

Measuring recovery in gambling problems: Experiences from outpatient care

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Outline



Theoretical basis:
recovery orientation
and realist evaluation



Gambling Clinic
outpatient care



Results from old data



Development of new
measures

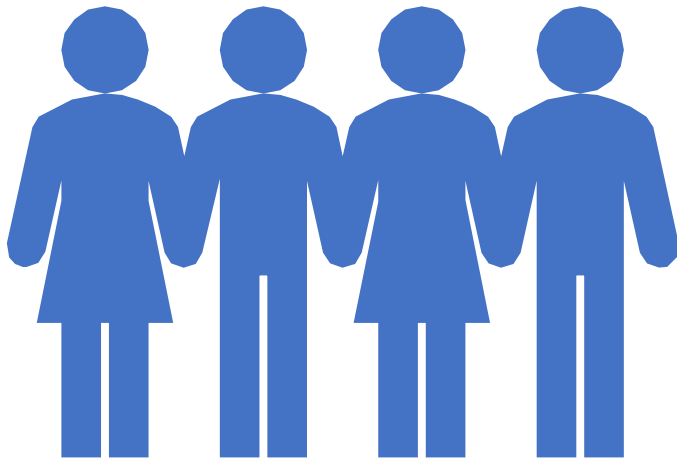


Discussion: how to
measure recovery?

Recovery orientation

- Traditional way to think of recovery: an outcome in certain point after illness, when person's health is regained

“In this expanded usage, recovery is a process representing the belief that all individuals, even those with severe psychiatric disabilities, can develop hope for the future, participate in meaningful activities, exercise self-determination, and live in a society without stigma and discrimination” (Resnick et al., 2005, pp. 119–120).



Recovery capital

Those internal and external resources which support in initiating and sustaining the process of recovery (Cloud & Granfield, 2008)

The level of recovery capital has been found to distinguish between individuals with active gambling disorder and recovered gamblers (Gavriel-Field, 2018)



Realist evaluation

- Realist evaluation asks why certain intervention or treatment is successful with some but not with all
- Studies within realist evaluation framework are interested in those mechanisms which result in changes in those environments in which the mechanisms are applied:

what works, for whom and in which circumstances

(Kazi, Pagkos & Milch, 2011)

Gambling Clinic outpatient care

Gambling Clinic in Helsinki, Finland

Outpatient care (Helsinki, Vantaa)

