



Northwest (HHS Region 10)

ATTC

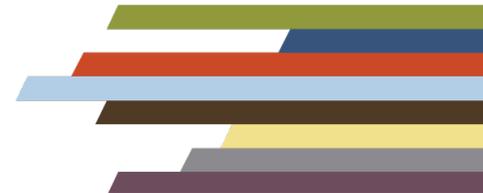
Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



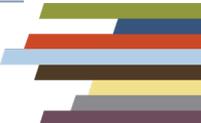
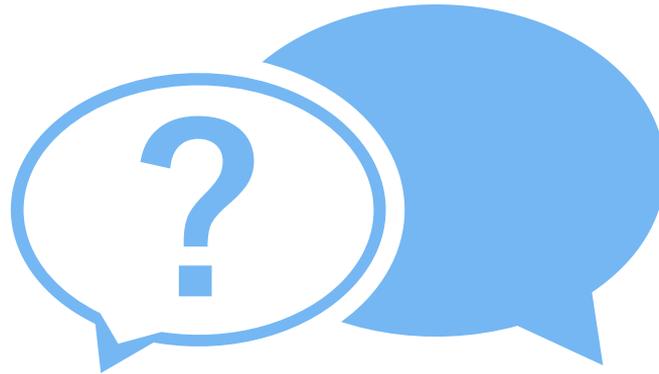
The Northwest & Pacific Southwest ATTCs and the CTN Western States Node present:
Not Too Much, Not Too Often, and Not Too Many: The Results of the First Large-Scale International Project to Develop Lower-Risk Gambling Guidelines

**Thank you for joining us!
The webinar will begin shortly.**

- **You are muted with camera off.** Attendees are automatically muted with their cameras off for the webinar. Please type questions in the chat box!
- **Slides and a recording** of this presentation will be made available on our website at: <http://attcnetwork.org/northwest> later this week.



**Questions? Please type them in
the chat box!**



Look for our survey in your inbox!

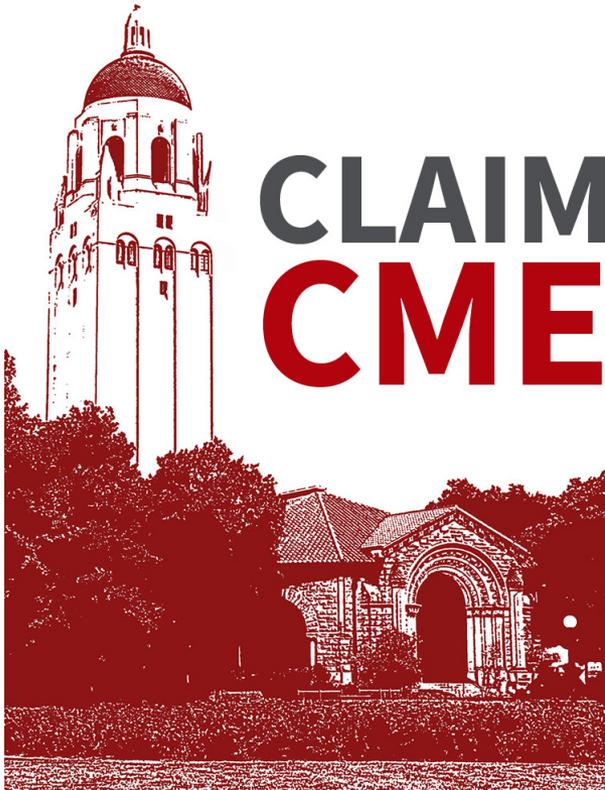
We greatly appreciate your feedback!

Every survey we receive helps us improve and continue offering our programs.



A link to the slides and recording will also be provided in this email.





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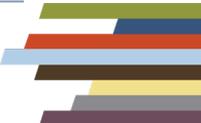


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- Following the web training, LMFTs, LCSWs, and SUD counselors will receive an email from Victoria Norith with the links to two different brief online CE course evaluations.
- Once you submit your CE evaluation form, a CE Certificate will be emailed to you within 6-8 weeks
- Reach out to Victoria with questions (vnorith@mednet.ucla.edu)



If you requested a “certificate of attendance” rather than specific CME/CE, you will receive that certificate from the Northwest ATTC automatically via email within a week.





Not Too Much, Not Too Often and Not Too Many: The Results of the First Large-Scale International Project to Develop Lower-Risk Gambling Guidelines

David Hodgins, PhD.

Professor

University of Calgary

Alberta Gambling Research Institute

dhodgins@ucalgary.ca

Matthew M. Young, PhD.

Chief Research Officer, Greo Evidence Insights

Senior Research Associate, Canadian Centre
on Substance Use and Addiction

Adjunct Research Professor, Carleton

University

matthew@greo.ca

Northwest and Pacific Southwest Addiction Technology Transfer Centers
(ATTCs) and the Western States Node of the NIDA Clinical Trials Network

September 2023

Why the Project Was Necessary

- Gambling is a legal activity/product.
- However, it is not an “ordinary commodity” like wheat, corn, or cotton because like alcohol or cannabis (in Canada), it is associated with risk of harm and possible addiction.
- Until now, there has been a lack of evidence-based guidelines about how to gamble in a manner that poses minimal risks to the gamblers and those around them.

Only bet amounts that you can afford to lose

Take breaks on a regular basis

Set yourself a time limit

- NOTE: LRGGs are an important tool, yet insufficient to reduce gambling-related harm in a population.

Examples of Guidelines

The UK Chief Medical Officers recommend adults do not regularly drink more than 14 units per week

Drinking less is better

We now know that even a small amount of alcohol can be damaging to health.

Science is evolving, and the recommendations about alcohol use need to change. Research shows that no amount or kind of alcohol is good for your health. It doesn't matter what kind of alcohol it is—wine, beer, cider or spirits. Drinking alcohol, even a small amount, is damaging to everyone, regardless of age, sex, gender, ethnicity, tolerance for alcohol or lifestyle. That's why if you drink, it's better to drink less.

Alcohol consumption per week

Drinking alcohol has negative consequences. The more alcohol you drink per week, the more the consequences add up.

0 drinks per week Not drinking has benefits, such as better health, and better sleep.	No risk	0	During pregnancy, total abstinence is the only safe option.
1 to 2 standard drinks per week You will likely avoid alcohol-related consequences for yourself and others.	Low risk	1 2	A standard drink means: • Beer (341 ml [12 oz]) of beer (5% alcohol) • Cider, cider, ready-to-drink (341 ml [12 oz]) of cider (5% alcohol) • Wine (142 ml [5 oz]) of wine (12% alcohol) • Spirits (43 ml [1.5 oz]) of spirits (40% alcohol)
3 to 6 standard drinks per week Your risk of developing several different types of cancer, including breast and colon cancer, increases.	Moderate risk	3 4 5 6	
7 or more standard drinks per week Your risk of heart disease or stroke increases. Each additional standard drink radically increases the risk of these alcohol-related consequences.	Increasingly high risk	7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 86 87 88 89 90 91 92 93 94 95 96 97 98 99 100	

Aim to drink less

Drinking less benefits you and others. It reduces your risk of injury and violence, and many health problems that can shorten life.

Here is a good way to do it

Count how many drinks you have in a week.

Set a weekly drinking target. If you're going to drink, make sure you don't exceed 2 drinks on any day.

Good to know

You can reduce your drinking in steps! Every drink counts: any reduction in alcohol use has benefits.

It's time to pick a new target

What will your weekly drinking target be?

0 1 2 3 4 5 6

Tips to help you stay on target

- Stick to the limits you've set for yourself.
- Drink slowly.
- Drink lots of water.
- For every drink of alcohol, have one non-alcoholic drink.
- Choose alcohol-free or low-alcohol beverages.
- Eat before and while you're drinking.
- Have alcohol-free weeks or do alcohol-free activities.

Canadian Centre on Substance Use and Addiction

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NHMFC BUILDING A HEALTHY AUSTRALIA

Alcohol Guidelines

Australian guidelines to reduce health risks from drinking alcohol

1: HEALTHY ADULTS

Drink no more than 10 standard drinks a week

AND

no more than 4 standard drinks on any one day

to reduce the risk of harm from alcohol. The less you drink, the lower your risk of harm.

2: CHILDREN AND PEOPLE UNDER 18 YEARS OF AGE

Should not drink alcohol

to reduce the risk of harm from alcohol.

3: WOMEN WHO ARE PREGNANT OR BREASTFEEDING

Should not drink alcohol

to prevent harm from alcohol to their unborn child or baby.

www.nhmfc.gov.au/alcohol

Examples of Guidelines

Canada's Lower-Risk Cannabis Use Guidelines (LRCUG)

Recommendations

- Cannabis use has health risks best avoided by abstaining
- Delay taking up cannabis use until later in life
- Identify and choose lower-risk cannabis products
- Don't use synthetic cannabinoids
- Avoid smoking burnt cannabis—choose safer ways of using
- If you smoke cannabis, avoid harmful smoking practices
- Limit and reduce how often you use cannabis
- Don't use and drive, or operate other machinery
- Avoid cannabis use altogether if you are at risk for mental health problems or are pregnant
- Avoid combining these risks

The LRCUG are an evidence-based intervention project by the Canadian Research Initiative in Substance Misuse (CRISM).

Reference: American Journal of Public Health, 2017

The LRCUG have been endorsed by the following organizations:

ASSOCIATION OF MEDICAL CANADIENS

CANADIAN MEDICAL ASSOCIATION

CFIA-ACSP

COSAN SMCWA
Canadian Society of Addiction Medicine
Le Société Canadienne de Médecine et d'Addiction

camh
COUNCIL OF CHIEF MEDICAL OFFICERS OF HEALTH (in-principle)

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Introducing the Lower-Risk Gambling Guidelines

(all materials contained in this presentation are available at
www.gamblingguidelines.ca)



LRGG

Lower-Risk Gambling Guidelines

These guidelines were developed using the most current and highest quality scientific evidence available.

