What effect over time has distant based treatment for problemgamblers?

SNSUS 04.06.19

Tampere, Finland

Mette Mohn

Sykehuset Innlandet HF

Overview

- Distant based treatment (Remote treatment for problemgamblers)

- Evaluation of the service

- Temporary result from our study

Long distant based treatment

www.spillbehandling.no

Skjema for påmelding

Fornavn

Etternavn

Fødselsdato og personnummer (11 siffer)

Gateadresse

Postnummer og Sted

Telefonnummer (Mobil)

Kort bakgrunn for ønsket om deltagelse i Fjernbasert behandling for spilleavhengige

[<- Forrige]   [Avbryt]   [Send inn]

100% fullført

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&

Survey forms

- SCL90-R   *mental health*

- GBQ   *gambling cognition*

- SOGS-R   *diagnostic tool on gambling behavior*

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The evaluation

«Long-term effects of remote-based treatment for gambling addicts must be evaluated with a view to permanent operation.»

Kulturdepartementet   Handlingsplan

Handlingsplan mot spille-problemer
2016-2018
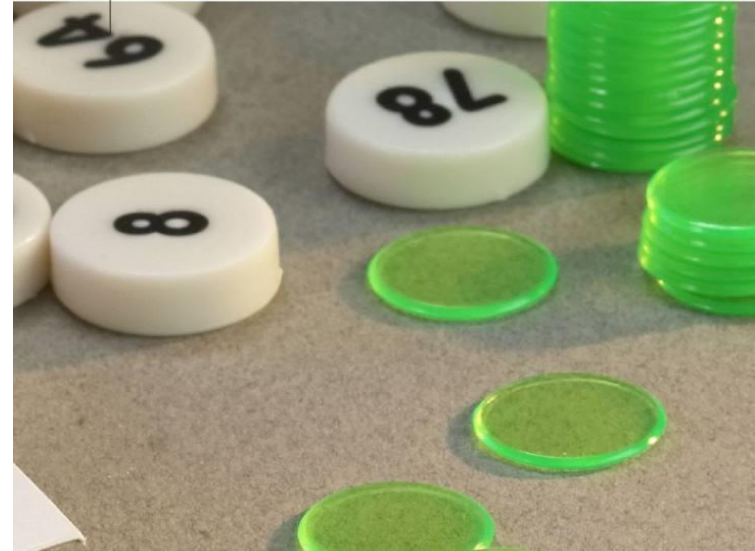
- UiB University of Bergen, Department of Psychosocial Science: Eilin Erevik

- Mapping from paperarchive

- Contact former participants fall/winter 2018 – follow up/interview

- SCL90, GBQ and SOGS-R

Interview

- Scale the benefits of treatment in relation to gambling (1-10)

- Describe with own words the benefits of the treatment (open)

- Recieved other treatment after participated remote treatment – was this for gamblingproblem? (yes/no)

- Used more computer games now or earlier? Yes/no

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Groups

- 1: No participation in the interview

- 2: Participated in the interview, but not SCL90, GBQ and SOGS-R

- 3: Participated with interview and forms.

Temporary results of the study:

Nordic Studies on Alcohol and Drugs:
https://journals.sagepub.com/home/nad

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Table 1

Table 1 Sample characteristics and dropout analyses, N = 67.