Peluuri helpline and e-services, including "Time to fold" programme

Tiltti: low-threshold information and support

Research

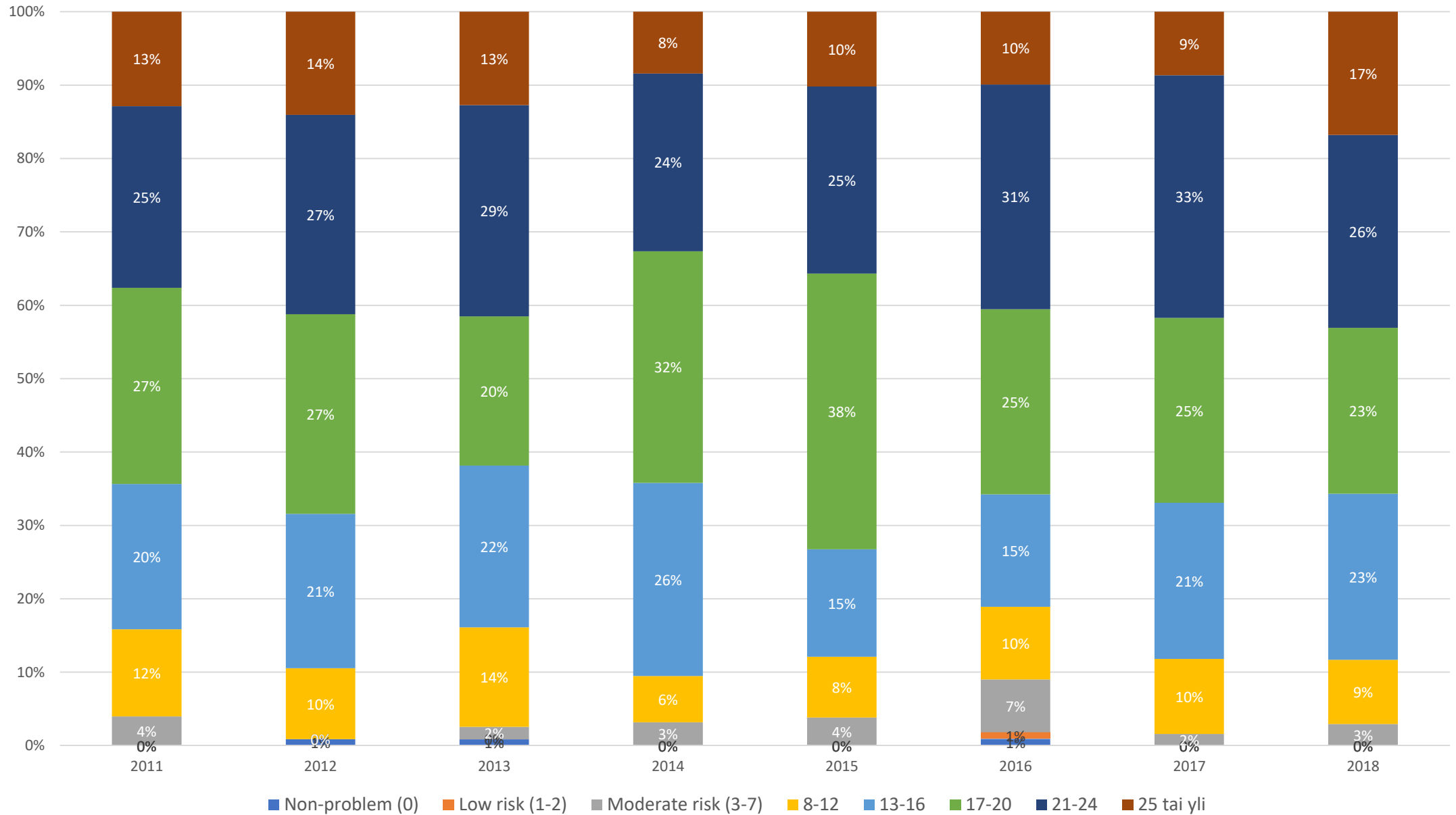
Outpatient care

Two social therapists, one psychologist, project secretary, project manager

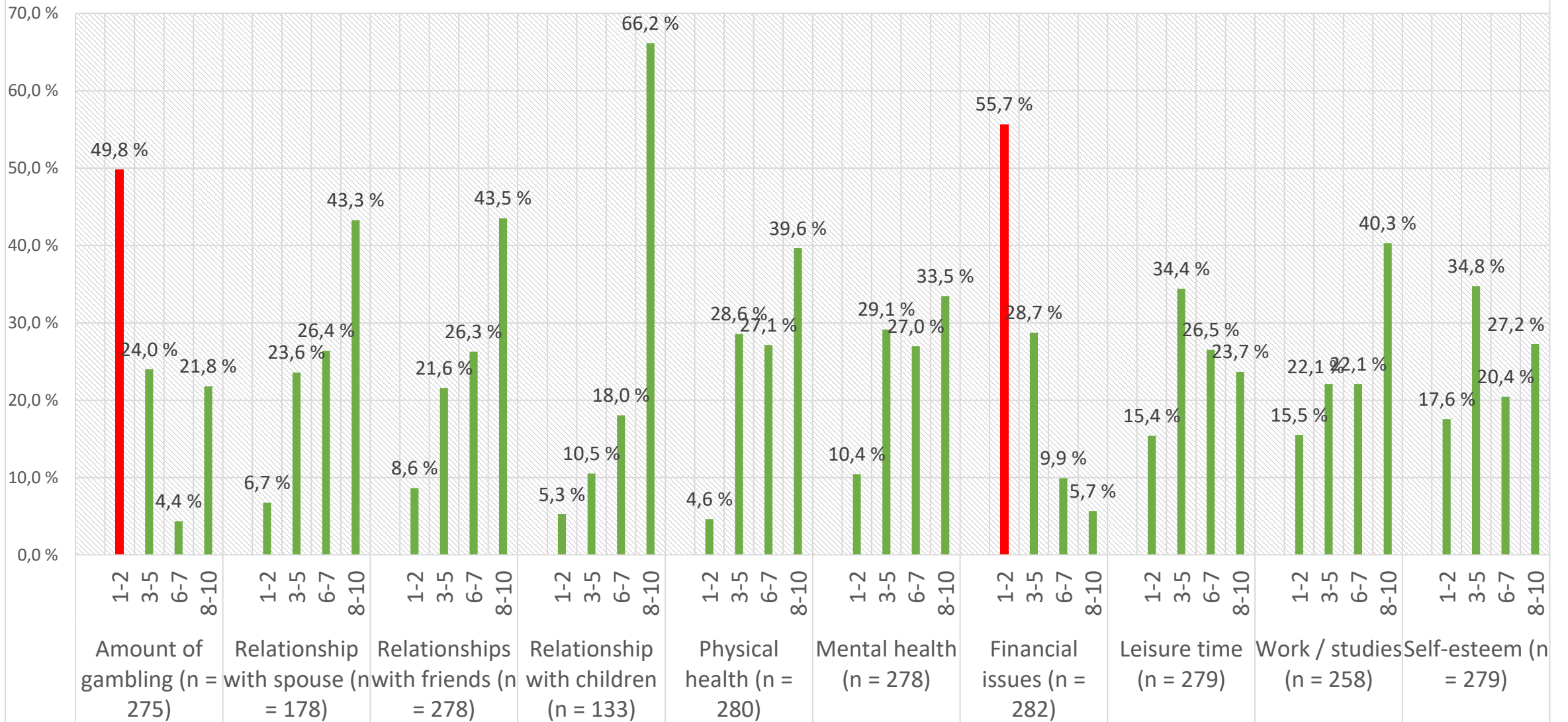
130-160 new clients every year

Information for research: background, gambling habits, other issues in life, satisfaction with different areas of life, follow up questions

PGSI scores yearly



Satisfaction with



	Gambling during the past month	PGSI past 12 months	Has sought help	Has gambling debt	Age	Years of problem	Meetings with therapist	Follow up: Gambling during the past month	Follow up: PGSI past month	Change in PGSI	Days between
Client 1	Several times a day	21	No	Yes	36	19	13	Some times a month	18	-3	346
Client 2	Occasionally	18	No	Yes	25	5	13	Some times a month	5	-13	429
Client 3	Several times a day	20	Yes	Yes	29	2		Have not gambled	3	-17	343
Client 4	Occasionally	14	No	Yes	36	6	14	Have not gambled	0	-14	412
