EXPLORING THE POTENTIAL OF SOCIAL MEDIA INTERVENTIONS IN TREATING GAMBLING: A SINGLE CASE STUDY PERSPECTIVE

The 14th Nordic SNSUS conference – *The Emerging Gambling Generation: Is Prevention Keeping Up?*
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- Social network sites have often showed **positive consequences derived from their use**: sense of belonging, anxiety levels, strengthening the support network *(Moreno, 2019)*
- **Gambling Disorder**: Recognized in DSM-5; shares neurobiological features with substance addictions (APA, 2013).
- **Effective treatments**: CBT and Motivational Interviewing show strong evidence (Cowlishaw et al., 2012).
- **Social media interventions**: Provide anonymity, accessibility, and peer support (Naslund et al., 2016). Help reduce stigma and promote engagement (Chancellor & De Choudhury, 2020).
- **Current gap**: Limited clinical research on their use for gambling treatment, especially from single-case perspectives.

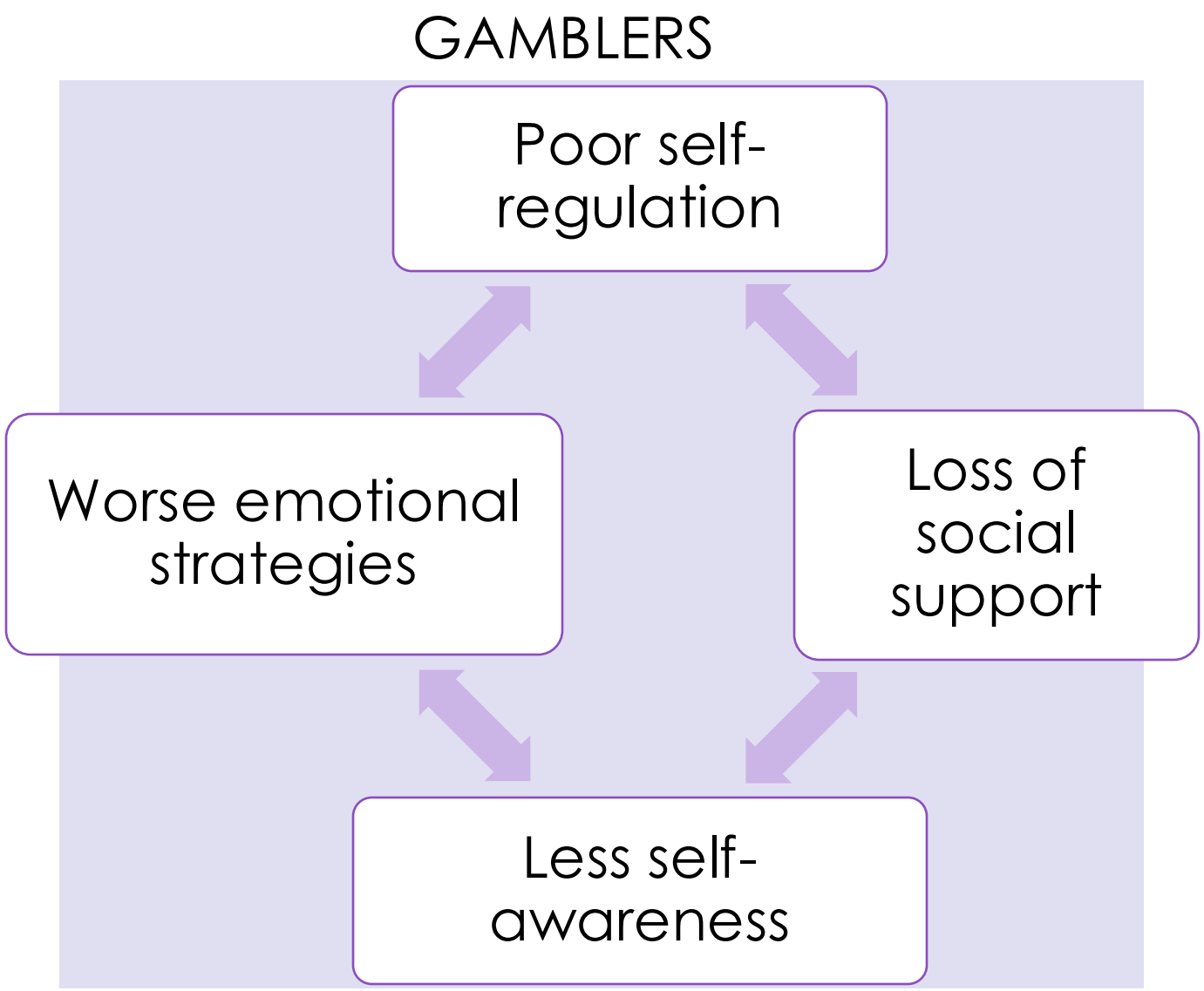
🎯**General objective**:

