

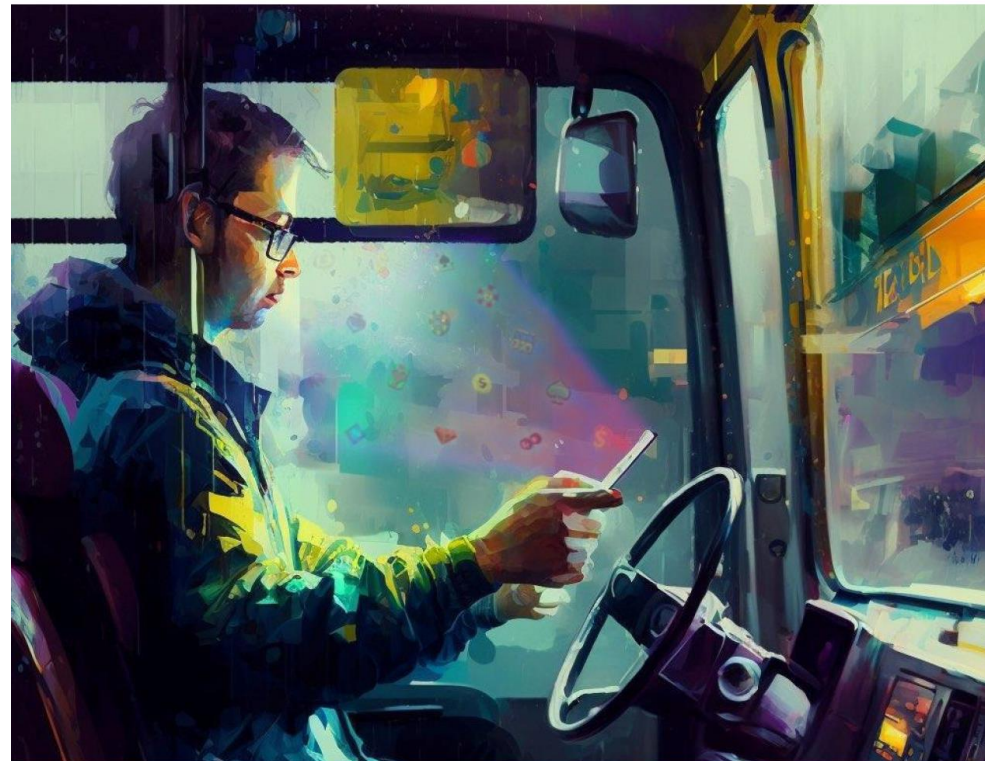
Improving workplace interventions for problem gambling - Challenges and lessons learned

