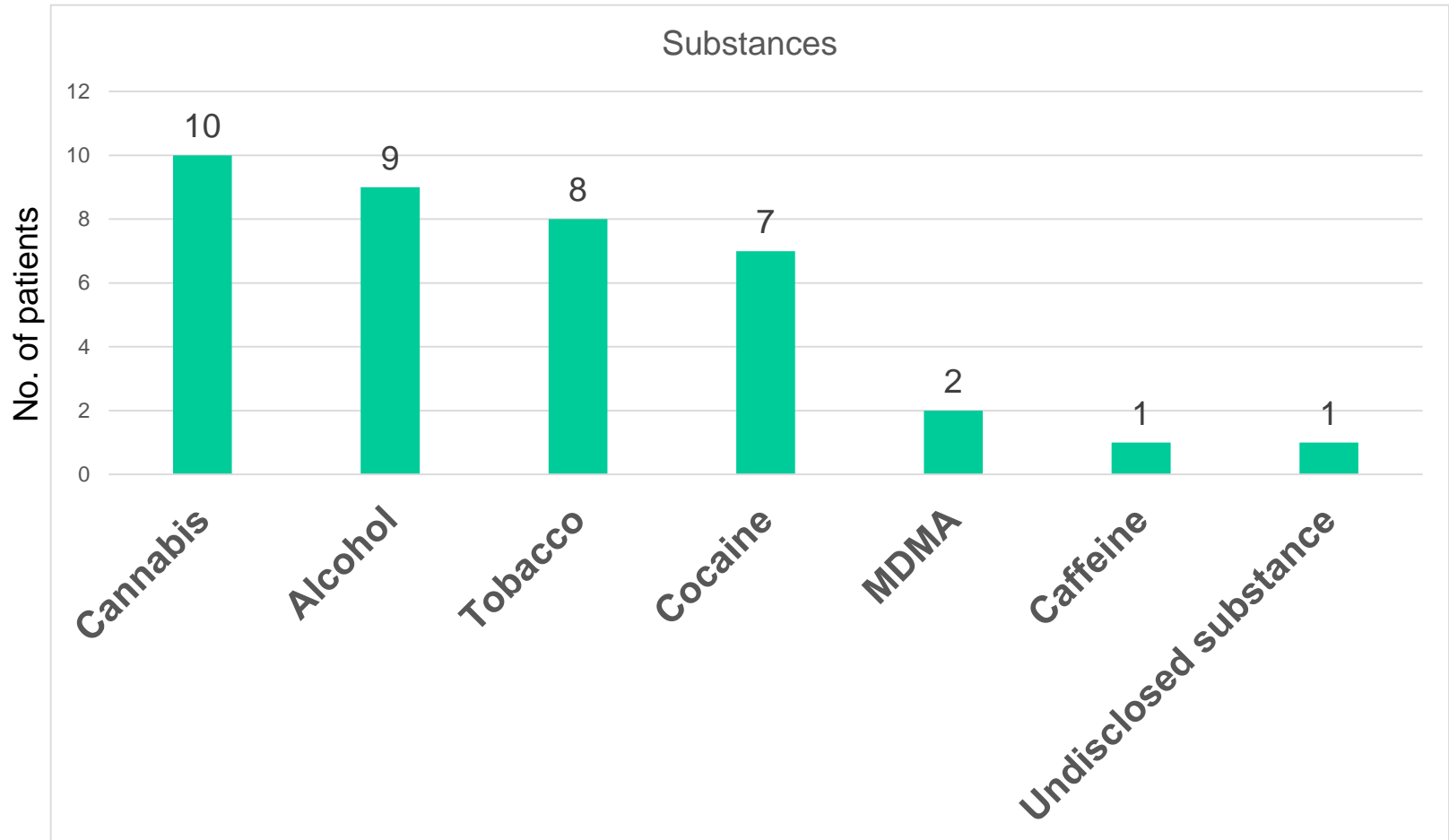
Other compulsive behaviours

- 17 %



Current substance misuse

Almost 50%



Gambling commission 2019

Context of other activities

11%

of 11-16 year olds have gambled in the past 7 days

Compared with...



16%

have drunk an alcoholic drink in the past 7 days (Base: 2,797)



7%

have used an e-cigarette in the past 7 days (Base: 2,818)



6%

have smoked a tobacco cigarette in the past 7 days (Base: 2,820)



5%

have taken illegal drugs (including cannabis) in the past 7 days (Base: 2,814)

Base for gambling participation: All 11-16 year olds (2,943).
Base for other activities defined as: All 11-16 year olds excluding those who 'prefer not to say' (base sizes shown in brackets for each activity).