Designing and testing a SM-Based intervention for gambling disorder

and testing

Specific objectives :

- ✓ Reduce gambling (frequency and magnitude)
- ✓ Increase general wellbeing
- ✓ Develop a replicable intervention



Gambling

Interference

⚠ Salience

⚠ Mood regulation

(Griffiths et al., 2016)

(Berrymann et al., 2021)

Sample

1 male, 28 years old, living in Australia, with a gambling diagnosis (34 score GSAS, 12 PGSI)

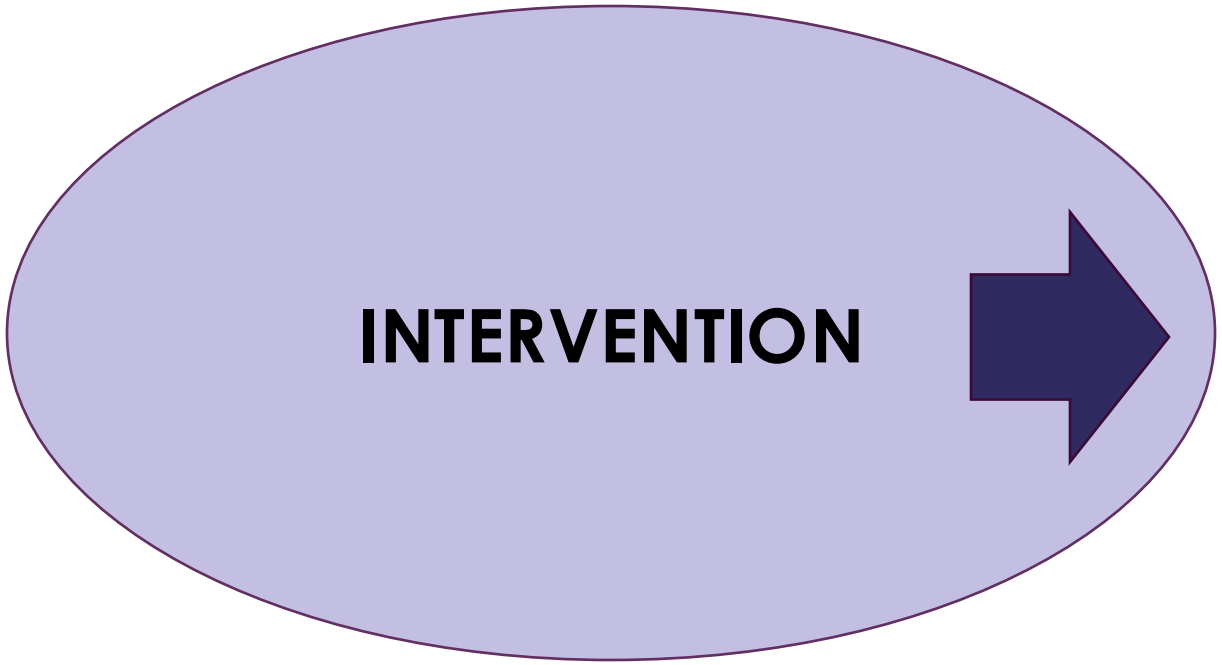
Exclusion

- Problematic Social Media use (PMSU) score >19
- Inability to commit (weeks)
- Not fluent in English
- Job related to SM

