

CREATING EVIDENCE-BASED INTERVENTIONS FOR YOUTH GAMBLING PROBLEMS -Croatian experience-

Prof. Neven Ricijaš, PhD
Department of Behavioral Disorders



7 November 2018, Innsbruck, Austria

Content

PRINCIPLES & PROCESS OF CREATING INTERVENTIONS



SOCIAL CONTEXT AND CAMBLING INDUSTRY



RESEARCH & RESULTS



CHALLENGES



PREVENTION SCIENCE STANDARDS

(+ structured psychosocial treatment interventions)

socio-culturally
sensitive

right setting
(school)

based on theory
and research

developmentally
matched (age)

comprehensive
(knowledge &
skills)

wide range of
topics

different
teaching
methods

adequate length

positive
relationships

scientifically
evaluated

Williams, 2002
Davis, 2003
Nation et. al., 2003
Najavits, Grymala, George, 2003

Ferland, Ladouceur, Vitaro, 2005
Derevensky et. al. 2006
Williams, West, Simson, 2006
St-Pierre, Derevensky, 2016

Gambling Market Models

(modified/shortened from Arendts, 2007; Lovrinčević, Mikulić i Orlović, 2015)

Regulation – Industry – Market

Closed - Conservative

Open - Liberal



Focused on...

Risk

Profit



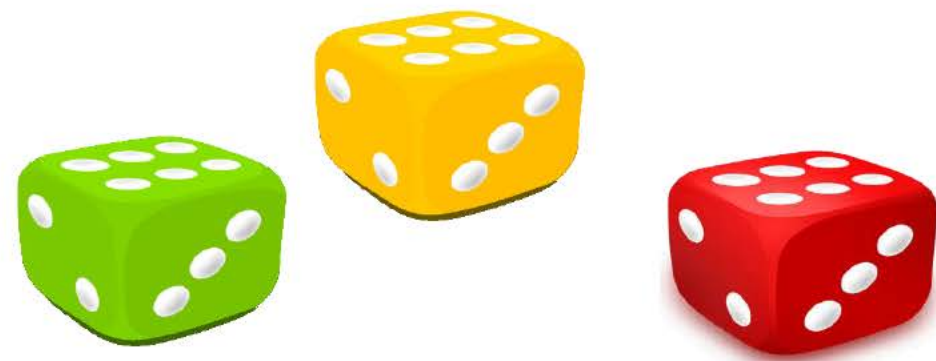
Position of the citizen/player

Others decide for him

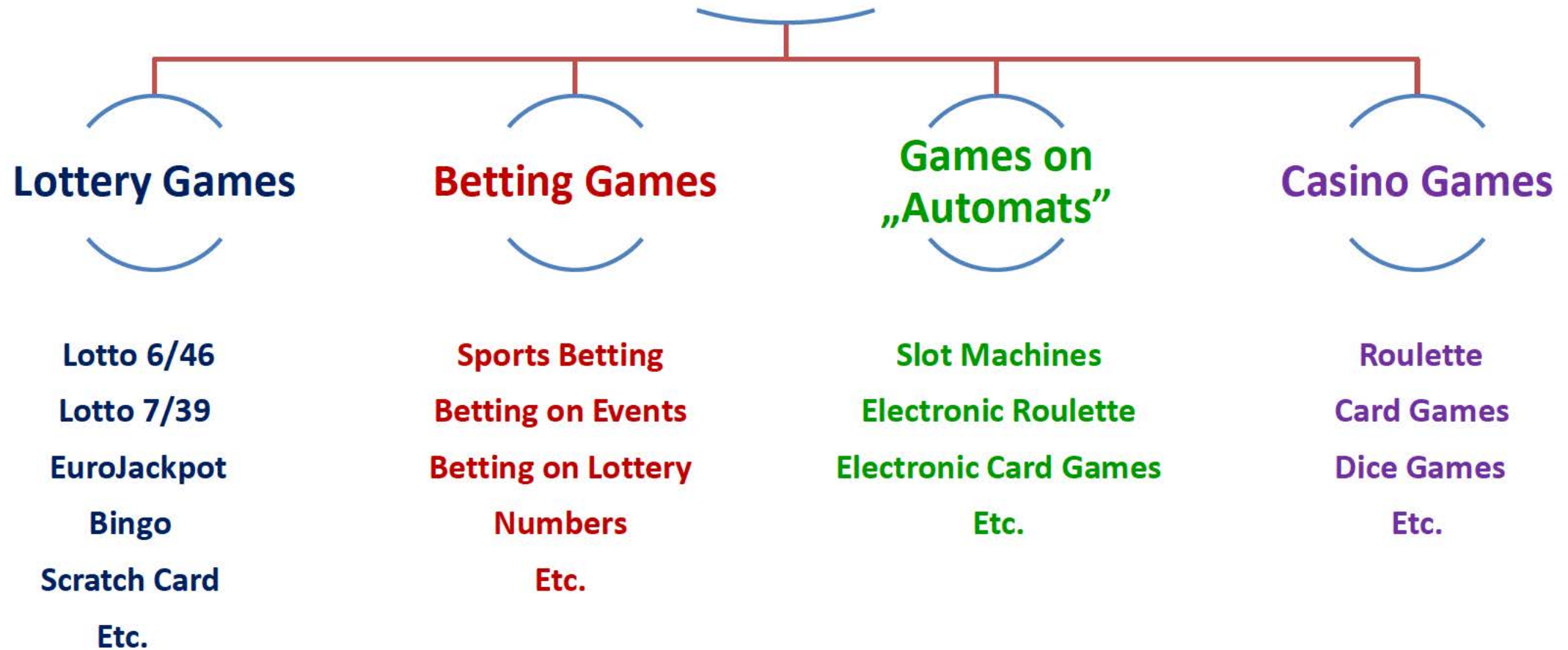
Makes his own choice



LEGAL REGULATION OF GAMBLING IN CROATIA



LAW ON GAMES OF CHANCE*



- **State** has **monopoly** only over Lottery Games
- **All games** available **online** if an operator has land-based venues



* Official Gazette 87/09, 35/13, 41/14, 143/14

Official number of land-based gambling venues in Croatia



* National Croatian Bureau of Statistics, 2010

** Ministry of Finance official data, 2016



Basic elements of social responsibility

- **ACCESSIBILITY**

- all games prohibited for minors (<18 years)

- **AVAILABILITY – geographical restrictions**

- Lottery Games – no restrictions
 - Sports Betting venues – 200m from regular schools
 - Automat Clubs – 500m from each other
 - Casinos – 500m from each other
 - with the exception of 5* hotels



Basic elements of social responsibility

■ **ADVERTISING**

- prohibited only on TV-shows and magazines specialized for children and youth

■ **INFORMATIVE ELEMENTS**

- flyers about the risks of gambling
- free 0800 help line

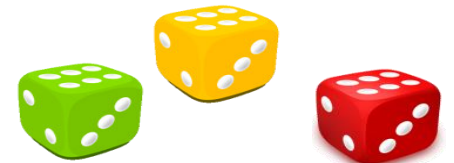
■ **ID CONTROL**

- Casino – at the entrance
- all others – eventually when collecting wins



Regulation of on-line gambling

- **all games** available on line
- **license** is given only to operators who have land-based venues (licensed)
- **at registration** – Ministry of Finance is checking compatibility of name with personal VAT number (but does not additionally inform the player)





KLUB

BIPA

dm

FOTO

IK

Canon



AUTOMAT KLUB

Caffe bar
GOLDWINNER

Stretto

KLADOMAT

AUTOMAT KLUB

GOLDWINNER

Caffe bar

GOLDWINNER

Caffe bar

GOLDWINNER

ELIJAH



Stanleybet
KLADIONICA
HTV TELETEXT 741-745
www.stanleybet.hr

Hrvatska Lutrija
IGRAJ OVDJE!



PRVA SPORTSKA
KLADIONICA

PRVA SPORTSKA KLADIONICA

SPAR



NOJNACNICA





KURIAČKI OHRAT
-MARIJA-
tel. 091 570 17 46

SuperSport
SPORTSKA KLADIONICA

pratećite
ožitek u
dobitak!

teletext stranica
658-661-666

Odaberi

DOBRODOŠLI YAO SHOP DOBRODOŠLI

SNIZENJE

PAZI STAKLO!

OP.
SEN

098 737416





PARKIRNI AUTOMAT
P
Parkirnu kartu kupiti
ovde
↓
Napred
Nazad

Automat
Cena
1000
1500
2000
2500
3000
3500
4000
4500
5000
5500
6000
6500
7000
7500
8000
8500
9000
9500
10000



PARKIRNI AUTOMAT
P
Parkirna karta kupiti
ovdje
↓

ATLANTA

AUTOMAT CLUB



CASINO

CASINO *SuperSport*

TEXAS
HOLD'EM
POKER

SuperSport
SPORTNA KLADIONICA

KONZUM

AUTOMAT CLUB
SuperSport



**AUTOMAT
KLUB**

WETT@UNKT

KLADIONICA

WETT@UNKT



Bankomat









Ice-cream for adults (!?!?)



