

What effect over time has distant based treatment for problemgamblers?

SNSUS 04.06.19

Tampere, Finland

Mette Mohn

Overview

- Distant based treatment (Remote treatment for problemgamblers)
- Evaluation of the service
- Temporary result from our study

Long distant based treatment



For side
Hva er spilleavhengighet
Fjernbasert behandling
Hvordan komme i gang
Test deg selv
Til pårørende
Om oss
Linker
Litteratur

Fjernbasert behandling
for spilleavhengige

Sykehuset Innlandet HF

Logg inn >>

Logg inn
Logg inn på din pasientkonto for tilgang til arbeidsoppgaver, nettgruppe og meldinger
Logg inn her >>

Hvordan komme i gang?
Les mer her >>

www.spillbehandling.no

Velkommen!

Det kreves ikke legehenvisning for å delta i Fjernbasert behandling for spilleavhengige. Kontakt oss direkte ved å fylle ut skjema for påmelding, og vi vil kontakte deg innen tre uker. Les mer om dette under meny-punktet "Hvordan komme i gang"

Fjernbasert behandling for spilleavhengige er et tre måneders program bestående av skriftlige arbeidsoppgaver og ukentlige telefonsamtaler. Ved oppstart vil man få opprettet brukerkonto i www.minhelse.no og deler via denne kontoen den skriftlige kommunikasjonen vi foregår. Telefonsamtalene vil finne sted på dagtid, til en fast dag og tid i uken - etter avtale.

Egeninnsats og motivasjon vektlegges, og den enkelte må settes utgangspunkt for endingsprosessen. Tilbudet er rettet mot pengespilproblematikk, og det er 18 års aldersgrense for å delta.

Behandlingen er organisert som et prosjekt, og det er kostnadsfritt å delta. Tilbudet er finansiert med prosjektmidler fra Helsedirektoratet.

Skjema for påmelding

Fornavn

Etternavn

Fødselsdato og personnummer (11 siffer)

Gateadresse

Postnummer og Sted

Telefonnummer (Mobil)

Kort bakgrunn for ønsket om deltagelse i Fjernbasert behandling for spilleavhengige

<- Forrige

Avbryt

Send inn

100% fullført

Copyright © 2007 Visma Unique. All rights reserved.



&





Survey forms

- SCL90-R *mental health*
- GBQ *gambling cognition*
- SOGS-R *diagnostic tool on gambling behavior*

The evaluation

«Long-term effects of remote-based treatment for gambling addicts must be evaluated with a view to permanent operation.»



Kulturdepartementet

Handlingsplan

Handlingsplan mot spille-
problemer

2016–2018



- UiB University of Bergen, Department of Psychosocial Science: Eilin Erevik
- Mapping from paperarchive
- Contact former participants fall/winter 2018 – follow up/interview
- SCL90, GBQ and SOGS-R



Interview

- Scale the benefits of treatment in relation to gambling (1-10)
- Describe with own words the benefits of the treatment (open)
- Received other treatment after participated remote treatment – was this for gamblingproblem? (yes/no)
- Used more computer games now or earlier? Yes/no

Groups

- 1: No participation in the interview
- 2: Participated in the interview, but not SCL90, GBQ and SOGS-R
- 3: Participated with interview and forms.

Temporary results of the study:

Nordic Studies on Alcohol and Drugs:
<https://journals.sagepub.com/home/nad>

Mette.Mohn@sykehuset-innlandet.no

Table 1

Table 1 Sample characteristics and dropout analyses. N = 67.

