



# Problem Gambling Research and Treatment Centre

Annual Report 2010



MONASH University





# Centre Key Achievements in 2010

- Major progress has been made towards the completion of the PGRTC Guidelines for Screening, Assessment and Treatment in Problem Gambling. The guidelines will provide a valuable aid to those involved in the design and delivery of problem gambling treatment services when released in June 2011 after NHMRC approval.
- Centre staff completed 15 manuscripts that were submitted to refereed journals. In addition two research reports were accepted by government. Thirty two conference presentations were delivered by Centre staff including delivery of the keynote address at the 7th International Conference on Gaming Industry and Public Welfare, in Beijing.
- The Centre provided training to 183 participants in six workshop activities conducted at the Monash University Conference Centre, University of Melbourne and Monash University.
- The Centre continued to attract higher degree students with 17 students currently under supervision by Centre staff. The students are enrolled at both the University of Melbourne and Monash University.
- The Centre continued the Practitioner Fellowship scheme whereby fellows undergo training in practitioner and clinical research methodology. Two Practitioner Fellows have enrolled in PhDs. This will add to the sector's research and development capability.
- A range of active research projects were conducted with a focus upon the development of effective treatments for problem gambling and the aetiology of problem gambling. The Centre attracted \$2.48 million dollars in external research grants including \$2.1 million over three years from the Department of Justice for a randomised control trial to determine effective treatments for problem gambling.
- The Centre has established a range of productive partnerships with key local, national and international agencies and researchers to support its activities. Two staff were awarded Honorary Research Fellows with the Chinese Centre for Lottery Studies at Peking University.
- Researchers from China, Malaysia, Singapore, New Zealand and Hong Kong, and leading researchers from the United States, Canada and the United Kingdom and Scandinavian countries visited the centre in 2010.
- Centre members participated in RGMAC and various of its policy and practice working parties.
- Centre members contributed to a range of learned bodies and academies.





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# Chairman's 2010 Report

It is my pleasure to present the 2010 report of the Problem Gambling Research and Treatment Centre, a joint activity of Monash University and the University of Melbourne with funding support from the Victorian Government through the Department of Justice. The notable achievements of the Centre in this period included:

## Training activities

During this year, the Centre ran its workshop training program with strong attendances from the Gamblers Help sector. The Centre provided training to 183 participants in six separate activities including a highly regarded skills based training session in Behaviour Therapy presented by a leading international expert. The continuation of the PGRTC Practitioner Fellowships in which four staff from the Gambler's Help sector are attending a 12 month part time problem gambling research training program adds significantly to the research skill base of the sector. Research training also occurred through the Clinical Research Partnership Program.

## Guidelines and review activities

Considerable progress has been made towards the completion of the PGRTC Guidelines for Screening, Assessment and Treatment of Problem Gambling. The Guidelines have been registered with the Australian NHMRC and are awaiting NHMRC approval that has now been granted in 2011. The underlying Cochrane Systematic Review protocols have been submitted for publication with the Cochrane Depression, Anxiety and Neurosis Group at Bristol University. The guidelines will provide a valuable aid to those involved in the design and delivery of problem gambling treatment services when released in 2011.

## Research and publication and dissemination activities

Centre staff completed 15 gambling research manuscripts in 2010 as well as an additional two research reports to government. Thirty two conference presentations were delivered by Centre staff including the keynote address at the 7th International Conference on Gaming Industry and Public Welfare, in Beijing. The Centre continued to attract higher degree students with 17 HDR students currently under supervision by Centre staff in addition to the four Practitioner Fellows. The Centre attracted \$2.48 million in research grants for a portfolio of active research projects. The focus of these grants is upon the development of effective treatments for problem gambling and the development of better understandings of the aetiology of problem gambling. This activity has and will provide significant strategic benefit to the design and delivery of problem gambling treatment services and prevention activities.

## Partnership activities

In 2010, the Centre has established a range of productive partnerships with key local, national and international agencies and researchers to support its activities.

I commend the report to you.

**Professor Thomas J Triggs,**  
Emeritus Professor and Chair of the Problem Gambling Research and Treatment Centre

4 August, 2011

# Board members

## Chair

**Professor Thomas J Triggs**, Emeritus Professor,  
Monash University Accident Research Centre,  
Monash University

## Members

**Cate Carr**, Director Gambling Policy, Research and Coordination,  
Office of Gaming and Racing, Department of Justice, Victoria

**Professor Alun Jackson**, Professor and Director,  
Problem Gambling Research and Treatment Centre  
Melbourne Graduate School of Education,  
University of Melbourne

**Ross Kennedy**, Executive Director,  
Office of Gaming and Racing,  
Department of Justice, Victoria

**Professor Leon Piterman AM**,  
Head, School of Primary Health Care and Senior Deputy Dean,  
Faculty of Medicine, Nursing and Health Sciences,  
Monash University

**Professor Field Rickards**,  
Dean, Melbourne Graduate School of Education,  
University of Melbourne

**Professor Bruce Singh**, Deputy Dean,  
Faculty of Medicine, Nursing and Health Sciences,  
Monash University and Chair,  
Responsible Gambling Ministerial Advisory Council

**Larissa Strong**, Director of Problem Gambling and Strategy,  
Office of Gaming and Racing, Department of Justice, Victoria

**Professor Shane Thomas**, Professor and Director,  
Problem Gambling Research and Treatment Centre  
Faculty of Medicine, Nursing and Health Sciences,  
Monash University



*(Left to right) Front row: Cate Carr, Professor Tom Triggs, Larissa Strong. Back row: Mr Christopher Anderson (PGRTC Executive Officer), Professor Leon Piterman AM, Professor Alun Jackson, Professor Shane Thomas, Ross Kennedy. Absent: Professor Field Rickards, Prof Bruce Singh.*

# Board Chair and Director biographies

## Professor Tom Triggs

Professor Tom Triggs is an Emeritus Professor at Monash University in The Monash University Accident Research Centre. He is associated primarily with the human factors and simulation program in road safety at the Centre. Formerly, he was Director of the Battelle Human Factors and Organisational Effectiveness Research Centre in Seattle, and Manager, Experimental Psychology Department at Bolt, Beranek and Newman in Boston. His current research interests at MUARC are in human factors of decision-aiding, human-machine interface issues, young driver performance and training, and driving simulation. He obtained his PhD. in Psychology from the University of Michigan and his Master's degree in Aeronautical Engineering from the University of Sydney.

Professor Triggs is a Fellow of the Human Factors and Ergonomics Society, and a Fellow of the Ergonomics Society of Australia of which he is a Past President. He was awarded the Cumming Memorial Medal of the Ergonomics Society in 2000, and was co-recipient of the Alan Welford Award of the Society in 2002. He was previously Associate Editor of Human Factors for 21 years, and the Australian and New Zealand Associate Editor of Applied Ergonomics for 10 years. He has served as a member of the editorial board of Safety Science. He is currently Chair of the State of Victoria Problem Gambling, Research and Treatment Centre.

## Professor Alun Jackson

Alun C Jackson PhD, is Professor and Director of the Problem Gambling Research and Treatment Centre at the University of Melbourne, a Professorial Fellow of the Melbourne Graduate School of Education, an Honorary Professor of Peking University and an Honorary Research Fellow of the Centre on Behavioural Health at the University of Hong Kong.

Professor Jackson 's previous positions include: Chair of Social Work at the University of Melbourne from 1997 to 2007; Chairman of the Centre for Migrant and Intercultural Studies at Monash University; Director of the HIV/AIDS Socio-behavioural Research Unit at the University of Melbourne. He is the President of Drummond Street Services. Professor Jackson has been involved in the design and direction of many large scale gambling research projects including an evaluation of the Victorian Gambler's Help service, an assessment of the health and mental health effects of gambling on women; an analysis of best practice in treatments; a study of the impact of gambling on children and adolescents; a review of prevalence measures; and the design of gambling counsellor practice standards. Professor Jackson, through 2010 was a member of a number of Responsible Gambling Ministerial Advisory Council Working Groups and a member of the Victorian Independent Gambling Peer Review Panel.