SUMMARY OF AVAILABILITY

LAW ON GAMES OF CHANCE*



What **IS** the scope of the social problem?

- ❖ **Uncontrolled expansion** of gambling venues – especially sports betting (in residential areas, close to schools etc.)
- ❖ **No adequate regulation** (especially accessibility and availability)
- ❖ **No adequate legal rules** and/or guidelines for advertising
- ❖ **Loose understanding** of legal rules (<18 etc.)
- ❖ Presence of **illegal operators** – not registered in Croatia and without minimum authentication elements
- ❖ **Lack of** specific prevention and/or treatment **interventions** for young people



RESEARCH AS FOUNDATION FOR EVIDENCE-BASED INTERVENTIONS

(2010-2018)



- National **Youth** Gambling Prevalence Study (N=2.703)
- University **Students'** Gambling
- **Parental** Perception of Youth Gambling
- **Mental-Health Professionals'** Perception of Youth Gambling
- **Evaluation** of Gambling Anonymous Treatment
- **Evaluation** of Daily Gambling Treatment in Hospital

Research

Interventions

- Youth Gambling **Prevention Program** for High-Schools
- Psychosocial **Treatment** for Prisons and Probation
- Psychosocial **Treatment** for Counseling Clinics
- Psychosocial **Treatment** for Social Welfare System
- **Prevention** of Behavioral Addiction Problems in Elementary Schools





2010

2011

2012

2013

2014

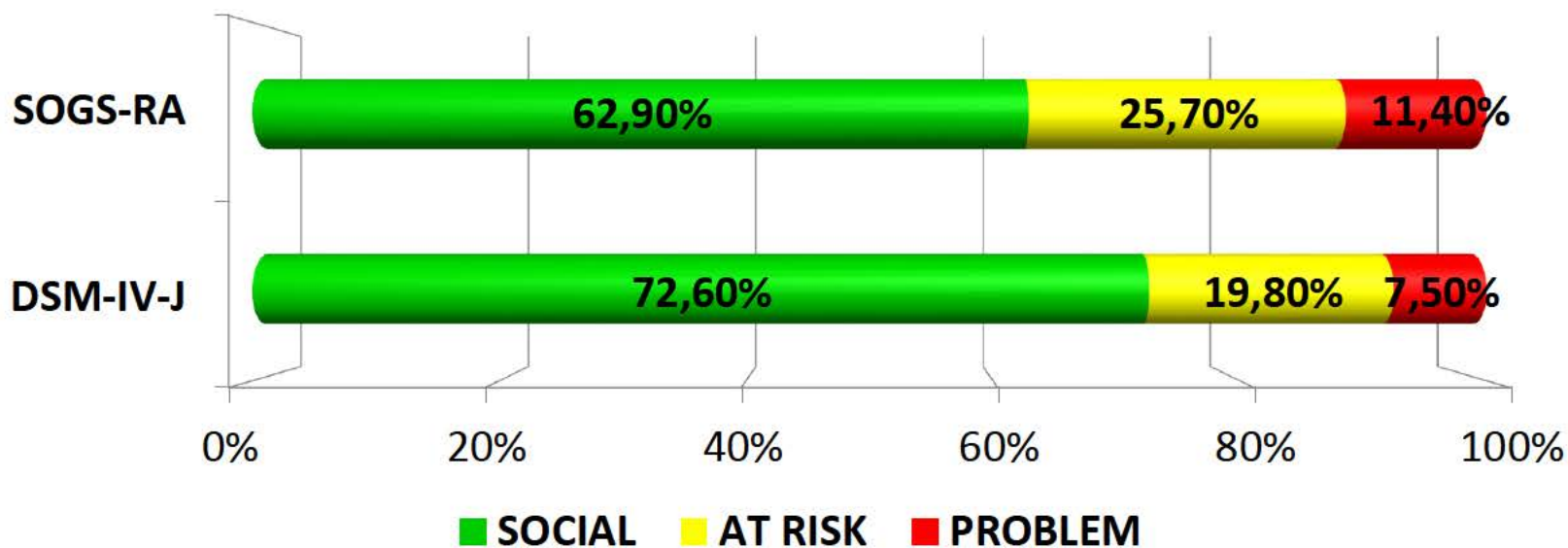
2015

2016

2017

2018

Pilot research on youth gambling among high-school students in the City of Zagreb (N=261)



boys > girls



2010

2011

2012

2013

2014

2015

2016

2017

2018

- ⇒ **NATIONAL YOUTH GAMBLING PREVALENCE STUDY**
- ⇒ **N=2.703** – representative sample of adolescents
- ⇒ **81.6%** gambled at least once in lifetime (lifetime prevalence)
- ⇒ **most frequent = sports betting**
 - ⇒ around 20% high-school students regularly betting
 - ⇒ around **35% male adolescents regularly betting**
 - ⇒ no differences with regards to age and legal possibilities
- ⇒ **CAGI** - GPSS subscale results
 - 🎲 **12.9% high severity of psychosocial consequences**
 - 🎲 17.3% low to moderate
 - 🎲 69.8% no problems



Ricijas, N., Dodig Hundric, D., Huic, A., Kranzelic, V. (2016): Youth gambling in Croatia - frequency of gambling and the occurrence of problem gambling, *Criminology & Social Integration*, 24(2), 48-72

Received for publication
UDK: 174.6-053.6

Original scientific paper

Youth gambling in Croatia – frequency of gambling and the occurrence of problem gambling¹

Neven Ricijaš

Dora Dodig Hundrić

University of Zagreb, Faculty of Education and Rehabilitation Sciences,
Department of Behavioral Disorders

Aleksandra Huić

University of Zagreb, Faculty of Humanities and Social Sciences, Department of
Psychology

Valentina Kranželić

University of Zagreb, Faculty of Education and Rehabilitation Sciences,
Department of Behavioral Disorders

Abstract

The main aim of this study was to explore the frequency of gambling and gambling-related problems among Croatian high school students. The specific objectives have been to explore gender differences, and differences in the frequency and severity of gambling problems regarding grade/age and type of school program. The study included $n=2.702$ high school students from all for grades and all three types of high school programs (3- and 4-year vocational/professional schools, and grammar schools) from 7 cities (Zagreb, Osijek, Rijeka, Split, Vinkovci, Slavonski Brod and Koprivnica) with equal representation of boys ($n=1.330$, 49.2%) and girls ($n=1.372$, 50.8%). The respondents' mean age was $M_{age} = 16.51$ ($SD_{age}=1.17$).



Youth gambling - comparison



CANADA

- **45-67%** past-year & lifetime prevalence
- **2.7%** regularly sports betting
- **1.1%** regularly play VLTs
- **boys >** girls
- **CAGI - GPSS:**
 - 🎲 **1.3%** red light
 - 🎲 **5.5%** yellow light
 - 🎲 **93.2%** green light



CROATIA

- **45-83%** past-year & lifetime prevalence
- **20%** regularly sports betting
- **12%** regularly play slot machines
- **boys >** girls
- greater **availability and accessibility**
- **CAGI - GPSS:**
 - 🎲 **12.9%** red light
 - 🎲 **17.3%** yellow light
 - 🎲 **69.8%** green light

Elton-Marshall, Leatherdale & Turner (2016); Tremblay, J., Stinchfield, R., Wiebe, J. & Wynne (2011); Gupta and Derevensky (2002); Ricijaš, Dodig Hundrić, Huić, Kranželić (2016); Puharić et al. (2016)

2010

2011

2012

2013

2014

2015

2016

2017

2018

⇒ STRONGEST PREDICTORS OF REGULAR SPORTS BETTING:

- ⇒ experience of **winning** large sum of money (subjective perception)
- ⇒ subjective **stimulus** after winning
- ⇒ motivation for **profit** and **earnings**, handling **unpleasant emotions** and to **train** betting skills
- ⇒ more gambling related **cognitive distortions**

2010

2011

2012

2013

2014

2015

2016

2017

2018

⇒ **21% of fathers** regularly bet on sports results

⇒ **45.5%** of male adolescents report that their **parents know** about their occasional gambling/betting activities

⇒ **23%** of male adolescents mention that they have placed bets **together with their parents**



Developing youth gambling prevention program
„Who really wins?“



2010

2011

2012

2013

2014

2015

2016

2017

2018

■ INTERVENTIONS:

- Dissemination and national implementation of the youth gambling prevention program “Who really wins?”
- The development of Gambling Treatment Program for:
 - Justice System - Prison & Probation – Adults
 - Social Welfare System – Counseling and Institutional Treatment

OTHER RESEARCH (national) STUDIES:

1. **Parental perception** of youth gambling (with McGill Univ.)
2. **Mental-health professionals’ perception** of youth gambling (with McGill Univ.)

