Gambling Personality and Behaviour

The following material will be integrated (copied and pasted) into Qualtrics after survey completion.

Thank you for taking part in this study

The aim of this study was to explore psychological characteristics found in substance users, and see if those same characteristics are seen in people who gamble regularly.

One is meaning in life. Research with substance users shows that the search for meaning is associated with increased substance use, and presence of meaning is associated with less substance use. In this study we wanted to see if the same associations could be made in relation to gambling behaviour.

The other characteristic of interest is alternative reinforcement. This is measured by the amount of enjoyment a person experiences from everyday activities - excluding addictive behaviour. Research with substance users shows that less alternative reinforcement (enjoyment from other activities) is associated with increased substance use. In this study we wanted to see if these findings could be replicated regarding gambling behaviour.

Finally, research on gambling has revealed that people who gamble regularly end up doing so for diverse reasons which have been categorised into distinct ‘pathways’. We want to see if these different gambling ‘pathways’ have any association to meaning in life, and alternative reinforcement (as described above).

This research is valuable as it will help inform on factors associated with the development of regular gambling behaviour. If at any time you feel distressed about gambling behaviour or wish to speak to someone about this you can find help through the following links:

The NHS <https://www.nhs.uk/live-well/healthy-body/gambling-addiction/>

GamCare <https://www.gamcare.org.uk/>

The National Gambling Helpline (0808 8020 133)

**Project contact details for further information:**

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