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Recent Research Abstracts

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GAMBLING COUNSELLING

University of Queensland, Community Service and Research Centre (2003) *Problem gambling in non-English speaking background communities in Queensland – A pilot study: Final report.* <http://www.uq.edu.au/csrc/media/problemgambling.pdf>

This is the final report on a research project undertaken to explore the issue of problem gambling within non-English speaking background (NESB) communities in Queensland. The project was carried out over an 11 month period from August 2002 to June 2003, and focused on three communities: Chinese, Greek and Vietnamese. Project aims included to: explore the underlying reasons for gambling; examine the impacts of problem gambling, on the individual, on relations with family and friends, on the community and in the workplace; undertake a prevalence study; identify the barriers that prevent access to available support and assistance for problem gamblers and their families; undertake a needs analysis, from the perspective of the problem gambler, of the most effective forms of treatment and support; perform an analysis of best practice in provision of services for NESB problem gamblers and their relatives; and make recommendations concerning culturally appropriate services to assist problem gamblers and their families.

Crisp, B.R.; Jackson, A.C.; Thomas, S.A.; Thomason, N.; Smith, S.; Borrell, J.; Ho, W. & Holt, T.A. (2001) Is more better? The relationship between outcomes achieved by problems gamblers and the number of counselling sessions attended. *Australian Social Work*, 54 (3), 83-92

This paper addresses the question of how much intervention is necessary for the effective treatment of problem gambling by exploring the relationship between the number of counselling sessions attended and the degree of problem resolution achieved for 613 individuals who attended problem gambling counselling services in Victoria. While those who achieved partial or full resolution of presenting problems attended more sessions than those who finished counselling with their problems still unresolved, problems were typically reported as being resolved in fewer than five sessions. It is concluded that for some problem gamblers a relatively brief intervention may be sufficient.

Joukhador, J.; Maccallum, F. & Blaszczynski, A. (2003) Differences in cognitive and social distortions between problem and social gamblers. *Psychological Reports*, 92 (3), 1203-1214.

Substantial empirical evidence supports the cognitive model of gambling, which holds that irrational beliefs and erroneous perceptions play a pivotal role in the development and maintenance of problem gambling behaviours. This study aimed to show a measurable difference in irrational gambling beliefs between problem gamblers and social gamblers. The findings support the cognitive explanatory model, with problem gamblers endorsing more irrational beliefs across most domains. The implications for cognitive therapy for problem gambling behaviour are also discussed.