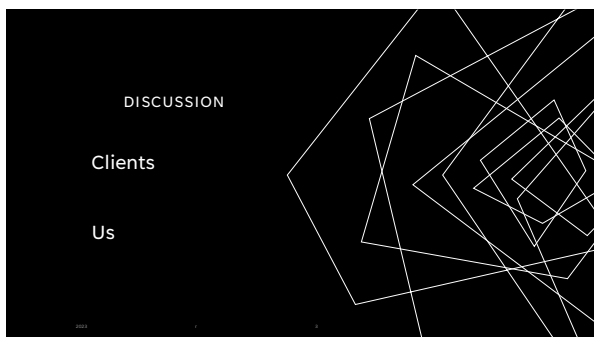


ASSESSING CHANGE:
MEASUREMENT-BASED CARE IN GAMBLING TREATMENT
Heather Chapman, Ph.D. ICGCII BACC

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2



3

CLIENT FACTORS

4

WHAT WE KNOW ABOUT TREATMENT DISCONTINUATION?

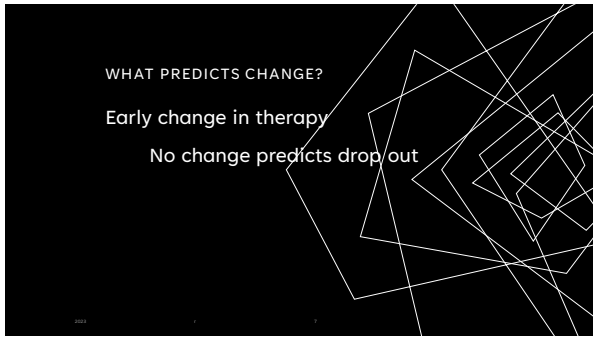
YOUNGER AGE
LOWER EDUCATION
NOT BEING READY TO CHANGE GAMBLING
PROBLEM GAMBLING SEVERITY
LONGER TIME SPENT ON WAITING LIST
FEWER CLOSE SOCIAL RELATIONSHIPS

5

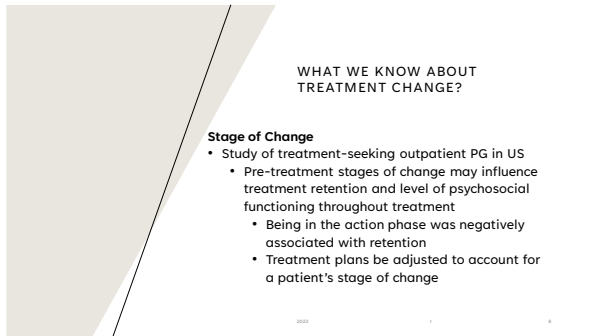
WHAT WE KNOW ABOUT TREATMENT DISCONTINUATION?

- A 2015 study on the role of personality in CBT treatment found that the following characteristics predicted dropout:
 - **Sensation seeking** (seeking excitement and novelty)
 - **Impulsivity** (act without thinking)
 - **Neuroticism** (emotional stress, tension, low self-confidence, and sensitivity to criticism)

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9

DISCUSSION

How do you determine client needs?
 What is your practice or method?

10

RECREATIONAL GAMBLING

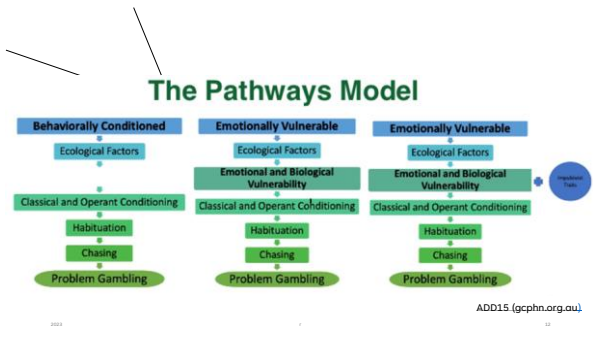
PROBLEM GAMBLING

HIGH RISK OR GAMBLING DISORDER

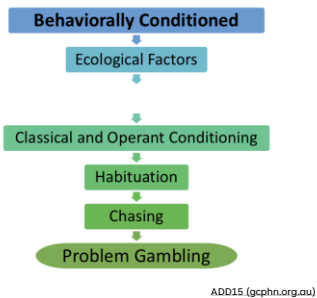
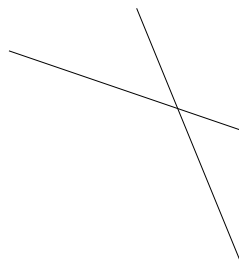
RELAPSE PREVENTION

