

Care and treatment system for subjects with pathological gambling in Germany

Landesstelle
Glücksspielsucht
in Bayern



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Overview

1. Care and treatment system
2. Care and treatment utilisation
3. Patients' characteristics
4. Treatment process and outcome
5. Issues & Challenges
6. Follow-up Study
7. Summary/Discussion

1. Care and treatment system

OUTPATIENT

INPATIENT

**Primary
care**

General Practitioner

General hospitals

General psychosocial services
 family - education - work
 living - crisis - justice

**Secondary
care**

Outpatient treatment/
 psychotherapy

Psychiatric hospitals
 Psychosomatic hospitals

**Tertiary
care**

Addiction counselling services
 Addiction treatment services

Addiction treatment services
 and complementary services

1. Care and treatment system

Addiction Care System 2013

	Outpatient	Inpatient
(1) Facilities (total)	1,402	464
(2) Facilities (sample)	822	200
(3) Ownership		
Charity	88%	57%
Public	9%	13%
Commercial	4%	30%
(4) Staff	social worker, psychologists, physicians	
(5) Cases/year	334,000	47,000
(6) Diagnoses		
Alcohol	53%	73%
Opioids	16%	7%
Cannabis	14%	6%
Gambling	6%	3%
Others	11%	11%

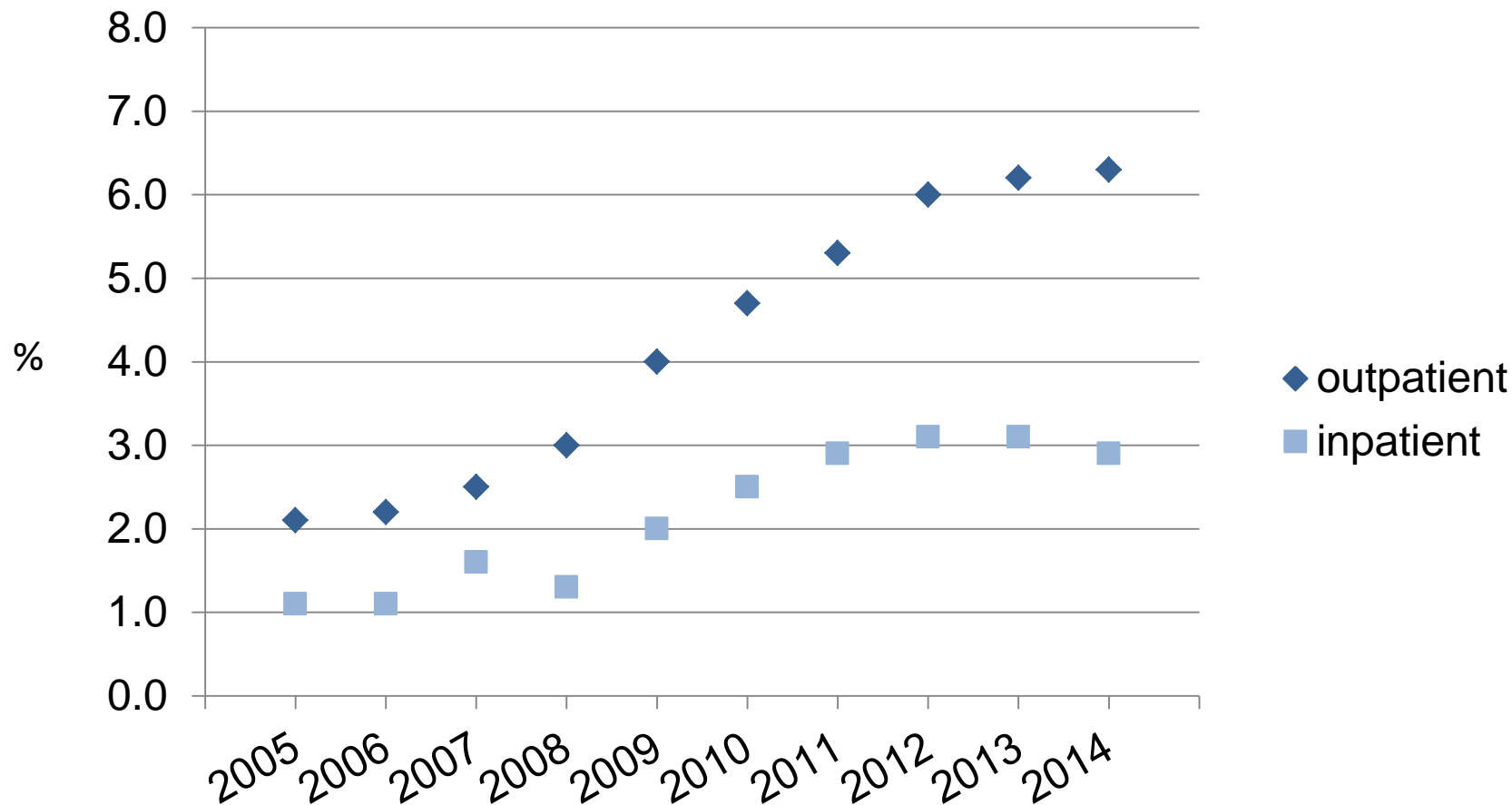
2. Care and treatment utilisation

2.1 Help seeking

- 80% of subjects with pathological gambling do not have any contact to health care system in lifetime (Bischof et al. 2012)
- 11% seek intense help (more than 3 contacts) (Bischof et al. 2012)
- 5 - 14% seek help in outpatient addiction care facilities (own estimation)