Client 5	Once a week	23	No	Yes	30	9	18	Have not gambled	0	-23	474
Client 6	Several times a day	21	Yes	Yes	24	1	9	Have not gambled	0	-21	301
Client 7	Several times a day	20	Yes	Yes	46	17	21	Some times a month	6	-14	390
Client 8	Several times a day	24	No	Yes	33	3	13	Have not gambled	1	-23	396
Client 9	Several times a day	21	Yes	Yes	27	17	13	Have not gambled			294
Client 10	Occasionally	9	No	Yes	25	0		Have not gambled	1	-8	125
Client 11	Daily	11	No	Yes	79	0	4	Have not gambled			105
Client 12	Several times a day	20	No	Yes	42	7	14	Have not gambled	3	-17	282
Client 13		19	No	Yes	33	10		Some times a month	9	-10	251
Client 14	2-3 times a month	18	No	Yes	21	3	9	Once a week	2	-16	212
Client 15	Have not gambled	13	No	No	23	4	4	Some times a month	10	-3	97
Client 16	Daily	26	No	Yes	56	11		Several times a week	20	-6	114
Client 17	Have not gambled	16	Yes	Yes	28	10		Have not gambled	8	-8	140
Client 18	Have not gambled	9	No	Yes	25	9	4	Once a week	0	-9	111
Client 19	Have not gambled	15	No	Yes	25	3		Have not gambled	0	-15	105