	Full sample	1: No participation in follow-up, n = 31	2: Completed the interview but not the survey, n = 11	3: Completed both the interview and the survey, n = 25	Significance tests and effect sizes of group differences (one-way analysis of variance and chi-square tests)
	M (SD) / %	M (SD) / %	M (SD) / %	M (SD) / %	
Demographical characteristics					
Sex = Woman	35.8%	35.5%	36.4%	36.0%	Phi coefficient = .01 ^{N.S.}
Age	39.7 (10.9)	37.9 (11.1)	38.8 (8.1)	42.3 (11.6)	Eta Squared = .03 ^{N.S.}
Treatment adherence					
Number of telephone conversations with therapist	8.6 (1.8)	8.3 (2.0)	9.1 (1.2)	8.9 (1.8)	Eta Squared = .04 ^{N.S.}
Number of assignments completed	7.3 (1.5)	7.0 (1.5)	7.5 (0.9)	7.6 (1.6)	Eta Squared = .04 ^{N.S.}
Gambling behaviour^a					
SOGS-R Full score, pre-treatment	11.0 (2.5)	10.7 (2.0)	11.5 (3.2)	11.1 (2.9)	Eta Squared = .01 ^{N.S.}
Experience of having current gambling problems pre-treatment	66.7%	54.8%	81.8%	75.0%	Phi coefficient = .24 ^{N.S.}
Gambling cognitions^b					
GBQ Full score, pre-treatment	72.5 (28.7)	68.0 (28.7)	78.9 (31.6)	75.5 (27.5)	Eta Squared = .02 ^{N.S.}
GBQ Luck/perseverance, pre-treatment	44.5 (19.5)	40.2 (19.0)	51.1 (19.8)	46.9 (19.6)	Eta Squared = .05 ^{N.S.}
GBQ Illusion of control, pre-treatment	28.1 (11.5)	27.8 (11.3)	27.8 (13.0)	28.6 (11.6)	Eta Squared = .00 ^{N.S.}
GBQ Full score, post-treatment	34.8 (15.2)	37.1 (18.3)	26.7 (5.7)	35.2 (12.8)	¹ Welchp < .01, BF=N.S. Adhoc-test?
GBQ Luck/perseverance, post-treatment	18.9 (8.0)	19.8 (9.5)	16.1 (5.3)	18.9 (6.7)	Eta Squared = .02 ^{N.S.}
GBQ Illusion of control, post-treatment	15.9 (8.4)	17.4 (9.5)	10.6 (4.1)	16.3 (7.5)	¹ Welchp < .01, BF=p< .05. Adhoc-test?
Reduction pre-post					
GBQ Full score	38.0 (28.2)	30.8 (24.9)	53.1 (33.6)	41.0 (28.1)	Eta Squared = .08 ^{N.S.}
GBQ Luck/perseverance	25.7 (19.2)	20.4 (16.5)	35.9 (22.5)	28.2 (19.6)	Eta Squared = .09 ^{N.S.}
GBQ Illusion of control	12.3 (10.8)	10.4 (9.8)	17.2 (12.9)	12.8 (10.8)	Eta Squared = .05 ^{N.S.}
Mental health^c					
SCL-90 GSI score, pre-treatment	0.8 (0.7)	0.9 (0.7)	1.0 (0.9)	0.7 (0.5)	Eta Squared = .03 ^{N.S.}
SCL-90 PST score, pre-treatment	39.6 (20.7)	40.9 (21.0)	43.9 (24.7)	36.0 (18.5)	Eta Squared = .02 ^{N.S.}
SCL-90 PSDI score, pre-treatment	1.7 (0.5)	1.7 (0.5)	1.8 (0.6)	1.5 (0.5)	Eta Squared = .03 ^{N.S.}
SCL-90 GSI score, post-treatment	0.4 (0.5)	0.5 (0.6)	0.3 (0.4)	0.4 (0.5)	Eta Squared = .02 ^{N.S.}
SCL-90 PST score, post-treatment	25.0 (20.3)	28.6 (22.2)	18.4 (15.7)	23.0 (19.1)	Eta Squared = .04 ^{N.S.}
SCL-90 PSDI score, post-treatment	1.3 (0.5)	1.3 (0.5)	1.2 (0.6)	1.3 (0.5)	Eta Squared = .01 ^{N.S.}
Reduction pre-post					
SCL-90 GSI score	0.4 (0.3)	0.4 (0.3)	0.5 (0.4)	0.3 (0.3)	Eta Squared = .07 ^{N.S.}
SCL-90 PST score	13.6 (11.7)	12.2 (10.4)	21.3 (11.0)	12.0 (12.6)	Eta Squared = .08 ^{N.S.}
SCL-90 PSDI score	0.3 (0.4)	0.3 (0.5)	0.5 (0.5)	0.2 (0.3)	Eta Squared = .04 ^{N.S.}

