



# Low-risk gambling recommendations

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SNSUS Juin 2023

# Disclosure of Potential Conflict of Interest

- Received research grant from Svenska Spel research council 2021
- Our research group at KI awarded 4-year contract on commissioned research on RG at Norsk Tipping 2022
- Employed by Sustainable Interaction, a company specialized in RG and RG training
- Work as a consultant for gambling companies, as part of my job at Sustainable Interaction
- Worked as consultant in NT's innovation projects

Why low-risk  
recommendations?

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Advice to consumers regarding alcohol, cannabis and gambling – a level of consumption with a relatively low risk of developing negative consequences

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Could be communicated in prevention programs at community level and gambling companies

# Previous studies

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**Prevalence data:** Currie et al., 2012; 2017; Dowling et al., 2021; Hodgins et al 2022, Young et al 2022.

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**Gambling company data:** Brosowski et al., 2015; 2021; Louderback, LaPlante, Currie, and Nelson 2021

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- A pattern that gambling company data gives higher recommendations than prevalence data

# Young et al 2022

- Based on prevalence studies from eight countries
- Canadian Centre on Substance Use and Addiction
- [www.gamblingguidelines.ca](http://www.gamblingguidelines.ca)



# LRGG

## Lower-Risk Gambling Guidelines

These guidelines were developed using the most current and highest quality scientific evidence available

To reduce your risk of experiencing harms from gambling, follow all three of these guidelines:

1

### HOW MUCH

Gamble no more than **1%** of household income before tax per month

Yearly household income	Maximum monthly amount
\$10,000	\$8
\$30,000	\$25
\$50,000	\$42
\$70,000	\$58
\$90,000	\$75
\$110,000	\$92
\$130,000	\$108
\$150,000	\$125

and

4

### HOW OFTEN

Gamble no more than **4 days** per month

### WHAT YOU PLAY MATTERS

- ▶ Fast-paced games that involve quick and repeated betting can more quickly and easily lead to problems.
- ▶ For example, with many forms of online gambling, slot machines, electronic gaming machines and poker, people can spend large amounts of money in a short time.

2

### HOW MANY

Avoid regularly gambling at more than **2 types** of games

### GAMBLING TYPES INCLUDE THE FOLLOWING:



**HOWEVER**, these limits may not be suitable for you. You should consider gambling less than these guidelines recommend or not at all if you ...

- ▶ Experience problems from **alcohol, cannabis** or **other drug use**
- ▶ Experience problems with **anxiety** or **depression**
- ▶ Have a **personal** or **family history** of problems with gambling

