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Developing Low-Risk Gambling Guidelines

Gambling Harm Conference

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Geelong, Australia

Aug 13, 2018



Acknowledgement



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The views expressed herein do not necessarily represent the views of La Fondation Mise sur toi Inc.

Why Gambling Guidelines?

- Gambling has been legal in Canada since 1970. Opportunities to gamble continue to expand in every province.
- There is a lack of evidence-informed guidelines about how to gamble in a manner that poses minimal risk to those who gamble and those around them.
- Gambling-related harm has been recognized as a significant and preventable public health issue.

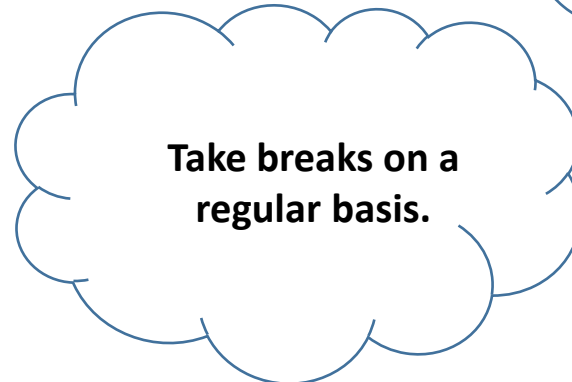
Why Gambling Guidelines?

- There is a need for evidence-informed low-risk gambling guidelines (LRGGs):
 - To help individuals who gamble make well-informed decisions about their gambling behaviours;
 - To help and support social networks to identify at-risk gambling.



Why Gambling Guidelines?

- Tips given to people who gamble are getting better but are still vague...