	Full sample	1: No participation in follow-up, n = 31	2: Completed the interview but not the survey, n = 11	3: Completed both the interview and the survey, n = 25	Significance tests and effect sizes of group differences (one-way analysis of variance and chi-square tests)
	M (SD) / %	M (SD) / %	M (SD) / %	M (SD) / %	
Demographical characteristics					
Sex = Woman	35.8%	35.5%	36.4%	36.0%	Phi coefficient = .01[N.S.]
Age	39.7 (10.9)	37.9 (11.1)	38.8 (8.1)	42.3 (11.6)	Eta Squared = .03[N.S.]
Treatment adherence					
Number of telephone conversations with therapist	8.6 (1.8)	8.3 (2.0)	9.1 (1.2)	8.9 (1.8)	Eta Squared = .04[N.S.]
Number of assignments completed	7.3 (1.5)	7.0 (1.5)	7.5 (0.9)	7.6 (1.6)	Eta Squared = .04[N.S.]
Gambling behaviour[a]					
SOGS-R Full score, pre-treatment	11.0 (2.5)	10.7 (2.0)	11.5 (3.2)	11.1 (2.9)	Eta Squared = .01[N.S.]
Experience of having current gambling problems pre-treatment	66.7%	54.8%	81.8%	75.0%	Phi coefficient = .24[N.S.]
Gambling cognitions[b]					
GBQ Full score, pre-treatment	72.5 (28.7)	68.0 (28.7)	78.9 (31.6)	75.5 (27.5)	Eta Squared = .02[N.S.]
GBQ Luck/perseverance, pre-treatment	44.5 (19.5)	40.2 (19.0)	51.1 (19.8)	46.9 (19.6)	Eta Squared = .05[N.S.]
GBQ Illusion of control, pre-treatment	28.1 (11.5)	27.8 (11.3)	27.8 (13.0)	28.6 (11.6)	Eta Squared = .00[N.S.]
GBQ Full score, post-treatment	34.8 (15.2)	37.1 (18.3)	26.7 (5.7)	35.2 (12.8)	[1] Welch=p< .01, BF=N.S. Adhoc-test?
GBQ Luck/perseverance, post-treatment	18.9 (8.0)	19.8 (9.5)	16.1 (5.3)	18.9 (6.7)	Eta Squared = .02[N.S.]
GBQ Illusion of control, post-treatment	15.9 (8.4)	17.4 (9.5)	10.6 (4.1)	16.3 (7.5)	[1] Welch=p< . 01, BF=p<.05. Adhoc-test?
Reduction pre-post					
GBQ Full score	38.0 (28.2)	30.8 (24.9)	53.1 (33.6)	41.0 (28.1)	Eta Squared = .08[N.S.]
GBQ Luck/perseverance	25.7 (19.2)	20.4 (16.5)	35.9 (22.5)	28.2 (19.6)	Eta Squared = .09[N.S.]
GBQ Illusion of control	12.3 (10.8)	10.4 (9.8)	17.2 (12.9)	12.8 (10.8)	Eta Squared = .05[N.S.]
Mental health[c]					
SCL-90 GSI score, pre-treatment	0.8 (0.7)	0.9 (0.7)	1.0 (0.9)	0.7 (0.5)	Eta Squared = .03[N.S.]
SCL-90 PST score, pre-treatment	39.6 (20.7)	40.9 (21.0)	43.9 (24.7)	36.0 (18.5)	Eta Squared = .02[N.S.]
SCL-90 PSDI score, pre-treatment	1.7 (0.5)	1.7 (0.5)	1.8 (0.6)	1.5 (0.5)	Eta Squared = .03[N.S.]
SCL-90 GSI score, post-treatment	0.4 (0.5)	0.5 (0.6)	0.3 (0.4)	0.4 (0.5)	Eta Squared = .02[N.S.]
SCL-90 PST score, post-treatment	25.0 (20.3)	28.6 (22.2)	18.4 (15.7)	23.0 (19.1)	Eta Squared = .04[N.S.]
SCL-90 PSDI score, post-treatment	1.3 (0.5)	1.3 (0.5)	1.2 (0.6)	1.3 (0.5)	Eta Squared = .01[N.S.]
Reduction pre-post					
SCL-90 GSI score	0.4 (0.3)	0.4 (0.3)	0.5 (0.4)	0.3 (0.3)	Eta Squared = .07[N.S.]
SCL-90 PST score	13.6 (11.7)	12.2 (10.4)	21.3 (11.0)	12.0 (12.6)	Eta Squared = .08[N.S.]
SCL-90 PSDI score	0.3 (0.4)	0.3 (0.5)	0.5 (0.5)	0.2 (0.3)	Eta Squared = .04[N.S.]

M = mean, SD = standard deviation, CI = confidence interval. N.S. = No significant differences between groups. [a] SOGS-R = South Oaks Gambling Screen Revised, full scores range between 0 – 20. [b] GBQ = Gamblers Belief Questionnaire, full scores range between 21 – 147, scores on the luck/perseverance subscale range between 31 – 91 and scores on the illusion of control subscale range between 8 – 56. [c] SCL-90 = Symptom Checklist-90-Revised, GSI = Global Severity Index this index represents the mean score on all 90 items, PST = Positive Symptom Total this index represents the number of items endorsed, PSDI = Positive Symptom Distress Index this index represent the mean score on the endorsed items. [1] Not homogeneity of variance.