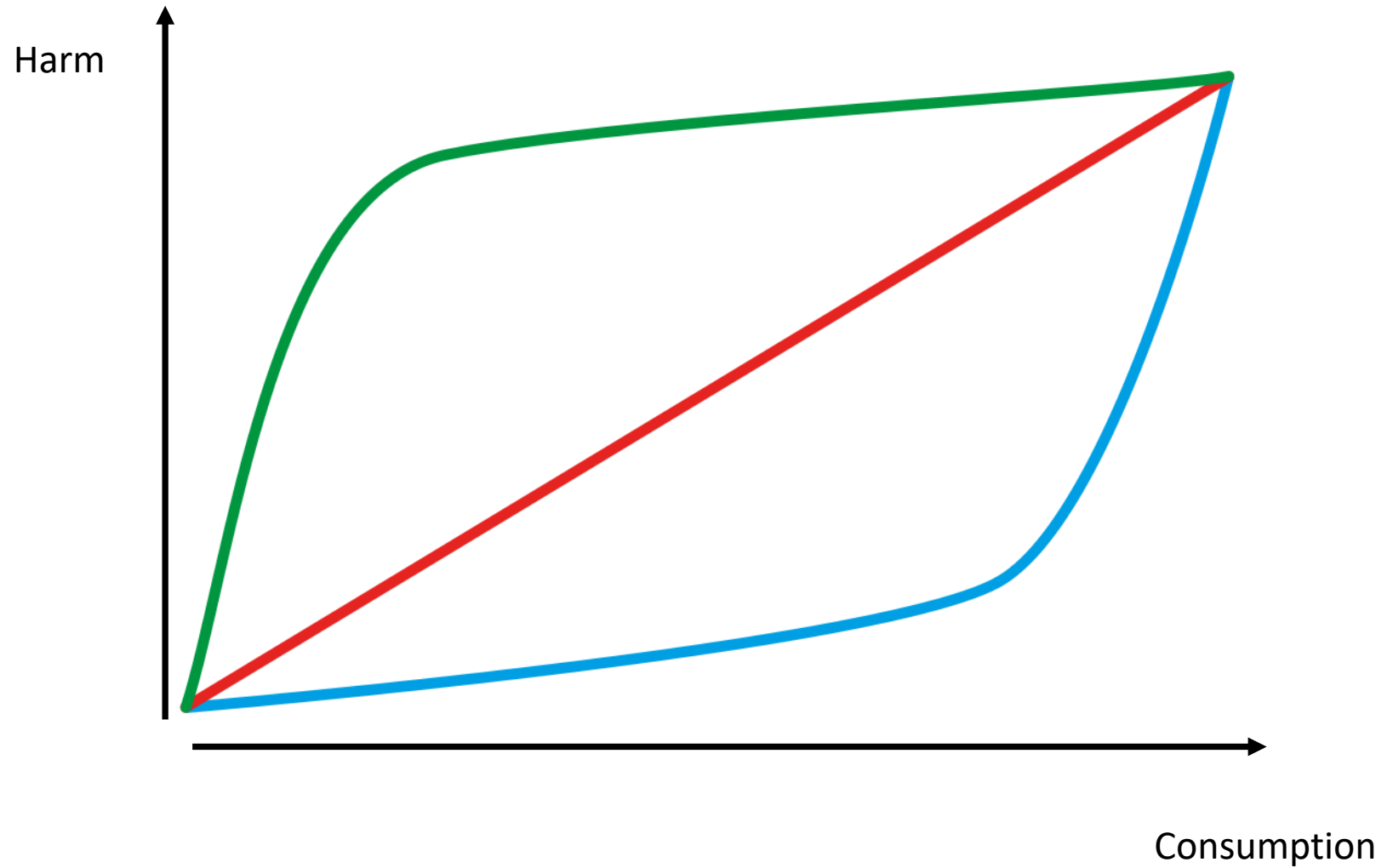
# Measure of harm

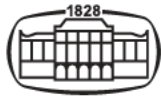
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- PGSI items on harm (financial, social, health) Young et al 2022
- Risk of gambling disorder - BBGS (Louderback et al, 2021)
- GamTest-indicators (Jonsson et al, 2022)

# Shape of the curve?

- J-shape?
- Linear?
- r-shape?





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**Journal of Behavioral  
Addictions**

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11 (2022) 3, 890–899

DOI:

[10.1556/2006.2022.00062](https://doi.org/10.1556/2006.2022.00062)

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## **In search of lower risk gambling levels using behavioral data from a gambling monopolist**