PARENTAL PERCEPTION OF YOUTH GAMBLING

- Questionnaire adapted from McGill study (Derevensky et al.)
- Two largest Croatian Cities: Zagreb & Split
- High-school students from 3 types of schools & their parents

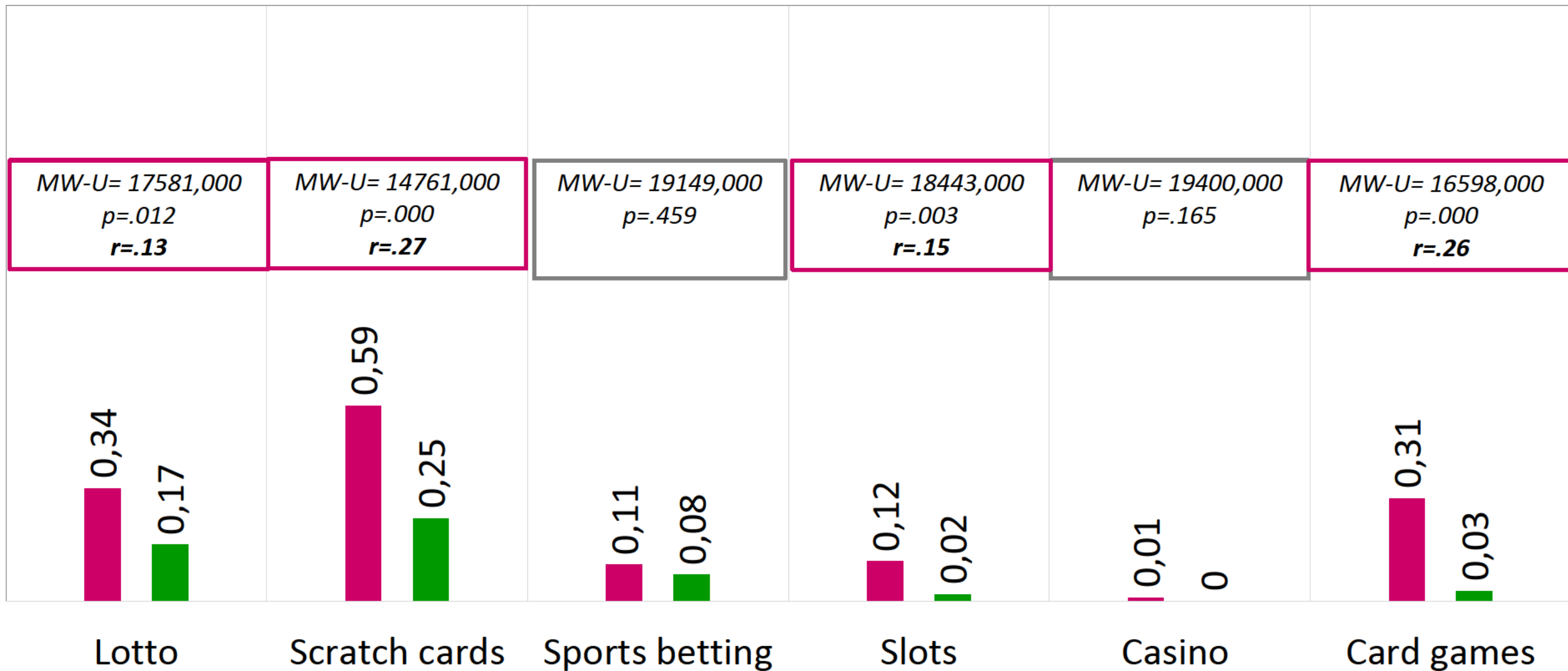


CHILDRENS' SELF-ASSESSMENT

PARENTS' ASSESSMENT

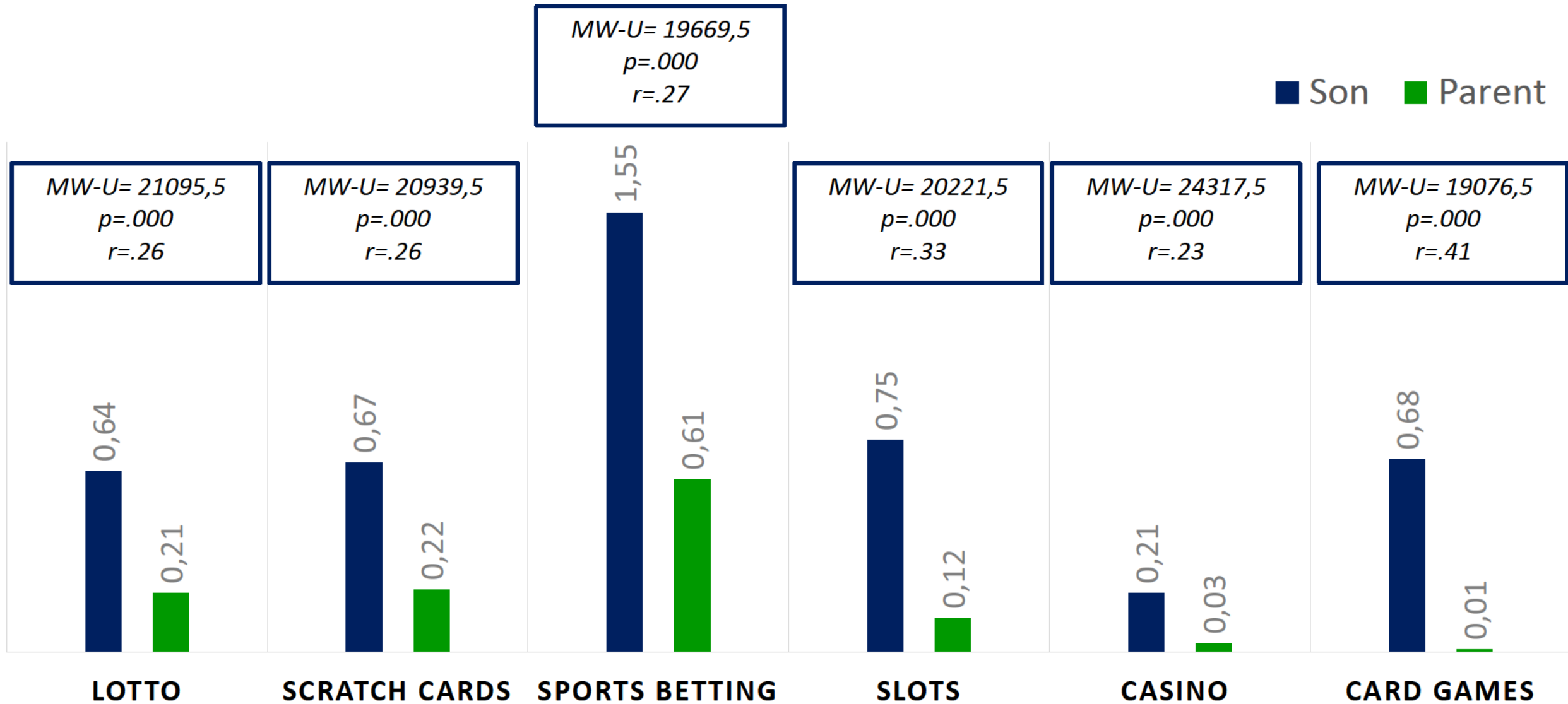
Frequency of gambling - Girls vs. Parents

