

# Time to Fold-program

*8-week online treatment program for  
problem gamblers in Finland*

*Evaluation of treatment effectiveness*

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# PELI POIKKI (TIME TO FOLD)

Established in 2007 with  
one online therapist

Today 5 full-time online  
therapist and 1 part-time

At the end of 2022 in  
total 2575 clients have  
gone through the entire  
program  
*(279 clients in 2022)*

*The program has been  
very popular since the  
beginning  
Throughout the  
program's history, there's  
always been a queue*

Average drop out rate  
with started clients ~25%

# Highlights from 2022 data

Clients who apply to the program

Have suffered from the problem for an average **of 4 - 6 year**  
Earlier years' average  
7 - 9 years

NODS scores  
increased to 7,9 from  
7,1 (2021)

**74%** told about debts  
Most common  
amount of debts  
**20 000 - 50 000€**

**64%** of applicants  
were men

median age **31**

**99,5%** of clients  
gamble online

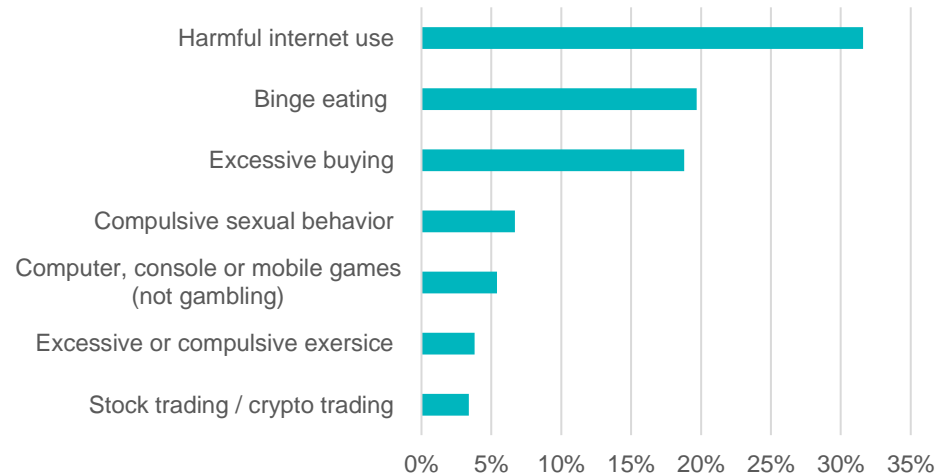
Online slots biggest  
**81%**

# Identifying new phenomena as part of client work



- In 2022 - those applying to the program were asked about other behaviors for the first time
- Vicarious gambling a growing phenomenon

## Other behaviors that caused problems



# Evaluation based on research



- The PP program is a well-established low-threshold online intervention for individuals with gambling problems and proven to work
- Gambling problems of those who participated in the PP program was significantly reduced and the benefits of the treatment were maintained during the 12-months follow-up period\*
  - However less effective in long term, for participant with persisting symptoms of depression or without a sense of financial control
- Having to wait a long time for treatment may negatively impact commitment and reduce the person's readiness for making a behavioral change\*

\*(Palomäki J, Heiskanen M & Castrén S. (2022))



**The research  
results speaks  
for themselves,  
  
but how do we  
define success?**



# What defines our success?



Low threshold to apply



Easy to fit in client's  
everyday life



Personal contact with  
therapist



The structure of the program and  
CBT gives strong support for  
therapists



We practice, evaluate and  
develop





# **Thank you!**

# **Let's have some questions!**

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# Sources

- Palomäki J, Heiskanen M & Castrén S. (2022). Online 8-week cognitive therapy for problem gamblers: The moderating effects of depression symptoms and perceived financial control. Journal of Behavioral Addictions, 11(1), 75-87.
- Palomäki J, Heiskanen M & Castrén S Predicting online problem gambling treatment discontinuation: New evidence from cross-validated models.
- Peluuri Annual reports <https://www.peluuri.fi/peluuri/peluurin-vuosiraportit>

