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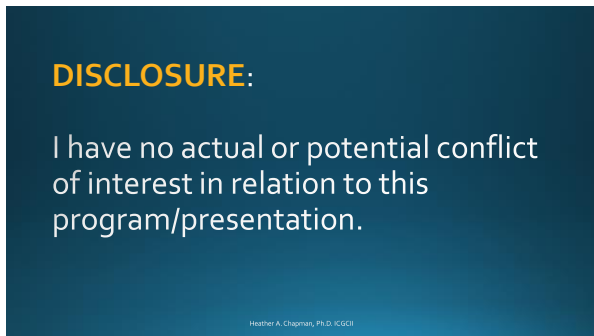
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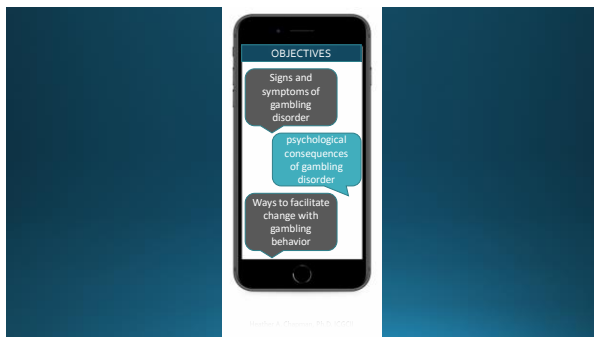
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*"Hold on, I'm going to conference in my wrist."*

PHIL  
WITTE

THE NEW YORKER

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### GAMBLING:

Risking something of value in the hope of obtaining something of greater value.

American Psychiatric Association, DSM-5 (2013)

Heather A. Chapman, Ph.D., KCGCI

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### GAMBLING:

- Cards
- Dice
- Horses
- Sporting Events
- ...

Heather A. Chapman, Ph.D., KCGCI

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## GAMBLING:

1. Needs to gamble with increasing amounts of money in order to achieve the desired excitement.
2. Is restless or irritable when attempting to cut down or stop gambling.
3. Has made repeated unsuccessful attempts to control, cut back or stop gambling.
4. Is often preoccupied with gambling (e.g. having persistent thoughts of reliving past gambling experiences, handicapping or planning the next venture, thinking of ways to get money to gamble).
5. Often gambles when feeling distressed (e.g. helpless, guilty, anxious, depressed).
6. After losing money gambling, often returns another day to get even ('chasing' one's losses).
7. Lies to conceal the extent of involvement with gambling.
8. Has jeopardized or lost a significant relationship, job or educational or career opportunity because of gambling.
9. Relies on others to provide money to relieve desperate financial situations caused by gambling.

Heather A. Chapman, Ph.D., KCCO

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## GAMBLING:

- Past-year prevalence rate:
  - 0.2%-0.3%, U.S. (Gerstein et al. 1999, Kessler et al. 2008; Petry et al. 2005)
  - 0.1%-0.7% international (Petry et al. 2018)
- Lifetime prevalence rate:
  - 0.4%-1.0%, U.S. (Gerstein et al. 1999, Kessler et al. 2008; Petry et al. 2005)
  - 0.2% Lifetime gambling for women (Blanco et al. 2006)
  - 0.6% Lifetime gambling for men (Blanco et al. 2006)
- Some cultural differences, but generally these prevalence rates have remained stable over decades of study

Heather A. Chapman, Ph.D., KCCO

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## SUBSTANCE USE DISORDER:

1. Substance often taken in larger amounts or over a longer time than was intended
2. There is a persistent desire or unsuccessful efforts to cut down or control use of a substance
3. Great deal of time spent in activities necessary to obtain the substance, use the substance, or recovery from its effects
4. Craving, or a strong desire or urge to use the substance
5. Recurrent use of the substance resulting in a failure to fulfill major role obligations at work, school, or home
6. Continued use despite persistent or recurrent social or interpersonal problems caused or exacerbated by its use
7. Important social, occupational, or recreational activities are given up or reduced because of use of the substance
8. Recurrent use of the substance in situations in which it is physically hazardous
9. Use is continued despite persistent/recurrent physical or psychological problem caused or exacerbated by substance
10. Tolerance: a need for increased amounts to achieve intoxication/desired effect; diminished effect with same amount
11. Withdrawal: the characteristic withdrawal symptoms for other or unknown substance; taking substance to relieve or avoid withdrawal symptoms