Project's Governance

Advisory Committee

Louise Nadeau
Rita Notarandrea

Guide and facilitate
uptake and
mobilization

Scientific Working Group

David Hodgins
Matthew Young

Catherine Paradis, Shawn Currie
Magali Dufour, Natasha Brunelle

Provide expert
advice and
conduct research



Action Plan

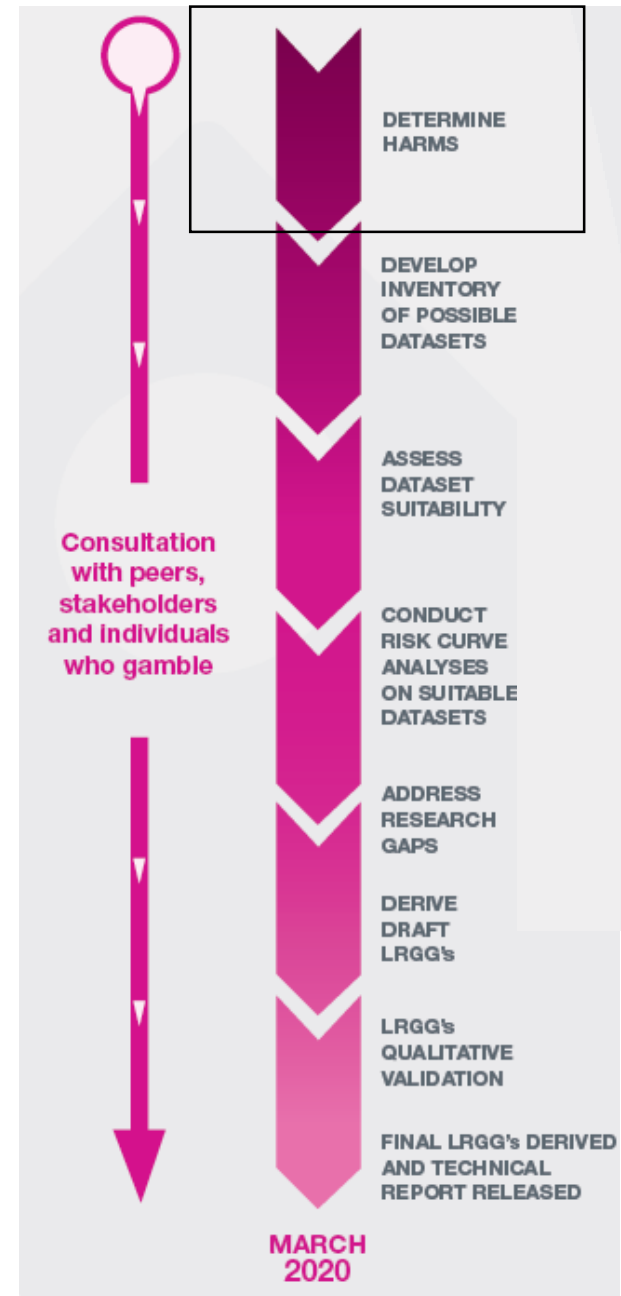


Determine Harms

Victoria Taxonomy

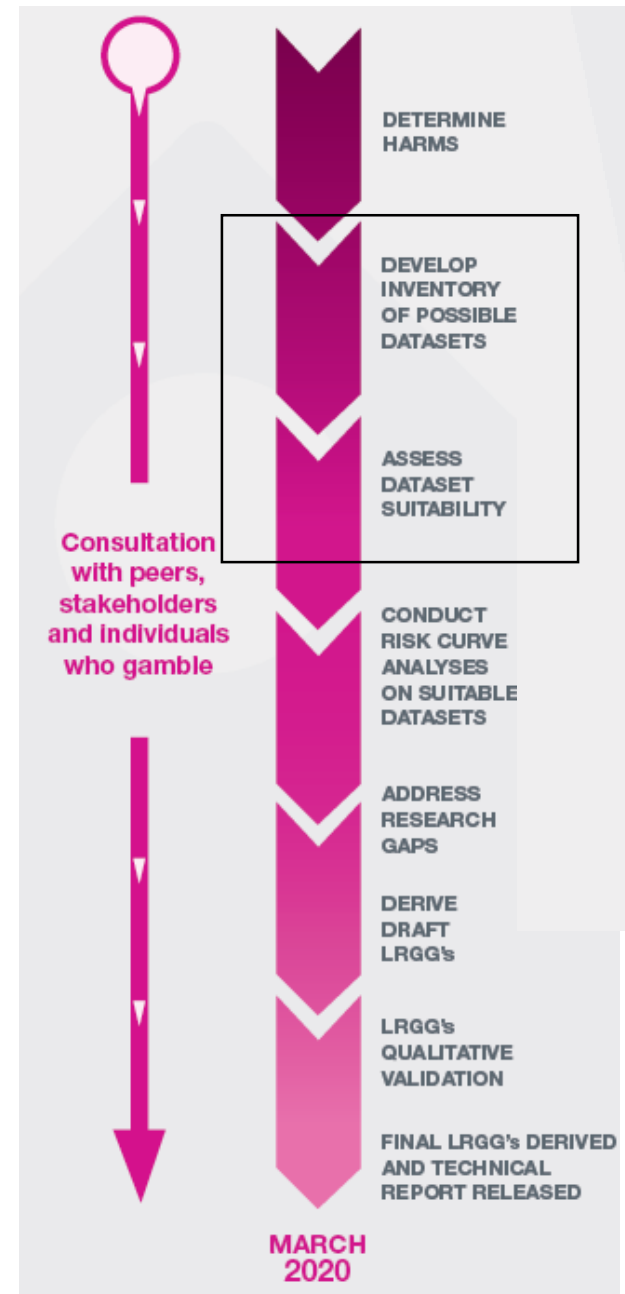
1. Financial harms
2. Relationship conflicts
3. Emotional or psychological distress
4. Physical health problems
5. Cultural harms
6. Reduced performance at work or study
7. Criminal activity

Source: Langham, E., Thorne, H., Browne, M., Donaldson, P., Rose, J. and Rockloff, M. (2016) Understanding gambling related harm: a proposed definition, conceptual framework, and taxonomy of harms. BMC Public Health, 16, 80.



