

Appendices

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Gambling: what do you think? (Questionnaire)

Age

Male

Female

There are 10 questions. Please think about each question and answer as much of the question as you can. Don't worry if you can't think of an answer: just fill in whatever you can. Thank you!

1 Write down a few words that come into your head when you think about the word 'gambling'

2 What types of gambling have you heard about?

3 At what age do you think you are allowed to gamble?

4 Why do you think some people choose to gamble?

5 Why do you think some people choose not to gamble?



Gambling: what do you think?

(Questionnaire responses)

Responses were received from young people in the following locations:

- Adolescent Behaviour Unit, Douglas, Isle of Man
- Arnold School, Blackpool
- Baliol, North Yorkshire Residential Special School, Sedbergh
- Ballakermeen High School, Douglas, Isle of Man
- Carisbrooke High School, Isle of Wight
- Castle Rushen High School, Castletown, Isle of Man
- Clifford Holroyde Centre of Expertise, Liverpool
- Cowes High School, Isle of Wight
- Cullompton Community College, Devon
- Exmouth Community College, Devon
- Lavington School, Wiltshire
- Loughborough High School, Leicestershire
- Firrhill High School, Edinburgh
- Foulstone School, Barnsley
- Harrogate and Area Pupil Support Centre
- Montgomery High School, Blackpool
- Plant Hill Arts College, Manchester
- Redmoor High School, Hinkley, Leicestershire
- Ripon College, Ripon
- Ryde High School, Isle of Wight
- Queen Elizabeth II High School, Peel, Isle of Man
- Ramsey Grammar School, Isle of Man
- Rhymney Comprehensive, Caerphilly
- Selby High School, Selby, North Yorkshire
- Scarborough Pupil Referral Unit
- St Augustine's School, Scarborough
- St Luke's Sports and Science College, Exeter, Devon
- St Ninian's Lower School, Douglas, Isle of Man
- Streetwise Youth Project, Newcastle

Total questionnaires received and analysed: **2,576**

Total analysed: age/gender/totals per age group:

- 10: [m 4; f 1]: 5
- 11: [m 60; f 80]: 140
- 12: [m 199; f 250]: 449
- 13: [m 280; f 347]: 627
- 14: [m 299; f 342]: 641
- 15: [m 246; f 298]: 544
- 16: [m 79; f 76]: 155
- 17: [m 3; f 3]: 6
- 18: [m 1; f 2]: 3
- 22: [m 1]: 1
- Males 1,172
- Females 1,399
- Not stated: 5

Total: 2,576

(Questionnaire responses) continued**Adolescent Attitudes Towards gambling****Method**

2576 adolescents (1172 males and 1399 females; 5 not stated) from 29 educational settings from across the country participated in a short survey of attitudes toward gambling. The vast majority of the sample was aged between 11 years and 16 years ($n = 2562$) with an average mean age of 13.5 years. The educational settings were selected opportunistically but covered many parts of the country including Devon, Leicestershire, Yorkshire, Northumbria, Cumbria, Lancashire, Wiltshire, Scotland, Wales, the Isle of Wight and the Isle of Man. All participants were asked to fill out a short questionnaire and provide their own free recall answers. As all participants could write down as much or as little as they liked, many response sheets contained multiple answers.

Question 1: Write down a few words that come into your head when you think about the word 'gambling'.

The most reported answers by the participants were:

| | |
|---|-------|
| The winning of prizes or money | (87%) |
| The name of a particular type of gambling (eg, roulette, lottery) | (84%) |
| That gambling can lead to something bad (eg, crime, homelessness, debt) | (41%) |
| A particular gambling venue (eg, casino, betting shop, arcade) | (32%) |
| A particular location associated with gambling (eg, Las Vegas, Blackpool) | (15%) |
| Another word to describe 'gambling' (eg, betting, punt, a flutter) | (14%) |

Question 2: What types of gambling have you heard about?

The most reported answers by the participants were:

| | |
|--------------------------|--------|
| Poker | (48%) |
| Non-poker card games | (44%) |
| Horse race betting | (43%) |
| Slot machines | (41%) |
| Casinos | (21%) |
| Lotteries | (21%) |
| Roulette | (18%) |
| Sports betting | (16%) |
| Dog racing | (12%) |
| Arcade games (non-slots) | (7%) |
| Bingo | (5%) |
| Internet gambling | (5%) |
| Bookmakers | (3.5%) |
| Scratchcards | (3%) |

Question 3: At what age do you think you are allowed to gamble?

The most reported answers by the participants were:

| | |
|--|-------|
| 18 years old | (62%) |
| 18 years to gamble generally, 16 years old for lottery | (19%) |
| 16 years old | (15%) |
| 21 years old | (8%) |
| Any age | (5%) |

Question 4: Why do you think some people choose to gamble?

The most reported answers by the participants were:

| | |
|---|-------|
| To win money | (68%) |
| For fun, enjoyment | (21%) |
| For excitement, the buzz, adrenaline rush | (13%) |
| Because they are addicted | (11%) |
| Because they don't have enough money | (9%) |
| Because they are bored | (5%) |

Question 5: Why do think some people choose not to gamble?