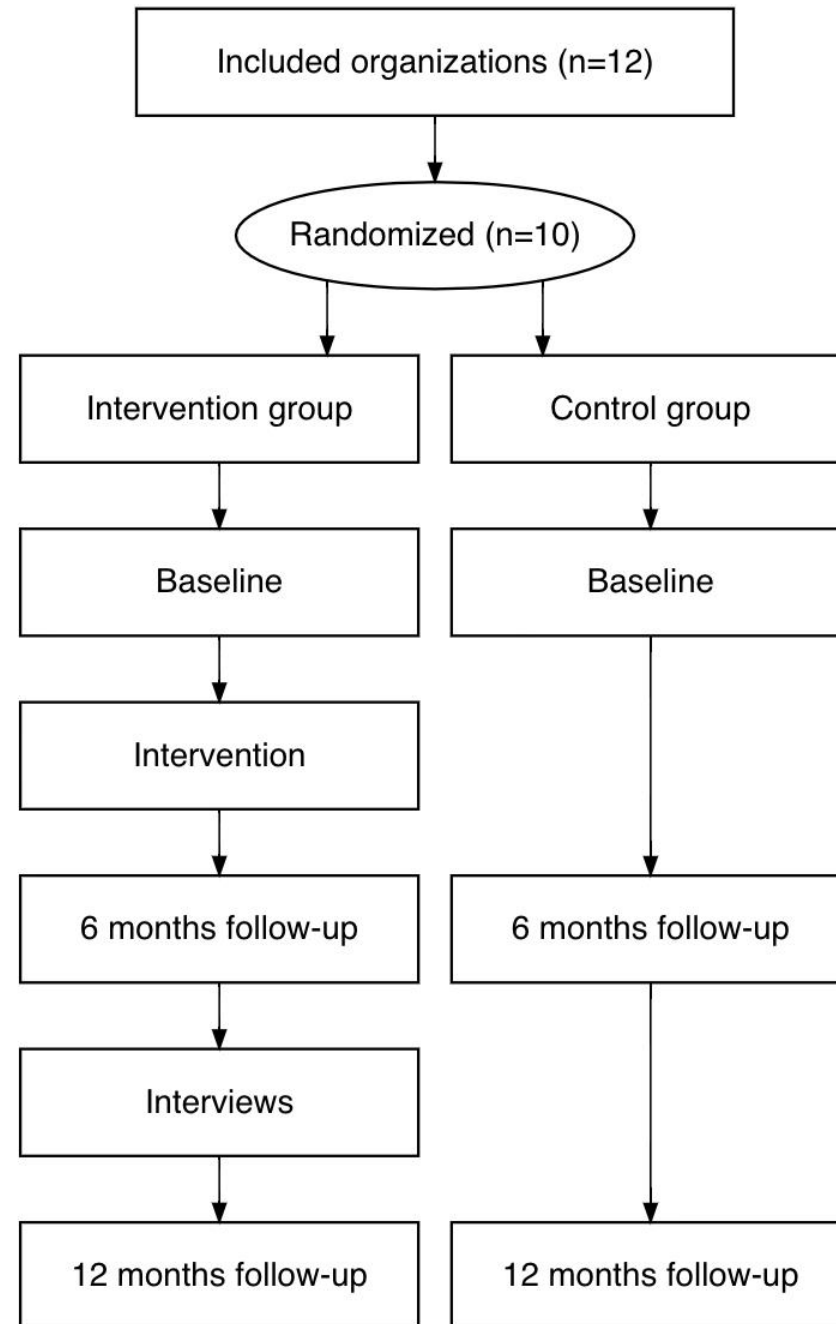
Jonas Rafi

2023-05-31

A Workplace Prevention Program for Problem Gambling

Jonas Rafi





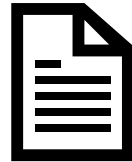
- Gambling problems
- Prevalence of policies
- Knowledge about collegial gambling
- Own gambling habits

Managerial questions

- Inclination to act
- Whether one had acted to help
- Knowledge about gambling problems