3. VARIABLES AND MEASURES

- Sociodemographic data → Ad Hoc. Questionnaire
- DSM- 5 criteria + social support network + self-regulation strategies → Semi structured interview + verbal self-report completion
- Severity of the problem → **GSAS:** Spanish Adaptation of the Gambling Symptom Assessment Scale *(Diaz-Sanahuja et al., 2023)*
- Gambling symptoms → **PGSI:** Spanish version of the Problem Gambling Severity Index *(Lopez-Gonzalez et al, 2018)*

Hypotheses



- Urge to gamble
- Frequency
- Preoccupation
- Withdrawal
- Economic consequences
- Social support

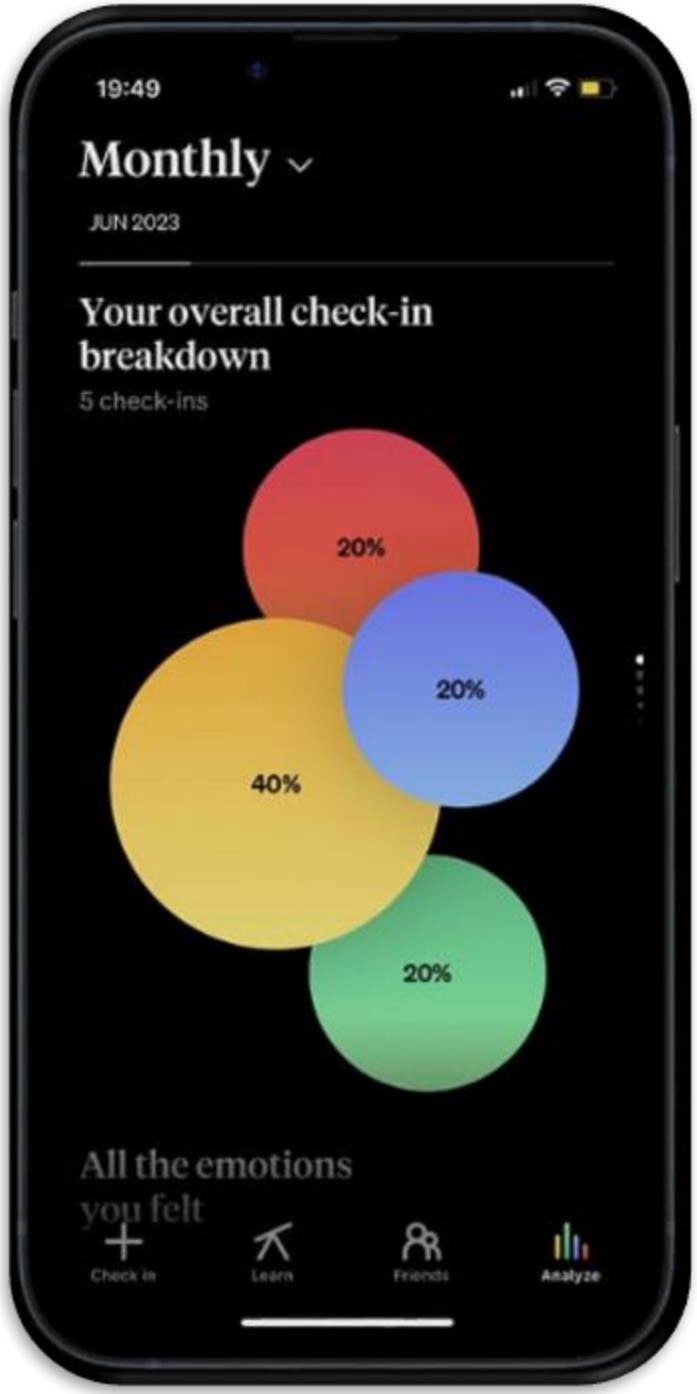
Procedure Timeline: AB Type intervention