To reduce your risk of experiencing harms from gambling, follow all three of these guidelines:

1

HOW MUCH

Gamble no more than **1%** of household income before tax per month

Yearly household income	Maximum monthly amount
\$10,000	\$8
\$30,000	\$25
\$50,000	\$42
\$70,000	\$58
\$90,000	\$75
\$110,000	\$92
\$130,000	\$108
\$150,000	\$125

and

4

HOW OFTEN

Gamble no more than **4 days** per month

and

2

HOW MANY

Avoid regularly gambling at more than **2 types** of games

WHAT YOU PLAY MATTERS

- ▶ Fast-paced games that involve quick and repeated betting can more quickly and easily lead to problems.
- ▶ For example, with many forms of online gambling, slot machines, electronic gaming machines and poker, people can spend large amounts of money in a short time.

GAMBLING TYPES INCLUDE THE FOLLOWING:



HOWEVER, these limits may not be suitable for you. You should consider gambling less than these guidelines recommend or not at all if you ...

- ▶ Experience problems from **alcohol, cannabis or other drug use**
- ▶ Experience problems with **anxiety or depression**
- ▶ Have a **personal or family history** of problems with gambling

SAFER GAMBLING TIPS

- Try to **limit your consumption of alcohol**, cannabis and other drugs while gambling. This will make it easier to stick to the guidelines.
- Try to **limit your access to money**. Consider leaving credit and debit cards at home. There are also apps that can prevent your phone from making payments.
- Try to **schedule activities** right after gambling sessions, which can set a limit on the amount of time you have to gamble.
- **Gambling with other people can affect how you gamble**. Think about how having gambling companions or gambling alone might impact you.
- **Entertainment money**. It is important to keep in mind how much money you are able to spend on entertainment when deciding how much to gamble.
- **Set limits**. If you have a big trip or special event coming up where you'll be gambling, plan ahead, remember the guidelines and set limits.

Visit www.gamblingguidelines.ca
for more information.



WHAT ARE THE NEGATIVE CONSEQUENCES (HARMS) RELATED TO GAMBLING?

Losing money is the gambling harm that first comes to mind. But gambling can lead to other harms:

- Relationship conflicts, such as neglect of relationship, social isolation, arguing with your spouse
- Emotional distress, such as feelings of guilt, loneliness and isolation.
- Health problems, such as problematic use of alcohol or other drugs

Following these guidelines can help reduce your risk of gambling harms.

THINK ABOUT YOUR REASONS FOR GAMBLING

Is it for fun? If you're gambling to escape problems, you're more likely to experience harm from gambling and might find it harder to stick to the suggested limits.

These guidelines were developed for people of legal gambling age who want to make more informed choices about their gambling.



Canadian Centre
on Substance Use
and Addiction

Evidence. Engagement. Impact.

IF YOU THINK YOU ARE NOT IN CONTROL OR FEEL UNCOMFORTABLE WITH YOUR GAMBLING, PLEASE VISIT WWW.GAMBLINGGUIDELINES.CA/GETTING-HELP FOR A LIST OF RESOURCES IN YOUR REGION.

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These guidelines are the result of ...

- Five-year international research project (2016-2021);
- Oversight by a scientific working group;
- Risk curve analyses of over 60,000 people who gamble from eight different countries;
- Feedback from over 10,000 Canadians collected via an online gambling survey;
- Interviews and focus groups with over 50 people from across Canada who gamble;

How They Were Developed

Project Governance



Lower-Risk Gambling Guidelines Scientific Working Group

Matthew Young, PhD
Canadian Centre on Substance Use and
Addiction (CCSA)

David C. Hodgins, PhD
University of Calgary

Shawn Currie, PhD, University of Calgary

Natacha Brunelle, PhD
Université du Québec à Trois-Rivières

Magali Dufour, PhD
Université du Québec à Montréal

Marie-Claire Flores-Pajot, MSc
CCSA

Louise Nadeau, PhD
Université de Montréal

Catherine Paradis, PhD
CCSA

How They Were Developed

The Plan

Phase 1:
Quantitative Risk
Curve Analyses

Phase 2:
Refinement and
Validation

Phase 3:
Implementation

Health Promotion International, 2019;34:1207–1217
doi: 10.1093/heapro/day074
Advance Access Publication Date: 7 September 2018
Perspectives

OXFORD

Perspectives

A research plan to define Canada's first low-risk gambling guidelines

Shawn R. Currie * and the Low Risk Gambling Guidelines Scientific Working Group[†]

Addiction and Mental Health, 10101 Southport Rd SW, Calgary, AB T2W 3N2, Canada

*Corresponding author. E-mail: scurrie@ucalgary.ca

[†]The Low Risk Gambling Guidelines Scientific Working Group is composed of Shawn Currie (Department of Psychology, University of Calgary), Marie-Claire Flores-Pajot (Canadian Centre on Substance Use and Addiction), David Hodgins (co-chair) (Department of Psychology, University of Calgary), Louise Nadeau (Department of Psychology, University of Montreal), Catherine Paradis (Canadian Centre on Substance Use and Addiction), Chantal Robillard, Matthew Young (co-chair).

Summary

From a public health perspective, gambling shares many of the same characteristics as alcohol. Notably, excessive gambling is associated with many physical and emotional health harms, including depression, suicidal ideation, substance use and addiction and greater utilization of health care resources. Gambling also demonstrates a similar 'dose-response' relationship as alcohol—the more one gambles, the greater the likelihood of harm. Using the same collaborative, evidence-informed approach that produced Canada's Low-Risk Alcohol Drinking and Lower Risk Cannabis Use Guidelines, a research team is leading the development of the first national Low-Risk Gambling Guidelines (LRGGs) that will include quantitative thresholds for safe gambling. This paper describes the research methodology and the decision-making process for the project. The guidelines will be derived through secondary analyses of several large population datasets from Canada and other countries, including both cross-sectional and longitudinal data on over 50 000 adults. A scientific committee will pool the results and put forward recommendations for LRGGs to a nationally representative, multi-agency advisory committee for endorsement. To our knowledge, this is the first systematic attempt to generate a workable set of LRGGs from population data. Once validated, the guidelines inform public health policy and prevention initiatives and will be disseminated to addiction professionals, policy makers, regulators, communication experts and the gambling industry. The availability of the LRGGs will help the general public make well-informed decisions about their gambling activities and reduce the harms associated with gambling.

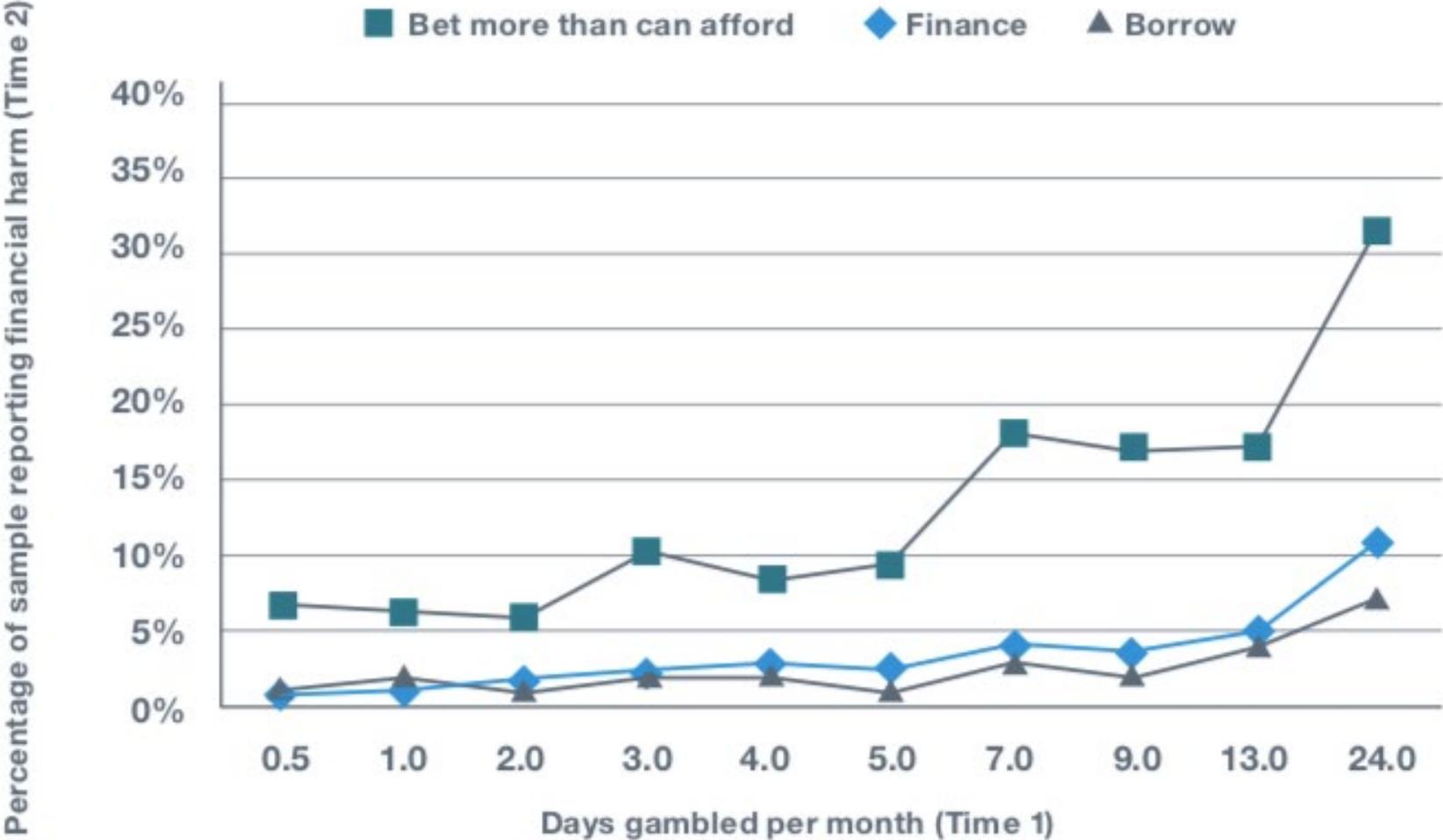
Key words: risk curves, low-risk gambling limits, problem gambling, total consumption theory, gambling-related harm