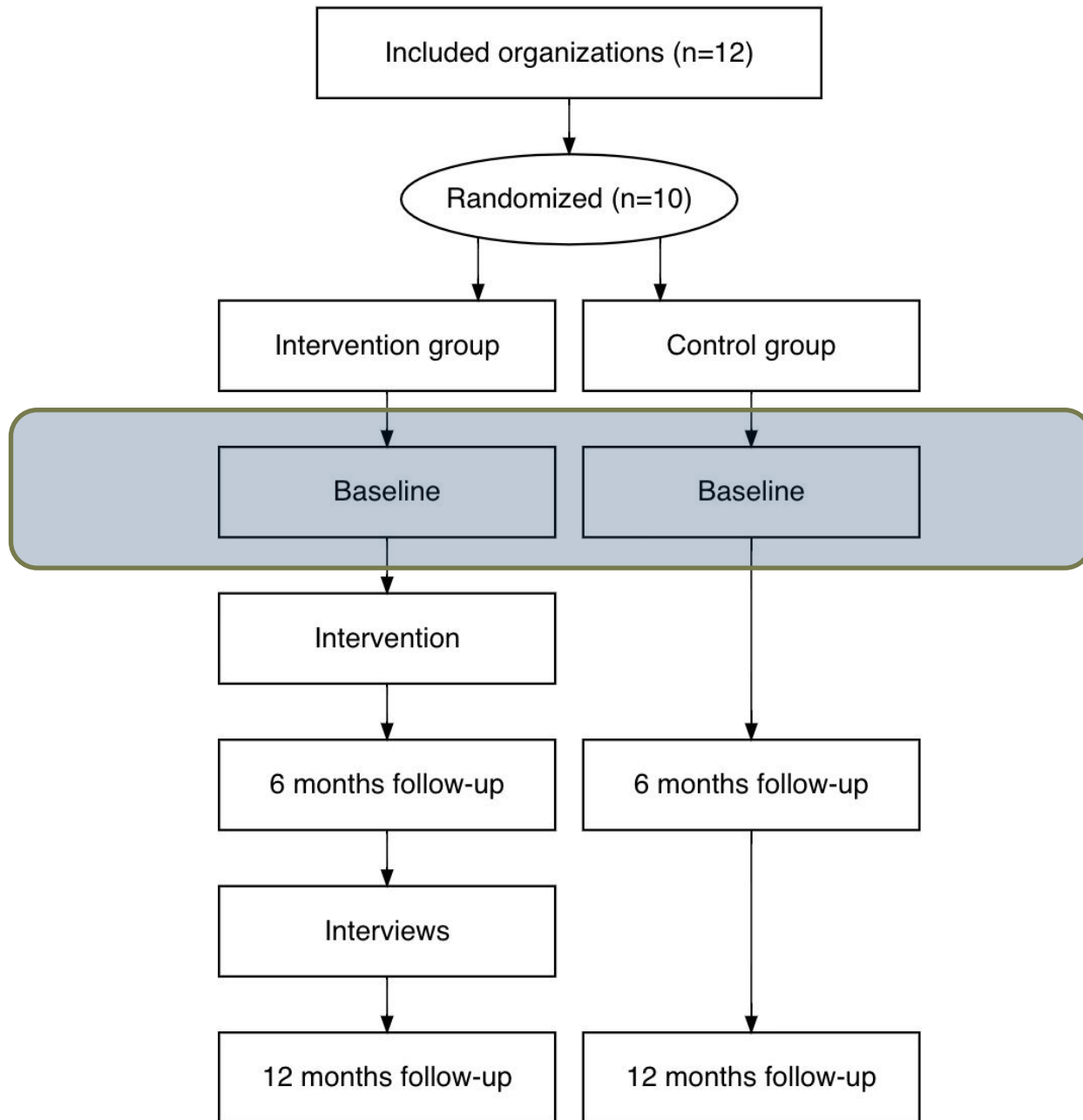
The prevention program consisted of two parts