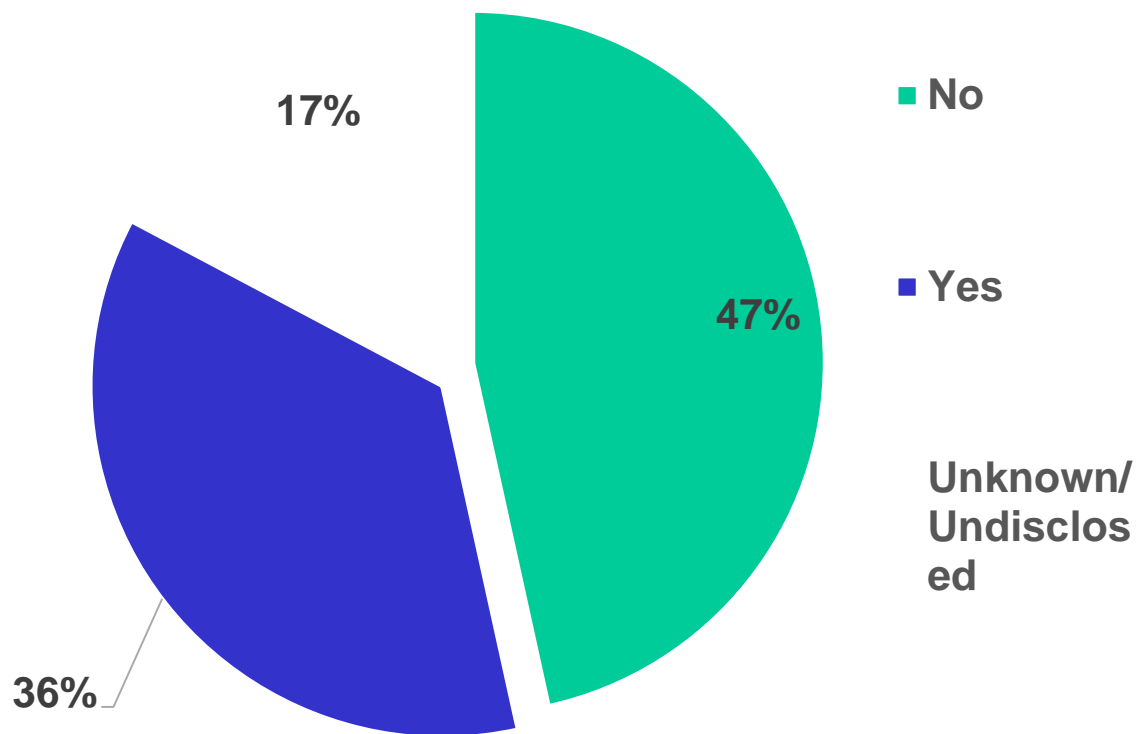
Source: Ipsos MORI
Young People Omnibus 2019
GC_GAMSPEND, GC_ACTIVITY

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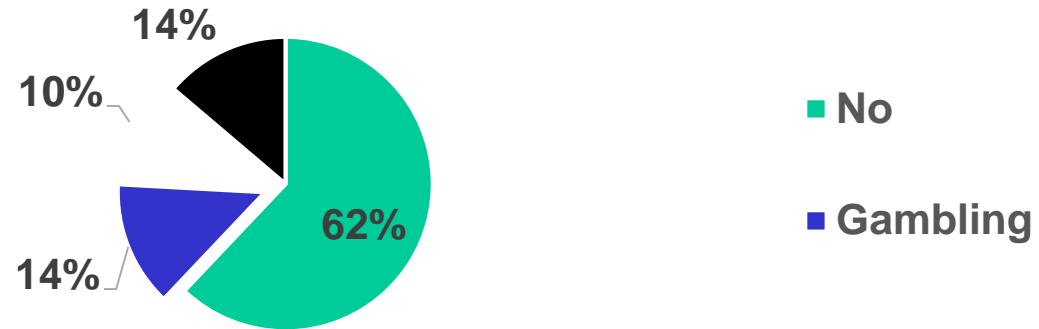