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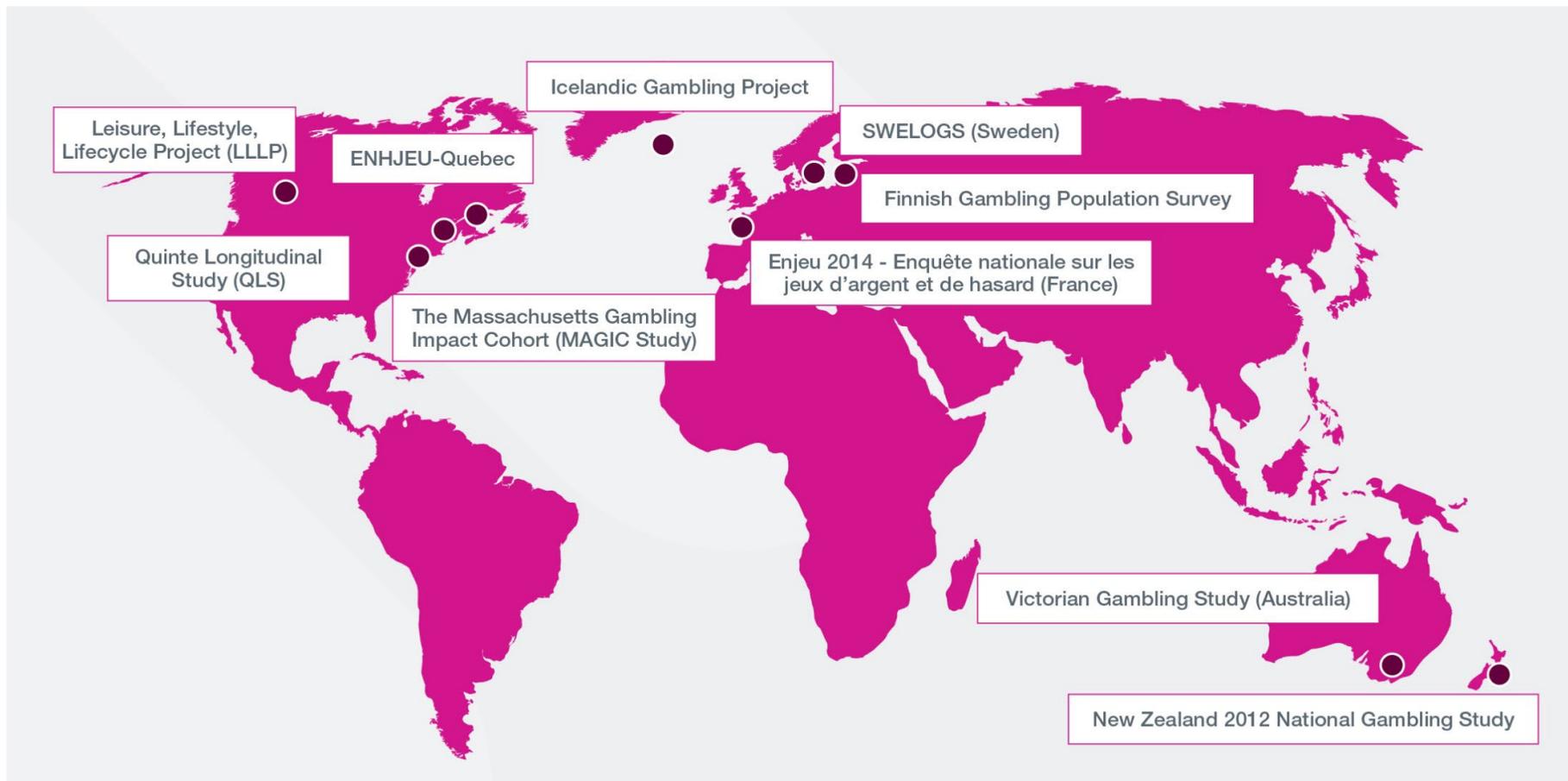
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Risk Curve Methodology



Quantitative Risk Curve Analyses



Quantitative Risk Curve Analyses

- Risk curve analyses of over 60,000 people who gamble from eight different countries;
- Collaboration with an international group of experts;



Risk Curve Analyses

Gambling involvement

- Expenditure
 - percent of gross monthly income spent on all forms of gambling in a month
- Frequency
 - number of gambling (days) in a typical month
- Types of gambling
 - number of gambling types played in the past year

Risk Curve Analyses

Gambling Harm

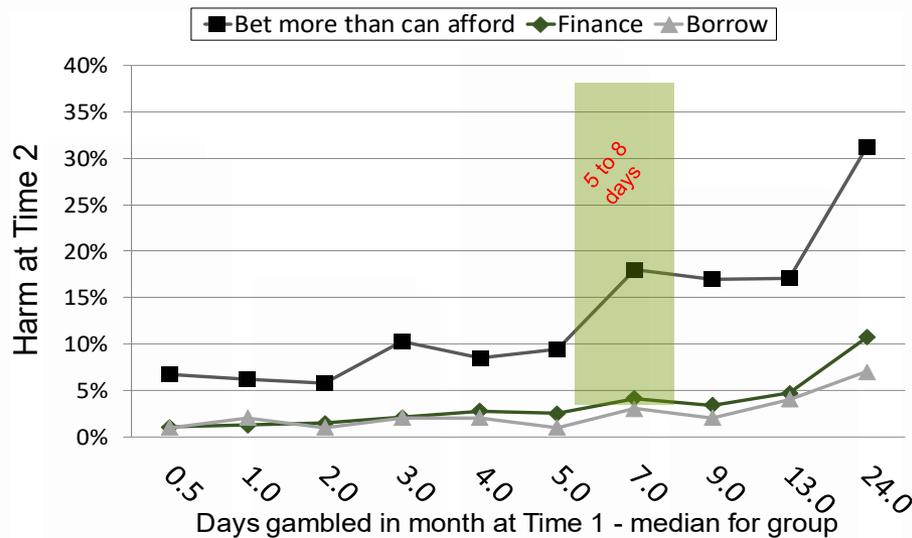
Harm category PGSI Item

Financial	“Have you bet more than you could really afford to lose?” (PGSI 1) “Have you borrowed money or sold anything to get money to gamble?” (PGSI 4) “Has your gambling caused any financial problems for you or your household?” (PGSI 9)
Relationship	“Have you felt people criticized your betting or told you that you had a gambling problem, regardless of whether or not you thought it was true?” (PGSI 7)
Emotional/ psychological	“Have you felt that you might have a problem with gambling?” (PGSI 5) “Have you felt guilty about the way you gamble, or what happens when you gamble?” (PGSI 6)
Health	“Has your gambling caused you any health problems, including a feeling of stress or anxiety?” (PGSI 8)

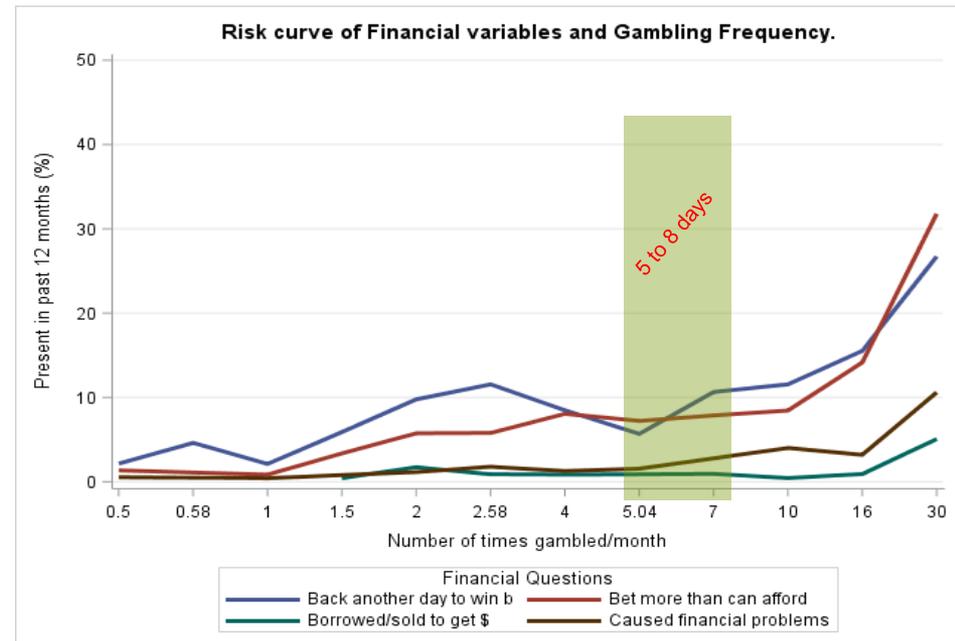
Ferris, J., & Wynne, H. J. (2001). *The Canadian Problem Gambling Index*. Ottawa, Ont.: Canadian Centre on Substance Abuse.

Example: Gambling Frequency and Financial Harms, North American Data

Canada (longitudinal) – Alberta & Ontario.



United States (longitudinal) – Massachusetts.



Broad Lower-Risk Ranges

Table 3. Lower-risk gambling ranges derived from risk curves developed using 11 datasets from eight different countries

Gambling involvement indicator	Lower-risk gambling range
Expenditure	
- as CAD per month	\$60 to \$120 per month
- as percentage of income	1.0% to 3.0% of gross monthly income
Frequency	5 to 8 days per month
Number of gambling types	3 to 4 different game types in a month
Duration	Insufficient quality data to assess at present

Change in Risk of Harm Associated with Increased Monthly Gambling Expenditure

Table 4. Change in risk from reference group (i.e., $\leq 0.1\%$) occurring when gambling expenditure (%) per month predicts financial, relationship, emotional and psychological, and health harms (N=59,099)

	$\leq 0.1\%$	0.11 to 0.50	0.51 to 1.00	1.1 to 2.0	2.1 to 3.0	3.1 to 4.0	4.1 to 5.0	5.1 or more
Sample size in category	17,634	15,926	7,708	6,250	2,988	1,700	1,082	5,811
HARM								
Financial								
Sample reporting harm (n)	335	535	429	507	337	221	144	1,510
% reporting harm	1.9%	3.4%	5.6%	8.1%	11.3%	13.0%	13.3%	26.0%
Risk relative to reference group		1.8X	3.0X	4.3X	5.9X	6.8X	7.0X	13.7X
Relationship								
Sample reporting harm (n)	173	249	207	287	178	129	99	1,045
% reporting harm	1.0%	1.6%	2.7%	4.6%	6.0%	7.6%	9.1%	18.0%
Risk relative to reference group		1.6X	2.7X	4.7X	6.1X	7.7X	9.3X	18.3X
Emotional/psychological								
Sample reporting harm (n)	441	638	460	616	374	250	178	1,551
% reporting harm	2.5%	4.0%	6.0%	9.9%	12.5%	14.7%	16.5%	26.7%
Risk relative to reference group		1.6X	2.4X	3.9X	5.0X	5.9X	6.6X	10.7X
Health problems								
Sample reporting harm (n)	142	221	157	219	133	87	76	776
% reporting harm	0.8%	1.4%	2.0%	3.5%	4.5%	5.1%	7.0%	13.4%
Risk relative to reference group		1.6X	2.5X	4.4X	5.5X	6.4X	8.7X	16.6X

< 2.0X and > 1.0X
 < 4.0X and $\geq 2.0X$
 $\geq 4.0X$



Refinement and Validation

1. Commissioned two literature reviews to assess:
 - a. The effect of substance use on gambling behaviour
 - b. The factors associated with elevated risk of gambling harm
2. Conducted an online survey of over 10,000 Canadians who gamble
3. Conducted five interviews and nine focus groups

Scientific publications

The Science Behind the Guidelines <https://gamblingguidelines.ca/science-behind-guidelines/>

While developing the *Lower-Risk Gambling Guidelines*, the development team conducted several research projects in support of their work. The following table describes the research projects and provides a link to publications where more information can be found.

