Assessing gambling-related harm in Victoria
How gambling harm affects health and wellbeing

Victorian Responsible Gambling Foundation

What is the study?

This project consulted with experts and the community to develop a framework for measuring and assessing the impact of gambling harm in Victoria. The framework can help researchers, policymakers, health professionals and the community better understand and minimise the negative consequences of gambling.

Impact on health and wellbeing

The researchers asked participants to assess the impacts of gambling harm on health and wellbeing with reference to other health conditions. The responses indicated:

- problem gambling* is comparable to bipolar disorder or migraine

- moderate-risk gambling is as harmful as mild alcohol use disorder

- low-risk gambling is similar to hearing loss or moderate anxiety disorders.

The graph below shows the impacts of problem, moderate-risk, and low-risk gambling on health and wellbeing compared to other health conditions.**
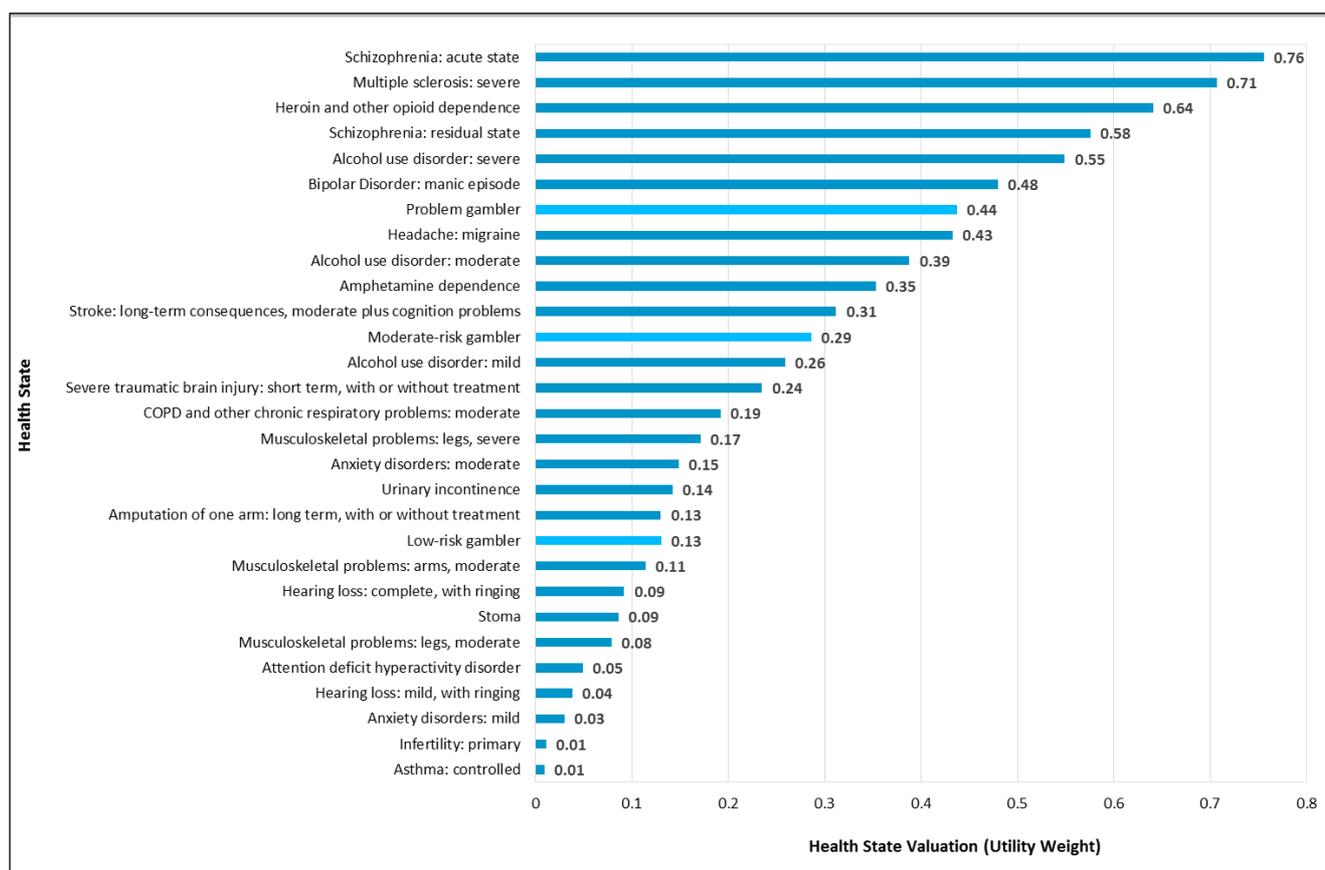
* The categories for risk of gambling harm used in this study are based on the Problem Gambling Severity Index. They are:
- non-problem gambler – gambles with no negative consequences
- low-risk gambler – experiences a low level of problems with few or no identified negative consequences
- moderate-risk 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 these categories, see the full report or the *Study of gambling and health in Victoria*, fact sheet 2: Categories for risk of gambling harm.

** The impact of a health condition on health and wellbeing was measured in terms of health utility. Health utility ranges from 0 to 1, with 1 indicating most harmful and 0 indicating least harmful. For more information, refer to the full report: *Assessing gambling-related harm in Victoria*.