■ Daughter ■ Parent

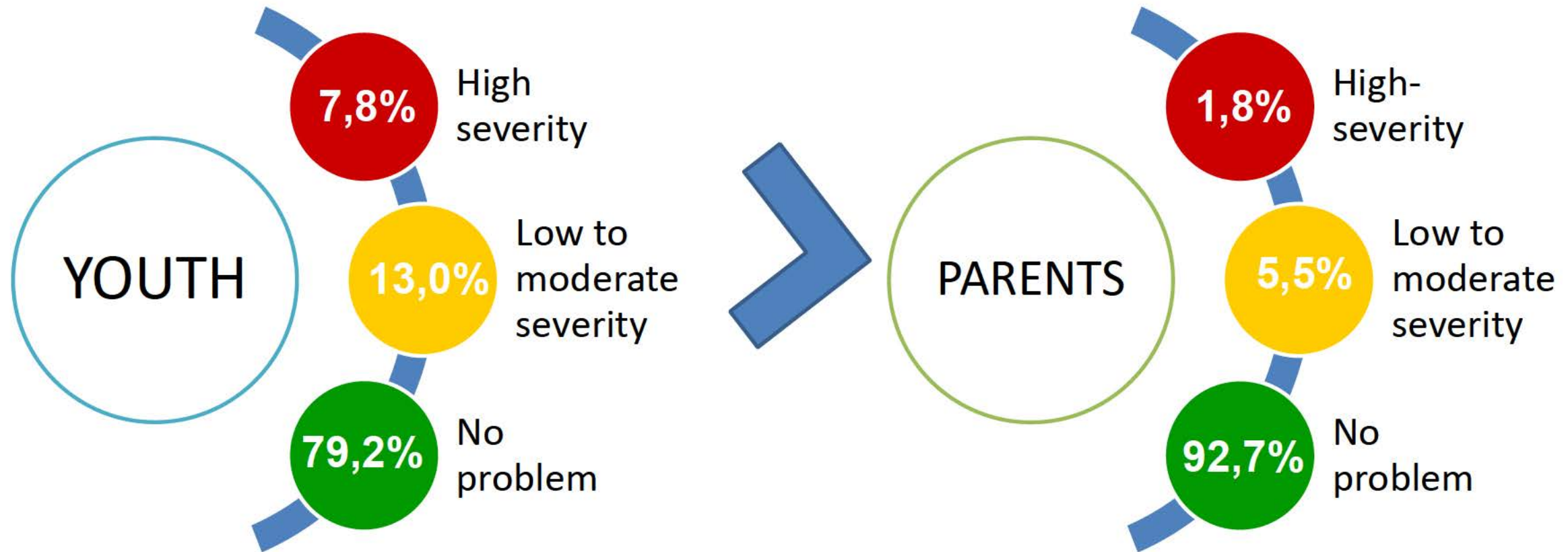


Frequency of gambling - Boys vs. Parents

■ Son ■ Parent



GPSS – Gambling related psychosocial problems



$\chi^2=23.896$; $p<.001$



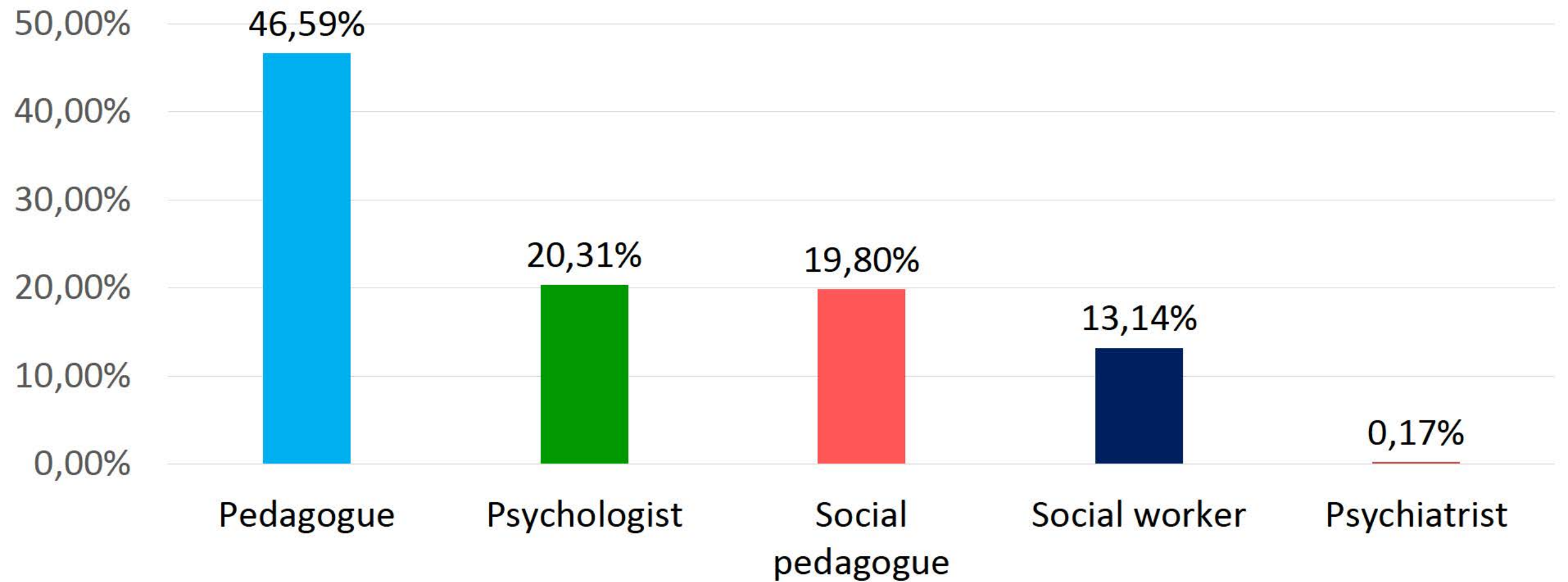
Mental Health Professionals Perception of Youth Gambling

– Preliminary results

- **N=586** (male=9.04%; female=90.96%)
- all 21 counties in the Republic of Croatia
 - Educational System
 - Social Welfare System
 - Justice System
 - Health System
 - NGO



Profession

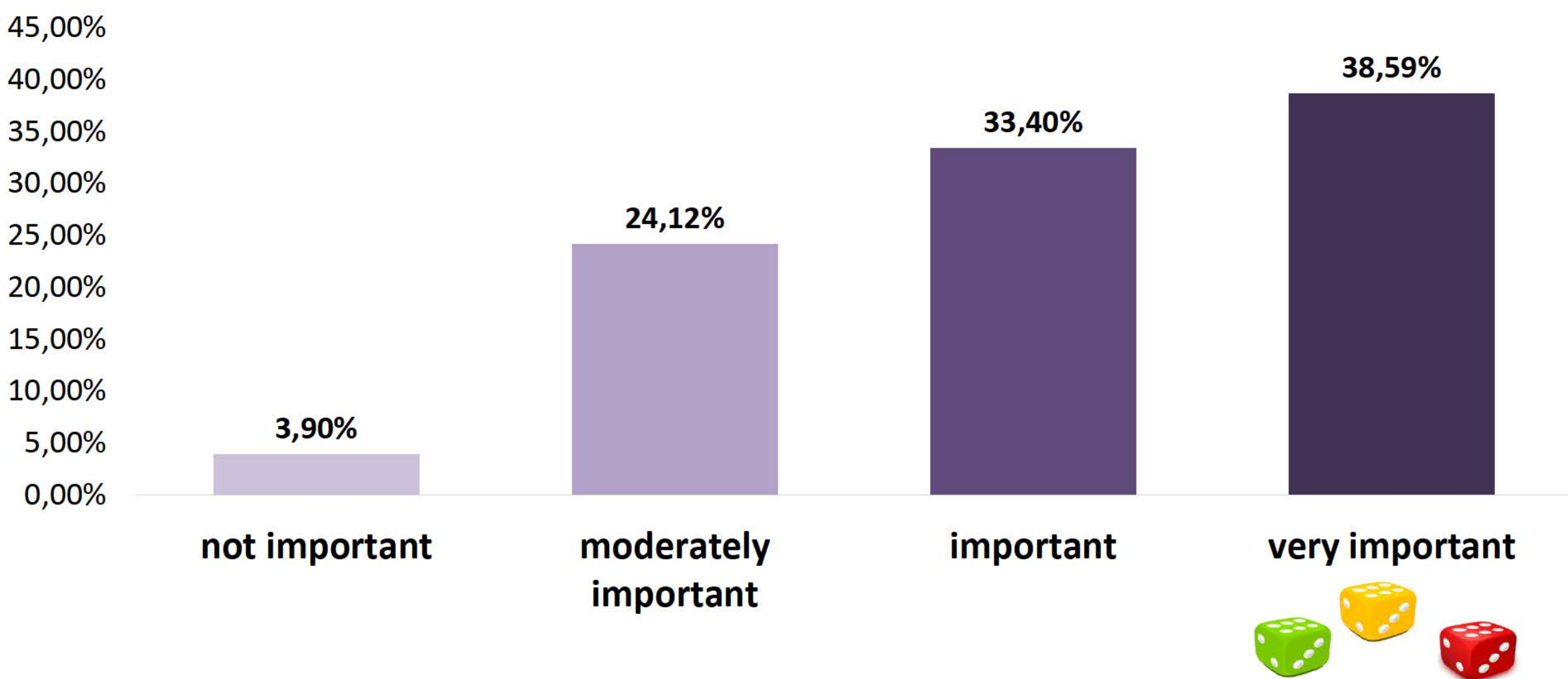


How accessible are gambling activities to minors?