If you have questions about these projects, please complete the [Contact Us](#) form to submit your inquiry.

Research Project	Methods and Results	Reference Information
Research protocol	The research protocol was developed in 2016 and published in 2018.	Currie, S. R., & Low Risk Gambling Guidelines Scientific Working Group. (2019). A research plan to define Canada's first low-risk gambling guidelines. <i>Health Promotion International</i> , 34(6), 1207–1217. https://doi.org/10.1093/heapro/day074
Risk curve analyses	Receiver operator curves plotting gambling involvement (i.e., percentage of monthly household income, frequency per month and number of gambling types played in last year) compared with gambling related harms (as defined by items on the Problem Gambling Severity Index) were developed for 11 representative population datasets from eight countries. Each curve generated a lower limit by applying the Youden Index and a higher limit by maximizing specificity, while ensuring that sensitivity was fixed at 0.5 or higher. The ranges were collectively analyzed using a modal analysis and an assessment of the mean of the upper and lower range limits to develop an overall range. Overall range validation was conducted via visual inspection of each risk curve.	Hodgins, D. C., Young, M. M., Currie, S. R., Abbott, M., Billi, R., Brunelle, N., ... Nadeau, L. (2022). Lower-risk gambling limits: linked analyses across eight countries. <i>International Gambling Studies</i> , 1-17. https://doi.org/10.1080/14459795.2022.2143546

Assessing cumulative change in risk of harm across the range of possible gambling limits	Calculated how the cumulative change in risk of experiencing gambling-related harms (e.g., financial, relationship, emotional and psychological, health) increases incrementally as the limit for gambling involvement (i.e., percentage, frequency, and gambling types) increases.	Young, M. M., Hodgins, D. C., Currie, S. R., Brunelle, N., Dufour, M., Flores-Pajot, M.-C., Nadeau, L. (2022). Not too much, not too often, and not too many: the results of the first large-scale, international project to develop lower-risk gambling guidelines. <i>International Journal of Mental Health and Addiction</i> . https://doi.org/10.1007/s11469-022-00896-w
Online survey of gambling	In collaboration with the Alberta Gambling Research Institute, survey responses from a sample of people who regularly gamble were recruited from a pool of online panelists associated with the survey firm Leger360. Phase I responses were collected in August 2018 (n=10,054). Phase II responses were collected in August 2019 via a follow-up survey of those who completed Phase I (n=4,707).	Currie, S. R., Brunelle, N., Dufour, M., Flores-Pajot, M.-C., Hodgins, D., Nadeau, L., & Young, M. (2020). Use of self-control strategies for managing gambling habits leads to less harm in regular gamblers. <i>Journal of Gambling Studies</i> . 36(2), 685–698. https://doi.org/10.1007/s10899-019-09918-0 And Young, M. M., Hodgins, D. C., Currie, S. R., Brunelle, N., Dufour, M., Flores-Pajot, M.-C., & Nadeau, L. Not too much, not too often, and not too many: the results of the first large-scale, international project to develop lower-risk gambling guidelines. <i>International Journal of Mental Health and Addiction</i> . https://doi.org/10.1007/s11469-022-00896-w
Interviews and focus groups with people who gamble	Among the 10,054 participants who completed Phase I of the online survey, 5,018 reported using one self-control strategy at least sometimes. Among these respondents 56 people (27 males and 29 females) participated in nine focus groups and five individual interviews in Montreal (in French), Calgary and Toronto (in English). Each participant reported gambling more than once in the month before the survey was administered.	Flores-Pajot, M.-C., Atif, S., Dufour, M., Brunelle, N., Currie, S. R., Hodgins, D. C., Nadeau, L., & Young, M. M. (2021). Gambling self-control strategies: A qualitative analysis. <i>International Journal of Environmental Research and Public Health</i> , 18(2), Article 586. https://doi.org/10.3390/ijerph18020586
Literature review and meta-analysis of special risk populations and contextual factors associated with risk of problem gambling	A systematic search of the published and grey literature was conducted to identify all population prevalence surveys conducted world-wide until March 2019. In total, 255 studies were identified, of which 181 contained information about problem gambling correlates useful for analyses. Of those, 104 contained information sufficient to meta-analyze and calculate an odds ratio, reflecting the size of the bivariate relationship between the correlate and problem gambling.	Allami, Y., Hodgins, D.C., Young, M., Brunelle, N., Currie, S., Dufour, M., Flores-Pajot, M., & Nadeau, L. (2021). A meta-analysis of problem gambling risk factors in the general adult population. <i>Addiction</i> , 116, 2968–2977. https://doi.org/10.1111/add.15449

Perspectives

A research plan to define Canada's first low-risk gambling guidelines

Shawn R. Currie * and the Low Risk Gambling Guidelines Scientific Working Group[†]

Addiction and Mental Health, 10101 Southport Rd SW, Calgary, AB T2W 3N2, Canada

*Corresponding author. E-mail: scurrie@ucalgary.ca

[†]The Low Risk Gambling Guidelines Scientific Working Group is composed of Shawn Currie (Department of Psychology, University of Calgary), Marie-Claire Flores-Pajot (Canadian Centre on Substance Use and Addiction), David Hodgins (co-chair) (Department of Psychology, University of Calgary), Louise Nadeau (Department of Psychology, University of Montreal), Catherine Paradis (Canadian Centre on Substance Use and Addiction), Chantal Robillard, Matthew Young (co-chair).

Summary

From a public health perspective, gambling shares many of the same characteristics as alcohol. Notably, excessive gambling is associated with many physical and emotional health harms, including depression, suicidal ideation, substance use and addiction and greater utilization of health care resources. Gambling also demonstrates a similar 'dose-response' relationship as alcohol—the more one gambles, the greater the likelihood of harm. Using the same collaborative, evidence-informed approach that produced Canada's Low-Risk Alcohol Drinking and Lower Risk Cannabis Use Guidelines, a research team is leading the development of the first national Low-Risk Gambling Guidelines (LRGGs) that will include quantitative thresholds for safe gambling. This paper describes the research methodology and the decision-making process for the project. The guidelines will be derived through secondary analyses of several large population datasets from Canada and other countries, including both cross-sectional and longitudinal data on over 50 000 adults. A scientific committee will pool the results and put forward recommendations for LRGGs to a nationally representative, multi-agency advisory committee for endorsement. To our knowledge, this is the first systematic attempt to generate a workable set of LRGGs from population data. Once validated, the guidelines inform public health policy and prevention initiatives and will be disseminated to addiction professionals, policy makers, regulators, communication experts and the gambling industry. The availability of the LRGGs will help the general public make well-informed decisions about their gambling activities and reduce the harms associated with gambling.

Key words: risk curves, low-risk gambling limits, problem gambling, total consumption theory, gambling-related harm

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Use of Self-control Strategies for Managing Gambling Habits Leads to Less Harm in Regular Gamblers

Shawn R. Currie ¹ · Natacha Brunelle² · Magali Dufour³ · Marie-Claire Flores-Pajot⁴ · David Hodgins¹ · Louise Nadeau⁵ · Matthew Young^{4,6}

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Abstract

There is little research on the control strategies used by the general public to self-manage gambling habits and avoid harmful consequences. The current study sought to identify the most common self-control strategies of people who gamble regularly, the characteristics of those who use them, and assess the effectiveness of limit-setting strategies in reducing gambling-related harm. We recruited a large sample (N = 10,054) of Canadian adults who reported gambling activity in the past 12 months. Participants completed a survey that assessed gambling habits, use of control strategies including quantitative limit setting, and gambling related harm. The most common control strategies were setting predetermined spending limits, tracking money spent, and limiting alcohol consumption. The number of self-control strategies used by gamblers was positively associated with gambling involvement, annual income, problem gambling severity and playing electronic gaming machines. Approximately 45% of respondents failed to adhere to self-determined quantitative limits for spending, frequency, and time spent gambling. People who stayed within their gambling limits were less likely to report harm even after controlling for other risk factors. However, the effectiveness of remaining within one's personal spending limit decreased for those whose limits exceed \$200CAN monthly. The findings support public health interventions that promote lower-risk gambling guidelines aimed at helping gamblers stay within spending, frequency and duration limits.