Heather A. Chapman, Ph.D., KCCO

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### Similarities: Gambling and Substance Use Disorders

- Diagnostic criteria:
  - Tolerance
  - Withdrawal
  - Repeated attempts to modulate
  - Preoccupation
  - Continued engagement despite negative consequences

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### Differences: Gambling and Substance Use Disorders

- Diagnostic criteria:
  - Negative affect
  - Chasing
  - Lying/hiding
  - Financial Issues/Bailouts

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### Number of Criteria:

| Gambling Disorder      | Alcohol Use Disorder   |
|------------------------|------------------------|
| Mild: 4-5 symptoms     | Mild: 2-3 symptoms     |
| Moderate: 6-7 symptoms | Moderate: 4-5 symptoms |
| Severe: 8-9 symptoms   | Severe: 6-7 symptoms   |
| Of 9 total symptoms    | Of 11 total symptoms   |

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**GAMBLING  
MECHANIZATION**



Heather A. Chapman, Ph.D. KGGC

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**Technology  
Advances**

Heather A. Chapman, Ph.D. KGGC

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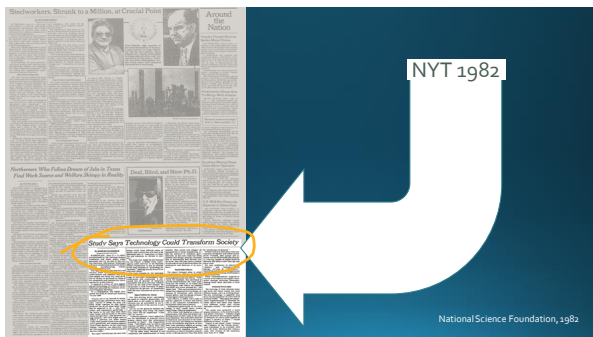
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NYT 1982

Study Says Technology Could Transform Society

National Science Foundation, 1982

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# Electronic Information Technology

Transform American home, business, manufacturing, school, family, and political life.

teletex and videotex to penetrate deeply into daily life

Predicted that by 1998 "Family life is not limited to meals, weekend outings, and once a year vacations. ...previous era when family trades were passed down from generation to generation, and children apprenticed to their parents."

Heather A. Chapman, Ph.D. KCGCI National Science Foundation, 1982

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# Electronic Information Technology

## Privacy Issues

## Opportunities for abuse

Heather A. Chapman, Ph.D. KCGCI National Science Foundation, 1982

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# GAMBLING MECHANIZATION



Heather A. Chapman, Ph.D. KCGCI

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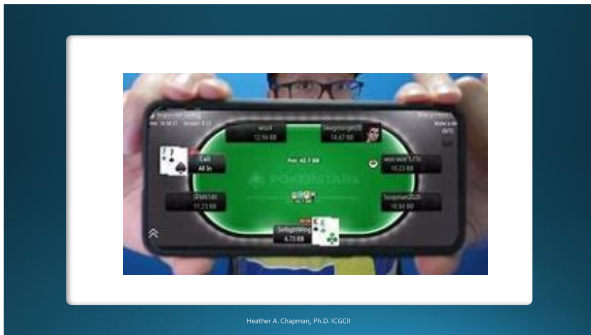
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Heather A. Chapman, Ph.D. ICCGI

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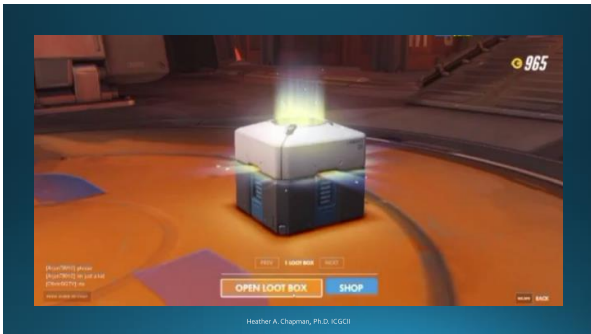
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Heather A. Chapman, Ph.D. ICCGI