	Have you bet more than you could really afford to lose?	Have you needed to gamble with larger amounts to get the same feeling of excitement?	When you gambled, did you go back another day to try to win back the money you lost?	Have you borrowed money or sold anything to get money to gamble?	Have you felt you might have a problem with gambling?	Has gambling caused you any health problems, including stress or anxiety?	Have people criticised your betting or told you that you had a gambling problem, regardless of whether or not you thought it was true?	Has your gambling caused any financial problems for you or your household?	Have you felt guilty about the way you gamble or what happens when you gamble?
Client 1	0	-2	-3	-1	1	0	2	0	0
Client 2	-2	-1	-1	-1	-2	-2	-1	-2	-1
Client 3	-3	-3	-3	-2	1	-1	-1	-3	-2
Client 4	-2	0	-3	-1	-3	-1	-1	-1	-2
Client 5	-3	-3	-3	-2	-3	-2	-1	-3	-3
Client 6	-3	-3	-3	-2	-2	-3	-1	-2	-2
Client 7	-2	-2	-3	-2	0	-1	-1	-3	0
Client 8	-3	-3	-2	-2	-2	-3	-2	-3	-3
Client 9									
Client 10	-1	0	-1	-1	-1	-2	0	0	-2
Client 11	2	1	1	0		1	0	1	0
Client 12	-3	-3	-3	-3	0	-2	0	-3	0
Client 13	-1	-1	-2	-2	0	-1	-1	-1	-1
Client 14	-2	-2	-1	0	-2	-3	-1	-3	-2
Client 15	-2	-2	-1	0	0	1	0	1	0
Client 16	0	0	0	-2	-1	0	-2	0	-1
Client 17	-3	-3	-3	-2	2	1	-1	1	0
Client 18	0	0	-1	-1	-2	-1	-1	-1	-2
Client 19	-2	0	-1	-1	-3	-2	-1	-2	0
	-1,66667	-1,5	-1,83333	-1,38889	-1	-1,16667	-0,72222	-1,33333	-1,16667