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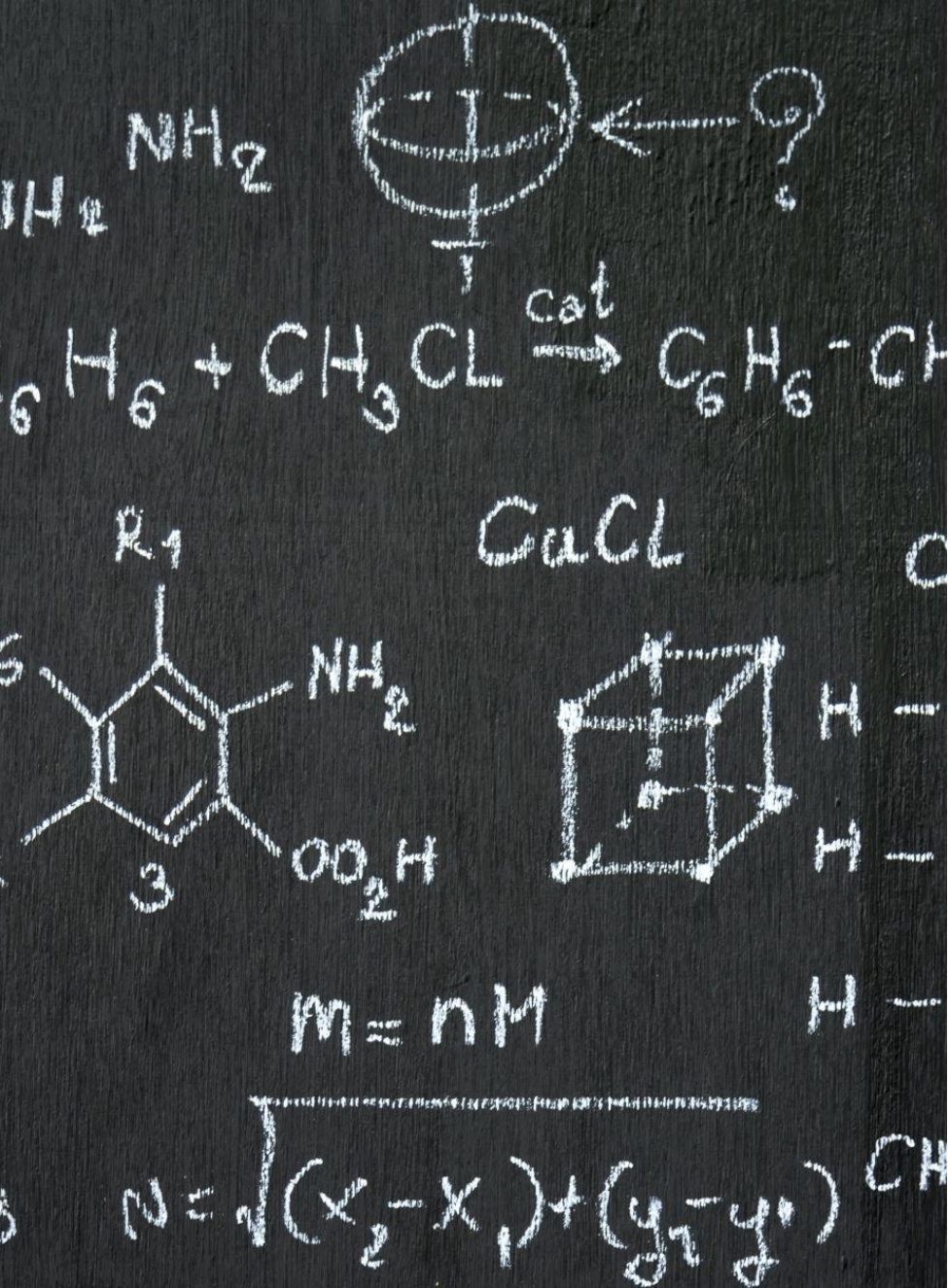
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# Financing of the study

- La Fondation Mise sur Toi (registered independent charity with funding from Lotto Québec) to the Canadian Centre on Substance Use and Addiction.



## Method (I)

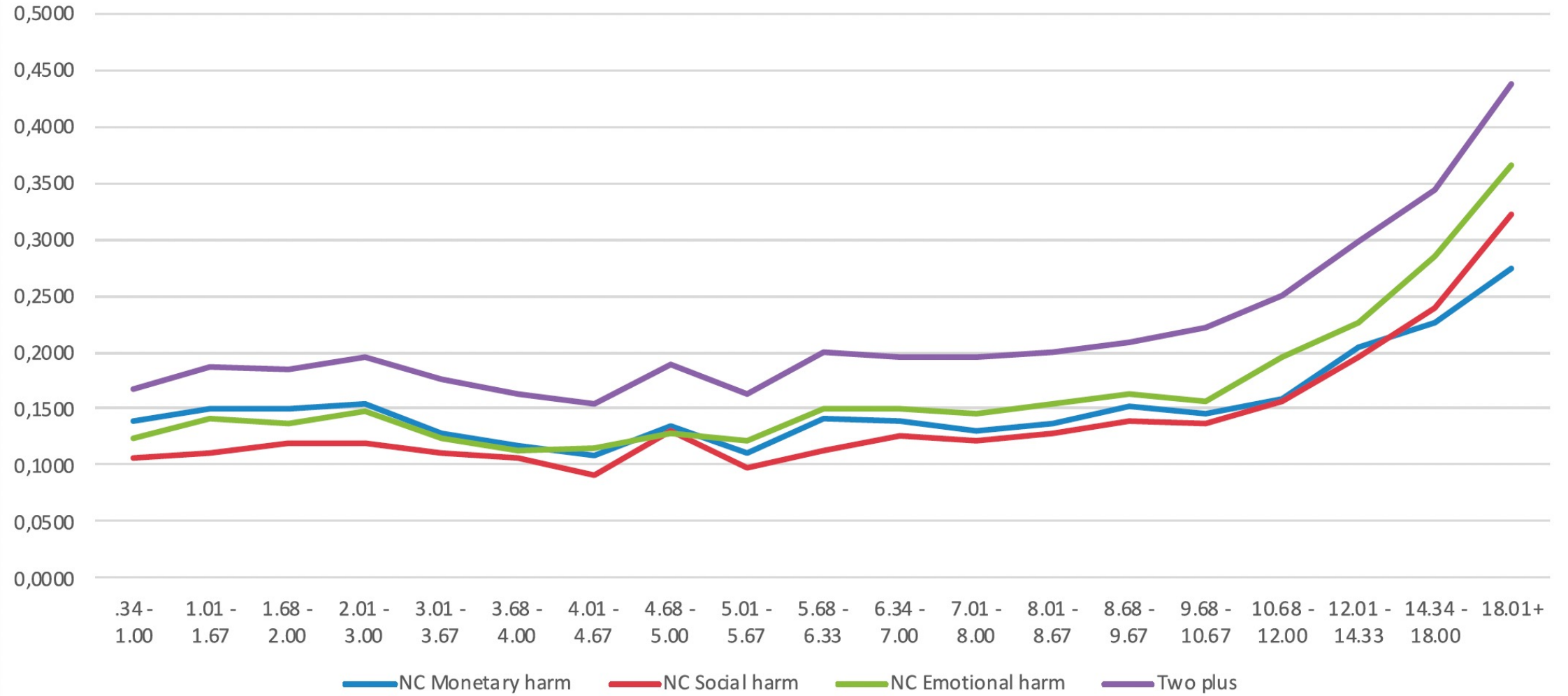
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- 35 753 online customers at NT, 33 % women, mean age 43 years
- **Gambling indicators:** Frequency, Expenditure, Duration, Number gambling formats and Wager. Mean per month last 3 months.
- **Harm-indicators:** GamTest: Financial, Social and Emotional negative consequences and "Two plus" (scoring positive on two of more GamTest Items)

