**Final Year Project Notes**

**Factors to consider when thinking about gambling**

dissociation, urge to gamble, dark flow, and illusion of control

**Dissociation** describes a state of changed identity [33], colloquially called the zone [58]. Pathological players often report various types of dissociative states either during or shortly after their participation in a gambling activity [34]. Characteristics of dissociation include losing track of time, feeling like being someone else, blacking out, not recalling own actions or being in a trance-like state [30]. The player hides problems and loses track of the lost money while gambling. This makes dissociation the most harmful factor [34].

**Urge to gamble** is the desire, craving and motivation to gamble again. It is a key factor involved in the development, maintenance and relapse of gambling disorder [74]. Urge to gamble is often a symptom of gambling addiction [51]. A desire to gamble also occurs when being interrupted while gambling [65]. For instance, Candy Crush implements a forced break after a defeat. This causes a craving resulting in some players spending money to skip the forced break [8]. An increased urge to gamble value in non-pathological gamblers could indicate a high chance to gamble again.

**Dark flow** has its origins in sports describing a possible cause for exercise addiction [52]. Flow is the complete absorption of a person into the performance of an activity [19]. Dark flow describes the dependency on the experience of flow by repeating a specific activity, e.g., running or surfing [52]. This phenomenon also is observable in gambling. Gamblers with a higher Problem Gambling Severity Index showed more dark flow on a slot machine [21].

**Illusion of control** is one of the main fallacies involved in the maintenance of gambling behavior [3]. There are multiple factors creating an illusion of control, like active or passive involvement, choice, familiarity and competition [37]. It leads to the experience of a sense of personal competence and perception of skill. This experience results in higher bets when being allowed to throw the ball in roulette [35] or the dice in dice games [37]. Despite having no influence on the final outcome, slot machine game m