Keywords Self-control strategies · Gambling-related harm · Prevention · Expenditure limits · Protective strategies

✉ Shawn R. Currie
scurrie@ucalgary.ca

¹ University of Calgary, Calgary, Canada

² Université du Québec à Trois-Rivières, Trois-Rivières, Canada

³ Université du Sherbrooke, Sherbrooke, Canada

⁴ Canadian Centre on Substance Use and Addiction, Ottawa, Canada

⁵ University of Montreal, Montreal, Canada

Article

Gambling Self-Control Strategies: A Qualitative Analysis

Marie-Claire Flores-Pajot ^{1,†}, Sara Atif ^{1,†}, Magali Dufour ², Natacha Brunelle ³, Shawn R. Currie ⁴,
David C. Hodgins ⁴, Louise Nadeau ⁵ and Matthew M. Young ^{1,6,*}

- ¹ Canadian Centre on Substance Use and Addiction, Ottawa, ON K1P 5E7, Canada; mfflorespajot@gmail.com (M.-C.F.-P.); satif@ccsa.ca (S.A.)
 - ² Département de Psychologie, Université du Québec à Montréal, Montréal, QC H3C 3P8, Canada; dufour.magali@uqam.ca
 - ³ Département de Psychoéducation, Université du Québec à Trois-Rivières, Trois-Rivières, QC G9A 5H7, Canada; natacha.brunelle@uqtr.ca
 - ⁴ Department of Psychology, University of Calgary, Calgary, AB T2N 1N4, Canada; scurrie@ucalgary.ca (S.R.C.); dhodgins@ucalgary.ca (D.C.H.)
 - ⁵ Département de Psychologie, Université de Montréal, Montréal, QC H2V 2S9, Canada; louise.nadeau.2@umontreal.ca
 - ⁶ Department of Psychology, Carleton University, Ottawa, ON K1S 5B6, Canada
- * Correspondence: m.young@ccsa.ca
† These authors share first authorship.

Abstract: There is limited research exploring the perceptions of people who gamble on the self-control strategies used to limit their gambling. This qualitative study examines self-control strategies used to limit money spent gambling, frequency of gambling, and time spent gambling. A total of 56 people who gamble (27 males and 29 females) participated in nine focus groups and five individual interviews in Montreal, Calgary, and Toronto (Canada). Self-control strategies used to limit their gambling expenditure were more common than frequency or time limiting strategies. Strategies to limit expenditure included: restricting access to money; keeping track of money allocated to gambling activities; and avoiding certain types of gambling activities. Various contextual factors were identified to influence those strategies, including social influences; winning or losing; using substances. Findings from this study emphasize the importance of communicating clear gambling limits to people who gamble, as well as the value of developing individual self-control strategies to limit frequency, time and money spent gambling.

Keywords: gambling guidelines; qualitative; public health messaging; self-control strategies; substance use

1. Introduction

Numerous epidemiological studies have shown that problem gambling is affecting up to 5.8% of the general population worldwide, and 2% to 5% of the general population in North America [1]. In 2018, a total of 66.2% of people reported engaging in some type of gambling in Canada, and 0.6% of the population were identified as people with gambling problems [2]. Though legalized gambling is a common activity, a minority of people experience a wide range of harmful consequences as a result [3–5].

Gambling may have deleterious consequences or harms. According to Langham et al., a gambling-related harm is defined as “any initial or exacerbated adverse consequence due to an engagement with gambling that leads to a decrement to the health or wellbeing of any individual, family unit, community or population.” The authors categorized harms into seven areas of life: financial difficulties, relationship disruptions, emotional or psychological distress, physical health problems, cultural harms, reduced performance at work or study, and criminal activity ([6], p. 4).

People who gamble frequently are at greater risk of experiencing gambling-related harms [7,8]. However, even those who gamble infrequently can also experience adverse



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A meta-analysis of problem gambling risk factors in the general adult population

Youssef Allami ^{1,2}, David C. Hodgins ³, Matthew Young ^{4,5}, Natacha Brunelle ⁶,
Shawn Currie ³, Magali Dufour ⁷, Marie-Claire Flores-Pajot ⁴ & Louise Nadeau ⁸

ALLY Addiction Consulting, Montréal, QC, Canada; ¹ Centre de Réadaptation en Dépendance de Montréal, Institut Universitaire, CIUSSS du Centre-Sud-de-l'île-de-Montréal, Montréal, QC, Canada; ² Department of Psychology, University of Calgary, Calgary, AB, Canada; ³ Canadian Centre on Substance Use and Addiction, Ottawa, ON, Canada; ⁴ Department of Psychology, Carleton University, Ottawa, ON, Canada; ⁵ Département de psychoéducation, Université du Québec à Trois-Rivières, Trois-Rivières, QC; ⁶ Département de psychologie, Université du Québec à Montréal, Montréal, QC, Canada; ⁷ and ⁸ Département de psychologie, Université de Montréal, Montréal, QC, Canada

ABSTRACT

Background and Aims Few meta-analyses have been conducted to pool the most constant risk factors for problem gambling. The present meta-analysis summarizes effect sizes of the most frequently assessed problem gambling risk factors, ranks them according to effect size strength and identifies any differences in effects across genders. **Method** A random-effects meta-analysis was conducted on jurisdiction-wide gambling prevalence surveys on the general adult population published until March 2019. One hundred and four studies were eligible for meta-analysis. The number of participants varied depending on the risk factor analyzed, and ranged from 5327 to 273 946 (52% female). Weighted mean odds ratios were calculated for 57 risk factors (socio-demographic, psychosocial, gambling activity and substance use correlates), allowing them to be ranked from largest to smallest with regard to their association with problem gambling. **Results** The highest odds ratio (OR) was for internet gambling [OR = 7.59, 95% confidence interval (CI) = 5.24, 10.99, $P < 0.000$] and the lowest was for employment status (OR = 1.03, 95% CI = 0.87, 1.22, $P = 0.718$). The largest effect sizes were generally in the gambling activity category and the smallest were in the socio-demographic category. No differences were found across genders for age-associated risk. **Conclusions** A meta-analysis of 104 studies of gambling prevalence indicated that the most frequently assessed problem gambling risk factors with the highest effect sizes are associated with continuous-play format gambling products.

Keywords Epidemiology, gambling, gambling disorder, general population, meta-analysis, odds ratio, problem gambling, relative risk, risk factor.

Correspondence to: Youssef Allami, ALLY Addiction Consulting, 115-950, Notre-Dame St W, Montréal H3C 0K3, QC, Canada. E-mail: y.allami@allyconsulting.ca
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INTRODUCTION

The significant social costs associated with pathological gambling highlight the need for effective intervention programs. This study aims at establishing a rank order in the evidence-based problem gambling (PG) individual-level risk factors identified in the general population. PG is defined as an accumulation of negative consequences, spanning all aspects of life, related to one's gambling behavior in a given period. According to a systematic review of 202 international jurisdiction-wide surveys, the prevalence of PG among adults ranges from 0.4–8.1% [1]. Numerous factors are associated with the risk of experiencing gambling problems, including environmental factors,

such as access to gambling opportunities, and product characteristics, such as speed of reinforcement and individual risk factors. Although a wide range of individual-level risk factors have been identified over the years, their relationship with PG has not always been consistent across studies. These factors can be of various types, such as socio-demographic, psychosocial or substance- and gambling-related. Young age and male gender are the most frequently observed risk factors [1]. Nonetheless, there is some indication that other demographic subgroups, such as middle-aged women [2], are also vulnerable. They may, however, go unnoticed when participants are not split according to age and gender, because of the stronger effect size of being a young male.



LRGG
Lower-Risk
Gambling Guidelines

Developing Lower-Risk Gambling Guidelines



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Evidence. Engagement. Impact.

Lower-risk gambling limits: linked analyses across eight countries

David C. Hodgins ^{a,b}, Matthew M. Young ^b, Shawn R. Currie ^a, Max Abbott ^c, Rosa Billi ^d, Natacha Brunelle ^e, Jean-Michel Costes ^f, Magali Dufour ^g, Marie-Claire Flores-Pajot ^h, Daniel T. Olason ^b, Catherine Paradis ^h, Ulla Romild ⁱ, Anne Salonen ^k, Rachel Volberg ^l and Louise Nadeau ^m

^aDepartments of Psychology and Psychiatry, University of Calgary, Calgary, Canada; ^bCanadian Centre on Substance Use and Addiction and Carleton University, Ottawa, Canada; ^cAuckland University of Technology, Auckland, New Zealand; ^dVictorian Responsible Gambling Foundation, Melbourne, Australia; ^eDépartement de psychoéducation, Université du Québec à Trois-Rivières, Trois-Rivières, Canada; ^fFrench Monitoring Centre on Gambling, Paris, France; ^gDépartement de psychologie, Université du Québec à Montréal, Montréal, Canada; ^hCanadian Centre on Substance Use and Addiction, Ottawa, Canada; ⁱDepartment of Psychology, University of Iceland, Reykjavik, Iceland; ^jPublic Health Agency of Sweden, Solna, Sweden; ^kFinnish Institute for Health and Welfare, Helsinki, Finland; ^lSchool of Public Health and Health Sciences, University of Massachusetts Amherst, Amherst, MA, USA; ^mDépartement de psychologie, Université de Montréal, Montréal, Canada

ABSTRACT

A common public health initiative in many jurisdictions is provision of advice to people to limit gambling to reduce the risk of gambling-related harm. The purpose of this study is to use consistent methodology with existing population-based prevalence surveys of gambling and related harms from different countries to identify quantitative limits for lower risk gambling. Risk curve analyses were conducted with eleven high quality data sets from eight Western countries. Gambling indicators were monthly expenditure, percentage of income spent on gambling, monthly frequency, and number of different types of gambling. Harm indicators included financial, emotional, health, and relationship impacts. Contributing data sets produced limit ranges for each gambling indicator and each harm indicator, which were compared. Gender differences in limit ranges were minor. Modal analysis, an assessment of the mean of the upper and lower range limits, indicated that the risk of harm increases if an individual gambles at these levels or greater: \$60 to \$120 CAD monthly, five to eight times monthly, spends more than 1 to 3% of gross monthly income or plays three to four different gambling types. This study provides further evidence that lower-risk gambling guidelines can be based upon empirically derived limits.