M = mean, SD = standard deviation, CI = confidence interval, N.S. = No significant differences between groups. ^a SOGS-R = South Oaks Gambling Screen Revised, full scores range between 0 – 20. ^b GBQ = Gamblers Belief Questionnaire, full scores range between 21 – 147, scores on the luck/perseverance subscale range between 31 – 91 and scores on the illusion of control subscale range between 8 – 56. ^c SCL-90 = Symptom Checklist-90-Revised, GSI = Global Severity Index this index represents the mean score on all 90 items, PST = Positive Symptom Total this index represents the number of items endorsed, PSDI = Positive Symptom Distress Index this index represent the mean score on the endorsed items. ¹ Not homogeneity of variance.



Table 1

Table 1 Sample characteristics and dropout analyses. N = 67.

	Full sample M (SD) / %	1: No participation in follow-up, n = 31 M (SD) / %	2: Completed the interview but not the survey, n = 11 M (SD) / %	3: Completed both the interview and the survey, n = 25 M (SD) / %	Significance tests and effect sizes of group differences (one-way analysis of variance and chi-square tests)
Demographical characteristics					
Sex = Woman	35.8%	35.5%	36.4%	36.0%	Phi coefficient = .01 ^{N.S.}
Age	39.7 (10.9)	37.9 (11.1)	38.8 (8.1)	42.3 (11.6)	Eta Squared = .03 ^{N.S.}
Treatment adherence					
Number of telephone conversations with therapist	8.6 (1.8)	8.3 (2.0)	9.1 (1.2)	8.9 (1.8)	Eta Squared = .04 ^{N.S.}
Number of assignments completed	7.3 (1.5)	7.0 (1.5)	7.5 (0.9)	7.6 (1.6)	Eta Squared = .04 ^{N.S.}
Gambling behaviour^a					
SOGS-R Full score, pre-treatment	11.0 (2.5)	10.7 (2.0)	11.5 (3.2)	11.1 (2.9)	Eta Squared = .01 ^{N.S.}
Experience of having current gambling problems pre-treatment	66.7%	54.8%	81.8%	75.0%	Phi coefficient = .24 ^{N.S.}
Gambling cognitions^b					
GBQ Full score, pre-treatment	72.5 (28.7)	68.0 (28.7)	78.9 (31.6)	75.5 (27.5)	Eta Squared = .02 ^{N.S.}
GBQ Luck/perseverance, pre-treatment	44.5 (19.5)	40.2 (19.0)	51.1 (19.8)	46.9 (19.6)	Eta Squared = .05 ^{N.S.}
GBQ Illusion of control, pre-treatment	28.1 (11.5)	27.8 (11.3)	27.8 (13.0)	28.6 (11.6)	Eta Squared = .00 ^{N.S.}
GBQ Full score, post-treatment	34.8 (15.2)	37.1 (18.3)	26.7 (5.7)	35.2 (12.8)	¹ Welchp < .01, BF=N.S. Adhoc-test?
GBQ Luck/perseverance, post-treatment	18.9 (8.0)	19.8 (9.5)	16.1 (5.3)	18.9 (6.7)	Eta Squared = .02 ^{N.S.}
GBQ Illusion of control, post-treatment	15.9 (8.4)	17.4 (9.5)	10.6 (4.1)	16.3 (7.5)	¹ Welchp < .01, BF=p.05. Adhoc-test?
Reduction pre-post					
GBQ Full score	38.0 (28.2)	30.8 (24.9)	53.1 (33.6)	41.0 (28.1)	Eta Squared = .08 ^{N.S.}
GBQ Luck/perseverance	25.7 (19.2)	20.4 (16.5)	35.9 (22.5)	28.2 (19.6)	Eta Squared = .09 ^{N.S.}
GBQ Illusion of control	12.3 (10.8)	10.4 (9.8)	17.2 (12.9)	12.8 (10.8)	Eta Squared = .05 ^{N.S.}
Mental health^c					
SCL-90 GSI score, pre-treatment	0.8 (0.7)	0.9 (0.7)	1.0 (0.9)	0.7 (0.5)	Eta Squared = .03 ^{N.S.}
SCL-90 PST score, pre-treatment	39.6 (20.7)	40.9 (21.0)	43.9 (24.7)	36.0 (18.5)	Eta Squared = .02 ^{N.S.}
SCL-90 PSDI score, pre-treatment	1.7 (0.5)	1.7 (0.5)	1.8 (0.6)	1.5 (0.5)	Eta Squared = .03 ^{N.S.}
SCL-90 GSI score, post-treatment	0.4 (0.5)	0.5 (0.6)	0.3 (0.4)	0.4 (0.5)	Eta Squared = .02 ^{N.S.}
SCL-90 PST score, post-treatment	25.0 (20.3)	28.6 (22.2)	18.4 (15.7)	23.0 (19.1)	Eta Squared = .04 ^{N.S.}
SCL-90 PSDI score, post-treatment	1.3 (0.5)	1.3 (0.5)	1.2 (0.6)	1.3 (0.5)	Eta Squared = .01 ^{N.S.}
Reduction pre-post					
SCL-90 GSI score	0.4 (0.3)	0.4 (0.3)	0.5 (0.4)	0.3 (0.3)	Eta Squared = .07 ^{N.S.}
SCL-90 PST score	13.6 (11.7)	12.2 (10.4)	21.3 (11.0)	12.0 (12.6)	Eta Squared = .08 ^{N.S.}
SCL-90 PSDI score	0.3 (0.4)	0.3 (0.5)	0.5 (0.5)	0.2 (0.3)	Eta Squared = .04 ^{N.S.}

