

The 9th Nordic Conference

THE CHANGING LANDSCAPE OF GAMBLING



MAY 27 - 29 2013

**Scandic Hotel
HAMAR, NORWAY**



**Programme &
information**

WELCOME TO NORWAY AND HAMAR

Dear friends and colleagues,

On behalf of SNSUS I welcome you to the 9th. Nordic Conference on gambling. Our main focus this time is the changing landscape of gambling; how new forms of gambling and new platforms of gambling require new ways of thinking concerning prevention and treatment.

The main objective of SNSUS is to extend the knowledge on gambling and gaming within the Nordic countries. I believe that the programme has every potential to reach these aims with 27 presentations covering current topics of gambling and gaming in the Nordic countries.

I would also like to give a warm welcome to the presenters that have travelled around the globe to share their research findings with us.

I sincerely hope you will enjoy both the academic and the social programme that we offer during these three days.

I hope you will have a pleasant time here in Hamar, the "capital" of the inland region, and enjoy the spectacular light over Mjøsa, the largest lake in Norway.

*On behalf of the Board of SNSUS
Kåre Rørhus
President*

SNSUS board of directors



Kåre Rørhus
President



Daniel Olason



Michael Bay Jørsel



Tapio Jaakkola



Thomas Nilsson

GENERAL INFORMATION

Conference venue & conference hotel

Scandic Hamar
Address: Vangsveien 121, 2318 Hamar
Tel: +47 21 61 40 00
Fax: +47 21 61 40 11

Conference agency for SNSUS 2013 in Norway

VIA Egencia AS
Pb. 1353 Vika, 0113 Oslo
Tel: +47 23 15 16 00
E-mail: post@viaegencia.com
Contact person: Elisabeth Yan,
(e-mail: Elisabeth.yan@viagencia.com)

Conference registration and information desk

Monday May 27th 09.00-17.00
Tuesday May 28th 08.00-17.00
Wednesday May 29th 08.00-15.00

Name badge

Your personal name badge is your entrance ticket to all sessions and other activities of the conference. Please wear this badge at all times.

Smoking policy

Smoking is not allowed inside the conference venue.

Telephones

The country code for Norway is +47
In case of emergency call
110 (Fire)
112 (Police)
113 (Ambulance)

The Conference Committee will be at your service:



Kåre Rørhus
+47 913 86 069



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Pharmacy

A pharmacy named Apotek1 is just around the corner, at CC Mart'n.

Opening hours are 09:00-21:00 on weekdays.

Currency, banks and automatic cash dispenser

The monetary used in Norway is Norwegian kroner (NOK)

Almost all Norwegian services accept all major credit cards.

Banks are closed at weekends but automatic cash dispensers are to be found outside every bank and all major shopping malls.

Hamar

Hamar is the largest city in Hedmark county. It is located on the east side of Lake Mjøsa, Norway's biggest lake.

The centre of Hamar is a pedestrian walkway in the middle of the town, with library, cinema and several shops and offices. Hamar also offers a rich variety of museums, galleries, churches, and not to forget – The White Swan of Lake Mjøsa – the paddle steamer Skibladner.

The modern Hamar is a busy administrative and commercial centre with approximately 29.000 inhabitants. Hamar is in fact based on two towns. The Old Town is hidden under ground at Domkirkeodden. The ruins of the medieval church and Hedmark Museum is an important historical landmark in Hamar.

Hamar is known for its indoor speed skating arena, the Olympia Hall, better known as Vikingskipet because of its shape. It was built to host the speed skating competitions of the 1994 Winter Olympics.

Map of Hamar

A map of Hamar is available from the Conference Committee.

Please note that the programme may change on short notice.

PRE-CONFERENCE

27. MAY

- 09:00-17:00 **Registration for Pre-Conference and the SNSUS conference 2013**
- 11:00-17:00 **Pre-Conference: Video Game Addiction**
Room: Harven 2
- 12:00-13:30 Lunch
- Video game addiction in a representative sample of Norwegian adolescents. Prevalence and correlates**
• *Rune Mentzoni, University of Bergen*
- Risk factors and possible consequences of gaming addiction among Norwegian adolescents**
• *Geir Scott Brunborg, Norwegian institute for alcohol and drug research (SIRUS)*
- Manualized treatment for video game addiction in adolescents and young adults: A pilot study**
• *Eli Torild Hellandsjø Bu and Ingjerd Meen Lorvik, The Bergen Clinics and The Borgestad Clinic*
- Moderator: *Hélène Fellman, Centre for addiction Issues (KoRus-Øst)*
- Paper presentation: Pårørendearbeid og dataspill-avhengighet i Norge/Self Help Groups and Video game addiction in Norway.)**
• *Åse Mette Østland, Spille-avhengighet Norge (Gambling Addiction Norway)*
- 18:00-20:00 **Welcome reception at The Norwegian National Lottery** (Norsk Tipping), Visitor's center, Hamar (Buss leaves hotel 17:45; returns 20:00)