The most reported answers by the participants were:

| | |
|---------------------------------|-------|
| To avoid debt | (55%) |
| The fear of becoming addicted | (23%) |
| Because it is too risky | (14%) |
| Because it is a sin | (9%) |
| Because you are unlikely to win | (8%) |
| Because it is not enjoyable | (4%) |

Question 6: What do you think about people who gamble?

The most reported answers by the participants were:

| | |
|---|-------|
| They are stupid (confused, gullible, "dickheads") | (23%) |
| It's up to the individual ("It's their choice, who am I to judge?") | (14%) |
| They are bad people (eg, liars, cheats, dossers, etc) | (9%) |
| They have exciting lives (eg, live on the edge, they rock, cool) | (8%) |
| It's OK in moderation/if not addicted | (7%) |
| They are OK/normal everyday people | (6%) |
| Feel sorry for them | (4%) |
| They are wealthy | (4%) |

Question 7: What might be some of the problems that could happen because of gambling?

The most reported answers by the participants were:

| | |
|-----------------------------|-------|
| Debt/losing money | (64%) |
| Addiction/obsession | (27%) |
| Losing everything they have | (22%) |
| Crime | (5%) |
| Relationship problems | (6%) |

Question 8: How would you know if a friend had a problem with their gambling?

The most reported answers by the participants were:

| | |
|---|-------|
| They would always have no money/borrowing money | (55%) |
| Because they are always gambling | (30%) |
| They would suffer mood swings | (7%) |
| They would tell me | (5%) |

Question 9: What could you do to help a friend who had a problem with their gambling?

The most reported answers by the participants were:

| | |
|--|-------|
| Block gambling behaviours (freeze money, self-exclusion) | (28%) |
| Advise them to seek professional help | (15%) |
| Engage them in other non-gambling activities | (15%) |
| Educate them about gambling | (13%) |
| Give them money | (5%) |
| Tell someone (parent, teacher) | (4%) |
| Support them/talk to them | (4%) |

Note:

Tacade, RIGT and Nottingham Trent University would like to thank all the young people who completed the questionnaires, plus their teachers and youth workers for organising the completion.

Types of gaming machine

There are basically three types of gaming machine (all of which are potentially addictive). These are:

Amusement With Prize (AWP) machines:

These are commonly known as 'fruit machines' and are found on many premises including pubs, cafes, amusement arcades, motorway service stations, cinema foyers etc. Fruit machines have no legal restrictions although many premises have voluntary restrictions ('No under 18s', 'No under 16s', 'Children must be accompanied by an adult' etc). There are also 'all cash' fruit machines (most commonly found in pubs and betting shops) where players must be over 18 years of age to participate.

Jackpot machines:

These are almost identical to fruit machines but have bigger initial stakes and much bigger pay outs. These are found in registered clubs which have a gaming license and players must be over 18 years of age.

Fixed-odds betting terminals (FOBTs):

Introduced into betting shops very recently, FOBTs offer gamblers a new gaming machine experience. These 'touch-screen' terminals, similar in look to quiz machines familiar in pubs and clubs, offer a number of games, roulette being the most popular. With maximum prizes of £500 with each spin of the roulette wheel, payouts far exceed that of traditional fruit machines. The experience of playing an FOBT is a little like combining the experience of a fruit machine with traditional casino games, teaming the relatively rapid speed of play found on a fruit machine with the higher payouts and more flexible stakes of roulette.

Videogame machines and other electronic machines:

These machines are unlicensed and can be found on many premises just like AWP. They can take the form of videogames, trivia machines, pinball machines etc, but are not gambling machines.



DSM-IV-J Questions for problem fruit machine playing

If a person answers 'yes' to four or more of the following they may be problem fruit machine players:

- (1) Do you find yourself thinking about fruit machines at odd times of day and/or planning the next time that you will play?
- (2) Do you find you need to spend more and more money on playing fruit machines?
- (3) Do you become restless, tense, fed up, or bad tempered when trying to cut down or stop playing fruit machines?
- (4) Do you play fruit machines as a way of escaping your problems?
- (5) After spending money on fruit machines do you play again another day to try and win your money back (more than half the time)?
- (6) Do you lie to your family or friends to hide how much you play fruit machines?
- (7a) In the past year have you spent your school dinner money, or money for bus or train fares, on fruit machines? (and/or)
- (7b) In the past year have you taken money from someone you live with, without their knowing, to play fruit machines (and/or)
- (7c) In the past year have you stolen money from outside the family, or shoplifted, to play fruit machines?
- (8a) Have you fallen out with members of your family, or close friends, because of playing fruit machines? (and/or)
- (8b) In the past year have you missed school to play fruit machines (five times or more)?
- (9) In the past year have you gone to somebody for help with a serious money worry caused by playing fruit machines?