Professor Jackson has supervised 50 higher degree students to completion and has additional research interests in parental adjustment to chronic disease management in children; psychosocial aspects of cosmetic surgery; and depression and suicide in anabolic steroid users. He has designed or co-designed the Problem Gambling Significant Other Impact Scale (PG-SOIS) (2009); One Item Problem Gambling Screening Tool for Primary Care Settings (2007); Problem Gambling Family Impact Measure (Problem gambler version) [PG-FaIM – PG] (2003; revised 2009); Problem Gambling Family Impact Measure (Family member version) [PG-FaIM-F] (2003; revised 2009); the Counsellor Task Analysis (Problem Gambling) [CTA-PG] Tool (2003); the Craniopharyngioma Symptom and Treatment Impact Scale (2003); and the Paediatric Discharge Planning Screening Tool (2003).



## Professor Shane Thomas

Shane Thomas is Deputy Dean and Professor of Primary Health Care Research in the School of Primary Health Care, Faculty of Medicine and Professor and Director of the Problem Gambling Research and Treatment Centre at Monash University. He is also an Adjunct Professor at Peking University and an Honorary Professor at University of Sydney. Professor Thomas has written over 250 refereed publications including four authored books, one of which is in its sixth edition.

Professor Thomas' research interests include:

- Problem gambling treatment research
- Decision support tools and systems
- The development of key performance indicators and outcome measurement tools in research and evaluation
- Hospital and primary care service quality improvement
- Chronic disease and its clinical and self-management
- Cultural factors in healthy ageing
- Research in community and primary care services

Professor Thomas has supervised 50 higher degree students to successful completion of their studies.

# Centre objectives

In September 2006, the Victorian Government announced the Problem Gambling Research and Treatment Centre would be funded, with core infrastructure funding of \$4 million over a four year period.

The Centre grew out of an existing research program operated under the direction of Professor Alun Jackson, Melbourne Graduate School of Education, University of Melbourne and Professor Shane Thomas, School of Primary Health Care, Monash University.

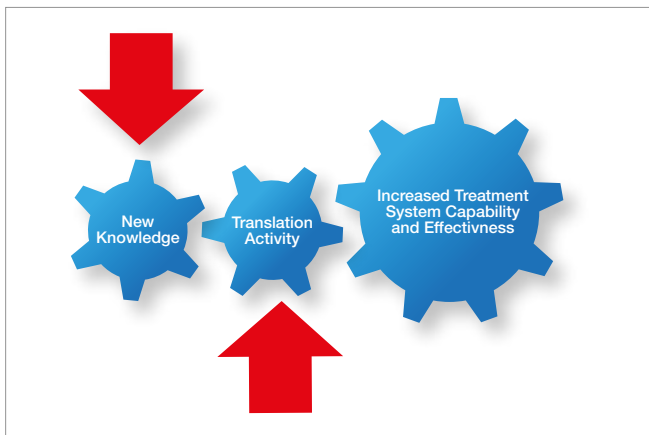
The overall purpose of the Centre is to be a 'Thought Leadership' centre, where innovation, service development, research and knowledge transfer are brought together within an environment of rigorous evaluation. The functions of the Centre are to:

- Conduct internationally leading research in the treatment of problem gambling and its aetiology;
- Conduct 'State of the Art' Reviews of Treatment and Prevention Methods for Problem Gambling;
- Lead the development of clinical guidelines for the screening, assessment and treatment of problem gambling;
- Provide training for the gambling, problem gambling and primary care workforces;
- Develop problem gambling research capacity;
- Participate in the development of skills, qualifications and competency based standards for the problem gambling workforce; and
- Conduct problem gambling service modelling and evaluation.

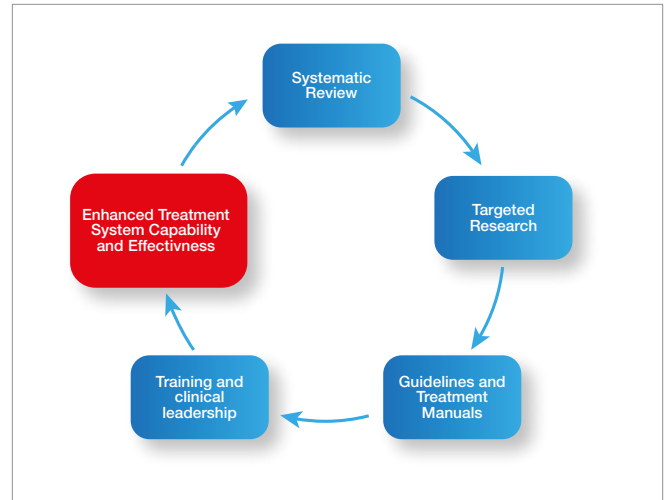
Following the change of government and Minister in November 2010, the PGRTC functions were affirmed as continuing to be operative.

# The link between generation of new knowledge, translation and increased system capacity in the PGRTC

Translation activity linking research to practice improvement is required to bring about increased system capability and effectiveness. Without it the generation of new knowledge is very unlikely to bring about increased capability and effectiveness. If it occurs at all, it will be much smaller than if linked and integrated translation activity has occurred. The PGRTC's contribution is the generation of new strategic knowledge and knowledge translation activities resulting in INCREASED TREATMENT SYSTEM CAPABILITY AND EFFECTIVENESS. It does not merely do research and then hope this will somehow translate into improved capacity and effectiveness; it provides this key link through a range of targeted activities.



The above diagram illustrates the link the Centre provides between knowledge generation and increased system capability and effectiveness. The PGRTC's strategy is to systematically, rigorously and continuously review current knowledge in treatment of problem gambling, to conduct targeted research into the identified knowledge gaps, to produce high quality treatment guidelines and treatment manuals to guide clinical practice, to train the treatment workforce in these techniques and provide clinical leadership to ENHANCE TREATMENT SYSTEM CAPABILITY AND EFFECTIVENESS.



The above diagram illustrates the Centre's strategy in linking knowledge generation and research to enhancement of treatment system capability.

# Directors' overview report of key program achievements and activities in 2010

## Training activities

A key activity in 2010 has been the ongoing conduct of the high quality workshop training program attended by Gamblers Help counsellors, private and Industry counsellors and DoJ policy, research and project staff. The Centre has provided training to 183 participants in five workshop activities and the ENERGI Conference conducted through the year at the Monash University Conference Centre, University of Melbourne and Monash University campuses.

## Practitioner Fellowships

A further highlight was the consolidation of the PGRTC Practitioner Fellowships scheme that was established in 2009. In 2010, four new Fellowships were awarded by Monash University, with two enrolling in PhD programs at the end of the year. The Practitioner Fellows attend a 12 month part time problem gambling research methodology training program while continuing their clinical work. This scheme adds significantly to the research skill base of the Gamblers' Help sector and to the broader problem gambling sector.

## Guidelines and Review Activities

Major progress has been made towards the completion of the PGRTC Guidelines for Screening, Assessment and Treatment in Problem Gambling. The guidelines have been formally registered with the Australian National Health and Medical Research Council and the associated Cochrane reviews have been formally registered with the Cochrane Depression, Anxiety and Neurosis Group at Bristol University. The guidelines will provide a valuable aid to those involved in the design and delivery of problem gambling treatment services when released in 2011.

## Research and Publication and Dissemination Activities

Research dissemination has been achieved in a number of ways including publication or submission of articles to international journals including *Addiction*, *the Cochrane Database of Systematic Reviews*, *Clinical Case Studies*, *International Journal of Mental Health and Addiction*, *Psychopharmacology*, *Experimental and Clinical Psychopharmacology*, *Cyberpsychology*, *Behaviour*, and *Social Networking*, *Journal of Gerontological Social Work*, *Journal of the Experimental Analysis of Behaviour*.

In addition, 31 conference papers have been presented at a range of state-wide, national and international conferences and workshops.

Another important aspect of research dissemination is through the media, and in 2010, PGRTC staff made over 30 media appearances in the press and electronic media, including multiple interviews and reportage on the *Children at Risk* study. Both this research and the Centre's research on *Commonalities in the psychological factors associated with problem gambling and Internet dependence* were featured research on the international NewsScan website.