M = mean, SD = standard deviation, CI = confidence interval, N.S. = No significant differences between groups. ^a SOGS-R = South Oaks Gambling Screen Revised, full scores range between 0 – 20. ^b GBQ = Gamblers Belief Questionnaire, full scores range between 21 – 147, scores on the luck/perseverance subscale range between 31 – 91 and scores on the illusion of control subscale range between 8 – 56. ^c SCL-90 = Symptom Checklist-90-Revised, GSI = Global Severity Index this index represents the mean score on all 90 items, PST = Positive Symptom Total this index represents the number of items endorsed, PSDI = Positive Symptom Distress Index this index represent the mean score on the endorsed items. ¹ Not homogeneity of variance.

Table 2

Table 2 Development in gambling cognitions and mental health, pre-treatment to post-treatment, N = 67.			
	Pre-treatment	Post-treatment	Significance tests and effect sizes of time effects (Paired sample t-test)
	M (SD)	M (SD)	
Gambling cognitions^a			
GBQ Full score	72.6 (28.9)	34.6 (15.2)	Eta Squared = .65***
GBQ Luck/perseverance	44.5 (19.7)	18.8 (8.0)	Eta Squared = .65***
GBQ Illusion of control	28.1 (11.6)	15.8 (8.4)	Eta Squared = .57***
Mental health^b			
SCL-90 GSI score	0.8 (0.6)	0.4 (0.5)	Eta Squared = .55***
SCL-90 PST score	38.9 (20.0)	25.3 (2.5)	Eta Squared = .58***
SCL-90 PSDI score	1.6 (0.5)	1.3 (0.5)	Eta Squared = .38***

M = mean, SD = standard deviation, CI = confidence interval. ^a GBQ = Gamblers Belief Questionnaire, full scores range between 21 – 147, scores on the luck/perseverance subscale range between 31 – 91 and scores on the illusion of control subscale range between 8 – 56. ^b SCL-90 = Symptom Checklist-90-Revised, GSI = Global Severity Index this index represents the mean score on all 90 items, PST = Positive Symptom Total this index represents the number of items endorsed, PSDI = Positive Symptom Distress Index this index represent the mean score on the endorsed items. *** p < .001

***“Description and pre-post
evaluation of an internet
based treatment program for
pathological gambling in
Norway”***

(Myrseth, Brunborg, Eidem,
Pallesen, The International Journal
of Gambling Studies 2013).