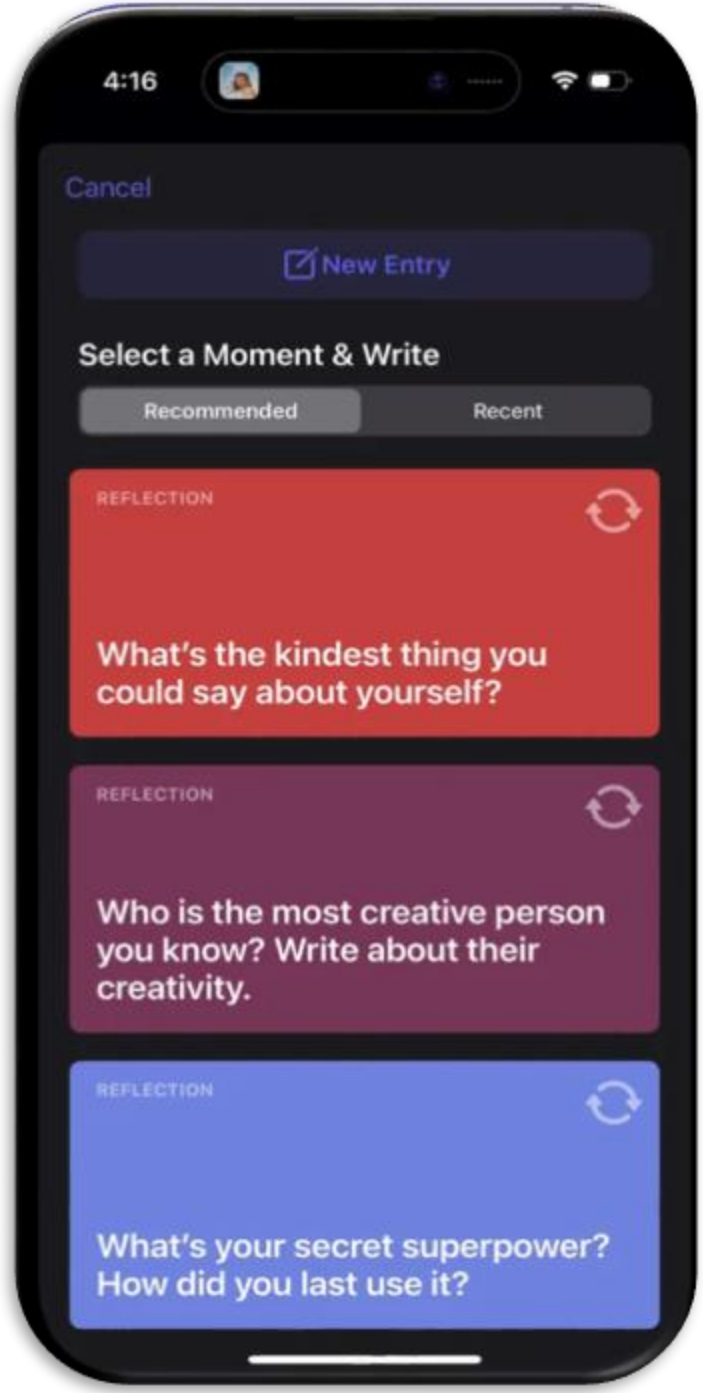
APRIL (Phase A)	Week 1	**PLANNING**	Contact, recruitment and informed consent
	Week 2		**Pre evaluation:** emotional state, gambling disorder, interview and self reports
	Week 3		Downloading apps ("*How we feel*" + "*journal*"), training on their use and settling objectives
MAY (Phase B)	Week 4	**INTERVENTION**	Weekly sessions with therapist (1 hour). Minimum use of the apps 1 per day Diary/ twice per day How we Feel.
	Week 5		
	Week 6		
	Week 7		
JUNE (Phase B)	Week 8		
	Week 9		
	Week 10		
	Week 11		
	Week 12		
JULY	Week 13	**POST**	Final evaluation on emotional state, Gambling criteria (interview) and self- report symptoms. Final report and conclusions.
	Week 15	**FOLLOW-UP**	Check-up on the use of the apps, general wellbeing, relapse prevention and promotion of further settling.
JULY	Week 18		
AUGUST	Week 22		