The Centre continued to attract higher degree by research students with 17 currently under supervision by Centre staff. The students are enrolled at both the University of Melbourne and Monash University.

A range of active research projects is under way with a focus upon the development of effective treatments for problem gambling and the aetiology of problem gambling. In 2010 these included the following studies:

- Longitudinal risk and protective factors in problem gambling
- Family violence and gambling: Prevalence, impact and coping in help-seeking populations
- The relationship between access to gambling and gambling behaviour in Victoria: A longitudinal study using survey and community-level data with a focus on problem gambling
- Children at risk of developing problem gambling
- Randomised Controlled Trial Evaluating the Effectiveness of Interventions for Problem Gambling.

## Partnership Activities

In 2010, the Centre has established a range of productive partnerships with key local, national and international agencies and researchers to support its activities. The Centre was visited by several international delegations in 2010. China through its national China Centre for Lottery Studies groups has sent a large delegation of gambling managers and researchers with plans for further visits to the Centre as has Malaysia, Singapore, Hong Kong, and New Zealand. We have also hosted visits from leading individual researchers from the United States and the United Kingdom and Scandinavian countries.

## Research Translation Activities

A strong priority for the Centre is research translation of the results of its research into useful policy and practice. Professor Thomas is a member of the Responsible Gambling Ministerial Advisory Committee appointed by the Victorian Minister for Gaming. Centre members belong to various of RGMAC's policy and practice working parties. The Centre's Practitioner Fellows enrolled at Monash University have been and will contribute to research translation in clinical facilities.

The Centre continues to engage in extensive dialogue with clinical agencies in evidence based service development activities.

# Key PGRTC Performance Indicators for 2010

Indicator name	Target	2010 Result
Conduct the activities specified within the business plan within specified time and budget parameters	85% compliance	90% compliance
Publication activity	Submission of 12 journal papers Completion of 3 project monographs	15 journal papers submitted 2 Research reports submitted
External Grants	Seek one NHMRC, one ARC Linkages and RCT project funding	10 Grant applications submitted RCT Funding begun
Higher degree by research students	Enrol an additional 2 HDR students in 2010	7 additional HRD students enrolled
Number of people trained in training program	200+ participants in training program activities in 2010	183 participants trained
Presentation of papers at scientific conferences	6 presentations in 2010 including 2 invited keynote addresses	32 conference presentations 1 keynote
Completion of PG clinical guidelines	Finalise and disseminate guidelines by end 2010	To be completed and disseminated in 2011 due to NH&MRC endorsement process.

# Key contributors to the problem the Problem Gambling Research and Treatment Centre for 2010

## University staff

### Directors

**Professor Alun Jackson**, Director, Problem Gambling Research and Treatment Centre, The University of Melbourne

**Professor Shane Thomas**, Director, Problem Gambling Research and Treatment Centre, Monash University

### Staff

**Mr Christopher Anderson**, Research Fellow and Executive Officer, Problem Gambling Research and Treatment Centre, Monash University

**Ms Anna Chapman**, Research Fellow, Problem Gambling Research and Treatment Centre, Monash University

**Dr Darren Christensen**, Research Fellow, Problem Gambling Research and Treatment Centre, The University of Melbourne

**Dr Sean Cowlshaw**, Research Fellow, Problem Gambling Research and Treatment Centre, Monash University

**Mr Ramsay Wright Dixon**, Research Assistant, Problem Gambling Research and Treatment Centre, The University of Melbourne

**Dr Nicole Dowling**, Senior Research Fellow, Problem Gambling Research and Treatment Centre, The University of Melbourne

**Ms Kate Francis**, Research Fellow, Problem Gambling Research and Treatment Centre, The University of Melbourne

**Ms Chelsea Harris**, Centre Administrator, Problem Gambling Research and Treatment Centre, The University of Melbourne,

**Ms Felicity Lorains**, Research Assistant, Problem Gambling Research and Treatment Centre, Monash University

**Ms Stephanie Merkouris**, Research Assistant, Problem Gambling Research and Treatment Centre, Monash University

**Dr Harriet Radermacher**, Research Fellow, Problem Gambling Research and Treatment Centre, Monash University

**Ms Nelum Salgado**, Executive Assistant, Problem Gambling Research and Treatment Centre, Monash University

**Ms Azusa Umemoto**, Research Fellow, Problem Gambling Research and Treatment Centre, The University of Melbourne

**Ms Sophie Vasiliadis**, Research Assistant, Problem Gambling Research and Treatment Centre, The University of Melbourne

**Dr Hui Yang**, Senior Research Fellow and Coordinator of International Relations, Problem Gambling Research and Treatment Centre, Monash University

**Ms Jessie Zhan**, Administrative Officer, Problem Gambling Research and Treatment Centre, Monash University

## Honorary staff and associates

**Dr Maria Bellringer**, BScHons, PostGradDipH Sc, PhD, Honorary Fellow, affiliated with Problem Gambling Research and Treatment Centre, The University of Melbourne

**Ms Jodi Clarke**, BSW, Honorary Fellow, affiliated with Problem Gambling Research and Treatment Centre, The University of Melbourne (Application in Progress)

**Ms Sanja Cosic**, BA, DipEdPsych, MEdPsych, MA, Honorary Fellow, affiliated with Problem Gambling Research and Treatment Centre, The University of Melbourne

**Ms Rhonda Nelson-Hearity**, BSW, Honorary Fellow, affiliated with Problem Gambling Research and Treatment Centre, The University of Melbourne,

**Professor Mingming Shen**, B.A., PhD., Director, China Centre for Lottery Studies, School of Government, Peking University affiliated with Problem Gambling Research and Treatment Centre, Monash University

**Dr Wang Xuehong MBA**, Ph.D., Executive Associate Director China Centre for Lottery Studies, School of Government, Peking University affiliated with Problem Gambling Research and Treatment Centre, Monash University

# Memberships and Linkages with National and International bodies in 2010

An important feature of our Centre is its linkages with government agencies and leading national and international institutions.

In 2010 Centre staff had membership of the following:

- International Think Tank on Gambling Research, Policy and Practice
- Responsible Gambling Ministerial Advisory Council (Victoria)
- Responsible Gambling Ministerial Advisory Council Research Working Group
- Responsible Gambling Ministerial Advisory Council Pre-commitment Working Group
- Responsible Gambling Ministerial Advisory Council Pathways to Recovery Working Group
- Responsible Gambling Ministerial Advisory Council Risk Awareness and Risk Reduction Working Group
- Victorian Government Gambling Research Independent Peer Review Panel
- Victorian Office of Gaming and Racing, Reference Groups on
  - Gambler's Help Workforce Planning
  - Service Enhancements
- National Association for Gambling Studies

The Centre continued planning for collaborative research with the China Centre for Lottery Studies at the Peking University, and Professor Thomas provided the keynote address at their *7th International Conference and Forum on Public Welfare and Gaming Industry*. In addition Professor Thomas, on behalf of the Centre, initiated discussions with the Singapore National Addictions Management Service on guidelines development and collaborative research while Professor Jackson, on behalf of the Centre, hosted a forum in Hong Kong for gambling researchers from Hong Kong Polytechnic University, Hong Kong University, The Chinese University of Hong Kong and City University of Hong Kong, to facilitate multi-centre collaborative research.

Professor Jackson acted as an assessor for gambling-related research grant applications for the Hong Kong Research Council and the Ontario Problem Gambling Research Council.



# 2010 ENERGI Conference







# Key Centre Projects and Activities in 2010

## Research Projects

### **Social and Economic Impact of Gambling in Tasmania with Allen Consulting and Social Research Centre, for Tasmanian Treasury), 2010–2011**

Following a prior Social and Economic Impact of Gambling in Tasmania study, a range of harm minimisation measures were adopted in Tasmania. However, the Tasmanian Gambling Commission has found that there are significant problems that remain unaddressed and that policy measures can potentially improve those problems using a consumer protection model. The PGRTC is part of a research team, led by the Allen Consulting Group (ACG) conducting a study which aims to analyse key trends in the Tasmanian gambling industry, examine the impacts of gambling at the local government level, consider the effectiveness of harm minimisation strategies and develop a framework for the future evaluation of these strategies. Included as part of the project is an examination of the prevalence and financial impacts of problem gambling, along with regional analyses of problem gambling patterns. Very importantly, the study includes an emphasis on understanding gambler-generated harm minimisation strategies.

