

Suicidal Ideation Among Gambling Help-Seeking Individuals

Research Team:

Dr. Michelle L. Malkin (GRPI Director)
 Dr. Michele Stacey (GRPI Affiliated Faculty)
 Margaret Paul, M.S. (Doctoral Candidate (SLU))

Prior Research:

About 40% of people diagnosed with Gambling Disorder report lifetime suicidal ideation, compared to 15.6% of the general population.¹ Little is known as to whether being in gambling addiction recovery may impact past year suicidal ideation.

Research Questions:

- Do suicidal ideations differ between active gamblers and people in recovery?
- Among those seeking help for gambling, how do lifetime suicidal ideations differ from past-year suicidal ideations?
- What factors appear most relevant to suicidal ideations for active gamblers who are seeking help for gambling?

Gambling Behavior and GD Severity

- 51% gambled in the past-year ("active gamblers") (N=170)
- 49% have not gambled in the past-year ("in recovery") (N=152)
- 81% Self-Identify as "Problem Gambler"
- There was **no statistical difference in gender** on whether individuals were active gamblers or in recovery

GD Severity:

- 5% no to low risk
- 11% moderate GD
- 85% severe GD
- 81% of those who gambled in the past year scored as moderate to severe GD

Methodology

- Participants must have sought help for gambling **at any time in life in any way**
- Snowball sample including individuals at a large international gambling recovery conference, email campaign, & shared by "well-meaning" others on social media
 - *Issue with Bots:* Utilize a variety of Qualtrics and other data accuracy methods to ensure inclusion of only valid responses while erring on side of exclusion
- Final sample size = 332 validated responses
- Measures included gambling behavior, gambling-related harms (BBGS), risk & severity (DSM-5)
- Chi-square, t-tests, logistic regressions

Lifetime Suicidal Ideation (SI)

Nearly 38% of individuals reported **lifetime suicidal ideation (SI)**

Lifetime SI was almost **twice the rate among women** than men (53% women; 28% men; $p < .001$).

No significant difference in lifetime SI between individuals **actively gambling** (37.58%) and **those in recovery** (37.84%).

While no significant difference was indicated, nearly 20% of individuals **actively gambling** reported a **lifetime suicide attempt** compared to 14% of individuals **in recovery**.

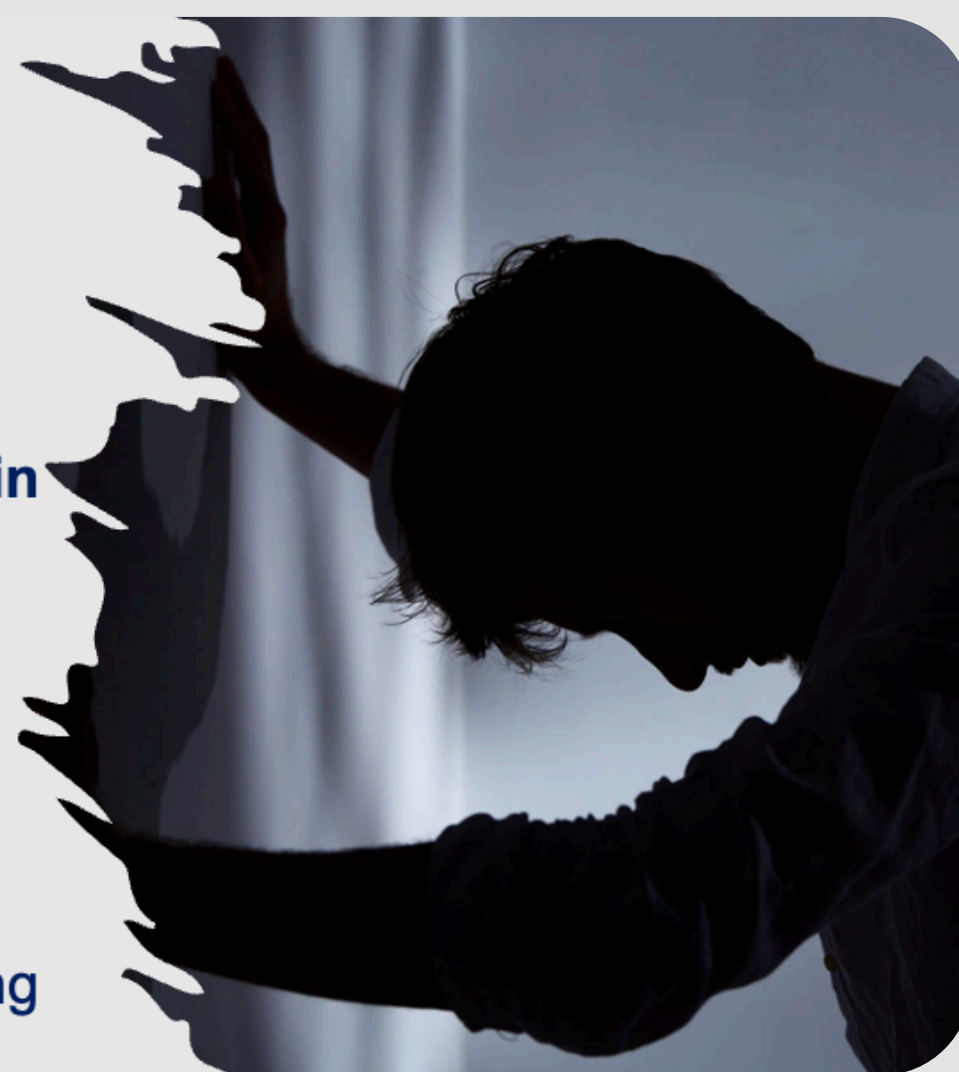
Gambling Disorder severity is significantly related to lifetime SI:

- 85% Severe
- 10% Moderate
- 3% at risk
- 1% no risk

All lifetime SI had moderate to severe GD; lifetime SI not significantly related to BBGS risk

Past-Year SI

- There was **not a significant gender** difference in **past-year SI** (16% women; 9% men).
- Similarly, **no significant difference in GD severity**, however **experiencing 1+ gambling-related harms** is significant.
- Individuals **with** past year gambling (19.28%) were over **7x** as likely to report **past-year SI** than individuals **without** past-year gambling (2.7%; $p < 0.001$).



What differentiates those with past-year SI and those without SI who gambled in the past year?

- The number of gambling-related harms experienced
- > No SI in past year = 2.4 average gambling-related harms
 - > SI in past year = 3.9 average gambling-related harms

For those that only reported having SI at one time only in their life, which occurred **AFTER** their self-perceived problem gambling, 95% scored as having severe GD.

So What?



IN GENERAL, LIFETIME SI IS OVER 30% WHICH IS MUCH HIGHER THAN GENERAL POPULATION (~15%)



LIFETIME SI IS SIGNIFICANTLY RELATED TO GD SEVERITY



ACTIVELY GAMBLING IS SIGNIFICANTLY RELATED TO LIKELIHOOD OF SI, WHILE BEING IN RECOVERY SIGNIFICANTLY LOWERS THIS RISK



EXPERIENCING AT LEAST ONE GAMBLING-RELATED HARM IS SIGNIFICANTLY RELATED TO SI, WITH SI INCREASING BASED ON THE NUMBER/ PROGRESSION OF GAMBLING-RELATED HARMS

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1. Armoon et al., 2023; Battersby et al., 2006; Darbeda et al., 2020; Guillou-Landreat et al., 2016; Håkansson & Karlsson, 2020; Haydock et al., 2015; Hodgins et al., 2006; Hubert et al., 2018; Jolly et al., 2021; Karlsson & Håkansson, 2018; Kristensen et al., 2023; Ledgerwood et al., 2005, 2014; Ledgerwood & Petry, 2004; Lee et al., 2021; Metcalf et al., 2023; Pavarin et al., 2022; Petry & Kiluk, 2002; Roberts et al., 2017; Ronzitti et al., 2017; stauhny et al., 2023; Wardle et al., 2019; Valenciano-Mendoza et al., 2021, 2023; Wong et al., 2014)