

# Tasmanian Gambling Prevalence Study 2005

## Adverse Consequences of Problem Gambling and Help Seeking Knowledge and Behaviour

Regular and problem gamblers, as well as those who had been affected by someone else's gambling, were asked a range of questions related to the potential harm caused by their own or someone else's gambling. These respondents were also asked about their help seeking behaviour in relation to their or someone else's gambling problems.

### Adverse consequences of gambling

Notable findings about harm caused by gambling are shown in Table 1 and include:

- 59% of problem gamblers experienced substantial gambling-related debt in the 12 months prior to the survey, and a further 27% outside of that period. Among 'at risk' gamblers, 8% experienced substantial debt in the 12 months prior to the survey and nearly 3% outside of that period.
- 25% of 'at risk' gamblers appeared in court due to their own or someone else's gambling in the 12 months prior to the survey, and a further 1% did so outside of that period.

**Table 1. Adverse consequences of gambling in various gambling groups**

	'Not at Risk' Gamblers (1,123) %	'At Risk' Gamblers (33) %	Problem Gamblers (9) %
Experienced substantial debt: in last 12 months	0.8	8.2	58.9
not in last 12 months	2.4	2.6	27.1
Appeared in court: in last 12 months	0.1	25.4	-
not in last 12 months	0.3	1.1	-
Relationship breakdown: in last 12 months	1.5	9.3	39.4
not in last 12 months	2.4	1.6	34.3
Adverse effects on work or study: in last 12 months	0.9	26.0	47.7
not in last 12 months	1.0	0.7	-
Adverse effects on family interests	5.5	13.3	90.8

Data for problem gamblers should be treated with caution due to the small sample size.

- Over 39% of problem gamblers and 9% of 'at risk' gamblers experienced a gambling-related relationship breakdown in the 12 months prior to the survey. A further 34% of problem gamblers and nearly 2% of 'at risk' gamblers experienced a relationship breakdown outside of that period.
- Nearly 48% of problem gamblers and close to 27% of 'at risk' gamblers recognised that gambling had adversely affected their work or study.
- 91% of problem gamblers and 13% of 'at risk' gamblers recognised that gambling had adversely affected their family life.

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NOTE: All data reported in this Fact Sheet should be interpreted in conjunction with more detailed data and discussion in the Tasmanian Gambling Prevalence Study 2005 Report.

# Tasmanian Gambling Prevalence Study 2005

## Adverse Consequences of Problem Gambling and Help Seeking Knowledge and Behaviour *continued from previous page*

### Help seeking knowledge and behaviour

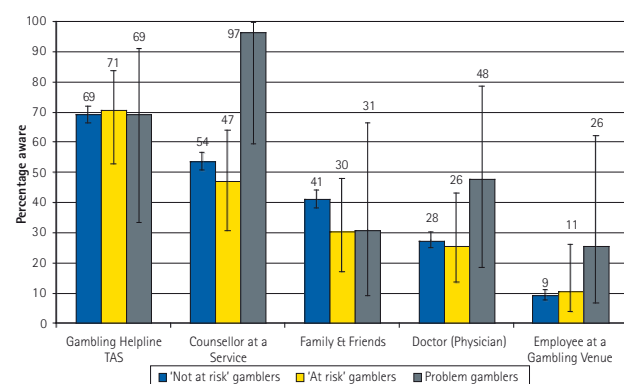
Overall, 3.7% of adult Tasmanians sought help for problems related to their own or someone else's gambling in the 12 months prior to the survey. Among problem gamblers, 25.6% had sought help, while 22.4% of 'at risk' gamblers did so.

Most support services enjoy a high level of awareness among the Tasmanian population, namely:

- 73% of adult Tasmanians are aware of gambling counsellors at various services such as Anglicare, Relationships Australia or group support at GABA.
- 68% are aware of Gambling Helpline Tasmania.
- 42% are aware of family or friends as a potential source of help.
- 30% are aware of a doctor or physician as a potential source of help.
- 9% are aware that they can ask an employee at a gambling venue for help.

Figure 1 below shows the levels of prompted awareness of selected gambling support services among various gambling groups.

**Figure 1. Prompted awareness of selected gambling support services in various gambling groups.**



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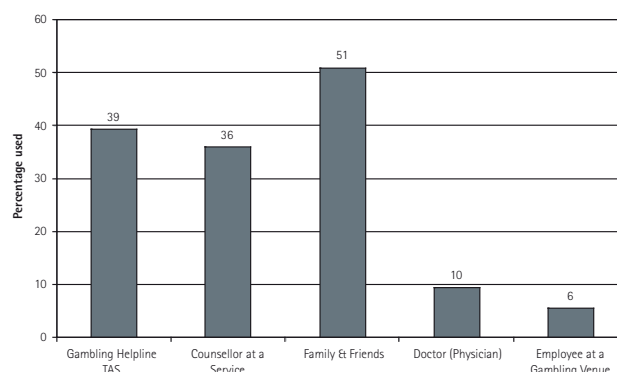
As Figure 1 shows, the awareness level of gambling support services among problem and 'at risk' gamblers were similar to those among the 'not at risk' gamblers, with few exceptions.

- Nearly all problem gamblers (97%) were aware of gambling counsellors at various services, considerably more than among 'at risk' (47%) or 'not at risk' (54%) gamblers.
- Problem gamblers displayed somewhat higher levels of awareness of doctors and employees at gambling venues than 'at risk' or 'not at risk' gamblers; however, these differences are not statistically significant.
- 'Not at risk' gamblers displayed a slightly higher level of awareness that family or friends could be asked for help with gambling-related problems than did 'at risk' or problem gamblers; however, this difference is not statistically significant.

Figure 2 below illustrates the frequency of recourse to selected gambling support services for help with gambling related problems. Out of those who sought help for gambling related problems (whether their own or someone else's):

- Family or friends were the most common source of help, used by 51% of those who sought help.
- 39% of those who sought help turned to Gambling Helpline Tasmania.
- 36% of those who sought help turned to a gambling counsellor at a service such as Anglicare, Relationships Australia, or group support at GABA.

**Figure 2. Recourse to selected Gambling Support Services for help.**



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