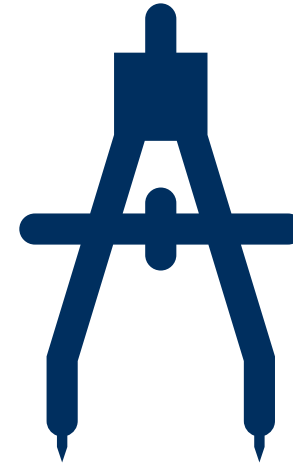
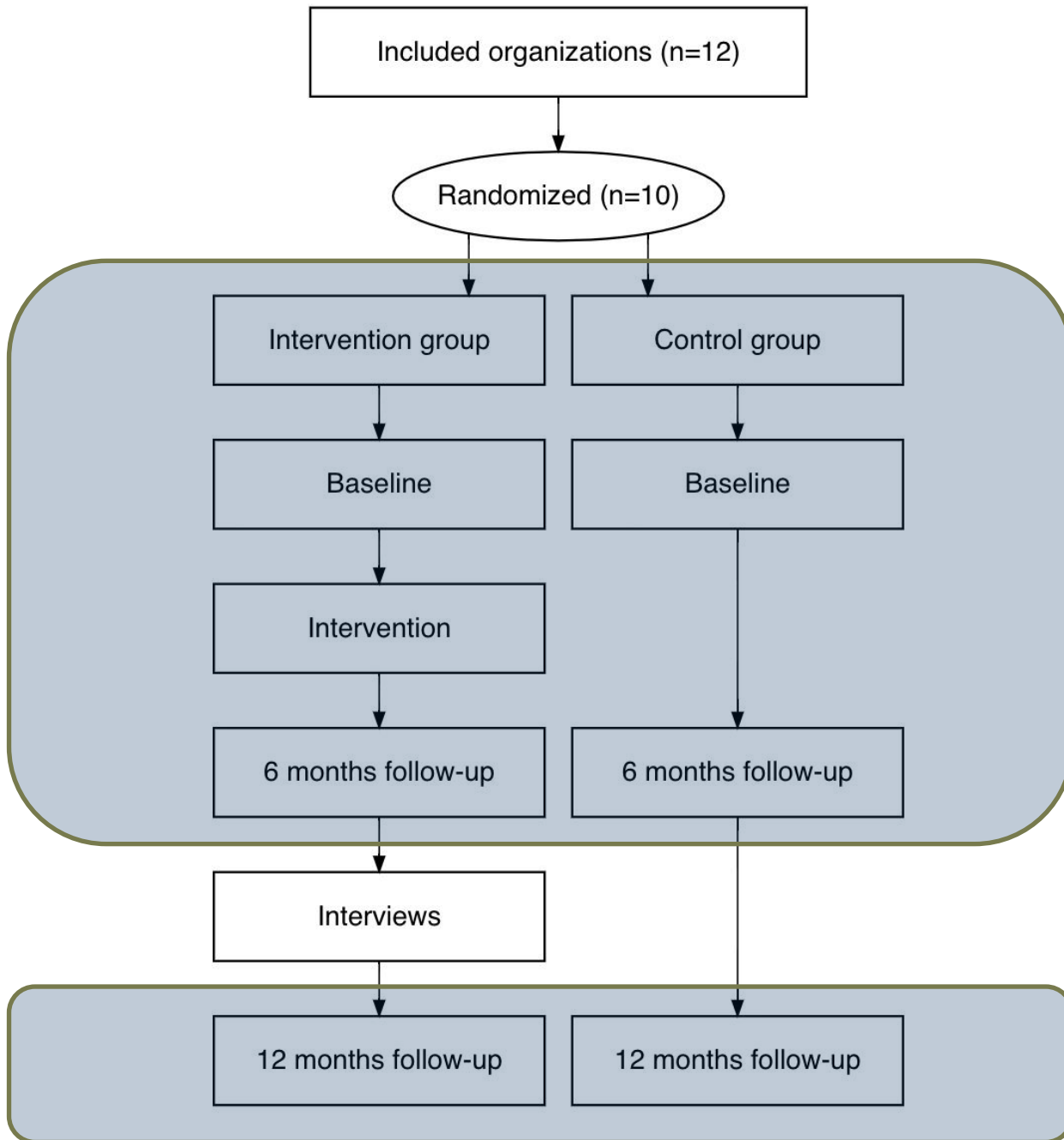
Policy implementation