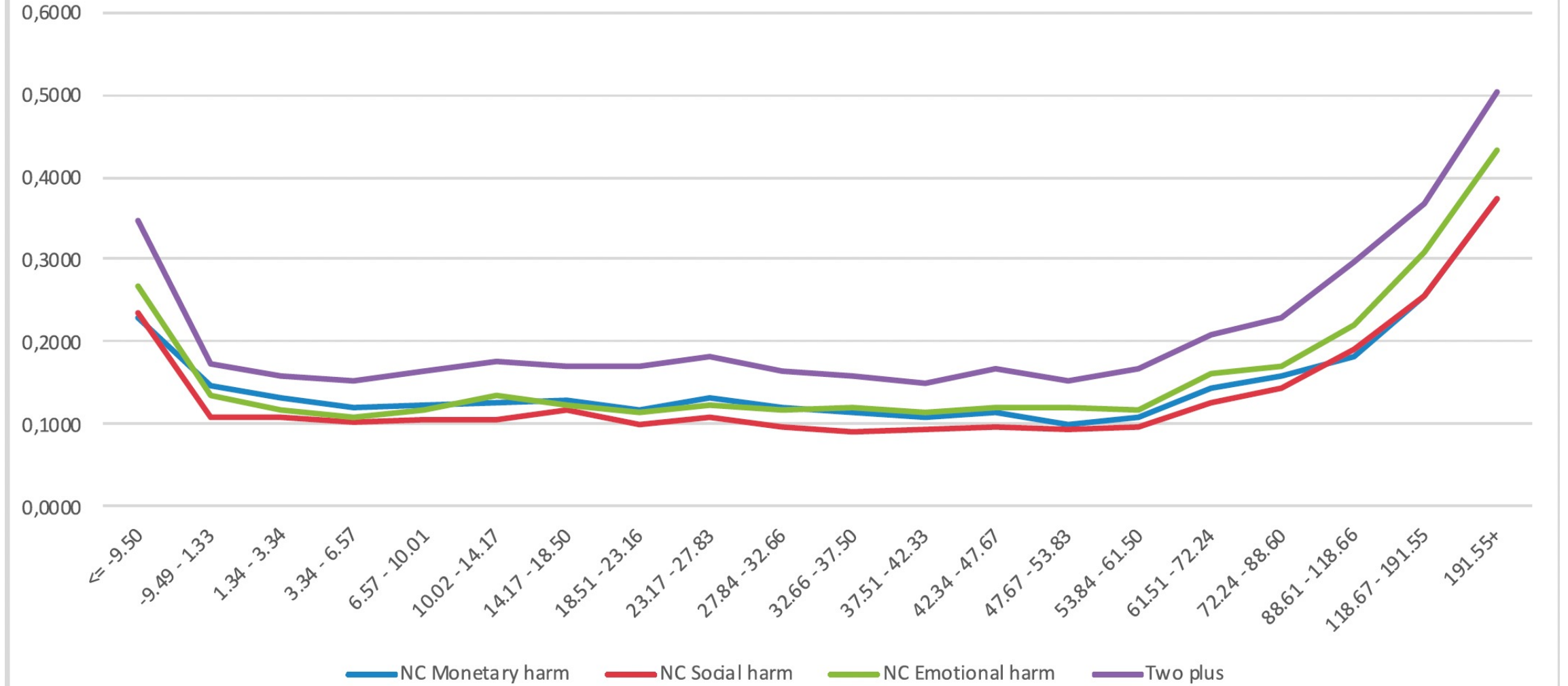
## Method (II)