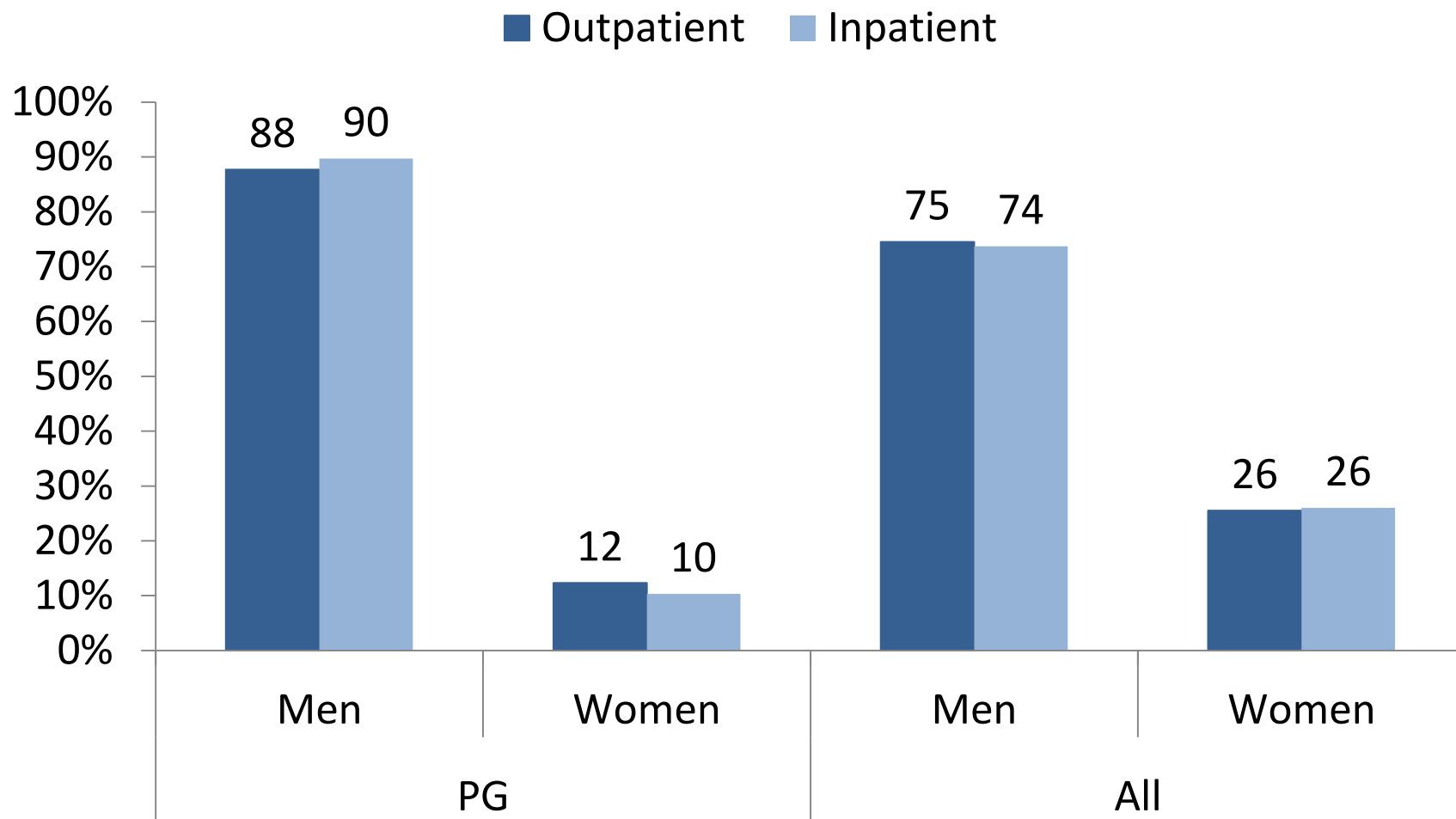
2. Care and treatment utilization

2.2 Trends: PG in addiction care over time



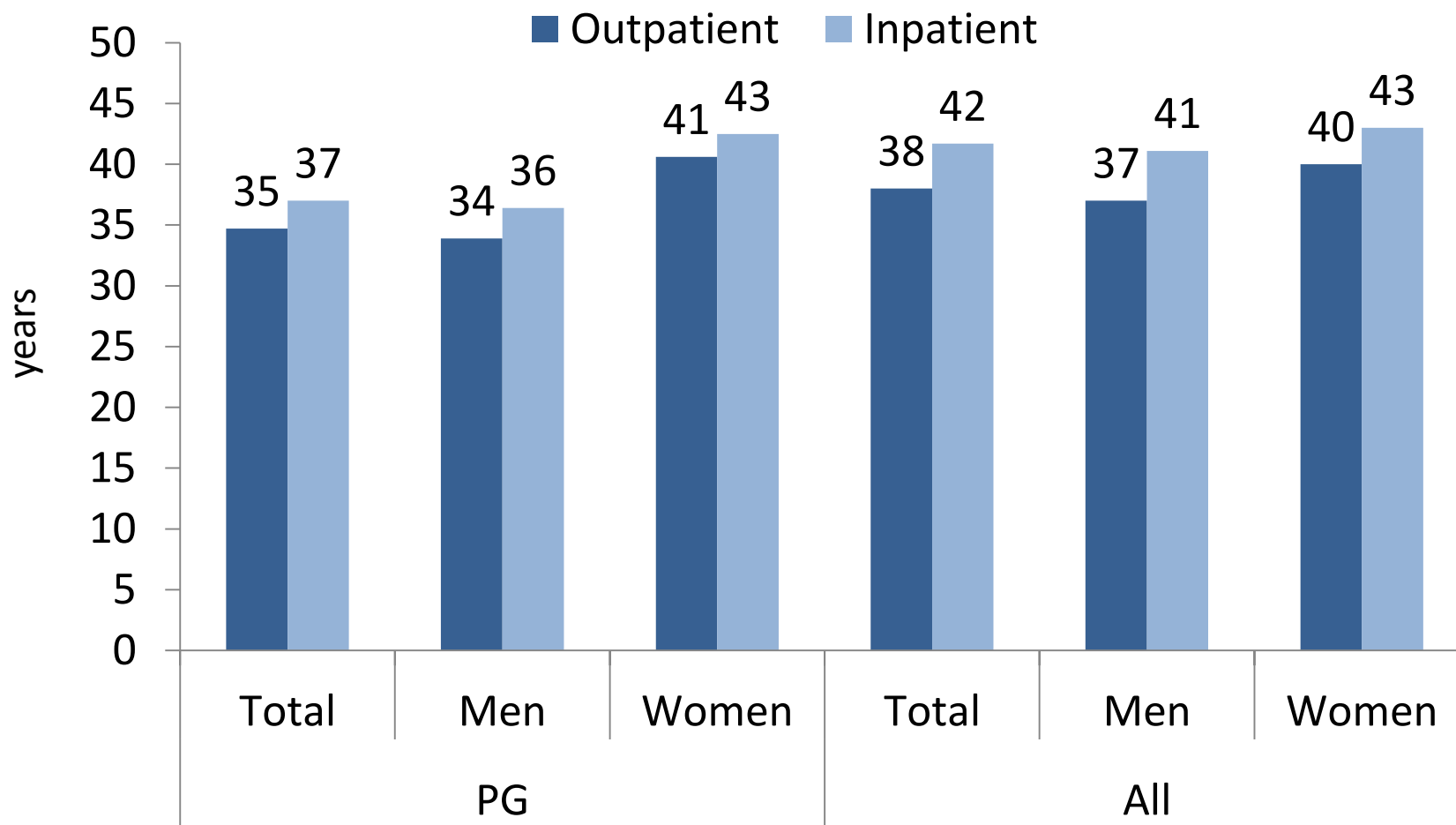
3. Patients' characteristics

3.1 DSHS: Gender distribution



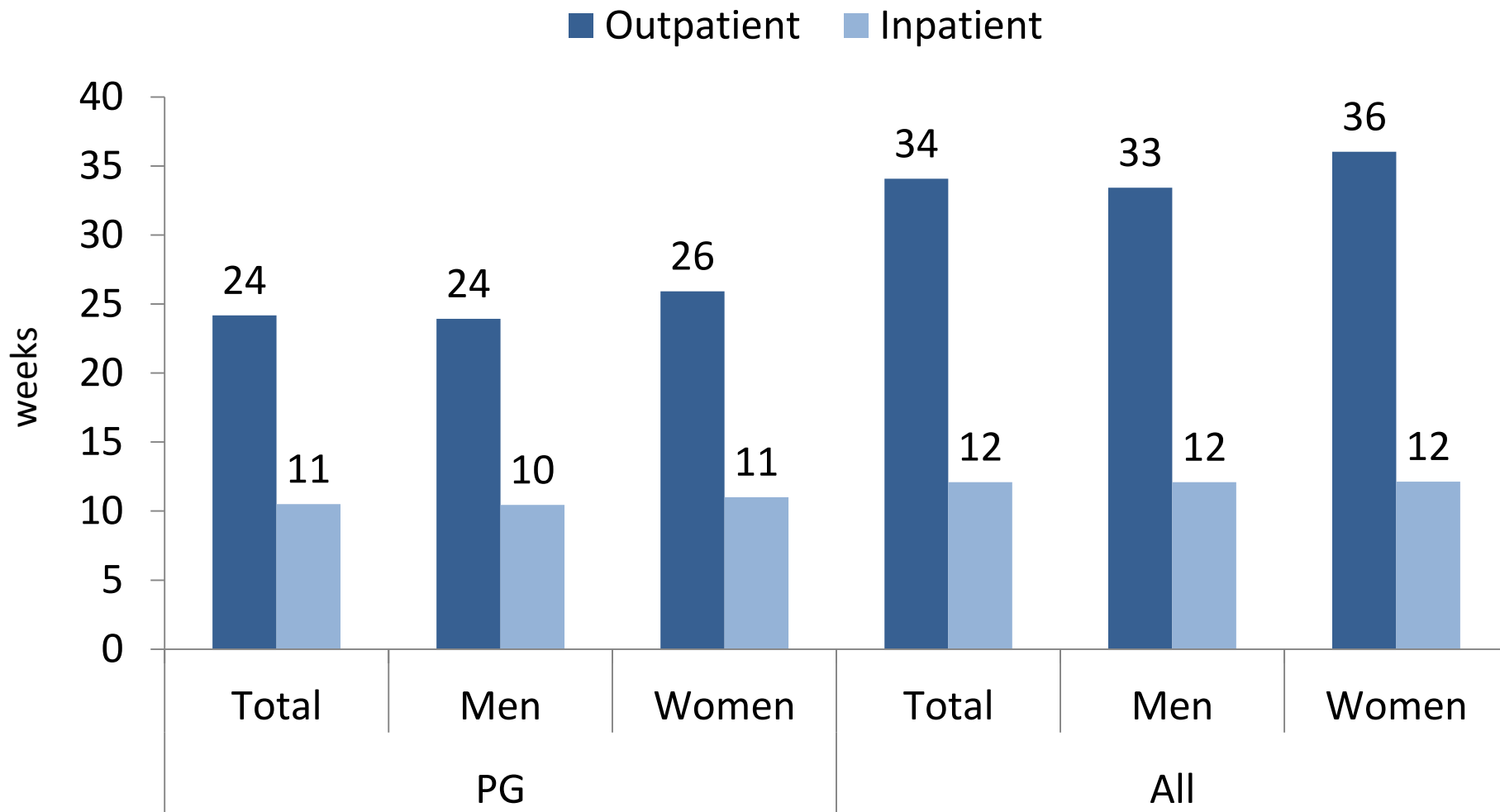
3. Patients' characteristics

3.2 DSHS: Mean age in years