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SCL-90 GSI score, pre-treatment	0.8 (0.7)	0.9 (0.7)	1.0 (0.9)	0.7 (0.5)	Eta Squared = .03[N.S.]
SCL-90 PST score, pre-treatment	39.6 (20.7)	40.9 (21.0)	43.9 (24.7)	36.0 (18.5)	Eta Squared = .02[N.S.]
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SCL-90 GSI score, post-treatment	0.4 (0.5)	0.5 (0.6)	0.3 (0.4)	0.4 (0.5)	Eta Squared = .02[N.S.]
SCL-90 PST score, post-treatment	25.0 (20.3)	28.6 (22.2)	18.4 (15.7)	23.0 (19.1)	Eta Squared = .04[N.S.]
SCL-90 PSDI score, post-treatment	1.3 (0.5)	1.3 (0.5)	1.2 (0.6)	1.3 (0.5)	Eta Squared = .01[N.S.]
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SCL-90 GSI score	0.4 (0.3)	0.4 (0.3)	0.5 (0.4)	0.3 (0.3)	Eta Squared = .07[N.S.]
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M = mean, SD = standard deviation, CI = confidence interval. N.S. = No significant differences between groups. [a] SOGS-R = South Oaks Gambling Screen Revised, full scores range between 0 – 20. [b] GBQ = Gamblers Belief Questionnaire, full scores range between 21 – 147, scores on the luck/perseverance subscale range between 31 – 91 and scores on the illusion of control subscale range between 8 – 56. [c] SCL-90 = Symptom Checklist-90-Revised, GSI = Global Severity Index this index represents the mean score on all 90 items, PST = Positive Symptom Total this index represents the number of items endorsed, PSDI = Positive Symptom Distress Index this index represent the mean score on the endorsed items. [1] Not homogeneity of variance.

Table 2

	Pre-treatment	Post-treatment	Significance tests and effect sizes of time effects (Paired sample t-test)
Table 2 Development in gambling cognitions and mental health, pre-treatment to post-treatment, N = 67.			
	M (SD)	M (SD)	
Gambling cognitions[a]			
GBQ Full score	72.6 (28.9)	34.6 (15.2)	Eta Squared = .65***
GBQ Luck/perseverance	44.5 (19.7)	18.8 (8.0)	Eta Squared = .65***
GBQ Illusion of control	28.1 (11.6)	15.8 (8.4)	Eta Squared = .57***
Mental health[b]			
SCL-90 GSI score	0.8 (0.6)	0.4 (0.5)	Eta Squared = ..55***
SCL-90 PST score	38.9 (20.0)	25.3 (2.5)	Eta Squared = .58***
SCL-90 PSDI score	1.6 (0.5)	1.3 (0.5)	Eta Squared = .38***

M = mean, SD = standard deviation, CI = confidence interval. [a] GBQ = Gamblers Belief Questionnaire, full scores range between 21 – 147, scores on the luck/perseverance subscale range between 31 – 91 and scores on the illusion of control subscale range between 8 – 56. [b] SCL-90 = Symptom Checklist-90-Revised, GSI = Global Severity Index this index represents the mean score on all 90 items, PST = Positive Symptom Total this index represents the number of items endorsed, PSDI = Positive Symptom Distress Index this index represent the mean score on the endorsed items. *** $p < .001$

"Description and pre-post evaluation of an internet based treatment program for pathological gambling in Norway"

(Myrseth, Brunborg, Eidem, Pallesen, The International Journal of Gambling Studies 2013).

Table 3

Table 3 Development in gambling behaviour, gambling cognitions and mental health, pre-treatment to follow-up, n = 25.				
	T1	T2	T3	Significance tests and effect sizes of time effects (one-way repeated measures analysis of variance)
	M (SD) / %	M (SD)	M (SD) / %	
Gambling behaviour[a]				
SOGS-R Full score (paired samples t-test)	11.1 (2.9)	–	8.1 (3.6)	Eta Squared = .35[**]
Experience of having current gambling problems (McNemar's test)	75%	–	20%	Effect size?? = .XXX[***]
Gambling cognitions[b]				
GBQ Full score	75.5 (27.5)	34.5 (12.7)	36.6 (17.5)	Partial Eta Squared = .70[***]. Post-hoc tests: T2<T1[***], T3<T1[***]
GBQ Luck/perseverance	46.9 (19.6)	18.7 (6.8)	21.0 (10.5)	Partial Eta Squared = .70[***]. Post-hoc tests: T2<T1[***], T3<T1[***]
GBQ Illusion of control	28.6 (11.6)	15.9 (7.4)	15.6 (8.4)	Partial Eta Squared = 0.59[***]. Post-hoc tests: T2<T1[***], T3<T1[***]
Mental health[c]				
SCL-90 GSI score	0.7 (0.5)	0.4 (0.4)	0.4 (0.5)	Partial Eta Squared = .46[**]. Post-hoc tests: T2<T1[**], T3<T1[**]
SCL-90 PST score	36.0 (18.5)	24.0 (18.8)	20.1 (18.4)	Partial Eta Squared = .56[***]. Post-hoc tests: T2<T1[***], T3<T1[***]
SCL-90 PSDI score	1.5 ()	()	()	Partial Eta Squared = .37[**]. Post-hoc tests: T2<T1[**], T3<T1[*]