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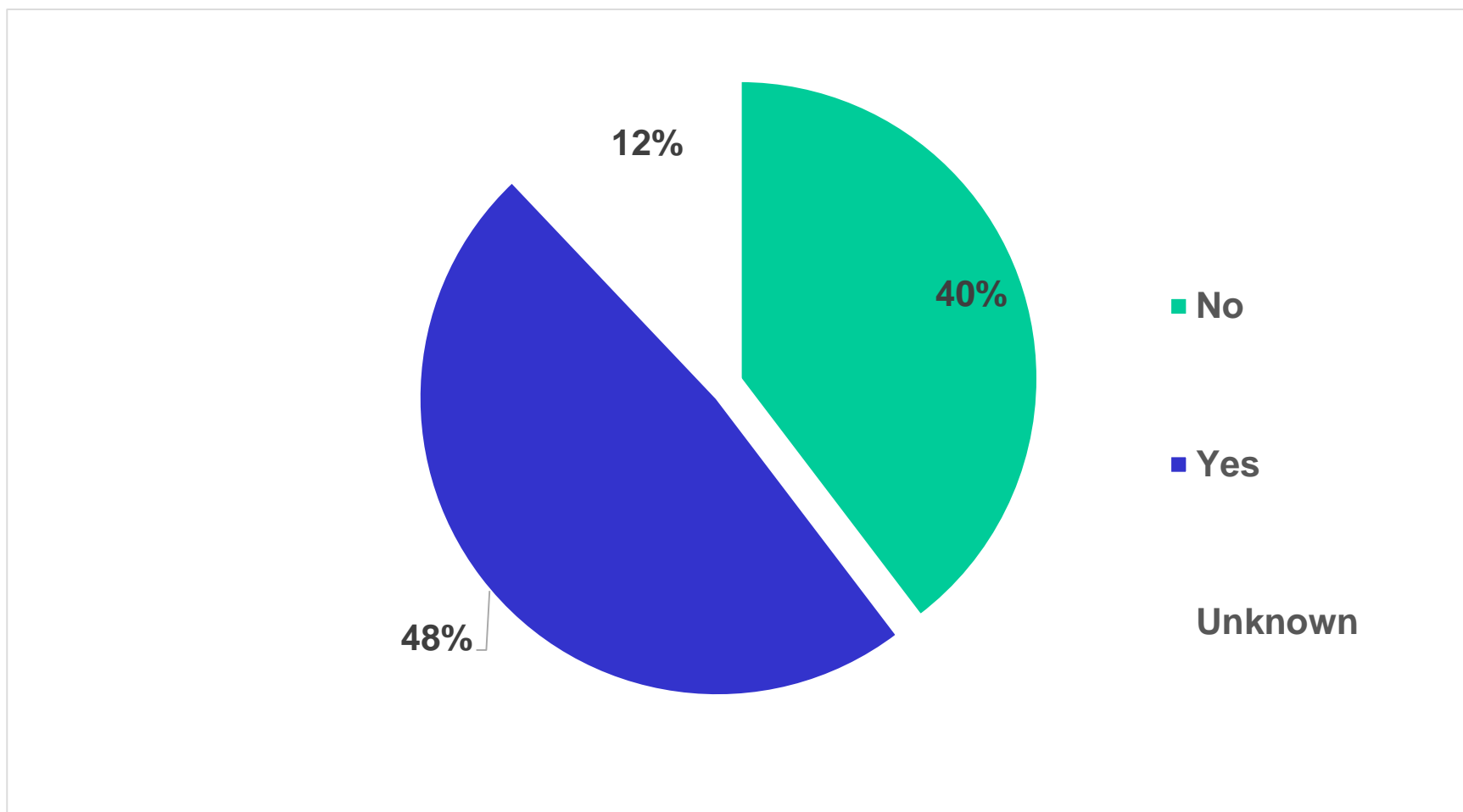
History of trauma