ARTICLE HISTORY

Received 16 December 2021
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KEYWORDS

Gambling; responsible gambling; risk curves; lower risk guidelines; gambling-related harms

Introduction

The purpose of this project is to identify levels of gambling involvement that predict increased risk of experiencing gambling-related harms. Although the gambling industry

CONTACT David C. Hodgins  dhodgins@ucalgary.ca  University of Calgary, 500 University Drive NW, Calgary, Alberta, Canada T2N 1N4

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Not Too Much, Not Too Often, and Not Too Many: the Results of the First Large-Scale, International Project to Develop Lower-Risk Gambling Guidelines

Matthew M. Young^{1,2,3} · David C. Hodgins⁴ · Shawn R. Currie⁴ · Natacha Brunelle⁵ · Magali Dufour⁶ · Marie-Claire Flores-Pajot² · Louise Nadeau⁷

Accepted: 25 July 2022
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Abstract

Until now, there has been no evidence-based, specific advice for people who gamble who want to reduce their risk of experiencing gambling harms. This paper presents the results from the first large-scale, comprehensive, international project to develop lower-risk gambling guidelines. Specifically, we calculated relative risk estimates to determine risk of harm across the range of possible limits for gambling frequency, expenditure, and number of types of gambling engaged in; conducted an online survey ($n=4583$) of people who gamble to assess whether they understood and found credible the proposed quantitative limits; conducted a series of interviews and focus groups with people who gamble to assess self-control strategies and reactions to proposed quantitative limits; conducted a meta-analysis of problem gambling risk factors in the general population; and consulted with a pan-Canadian, multi-sectoral committee of stakeholders. Project outcomes were examined and deliberated by a working group of scientists who decided upon a set of recommendations for lower-risk gambling. This paper presents these recommendations.

Keywords Gambling · Harm-reduction · Prevention · Gambling harm · Lower-risk guidelines

Matthew M. Young and David C. Hodgins contributed equally to this work.

✉ Matthew M. Young
matthew@greo.ca; maclaren.young@gmail.com

¹ Greo, Guelph, Ontario, Canada

² Canadian Centre on Substance Use and Addiction, Ottawa, Ontario, Canada

³ Department of Psychology, Carleton University, Ottawa, Ontario, Canada

⁴ Department of Psychology, University of Calgary, Alberta, Canada

⁵ Département de Psychoéducation, Université du Québec à Trois-Rivières, Québec, Canada

⁶ Département de Psychologie, Université du Québec à Montréal, Québec, Canada

⁷ Département de Psychologie, Université de Montréal, Québec, Canada

Research on LRGs published since release

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Gambling Guidelines Website

Visit the website to find out more:

www.gamblingguidelines.ca

Knowledge mobilization products

(all available in French and English)



LRGG

Lower-Risk Gambling Guidelines

These guidelines were developed using the most current and highest quality scientific evidence available.

To reduce your risk of experiencing harms from gambling, follow all three of these guidelines:

1

HOW MUCH

Gamble no more than **1%** of household income before tax per month

Yearly household income	Maximum monthly amount
\$10,000	\$8
\$30,000	\$25
\$50,000	\$42
\$70,000	\$58
\$90,000	\$75
\$110,000	\$92
\$130,000	\$108
\$150,000	\$125

and

4

HOW OFTEN

Gamble no more than **4 days** per month

and

2

HOW MANY

Avoid regularly gambling at more than **2 types** of games

WHAT YOU PLAY MATTERS

- ▶ Fast-paced games that involve quick and repeated betting can more quickly and easily lead to problems.
- ▶ For example, with many forms of online gambling, slot machines, electronic gaming machines and poker, people can spend large amounts of money in a short time.

GAMBLING TYPES INCLUDE THE FOLLOWING:



HOWEVER, these limits may not be suitable for you. You should consider gambling less than these guidelines recommend or not at all if you ...

- ▶ Experience problems from **alcohol, cannabis** or **other drug use**
- ▶ Experience problems with **anxiety** or **depression**
- ▶ Have a **personal** or **family history** of problems with gambling

GAMBLING HARMS

LOSING MONEY IS THE GAMBLING HARM THAT FIRST COMES TO MIND.
BUT GAMBLING CAN LEAD TO OTHER HARMS:



**RELATIONSHIP
CONFLICTS**
such as neglect of
relationship, social isolation,
arguing with your spouse



**EMOTIONAL
DISTRESS**
such as feelings
of guilt, loneliness
and isolation



**HEALTH
PROBLEMS**
such as problematic
use of alcohol or
other drugs

LRGG

Lower-Risk Gambling Guidelines

These guidelines were
developed using the
most current and
highest quality scientific
evidence available.

TO REDUCE YOUR RISK OF EXPERIENCING HARMS FROM GAMBLING,
FOLLOW ALL THREE OF THESE GUIDELINES:



1% Gamble **no more than
of household income**
before tax per month



4 Gamble no more than
days per month



2 Avoid regularly
gambling at **more than
types of games**

FOR THESE GUIDELINES, GAMBLING MEANS ...

playing a game of chance for money. Popular forms of gambling include lotteries, sports betting, table games, slot machines, video lottery terminals (VLTs) and online forms of gambling like poker.

The guidelines were developed by **analyzing data from over 60,000 people** who gamble from eight countries, as well as interviews, focus groups, surveys and literature reviews. The most comprehensive and evidence-based description of harms related to gambling defines them as a decline in the health or wellbeing of any individual, family unit, community or population due to gambling.*

*Browne, M., Langham, E., Rawat, V., Greer, N., Li, E., Rose, J., Rockloff, M. ... Best, T. (2016). *Assessing gambling-related harm in Victoria: A public health perspective*. Melbourne, Australia: Victorian Responsible Gambling Foundation.

Visit www.gamblingguidelines.ca for more information.

These guidelines were developed for people of legal gambling age who want to make more informed choices about their gambling.



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Evidence. Engagement. Impact.

**IF YOU THINK YOU ARE NOT IN CONTROL OR FEEL UNCOMFORTABLE WITH
YOUR GAMBLING, PLEASE VISIT WWW.GAMBLINGGUIDELINES.CA/GETTING-HELP
FOR A LIST OF RESOURCES IN YOUR REGION.**

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WHEN GAMBLING, WHAT YOU PLAY MATTERS

GREATER RISK



Some types of gambling, such as electronic gaming machines or online poker, are faster paced, involve frequent betting and encourage you to play more often and for longer periods of time, and to spend more money.

LESS RISK



Other types of gambling, such as lottery tickets, are slower paced, less intense and involve less spending. For example, someone might buy a ticket weekly or monthly.

LRGG

Lower-Risk Gambling Guidelines

WHEN YOU GAMBLE,

think about the type of game you're playing. The choices you make can make it easier or harder to stick to Canada's Lower-Risk Gambling Guidelines.



TO REDUCE YOUR RISK OF EXPERIENCING HARMS FROM GAMBLING, FOLLOW ALL THREE OF THESE GUIDELINES:



1% Gamble **no more than of household income** before tax per month



4 Gamble **no more than days per month**



2 Avoid regularly gambling at **more than types of games**

FOR THESE GUIDELINES, GAMBLING MEANS ...

playing a game of chance for money. Familiar forms of gambling include lotteries, sports betting, table games, slot machines, video lottery terminals (VLTs) and online forms of gambling like poker.

Visit www.gamblingguidelines.ca for more information.

These guidelines were developed for people of legal gambling age who want to make more informed choices about their gambling.

SOME PEOPLE ARE MORE LIKELY TO EXPERIENCE HARMS FROM GAMBLING

TO REDUCE YOUR RISK, FOLLOW ALL THREE OF THESE GUIDELINES:

-  **1%** Gamble no more than of household income before tax per month
-  **4** Gamble no more than days per month
-  **2** Avoid regularly gambling at more than types of games

FOR THESE GUIDELINES, GAMBLING MEANS ...
playing a game of chance for money. Familiar forms of gambling include lotteries, sports betting, table games, slot machines, video lottery terminals (VLTs) and online forms of gambling like poker.

LRGG Lower-Risk Gambling Guidelines

These guidelines were developed using the most current and highest quality scientific evidence available.

WHEN DEVELOPING
THE LOWER-RISK
GAMBLING GUIDELINES,
**A REVIEW
OF OVER 250
STUDIES**
FOUND THAT SOME
PEOPLE ARE AT
GREATER RISK
OF HARMS.



SPECIFICALLY, IF YOU

Experience problems with anxiety or depression



Experience problems from alcohol, cannabis or other drug use



Have a personal or family history of problems with gambling



Gamble to escape problems

Visit www.gamblingguidelines.ca for more information.

... you should consider gambling less than these guidelines recommend or not at all.

These guidelines were developed for people of legal gambling age who want to make more informed choices about their gambling.







LRGG General Promotion

When it comes to gambling, find out how to keep yourself within the Lower-Risk Gambling Guidelines

Learn more at gamblingguidelines.ca

HOW MUCH HOW OFTEN HOW MANY

1 Gamble no more than 1% of household income before tax per month

4 Gamble no more than 4 days per month

2 Avoid regularly gambling of more than 2 types of games



#LRGG

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How Much to Gamble

If you gamble, remember:

Gamble no more than **1%** of household income per month

Learn about the three guidelines for lower-risk gambling at GamblingGuidelines.ca



#LRGG

- [Facebook](#)
- [Twitter](#)
- [LinkedIn](#)
- [Instagram](#)

How Many Games to Gamble

If you gamble, remember:

Avoid regularly gambling at more than **2 types** of games

Learn about the three guidelines for lower-risk gambling at GamblingGuidelines.ca



#LRGG

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How Often to Gamble

If you gamble, remember:

Gamble no more than **4 days** per month

Learn about the three guidelines for lower-risk gambling at GamblingGuidelines.ca



#LRGG

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- [Instagram](#)

What You Play Matters

When gambling, what you play matters

Fast-paced games that involve quick and repeated betting can more quickly and easily lead to problems. Follow the Lower-Risk Gambling guidelines to reduce the risks.

GamblingGuidelines.ca



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Harms of Gambling

People who gamble can be at risk of financial harms, relationship conflicts, emotional or psychological distress and health issues.

Learn more about the harms of gambling at gamblingguidelines.ca



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Interactive Risk Assessment Tool

The interactive risk assessment tool shows you how your gambling practices compare to those recommended by the Lower-Risk Gambling Guidelines.

Visit gamblingguidelines.ca and try it now!



#LRGG

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Use of the guidelines to provide
personalized feedback to people who
gamble

Lower-Risk Gambling: Self-Assessment Tool

Using the most current and highest quality scientific evidence available, the Lower-Risk Gambling Guidelines were developed for people of legal gambling age who want to make more informed choices about their gambling.

[Start](#)





HOW MANY



Which of the following types of gambling do you regularly play? Please check all that apply.



Lottery and raffle tickets



Electronic gaming machines

including:

- slot machines
- video lottery terminals
- electronic racing machines



Sports betting

including:

- professional sporting events
- sports pools
- fantasy sports betting



Horse racing



Casino table games

including

- poker
- black-jack
- baccarat
- roulette



Bingo



Online gambling



Other types of games

Did you know

A selection of resources about lower-risk gambling were created for the public, researchers, policy makers, health service providers and the gambling industry. View them in the resource section.