CONFERENCE

28. MAY

- 08:00-17:00 **Registration desk open**
- 09:00-11:30 **Plenary Session**
Room: Lillesalen
- 09:00-09:15 **Opening Speech**
• *Kåre Rørhus, president SNSUS*
- 09:15-10:15 **SWELOGS – incidence and continued problem gambling. A one-year follow up**
• *Ulla Romlid, Swedish National Institute of Public Health*
- 10:15-10:45 Coffee break
- 10:45-11:30 **New platforms - New Trends in Gambling. How to Target New Audiences?**
• *Stian Nilsen, The Norwegian National Lottery (Norsk Tipping)*
- 11:30-13:00 Lunch
- 13:00-14:30 **Parallel sessions**
Workshop 1 - Room: Lillesalen
Workshop 2 - Room: Fogderiet
- 14:30-15:00 Coffee break
- 15:00-16:30 **Parallel sessions**
Workshop 3 - Room: Lillesalen
Workshop 4 - Room: Fogderiet
- 18:00 **Cruise and conference dinner**
Cruise on Mjøsa, the largest lake in Norway, with Skibladner (www.skibladner.no), the world's oldest preserved paddle steamer, to Hoel gård (www.hoel.gaard.no) where the conference dinner will be held.
- Dress code – smart casual.
- Walking distance from Scandic Hotel to Skiblander: approximately 15 minutes. (Please be at the pier 17.45).
- 24:00 Buss back to Scandic Hotel.

WORKSHOP 1**28. MAY****Problem gambling - Concepts, Framework and Measurement****Chair: Thomas Nilsson**
Room: Lillesalen**Conceptual Framework of Harmful Gambling: An International Collaboration**

- *Per Binde, University of Gothenburg, Sweden*

Defining pathological video-gaming: Conceptual and measurement Issues

- *Daniel King, The University of Adelaide, Australia*

Setting the Standards for Online Gambling Safe-guards

- *Jamie Wibe, Director of Research and Development, Responsible Gambling Council Toronto, Canada*

WORKSHOP 2**28. MAY****Internet based Treatment of Problem Gambling****Chair: Tapio Jaakkola**
Room: Fogderiet**Internet-based CBT intervention for gamblers in Finland: experiences from the field**

- *Sari Castren, National Institute for Health and Welfare, Finland*

Professional Skills Improvement in Prevention and Treatment of Gambling-Related Harm

- *Tuula-Leena Raiski, The Center of Excellence on Social Welfare in Central Finland*

Description and pre-post evaluation of an Internet based treatment program for pathological gambling in Norway - a pilot study

- *Helga Myrseth and Magnus Eidem, University of Bergen, and Innlandet Hospital Trust, Norway*

WORKSHOP 3**28.MAY****Aspects of Treatment of Problem Gambling****Chair: Michael Bay Jørsel**
Room: Lillesalen**Motivation for change of gambling behaviors - a qualitative study**

- *Paul Fylling Helland, The Norwegian Blue Ribbon, Norway*

Peer support: just a complementary form of help beside clinical treatment or a valuable alternative as such?

- *Hélène Fellman, Centre for Addiction Issues (KoRus-Øst), Norway*

WORKSHOP 4**28. MAY****Prevention and Responsible Gambling****Chair: Finn Gyllstrøm**
Room: Fogderiet**"From voluntary to necessary" Svenska Spel launches responsible gaming tools with playercard on the VLT's**

- *Annika Strand, Swedish National Lottery (Svenska Spel)*

The Norwegian action plan against problem gambling and problem gaming (2013-2015)

- *Jonny Engebø, Linda Wøllestad Westbye, Øystein Bjørke Olsen, The Norwegian Gaming Authority and Centre for Addiction Issues (KoRus-Øst), Norway*

SPER launches best practice for responsible gaming - a presentation of a new national standard for responsible gaming

- *Petra Forsström, SPER - The Swedish Gaming Industry Ethical Council*

CONFERENCE**29. MAY**

- 09:00-12:00 **Plenary session**
Room: Lillesalen
- 09:00-09:45 **Navigating the Gambling Landscape - Prevention and Youth**
• *Kristina Ilsøe Métral, Center for Ludomani*
- 09:45-10:30 **Video game addiction: An overview**
• *Ståle Pallesen, University of Bergen*
- 10:30-11:00 Coffee break
- 11:00-12:00 **The new Danish Gambling Law - challenges and expectations**
• *Morten Rønde og Jan Madsen, Danish Online Gambling Association (DOGA) and Danish Gambling Authority*
- 12:00-13:30 Lunch
- 13:30-15:00 **Parallel sessions**
Workshop 5 - Room: Lillesalen
Workshop 6 - Room: Fogderiet
- 15:00-15:15 Closing session

WORKSHOP 5**29. MAY****Gambling Behaviour***Chair: Kåre Rørhus**Room: Lillesalen***Practice makes poorer: Investigating the role of free-play modes in simulated Internet gambling**

- *Paul Delfabbro, The University of Adelaide, Australia*

Youth gambling via social media and other digital technologies

- *Daniel King, The University of Adelaide, Australia*

Gambling and problem gambling among Icelandic adults: A longitudinal study

- *Daniel Olason, University of Iceland*

WORKSHOP 6**29. MAY****Gambling – Prevalence and Social Consequences***Chair: Daniel Olason**Room: Fogderiet***Computergames, violence and the challenging few**

- *Hans-Jørgen Wallin Weihe, Lillehammer University College, Norway*

Local communities, local solutions: An Australian perspective on problem gambling prevention in local government

- *Emma Shepherdson, Moreland City Council, Australia*

Population gambling trends in Finland (2003–2011)

- *Susanna Raisamo, National Institute for Health and Welfare, Finland*

KEYNOTE SPEAKERS



Rune Mentzoni

• University of Bergen

Rune Mentzoni is a clinical psychologist and researcher, currently working as a Post.Doc at the Department of Psychosocial Science at the University of Bergen, Norway. His main field of research is behavioral addictions, with a particular focus on gambling and video games. He is currently involved in several projects ranging from experimental laboratory based studies to large scale surveys.