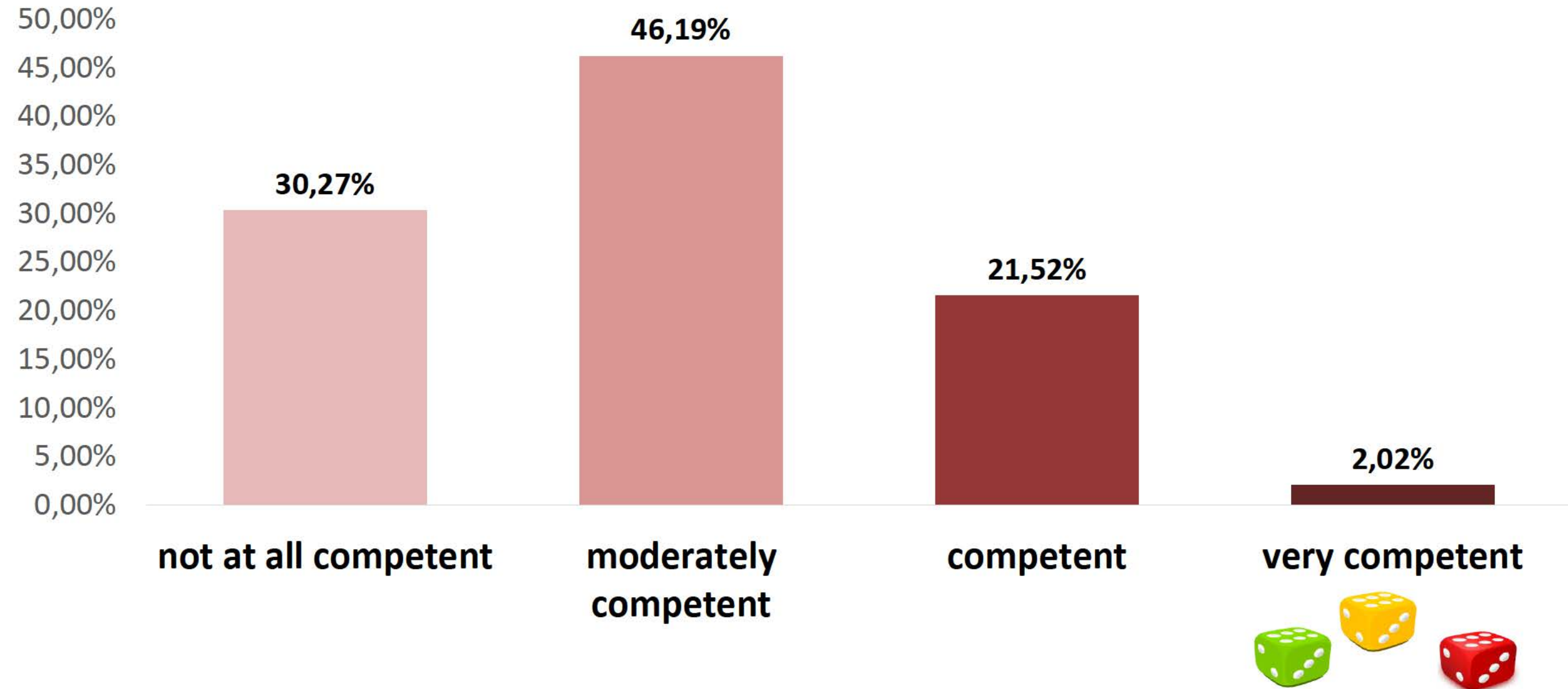
	Cannot access	Very difficult	Difficult	Easy	Very easy
LOTTERY GAMES	1,89%	4,61%	7,76%	19,71%	66,04%
SPORTS BETTING	1,26%	1,47%	6,29%	20,13%	70,86%
SLOT MACHINES	0,84%	2,31%	8,81%	23,69%	64,36%
CASINO GAMES	9,22%	27,88%	31,24%	21,17%	10,48%
SPORTS BETTING AT CAFFEE BARS	0,42%	1,26%	4,19%	17,61%	76,52%
ONLINE GAMBLING	0,42%	0,63%	1,47%	9,43%	88,05%



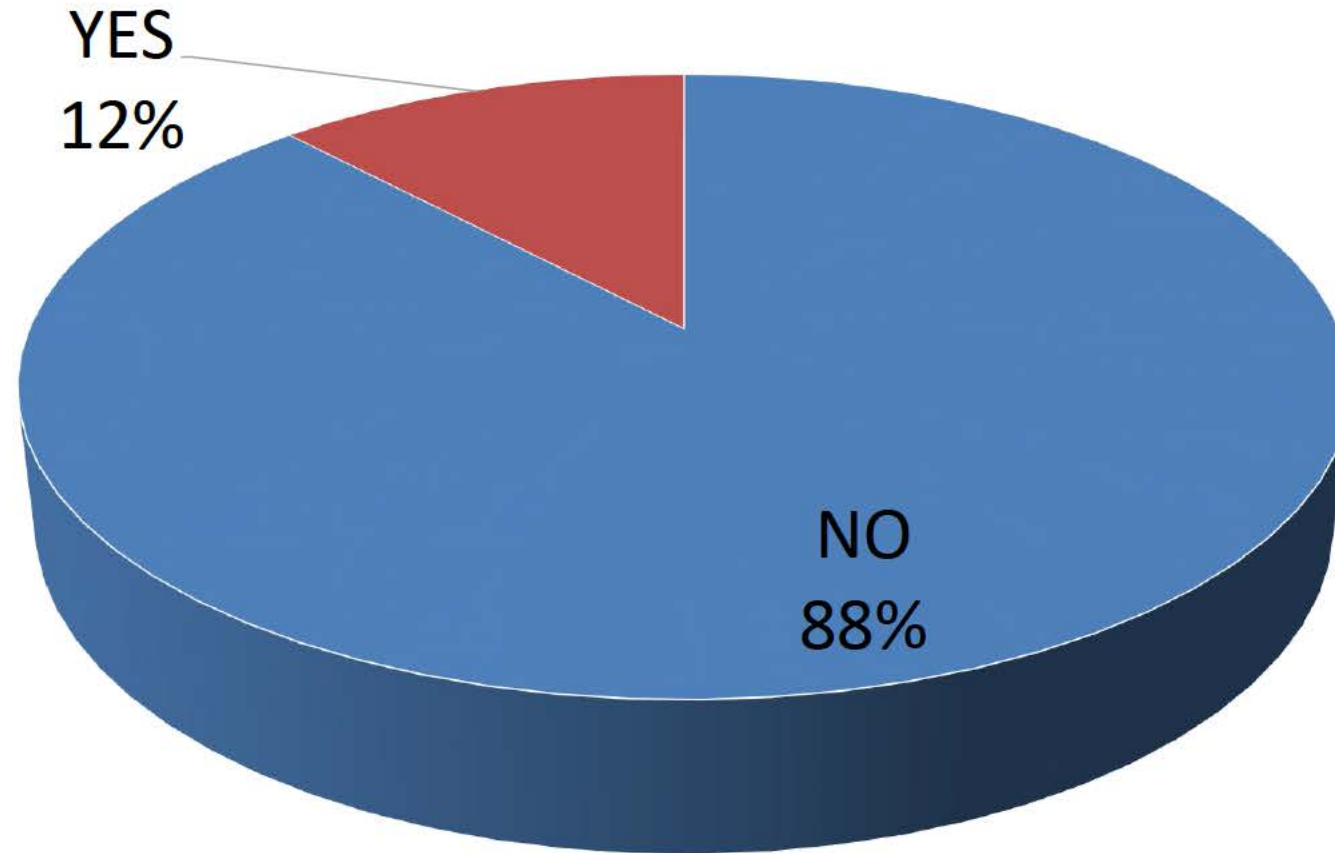
How important is it for your work place to have competencies for youth problem gambling interventions?



How competent do you perceive yourself for providing youth problem gambling interventions?



During your university education, did you have lectures/curricula that provided you information about youth gambling and interventions?



Youth gambling prevention program “WHO REALLY WINS?”



Multidisciplinary approach - different expertise

Team member	Expertise
1. Prof. Neven Ricijaš , PhD	Adolescents risk behavior and gambling + treatment interventions
2. Prof. Dora Dodig Hundrić , PhD	
3. Prof. Valentina Kranželić , PhD	Prevention science + preventive interventions in educational setting
4. Prof. Aleksandra Huić , PhD	Social & cognitive psychology
5. Toni Milun	Mathematician
6. Ana Rakić	Treatment counselor in daily clinic for gambling disorder
7. Sanja Radić Bursać	Counselor in high-school

Prevention science standards (+ structured psychosocial treatment interventions)

socio-culturally
sensitive

right setting
(school)

based on theory
and research

developmentally
matched (age)

comprehensive
(knowledge &
skills)

wide range of
topics

different
teaching
methods

adequate length

positive
relationships

scientifically
evaluated

Williams, 2002
Davis, 2003
Nation et. al., 2003
Najavits, Grymala, George, 2003

Ferland, Ladouceur, Vitaro, 2005
Derevensky et. al. 2006
Williams, West, Simson, 2006
St-Pierre, Derevensky, 2016