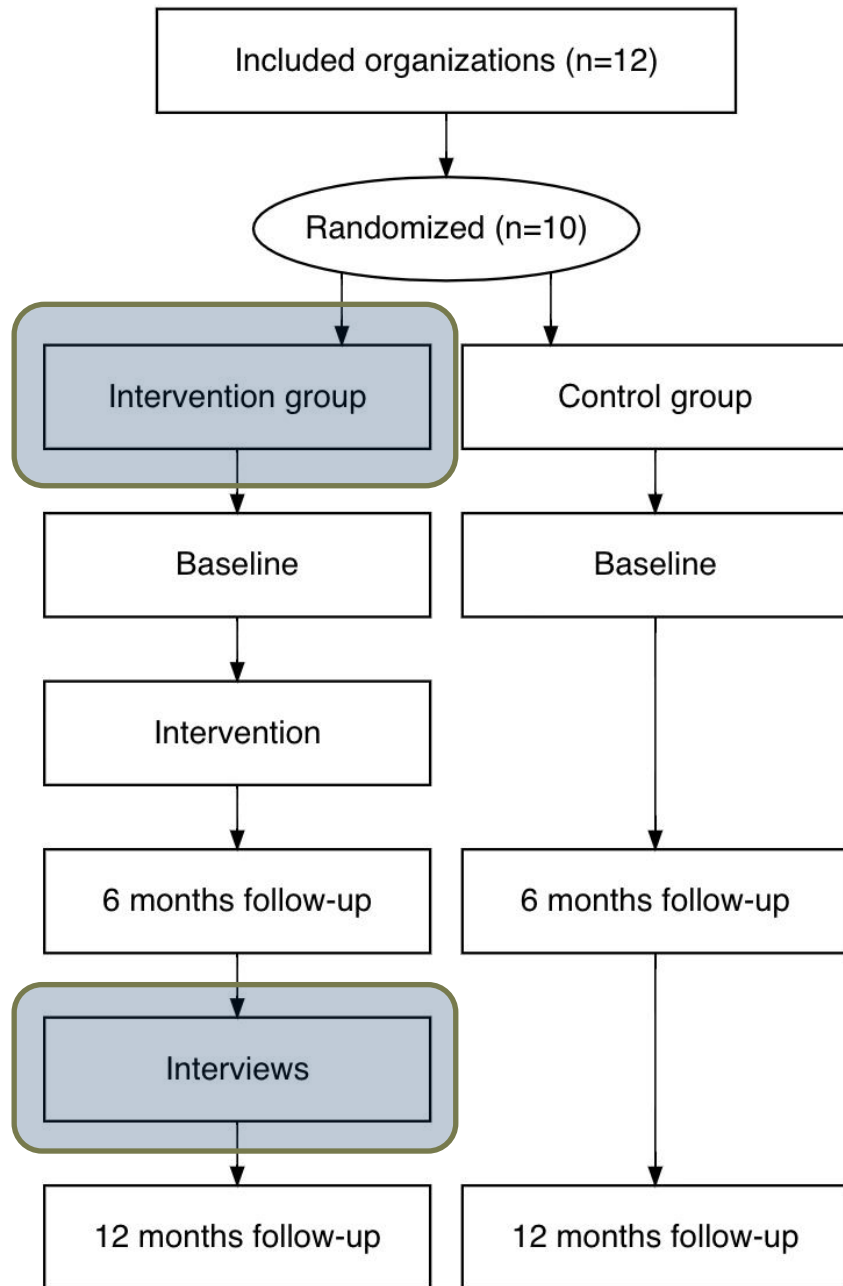


Skill-development training for
managers and HR

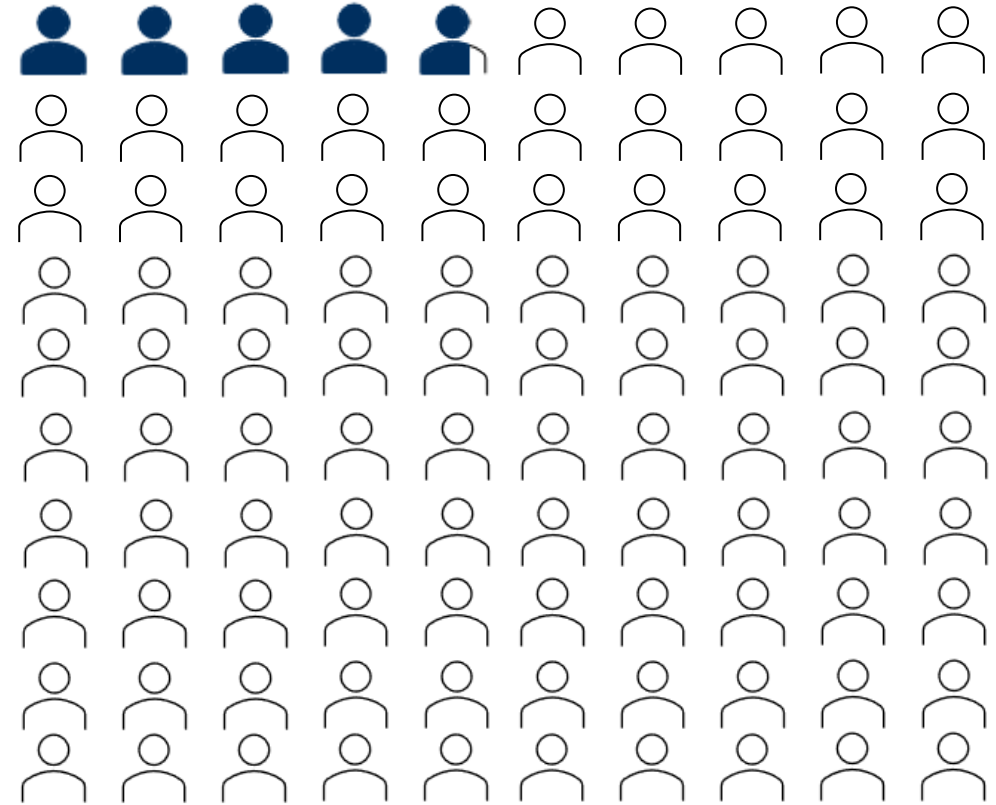




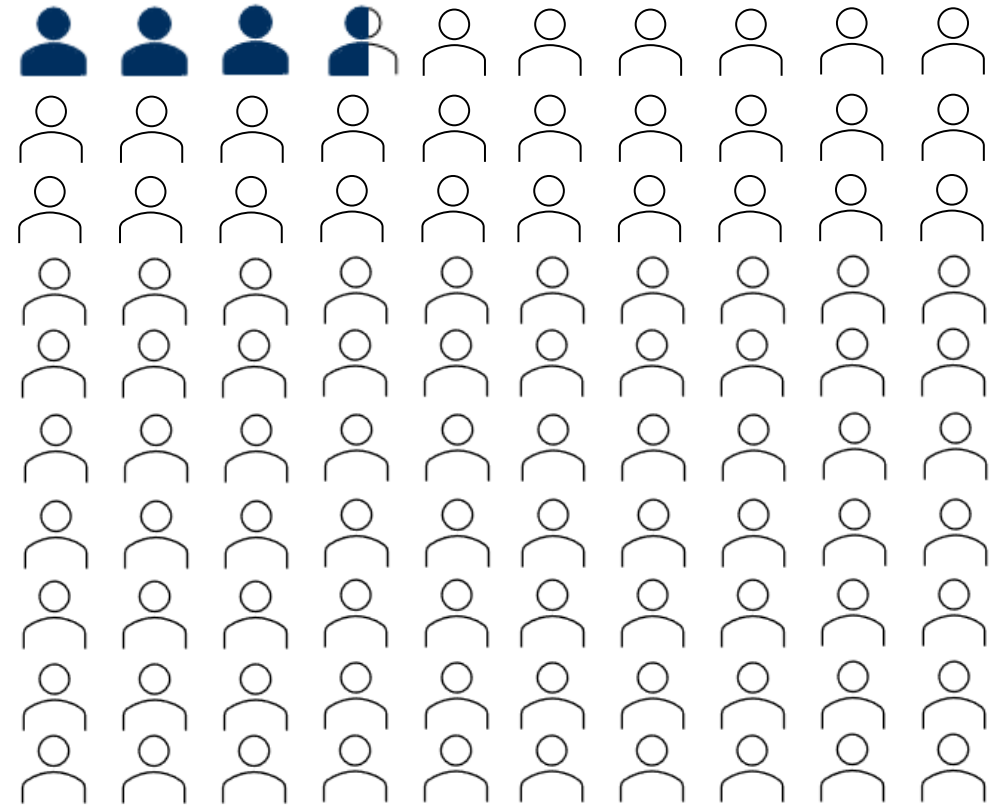




4,7% know
someone who
gambles during
work



3,5% have a
non-zero PGSI
score



Who are the risk gamblers at work? Who knows people who gamble during work?

Risky gambling more common among those who:

- know someone who gambles during work
- Are young (<35)
- Are men

Knowing someone who gambles during work is most common among those who are:

- Risk gamblers
- Young
- Men

Primary and Secondary Intervention Effects for Managers Split by Occasion

	Observed values ^a		Coefficient	ES [95% CI] ^d	<i>p</i> -value
	Intervention ^b	Control ^c			
Primary outcome					
Inclination					
12 months	8 (1.7)	7.4 (2.3)	0.61	0.26 [0.05, 0.48]	.06
Secondary outcomes					
Inclination					
6 months	7.6 (1.9)	7.2 (2.4)	0.36	0.2 [-0.01, 0.42]	.19
Gambling policy exists ^e					
6 months	52.6%	15.2%	2.62	13.76 [3.82, 49.58]	< .001
12 months	61%	19.7%	2.69	14.68 [3.75, 57.38]	< .001
Who Gambling ^{e,f}					
6 months	84.8%	76.4%	0.18	1.2 [0.46, 3.12]	.71
12 months	95.6%	77.4%	1.94	6.96 [1.84, 26.37]	< .001
Acted ^e					
6 months	18.7%	14.6%	1.42	4.13 [1.41, 12.1]	.01
12 months	18.4%	13.9%	1.27	3.57 [1.12, 11.33]	.03
How to act PG					
6 months	6.2 (2.3)	5.2 (2.5)	1.29	0.54 [0.33, 0.76]	< .001
12 months	6.8 (2.1)	5.7 (2.7)	1.15	0.26 [0.04, 0.47]	< .001

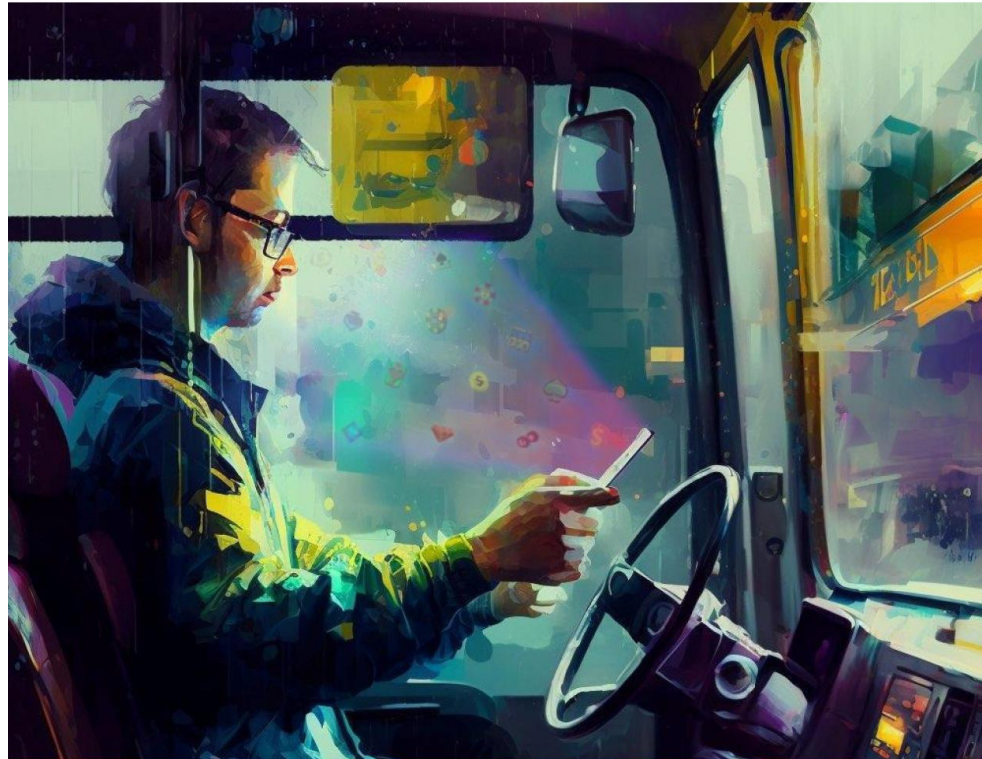




”Remaining obstacles”

A Workplace Prevention Program for Problem Gambling

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- Rafi, J., Lindfors, P., & Carlbring, P. (in press). **Gambling among employees in Swedish workplaces: A cross-sectional study.** *Environmental and Occupational Health Practice*
- Rafi, J., Ivanova, E., Rozental, A., Lindfors, P., Andersson, G., & Carlbring, P. (2022). **Effects of a workplace prevention program for problem gambling: A cluster-randomized controlled trial.** *Journal of Gambling Issues.*
- Rafi, J., Ivanova, E., Rozental, A., Lindfors, P., & Carlbring, P. (2019). **Participants' Experiences of a Workplace-Oriented Problem Gambling Prevention Program for Managers and HR Officers: A Qualitative Study.** *Frontiers in Psychology, 10(1494).*