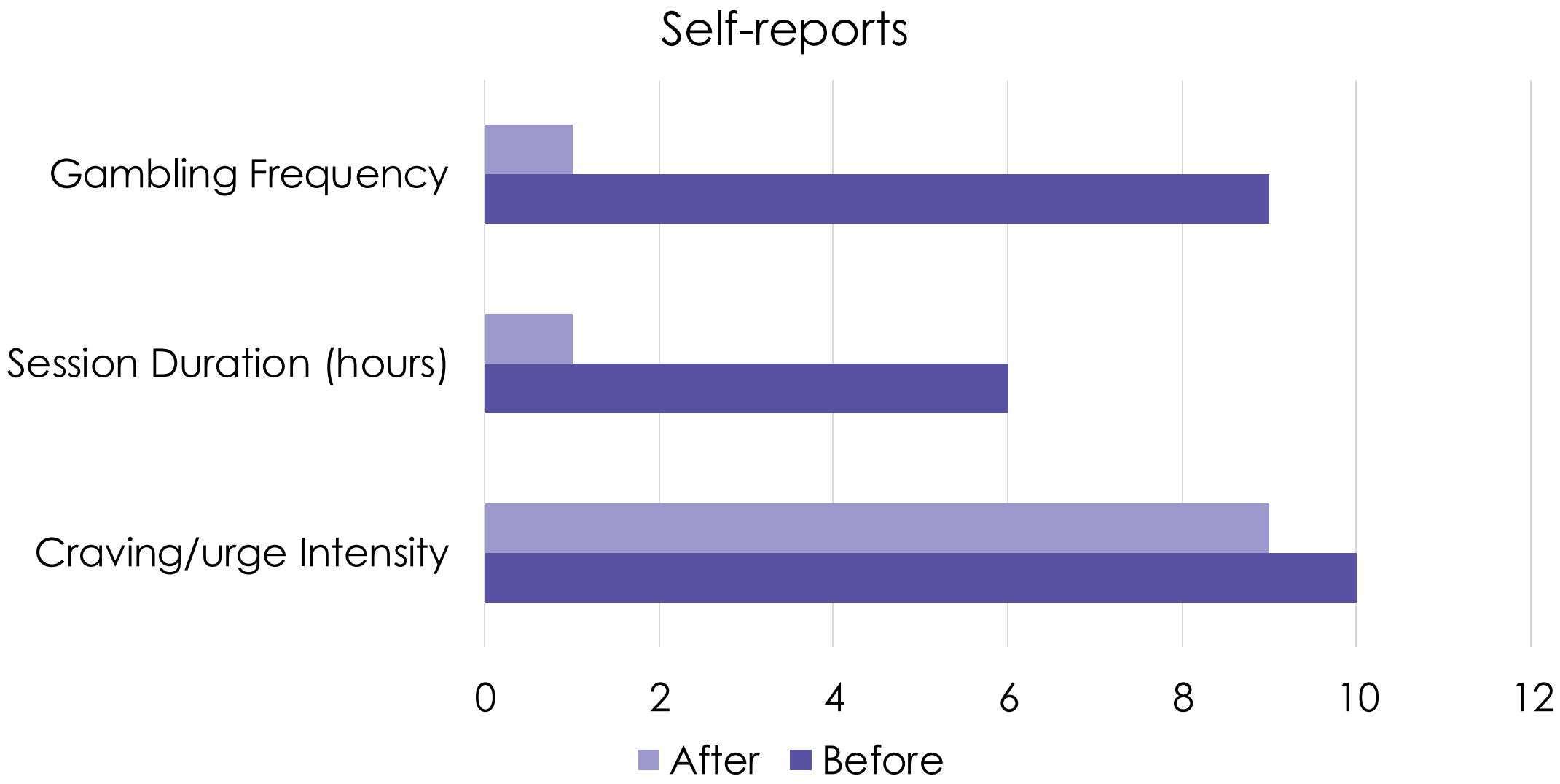
Intervention