- ROC (Receiver Operating Characteristics) curves were performed separately for each of the five gambling indicators for each of the four harm indicators.
- For each gambling indicator, except number of gambling formats, participants were categorized into 20 equal size bins to reflect increasing gambling. The number of format categories was limited to five, the maximum number of formats possible.
- Optimal cut-off as indicated by the gambling level showing maximum specificity while maintaining a sensitivity >0.70 are reported.
- Optimal cut-offs for 18–25 year olds are also presented.
- Four separate binary logistic regressions with different harm indicators as dependent variables (financial, social, emotional and two plus) were performed. For each gambling variable, the lowest group was the reference group

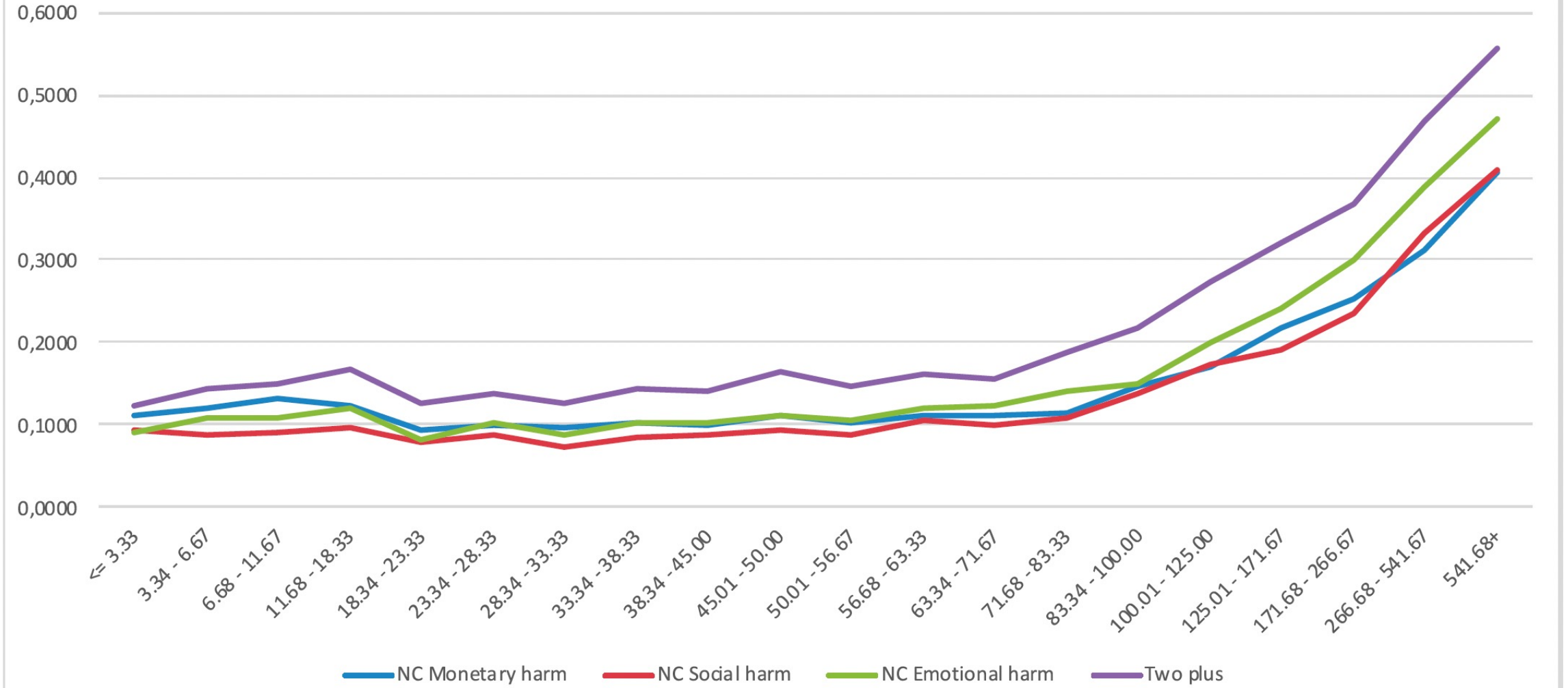
## Frequency



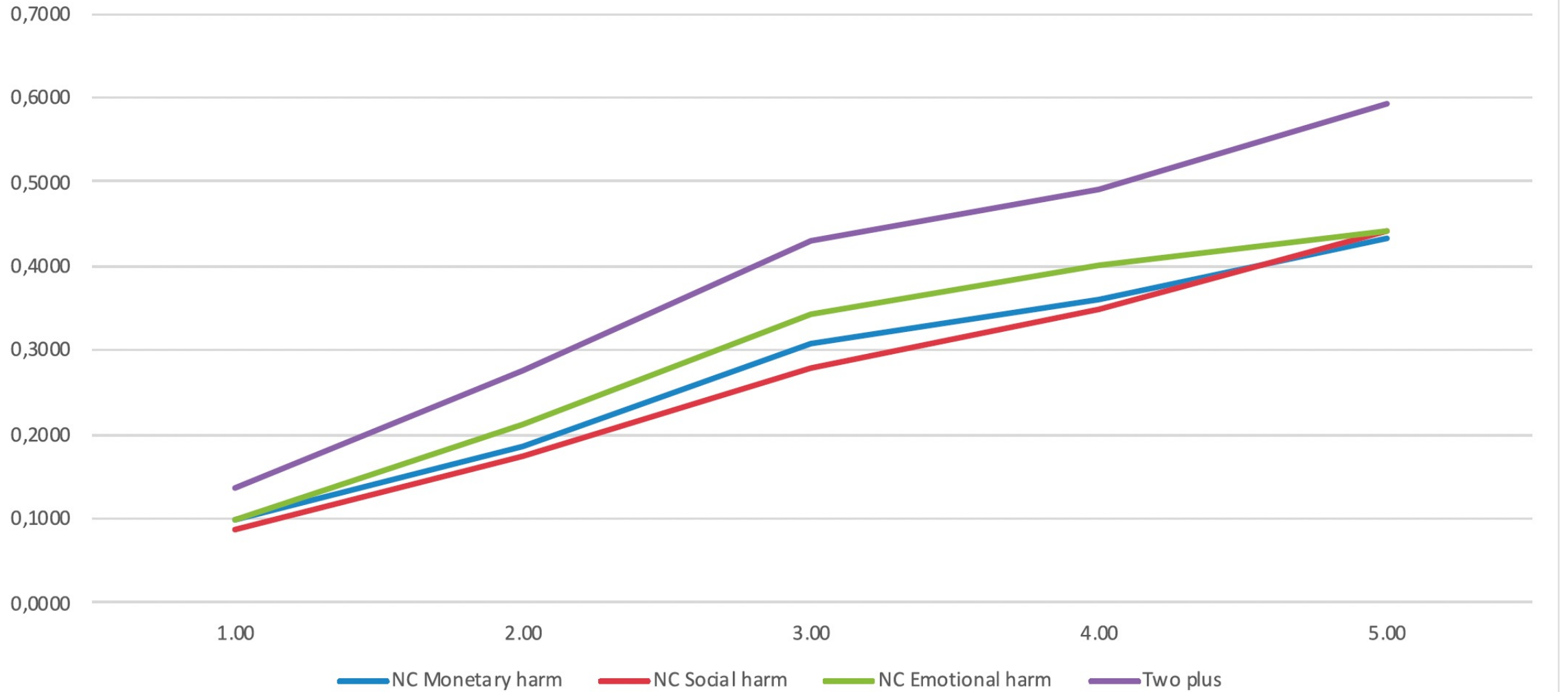
## Expenditure



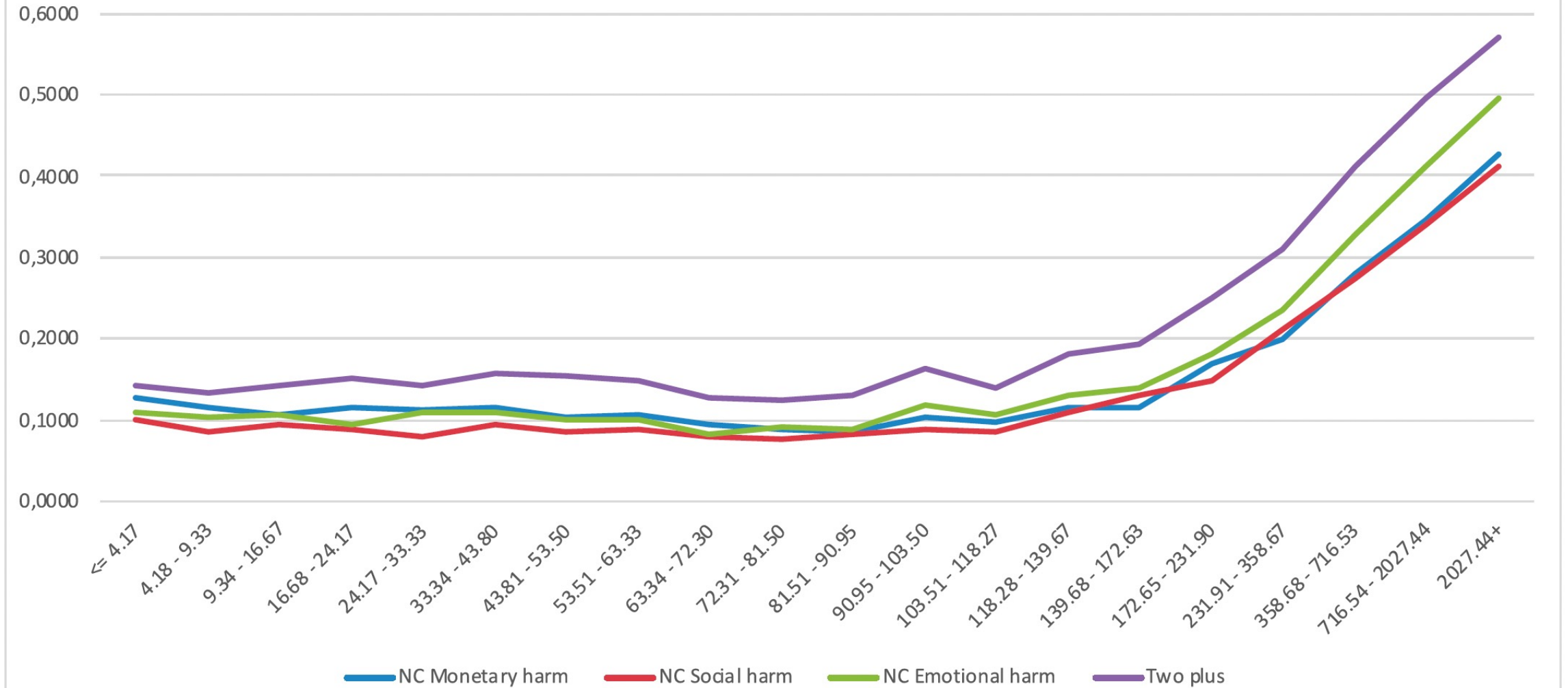
## Duration



## Gambling formats




## Wager







AUC

- 0,55-0,68
  - Lower than prevalence based studies
  - Smaller part of the customers gambling
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# Increased risk above low-risk recommendations

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## INDICATOR

## INCREASED RISK

Gambling frequency

1.45-1.77

Expenditure

1.57-1.80

Duration

2.29-2.68

Nr gambling formats

2.50-2.68

Wager

2.40-2.87

# Recommendations per month (18-25 år)

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	All	18-25 years
Number days	8,7	5,7
Expenditure	53,8 €	32,6 €
Duration	83 minutes	72 minutes
Number gambling formats	<3	<3
Wager	139,6 €	81,5 €

# Main findings

- We find harm at all levels of consumption, even among low consumers at (this) gambling company (5-10 %)
- Harm minimization needs to target all customers
- Calls for central RG-systems (e.g. central deposit system)
- Possible to find indicators for duty of care contacts?