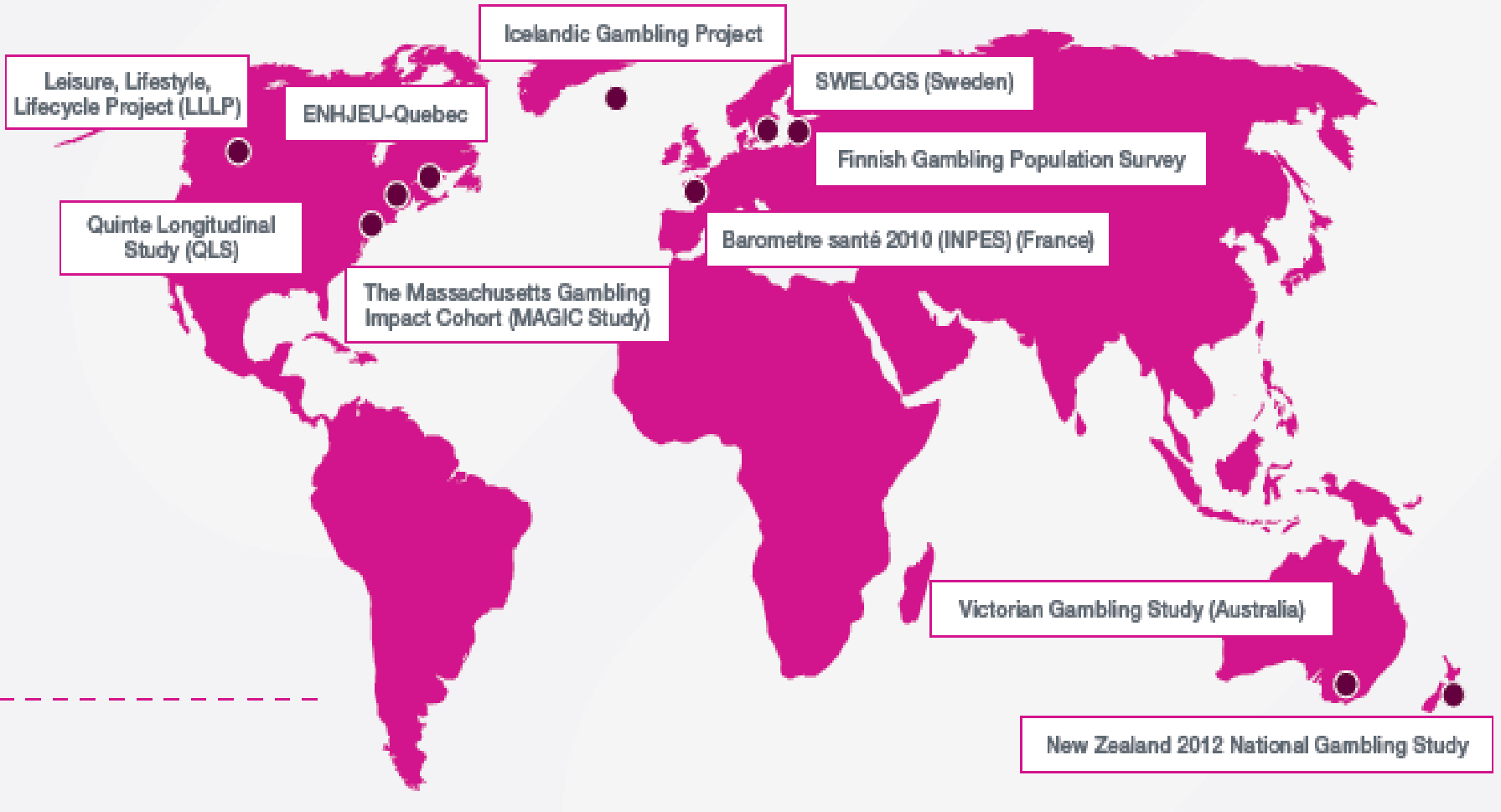


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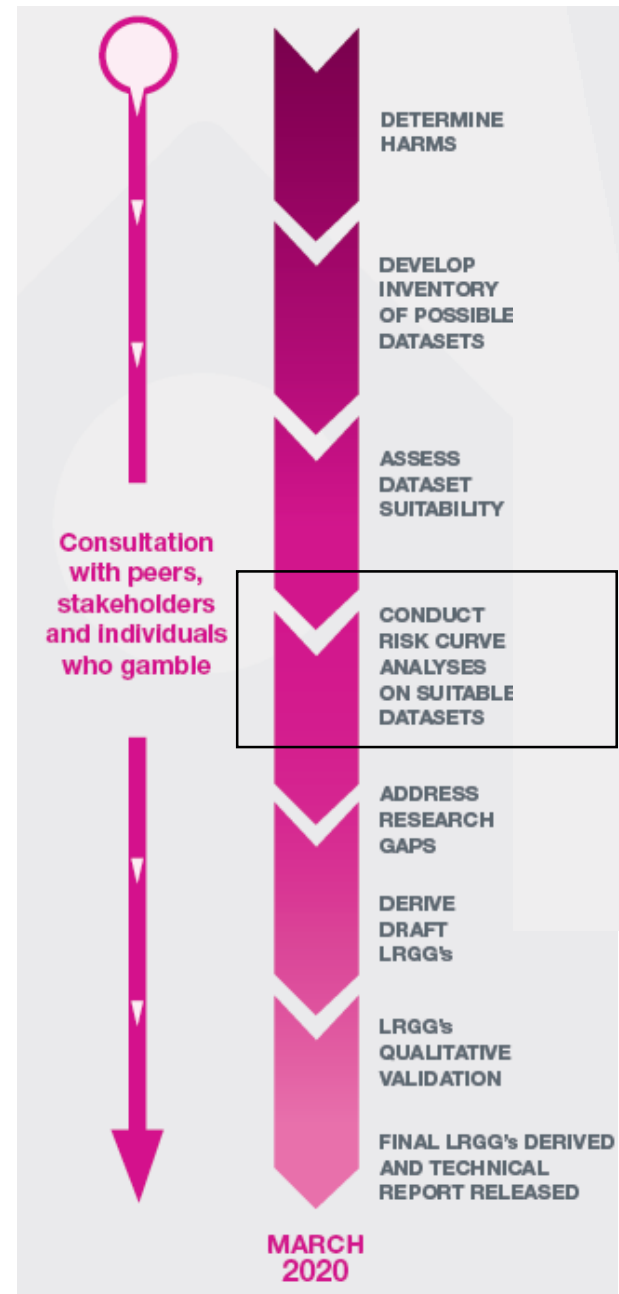