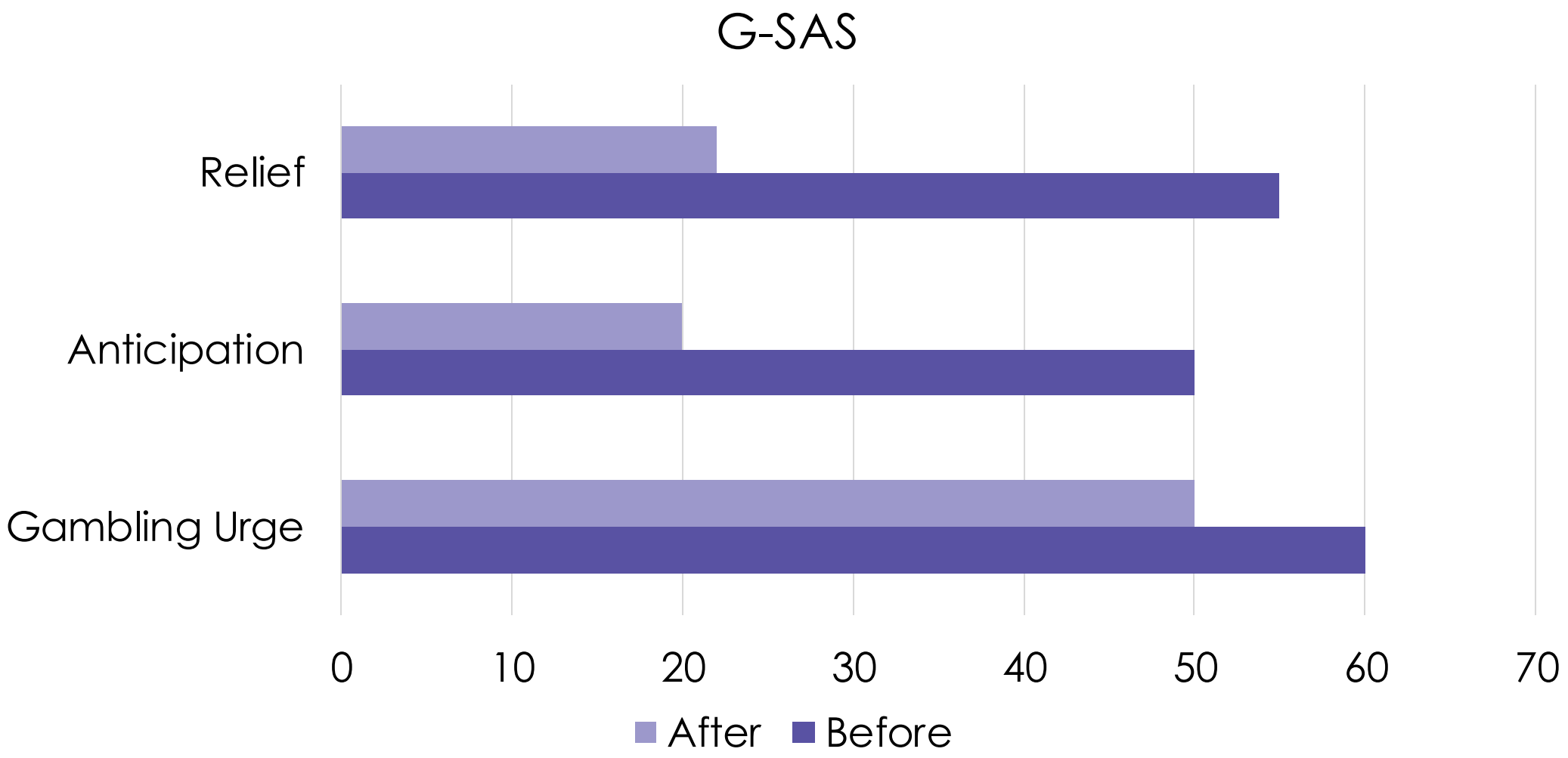
“HOW WE FEEL”