GAMBLING TIMELINE

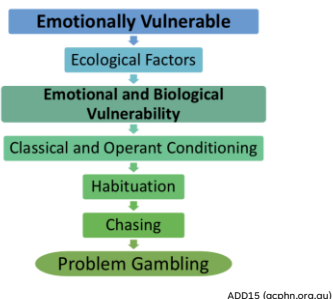
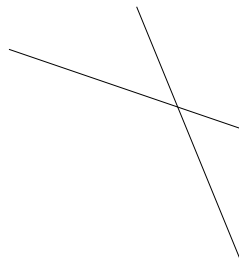
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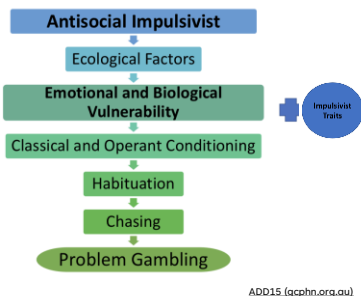
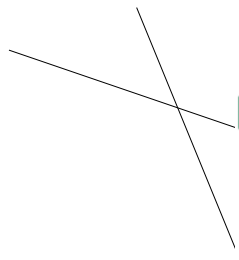
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EVIDENCED BASED CARE

- CBT, MI, Mindfulness, MAT
- Treatment Model
 - (Group, Individual, Cohort)
- Length of Care
- Connection to GA, self-help

16

MEASUREMENT BASED CARE

MBC is a powerful tool to help you and client identify targets, determine progress, and make adjustments to treatment plan over time.

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MEASUREMENT BASED CARE

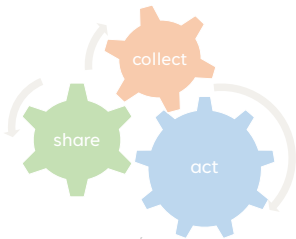
MBC is not:

- Program evaluation
- Provider evaluation
- A replacement of clinical judgement.

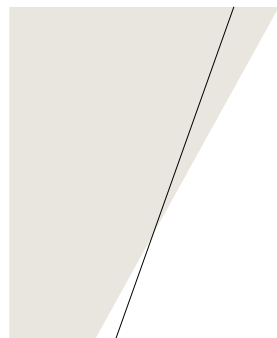
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MEASUREMENT BASED CARE



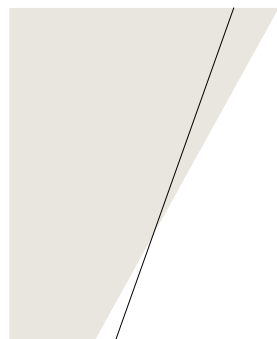
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COLLECT

CLIENT-REPORTED OUTCOME MEASURES
ROUTINELY AS PART OF CARE

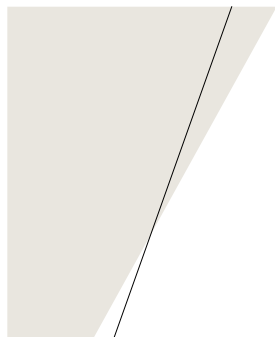
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SHARE

SHARE RESULTS WITH CLIENT
IN A TIMELY MANNER

21



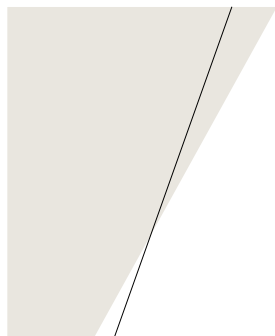
ACT

HAVE A MEANINGFUL CONVERSATION TO ASSESS PROGRESS

INFORM JOINT DECISION MAKING AND TREATMENT-PLANNING

2023 7 20

22

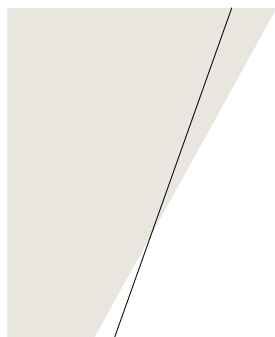


WHY DO WE MEASURE PROGRESS?