Note:

Taken from: Fisher, S. E. (1992). Measuring pathological gambling in children: The case of fruit machines in the U.K. *Journal of Gambling Studies*, 8, 263-285.



Self-help guide for young gamblers: strategies for change

The following are some practical steps to help you overcome a problem with gambling.

Tell someone

- Talk to someone that you trust (eg, friend, family member, probation officer, treatment professional etc)
- Don't run away from your problems. Take responsibility for your actions and start addressing the problems whatever they are (debt, deceit, criminal activity, relationship problems etc). Be honest firstly with yourself, then with other people.

Practical steps

- Stop all gambling while trying to overcome your problem gambling.
- Get professional help. For instance, counselling provides a confidential way to talk over all your worries and problems.
- If possible join a self-help group. Talking to others in a similar position to yourself can be incredibly supportive.
- Record your feelings in a diary. If you have avoided gambling, write down how you are feeling and how you have coped. If you have been unable to stop gambling, write down the events that led up to the gambling episode(s). Record your feelings before, during and after.
- Look for patterns in your behaviour. Do you gamble out of boredom? Do you gamble because you feel stressed or under pressure? Do you gamble after family arguments? Write these in your diary.
- Record each day that you do not gamble on a calendar. This provides an easy to see visual marker of your progress. If you have a 'slip', use the calendar to see how long you abstained. Set a target to beat that number.

Money

- Manage your money. If you have a cash point card, then cut it up or give it to someone you trust to look after it for you.
- Ask someone you trust to handle your money for an agreed period of time. When the time is up, review whether you are ready to retake control of your finances.

Managing change

- Give yourself a reward after a period free from gambling by spending some of the money you have saved on yourself. Buy something personal and unrelated to gambling. Take a friend with you if you are uncomfortable about handling money.

- Take one day at a time as this will make it easier to break your gambling habit.

Distractions

- Be prepared to get withdrawal symptoms. For instance, you get hot and cold sweats, palpitations, feel shaky and/or feel unusually moody, irritable and depressed.
- When you get the urge to gamble, talk to someone and/or find something to distract you until the urge subsides.
- Increase your range of other interests, especially those that involve other people. Try to do things with friends and family who are not gamblers.
- A gambling dependency must be replaced by activities and interests that meet similar needs. You could try sports or other competitive and risk-taking activities (eg, outdoor pursuits, bungee jumping, football etc)

Be positive

- The key to stopping your gambling is to ensure that any change is manageable and realistic. Each goal that you achieve will help you grow in confidence and self-esteem. This will also provide the incentive to reach your next goal.
- If you have a 'slip', do not punish yourself. Stopping a gambling dependency is very difficult. Instead, reflect on your 'slip' and think about what you have learned from it.
- Be optimistic. Almost everyone can overcome a gambling dependency and go on to lead a normal life. Some gamblers find it impossible to go back to gambling without losing control, whilst others at a later stage are able to return to controlled gambling.

Note:

Adapted from the GamCare leaflets 'A sure bet? Self-help guide for young gamblers' and 'Easy come, easy go? Self-help guide for problem gamblers'

Practitioner interventions for gambling dependency

The following guidelines may be used as a resource in which to provide effective help for the problem gambler. They are drawn from a range of practical approaches. To be effective, there needs to be absolute honesty and a degree of genuine motivation by the gambler. It also needs the mutual acceptance and agreement of all tasks and targets.

(1) Understand the issues

Gain what knowledge you can (positive or negative) about the issues of gambling.

(2) Structure change

Adapt a method of changing behaviour you have used with other problems (eg alcohol and drug problems), or develop one that is realistic and attainable.

(3) Assess the problem

A thorough assessment is needed to ascertain what the problem is, whose problem it is, and how much is 'owned' by the gambler (ie, does the gambler accept and take responsibility for their problem?).

(4) Offer counselling

High quality counselling may be beneficial for the gambler both on a one-to-one basis and involving others in group therapy (eg, family).

(5) Develop trust

It is important to develop a trusting relationship between yourself and the gambler, and between the family and peers of the gambler.

(6) Build self-esteem

The gambler's self-esteem will almost certainly be low and will need sensitive handling.

(7) Provide support

Establish effective support systems for the gambler to call upon (eg, a network of support involving family and friends, and an inter-agency network).

(8) Manage finances

Debt counselling will almost certainly be needed, and the control and accountability of all money may be required. If mutually agreed, it can help a gambler initially if a trusted friend or family member holds finances until the gambler's confidence in managing money is restored.

(9) Develop interests

Dependency on gambling must be replaced by a range of activities and interests that will meet similar needs. Often sports, or activities which have a strong

element of risk or competition are appropriate (eg, football, outdoor pursuits).

(10) Measure progress

Throughout the process of working with the gambler, assess and measure their progress. If you mutually agree tasks or a contract, progress is easy to see.

Note:

Adapted from the GamCare leaflet 'Interventions for gambling dependency: A guide for practitioners or those supporting a problem gambler' Originally taken from 'Working with Young Problem Gamblers' by Paul Bellringer (1999)