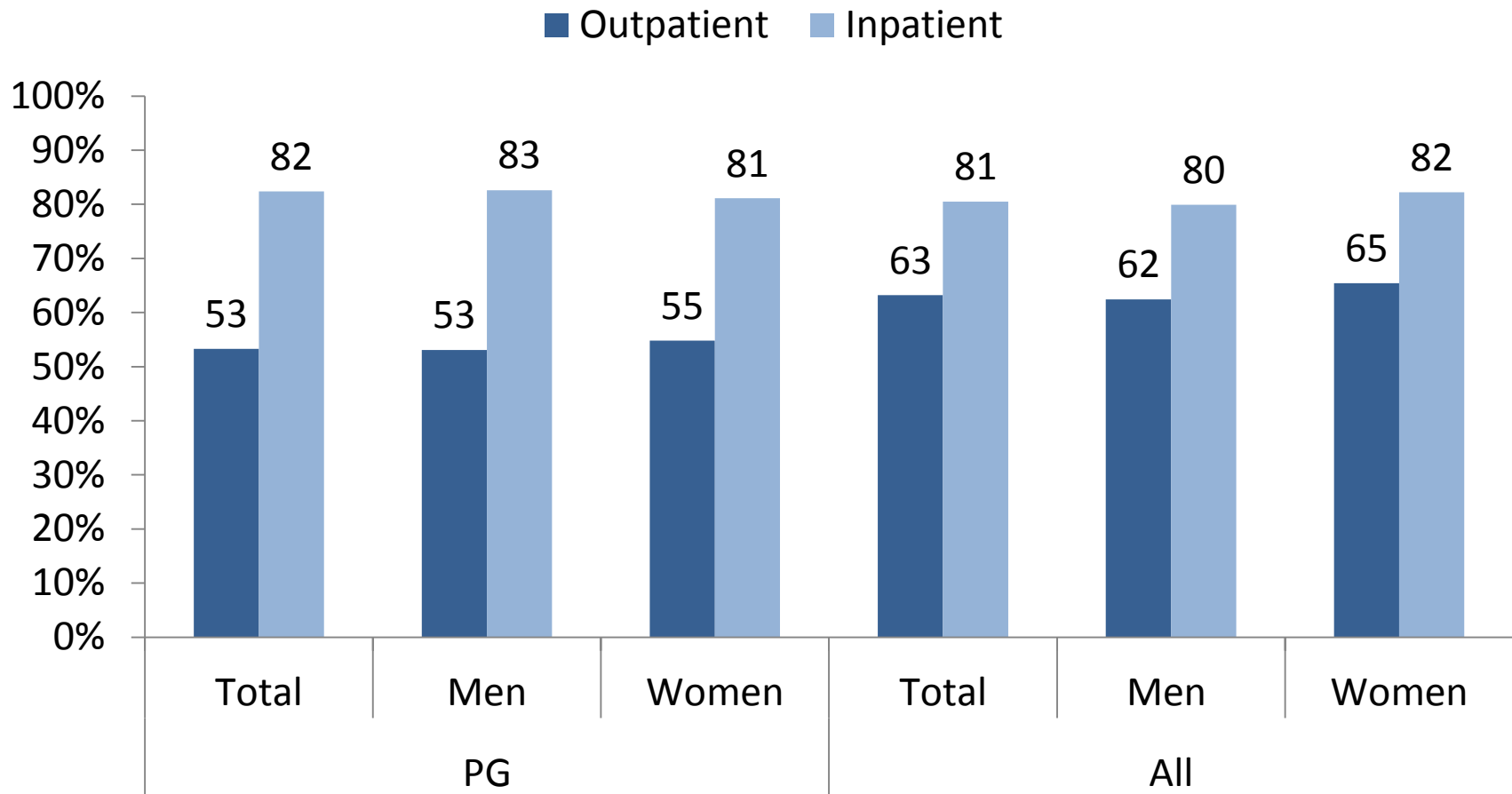
4. Treatment process & outcome

4.1 DSHS: Treatment duration in weeks



4. Treatment process & outcome

4.2 DSHS: Regular treatment termination



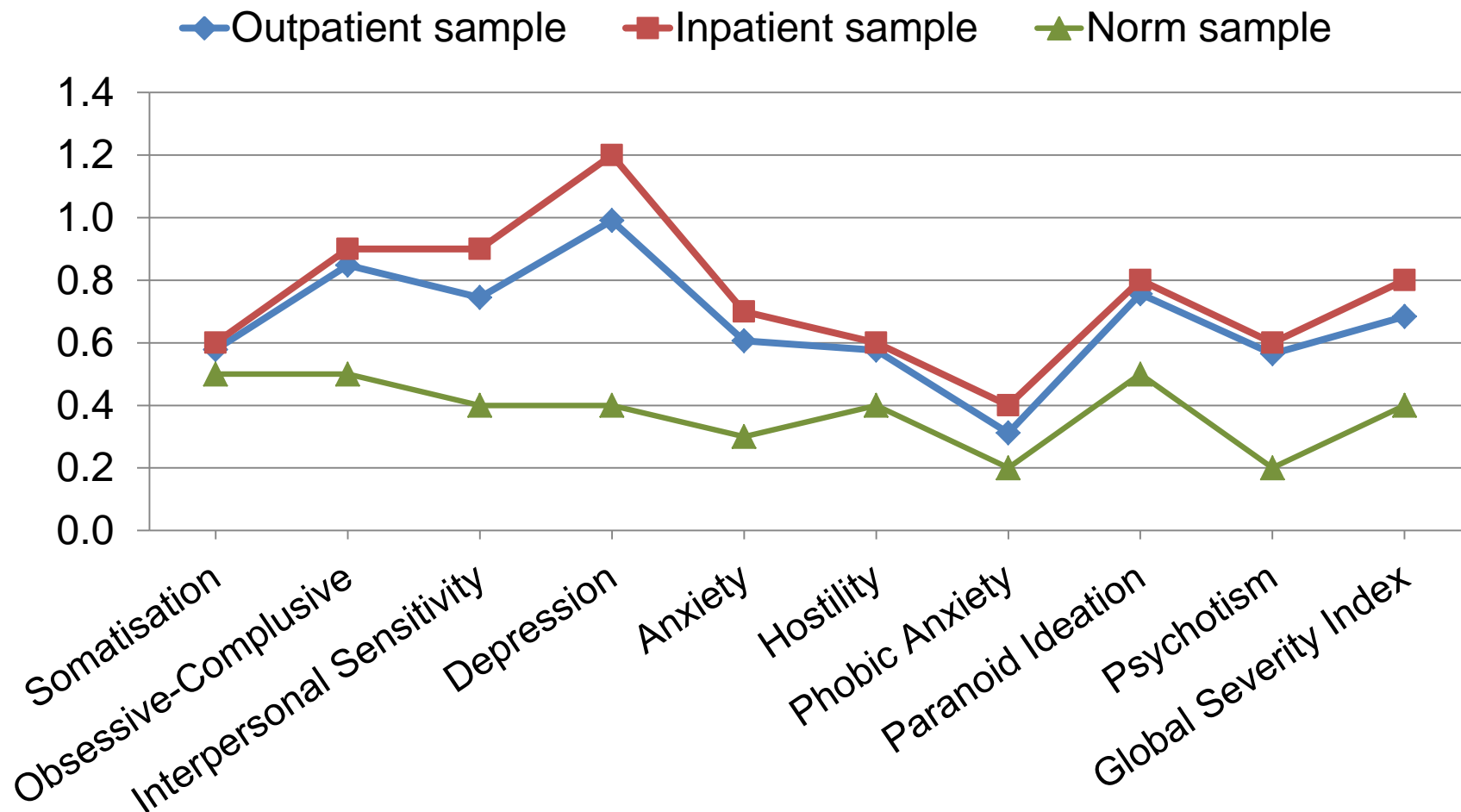
4. Treatment process & outcome

4.3 Study in 36 outpatient treatment centres

- Sample selection
 - All patients from April 2009 to August 2010