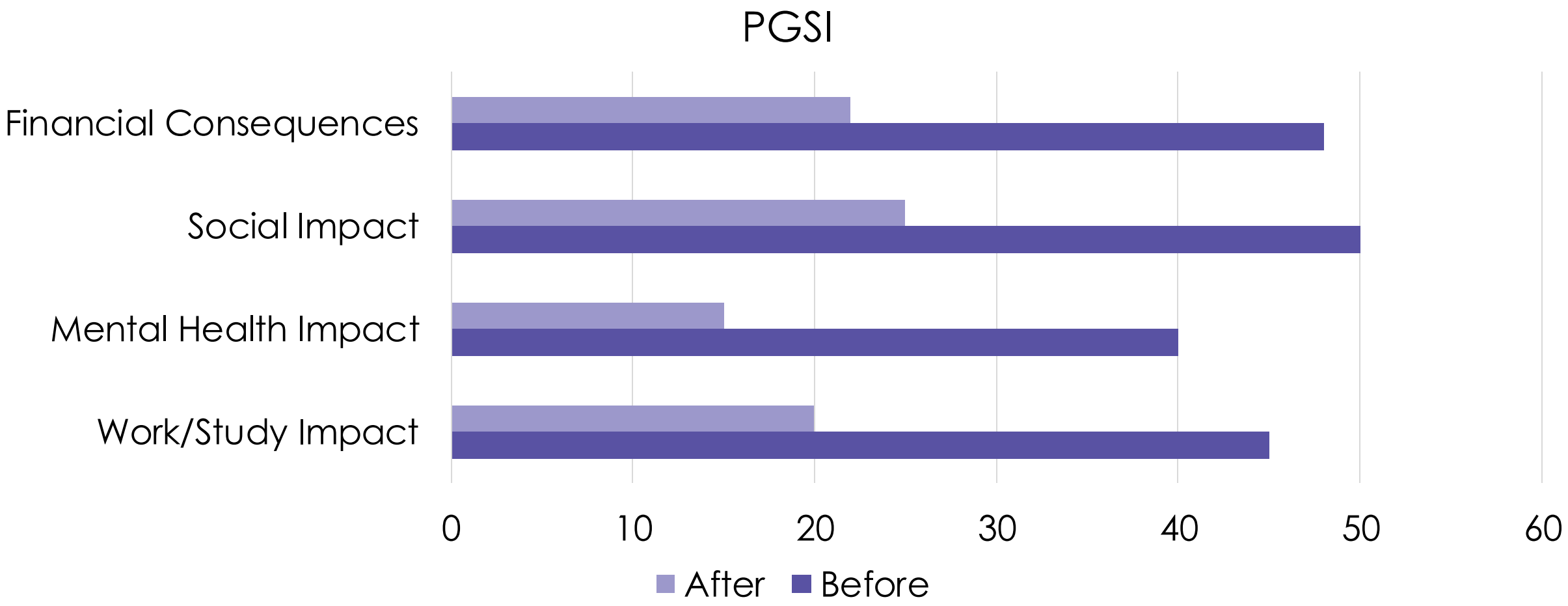
“JOURNAL”


19:49
Monthly
JUN 2023
Your overall check-in breakdown
5 check-ins
20%
20%
40%
20%
All the emotions you felt
Check in
Learn
Friends
Analyze


4:16
Cancel
New Entry
Select a Moment & Write
Recommended
Recent
REFLECTION
What's the kindest thing you could say about yourself?
REFLECTION
Who is the most creative person you know? Write about their creativity.
REFLECTION
What's your secret superpower? How did you last use it?


Self-reports
Gambling Frequency
Session Duration (hours)
Craving/urge Intensity
0
2
4
6
8
10
12
After
Before


G-SAS
Relief
Anticipation
Gambling Urge
0
10
20
30
40
50
60
70
After
Before


PGSI
Financial Consequences
Social Impact
Mental Health Impact
Work/Study Impact
0
10
20
30
40
50
60
After
Before

Symptoms reduced but urge to gamble persists (high risk of relapse)

❌ Urge ✅ Frequency ❌ Worryness ✅ Social impact

✅ Financial consequences ❌ Withdrawal

Consistent with findings → SM → tool in strengthening mood regulation

LIMITATIONS

⚠ Sessions could have contributed to overall wellbeing because of rapport.

⚠ High dependence on the apps themselves (risk of impacting negatively and low independency.

⚠ One case, need for replication → low internal validity

⚠ Need for long term results (+ follow up)

Thank you!

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