• **Video game addiction in a representative sample of Norwegian adolescents. Prevalence and correlates**



Geir Scott Brunborg

• Norwegian institute for alcohol and drug research (SIRUS)

Geir Scott Brunborg holds a PhD in psychology. He is currently working at the Norwegian Institute for Alcohol and Drug Research (SIRUS). His research concerns the development, maintenance and consequences of problems associated with gambling and gaming. He has recently conducted a longitudinal study of possible causes and consequences of gaming problems among adolescents at Norwegian Social Research (NOVA).

• **Risk factors and possible consequences of gaming addiction among Norwegian adolescents**



Eli Torild Hellandsjø Bu

• The Bergen Clinics

Eli Torild Hellandsjø Bu, PhD, working with research and as clinical psychologist at The Bergen Clinics Foundation.

Research topics last years have been

- 1) testing a manual based treatment program for pathological video game users at the age 12 to 20 years old,
- 2) testing the prevalence of ADHD among substance use disorder patients, and the validity of the Adult ADHD Self-report Scale (ASRS) as screening tool for the same patient group,
- 3) to compare the effect of different methods of treatment for pathological gamblers and changes in the group of patients after the ban of "slot machines": Bu & Skutle (2012) After the ban of Slot Machines in Norway: A New Group of Treatment-Seeking Pathological Gamblers? Journal of Gambling Studies, DOI 10.1007/s10899-011-9287-4

• **Manualized treatment for video game addiction in adolescents and young adults: A pilot study**



Ingjerd Meen Lorvik

• The Borgestad Clinic

Ingjerd Meen Lorvik is a psychologist, specialist in clinical psychology. She is currently employed as senior adviser at Borgestadklinikken, Skien, Norway.

In 1982 she started her work in the field of addiction. In her work she has been focusing on empirical based clinical practice, development of treatment programs, supervision, education and leadership. Lorvik has participated in several post-graduate courses in family therapy, counseling, leadership and in non-fiction writing. During the last years she has headed projects aiming at development of treatment manuals for pathological gambling as well as for video game addiction. She is currently leader of the "Norwegian Association on Gambling and Gaming Problems".

• **Manualized treatment for video game addiction in adolescents and young adults: A pilot study**



Ulla Romild

• Swedish National Institute of Public Health

Ulla Romild, PhD in Statistics, has been responsible for the analysis of the Swedish Longitudinal Gambling Study, Swelogs, since October 2008. Swelogs, one of the largest longitudinal studies on gambling and health in the world, is financed and partly conducted through the Swedish National Institute of Public Health, where Ulla Romild holds a part-time position. She is also working part time as consulting statistician for Helse Nord-Trøndelag and Helse Møre og Romsdal.

• **SWELOGS – incidence and continued problem gambling. A one-year follow up**



Stian Nilsen

• The Norwegian National Lottery (Norsk Tipping)

Stian Nilsen is head of strategy and insight at Norsk Tipping. Stian's main responsibilities are strategy and business development at corporate level, and research related to market development and customer expectations. Stian has 12 years of experience from the gaming industry, and has been a key contributor in the strategic thinking behind several major projects at Norsk Tipping, ranging from internet and mobil gaming, to responsible gaming, pro-

KEYNOTE SPEAKERS

duct development and sales and distribution. At the moment, his main areas of interest are how Norsk Tipping could and should adjust to changing market conditions; how to maintain social responsibility in an ever changing competitive environment.

• **New platforms - New Trends in Gambling. How to Target New Audiences?**



Kristina IIsøe Métral
• Center for Ludomani

Kristina IIsøe Métral, Prevention & Communications Officer at Center for Ludomani, Denmark.

I have a Master's Degree in Communication and Development from Roskilde University. At Center for Ludomani we have initiated a series of prevention efforts targeting youth. This work has benefited from the Center's thorough experiences in the field of compulsive gambling and prevention. Furthermore I have drawn on my experiences with youngsters, education, communication, campaigns, behavioral regulation etc. from my previous positions at the Danish Cancer Society, Danish Refugee Council and Roskilde University.

• **Navigating the Gambling Landscape – Prevention and Youth**



Ståle Pallesen
• University of Bergen

Ståle Pallesen is professor in psychology at the University of Bergen, Norway, where he obtained his PhD-degree in 2002. He has for over 10 years conducted research on pathological gambling and video game addiction. During this period he has acted as supervisor for 4 PhD-candidates on the topic of pathological gambling. Pallesen has during this time been coauthor on several papers on gambling and video game addiction. Currently he is principle investigator on a large project concerning pathological gambling and video game addiction funded by the Norwegian Research Council.