### **Local impacts of electronic gaming machine gambling in Moreland with the Social Research Centre (Moreland City Council), 2010–2011**

This study conducted in the City of Moreland, with the Social Research Centre as a partner focuses on the impact of EGMs at the local level and is a complementary study to the Tasmanian study, providing comparative jurisdictional data. It is hoped that along with providing a wealth of social impact and problem gambling prevalence and co-morbidity data, the study findings will also identify policy implications and suggest actions aimed at improving the effectiveness of harm minimisation initiatives.

### **Randomised controlled trial to determine effective treatments for problem gambling (Victorian Department of Justice), 2010–2012**

The aims of the RCT are to:

1. Identify the most effective treatment approaches for problem/pathological gambling using manualised treatments including Cognitive Behaviour, Behaviour Therapy and Motivational Interviewing Approaches.
2. Build an outcome prediction model to enable the prediction of treatment outcomes for clients presenting for the treatment of gambling problems. The major objective of the outcome prediction study is to provide information about which treatments are best for particular groups and how the characteristics of those undergoing treatment might affect the outcomes obtained.
3. Assess the feasibility of the implementation of the identified treatments in mainstream Gambler's Help Services through a Treatment Matching and Translation Study, the main objective of which is to identify which treatments are most effective for which groups and whether these work effectively in the mainstream Victorian Gamblers' Help service system. Treatment matching studies present new findings about how treatment works, for whom treatment is most effective, and who does best in different kinds of treatment. The Treatment Matching and Translation Study will investigate whether the treatments identified as being more or less successful for key groups from the Outcome Prediction Study are effective for these key groups in the actual mainstream service delivery system.

The hypotheses of the RCT are that all manualised treatments will be more effective than standard unmanualised treatments; that the outcome prediction model will provide significant predictive advantage for prediction of client outcomes; and that there will be some loss of efficacy of treatments in the general Gamblers' Help sector but that the manualised treatments will be more effective than standard unmanualised treatments.

### **Behavioural family intervention for children of problem gamblers: Pilot evaluation with School of Public Health and Preventative Medicine, Monash University (Melbourne Graduate School of Education Staff Grant) 2010–2011**

The aim of this project is to develop and pilot a behavioural family intervention for problem gamblers and their adolescent children. This project builds on the Children at Risk of Developing Problem Gambling research project. Phase 1 aims to develop a manual of a behavioural family intervention that is based on the empirical findings of the Children at Risk Project, as well as general parenting, alcohol and substance use, and other gambling research. This training program targets parents with gambling problems and their young adolescent children (aged 10 to 14 years). Phase 2 involves the identification of problem gambling parents attending Gamblers Help services and offering them the opportunity to participate in the program to explore the feasibility and preliminary efficacy of this pilot intervention. The development of prevention services for individuals raised in problem gambling families will ensure better outcomes for the next generation of young people living with problem gamblers.

**Neural pathways in problem gambling: Comparison of brain function in medically treated abstinent and non-abstinent gamblers** with Department of Addictions Medicine and Neurology Department, St Vincent's Hospital, Melbourne (University of Melbourne Collaborative Research Grant) 2010–2011

This study proposed to examine the effects of regular Naltrexone dosing as part of standard regime of off-label treatment for problem gamblers. We plan to examine the neural activation when gambling stimuli are presented and when subjects have to inhibit a learned response pre and post treatment. By examining these relationships, specifically the change in neurological functioning, we hope to find the neural correlates to measures of problem gambling (and in a later study, alcohol dependence). Investigating these issues will assist in the analysis of the similarities and differences between these disorders and their putative common neurological basis and implications for their treatment.

**Pharmacological interventions for the treatment of pathological and problem gambling: A Cochrane Review (PGRTC funded) 2010–2011**

The objectives of this Cochrane Review are to evaluate evidence for the efficacy and durability of any form of pharmacological treatment for pathological and problem gambling; to evaluate treatment options for pathological and problem gambling to inform evidence based clinical practice; and to assess the relationship between study effect size and methodological features of the randomised controlled trials reviewed, to inform the methodological and conceptual development of future research in the field.

**Psychological interventions for the treatment of pathological and problem gambling: A Cochrane Review (PGRTC funded) 2010–2011**

The objectives of this Cochrane Review are to evaluate evidence for the efficacy and durability of any form of psychological treatment for pathological and problem gambling; to evaluate treatment options for pathological and problem gambling to inform evidence based clinical practice; and to assess the methodological features and risk of bias in existing research to inform the methodological and conceptual development of future research in the field.

## Continuing projects in 2010

**Children at risk of developing problem gambling** (Gambling Research Australia), 2008–2010

Gambling Research Australia commissioned the PGRTC to conduct the Children at Risk of Developing Problem Gambling (tender number 103/06) project where the focus was on the risk factors for the development of gambling problems in children who have a family member with a gambling problem. The project tasks were to: review the published literature on risk exposures and protective factors in relation to children in families where there is a problem gambler; develop an appropriate methodology to conduct an analysis of the risk exposures and their contribution towards the development of problem gambling in children; and develop guidelines that policy makers and program developers can use in future population level interventions and strategies targeted at children at risk of developing problem gambling.

Four studies were conducted:

1. A large scale national community telephone survey of 3953 adults retrospectively reporting on the gambling behaviour of family members during their childhoods
2. A survey of 612 adolescents aged 12 to 18 years sampled from secondary schools
3. A survey of 823 young adults sampled from tertiary institutions, and
4. A survey of 98 individuals seeking problem gambling counselling. Participants retrospectively reported on the gambling behaviour of their family members during their childhoods and prospectively reported on the gambling behaviour of their children. Study four also provided some qualitative analyses that explored the beliefs of problem gamblers about the nature of the familial transmission of problem gambling behaviour according to their own personal experiences.

**Longitudinal risk and protective factors in problem gambling with the John A Burns School of Medicine, University of Hawaii; State-wide Gambling Therapy Service, Flinders Medical Centre; Psychology Department, Victoria University, (PGRTC funded) 2008–2012**

This project is concerned with the identification of risk and protective factors for problem gambling. The focus is upon identifying factors that are amenable to change in order that optimally effective interventions may be developed and delivered to individuals and groups that need them within the Australian community. This study is also concerned with studying the co-morbidities that are frequently associated with problem gambling including alcohol and drug use and mental health issues, specifically including depression.



**Family violence and gambling: Prevalence, impact and coping in help-seeking populations with State-wide Gambling Therapy Service, Flinders Medical Centre; Department of Applied Social Sciences, The Hong Kong Polytechnic University; School of Sociology and Social Work, University of Tasmania; Drummond Street Relationships Centre; South Australian Office for Problem Gambling; Tung Wah Group of Hospitals, Hong Kong (ARC Linkage Grant and PGRTC funded) 2010–2012**

This study involves 15 different agencies across three states of Australia and Hong Kong, and aims to:

1. Systematically establish the **prevalence** of the co-occurrence of problem gambling and family violence in a range of help-seeking populations across Australia, Hong Kong and New Zealand and to determine the way in which the co-morbid conditions of problematic alcohol and drug use and psychological symptoms co-vary with problem gambling and family violence;
2. Determine the **impacts** of problem gambling and family violence on families and the way in which the co-morbid conditions affect these family impacts; and
3. Determine the impacts of problem gambling and family violence on **gambling-related coping** strategies of family members, and the way in which the co-morbid conditions affect these strategies.

