GAMBLING DISORDER IN YOUNG PEOPLE

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Dr Leena Patel NPGC
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Central and North West London
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
- Overly interested in gambling and winning 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
- Anger and frustration if they are unable to gamble
- 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

![Bar chart showing the number of patients by age range from 17 to 25 years old.]

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# Source of referral

<table>
<thead>
<tr>
<th>Referral</th>
<th>Count</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Self referral</td>
<td>43</td>
<td>74.14</td>
</tr>
<tr>
<td>Re-referral</td>
<td>4</td>
<td>6.90</td>
</tr>
<tr>
<td>Private setting</td>
<td>3</td>
<td>5.17</td>
</tr>
<tr>
<td>GP</td>
<td>2</td>
<td>3.45</td>
</tr>
<tr>
<td>Breakeven</td>
<td>1</td>
<td>1.72</td>
</tr>
<tr>
<td>AOT</td>
<td>1</td>
<td>1.72</td>
</tr>
<tr>
<td>CAMHS</td>
<td>1</td>
<td>1.72</td>
</tr>
<tr>
<td>Social worker</td>
<td>1</td>
<td>1.72</td>
</tr>
<tr>
<td>Gamcare</td>
<td>1</td>
<td>1.72</td>
</tr>
<tr>
<td>Army senior officer</td>
<td>1</td>
<td>1.72</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>58</strong></td>
<td><strong>100.00</strong></td>
</tr>
</tbody>
</table>
Types of gambling activity

- Sports: 30
- Horse: 4
- Roulette: 14
- Slots: 7
- FOBTs: 17
- Poker: 4
- Blackjack: 3
- Other...: 10
- Other: 5
Gambling activity tried first

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

- Fruit or slot machines: 23%
- Placing a private bet for money: 13%
- Playing cards for money with friends: 10%
- Bingo at somewhere other than a bingo club: 9%
- National Lottery scratchcards which you bought in a shop: 6%
- Personally placing a bet at a betting shop: 3%
- Lotto (the main National Lottery draw): 3%
- Bingo at a bingo club: 3%

Comparison to 2018:
- Fruit or slot machines: 24%
- Placing a private bet for money: 15%
- Playing cards for money with friends: 9%
- Bingo at somewhere other than a bingo club: 13%
- National Lottery scratchcards which you bought in a shop: 9%
- Personally placing a bet at a betting shop: 3%
- Lotto (the main National Lottery draw): 2%
- Bingo at a bingo club: 3%

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

- Online: 42
- Bookmakers: 27
- Casino: 11
- Other: 2

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Duration of problem gambling

No. of patients

- Up to 2: 16
- 2 to 4: 18
- 4 to 6: 12
- 6 to 8: 10
- 8 to 10: 2

Years

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## Psychological treatment delivered at NPGC YP

<table>
<thead>
<tr>
<th>Type</th>
<th>No. of patients</th>
</tr>
</thead>
<tbody>
<tr>
<td>Psychodynamic</td>
<td>4</td>
</tr>
<tr>
<td>Group CBT</td>
<td>15</td>
</tr>
<tr>
<td>Individual CBT</td>
<td>39</td>
</tr>
</tbody>
</table>

No. of patients
## Psychiatric co-morbidity

<table>
<thead>
<tr>
<th>Psychiatric comorbidity</th>
<th>Count</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>No</td>
<td>28</td>
<td>48.28</td>
</tr>
<tr>
<td>Depressive Episode</td>
<td>10</td>
<td>17.24</td>
</tr>
<tr>
<td>Mixed Anxiety and Depression</td>
<td>8</td>
<td>13.79</td>
</tr>
<tr>
<td>Anxiety Disorder</td>
<td>3</td>
<td>5.17</td>
</tr>
<tr>
<td>Bipolar Affective Disorder</td>
<td>2</td>
<td>3.45</td>
</tr>
<tr>
<td>Obsessive-Compulsive Disorder</td>
<td>2</td>
<td>3.45</td>
</tr>
<tr>
<td>ADHD</td>
<td>1</td>
<td>1.72</td>
</tr>
<tr>
<td>Psychotic Disorder</td>
<td>1</td>
<td>1.72</td>
</tr>
<tr>
<td>PTSD</td>
<td>1</td>
<td>1.72</td>
</tr>
<tr>
<td>Asperger's Syndrome</td>
<td>1</td>
<td>1.72</td>
</tr>
<tr>
<td>Emotional Unstable Personality Disorder</td>
<td>1</td>
<td>1.72</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>58</td>
<td>100.00</td>
</tr>
</tbody>
</table>
History of suicide attempts

- No: 81%
- Yes: 19%

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Forensic history

- Drunk and disorderly
- Aggression
- Theft
- Fraud

81% No
19% Yes
Other compulsive behaviours

- 17%

No. of patients

- OCD-related behaviours: 1
- Cleaning: 1
- Shopping: 1
- Exercise: 1
- Social media: 1
- Binge eating: 2
- Sex: 2
- Gaming: 3

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Current substance misuse

Almost 50%

Substances

<table>
<thead>
<tr>
<th>Substances</th>
<th>No. of patients</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cannabis</td>
<td>10</td>
</tr>
<tr>
<td>Alcohol</td>
<td>9</td>
</tr>
<tr>
<td>Tobacco</td>
<td>8</td>
</tr>
<tr>
<td>Cocaine</td>
<td>7</td>
</tr>
<tr>
<td>MDMA</td>
<td>2</td>
</tr>
<tr>
<td>Caffeine</td>
<td>1</td>
</tr>
<tr>
<td>Undisclosed substance</td>
<td>1</td>
</tr>
</tbody>
</table>
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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History of trauma

- Yes: 47%
- No: 36%
- Unknown/Undisclosed: 17%
Family history of gambling

- No: 62%
- Gambling: 14%
Family history of mental illness

- No: 48%
- Yes: 40%
- Unknown: 12%
Family history of substance misuse

- 62% Yes
- 26% Unknown
- 12% No
Summary of findings

- Sports betting was the most common type of gambling activity.
- Most people gambled online.
- Over 50% of problem gamblers had a psychiatric co-morbidity.
- 19% had attempted suicide.
- 62% of problem gamblers had not sought any treatment before referral.

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Treatment options

- Stimulus control
- Debt management
- Psychological therapy
- Medication
Gambling Commission 2019

Sources of support

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

- Parent / guardian: 53%
- A friend: 22%
- Other family member: 19%
- Older brother/sister: 16%
- Teacher: 11%
- Youth worker: 7%
- Doctor / health worker: 6%
- A gambling charity: 6%
- Someone else: 3%
- None of these: 12%
- Don’t know: 15%

74% of 11-16 year olds know who they would go to for help if they had problems with gambling.

Source: Ipsos MORI
Young People Omnibus 2019
GC_HELP

NHS Foundation Trust
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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