- MEASUREMENT BASED CARE:
- Accurate information as to client progress
 - Improves outcomes
 - Improves effectiveness
 - Formalizing a system to gather data improves outcomes by 30%

2023 7 23

23



HOW DO WE MEASURE PROGRESS?

- OBJECTIVE MEASURES
- Decrease dropout
 - Continue motivation drive
 - Catches who are getting worse
 - How things are is more salient than how things were

2023 7 24

24

HOW CAN CHANGE BE MEASURED?

Gambling specific outcome measures

Non-gambling outcome measures

2022 2023 2024 2025

25

HOW CAN CHANGE BE MEASURED?

Gambling specific outcome measures

- Abstinence
- Relapse
- Controlled gambling
 - Reduced time and money spent
 - No adverse consequences

2022 2023 2024 2025

26

HOW CAN CHANGE BE MEASURED?

Gambling specific outcome measures

- Gambling symptoms
- Gambling severity
- Frequency of gambling
 - Days gambled
 - Binge gambling
 - Heavy gambling
- Duration of gambling
 - Hours/minutes over past week or month

2022 2023 2024 2025

27

HOW CAN CHANGE BE MEASURED?

Gambling specific outcome measures

- Gambling symptoms
- Gambling severity
- Monetary expenditure over specific time
 - Total wagered
 - Net losses
 - Amount gambled on primary form
 - Money planned to gamble

28

HOW CAN CHANGE BE MEASURED?

Gambling specific outcome measures

- Time line follow-back

29

HOW CAN CHANGE BE MEASURED?

Non gambling outcome measures

- Depression
- Anxiety
- Wellbeing
- Quality of life

30

HOW CAN CHANGE BE MEASURED?

Measures:

- Quality of Life Inventory
- Work and Social Adjustment Scale
- Global Assessment of Functioning Scale
- Short Form Health Survey
- Beck Depression Inventory
- Beck Anxiety Inventory

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HOW CAN CHANGE BE MEASURED?

Measures:

- South Oaks Gambling Screen
- DSM-5
- Canadian Problem Gambling Inventory

32

HOW CAN CHANGE BE MEASURED?

Measures:

- Gambling Symptom Assessment Scale
- Addiction Severity Index Problem Gambling
- Yale-Brown Obsessive Compulsive Scale for PG

33

HOW CAN CHANGE BE MEASURED?

Measures:

- Gambling Beliefs Questionnaire
- Gambling Related Cognitions Scale
- Inventory of Gambling Situations

34

34

HOW CAN CHANGE BE MEASURED?

Measures:

- Timeline Followback
- Gambling Abstinence Self-efficacy Scale

35

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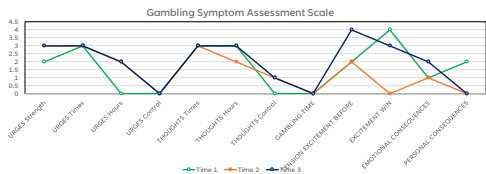
PUTTING IT ALL TOGETHER

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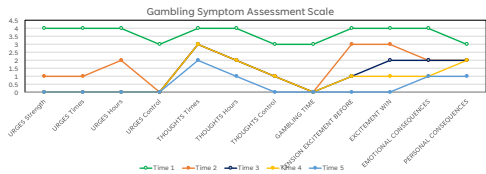
MEASUREMENT BASED CARE



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MEASUREMENT BASED CARE



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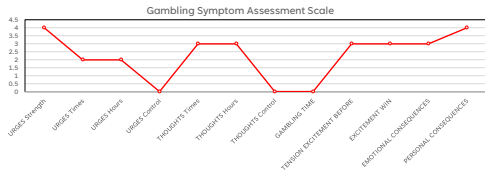
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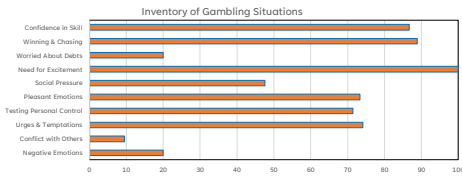
MEASUREMENT BASED CARE