T1 = Pre-treatment, T2 = Post-treatment, T3 = Follow-up. M = mean, SD = standard deviation. [a] SOGS-R = South Oaks Gambling Screen Revised, full scores range between 0 – 20, assessed at T1 and T3. [b] GBQ = Gamblers Belief Questionnaire, full scores range between 21 – 147, scores on the luck/perseverance subscale range between 31 – 91 and scores on the illusion of control subscale range between 8 – 56. [c] SCL-90 = Symptom Checklist-90-Revised, GSI = Global Severity Index this index represents the mean score on all 90 items, PST = Positive Symptom Total this index represents the number of items endorsed, PSDI = Positive Symptom Distress Index this index represent the mean score on the endorsed items. [*] p < .05, [**] p < .01, [***] p < .001

Table 4

Table 4 Reports from the interviews, n = 36.	Follow-up
	M (SD) / %
Current gambling, gaming and mental health problems	
Self-reports of recovery	
Considered themselves as recovered	75.0%
Reports of current gambling problems	13.9%
No information regarding current gambling	11.1%
Received mental health treatment after completing the program	37.1%
Received treatment for gambling problems after completing the program	17.1%
Recent difficulties controlling video-/online-gaming	20%
Experiences of the treatment program	
Self-reported satisfaction with the treatment program (response options: 1-10)	8.7 (1.4)
Comments to the treatment program (open-ended question)	
Meant that the program should be better adjusted to fit persons with different levels of gambling problems	8.3%
Meant that there was too much paperwork	19.4%
Appreciated the anonymity and flexibility related to time, place and subject of the phone conversations	30.6%
Valued the conversation with the therapist greatly	58.3%
Found the ending to be too sudden/soon	5.6%
M = mean, SD = standard deviation.	

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Selfreported satisfaction with the program:

8.7

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75%

Consider themself as recovered.

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13.9 %

Current gambling problems

37.1%

Recieved help for mental health after the program

17.1%

Recieved help for gambling problem after the program

20%

Experienced recent difficults with gaming

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«*Remote-based treatment for gamblers must be continued and further developed*»

Handlingsplan mot spilleproblemer
2019–2021

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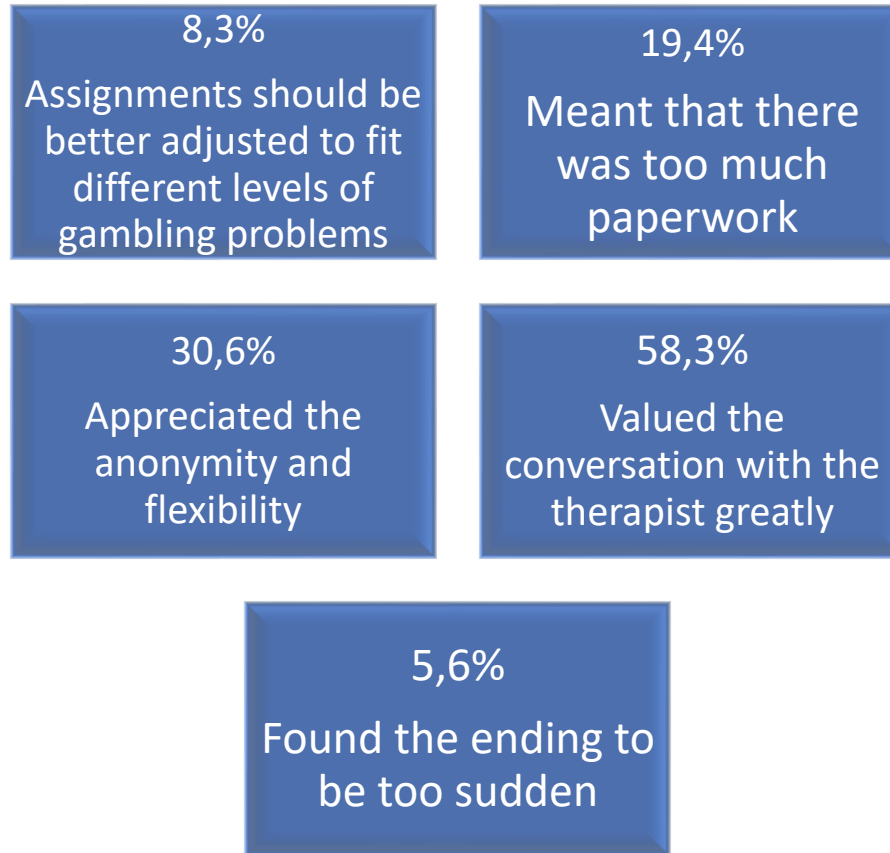
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8,3%

Assignments should be better adjusted to fit different levels of gambling problems

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