Establishing the prevalence of the co-occurrence of the problem behaviours in different help-seeking populations (Aim 1) will enable the development of appropriate screening protocols for these services to ensure that problem gambling, family violence, and co-morbid conditions are captured. This information will also be used to enhance the design of innovative, integrated individual and family service delivery processes and structures, including inter-agency protocols and case management systems. The research priorities will also be met by determining the specific impacts of problem gambling and family violence on families (Aim 2) and will produce data to enhance effective service planning at the levels of primary, secondary, and tertiary prevention. Moreover, information relating to the gambling-related coping styles employed by family members subjected to various combinations of the problem behaviours and co-morbid conditions as stressors (Aim 3) will inform the development and appropriate targeting of coping skill enhancement programs, and impact reduction programs for family members.

**Problem gambling and accessibility of gambling products: A study of electronic gaming machine use, gambling opportunity and presentation for treatment in Victoria (Victorian Department of Justice) 2007–2011**

This study examines the relationship between accessibility of electronic gaming machines (EGMs), both in terms of numbers and density (machines per head of population) and its impact on gambling participation and problem gambling,

as represented by help-seeking, in Victoria, using both community survey data and archival data. This relationship is examined at the local government area (LGA) level and considers these factors in relation to the socio-economic status of these areas, as measured by the SEIFA rankings of the LGAs. This study also builds on the small literature currently available on the impact of gambling opportunity on help seeking and provides information for effective policy and program development. As part of the study a systematic review of the literature regarding the relationship between electronic gaming machines and: venue accessibility, venue density, rates of problem gambling and help-seeking behaviour was conducted in accordance with the PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analyses) procedure.

**Evaluation of the Gamblers' Help Innovations Program (Victorian Department of Justice), 2010–2011**

The Victorian Office of Gaming and Racing (OGR) established the Problem Gambling Innovation Grants Program to support innovation in service delivery across the Gambler's Help problem gambling service sector. The specific objectives of the program were to: fund project management support for the development and evaluation of innovative problem gambling services; develop the evidence base of effective problem gambling services to inform the future delivery of Gambler's Help services; enhance the organisational capacity of the sector to deliver problem gambling services; and provide opportunities for shared learning at the conclusion of the program. The PGRTC has undertaken evaluation of the eight projects funded under the Innovations Grants Program by development of an overarching evaluation framework that establishes the theoretical and practical context for assessing the aggregate impact of initiatives progressed under the Problem Gambling Innovation Grants Program; evaluation of individual initiatives funded under the Problem Gambling Innovation Grants Programs; and assessment of the overall value of the Program.

The innovations projects evaluated were:

- Incorporating urge reduction strategies into problem gambling counselling practice (Barwon South West Region)
- Dialectical Behaviour Therapy for Problem Gambling Clients (Gambler's Help Northwest Region)
- Family Focused Treatment Model (Gateway Community Health Service)
- Chronic Suicidality in Ongoing Therapeutic Practice (Bentleigh Bayside Community Health)
- Framework for Provision of Problem Gambling Counselling within a Correctional Facility – A Partnership Approach LaTrobe Valley Community Health)
- Remaking Meaning (Gambler's Help Eastern, Chrysalis Inc, VLGA)
- Mental Health and Gamblers Help-Diversifying the Portfolio (Loddon Mallee)
- 'Energy Therapies' and Post Traumatic Stress Disorder (PTSD) in Gambler's Help clients (Relationships Australia Ballarat).

## Research dissemination

Research dissemination has been achieved in a number of ways including publication or submission of 15 articles to 12 different international journals, including *Addiction*, the *Cochrane Database of Systematic Reviews*, *Clinical Case Studies*, *International Journal of Mental Health and Addiction*, *Psychopharmacology*, *Experimental and Clinical Psychopharmacology*, *Cyberpsychology, Behaviour, and Social Networking*, *Journal of Gerontological Social Work*, *Journal of the Experimental Analysis of Behaviour*.

In addition, 31 conference papers have been presented at a range of state-wide, national and international conferences and workshops.

Another important aspect of research dissemination is through the media, and in 2010, PGRTC staff made over 30 media appearances in the press and electronic media, including multiple interviews and reportage on the Children at Risk study. Both this research and the Centre's research on Commonalities in the psychological factors associated with problem gambling and Internet dependence were featured research on the international Newscan website.

The Centre is engaged in extensive dialogue with Gambler's Help services and staff concerning translation of research into services and service improvement.

## Development of Screening, Assessment and Treatment Guidelines

The '**Guideline for Screening, Assessment and Treatment in Problem Gambling**' is a codification of recommended practice based on rigorous review of what evidence there is to guide the screening, assessment and treatment of problem gambling. The guideline has been developed in response to the need for problem gambling services, practitioners and policy makers to have evidence-based guidance in the design and delivery of treatments for people with gambling problems. The development of this guideline is also an endorsed activity of the International Gambling Think Tank. The Think Tank is an invitational meeting of leading scientists in gambling and addiction and the jurisdictions within which they operate with representation from the US, Canada, European Union, UK and Nordic countries, Asia, Australia and New Zealand. The guideline guides good evidence based practice in the screening, assessment and treatment of problem gambling. Thus it guides the actions of practitioners and the design, delivery and funding of problem gambling services.

In 2010 the draft guideline was completed and submitted for public review. Subsequent to the public reviews, the guideline was re-drafted and submitted for NHMRC approval. Endorsement for the guideline from the NHMRC was in progress in 2010 and was subsequently awarded in June 2011.

The guideline development was led by a technical team at Monash University School of Primary Health Care led by Shane Thomas, Harriet Radermacher, Stephanie Merkouris, Christopher Anderson and Sean Cowlshaw, staff from the Australasian Cochrane Centre and staff from Melbourne University including Alun Jackson and Nicki Dowling. These groups participated in the core Guideline Development Group and the wider Expert Advisory Group.

Although it is not a requirement, the guideline has been based on world best evidence review methodology, namely the Cochrane Collaboration of Systematic Reviews. The Cochrane Collaboration review of psychological treatments for problem gambling (first authored by Sean Cowlshaw at Monash) and the Cochrane Collaboration review of pharmacological treatments for problem gambling (first authored by Chris Anderson at Monash) were keystones of the guideline development. The Cochrane review protocols have been published and the full reviews will be published in 2011. The systematic review of problem gambling and comorbidities used in the guideline has also been published.

The Expert Advisory Group met on several occasions to assist with the guideline development. This group consisted of a large group of experts, consumers, clinicians, industry representatives and officials as per the NHMRC recommended guideline development requirements.

## Training of the Problem Gambling Workforce

A key role of the Centre is to train the Problem Gambling Workforce in Victoria and nationally in treatment of problem gambling.

### Training Workshops

A key activity in 2010 has been the ongoing conduct of the high quality workshop training program attended by Gamblers Help counsellors, Private and Industry counsellors and DoJ policy, research and project staff. The Centre has provided training to 183 participants in five workshop activities and the ENERGI Conference conducted through the year at the Monash University Conference Centre, University of Melbourne and Monash University

These included an interactive workshop on Behaviour Therapy presented by Professor Malcolm Battersby from Flinders University, a leading international expert in this field. A new innovation for 2010 was the inclusion of a knowledge translation seminar, Gambling Research Update, which was highly regarded and showcased the Centre's research activities and emphasis on knowledge translation to the sector.