Development of new measures: discussions with therapists

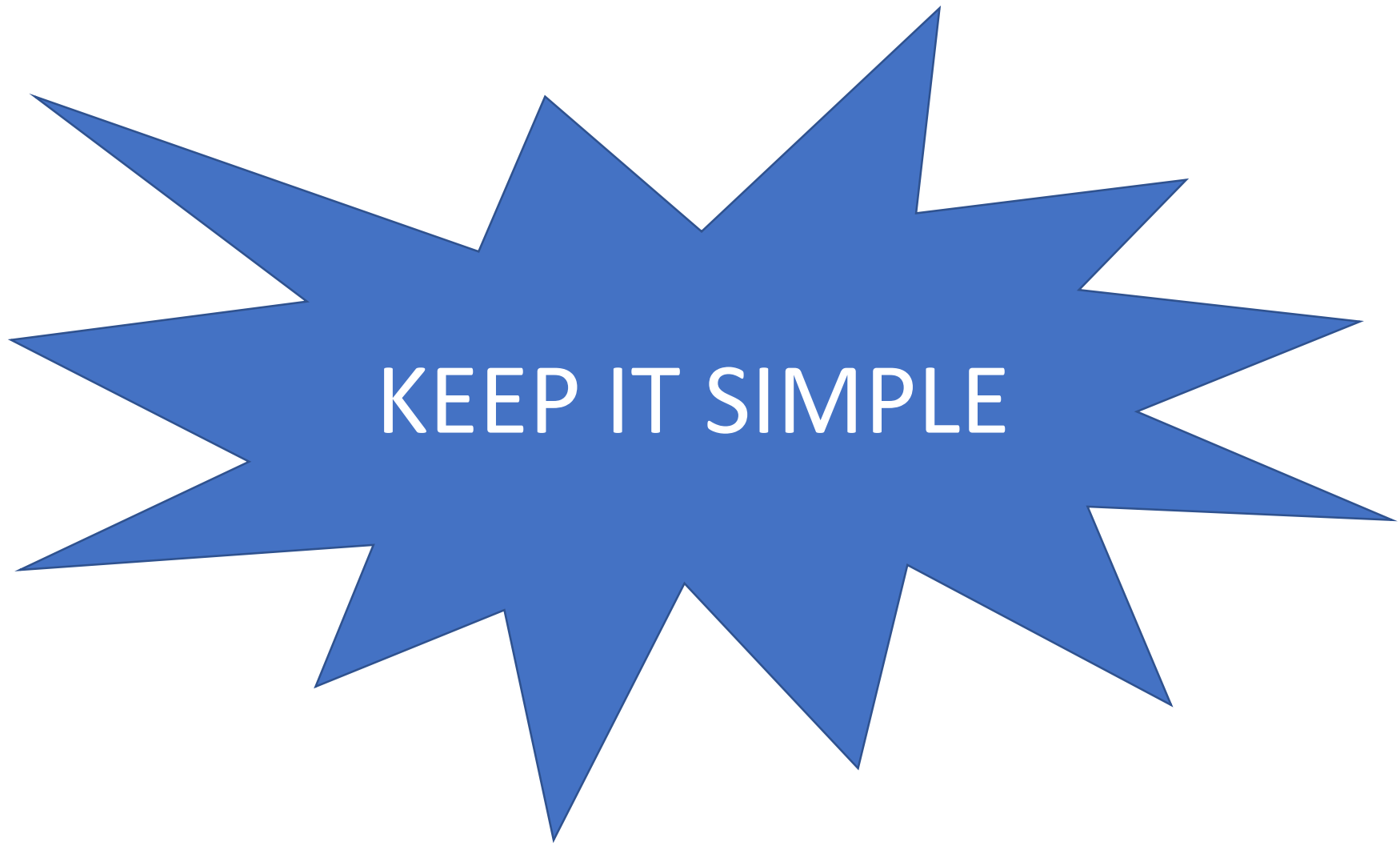
- Change in what?
 - Clients' goals vary: quitting gambling, maintaining abstinence, leisure gambling
 - Therapists' goal is to support the client as an active actor
 - Making the change is easier than maintaining it
 - Hope, dreams, future --- demoralization, anxiety, depression
 - Motivation, (false) beliefs
 - What is the role of gambling in the clients' lives?
 - Other leisure activities
 - Money in everyday life: e.g. have you bought a pair of new shoes during the past three months?
 - Financial troubles and stress caused by them do not disappear even if gambling is quit
 - The meanings of money may change during the recovery
 - Clients' own descriptions on how gambling affects the everyday life
 - **What is a good result?**

Development of new measures: discussions with therapists

- What is the intervention?
 - What is the effective component?
 - The interaction between therapist and client
 - Are we measuring what happens inside the therapy or outside it?
 - What helps, whom, how and why?
 - Every therapist has their own style, education, experience
 - What does the client expect to happen in treatment?
- Timeline of addiction
 - How to follow the processes?
 - Time between the measurement points: at least one year needed from the perspective of the therapy, way too long from the perspective of research
 - How to measure sustainable change?
 - Some clients start the treatment several times, possibly with new therapists
 - How about no-show?

Aspects measured (Pickering et al., 2018)

- Gambling behaviour
 - Time and money
 - Abstinence and relapse
- Global functioning and wellbeing
 - Work and Social Adjustment Scale
 - Quality of Life measure
 - Quality of Life Inventory
- Psychological functioning
 - Depression
 - Anxiety
 - Symptom Checklist
 - Substance use
 - Addiction Severity Index
- Gambling symptoms and severity
 - SOGS
 - DSM
 - Gambling Symptom Assessment Scale
 - Self reported
 - Gambling urges and cravings
 - NODS
 - CPGI / PGSI



KEEP IT SIMPLE

Gambling Harms

- Short Gambling Harms Screen:

Have you have experienced any of these issues as a result of your gambling in the last 12 months?