 - Inclusion criteria: gambling problems, 18 years and older, sufficient German language skills
 - Sample characteristics
 - 93% fulfil DSM-IV criteria for PG
 - 51% high severity of psychological strain
 - 47% moderate/ severe depressive symptoms
 - Insufficient use of outpatient treatment
 - 50% less than 6 treatment contacts
 - 70% drop out
- Low subjective need and willingness for treatment
- PG seek treatment because of acute crises rather than growing insight

4. Treatment process & outcome

4.4 Psychological problems and symptoms (SCL-90)



5. Issues & Challenges

- Increase in no. of patients with PG especially in outpatient treatment
 - High drop-out rates in outpatient care
 - Short treatment periods in outpatient care
 - Patients in outpatient care are similarly affected as in inpatient care
- !! Broad range of counselling issues & very general guidelines in outpatient treatment → large variation of treatment concepts
- **Knowledge of factors associated with (long-term) outcome is necessary for improving outpatient treatment.**

6. Follow-up Study



Follow-up Study

Outpatient care of patients with gambling problems

6. Follow-up study: aims

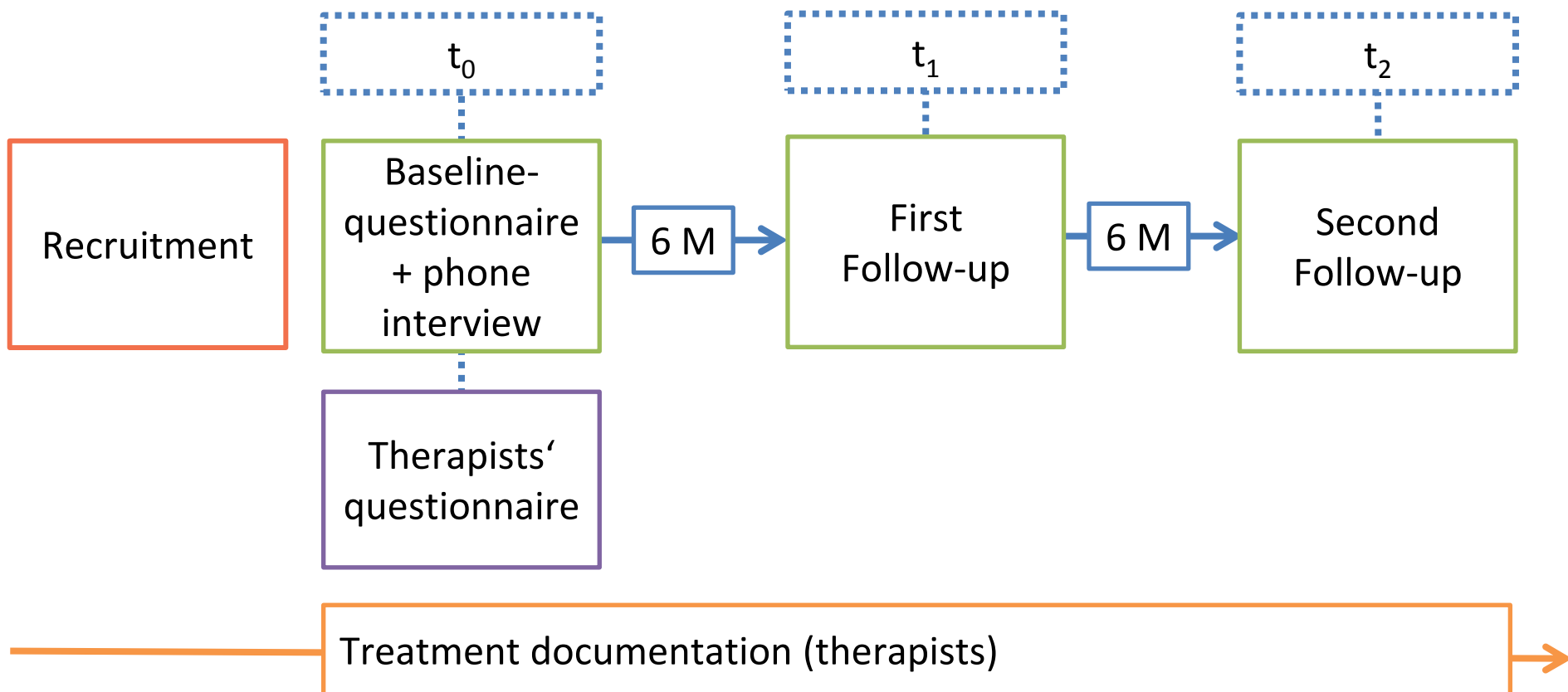
- (1) To describe and investigate treatment process and outcome**
 - Patient and disorder characteristics
 - Therapy and staff related characteristics