• **Video game addiction: An overview**



Morten Rønde
• Danish Online Gambling Association (DOGA)

With over 12 years of experience from the private and public sector Morten is Chief Executive of the Danish Online Gambling Association (DOGA), a trade association for online gambling in Denmark. Furthermore he is Executive Director of the International Association of Gaming Advisors (IAGA) and Managing Director in the public affairs company Policy Action Denmark. Morten is a master of law from Copenhagen University in 1999 and has served 12 years as legal counsel in the Danish State Lottery, Danske Spil, and later as legal counsel in the Danish Gambling Authority in the Ministry of Taxation. During his time in the Gambling Authority he played an important role in drafting and implementing a reform of the Danish gambling market that deregulated the existing monopoly on gambling and turned the market into an open market for sports betting, online casino games and poker activities. Morten was for number of years involved in the European regulatory organization Gaming Regulators European Forum (GREF) and has since then continuously been engaged in international work. He speaks at frequently at industry conferences and is used for advising European governments on online gambling regulation. Morten received the award "European Regulator of the Year" from the association "International Masters of Gaming Law" in 2010.

• **The new Danish Gambling Law – challenges and expectations**



Jan Madsen
• Danish Gambling Authority

Jan Madsen joined the Ministry of Taxation in 1989 where he among other things did statistical modeling and impact calculations. From 1990 and onward gambling regulation became part of his portfolio as well, and increasingly so until 2000 where he helped set up the Danish Gambling Authority and joined it – first as Chief Advisor and later on as Head of Division.

Jan has a broad knowledge of all areas of the Danish gambling market and heads the division of development and innovation. He has also played a key role in the implementation of the new legislation, once again doing impact calculations as well as hiring and integrating new employees. The Danish Gambling Authority is an independent body under the Ministry of Taxation. Jan holds a master's degree in economics from Aalborg University.

• **The new Danish Gambling Law – challenges and expectations**

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Binde, Per

Conceptual Framework of Harmful Gambling: An International Collaboration

While seen by many as a form of leisure and recreation, gambling can have serious repercussions for the individual, their families and society as a whole. The harmful effects of gambling have been studied for decades in an attempt to understand individual differences in gambling engagement and the life-course of gambling-related problems.

In this publication, we present a comprehensive, internationally relevant conceptual framework of "harmful gambling" that moves beyond a symptoms-based view of harm and addresses a broad set of factors related to population risk, community and societal effects. Interactive factors represented in the framework represent major themes in gambling from specific (gambling environment, exposure, types, and resources) to general (cultural, social, psychological, and biological). This framework has been created by international and interdisciplinary experts to facilitate an understanding of harmful gambling amongst various stakeholders including researchers, treatment providers, operators and policy makers, as well as individuals and their families. It not only reflects the state of knowledge as it relates to factors influencing harmful gambling; but also acts to guide the development of future research programs and educate policy makers on issues related to harmful gambling.

The Ontario Problem Gambling Research Centre (OPGRC) in Canada has facilitated and coordinated the development of the Framework and intends to continue to support updates of it.

Speaker: Per Binde

Authors: Max Abbott, Per Binde, David Hodgins, David Korn, Alexius Pereira, Rachel Volberg, Robert Williams

Castren, Sari

Internet-based CBT intervention for gamblers in Finland: experiences from the field

These two studies are based on two recently published articles on Internet-based cognitive behavioral therapy (CBT) for gamblers in Finland (Castrén et al. 2012a; Castrén et al. 2012b). The purpose of these two studies was to describe the participants' socio-demographic characteristics and to investigate how the offered therapy worked in practice. 471 participants (325 males and 146 females) signed up for an 8-week internet-based CBT program.

Gender differences in socio-demographic variables and gambling types were analyzed using t-tests and Chi Square tests. Regression modeling (Generalized estimating equations, GEE) was used to study changes in time. 64 % of the participants were pathological gamblers (PG's), 14 % were problem gamblers

and 10 % were at risk-level gamblers. 224 participants (48 %) completed the 8 weeks of therapy. After the therapy significant reductions were found in gambling related problems, gambling urge, impaired control of gambling, alcohol consumption, negative social consequences, gambling related erroneous thoughts, and depression. Early onset age of gambling was found to be associated with greater amount of gambling related erroneous thoughts.

Speaker: Sari Castrén

Authors: Castrén, S., Pankakoski, M., Ladouceur, R., & Lahti, T. (2012a). Internet-based 8-week cognitive therapy for gambling problems: socio-demographic characteristics of the participants. *Psychiatria Fennica* 43, 67-84. Castrén, S., Pankakoski, M., Tamminen, M., Lipsanen, J., Ladouceur, R., Lahti, T. (2012b).

Internet-based CBT intervention for gamblers in Finland: experiences from the field. *Scandinavian Journal of Psychology*, in press.

Delfabbro, Paul

Practice makes poorer: Investigating the role of free-play modes in simulated Internet gambling

Many Internet sites provide 'demo' or 'practice' modes to enable prospective players to gamble for free. Players are often given free credits and are allowed to play to familiarise themselves with the game before playing using real money. Such sites, it had been argued, may artificially inflate the odds of winning during these 'demo' games to give rise to unrealistic expectations about the chance of winning in the real game.

