

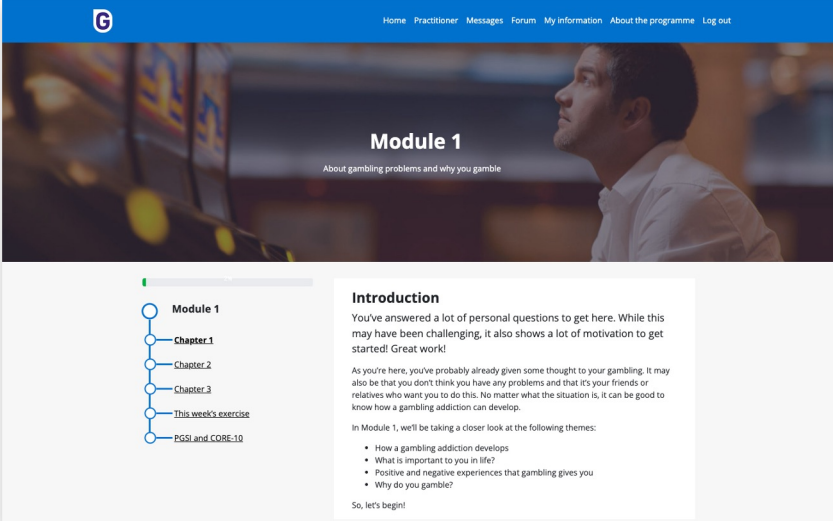
Therapist assisted Online Treatment for problem gamblers

Experiences from running Online Treatment for
20 years and in three different countries.

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Presentation overview

- Background
- Treatment process and content
- Therapists' and clients' experiences
- Observations on availability and completion rate
- Summary



The screenshot shows a web application interface. At the top, there is a blue navigation bar with a 'G' logo on the left and links for 'Home', 'Practitioner', 'Messages', 'Forum', 'My information', 'About the programme', and 'Log out' on the right. Below the navigation bar is a large banner image of a man looking to the right, with the text 'Module 1' and 'About gambling problems and why you gamble' overlaid. Below the banner is a sidebar menu with a vertical line and a green progress indicator at the top. The menu items are: 'Module 1' (with a green circle), 'Chapter 1', 'Chapter 2', 'Chapter 3', 'This week's exercise' (with a blue circle), and 'PGSI and COBE-10'. The main content area is titled 'Introduction' and contains the following text: 'You've answered a lot of personal questions to get here. While this may have been challenging, it also shows a lot of motivation to get started! Great work!'. Below this is a paragraph: 'As you're here, you've probably already given some thought to your gambling. It may also be that you don't think you have any problems and that it's your friends or relatives who want you to do this. No matter what the situation is, it can be good to know how a gambling addiction can develop.' This is followed by a sub-heading: 'In Module 1, we'll be taking a closer look at the following themes:' and a bulleted list: '• How a gambling addiction develops', '• What is important to you in life?', '• Positive and negative experiences that gambling gives you', and '• Why do you gamble?'. The text 'So, let's begin!' is at the bottom of the main content area.

Why online treatment?

- Low participation in Face-to-Face treatment
- Low treatment availability
- Large country
- Technology availability and high internet penetration in Sweden (84 % 2004 – 95 % 2022)
- Project funding from the Public Health Agency