1. Reduction of my available spending money
2. Reduction of my savings
3. **Less spending on recreational expenses such as eating out, going to movies or other entertainment**
4. Had regrets that made me feel sorry about my gambling
5. Felt ashamed of my gambling
6. Sold personal items
7. **Increased credit card debt**
8. **Spent less time with people I care about**
9. Felt distressed about my gambling
10. Felt like a failure

Gambling Harms

70 % or more clients of Gambling Clinic had experienced these:

Less spending on recreational expenses such as eating out, going to movies or other entertainment.

Reduction of available spending money

Less spending on essential expenses such medication, healthcare, and food

Felt angry about not controlling my gambling

Had regrets that made me sorry about my gambling

Felt distressed about my gambling

Felt ashamed of my gambling

Feelings of hopelessness about gambling

Felt like a failure

Loss of sleep due to spending time gambling

Loss of sleep due to stress or worry about gambling or gambling-related problems

Gambling Harms

- Less spending on recreational expenses such as eating out, going to movies or other entertainment
 - Increased credit card (or other) debt
 - Spent less time with people I care about
-
- Less spending on essential expenses such medication, healthcare, and food
 - Feelings of hopelessness about gambling
 - Loss of sleep due to spending time gambling
-
- Reduced performance at work or study (due to tiredness or distraction)
 - Late payment on bills (e.g., utilities, rates)

	YES	NO
Less spending on recreational expenses such as eating out, going to movies or other entertainment		
Increased credit card (or other) debt		
Late payment on bills (e.g., utilities, rates)		
Less spending on essential expenses such as medication, healthcare, and food		
Spent less time with people I care about		
Feelings of hopelessness about gambling		
Loss of sleep due to spending time gambling		
Reduced performance at work or study (due to tiredness or distraction)		

Time-frame?
 "Less" compared to what?



1. SUBSTANCE USE & SOBRIETY

- 1.1 I am currently completely sober
- 1.2 I feel I am in control of my substance use
- 1.3 I have had no 'near things' about relapsing
- 1.4 I have had no recent periods of substance intoxication
- 1.5 There are more important things to me in life than using substances

2. GLOBAL HEALTH (PSYCHOLOGICAL)

- 2.1 I am able to concentrate when I need to
- 2.2 I am coping with the stresses in my life
- 2.3 I am happy with my appearance
- 2.4 In general I am happy with my life
- 2.5 What happens to me in the future mostly depends on me

3. GLOBAL HEALTH (PHYSICAL)

- 3.1 I cope well with everyday tasks
- 3.2 I feel physically well enough to work
- 3.4 I have enough energy to complete the tasks I set myself
- 3.5 I have no problems getting around
- 3.6 I sleep well most nights

4. CITIZENSHIP /COMMUNITY INVOLVEMENT

- 4.1 I am proud of the community I live in and feel part of it – sense of belonging
- 4.2 It is important for me to contribute to society and or be involved in activities that contribute to my community
- 4.3 It is important for me to do what I can to help other people
- 4.4 It is important for me that I make a contribution to society
- 4.5 My personal identity does not revolve around drug use or drinking

5. SOCIAL SUPPORT

- 5.1 I am happy with my personal life
- 5.2 I am satisfied with my involvement with my family
- 5.3 I get lots of support from friends
- 5.4 I get the emotional help and support I need from my family
- 5.5 I have a special person that I can share my joys and sorrows with

6. MEANINGFUL ACTIVITIES

- 6.1 I am actively involved in leisure and sport activities
- 6.2 I am actively engaged in efforts to improve myself (training, education and /or self awareness)
- 6.3 I engage in activities that I find enjoyable and fulfilling
- 6.4 I have access to opportunities for career development (job opportunities, volunteering or apprenticeships)
- 6.5 I regard my life as challenging and fulfilling without the need for using drugs or alcohol