The Program for 2010 was:

- **Gambling research update**
- **Concepts and principles of problem gambling**
- **Problem gambling and co-morbidity**
- **Case studies in the treatment of problem gambling**
- **Energi Conference**  
(Emerging and New Researchers in Gambling)

## Practitioner Fellowships

The Monash node of the Problem Gambling Research and Treatment Centre offered four (0.2 EFT) practitioner fellowships in 2010 to qualified gambling staff, counsellors and practitioners. The Fellows or their nominated host organisations were each paid a \$12,000 stipend to facilitate their one day per week time release during the year in which they undertook the fellowship. The Fellowships were designed to enable the fellows to gain 'hands on' experience of the research process by undertaking a gambling research project and attending an Introduction to Research workshop program conducted throughout the year. The workshop program is extensive and includes the following topic areas:

- Introduction to Gambling Research
- Framing research questions
- Research Design and Literature Reviews
- Basic Qualitative and Quantitative Research Methods
- Choosing your design and data collection
- Recruitment Issues and Consumer Engagement in Research
- Ethics and Writing an Application
- Excursion one: Introduction to statistics and Qualitative Research
- Library and electronic journal searching
- Endnote and statistical programs
- Troubleshooting your research project
- Excursion two: Issues and Implications for rural and indigenous health research
- Troubleshooting your research project
- Various guest speakers
- Presenting and writing up your research
- Trial conference presentations

Supervision and mentorship has been provided to the fellows on a fortnightly basis throughout the year by experienced gambling researchers with access to excellent infrastructure and specialist expertise. Regular research meetings, workshops and training are part of the program and Fellows attend teaching sessions during the Fellowship day (every Wednesday). Fellows have extended and develop their research skills, and have explored possibilities of further qualifications and potential career options as gambling researchers. Specifically, the Fellows have been funded by Monash PGRTC to present to the ENERGI (Emerging and New Researchers in Gambling Initiative) annual conference where their work has been highlighted and they have also been accompanied by research staff to the NAGS (National Association for Gambling Studies) annual conference. This structured professional development, through accompanied and sponsored attendance at these meetings, is an important part of meeting the objectives of the program. Fellows are required to publish the research they have completed during their year in a peer-reviewed journal.

The program, although it is small, has already made a significant impact on the translational research capacity and evidence based skills in the Victorian problem gambling service sector. Experienced practitioners have enhanced their skills and through their ongoing involvement in the sector have contributed to the sector's translational research and evidence based practice capacity. These practitioners have resourced their colleagues and their services with the skills they have obtained. The program is popular with significant over-subscription of applications compared to fellowship positions. One significant outcome of the Fellowships is that two of the Fellows from 2010 have enrolled in PhDs. Evaluations of the practitioner fellowships have shown a high degree of acceptance by the 2010 participants.

This program is a genuine innovation for Victoria. There seems to be no similar program in Australia nor internationally for gambling practitioners. Our intention is to seek to publish a formal evaluation of the program in the academic education literature. The program is an interesting implementation of the Centre's core translational model seeking to link knowledge generation and practice in problem gambling treatment.

## National Conference of Emerging and New Researchers in Gambling (ENERGI)

The ENERGI conference aims to showcase the latest gambling related research by bringing together emerging researchers in the field from a range of disciplines. All current PhD, Professional Doctorate, Masters and Honours students and previous graduates (within last five years) conducting such research are invited to submit an abstract for an oral presentation at the conference, held annually. The Conference has attracted both international and national presenters, and this year Dr Rachel Volberg offered the keynote presentation. The theme of the ENERGI Conference is: Energising new and emerging researchers in gambling and the benefits for participants is the opportunity to present research approaches and findings to a diverse audience and networking with other emerging researchers conducting gambling related research from a wide range of disciplines. The Conference is aimed at practitioners, both clinical and policy-oriented.

An important activity run in conjunction with the Conference is a 'Master Class' for postgraduate students, with the keynote speaker who provides feedback on their research.



## Development of new academic subjects

The Centre has also successfully developed two new gambling related subjects in the Monash Master of Health Sciences. These were:

### PHC5005 Introduction to Problem Gambling

The international liberalisation of legalised access to gambling has led to an increased incidence and prevalence of problem gambling in many jurisdictions. Workers in the health and human services are now much more likely to encounter clients with problem gambling and associated co-morbid problems. This unit defines what is meant by 'problem gambling' and how different Australian and overseas jurisdictions have tackled this problem in the context of overall gambling policy. The distribution of problem gambling within the Australian community and international communities is reviewed. Risk and protective factors for problem gambling is also reviewed. There is now significant evidence that problem gambling usually occurs in conjunction with other problems including drug and alcohol addiction and mental health disorders including depression. The evidence for these co-morbidities and their implications for policy and treatment are reviewed. The course is designed for health care professionals involved in services dealing with problem gamblers and their families and for those with a general interest in gambling and problem gambling.

### PHC5006 Problem Gambling Treatment

This unit reviews the full range of responses available for the prevention and treatment of problem gambling. Primary, secondary and tertiary approaches are considered in this unit. This unit considers the design, effectiveness and efficiency of public education approaches to diverting people at risk of developing problem gambling. It also considers individual, family and group treatment methods and models for the treatment of problem gambling. Counselling methods including motivational and informational approaches, Peer-support programs, Self-help programs and Cognitive, Behavioural and Cognitive Behavioural therapies are reviewed. The implications of drug and alcohol addiction and/or mental health problems for the design and delivery of treatment programs for problem gambling are also reviewed. The course is designed for health care professionals and other professionals involved in services dealing with problem gamblers and their families.

## Clinical Research Partnership Program

This year saw the continuation of the Clinical Research Partnership Program (CRPP), aimed at enhancing the capacity of the Gamblers' Help sector to undertake practice-based research in collaboration with the PGRTC, although much of the practice research capacity of the Gambler's Help agencies was taken up by their participation in the Problem Gambling Innovations Grants Program. As the PGRTC was evaluating these Innovations projects, however, the research capacity building aim of the CRPP was largely met during 2010 through the collaborative evaluation approach adopted in these projects. In addition to this, work continued with the clinical research partners on projects such as:

- Evaluation of financial counselling services at Gamblers Help
- Project advice for Self-Exclusion Partnership project at Gamblers Help on barriers to accessing the Self-Exclusion Program by CALD groups
- Clinical data mining project at Gamblers Help City and Eastern on the G-MAP tool and development of a research-focused short form of this clinical measure
- Project advice for planned evaluation of Chinese Peer Connect Program at Gamblers Help Eastern
- Project advice for planned evaluation of Austin Health Department of Veteran Affairs Psychiatry Department Post Traumatic Stress Disorder Program in association with Gamblers Help (Northern)



# Summary of Centre publications and presentations

## Refereed research manuscripts

1. Dowling, N. A., Andrewartha, L., & Francis, K. (submitted). Pre-treatment attrition for problem and pathological gambling.
2. Thomas, SA, Jackson, AC, Browning, C & Piterman, L (resubmitted). A one-item screening tool for problem gambling for use in primary care settings, *Addiction*
3. Anderson, C., Cowlishaw, S., Dowling, N., Jackson, A., Lorains, F.K., Merkouris, S., Misso, M.L., Radermacher, H., & Thomas, S.A. (in press) Psychological interventions for the treatment of pathological and problem gambling. (Protocol) *Cochrane Database of Systematic Reviews* 2010.
4. Anderson, C., Cowlishaw, S., Dowling, N., Jackson, A., Lorains, F., Merkouris, S., Misso, M.L., Radermacher, H., & Thomas, S.A. (in press) Pharmacological interventions for the treatment of pathological and problem gambling. (Protocol) *Cochrane Database of Systematic Reviews* 2010.
5. De Lisle, S., Dowling, N. A., & Allen, S. (in press). Mindfulness-based cognitive therapy for problem gambling. *Clinical Case Studies*
6. Lorains, FK, Cowlishaw, S, Thomas, S. (in press). Prevalence of co-morbid disorders in problem and pathological gambling. *Addiction*
7. Chen, Z. E., Dowling, N. A., & Yap, A. K. (in press). An examination of problem gambling from a financial management perspective. *International Journal of Mental Health and Addiction*
8. Bickel, W. K., Landes, R. D., Christensen, D. R., Jackson, L., Jones, B. A., Kurth-Nelson, Z., & Redish, D. A. (in press). Single- and cross-commodity discounting among cocaine addicts: The commodity and its temporal location determine discounting rate. *Psychopharmacology*
9. Dowling, N.A. & Cosic, S. (2010). Client engagement characteristics associated with problem gambling treatment outcomes. *International Journal of Mental Health and Addiction*. Available: Online First.
10. Rickwod, D., Blaszczyński, A., Delfabbro, P., Dowling, N.A. & Heading, K. (2010) The psychology of gambling. *InPsych*, 32, 6, 11–21.
11. Bickel, W.K., Jones, B.A., Landes, R.D., Christensen, D.R., Jackson, L., & Mancino, M. (2010). Hypothetical intertemporal choice and real economic behaviour: Delay discounting predicts voucher redemptions during contingency-management procedures. *Experimental and Clinical Psychopharmacology*, 18, 546–552
12. Christensen, D.R & Bickel, W.K. (2010). Behavioural economics. In I.P. Stolerman (Ed.) *Encyclopedia of Psychopharmacology*. Springer Reference.
13. Christensen, D. R., & Grace, R. C. (2010). A decision model for steady-state choice in concurrent chains. Special Issue of the *Journal of the Experimental Analysis of Behaviour*, 94, 227–240
14. Dowling, N. A., & Brown, M. (Epub ahead of print – June, 2010). Commonalities in the psychological factors associated with problem gambling and Internet dependence. *Cyberpsychology, Behaviour, and Social Networking*. DOI: 10.1089/cyber.2009.0317
15. Tirachaimongkol, T. C., Jackson, A. C. & Tomnay, J. (2010). Pathways to problem gambling in seniors, *Journal of Gerontological Social Work*, 53, 6, 531–546.