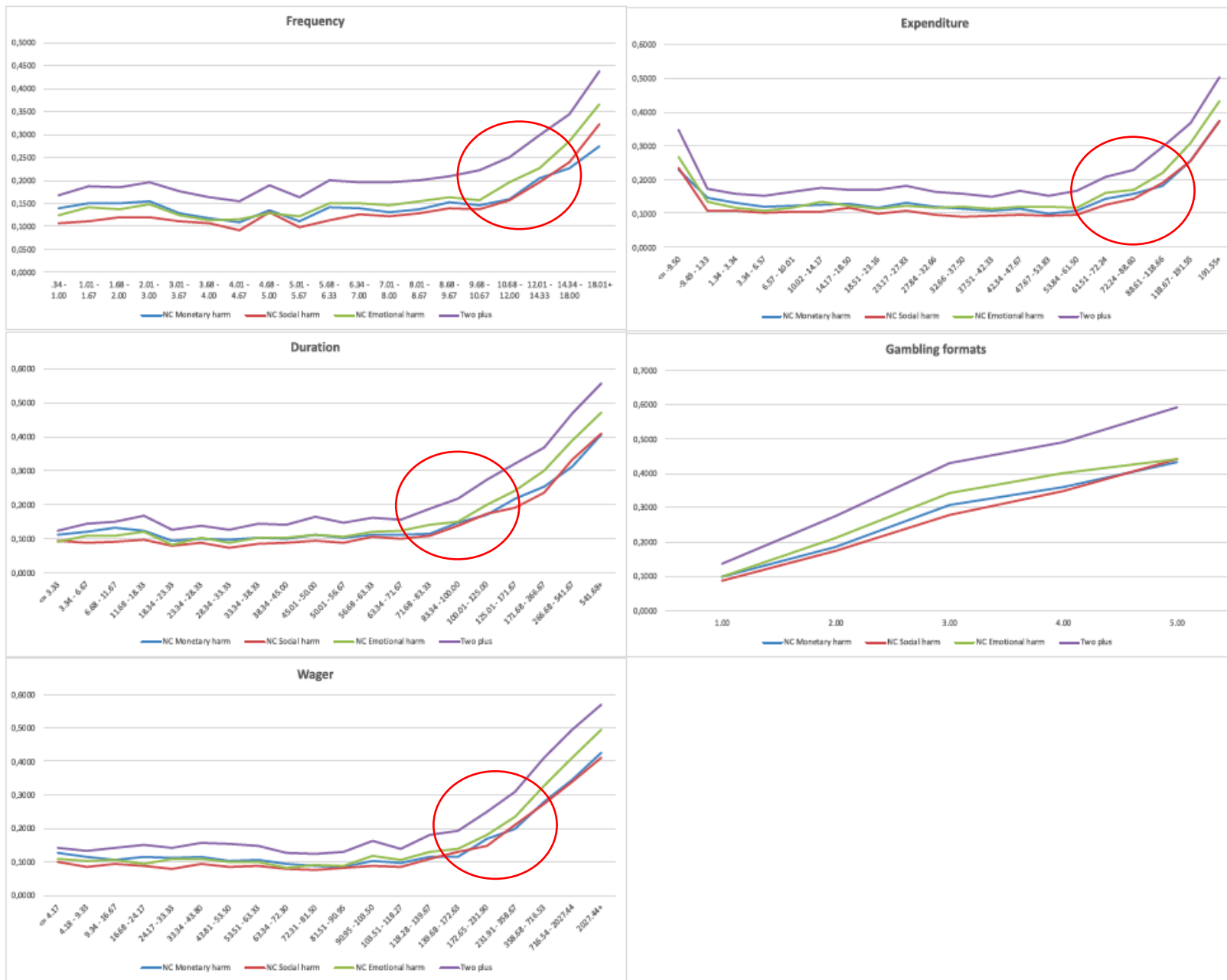


Fig. 1. Risk curves for frequency, expenditure, duration, gambling formats and wager on Two plus harm and financial harm, social harm

A row of four colorful dice (purple, red, brown, blue) is shown on a reflective surface. The dice are slightly out of focus, with the blue die in the foreground being the sharpest. The background is a soft, blurred gradient of colors.

Thanks for your  
attention!

Questions?

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