

Trends in Patients Seeking Treatment for Gambling Disorder

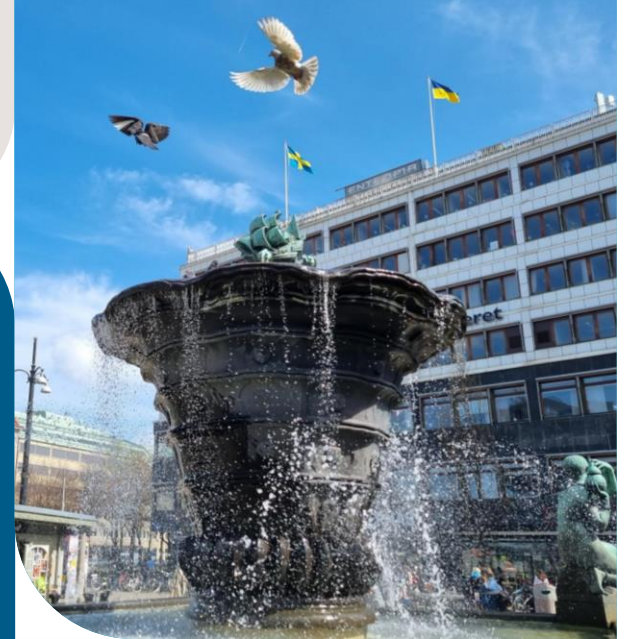
Research from a Swedish out-patient clinic

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Mottagning för spelberoende och skärmhälsa



Topics for this talk

Presentation of the clinic

Patients seeking treatment

- Changes during the last 5 years
- Clinical characteristics connected to gambling on the stock-market
- Associations between gaming disorder and problematic gambling



The clinic

“Mottagning för spelberoende och skärmhälsa”

Clinic for gambling disorder and screen-health

Gambling disorder & gaming disorder

Treatment & research center

National intake (but regionally financed)

From age 15



Our treatment options


CBT-treatment for gambling disorder and gaming disorder

Treatment manuals developed at the clinic

Upcoming internet-based treatment for gambling disorder




Patients seeking treatment for gambling disorder at the clinic

 **75%**
Men

 **63%**
Online casino

 **87%**
Moderate/Severe
gambling disorder

 **35,2**
Mean age

7,5
Years of problematic
gambling

Gambling has increased among teenagers in Sweden since 2019

Boys in 2nd year of high school:

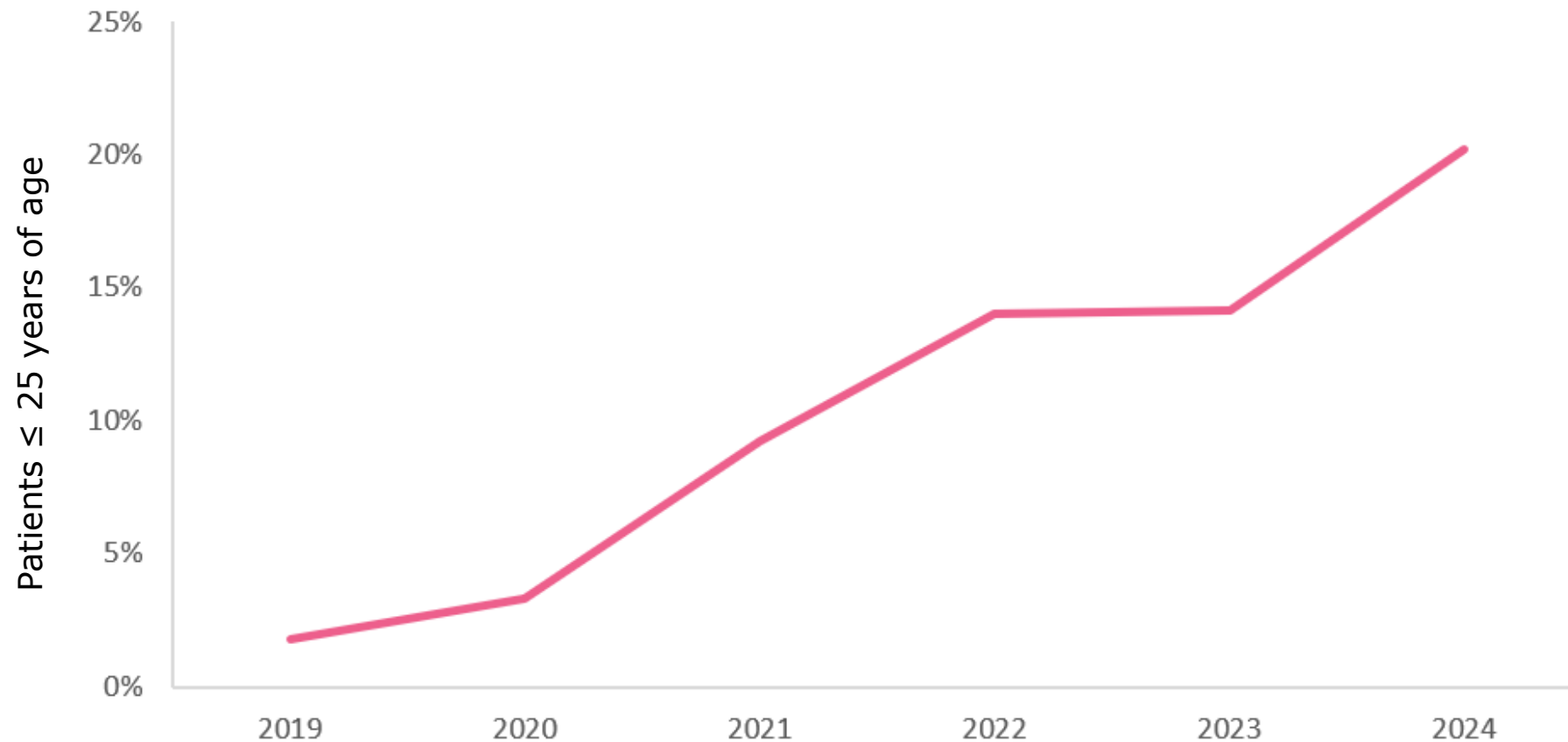
- 40% gamble
- 14% problematic gambling

CAN, 2024



Photo by Lesli Whitecotton on Unsplash

Increase of younger patients over time



Patients 25 years and younger, as percentages of all seeking treatment for gambling disorder at the clinic from year 2019 to 2024.

Gambling on the stock-market?

Highlighted as possible cause of gambling disorder – but research is scarce (Håkansson et al., 2021)