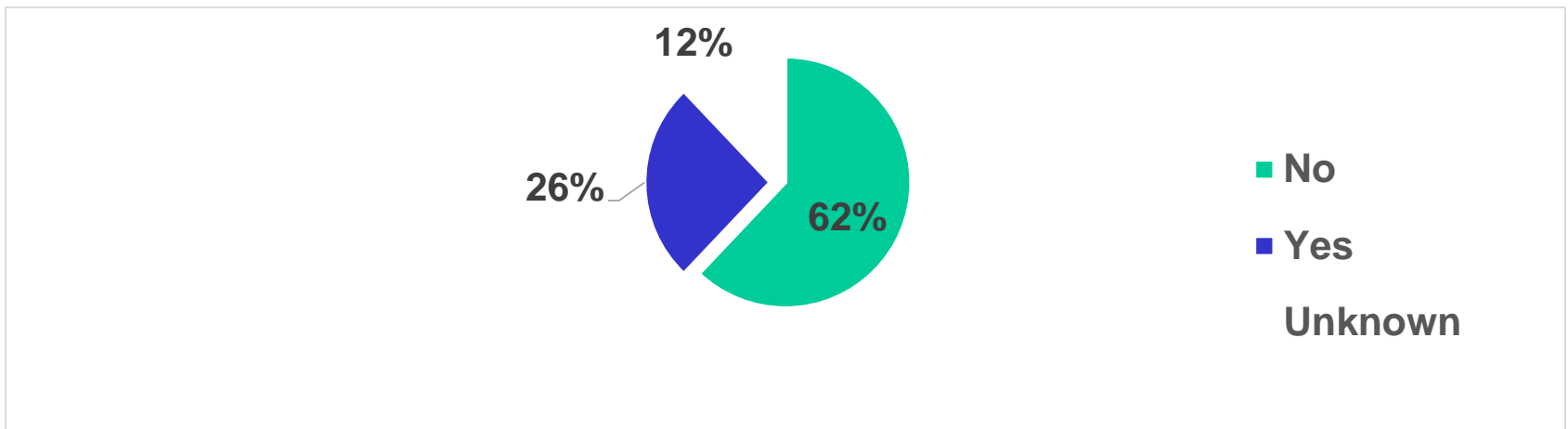
Family history of gambling



Family history of mental illness



Family history of substance misuse



Summary of findings

Sports betting was the most common type of gambling activity

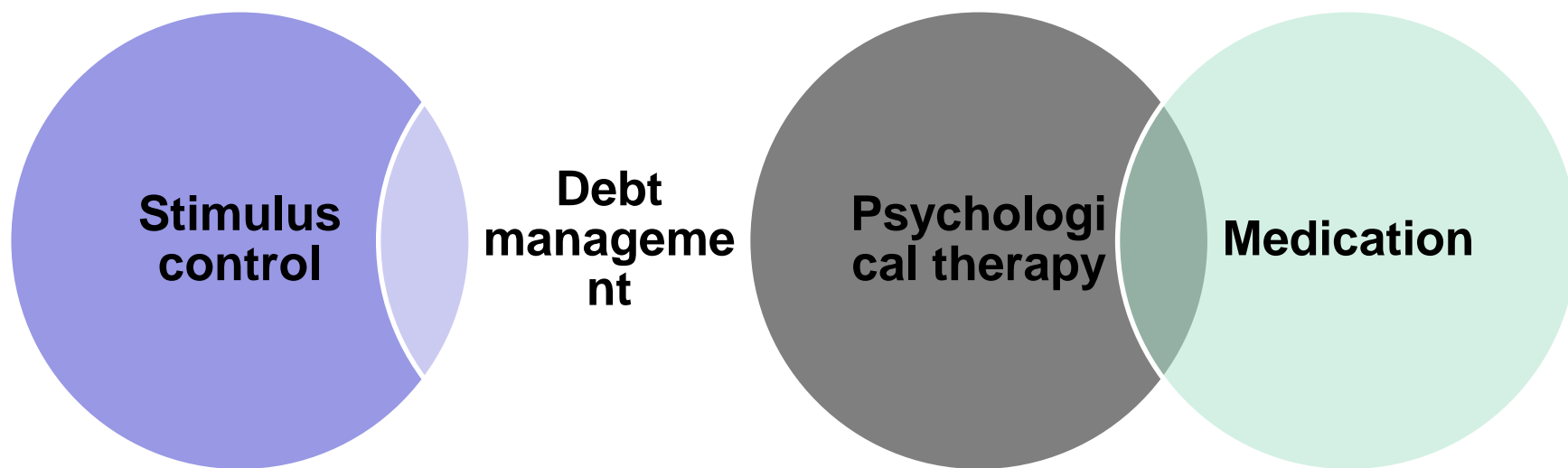
Most people gambled *online*

62% of problem gamblers had not sought any treatment before referral

Over 50% of problem gamblers had a *psychiatric co-morbidity*

19% had attempted suicide

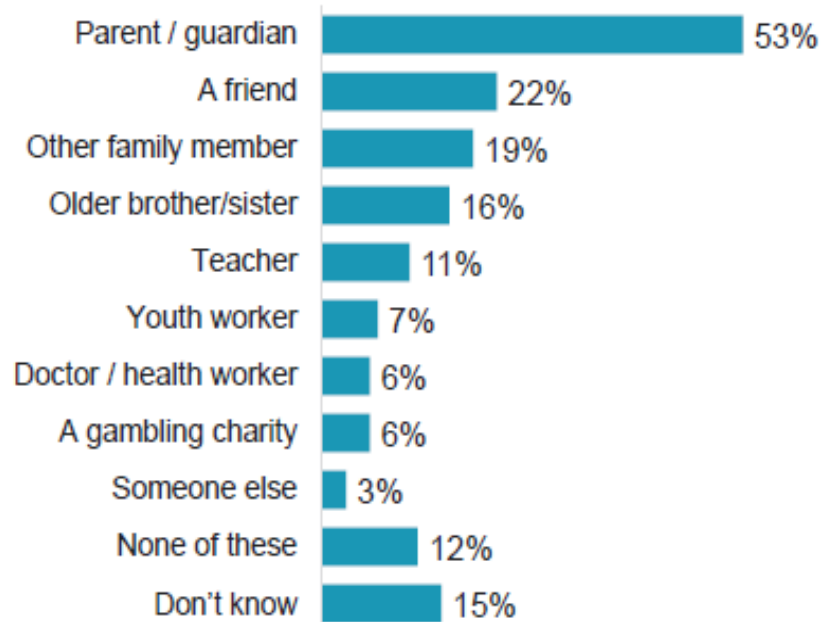
Treatment options



Gambling Commission 2019

Sources of support

And if you had problems with gambling, who would you go to for help?



74%

of 11-16 year olds
know who they would
go to for help if they
had problems with
gambling.

Base: All 11-16 year olds (2,943).

Source: Ipsos MORI
Young People Omnibus 2019
GC_HELP

Case vignette 1

- Developed tics aged 10 which result in painful muscles. **Aripiprazole** partially managed these. Cannabis helped to manage his pain and had been smoking it daily since age 15.
- Dx: ADHD (Methylphenidate XL 20mg) and Tourette Syndrome (Aripiprazole 15mg)
- Age 13, anxious about school and refusing to go and subsequently homeschooled.
- Gaming: played computer games daily and often for up to **10 hours per day** with little pause. Had large network of gaming friends from across the globe. Often played into the early hours of the morning and kept family awake.

Case vignette 1

- Stole £800 from parents over time- spent on gambling and cannabis.
- Estimated lifetime losses: £7k-£10k.
- No previous treatment sought

- Also smoking 5-6 cigarettes daily, but seldom drank alcohol.

Case vignette 1- Treatment

- Stimulus control: mother controlled finances- small sum transferred daily for food and travel.
- Gamstop
- Individual CBT: Driving factors to continue gambling: idea of winning; filling time when on a break at work or when *bored*; has something to focus on.