This paper presents the results of two studies that investigate the role of simulated gambling activities on subsequent gambling behaviour. The first study involved simulated roulette and the second a simulated electronic gaming machine. In both studies, participants were randomly allocated to one of four pre-exposure conditions: control condition (no game pre-exposure); standard return to player (loss outcome); inflated return (loss outcome); inflated-return (profit outcome).

After playing the simulation under these conditions, all participants then played for money on the same professionally developed roulette or EGM game. Both studies showed that exposure to practice modes influences subsequent gambling behaviour, either behaviourally or with respect to participant's perception of the activities.

Speaker: Dr. Paul Delfabbro

Authors: Paul Delfabbro, Tahnee Frahn, Jana Bednarz

Engebø, Jonny

The Norwegian action plan against against problem gambling and problem gaming (2013-2015)

In December 2012 The Norwegian Ministry of Culture launched a new action plan against problem gambling and problem gaming (2013-2015). The Norwegian Gaming Authority and KoRus-Øst (Centre for Addiction Issues) worked with the proposals to the plan.

The plan has three primary goals:

1) Few in Norway shall develop problematic gambling- and gaming behaviour.

This goal refers to prevention and will mainly be achieved by regulation and targeted information.

2) Increased and shared knowledge about gaming/ gambling and the related problems. Measures are continuous data collection, research, conferences and establishing a responsible gambling forum for operators in the gambling field.

3) Early identification and effective treatment for problem gambling and problematic use of video games.

Measures are good education, increased focus on early identification and intervention and a wide range of treatment services, concerning both problem gambling and problematic use of video games. The national helpline will be further developed and financial support to low-threshold services and prevention work is to be continued. The plan in general will be presented briefly. A sample of measures will be presented in more details.

Speaker: Jonny Engebø, Linda Vøllestad Westbye, Øystein Bjørke Olsen

Authors: Senior adviser Jonny Engebø - The Norwegian Gaming Authority, Adviser Linda Vøllestad Westbye - The Norwegian Gaming Authority, Special adviser Øystein Bjørke Olsen - KoRus-Øst (Centre for Addiction Issues)

Forsström, Petra

SPER launches best practice for responsible gaming - a presentation of a new national standard for responsible gaming

SPER establish best practice for responsible gaming - a presentation of a new national standard for responsible gaming. SPER's members have, since its establishment in 2002, the ambition to play a leading role in issues related to social responsibility in general and responsible gaming in particular.

SPER's standard for responsible gaming, which will be signed at the next annual meeting in April 2013, has been created to give members guidance and support to further strengthen responsible gaming in Sweden and contribute to a sustainable gaming market.

Members have identified a number of target areas that are important in establishing SPER's principles and guidelines for gaming. Through careful analysis of the goals we have identified and established the principles that should show that there is any SPER-member aims to:

1) ensure that the customer and stakeholder confidence in the industry is preserved,

2) operate in accordance with best practice for gaming and beyond current legislation. The level of accountability measures should be based on risk analysis.

3) work to reduce the harm associated excessive gambling.

4) strength of commitment and compliance by agreeing to strict guidelines and evaluations.

The standard incorporates principles of responsible gaming and the policies and measures needed to maintain a healthy gaming environment. The standard allows differences in operation and is designed to

complement and enhance - not replace - the actions of individual members already in place in accordance with local conditions and laws.

By adopting the standard has the members committed to making gaming an integral part of their daily activities. Which also includes the encouragement of research initiatives and working together with other players who play different roles in this area, namely, government agencies, problem gambling associations, providers of care and treatment, and consumers and their social networks.

FACTS SPER: SPER - The Swedish gaming industry ethical council brings together established gaming companies licensed to operate gaming in Sweden, about important game ethics. Members in SPER: ATG, Folkspel, Ideella Spel, Kombispiel, Lottericentralen, Miljonlotteriet, Svebico och Svenska Spel. www.sper.se

Speaker: Petra Forsström

Author: SPER

Helland, Pål Fylling

Motivation for change of gambling behaviors – a qualitative study

Background: Motivation is thought to be a key concept in understanding change of gambling habits, and there is a need for a deeper understanding of the building blocks that make up motivation, whether they are gambling specific or general principles of addiction recovery.

Understanding the qualitative variations related to motivation for control of gambling behaviors is important to stimulate potential new interventions.

Objective: To provide further information

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regardin factors associated with motivation for change of gambling behaviors using a qualitative approach. Design and Methods: A mixed-methods approach, combining focus groups and in-depth interviews with self-report surveys of readiness for change and gambling related cognitions.

Data were analyzed using the principles of grounded theory: open coding and memos for conceptual labeling, axial coding for category building, and selective coding for theory building. Informants: The informants included 13 treatment seeking online gamblers, and 6 non-treatment seeking online gamblers.

The study was carried out in the context of a newly developed online outreach and early intervention program for gambling problems at the Blue Cross Addiction Treatment Centre, Oslo. Results: Internal motivation emerged as four factors including problem awareness, metacognition of "myself as actor in time", insight into others' vulnerability, and aspects related to positive identity. Two responsibility pathways were indicated to achieving positive identity; fully- (responding to consequences to others), and partially-internalized (responding to having an illness).

