Problem Gambling and Co-Occurring Disorders

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Problem Gambling and Co-Occurring Disorders

- 70% of U.S. of adults gambled at least 1X in last year.
- Called the “Hidden Addiction.”
- Drug of choice is money to stay in the game.
- Not much research or “Best Practices.”
- High rates of comorbid addiction and compulsive behaviors, (alcohol, drugs, spending, and sex).
- High rates of substance abusers in treatment have pathological gambling, (Cunningham-Williams, et. al., 2000)
Drug users with Antisocial Personality Disorder 2X likely to be gamblers.

Prevalence of problem gambling 10X higher in substance abuse population.

15-20% of pathological gamblers report a significant suicide rate.

To not screen for gambling during substance abuse assessment is UNCONSCIONABLE!

(Ciarrocchi, 2002)
# Social and Policy Costs: Rates of Arrest and Incarceration

<table>
<thead>
<tr>
<th>Type of consequence</th>
<th>Non-gambler</th>
<th>Low-risk</th>
<th>At-risk</th>
<th>Problem Gambler</th>
<th>Pathological gambler</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arrested</td>
<td>4.5</td>
<td>11.1</td>
<td>20.7</td>
<td>36.3</td>
<td>32.3</td>
</tr>
<tr>
<td>Incarcerated</td>
<td>0.4</td>
<td>3.7</td>
<td>7.8</td>
<td>10.4</td>
<td>21.4</td>
</tr>
</tbody>
</table>

(Norc, 1999)
<table>
<thead>
<tr>
<th>Status</th>
<th>Non-gambler</th>
<th>Low-risk</th>
<th>At-risk</th>
<th>Problem Gambler</th>
<th>Pathological Gambler</th>
</tr>
</thead>
<tbody>
<tr>
<td>Divorced</td>
<td>18.2</td>
<td>29.8</td>
<td>36.3</td>
<td>39.5</td>
<td>53.5</td>
</tr>
<tr>
<td>Poor/fair Health</td>
<td>21.8</td>
<td>13.9</td>
<td>16.0</td>
<td>16.4</td>
<td>31.1</td>
</tr>
<tr>
<td>Mental Health RX</td>
<td>6.9</td>
<td>6.5</td>
<td>5.8</td>
<td>12.8</td>
<td>13.3</td>
</tr>
</tbody>
</table>

(Norc, 1999)
Pathological gambling has been associated with serious mental illness, sometimes as the cause and other times as the result of an untreated mental illness.

When treating those with a gambling addiction, all of their disorders should be identified and portrayed for treatment.
Pathological gambling is associated with Health Related Quality of Life.

Negative economic and psychological effect on individuals and families.

- Average annual impact $1200.00.
- 14% have lost at least 1 job.
- 19% have declared bankruptcy.
- 32% have been arrested.
- 21% have been incarcerated.
- 54% have been divorced.

(Scherrer, et.al. 2005)
Problem Gambling and Co-Occurring Disorders

**Biological Factors**

- **Risk Factors**
  - Close biological relative with a disorder
  - Personality traits (high risk)
  - Gender
  - Ethnicity

- **Protective Factors**
  - No family history of substance use, gambling or mental health problems.
  - Adaptive personality traits

**Environmental Factors**

- **Risk Factors**
  - Life Stressors
  - Relationship issues
  - Health & mental health

- **Protective Factors**
  - Coping skills (reduce stress)
  - Supportive relationships
  - Treating substance use, gambling & mental health problems.