7. HOUSING AND SAFETY

- 7.1 I am proud of my home
- 7.2 I am free of threat or harm when I am at home
- 7.3 I feel safe and protected where I live
- 7.4 I feel that I am free to shape my own destiny
- 7.5 My living space has helped to drive my recovery journey

8. RISK TAKING

- 8.1 I am free from worries about money
- 8.2 I have the personal resources I need to make decisions about my future
- 8.3 I have the privacy I need
- 8.4 I make sure I do nothing that hurts or damages other people
- 8.5 I take full responsibility for my actions

9. COPING AND LIFE FUNCTIONING

- 9.1 I am happy dealing with a range of professional people
- 9.2 I do not let other people down
- 9.3 I eat regularly and have a balanced diet
- 9.4 I look after my health and wellbeing
- 9.5 I meet all of my obligations promptly

10. RECOVERY EXPERIENCE

- 10.1 Having a sense of purpose in life is important to my recovery journey
- 10.2 I am making good progress on my recovery journey
- 10.3 I engage in activities and events that support my recovery
- 10.4 I have a network of people I can rely on to support my recovery
- 10.5 When I think of the future I feel optimistic

Brief Assessment of Recovery Capital

- There are more important things to me in life than *using substances*
- In general I am happy with my life
- I have enough energy to complete the tasks I set for myself
 - I cope well with everyday tasks
- I am proud of the community I live in and feel a part of it
- I get lots of support from friends
 - I have *a special person* that I can share my joys and sorrows with
- I regard my life as challenging and fulfilling without the need for *using drugs or alcohol*
- My living space has helped to drive my recovery journey
- I take full responsibility for my actions
- I am happy dealing with a range of professional people
 - I look after my health and wellbeing
- I am making good progress on my recovery journey

	YES	NO
There are more important things to me in life than gambling		
In general I am happy with my life		
I cope well with everyday tasks		
I am proud of the community I live in and feel a part of it		
I have people that I can share my joys and sorrows with		
I regard my life as challenging and fulfilling without the need for gambling		
My living space has helped to drive my recovery journey		
I take full responsibility for my actions		
I look after my health and wellbeing		
I am making good progress on my recovery journey		

NODS-PERC

NODS 1

Have there ever been periods lasting 2 weeks or longer when you spent a lot of time thinking about your gambling experiences or planning out future gambling ventures or bets?

NODS 8

Have you ever gambled as a way to escape from personal problems?

NODS 10

Has there ever been a period when, if you lost money gambling one day, you would return another day to get even?

NODS 14

Has your gambling ever caused serious or repeated problems in your relationships with any of your family members or friends?

Discussion: how to measure recovery?

What is the aim of the client?



Problem

What is the content of the intervention?



Intervention

No show and not completing the treatment

Relapses

How to maintain the recovery?



Recovery

What is the problem?

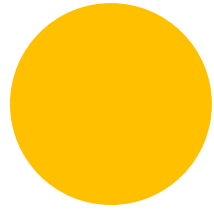
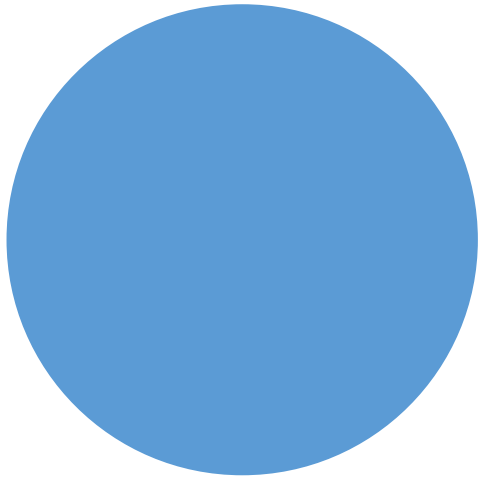
What are the resources of the client?

What else happens at the same time?

What happens with gambling?

What is a positive change?

How are other issues in life changing?



Thank you!

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