Conclusions: Motivation for change of gambling related behaviors is social in nature, indicating that gaining access to the psychological experiences and vulnerability of close others motivate taking responsibility. Additionally, the findings reveal the importance of the ability to integrate a consistent, working image of oneself as "actor" in present, past and future times, to fully internalize motivation for restraint.

Speaker: Pål Fylling Helland, Blå Kors Senter

Authors: Ayna Johansen, SERAF, UiO. Håvar Brendryen, SERAF, UiO. Pål Fylling Helland, Blå Kors Senter. Dag Wennesland, SERAF; UiO. Randi Skjerve, Blå Kors Senter

King, Daniel

Youth gambling via social media and other digital technologies

Technological convergence of gambling and digital media is of increasing interest to researchers, regulators, and allied health practitioners. In particular, youth involvement in a range of increasingly accessible and available gambling activities via online digital media is of growing concern. Although the risks of early involvement in gambling have been well-documented, currently there are only limited empirical data on young people's engagement in gambling activities across a range of electronic media and devices, including 'free play' online casinos, social media, video games, and mobile phone applications.

This research study examined:

(a) the prevalence of youth involvement in digital

gambling activities, and

(b) whether simulated gambling is associated with involvement in monetary forms of gambling. A survey of over 1,200 high school students was conducted in South Australia. Fifty high schools in the greater metropolitan region of Adelaide and South East Region of South Australia were invited to participate.

Students aged 12 to 18 years were recruited. Questionnaire items assessed multiple forms of gambling involvement, general electronic media use (e.g., video game play, online social networking), pathological gambling status, problematic Internet and video-gaming, social functioning, Axis I psychopathology, and sleep difficulties. Our data indicates there is a cross-over of simulated and monetary gambling activity among young people, with potential risks for mental health and social functioning. These findings provide preliminary evidence that 'free play' gambling co-occurs and may be a precursor to gambling with real money for some young people.

Speaker: Daniel King

Authors: Daniel King, Paul Delfabbro, Tara Zwaans & Dean Kaptsis

King, Daniel

Defining pathological video-gaming: conceptual and measurement issues

Pathological video-gaming, or its proposed DSM-V classification of "Internet Use Disorder", is of increasing interest to scholars and practitioners in allied health disciplines. This talk presents an evaluation of the standards in pathological video-gaming instrumentation, drawing on Cicchetti (1994) and Groth-Marnat's (2009) criteria and guidelines for sound psychometric assessment.

A total of 63 quantitative studies, including eighteen instruments and representing 58,415 participants, were evaluated. Our analysis suggested that available instrumentation may be broadly characterized as inconsistent. We highlight the known strengths of available measures in terms of their practical considerations and psychometric properties, covering issues of: (i) length and ease of scoring, (ii) internal consistency and convergent validity, (iii) standardisation, (iv) coverage of core addiction indicators, (v) cut-off scores to indicate clinical status, (vi) test dimensionality, and (vii) predictive validity.

Our analysis identifies an emerging research consensus on the key criteria of pathological video-gaming. Implications for future assessment of pathological video-gaming are discussed, with

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acknowledgement of the difficulty of synthesising research findings in the context of multiple assessment approaches.

Speaker: Daniel King

Authors: Daniel King, Maria Haagsma, Paul Delfabro, Michael Gradisar, Mark Griffiths

Fellman, Hélène

Building of self-efficacy in working with pokerplayers

Risk perceptions serve predominantly to set the stage for a contemplation process early in the motivation phase but do not extend beyond. Outcome expectancies are chiefly important in the motivation phase when individuals balance the pros and cons of certain consequences of behaviours, but they lose their predictive power after a personal decision has been made. However, if one does not believe in one's capability to perform a desired action, one will fail to adopt, initiate and maintain it. (Ralf Schwarzer, Health Action Process Approach)

The workshop aims towards achieving a deeper understanding of the role of perceived self-efficacy. The purpose is to show how we work with young pokerplayers to increase their self-efficacy in changing their gambling habits by analyzing moments of control ("a strong moment") or moments of no control("a habitual moment").

Kämppi, Jenni

Peer support: just a complementary form of help beside clinical treatment or a valuable alternative as such?

"Tiltti" is a development project (2010-2014) of the Finnish Blue Ribbon (NGO).

Project is funded by the Finland's Slot Machine Association. At our information and support service point we provide counseling and various face to face support services for anyone experiencing difficulties resulting from a gambling problem. The specific task of the project is enabling and contributing to peer support contacts.

Tiltti is located next to the Gambling Clinic and that has benefited both service users seeking suitable help for themselves and us developing support and treatment interventions in co-operation with Gambling Clinic personnel. When our project started, one of our main aims was to help and support people before or after the treatment period or during it. Practical experience and service user feedback play an essential role in our development work.

In many our practices trained volunteers work as equals with professionals and their role has become more and more important. Nowadays most of our

service users visit us for the reason and the possibility to receive and give peer support and seeking professional clinical treatment is not an option for them.