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Heather A. Chapman, Ph.D. ICCGI

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## HOW TO GET RICH PLAYING VIDEO GAMES ONLINE

*For the stars of the streaming service Twitch, success means working around the clock.*

By Taylor Clark  
November 15, 2017

One humid morning this past summer, Onsead Dariani drove his black Tesla sedan through the foothills east of San Diego, looking apprehensive. Dariani is the founder and C.E.O. of Online Performers Group, a talent-management company dedicated to professional video-game streamers, who broadcast their game play and commentary live over the Internet. He is thirty-eight, with a dry, ironic wit and a nervous habit of twisting his goatee, which is rapidly going gray; his clients are, for the most part, young.



*The most followed players on the platform Twitch earn well into seven figures. Illustration by Andy Roseman*

THE NEW YORKER

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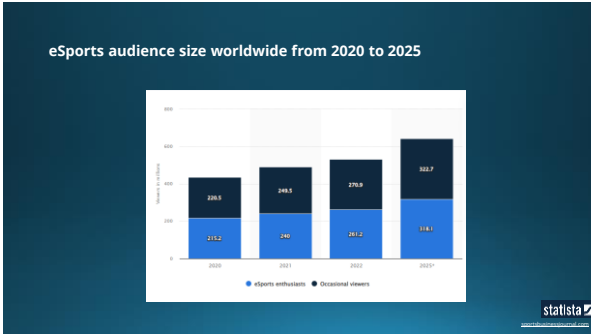
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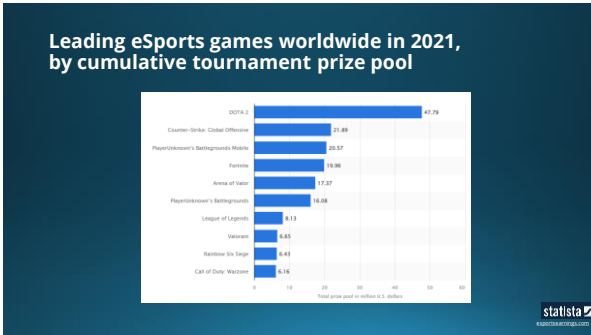
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## Online Gambling

- Market Size of the online gambling industry:  
9.5 Billion USD
- Most Popular type of online gambling in the US:  
Sports Betting
- Frequency of adults betting on online and in person casino games at least once a month in the US:  
11%