Datasets





Action Plan



Risk curve analyses

Met with international collaborators in Banff, Canada (April 2017) and agreed upon an approach to analyzing the data.

Contracted stewards of the identified datasets to conduct risk curve analyses on core PGSI items that assess our core harm domains as well as other survey items that assess these harms.



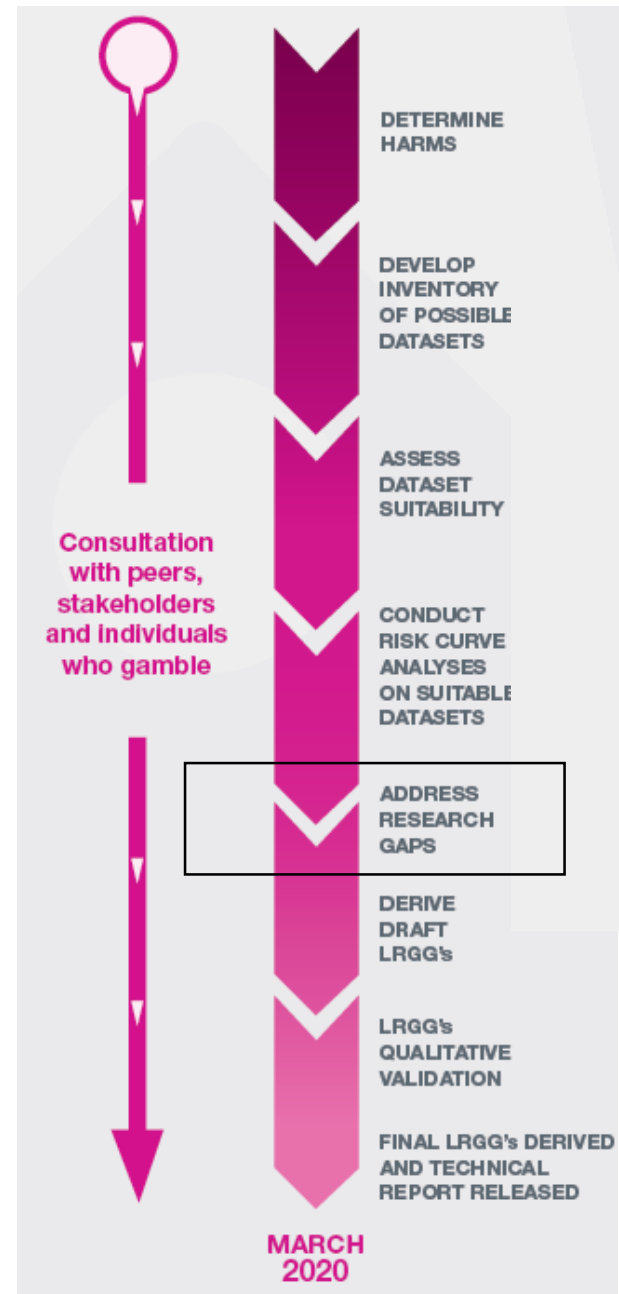
Example of risk curve



Reproduced with permission from Shawn Currie, University of Calgary



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Addressing research gaps

Currently collaborating with the Alberta Gambling Research Institute (AGRI) on a national online survey:

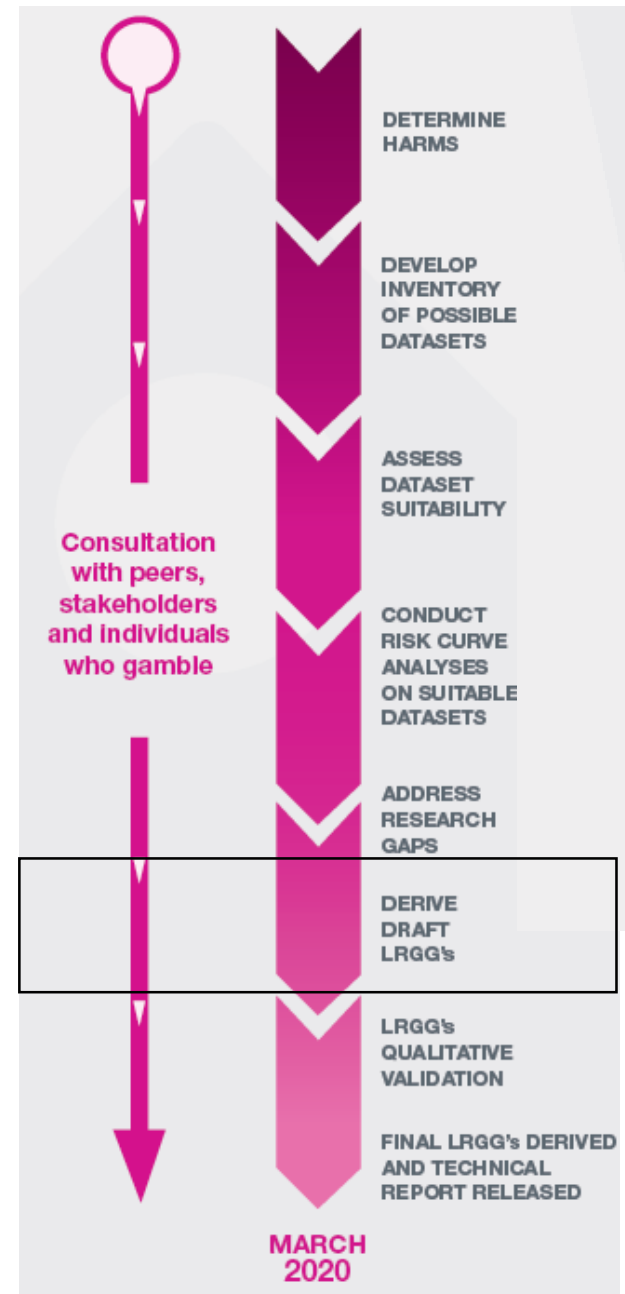
- **to assess the low-level harms gamblers wish to avoid when they gamble “too much”; and**
- **better understand self-regulation strategies employed**

We have commissioned two literature reviews:

- 1. To assess the risks of gambling across different sub-populations**
- 2. To assess how use of substances might impact a gamblers ability to set limits**



