

Study of gambling and health in Victoria

Help-seeking



What is the study?

The Victorian prevalence study 2014 is a telephone survey of 13,554 Victorian adults who were selected randomly from the general population. There were 12,551 surveys using landlines and 1003 using mobile telephones. The study aimed to explore gambling and problem gambling in the Victorian population.

Rates of help-seeking*

The study found that 6.56 per cent of moderate-risk gamblers** and 44.19 per cent of problem gamblers reported ever seeking informal or formal help for a gambling problem.

In the past 12 months, 1.88 per cent of moderate-risk gamblers and 22.09 per cent of problem gamblers had sought help.

Of those who had sought help, 44.07 per cent had first sought help five or more years ago.

Sources of help

The most common sources of help were:

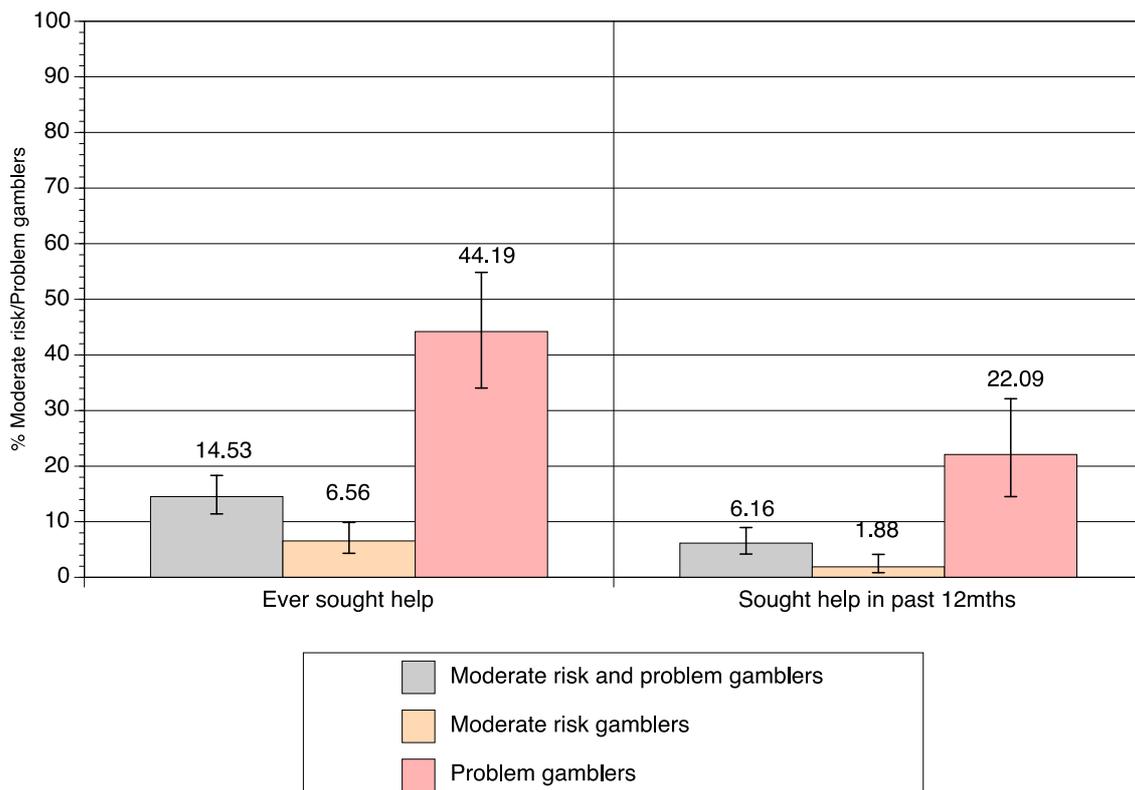
- face-to-face counselling (40.00 per cent of help-seekers)
- telephone counselling (12.00 per cent of help-seekers)
- peer or friendship support (12.00 per cent of help-seekers)
- other sources of help (12.00 per cent of help-seekers)
- internet counselling (8.00 per cent of help-seekers).

Triggers for help-seeking

The main triggers for help-seeking were:

- financial problems (50.85 per cent of help-seekers)
- feeling depressed or worried (35.59 per cent of help-seekers)
- relationship problems (33.90 per cent of help-seekers).

Help-seeking by problem and moderate-risk gamblers



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* Use caution when interpreting the results in this fact sheet: only problem and moderate-risk gamblers were surveyed regarding help-seeking. The findings in this fact sheet are based on a sample of 320 problem and moderate-risk gamblers. This sample was not sufficient to draw any firm conclusions on the help-seeking behaviours of problem and moderate-risk gamblers, so the results are indicative only.

** The categories for risk of gambling harm used in this study are based on the Problem Gambling Severity Index. They are:

- Non-problem gambler – gambles with no negative consequences.
- Low-risk gambler – experiences a low level of problems with few or no identified negative consequences.
- Moderate-risk gambler – experiences a moderate level of problems leading to some negative consequences.
- Problem gambler – gambles with negative consequences and a possible loss of control.

For more information about what these categories mean, see fact sheet 2: Categories for risk of gambling harm.