Heather A. Chapman, Ph.D. KCCU

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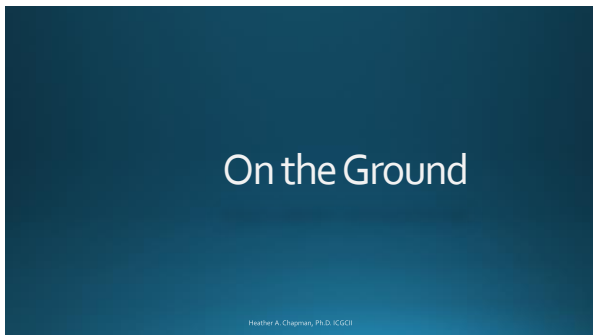
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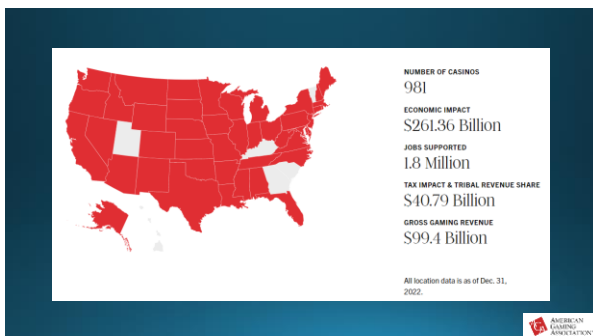
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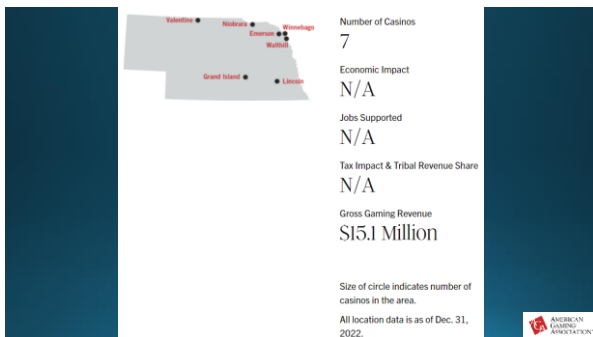
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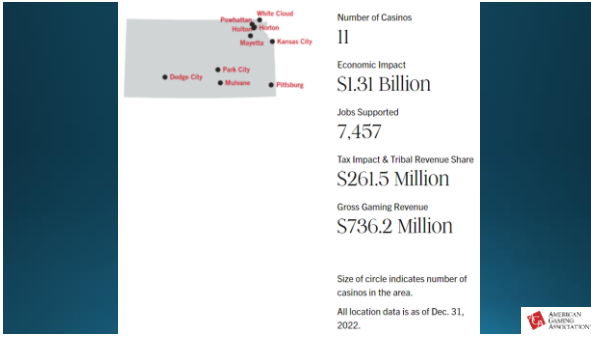
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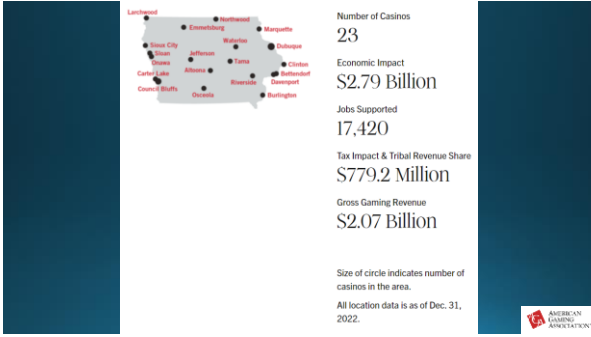
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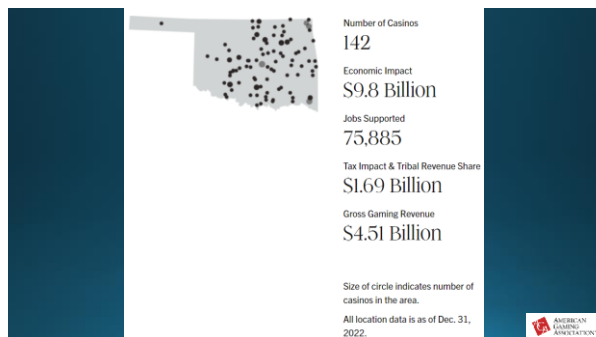
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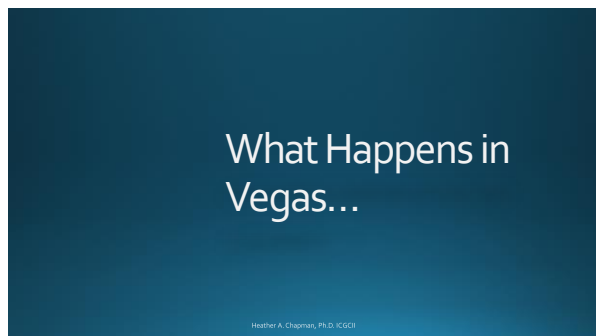
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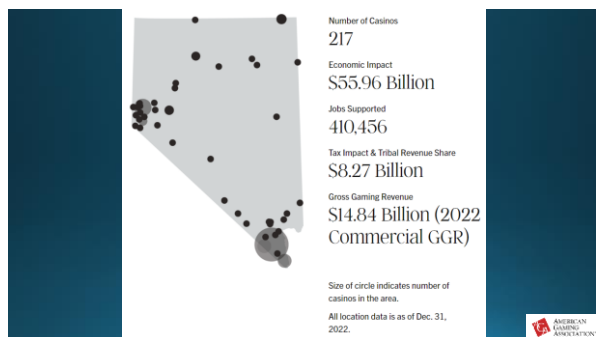
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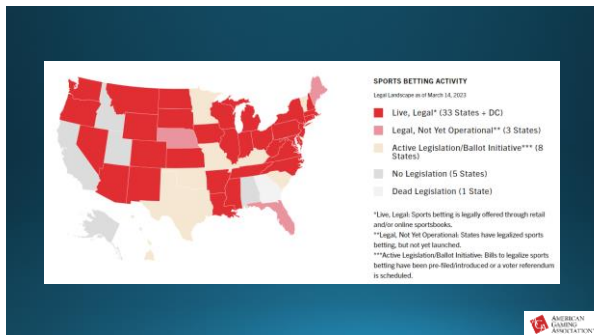
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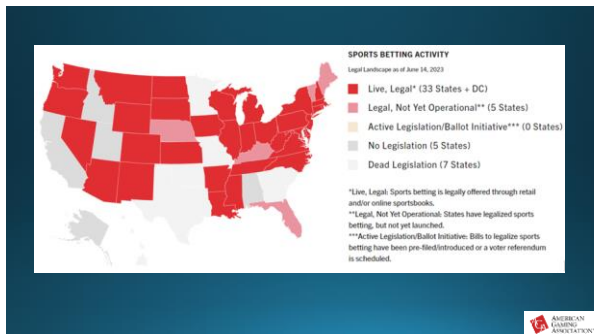
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Psychological Consequences