In this presentation we describe project outcomes thus far, focusing on our various forms of peer support. We also discuss the interesting new situation for us: because peer support offers so much hope and courage, it seems to be an ideal first step to start and professional help is not even needed.

Speaker: Jenni Kämppi

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Myrseth, Helga

Description and pre-post evaluation of an Internet based treatment program for pathological gambling in Norway - a pilot study

Although the effectiveness of treatments for pathological gamblers is gaining support, only 10% of pathological gamblers seek treatment. Providing treatment via the Internet may lower the thresholds for treatment seeking.

A new telephone and internet-based treatment program for pathological gamblers is presented in this article, along with a pre-post evaluation of the program. The participants (N = 112) were problem gamblers who were either self-referred or referred by their general practitioner.

Data from post treatment and 3-months follow up are evaluated. The results suggest that using Internet and telephone assisted treatment interventions can significantly reduce symptoms of pathological gambling (measured by the South Oaks Gambling Screen – Revised).

The intervention was also associated with improvement on cognitive distortions, measured by the Gamblers Belief Questionnaire, and general psychological distress and psychopathology as measured by the Symptom Checklist-90-Revised. Although Internet-based treatment programs have been suggested to have advantages compared to traditional face-to-face therapy, research in this area is scarce.

This pilot study contributes to the growing literature in this area, and provides tentative support for the effectiveness of Internet-based treatment interventions for pathological gamblers.

Speaker: Helga Myrseth and Magnus Eidem

Authors: Helga Myrseth, Geir Scott Brunborg, Magnus Eidem and Ståle Pallesen

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Olason, Daniel

Gambling and problem gambling among Icelandic adults: A longitudinal study

In this paper we report some findings from a longitudinal study on changes in gambling and problem gambling among Icelandic adults. From a representative sample of 5000 adults (18-70 years) randomly selected from the national register, 3009 participated in the study in 2007. Subsequently, all participants were contacted again and written consent was obtained from 1760 participants or 58%. The second data collection was conducted in 2011 and in total 1.531 participated at both time points (response rate = 51%), 689 males and 842 women. Examination of gambling participation revealed a considerable increase in total gambling figures, where 68% had gambled at least once during the past year in 2007 but 79% did so in 2011.

Increases in gambling participation were predominantly observed for lotto and bingo but participation in electronic gaming machines decreased. Interestingly, reasons for gambling participation changed over the four-year period where making money was considerably more important in 2011 than it was in 2007, but gambling for excitement or enjoyment was less important. No change was observed in problem gambling figures. The implication of these findings will be discussed in light of the collapse of the Icelandic financial system in October 2008.

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Raisamo, Susanna

Population gambling trends in Finland (2003–2011)

Background: After the renewal of the Lotteries Act in Finland (2001/2002), monitoring population gambling became an essential part of policy and research. Since 2003, gambling has been monitored every fourth year. **Aims:** To describe trends in gambling among 15-64-year-old Finns. **Methods:** Data were derived from three national telephone surveys (2003/2007/2011). Participants (n=11,836) were randomly selected from the Population Register. Data were weighted by gender, age and residency.

Measures included past-year gambling participation, gambling frequency, type of gambling and problem gambling using a 12-month version of the South Oaks Gambling Screen (SOGS). Comparable data on gambling problems were available from 2007 and 2011. Here, gambling problems refer to the both problem and pathological gambling. Additionally, we examined public views toward seriousness and magnitude of gambling problems.

Results: During the 2007-2011, the past-year participation rate increased from 75% to 79%. The steepest increase focused on females aged 25-34 and 50-64-years. Monthly and weekly gambling decreased among both males and females, whereas the proportion of those gambling less than monthly increased. During the 2007-2011, the popularity of the most common gambling activities decreased (lottery, slot machine, scratch card, sports betting). Overseas online gambling did not increase.

The problem gambling prevalence did not change. Approximately 3% (110 000 people) of the population have a probable gambling problem. The proportion of those perceiving problem gambling as a serious issue grew substantially from 47% to 68% (2003-2011). Similarly grew the perception that gambling problems has increased. The proportion of those without an opinion about seriousness or prevalence of gambling problems diminished. **Conclusions:** The greatest increase in gambling participation occurred between 2007 and 2011. Gambling is becoming more popular among females and older adults. The rising trend of gambling participation mainly related to occasional gambling. Past-year prevalence of gambling problems remained unchanged. Public awareness of problem gambling related issues grew. Further research is needed to evaluate these changes more specifically in relation to gambling politics and culture. Measuring gambling problems in the population-based surveys also merit further consideration.

Speaker: Susanna Raisamo

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Raiski, Tuula-Leena

Professional Skills Improvement in Prevention and Treatment of Gambling-Related Harm

Abstract: The development of services to prevent and treat gambling-related harm represents a new field of activity and requires the systematic improvement of professional skills. Towards this end, the National institute for Welfare and Health has produced a set of basic training materials for online learning environments.

The materials comprise five online courses, varying in scope from one to six ECTS credits, as well as a national education provision model. The online courses address gambling and problem gambling as a phenomenon, the identification and evaluation of problems, and basic knowledge and tools for support and treatment.