## Monographs and Research Reports

1. Rickwod, D., Blaszczyński, A., Delfabbro, P., Dowling, N.A. & Heading, K. (2010) The psychology of gambling: APS review paper. Melbourne: The Australian Psychological Society.
2. Dowling, N. A., Jackson, A. C., Thomas, S. A. & Freydenberg, E. (May, 2010). Children at risk of developing problem gambling, Melbourne: Gambling Research Australia.  
  
[www.gamblingresearch.org.au/CA256DB1001771FB/page/GRA+Research+Reports-Children+at+Risk+of+Developing+Problem+Gambling?OpenDocument&1=35-GRA+Research+Reports~&2=0-Children+at+Risk+of+Developing+Problem+Gambling~&3=~](http://www.gamblingresearch.org.au/CA256DB1001771FB/page/GRA+Research+Reports-Children+at+Risk+of+Developing+Problem+Gambling?OpenDocument&1=35-GRA+Research+Reports~&2=0-Children+at+Risk+of+Developing+Problem+Gambling~&3=~)



## Conference, seminar and workshop presentations

1. Tirachaimongkol, TC, Jackson, AC & Tomnay, JE. Late life problem gambling: A case study, National Association of Gambling Studies 20th Annual Conference, Gold Coast, December 1–3
2. Dowling, NA, Andrewartha, L, & Francis, K. Pre-treatment attrition for pathological and problem gambling, National Association of Gambling Studies 20th Annual Conference, Gold Coast, December 1–3
3. Dixon, R, Dowling, NA & Hasking, P. A systematic review of the psychosocial correlates of problem gambling in young people aged 12 to 18 years, National Association of Gambling Studies 20th Annual Conference, Gold Coast, December 1–3
4. Dowling, NA, Dixon, R, Francis, K, Jackson, AC, Thomas, SA & Freydenberg, E. 'Once it runs in your family, it runs in your blood': treatment seekers' reflections on familial gambling experiences, National Association of Gambling Studies 20th Annual Conference, Gold Coast, December 1–3
5. Anderson, C., Cowlishaw, S, Dowling NA, Jackson, AC, Lorains, F, Merkouris, S, Radermacher, H, & Thomas, SA. The evidence for psychosocial and pharmacological treatments for problem gambling: Findings from a Cochrane review, National Association of Gambling Studies 20th Annual Conference, Gold Coast, December 1–3
6. Dowling, N. A., Jackson, A. C., Thomas, S. A., & Frydenberg, E. The role of parental co-morbidity in the intergenerational transmission of problem gambling: Policy and program implications, National Association of Gambling Studies 20th Annual Conference, Gold Coast, December 1–3
7. Dowling, N. A., Jackson, A. C., Thomas, S. A., & Frydenberg, E. The inter-generational transmission of problem gambling behaviour: What are the gaps in our understanding? National Association of Gambling Studies 20th Annual Conference, Gold Coast, December 1–3
8. Christensen, D.R. The translation of the competing neurobehavioural systems hypothesis of drug addiction to problem gambling, National Association of Gambling Studies 20th Annual Conference, Gold Coast, December 1–3
9. Vasiliadis, S., Dowling, NA & Jackson, AC. Bridging the gap between correlates and problem gambling with gambling expectancies and motivations, National Association of Gambling Studies 20th Annual Conference, Gold Coast, December 1–3
10. Rodda, S, Dowling, NA & Jackson, AC. Gambling Help Online: Client characteristics and program engagement, National Association of Gambling Studies 20th Annual Conference, Gold Coast, December 1–3
11. Thomas, SA, Yang, H, Anderson, C. Problem Gambling and its co-morbidities (Keynote address), 7th International Conference and Forum on Public Welfare and Gaming Industry, Beijing, Nov 10–12
12. Anderson, C., Cowlishaw, S, Dowling NA, Jackson, AC, Lorains, F, Merkouris, S, Radermacher, H, & Thomas, SA. The evidence for psychological and pharmacological treatments for problem gambling: Findings from a Cochrane review, 7th International Conference and Forum on Public Welfare and Gaming Industry, Beijing, Nov 10–12
13. Thomas, SA, Yang, H, Anderson, C., Problem Gambling and its co-morbidities, Singapore National Addictions Management Service, Singapore, Nov 23–24
14. Anderson, C., Cowlishaw, S, Dowling NA, Jackson, AC, Lorains, F, Merkouris, S, Radermacher, H, & Thomas, SA. The evidence for psychological and pharmacological treatments for problem gambling: Findings from a Cochrane review, Singapore National Addictions Management Service, Singapore, Nov 23–24
15. Dowling, NA, Andrewartha, L, & Francis, K. Pre-treatment attrition for pathological and problem gambling, Emerging and New Researchers in Gambling (ENERGI) 2nd Conference, Melbourne, Oct 15, 2010
16. Vasiliadis, S., Dowling, NA & Jackson, AC. Gambling motivations and expectancies among English and Chinese speaking young adults, Emerging and New Researchers in Gambling (ENERGI) 2nd Conference, Melbourne, Oct 15, 2010
17. Dowling, NA, Dixon, R, Francis, K, Jackson, AC, Thomas, SA & Freydenberg, E. 'Once it runs in your family, it runs in your blood': treatment seekers' reflections on familial gambling experiences, Emerging and New Researchers in Gambling (ENERGI) 2nd Conference, Melbourne, Oct 15, 2010
18. Lorains, F, Dowling, N, Bradshaw, J, Enticott, P, & Stout, J. The gambler's brain: Neurocognitive and neuroimaging findings associated with gambling, Emerging and New Researchers in Gambling (ENERGI) 2nd Conference, Melbourne, Oct 15, 2010
19. Blaney, A. Out of the fat and into the fire: Escaping intimate partner violence and developing problem gambling behaviours, Emerging and New Researchers in Gambling (ENERGI) 2nd Conference, Melbourne, Oct 15, 2010
20. Tries, D. The role of yoga in the treatment of problem gambling, Emerging and New Researchers in Gambling (ENERGI) 2nd Conference, Melbourne, Oct 15, 2010
21. Abbott, J. Choosing exclusion, Emerging and New Researchers in Gambling (ENERGI) 2nd Conference, Melbourne, Oct 15, 2010
22. Hotker, M. Recovery: A lived experience by problem gamblers in rural areas, Emerging and New Researchers in Gambling (ENERGI) 2nd Conference, Melbourne, Oct 15, 2010