Table 3

Table 3 Development in gambling behaviour, gambling cognitions and mental health, pre-treatment to follow-up, n = 25.

	T1	T2	T3	Significance tests and effect sizes of time effects (one-way repeated measures analysis of variance)
	M (SD) / %	M (SD)	M (SD) / %	
Gambling behaviour^a				
SOGS-R Full score (paired samples t-test)	11.1 (2.9)	–	8.1 (3.6)	Eta Squared = .35**
Experience of having current gambling problems (McNemar's test)	75%	–	20%	Effect size?? = .XXX***
Gambling cognitions^b				
GBQ Full score	75.5 (27.5)	34.5 (12.7)	36.6 (17.5)	Partial Eta Squared = .70***. Post-hoc tests: T2<T1***, T3<T1***
GBQ Luck/perseverance	46.9 (19.6)	18.7 (6.8)	21.0 (10.5)	Partial Eta Squared = .70***. Post-hoc tests: T2<T1***, T3<T1***
GBQ Illusion of control	28.6 (11.6)	15.9 (7.4)	15.6 (8.4)	Partial Eta Squared = 0.59***. Post-hoc tests: T2<T1***, T3<T1***
Mental health^c				
SCL-90 GSI score	0.7 (0.5)	0.4 (0.4)	0.4 (0.5)	Partial Eta Squared = .46**. Post-hoc tests: T2<T1**, T3<T1**
SCL-90 PST score	36.0 (18.5)	24.0 (18.8)	20.1 (18.4)	Partial Eta Squared = .56***. Post-hoc tests: T2<T1***, T3<T1***
SCL-90 PSDI score	1.5 ()	()	()	Partial Eta Squared = .37**. Post-hoc tests: T2<T1**, T3<T1*

T1 = Pre-treatment, T2 = Post-treatment, T3 = Follow-up. M = mean, SD = standard deviation. ^a SOGS-R = South Oaks Gambling Screen Revised, full scores range between 0 – 20, assessed at T1 and T3. ^b GBQ = Gamblers Belief Questionnaire, full scores range between 21 – 147, scores on the luck/perseverance subscale range between 31 – 91 and scores on the illusion of control subscale range between 8 – 56. ^c SCL-90 = Symptom Checklist-90-Revised, GSI = Global Severity Index this index represents the mean score on all 90 items, PST = Positive Symptom Total this index represents the number of items endorsed, PSDI = Positive Symptom Distress Index this index represent the mean score on the endorsed items. * p < .05, ** p < .01, *** p < .001

Table 4

Table 4 Reports from the interviews, n = 36.	
	Follow-up
	M (SD) / %
Current gambling, gaming and mental health problems	
Self-reports of recovery	
Considered themselves as recovered	75.0%
Reports of current gambling problems	13.9%
No information regarding current gambling	11.1%
Received mental health treatment after completing the program	37.1%
Received treatment for gambling problems after completing the program	17.1%
Recent difficulties controlling video-/online-gaming	20%
Experiences of the treatment program	
Self-reported satisfaction with the treatment program (response options: 1-10)	8.7 (1.4)
Comments to the treatment program (open-ended question)	
Meant that the program should be better adjusted to fit persons with different levels of gambling problems	8.3%
Meant that there was too much paperwork	19.4%
Appreciated the anonymity and flexibility related to time, place and subject of the phone conversations	30.6%
Valued the conversation with the therapist greatly	58.3%
Found the ending to be too sudden/soon	5.6%

M = mean, SD = standard deviation.

