



# Internet Treatment Options for Problem Gambling

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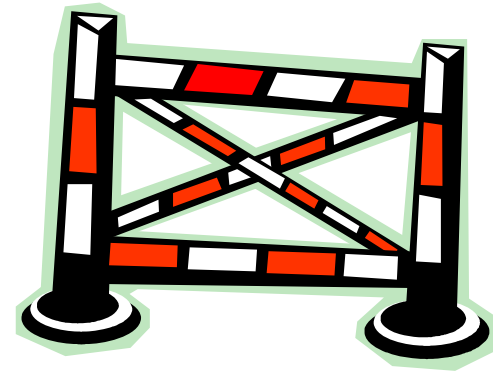
## Why consider a new form of treatment?

- The majority of problem gamblers (90-97%) do not engage in treatment
- Problem gambling
  - ↑ psychological & physical problems
  - ↑ suicide
- Annual cost of each pathological gambler
  - = \$20,000-\$56,000



# Barriers to treatment seeking

- Desire to solve problem unaided
- Lack of problem recognition
- Shame, pride
- Fear of stigma
- Inability to attend treatment
- Discomfort with existing treatment options





# Internet-based Treatment

- Private
- Anonymous
- Accessible
- Convenient
- Cost-effective





# Internet Therapy

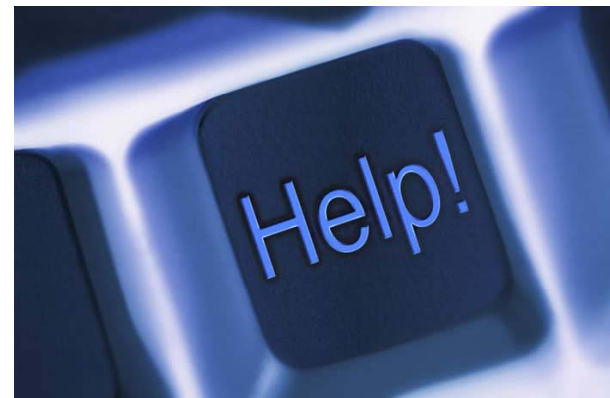
- CBT Principles
- Structured
- Evidence-based
- Includes assessment procedure
- ↓ Clinician input
- ↑ Client input





# Online interventions

- Screening & brief intervention
- Normative feedback
- Tailored program content
- Typically self-guided
- Online social support





# Effectiveness of Internet-based treatment

- Internet therapy effective compared to face-to-face therapy
- Emerging evidence for treatment of problem gambling
- Brief online interventions effective for smoking & problem drinking
- Effective for young adults
- Reach previously untreated populations



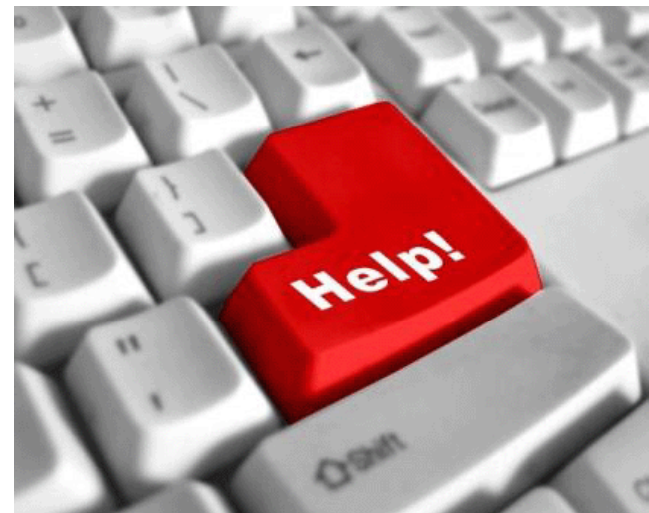
## Issues for consideration

- Cross-jurisdictional care
- Client suitability
- Implementation
- Cost
- Research



# Internet-based Treatment

- More research is needed
- Internet-based treatment may be an successful and cost-effective service for those who would not otherwise seek help





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# Thank you

Questions? Comments?

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