- Identifying new hobbies to help fill time previously spent gambling.
- Medication: **Aripiprazole stopped** and there was improved reaction time before gambling

Case Vignette 2: the sole female

- 23-year-old **female** student
- Referred from a private therapist
- Problem Gambling onset at age 19, during university
- She was looking for ways of paying her overdraft and found a **website** endorsing gambling as a way of earning money.
- At time of assessment, gambling twice a week, exclusively on online slots (reduction from previous daily gambling).

Case Vignette 2

- Described the visual and auditory experience of playing online slots as “*appealing*”
- Always felt uncomfortable when in possession of money, spending it compulsively or gambling it .
- Debt: £8000
- Estimated lifetime losses: £25,000
- Tried CBT privately, but limited response.

Case Vignette 2

- Diagnosed with **depression** and on Sertraline 175 mg.
- **Deliberate self-harm** from age 13, including frequent paracetamol overdoses and superficial lacerations of the arms. Period of restricted food intake followed by 3 years of overeating.
- **At age 15, diet pills misuse and compulsive exercise.**
- At time of assessment, binge-eating and compulsive **shopping.**
- At time of assessment, no self-harm reported and no suicidal ideation.

Case Vignette 2

- Attachment difficulties: **At age 12, her mother left home for five years to do further professional training.**
- Reported intense feelings of **abandonment** growing up.

Case Vignette 2

- No forensic history.
- No substance misuse.
- No physical health issues or allergies.
- No family history of Problem Gambling or addictions reported.
- Mother- history of depression.

Case Vignette 2- Treatment

Care plan:

- Psychodynamic therapy
- **Naltrexone treatment**
- Sertraline dose reviewed

Thank you for your attention

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