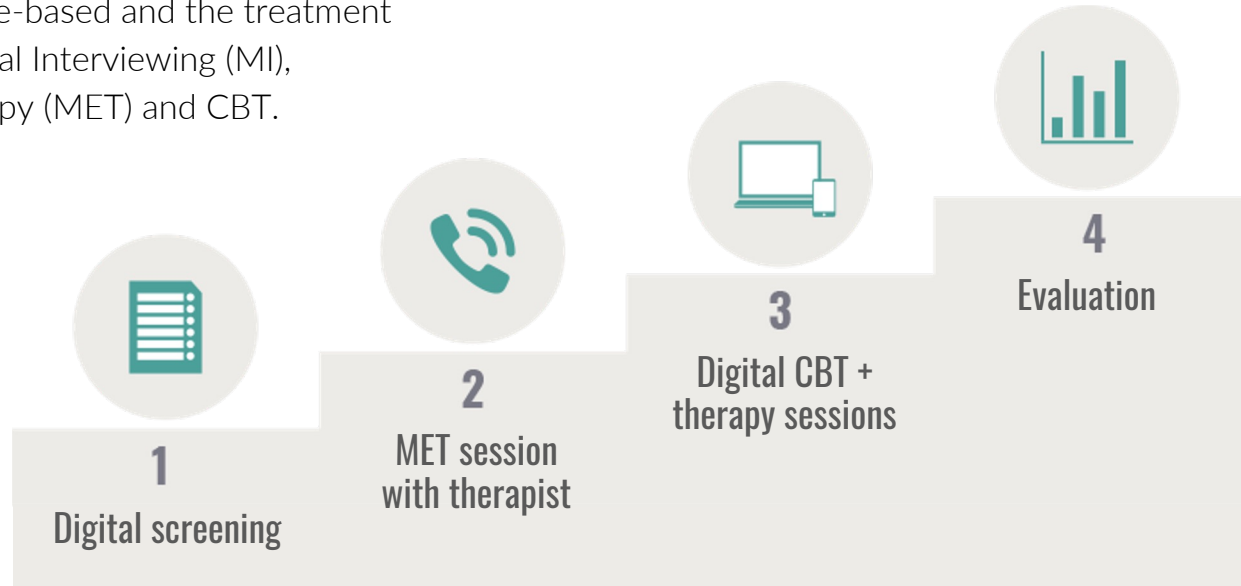


Some facts

- Currently available in Sweden, Finland & UK
- Services provided by Sustainable Interaction
- Available through
 - Treatment providers (UK – GamCare & Finland - Peluuri)
 - Correctional service (Finland),
 - County councils and private providers (Sweden)
- More than 5 000 patients completed the treatment
- Cost effective self-managed progress by clients

The design of the program

The program is designed by researchers, psychologists and psychotherapists with extensive experience in the field of addiction. The content is evidence-based and the treatment uses methods such as Motivational Interviewing (MI), Motivational Enhancement Therapy (MET) and CBT.



Therapists' experiences

- Great to see patients answers and reflect upon them
- Clear when drop in work effort
- Maybe too much on motivation initially in program for (already) motivated patients
- Around 30 minutes per patient and week
- Some patients more time consuming
 - Life situation
 - Comorbidity

Patients' experiences

- Most positive:
 - Therapist support
 - Availability & flexibility
 - Greater understanding of function of gambling
 - Behavioral change
 - Mix own work, telephone support and homework
- Most negative
 - Own effort
 - Sometimes mismatch questions and own situation

QUANTITATIVE FINDINGS

Level of gambling	96%	Of the clients show clear signs of problematic gambling behavior.
Alcohol habits	19%	Of the clients show signs of harmful or hazardous drinking habits.
Depression	22% 40% 14%	Of the clients showing signs of mild depression Of the clients showing signs of moderate depression Of the clients showing signs of severe depression
Motivation	72% 10%	Of the clients are contemplating making a change Of the clients are ready to making a change

QUALITATIVE RESULTS

“The questions I have found in the modules helped me to really reflect about what was happening internally when I was gambling”

“ I feel more in control and I have started enjoying doing normal things with my family such as cooking, walking, being present again”

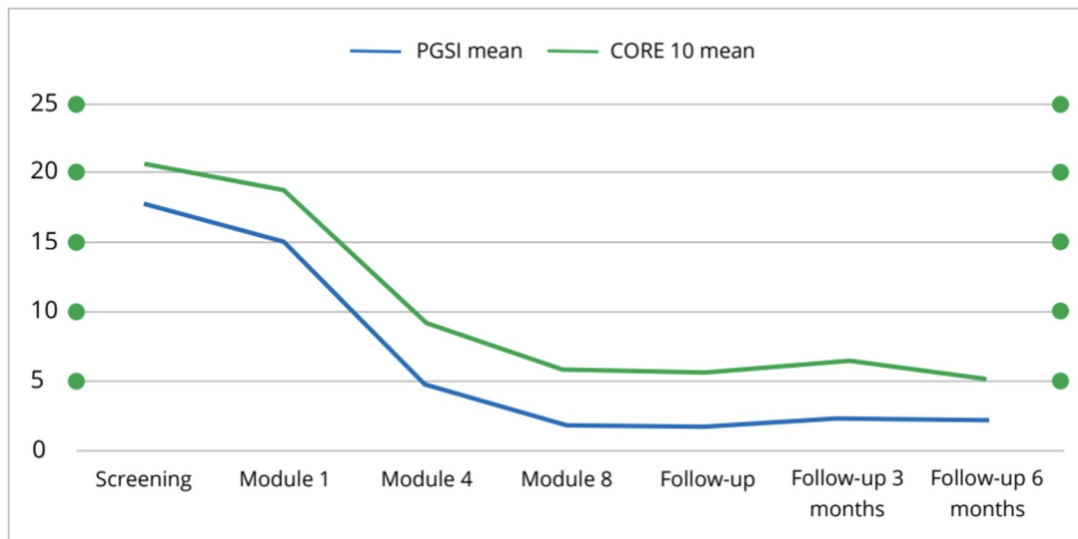
“I realise now how much out of control I was when I was gambling, and that gambling was an escape, a way to cut off difficult emotions”

“Module 3 was very hard, I did it with my partner and it was great for her as she felt involved for the first time. But for me seeing the impact it had on her broke me”

“Reading my answers to the exercises and realise the impact of my gambling behaviour made me feel very sad but at the same time helped me to face reality and find the motivation to change”

Gamcare 2020 evaluation

Figure 1: Group means for (n=156) completing all modules



Summary

- Because of all data collected during use of program offers great opportunities for research and knowledge sharing.
- Well functioning cost-effective online intervention working better than ever and we're looking forward to the next 20 years
- Complement and alternative to face-to-face treatment
- Effect not only on gambling problems
- Well received by both therapists and clients



Thanks for your
attention!

Questions?

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