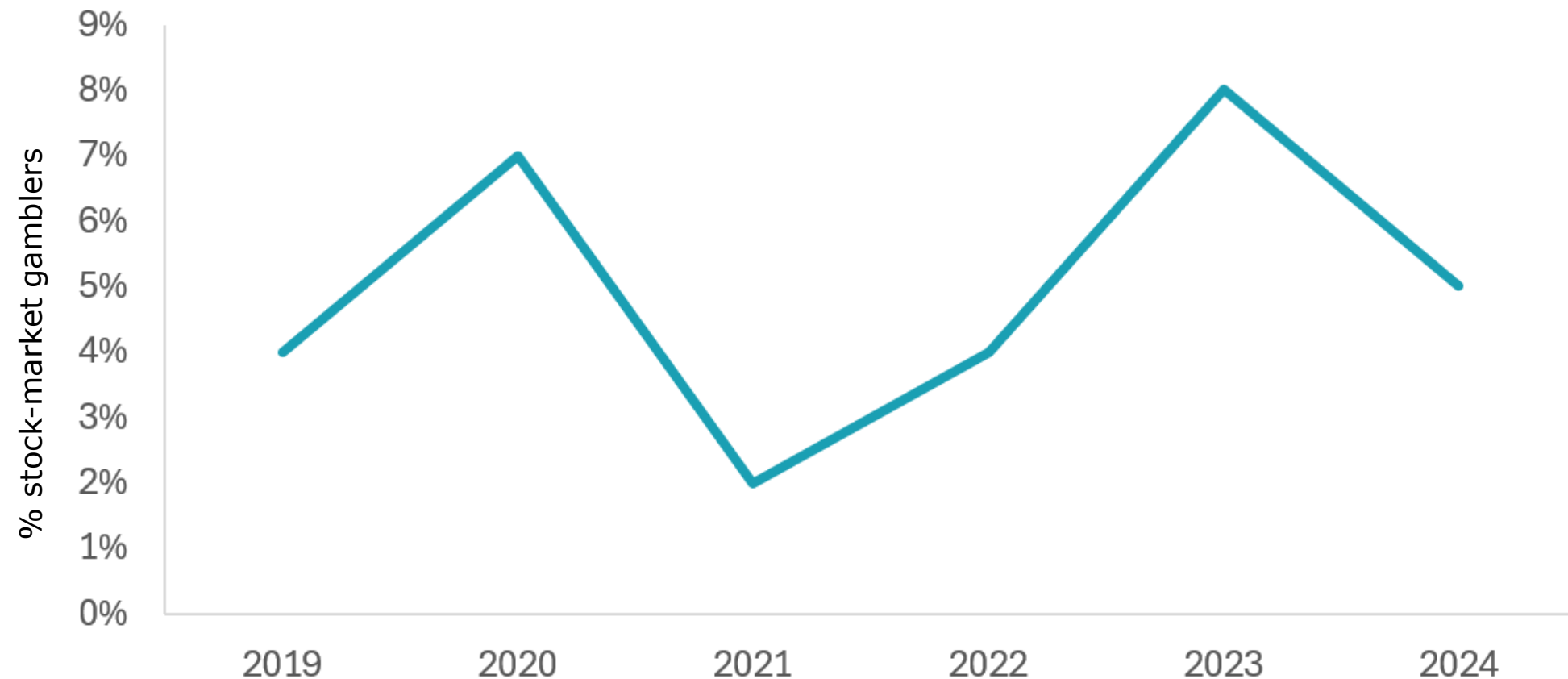
4,4% compulsive gambling (Cox et al., 2020)

Trading cryptocurrencies – associated to problem gambling severity (Mills & Nower, 2019)



Photo: Tech Daily on Unsplash

A minority report stock-trading as a major gambling type

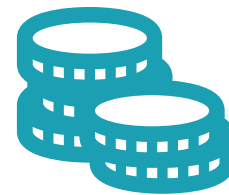


Patients reporting gambling on the stock-market as a major gambling type, divided by year of first visit.

What signifies the stock-market gamblers?



100%
Men



Higher monthly income
Higher stakes
Higher total debt



39%
University education



Gambling for financial reasons (not escape)

Associations between gaming & gambling

Problematic gambling more common among gamers (SweLogs, 2021)

Increased risk for developing gambling problems after having problematic gaming (Molde et al., 2018)

Gambling-like activities; loot-boxes, esports, skin betting, token wagering (Kim et al., 2023)




Patients seeking treatment for gaming disorder at the clinic



96%
Men



72%
Online multiplayer
games



7/9
Mean number of
diagnostic criteria
(DSM-5)



27,3
Mean age

9,9
Years of problematic
gaming

Almost one third of patients with gaming disorder reported possible gambling problems

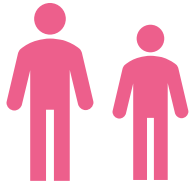


27,9%
Gambling problems in
the total sample of
gamers (n = 69)

37,9%
Younger (up to 25)

18,8%
Older (26 and older)

Summary



Increase of younger individuals seeking treatment for gambling disorder



A minority of treatment-seekers are stock-market gamblers, and differ to some degree from other patients



Gambling problems are prevalent among patients with gaming disorder

Conclusions

Need to spread knowledge about:



- signs of problematic gambling among adolescents
- risks of stock trade leading to gambling disorder
- treatment options (also in younger groups & among stock-traders)



Further investigate links between gaming and gambling, to implement preventive strategies

Thanks to the team at the clinic!

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Thank you!

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