Close

HOW MANY

DID YOU KNOW?

To reduce your risk of experiencing harms from gambling, the Lower-Risk Gambling Guidelines recommend that you avoid regularly gambling at more than **2 types of games**.

Based on the number of gambling types you regularly play, your risk of gambling-related harms is almost 3 times higher than someone who doesn't gamble very much.

[Next](#)



HOW MUCH



How much do you typically spend per month on these games?



Lottery and
raffle tickets

\$20

Calculate



Electronic
gaming
machines

\$100



Online
gambling

\$100



This represents

3.30%

of your household income

Next

HOW MUCH

DID YOU KNOW?

To reduce your risk of experiencing harms from gambling, the Lower-Risk Gambling Guidelines recommend gambling no more than **1% of household income before tax per month.**

Based on your monthly spending, your risk of gambling-related harms is almost 6 times higher than someone who doesn't gamble very much.

[Next](#)



Summary

Since you indicated that **you have experienced problems from alcohol, cannabis or other drug use, you had experienced problems with anxiety or depression**, you may be at elevated risk of harms from your gambling and the Lower-Risk Guidelines might not be suitable for you. You should consider gambling less than these guidelines recommend or not at all.

- Based on your monthly spending, your risk of gambling-related harms is almost 6 times higher than someone who doesn't gamble very much.
- Based on the number of gambling types you regularly play, your risk of gambling-related harms is almost 2 times higher than someone who doesn't gamble very much.
- Based on your number of days spent gambling per month, your risk of gambling-related harms is almost 3 times higher than someone who doesn't gamble very much.

Based on your answers, you are gambling above the recommended guidelines for: **spending, gambling type limit, and frequency.**

Next

Use of the LRGs since release

(September 2021)

Manitoba, Canada

Liquor, Gaming, and Cannabis Authority of Manitoba have dedicated a part of their site to the LRGGs as well as the Low-Risk Alcohol and Lower Risk Cannabis Guidelines



A A

Search...



Regulating liquor, gaming and cannabis in Manitoba

The LGCA serves the public interest by regulating these industries in a respectful, impartial and balanced manner.



FOR INFORMATION ABOUT COVID-19/CORONAVIRUS AND IMPACTS ON LGCA SERVICES AND LICENCES, [CLICK HERE.](#)

LGCA LAUNCHES NEW KNOW MY LIMITS CAMPAIGN

Learn about lower-risk gambling guidelines.



[Click here for more information.](#)



Manitoba, Canada

Know My Limits

Do you set limits?

Although it's legal in Manitoba for adults to drink alcohol, gamble or consume cannabis, we can't forget that these products carry a great deal of risk. Adults who choose to use these products should always set limits to reduce their risks of experiencing negative effects. Click below to learn more about how you can reduce your risks.

Drinking alcohol & setting limits?
TELL ME MORE!

Gambling & setting limits?
TELL ME MORE!

Consuming cannabis & setting limits?
TELL ME MORE!

Before You Play

Know My Limits
Find out how much you can afford to gamble.
Learn more LGCA

Do you set limits before you gamble?

LGCA research indicates that a portion of Manitobans do not regularly set limits before participating in gambling activities. People who always set limits have a lower risk of experiencing gambling harm, such as overspending and negative impacts to family and well-being.

In February 2022, the LGCA launched our Know My Gambling Limits campaign to promote lower-risk gambling guidelines. The new public education messaging encourages adult Manitobans to think about their gambling before they play and to set limits for their gambling.

The lower-risk gambling guidelines were developed by the Canadian Centre for Substance Use and Addiction (CCSA) after a multi-year research project and the LGCA has incorporated these guidelines within our Know My Gambling Limits public education. Click here to visit the CCSA's lower-risk gambling guidelines website.

The lower-risk gambling guidelines are:

- Gamble no more than 1% of household income before tax per month.
- Gamble no more than 4 days per month.
- Avoid regularly gambling at more than 2 types of games.

The campaign links the lower-risk gambling guidelines with familiar gambling activities to show how the guidelines can be followed and to make informed choices when gambling.

Know My Limits
Plan to gamble once a week or less.
Learn more LGCA

Know My Limits
Online or not, set limits on your gambling.
Learn more
Learn more at KnowMyLimits.ca LGCA

Public Education

- Know My Gambling Limits
- Not all raffles are legal
- Know My Drinking Limits
- Know My Cannabis Limits (phase III)
- Know My Cannabis Limits (phase II)
- The Can and Can't of Cannabis
- Bring ID
- Chase the Ace
- Know My Drinking Limits (2014)

Smart Choices Certification

Research

Questions?

Contact us at 204-954-9400 or toll-free at 1-800-782-0363 with any questions about our public education campaigns.

Email the LGCA



Saskatchewan, Canada

GAP – Provincial Resources



Lower-Risk Gambling Guidelines

To reduce your risk of experiencing harms from gambling, follow all three of these guidelines:



British Columbia, Canada

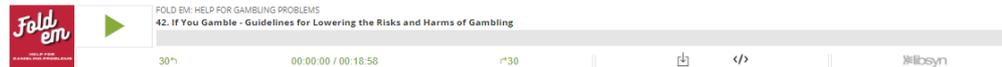
Gambling Problem Help

Home Gambling Help Podcast & Blog About Us

Contact

[Request Help In BC](#)

If You Gamble - Guidelines for Lowering the Risks and Harms of Gambling



[Share this Blog & Podcast on Facebook](#)

Most of us gamble. In British Columbia, nearly 75% of adults in this province gambled at least once in the past year.*

For some, it gets out of control. About 3.3% of adults in British Columbia (about 125,000 people) experience problems because of their gambling. This number (3-4%) is pretty consistent around the world where gambling is available. When gambling gets out of hand, money is lost, but it can also lead to conflict in our relationships, feelings of guilt, isolation, stress and anxiety as well as an increase in alcohol and drug use.

If you gamble, how do you ensure that it doesn't get out of control and cause negative consequences? What limits should you set for yourself? How do you stick to these limits?

In episode 42 of our podcast, [Fold em: Help for Gambling Problems](#), we tell you about guidelines that have recently been developed in Canada to help you reduce the risk of experiencing harms from gambling.

<https://www.gamblingproblemhelp.ca/blog-2/lower-risk-gambling-guidelines>

Windsor, Ontario Canada

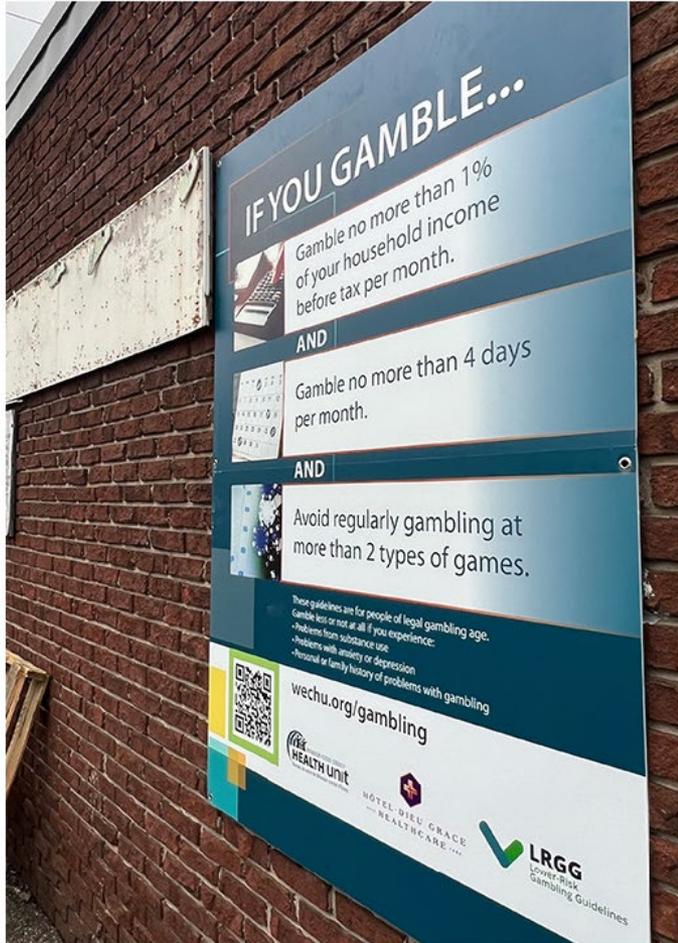


A&A Tecumseh Convenience
1100 Lesperance Rd #4
Tecumseh, Ontario



J & K Variety
699 Charlotte St
Windsor, Ontario

Windsor, Ontario Canada



M & S Convenience
1003 Felix Ave
Windsor, Ontario



Clancy's Variety
2646 Seminole St
Windsor, Ontario

Massachusetts, USA

- Massachusetts Gaming Commission copies of brochure and lanyard card have been distributed to casinos.

WANT TO KEEP YOUR GAMBLING FUN?
The 4-2-1 Guidelines can increase your chances!

- 4** Gamble no more than 4 days per month, and
- 2** Avoid regularly gambling at more than 2 types of games, and
- 1** Gamble no more than 1% of household income per month.

Learn more about the guidelines:
gamblingguidelines.ca

GameSense

Massachusetts, USA

- Massachusetts Gaming Commission game sense advisors have LRGGs on their t-shirts.