Selfreported satisfaction with the program:

8.7

75%

Consider themselves as recovered.

13.9 %

Current gambling
problems

37.1%

Received help for mental
health after the program

17.1%

Received help for
gambling problem after
the program

20%

Experienced recent
difficults with gaming

***«Remote-based treatment
for gamblers must be
continued and further
developed»***

Handlingsplan mot
spilleproblemer

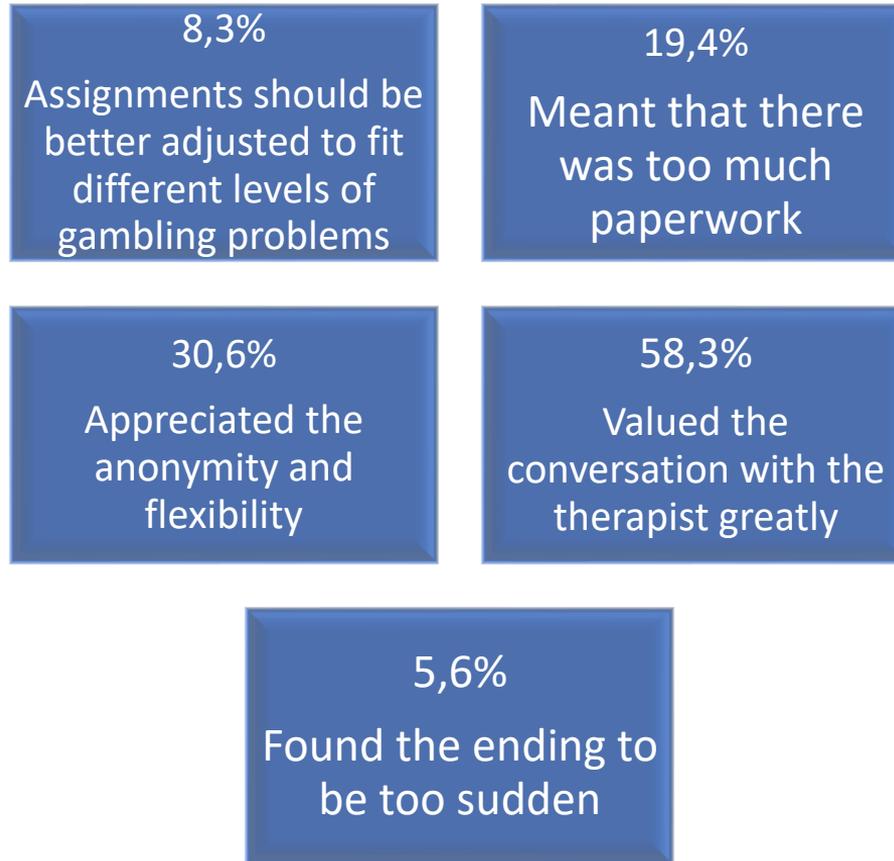
2019-2021



Table 4

Table 4 Reports from the interviews, n = 36.	
	Follow-up
	M (SD) / %
Current gambling, gaming and mental health problems	
Self-reports of recovery	
Considered themselves as recovered	75.0%
Reports of current gambling problems	13.9%
No information regarding current gambling	11.1%
Received mental health treatment after completing the program	37.1%
Received treatment for gambling problems after completing the program	17.1%
Recent difficulties controlling video-/online-gaming	20%
Experiences of the treatment program	
Self-reported satisfaction with the treatment program (response options: 1-10)	8.7 (1.4)
Comments to the treatment program (open-ended question)	
Meant that the program should be better adjusted to fit persons with different levels of gambling problems	8.3%
Meant that there was too much paperwork	19.4%
Appreciated the anonymity and flexibility related to time, place and subject of the phone conversations	30.6%
Valued the conversation with the therapist greatly	58.3%
Found the ending to be too sudden/soon	5.6%

M = mean, SD = standard deviation.



That's all Folks!