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**Substance Use**

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**Mental Health**

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**Problem Gambling**
<table>
<thead>
<tr>
<th>Decoder of 1st Degree Relative (E.G., Parents, Siblings)</th>
<th>Increased Chance to Develop Disorder</th>
</tr>
</thead>
<tbody>
<tr>
<td>Major Depressive Disorder</td>
<td>1.5 to 3 times more likely to develop Major Depressive Disorder</td>
</tr>
<tr>
<td>Panic Disorder</td>
<td>4 to 7 times more likely to develop Panic Disorder</td>
</tr>
<tr>
<td>Bipolar I Disorder</td>
<td>4% to 24% more likely to develop Major Depressive Disorder</td>
</tr>
<tr>
<td>Schizophrenia</td>
<td>10 times more likely to develop Schizophrenia</td>
</tr>
</tbody>
</table>
Prevalence of Psychiatric and Substance Disorder in Problem Gamblers

<table>
<thead>
<tr>
<th>Psychiatric Disorder</th>
<th>Percentage Problem Cases</th>
</tr>
</thead>
<tbody>
<tr>
<td>Manic Episode</td>
<td>3.1</td>
</tr>
<tr>
<td>Manic Depression</td>
<td>8.8</td>
</tr>
<tr>
<td>Dysthymia</td>
<td>4.2</td>
</tr>
<tr>
<td>Schizophrenia</td>
<td>3.9</td>
</tr>
<tr>
<td>Obsessive-Compulsive Disorder</td>
<td>0.9</td>
</tr>
<tr>
<td>Panic Disorder</td>
<td>23.3</td>
</tr>
<tr>
<td>Generalized Anxiety Disorder</td>
<td>7.7</td>
</tr>
<tr>
<td>Phobias</td>
<td>14.6</td>
</tr>
<tr>
<td>Somatization</td>
<td>8.6</td>
</tr>
<tr>
<td>Antisocial Personality</td>
<td>35.0</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Substance Abuse Disorders</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol Abuse/Dependence</td>
<td>44.4</td>
</tr>
<tr>
<td>Drug Use/Dependence</td>
<td>39.9</td>
</tr>
</tbody>
</table>

(Cunningham-Williams et al., 1998)
Use of alcohol, drugs or gambling can cause depression, either while high or during withdrawal.

Observe patient while not using or gambling.

Depression may cause use or relapse during negative feelings.
Assessment of Depression for People Recovering from Addictions

Symptoms of Depression

- **Depressed Mood** - Mood is depressed most of the day, nearly every day.

- **Diminished Interest or Pleasure** - Little interest or pleasure in almost all activities, most of the day, nearly every day.

- **Change in Appetite and/or weight** - Has lost appetite or weight (when not dieting) or has increased appetite or gained weight.

- **Change in Sleep Pattern** - Difficultly falling asleep, staying asleep, or waking early in the morning and not being able to get back to sleep. Or, is sleeping too much.

- **Change in Active Level** - A decreased activity level and moving and thinking slower. Or, been feeling agitated, “on edge”, and restless, and has difficulty being still.
Symptoms of Depression

- Fatigue or Loss of Energy - Been feeling tired and seems to have no energy nearly every day.

- Feelings of Worthlessness, or Inappropriate Guilt - Feeling worthless or feeling very guilty nearly every day.

- Decreased concentration or ability to make decisions - Trouble concentrating, thinking, or making decisions, nearly every day.

- Recurrent thoughts about death - Thinking about death a great deal, thinking about attempting suicide, or has attempted suicide.
Bi-Polar Disorder, Substance Abuse and Problem Gambling

- Bi-Polar usually develops between ages 16-35.
- Abuse or gambling may contribute significantly to outcomes for Bi-polar patients.
- Gambling activities can mimic the illness of Bi-polar.
- Use of drug or gambling by people with bi-polar disorder possibly stems from their discovery of short-term release from symptoms of mania or depression.
Anxiety Disorder, Substance Abuse, and Problem Gambling

- Begin using or gambling to lessen symptoms.
- They may lessen symptoms and help “cope”.
- Gambling or substance use is a risk factor for anxiety.
Schizophrenia, Substance Abuse, and Problem Gambling.

- Schizophrenia is major psychiatric disorder in 1% of population.
- Typically full blown in late teen or early 20’s after high period of stress.
- Change in brain chemicals.
- Often use substances or gamble to self medicate.
- Attempt to “Normalize” life.
- Thoughts of winning may include fantasy to fit in.