Action Plan

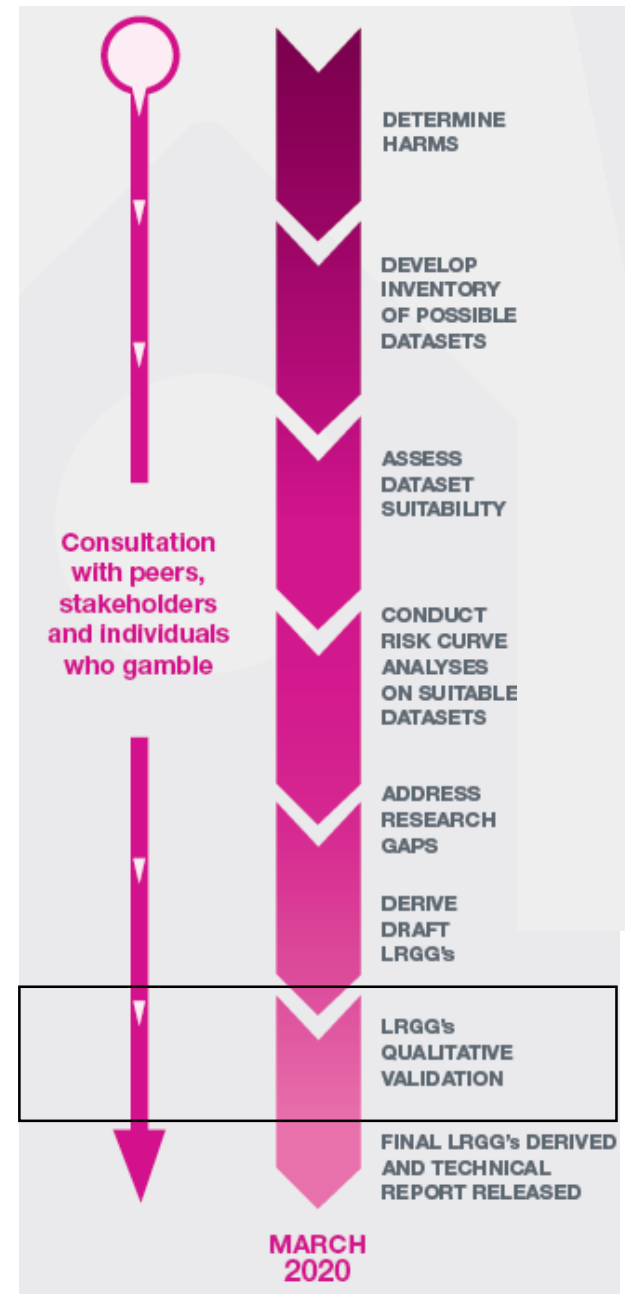


Review draft limits

- 1. With international collaborators in October in Montreal**
- 2. With our National LRGG Advisory committee in November**



Action Plan



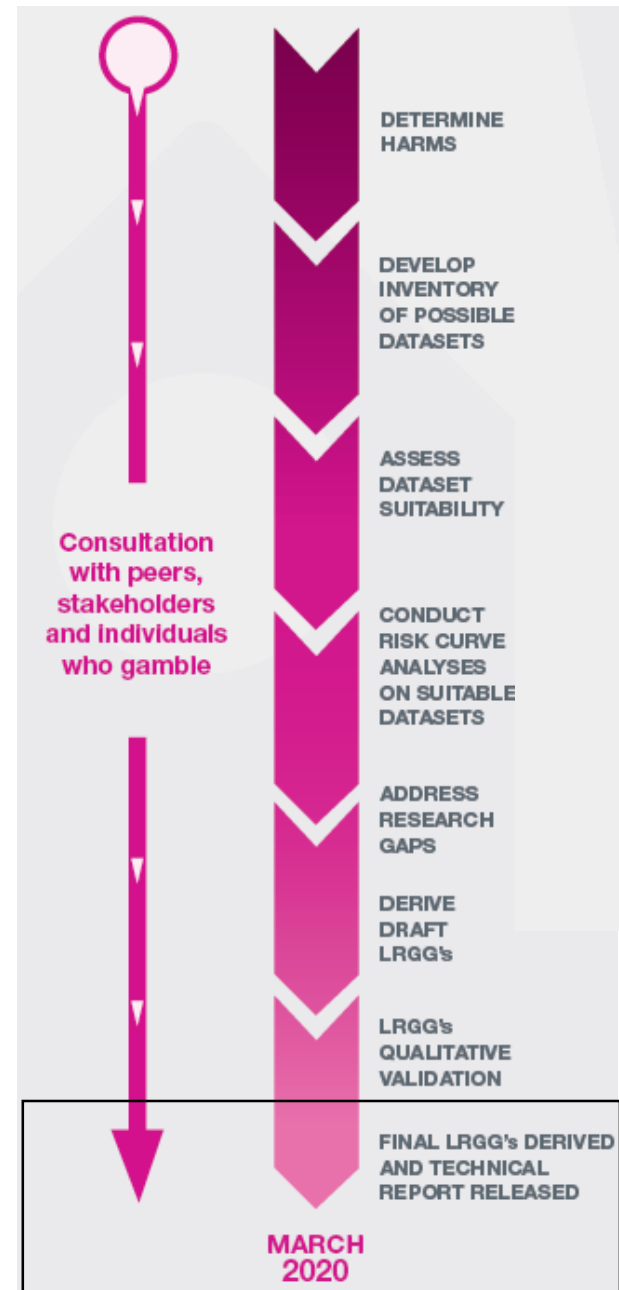


Qualitative validation

Focus groups/semi-structured interviews with low-risk gamblers selected from Phase II of national online panel survey.



Action Plan





Comments/Discussion?

Contact

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