Heather A. Chapman, Ph.D., KCGCI

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Electronic Information Technology

Barrage of often irrelevant and distracting information on the fly > distraction

Current generation of children and adolescents have shorted attention spans consequent of their increased interaction with smartphone tech

Heather A. Chapman, Ph.D. ICCGI

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Electronic Information Technology

Marked decrease in productivity

No space between home and action

On demand

Socialization: friends, peer groups and alliances determined electronically creating classes of people based on interests and skills rather than age and social class.

Heather A. Chapman, Ph.D. ICCGI

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Electronic Gambling

Ease of Access

Fast

Designed to loop people back into play (Near Miss)

Heather A. Chapman, Ph.D. ICCGI

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"Looks like another case of someone over forty trying to understand Snapchat."



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## Treatment Considerations

Heather A. Chapman, Ph.D., KCGCI

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### Treatment Targets

- \_\_\_\_\_ Anxiety
- \_\_\_\_\_ Debt
- \_\_\_\_\_ Loneliness
- \_\_\_\_\_ Depression
- \_\_\_\_\_ Suicidality
- \_\_\_\_\_ Stress related health conditions
- \_\_\_\_\_ Homelessness

Heather A. Chapman, Ph.D., KCGCI

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*"It keeps me from looking at my phone every two seconds."* THE NEW YORKER

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**Options**

- Self-Binding**
  - Access to money
  - Access to tech
- Cognitive reassessment**
  - Individual and group interventions
- Behavioral redirection**
  - Exercise
  - Recreation
  - Nature
- Stress Management**
  - Physiological sigh breathing

Heather A. Chapman, Ph.D., KCCO

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**Making the Connection**

- Podcasts
- Facebook and Instagram
- Anonymous Groups
- Counseling

Heather A. Chapman, Ph.D., KCCO

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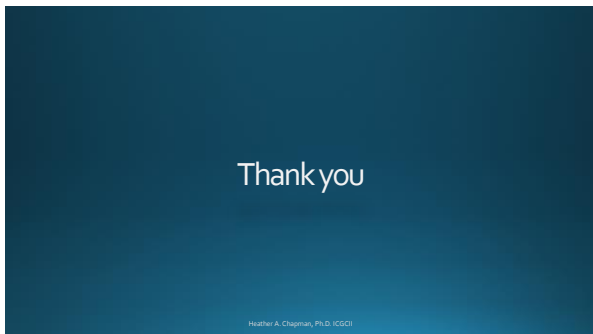
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