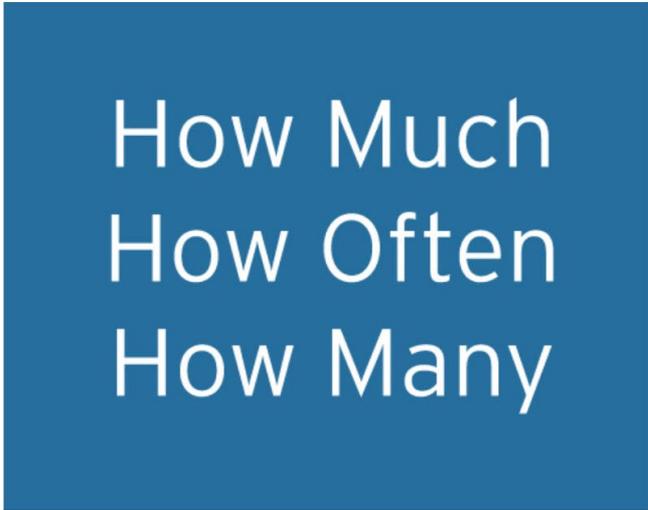


Minnesota USA



LOWER-RISK GAMBLING GUIDELINES DEVELOPED

Feb 23, 2022 | HEALTHY PLAY, PROBLEM GAMBLING



Responsible gambling guidelines often dictate that gamblers set personal gambling limits to avoid gambling-related harm to themselves and others. While there are now more tools available to help gamblers to set limits, the limit-setting advice is typically general and non-quantitative, in contrast to other public health areas, such as drinking

Blogs by category

- ABOUT MNAPG
- ADVOCACY
- CONCERNED OTHERS
- HEALTHY PLAY
- HELP
- OLD – Uncategorized
- PODCAST
- PROBLEM GAMBLING
- PROFESSIONAL PODCASTS
- PROFESSIONALS
- RECOVERY
- RECOVERY POSTCASTS
- RESEARCH
- RESOURCES
- SPORTS BETTING
- SPORTS BETTING VIDEOS
- STORIES
- YOUTH GAMBLING

<https://mnapg.org/lower-risk-gambling-guidelines-developed/>

New Zealand



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[Need Help?](#) • [Freephone](#)
0800 664 262

PRESS RELEASES

How Much, How Often, How Many

22 September 2021

Three new global gambling guidelines could reduce harm from post-lockdown gambling.



<https://www.pgf.nz/blog/how-much-how-often-how-many>



Learn about gambling



[Gambling and young people](#)

[How gambling works](#)

[Understanding gambling harm](#)

[What are the odds](#)

[Gamble more safely](#)

Gamble more safely

Three rules to help you set your limits

The first step to lower your risk of gambling harm is to put safeguards around how much you spend, and how often you gamble and how many ways you gamble.

How much? - no more than 1% of household income ▾

How often? - no more than 4 days per month ▾

How many ways? - no more than 2 types of gambling ▾

The three rules are adapted from the *Lower-risk gambling guidelines* developed by Canadian Centre on Substance Use and Addiction in 2021. The guidelines aim to help people of legal gambling age to make more informed choices about their gambling.

New Zealand

Play a little.
Dream a lot.

Lotto NZ Responsible Gambling Update

RESPONSIBLE GAMBLING RESEARCH UPDATE

- ① Learn about the topic
- ② Connect the topic to New Zealand and Lotto NZ as a business
- ③ Apply the knowledge to improve Lotto NZ services

APRIL 2022

LOWER RISK GAMBLING GUIDELINES

1. Gamble no more than **1%** of household income
2. Gamble no more than **4 days** per month
3. Avoid regularly playing more than **2 types** of games.

The Lower Risk Gambling Guidelines (LRGG) were developed through international research, to help people make informed decisions about their gambling.

Link to Website:
[Lower-Risk Gambling](#)



Learn

- The Lower Risk Gambling Guidelines (LRGG) are a clear, simple and universally relevant gambling guide for all players.
- They were developed through research by international academics, and aim to lower the risk of gambling related harms (i.e. financial, relational, emotional and health).
- The research reviewed frequency, expenditure and number of gambling types played, to build 3 key guidelines of *How much? How often? How many?*

Connect

- Lotto NZ Stakeholder Panel member [Associate Professor Maria Bellringer](#), helped to develop the LRGGs
- New Zealanders were included in the datasets during the research and development phase, so we know its relevant to Kiwis!
- The guidelines fit with the intent of Lotto NZ's Play Smart programme, and aligns with our tagline "Play a little. Dream a Lot".



Apply

- Lotto NZ is proud to support the Lower Risk Gambling Guidelines and promotes them within Play Smart.
- LRGG information is currently used to help support our customers at risk of gambling harm, and informs responsible gambling conversations within the business.
- They are:
 - Offered as a customer tool on the Play Smart Website
 - Shared with at-risk customers in resources and conversations
 - Used as a guide for the development of spend thresholds for retailers.



Others use of the guidelines

- Interest from Canadian Department of National Defence
- The Finnish Institute for Health and Welfare is doing work to validate the guidelines and adapt language for the Finnish population
- Other international organizations are investigating as well

LRGG thresholds as a population
measure for use in gambling
prevalence studies

Recent population prevalence study

Table 10. Proportion of respondents gambling in excess of the recommended Lower Risk Gambling Guidelines

		Total Sample (N= 2 949)		Past year gamblers (N= 1 630)	
		%	95% CI	%	95% CI
Expenditure ⁽ⁱ⁾	Spent more than 1%	21.9	(20.3, 23.5)	39.1	(36.6, 41.7)
Frequency	> 4 days per month	20.1	(18.7, 21.5)	36.3	(34.0, 38.7)
Number of gambling types	> than 2 types in the past year	5.7	(4.9, 6.6)	10.3	(8.9, 11.9)
Participants who exceeded one or more LRGGs ⁽ⁱ⁾		29.8	(28.0, 31.6)	53.3	(50.7, 55.8)

(i) Note, 12.9% (weighted) of respondents did not respond to the household income question. For this reason, they were not included in the Expenditure and overall LRGG calculations.

Gambling in Excess of Lower Risk Gambling Guidelines

Among all those sampled almost 3 in 10 (29.8%) reported gambling in excess of that recommended by the LRGGs. Among respondents who reported past-year gambling, this proportion increased to over half (53.3%).

Recent population prevalence study

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Recent population prevalence study

The Lower Risk Gambling Guidelines

To determine the proportion of the [REDACTED] population that gambled in a way that put them at risk of gambling-related harm, we assessed the proportion of the population that reported gambling in excess of that recommended by the LRGGs (Young et al., 2021; Young et al., 2022). According to these guidelines, those wishing to reduce their risk of experiencing gambling-related harm should gamble no more than 1% of household income before tax per month, gamble no more than 4 days per month, and avoid regularly engaging with more than 2 gambling types. The results indicated that almost 3 in 10 [REDACTED] (29.8%) reported exceeding the LRGGs in the past year. Among respondents who reported past-year gambling, this proportion increased to over half (53.3%). It is worth noting that these thresholds may be thought of as a sensitive measure of risk of gambling harm in a population and therefore are expected to be higher than direct measures of gambling-related harm. For comparison, we found that among people who gambled in the last year, 1 in 5 (20.1%) endorsed at least one on the PGSI indicating they experienced some gambling-related harm. Therefore it is likely that among [REDACTED] who gambled in the past year, at least 20%, but no more than 50% experienced gambling-related harm. It is important to note that such harm can range from mild to severe.

Given the guidelines were released relatively recently (September 2021), this is the first prevalence survey to report the proportion of respondents reporting gambling in excess of the recommendations. As such there are no other figures with which to compare these numbers.

Population prevalence

6	<p>Trends in gambling within the Lower-Risk Gambling Guidelines in Finland before the guidelines were published</p>	<p>Tanja Grönroos Jukka Kontto Anne H. Salonen</p> <p>Finnish Institute for Health and Welfare, Department of Public Health and Welfare</p> <p>tanja.gronroos@thl.fi</p>	<p>Background: The Lower-Risk Gambling Guidelines (the LRGGs) aim to reduce the risk of gambling-related harm and they were published in 2021 by the Canadian Centre on Substance Use and Addictions (CCSA). All three gambling guidelines (how much, how often, and how many game types) should be followed. This study examines the trends in gambling according to the LRGGs by age and income among Finnish men and women before the guidelines were published.</p> <p>Methods: Cross-sectional Finnish Gambling population studies from 2011, 2015, and 2019 (n=12,993). 15–74-years-old participants were randomly selected from the population register.</p> <p>Results: Gambling within the LRGGs has increased from 2015 (38%) to 2019 (51%). The increase in gambling within the guidelines was seen both in men (2011: 30%; 2019: 41%) and women (2011: 51%; 2019: 61%). Gambling within the LRGGs were of lowest among 60–74-years-olds. Gambling within the guidelines was most common in the highest income tertile.</p> <p>Conclusions: Gambling within the LRGGs has increased, but implementation of the LRGGs might further enhance this positive trend, particularly among 60–74-years-olds and persons with low income. However, the feasibility of the LRGGs is currently being tested in order to clarify their potential for implementation in Finland.</p>
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Future directions

- LRGs were developed based on the Low-Risk Alcohol guidelines model
- There is interest in examining risk zones, and exploring a “know your risk” message rather than presenting specific cut-offs

Table 4. Change in risk from reference group (i.e., $\leq 0.1\%$) occurring when gambling expenditure (%) per month predicts financial, relationship, emotional and psychological, and health harms (N=59,099)

	$\leq 0.1\%$	0.11 to 0.50	0.51 to 1.00	1.1 to 2.0	2.1 to 3.0	3.1 to 4.0	4.1 to 5.0	5.1 or more
Sample size in category	17,634	15,926	7,708	6,250	2,988	1,700	1,082	5,811
HARM								
Financial								
Sample reporting harm (n)	335	535	429	507	337	221	144	1,510
% reporting harm	1.9%	3.4%	5.6%	8.1%	11.3%	13.0%	13.3%	26.0%
Risk relative to reference group		1.8X	3.0X	4.3X	5.9X	6.8X	7.0X	13.7X
Relationship								
Sample reporting harm (n)	173	249	207	287	178	129	99	1,045
% reporting harm	1.0%	1.6%	2.7%	4.6%	6.0%	7.6%	9.1%	18.0%
Risk relative to reference group		1.6X	2.7X	4.7X	6.1X	7.7X	9.3X	18.3X
Emotional/psychological								
Sample reporting harm (n)	441	638	460	616	374	250	178	1,551
% reporting harm	2.5%	4.0%	6.0%	9.9%	12.5%	14.7%	16.5%	26.7%
Risk relative to reference group		1.6X	2.4X	3.9X	5.0X	5.9X	6.6X	10.7X
Health problems								
Sample reporting harm (n)	142	221	157	219	133	87	76	776
% reporting harm	0.8%	1.4%	2.0%	3.5%	4.5%	5.1%	7.0%	13.4%
Risk relative to reference group		1.6X	2.5X	4.4X	5.5X	6.4X	8.7X	16.6X

Questions and comments?