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MEASUREMENT BASED CARE

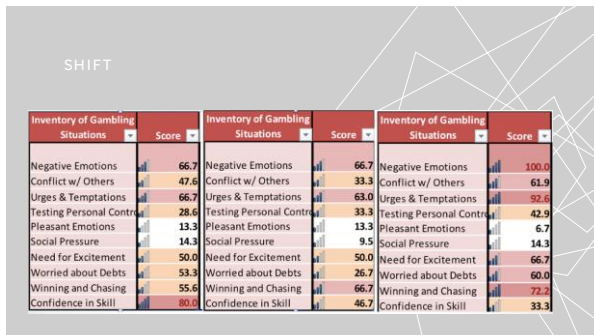


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SHIFT

Gambling Related Cognition Scale		Gambling Related Cognition Scale		Gambling Related Cognition Scale	
Total Score:	13.23	Total Score:	16.12	Total Score:	13.75
Gambling expectancies	2.50	Gambling expectancies	4.75	Gambling expectancies	4.50
Illusion of control:	1.00	Illusion of control:	1.00	Illusion of control:	1.25
Predictive control:	1.33	Predictive control:	1.17	Predictive control:	1.00
Inability to stop:	5.40	Inability to stop:	6.20	Inability to stop:	6.00
Interpretive bias:	3.00	Interpretive bias:	3.00	Interpretive bias:	1.00

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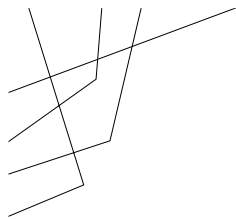
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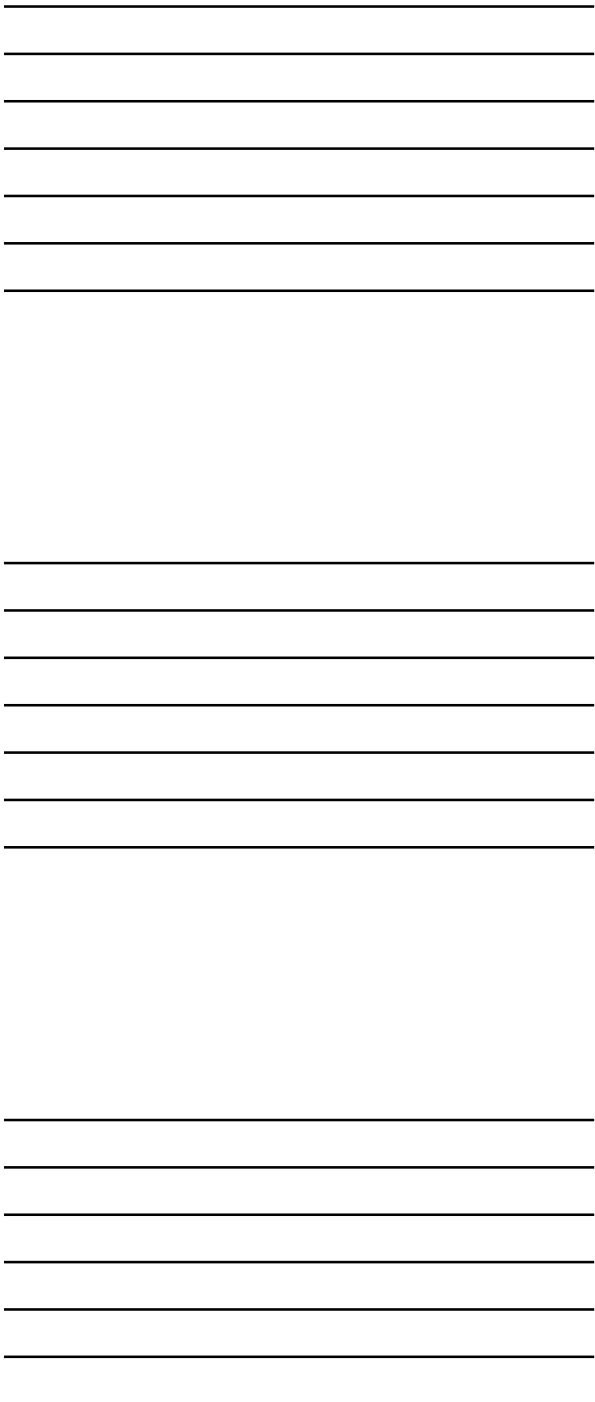
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THANK YOU

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