General Aims of the Program

**prevention of youth
gambling (minors)**

**development of 'right'
attitudes towards
games of chance**

**development of
personally responsible
gambling in the future**





HIGH-SCHOOL STUDENTS

- 9 weeks
- 9 x 45'
- active participation
- interactive

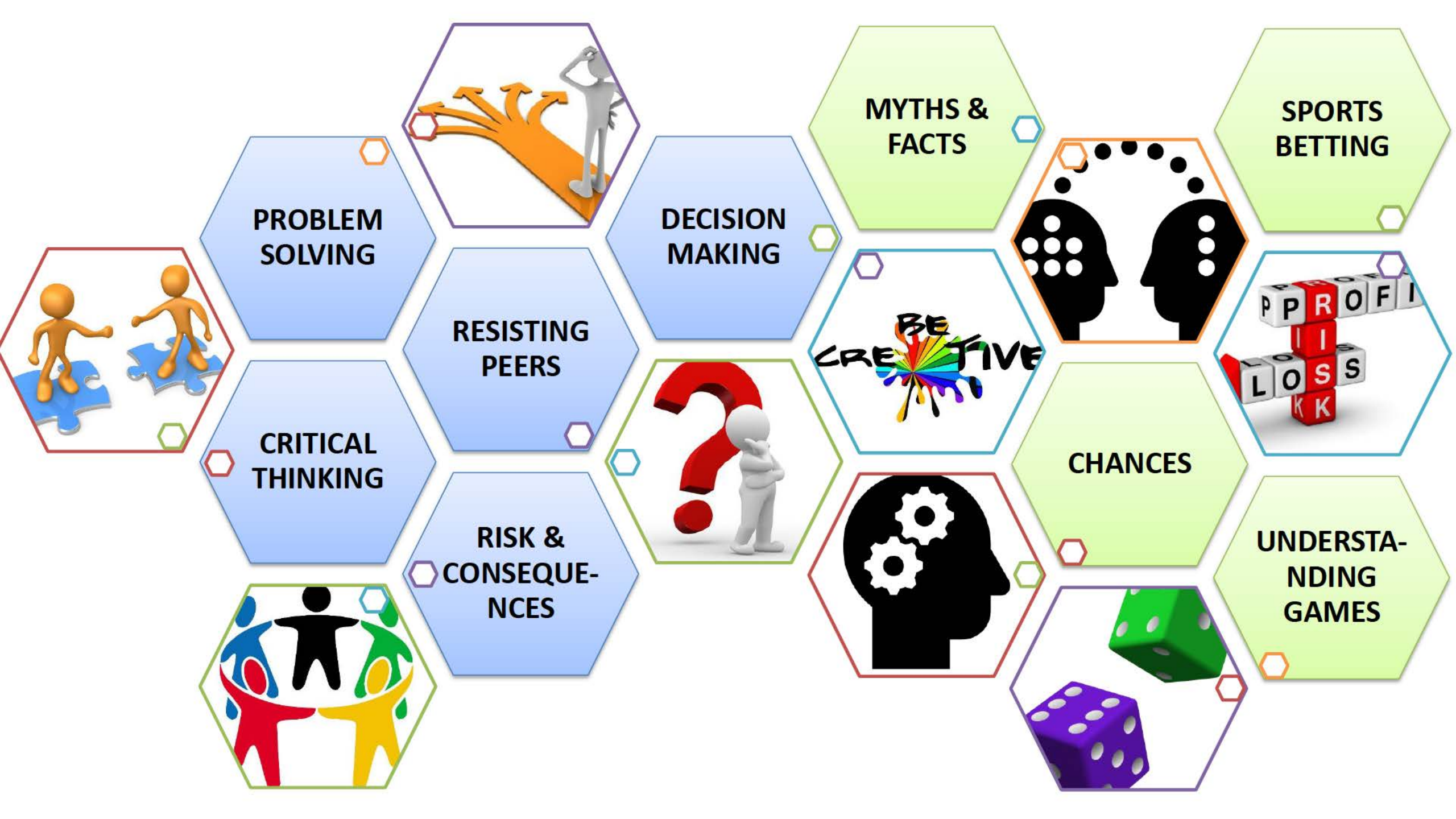
PARENTS

- 2 hours of interactive lectures
- informative materials

SCHOOL STAFF

- 2 hours of interactive lectures
- informative materials





0. meeting	Informative-motivational meeting + PRE-TEST
1. workshop	Introductory workshop WHAT DO WE NEED TO KNOW ABOUT THE PROGRAM?
2. workshop	Characteristics and consequences of some risk behaviours WHAT IS THE OTHER SIDE OF THE MEDAL?
3. workshop	Myths and facts about gambling WHAT TO DO WHEN THE DICE IS THROWN?
4. workshop	Chances and probability WHAT ARE MY CHANCES?
5. workshop	Problem solving I HAVE A PROBLEM, WHAT IS MY CHOICE?
6. workshop	Resisting peer pressure HOW TO BE A PART OF THE GROUP AND STAY MYSELF?
7. workshop	Reflection and summing up IN THE END - WHO REALLY WINS?
8. workshop	Final workshop DID WE LEARN IT ALL?

Prevention science standards (+ structured psychosocial treatment interventions)

socio-culturally
sensitive

right setting
(school)

based on theory
and research

developmentally
matched (age)

comprehensive
(knowledge &
skills)

wide range of
topics

different
teaching
methods

adequate length

positive
relationships

scientifically
evaluated

Williams, 2002
Davis, 2003
Nation et. al., 2003
Najavits, Grymala, George, 2003

Ferland, Ladouceur, Vitaro, 2005
Derevensky et. al. 2006
Williams, West, Simson, 2006
St-Pierre, Derevensky, 2016

EVALUATION DESIGN




Huic, A., Kranzelic, V., Dodig Hundric, D., Ricijas, N. (2017):
Who Really Wins? Efficacy of a Croatian Youth Gambling Prevention Program,
Journal of Gambling Studies

J Gambl Stud
DOI 10.1007/s10899-017-9668-4



ORIGINAL PAPER

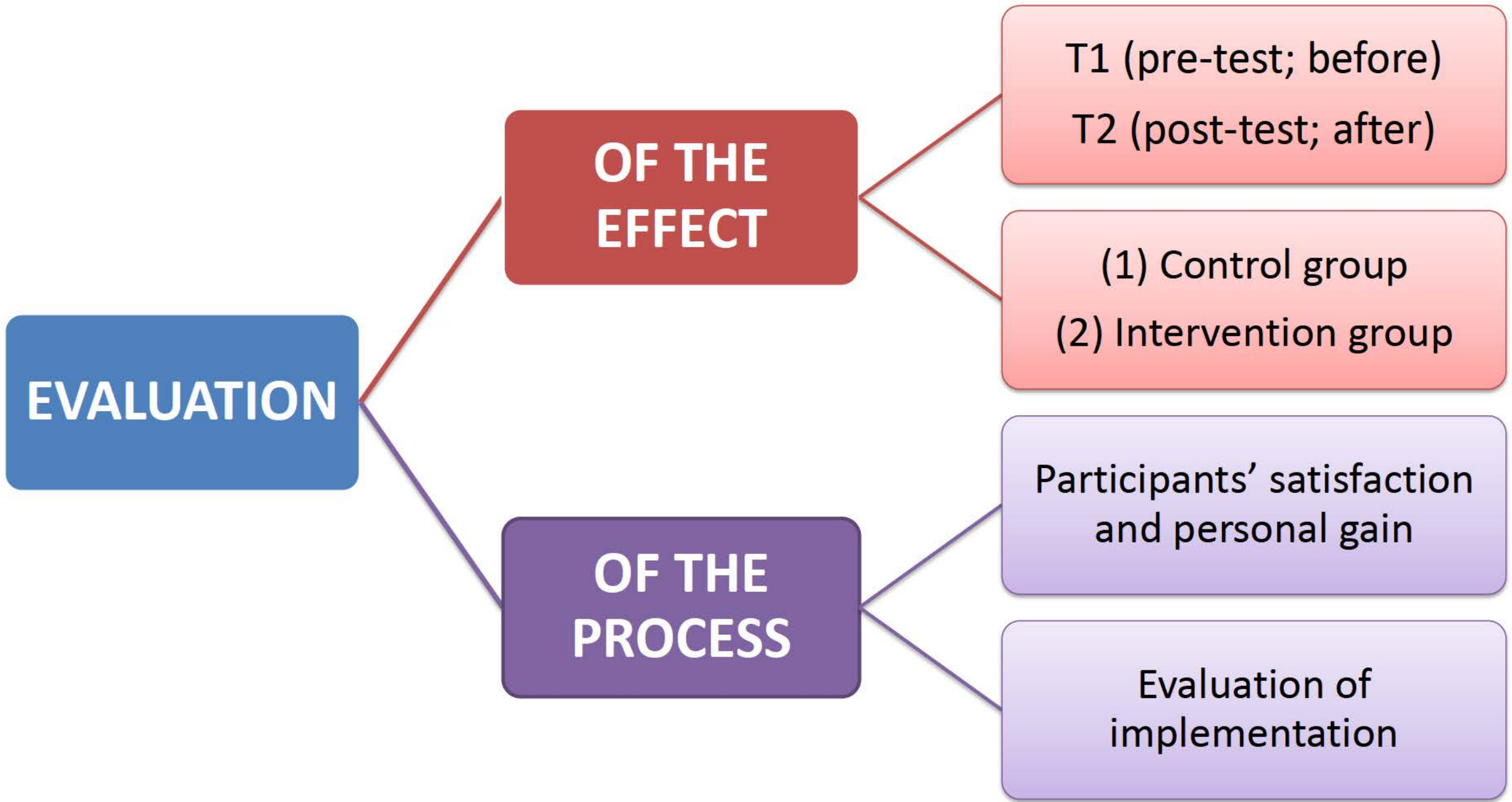
Who Really Wins? Efficacy of a Croatian Youth Gambling Prevention Program

Aleksandra Huic¹  • Valentina Kranzelic² • Dora Dodig Hundric² •
Neven Ricijas²

© Springer Science+Business Media New York 2017

Abstract This paper reports on the development and pilot evaluation of a Croatian school-based youth gambling prevention program “Who really wins?”. The program is aimed at minimizing risk and enhancing protective factors related to youth gambling. A short-term evaluation of the program was conducted with a sample of 190 first and second year high-school students (67.6% boys, aged 14–17 years; average age 15.61). An experimental design with two groups (Training vs. No Training) and two measurement sessions (pre-test and post-test sessions) was used to evaluate change in problem gambling awareness, cognitive distortions, knowledge of the nature of random events as well as in social skills. Results showed significant changes in the post-test sessions, which can be attributed to changes in the Training group. We observed a decrease in risk factors, namely better