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The development of the courses was informed by the concept of multi-purpose use and quality assurance. The courses are equally suited to different fields of work and education as well as different forms and levels of education, and the modular approach is furthermore highly adaptable. The online courses were first delivered jointly by educational institutions and the National Institute for Health and Welfare within the sphere of continuing education and have since been adopted in degree studies as well. The courses have drawn the most participants from Southern and Western Finland and the field of social services and the public sector. In the feedback received on the courses, the standard of the learning materials and the benefits of the courses to the participants' own work have been rated particularly high. My presentation consists of a review of the training system with a particular focus on the six-ECTS credit course entitled "Prevention and Treatment of Problem Gambling" (available in Finnish and Swedish) and the feedback received on it.

Speaker: Tuula-Leena Raiski

Authors: Tuula-Leena Raiski, Educational Manager The Center of Excellence on Social Welfare in Central Finland/ National Institute for Health and Welfare

Shepherdson, Emma

Local communities, local solutions: An Australian perspective on problem gambling prevention in local government

Australians are the world's biggest gamblers, spending almost \$1300 per adult in 2010 – the same amount as Finland, Norway and Sweden combined. Gambling is firmly embedded in the Australian culture, bringing with it significant problems of gambling addiction that is detrimental to local communities.

This paper will provide an overview of the gambling industry in Australia, and look specifically at the emerging role being forged by local governments in the State of Victoria. The paper will outline, as a case study, successful initiatives and policies undertaken by Moreland City Council in Melbourne. Initiatives include 'MoreConnect', a social connection program for recovering problem gamblers; 'Social Impacts of Pokies', a web resources for social impact assessment; 'Life's a Gamble' community theatre initiative and regional resource development including a mobile phone app and alternative entertainment guides.

This paper will explore in detail the MoreConnect program, a successful leisure substitution model to prevent problem gambling relapse. Moreland City Council has partnered with Chrysalis Insight to deliver this innovative group intervention program which is showing significant results in reduction of temptation to gamble, depression, anxiety and social isolation for participants of the program. Through the exploration of the Moreland case study, this paper will show that problem gambling prevention initiatives at the local government level have the potential

to shape the solutions to problem gambling for local communities around the globe.

Speaker: Emma Shepherdson

Authors: Emma Shepherdson is a social planner at Moreland City Council in metropolitan Melbourne, Australia. She has a Masters degree in Planning and Environment and a Bachelors degree in Social Research. Emma has worked extensively in the area of gambling policy and community development since the 2006, is chair of the Victorian Local Government Association's Gambling Advocacy Group, and is an active member of the Local Government Working Group on Gambling.

Strand, Annika

"From voluntary to necessary" Svenska Spel launches responsible gaming tools with playercard on the VLT's

With the customer in focus, Svenska Spel has been working on a solution to give the VLT-customers tools to help them control their gambling by setting limits. We have had many discussions with researchers, people who work with problem gamblers as well as supportgroups, the content of these discussions, together with Svenska Spels own experiences from our online gambling has led to some concrete actions that we have been working on.

After years of technical and practical development we are now proud to start the launch of the system. We will present the background and progress to our thoughts and actions when it comes to voluntarily v/s mandatory playercard, as well as how the system works and the different services for the players, such as:

- Money limits
- Time limits
- Daystop/playstop
- Selftest/PlayScan
- Setting VLT limits on internet
- Player data

Speaker: Annika Strand/Torbjörn Forsström

Weihe, Hans-Jørgen Wallin

Computergames, violence and the challenging few

Results of studies of computer games and aggression have been conflicting. Still, the issue of players with predisposition for violence, distorted sense of reality and vulnerable personality remains. In this paper we will focus upon those with various predispositions and vulnerability towards development of unhealthy reactions and aggression. Thus, we wish to focus both upon the ethical issues of how to protect the few from what might not be harmful for the rest and the challenge of professionals and parents with the few with particular challenges.

The discussion is mostly general and based upon psychological theory as well as ethical. In addition we have some case examples some of them based upon published material such as court proceedings

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and media coverage and some on case studies described to us by parents and professionals. All of the latter represents cases of minors that due to confidentiality have been altered in such ways that they cannot be traced back to the actual individuals.

Computer games are fascinating, entertaining and be thought of as promoting prosocial behavior. Still, individual cases seem to indicate just the opposite and some cases even seem to copy details of what can be seen in certain violent games. The ethical question of what kind of rules society, parents and school should institute out of concern of the few and sometimes to the discomfort or even dislike of the rest is the same on a number of issues relating to moral, safety and behavior.

Thus the regulating of computer games will have to relate to such concerns in the same way as towards other issues. On the individual level parents and professionals need to be particularly aware of those who might be negatively influenced by violent games.

Speaker: Hans-Jørgen Wallin Weihe

Authors: Hans-Jørgen Wallin Weihe

Wiebe, Jamie

Setting the Standard for Online Gambling Safeguards

Virtually every product on the market comes with risk. Socially responsible companies take steps to reduce the risks associated with their products. For gaming providers those risks include such things as underage access, unfair games and problem gambling.

The online environment offers many opportunities for player safeguards that are more reliable and more systematic than land based responsible gambling programs. This presentation reviews a set of standards that are designed to set benchmarks for responsible gambling program design and delivery in the online environment.

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