23. Merkouris, S. A Systematic Review for the development of treatment guidelines. Emerging and New Researchers in Gambling (ENERGI) 2nd Conference, Melbourne, Oct 15, 2010
24. Dowling, N. A., Jackson, A. C., Thomas, S. A., & Frydenberg, E. The role of parental co-morbidity in the intergenerational transmission of problem gambling: Findings from a community survey, 8th European Conference on Gambling Studies and Policy Issues, Vienna, Sept 13–17, 2010
25. Dowling, N. A., Jackson, A. C., & Thomas, S. A. Problem gambling and family violence: Findings from a community survey, 8th European Conference on Gambling Studies and Policy Issues, Vienna, Sept 13–17, 2010
26. Clarke, J., Dowling, NA, Jackson, AC & McKenzie, J. Problem gambling: Screening, assessment and treatment, Panel presentation at the 27th International Congress of Applied Psychology, Melbourne, July, 2010
27. Dowling, N. A., Jackson, A. C., Geraghty, J. M., Thomas, S. A., & Frydenberg, E. The role of coping in the intergenerational transmission of problem gambling. Brief paper presented at the 27th International Congress of Applied Psychology, Melbourne, July, 2010
28. Vasiliadis, S., Dowling, NA & Jackson, AC. Gambling motivations and expectancies among English and Chinese speaking young adults. Poster presentation at the International Diversity in Health Conference, Melbourne June 7–9, 2010
29. Jackson, AC. Problem gambling and co-morbidity, Invitational address to regional mental health forum, Bethany Community Support, Geelong, 27th May 2010
30. Jackson, AC. Risk and response: Young people and problem gambling, Keynote address, Building Resilience for Young Learners Conference, Melbourne, May 19th 2010
31. Thomas, SA & Anderson, C. Update on clinical guidelines development, International Think Tank on Gambling Research, Policy and Practice, Auckland, Feb 22–23, 2010
32. Jackson, AC & Dowling, NA. Update on family violence and problem gambling research, International Think Tank on Gambling Research, Policy and Practice, , Auckland, Feb 22–23, 2010

## Postgraduate student research undertaken in 2010

An important part of the Centre's work is the provision of opportunities for higher degree students to work within a research intensive and supportive environment. We take this responsibility seriously and are pleased that in 2010, seventeen research students were being supervised by PGRTC staff.

1. Judith Abbott PhD: **Choosing Exclusion: A phenomenological study of the experiences of people who choose to participate in the gaming industry self-exclusion program.**
2. Meredith Brown, DPsych (Clinical): **The application of a theoretical model of personality disorders to problem gambling**
3. John Callanan, DPsych (Clinical): Acceptance and Commitment Therapy (ACT) as an intervention for problem gambling.
4. Mei Lo Elda Chan, PhD: **Family functioning, cultural beliefs about adversity, and gambling related coping strategies and impacts of families experiencing gambling problems in Hong Kong**
5. Susan Cockman, DEdPsych: **Family violence and problem gambling: An exploration of the relationship**
6. Steven deLisle, DPsych (Clinical): **Mindfulness-based cognitive therapy**
7. Ramsay Wright Dixon, DPsych (Clinical): **The psychosocial correlates of problem gambling in youth aged 12–18 years**
8. Mette Hotker PhD : **Recovery: A phenomenological-hermeneutic study of recovery form problem gambling.**
9. Eveline Leung, MEdPsych: **Impact of familial problem gambling on the life satisfaction of adolescents: possible risk and protective factors**
10. Edward Kwan, PhD: **The experience of trauma in the female partners of problem gamblers**
11. Po Yan Traci Leung, PhD: **An exploration of intimate partner violence in problem gamblers: implications for the development of clinical interventions**
12. Felicity Lorains, DPsych (Neuro): **Impulsivity, inhibitory control and decision making in problem gamblers**
13. Sharon Nisbet (PhD): **Gaming machine payment systems and their influence on player behaviour**
14. Simone Rodda, PhD: **An evaluation of the effectiveness of online counselling for gamblers**
15. Connie Tirachaimongkol, PhD: **Pathways to late-life problem gambling**
16. Lorraine Valladares, PhD: **Pre-commitment strategies of Electronic Gaming Machine gamblers**
17. Sophia Despina Vasiliadis, PhD: **Motivation subtypes of gambling and the role of self-efficacy: An application of the Health Action Process Approach model**

# Financial Statements



Corporate Finance Division

**Problem Gambling Research and Treatment Centre  
Statement of Income and Expenditure  
for the period 1 January to 31 December 2010**

	b/f from previous year	\$616,821.37
	b/f from previous year in short course fees account	\$8,454.53
<b>Income</b>		
Victorian Government Grants		\$500,000.00
Short course fees	\$	2,136.35
<b>TOTAL INCOME plus b/f funds</b>		<b>\$1,125,412.25</b>
<b>Expenditure</b>		
<i>Salaries expenses, including oncosts</i>		
	Research salaries	\$ 365,875.48
	Administrative staff salaries	\$ 176,185.40
	FBT- Tax	\$ 354.32
	Salary reimbursements	\$ 43,179.04
	Salary and research recovery costs	\$ 200,000.00
	<b>Total Salaries Expenditure</b>	<b>\$ 689,236.16</b>
<i>Non-Salary Expenditure</i>		
<i>Contracted &amp; Professional Services</i>		
	Fellowship payments	\$46,541.72
	Workshops and professional training	\$14,914.16
	<b>Total contractual and professional services</b>	<b>\$61,455.88</b>
<i>Capital/IT related expenditure</i>		
	Purchase of IT equipment	\$ 515.45
	IT & computer related charges	\$ 2,017.09
	<b>Total Capital/IT related expenditure</b>	<b>\$ 2,532.54</b>
<i>Other research related expenses</i>		
	Travel & Conference	\$ 49,110.88
	Travel Admin Fee	\$ 456.00
	Staff training and development	\$ 2,620.00
	Printing, Stationery and Media	\$ 2,065.66
	Entertainment/Catering expenses	\$ 1,716.41
	Entertainment tax	\$ 756.65
	Books and Library	\$ 176.16
	Minor expenses	\$ 1,032.76
	Communication expenses	\$ 18.00
	Hire venues	\$ 8,928.75
	<b>Total other research related expenses</b>	<b>\$ 66,881.27</b>
	<b>Total Non Salary Expenditure</b>	<b>\$ 130,869.69</b>
	<b>TOTAL EXPENDITURE</b>	<b>\$ 830,105.85</b>
<b>Operating result as at 31 December 2010</b>		<b>\$ 295,306.40</b>

I certify that the above financial statement correctly reflects income and expenditure as recorded in the Monash University Accounting and Financial Reporting System against the grant monies received from the Department of Justice.

**CONNIE MOGG**  
MANAGER, RESEARCH AND REVENUE ACCOUNTING SERVICES  
CORPORATE FINANCE DIVISION

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CRICOS Provider No. 00008C ABN 12 377 614 012

**Statement of Income and Expenditure  
for the period 1 January 2010 to 31 December 2010**

**Project Title:** Problem Gambling Research and Treatment Centre

**Grantor:** Department Of Justice

**Chief Investigator:** Professor Alun Jackson

**Our Reference:** 53357

**Start date:** 1/07/2007

**End date:** 30/06/2011

	<b>Notes</b>	<b>Actual Excl GST \$</b>
<b><u>INCOME:</u></b>		
Grants Received from the Victorian Government	1	715,929.60
<b>Total Income for the reporting period</b>		<b>715,929.60</b>
<b><u>EXPENDITURE:</u></b>		
Salary & Oncosts		548,518.20
Consultants Service Fees		71,274.42
Travel and Conference - Training		29,812.33
Food & Drink - Training		3,502.90
Utilities		2,249.52
Consumables & Materials		584.31
Library & Media		760.38
Computer Software		124.50
Expensed Assets		935.00
Advertising		1,717.73
<b>Total Expenditure for the reporting period</b>		<b>659,479.29</b>
Surplus/ (Deficit) for the reporting period		<b>56,450.31</b>
Carryforward Surplus/ (Deficit) from previous period		80,068.81
<b>Project Balance as at 31 December 2010</b>		<b>136,519.12</b>

*Note 1: Receipt AD04011168 for \$250,000 dated 31 December 2010 relates to 2011 period.*

I certify that

- a) income and expenditure as shown above is true and correct as reflected in the University's accounting system; and
- b) salaries paid under the grant accord with the general rates in force at the University.



Orazio Francavilla CPA  
Senior Research Accountant  
Finance & Planning

21/06/2011

Date









THE UNIVERSITY OF  
**MELBOURNE**



**MONASH** University