Evaluation of effect



Evaluation research plan

- *pretest – posttest* plan with control group

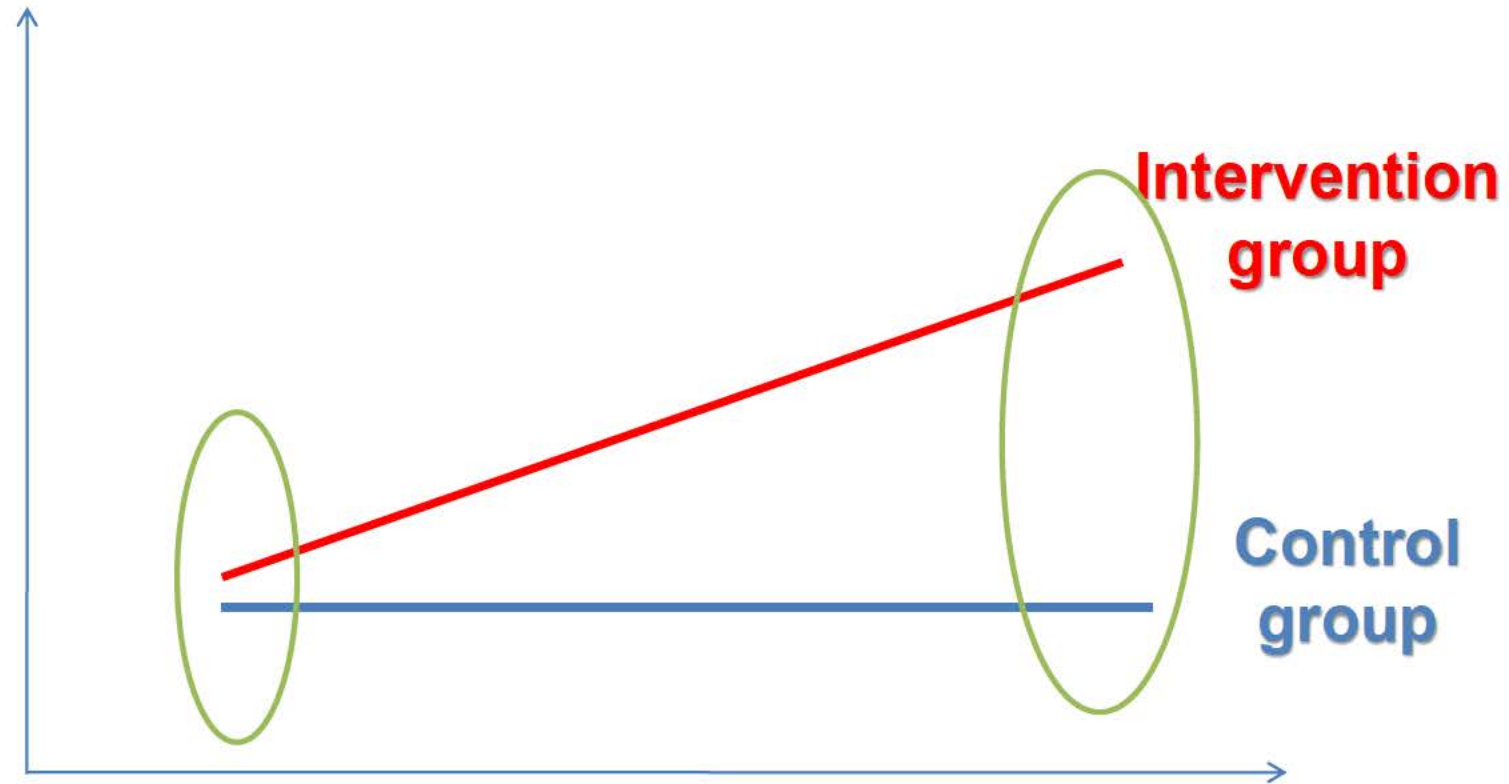
2 groups

- **intervention** (passed the program)
- **control** (didn't pass the program)