- (2) To investigate factors associated with treatment process and outcome**
 - Patient-related, treatment-related and therapist-related

- (3) To develop best practice recommendations**

6. Follow-up study: methodology

Design



6. Follow-up Study: preliminary results

Gambling prevalence

Gambling last 12 months, % (n)	n=78
Gaming machines	75.6 (59)
Slot machines (casino)	28.2 (22)
Table games (casino)	16.7 (13)
Scratch tickets	37.8 (29)
Lotto tickets	25.9 (28)
TV lottery	7.7 (6)
Sports betting office	25.6 (20)
Sport betting internet	19.2 (15)
Internet poker/card games	16.7 (13)
Internet casino	28.2 (22)

6. Follow-up Study: preliminary results

Gambling preference last 12 months, % (n)

	Most liked to play	Most time spent	Most money spent
Gaming machines	65.4 (51)	66.7 (52)	59.0 (46)
Slot machines (casino)	1.3 (1)	1.3 (1)	1.3 (1)
Table games (casino)	3.9 (3)	1.3 (1)	2.6 (2)
Lotto tickets	1.3 (1)	2.6 (2)	1.3 (1)
Sports betting office	5.1 (4)	3.9 (3)	9.0 (7)
Sports betting internet	9.0 (7)	11.5 (9)	9.0 (7)
Internet poker/card games	1.3 (1)	-	1.3 (1)
Internet casino games	6.4 (5)	6.4 (5)	10.3 (8)

6. Follow-up Study: preliminary results

Gambling disorder

DSM-5 criteria fulfilled	% (n)
1-3 criteria	2.6 (2)
4-5 criteria	1.3 (1)
6-7 criteria	33.3 (26)
8-9 criteria	62.8 (49)

GD	>= 4 criteria
Mild:	4 - 5 criteria
Moderate:	6 - 7 criteria
Severe:	8 - 9 criteria

6. Follow-up Study: preliminary results

Psychosocial consequences/problems, % (n)	
None	5.1 (4)
Separation spouse/partner	21.8 (17)
Loss of friends	37.2 (29)
Social withdrawal/ loneliness	56.4 (44)
Criminal proceedings	16.7 (13)
Job loss	15.4 (12)
Physical/psychosomatic complaints	48.7 (38)
Feeling of guilt/ depression	68.0 (53)
Suicide attempt	10.3 (8)
Financial issues, debts	78.2 (61)

6. Follow-up Study: preliminary results

Most severe psychosocial consequence/problem, % (n)	
Separation spouse/partner	9.0 (7)
Loss of friends	5.1 (4)
Social withdrawal/ loneliness	6.4 (5)
Criminal proceedings	2.6 (2)
Job loss	2.6 (2)
Physical/psychosomatic complaints	5.1 (4)
Feeling of guilt/ depression	15.4 (12)
Suicide attempt	1.3 (1)
Financial issues, debts	34.6 (27)

7. Summary/Discussion

- Need to intensify early intervention and prevention measures in outpatient care → subclinical pathological gamblers
- Need for research on self change
- Severely burdened patients in outpatient and inpatient care and treatment
 - Question of the chicken and the egg remains
- Activities on gaming machines most prevalent
- Sport betting (on- and offline) & Internet casino games → growing problem → need for regulation

Thank you for your attention

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