2 time points

- **before the program**
- **after the program**

- information about short-term evaluation



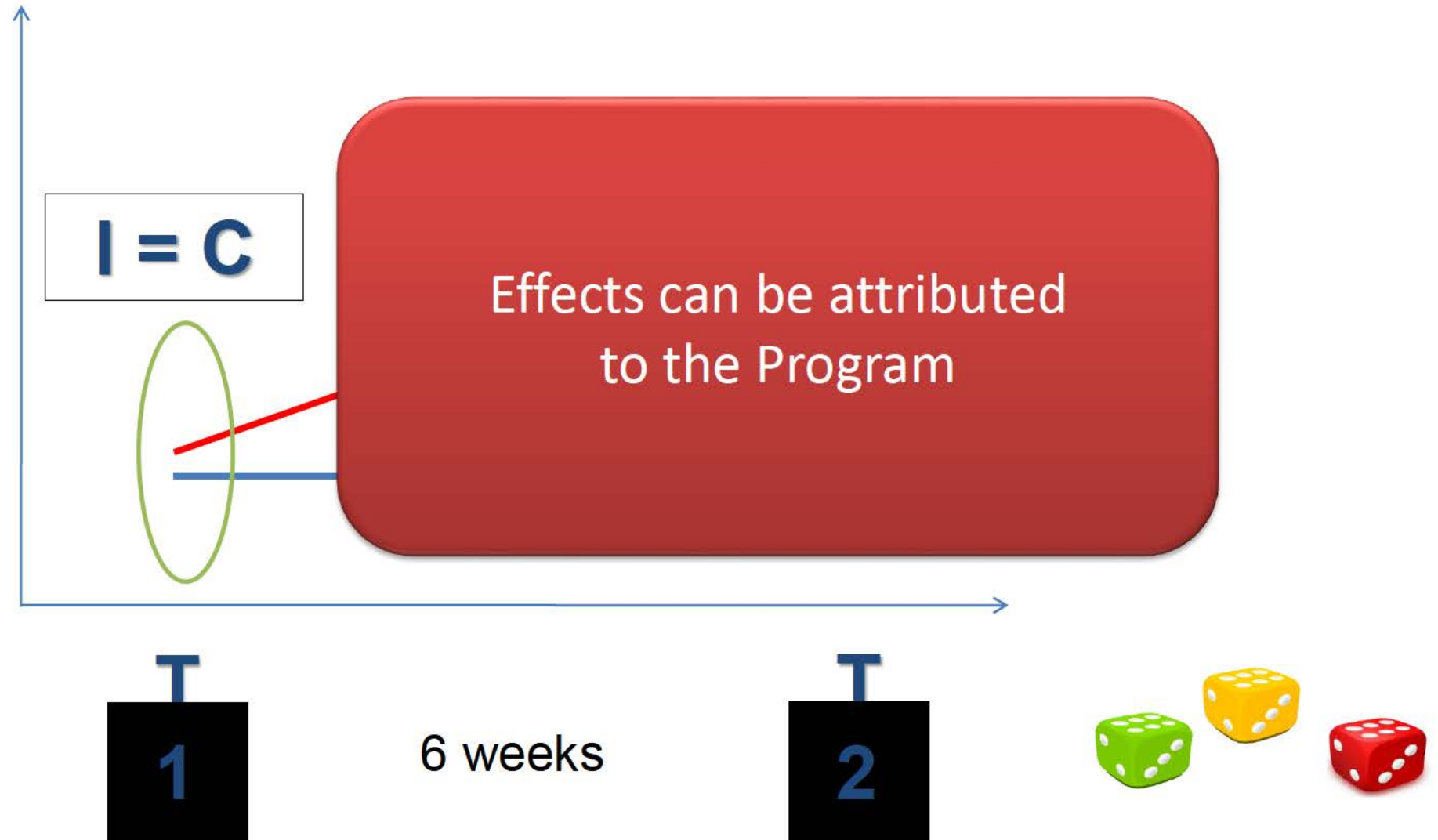
T
1

Implementation of the Program

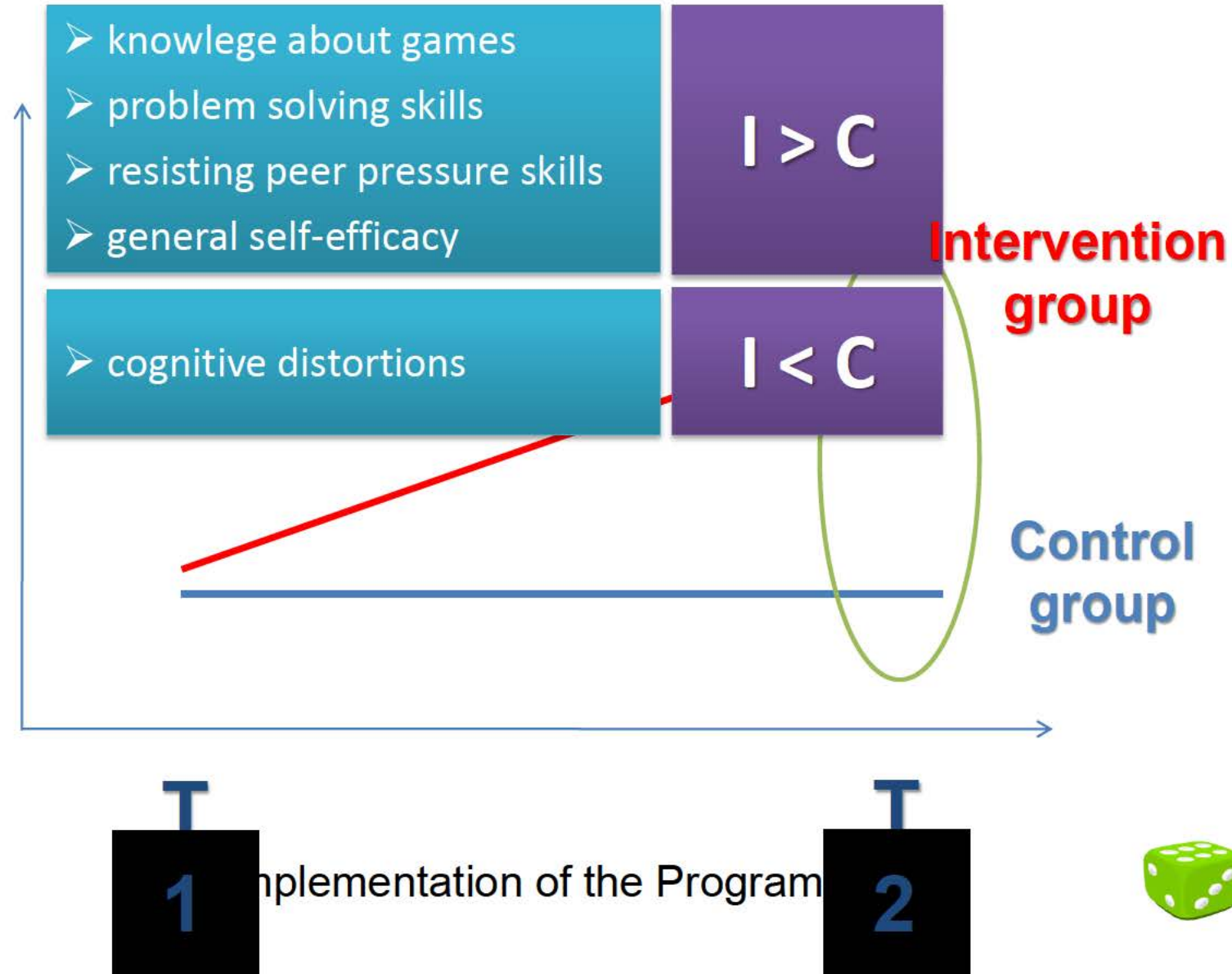
T
2



Evaluation Results



Evaluation Results

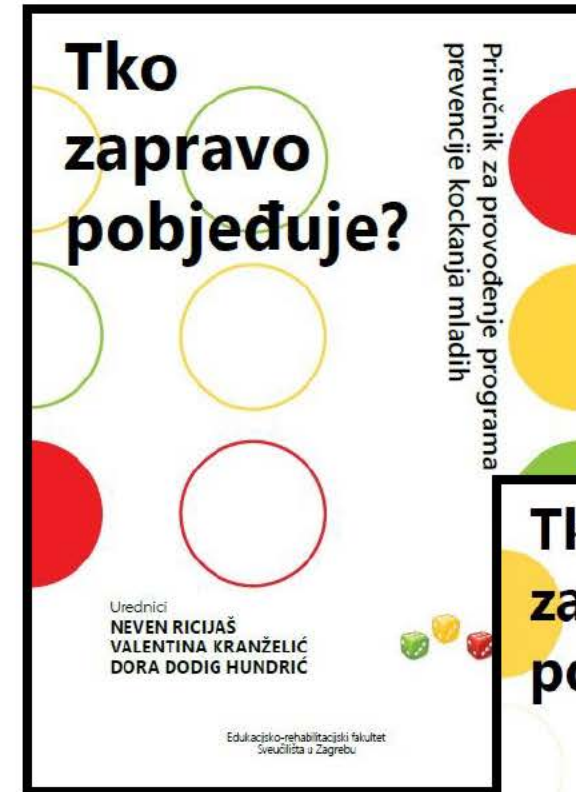


Training for the implementation of the Program on the national level



Dissemination of the Program on a national level

- **Length:**
 - 21 hour training = 3 days
- **School - training pair/team**
 - high-school counselors + teacher (training team)
- **Methods:**
 - lectures (theory)
 - workshops
 - interactive discussion
 - role-playing
- **Educational package**
 - Manual for trainers
 - Workbooks for students



Implementation 2016-2018

- 5 educational cycles
 - ≈ 150 participants
 - ≈ 75 high-schools
 - >1.200 students
-
- financial and organizational support of major stakeholders
 - very positive feedback and evaluations

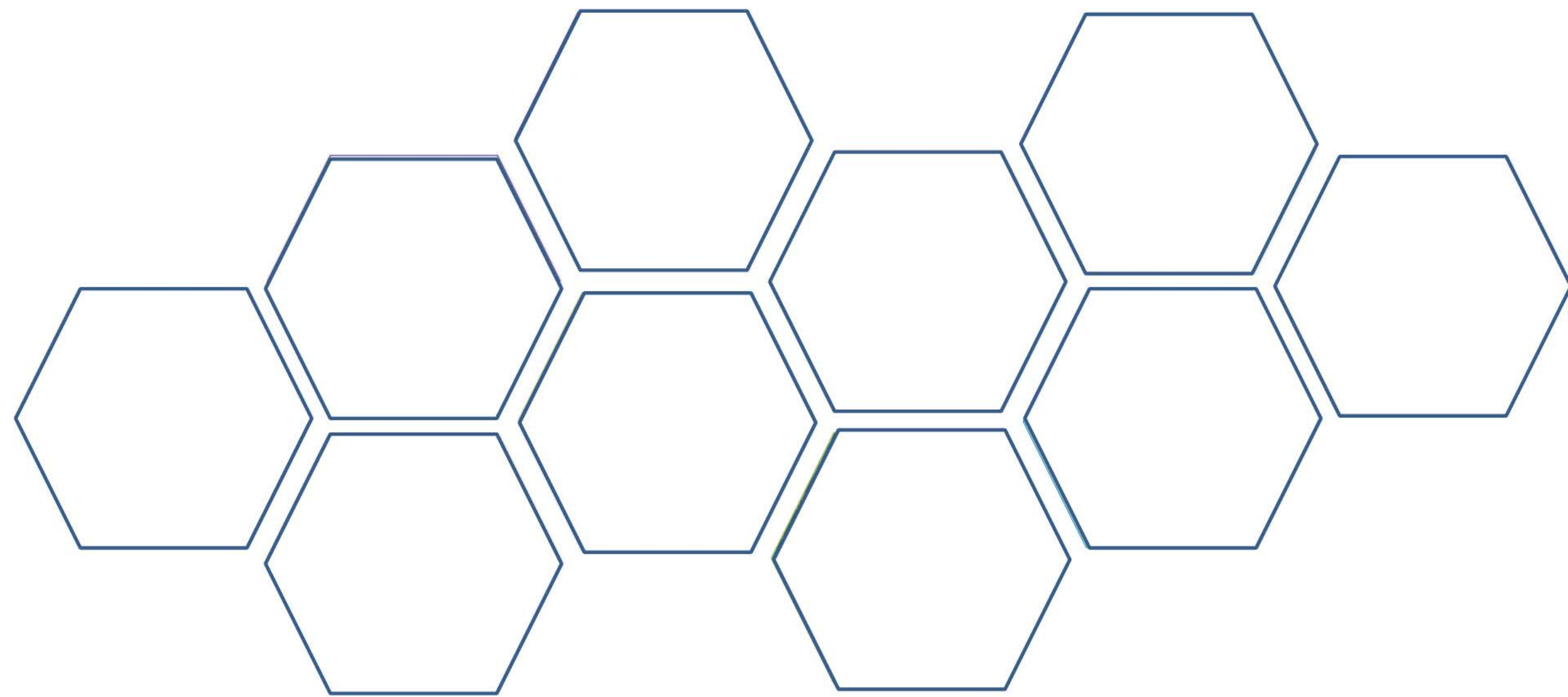


CHALLENGES OF PROVIDING AND DEVELOPING PSYCHOSOCIAL INTERVENTIONS



Intervention spectrum





New activities – development of structured group psychosocial treatment interventions

ADULTS – JUSTICE SYSTEM

- Ministry of Justice
- for prison system and probation
- has 18 workshops
- 1 per week = 90 minutes
- CBT, RT, MI
- knowledge and skills
- understanding behavior, needs, consequences, gambling activities and market, cognitive distortions, decision making process, motivation, relaps, individual change plan etc.
- January 2019 – pilot implementation

YOUTH – CITY COUNSELING CLINIC

- City of Zagreb youth counseling unit
- for adolescents who developed gambling related psychosocial problems
- Program in development
- mid 2019 – pilot implementation

Thank you for your attention! 😊

neven.ricijas@gmail.com

