

PROBLEM GAMBLING AWARENESS MONTH 2024



PROBLEM GAMBLING: A "HIDDEN" DISEASE
Gambling Disorder: A Mental Health Perspective

Most people understand that gambling disorder involves betting something of value on a game of chance. While we think of casinos, slot machines, and card games as "gambling", fewer people are aware that bingo, lottery tickets, and even the stock market can be considered gambling. Health professionals use the DSM-5 criteria to help define and identify Gambling Disorders. Let's take a look...

DSM-V CRITERIA FOR GAMBLING DISORDER

A. PERSISTENT AND RECURRENT PROBLEMATIC GAMBLING BEHAVIOR LEADING TO CLINICALLY SIGNIFICANT IMPAIRMENT OR DISTRESS, AS INDICATED BY THE INDIVIDUAL EXHIBITING FOUR (OR MORE) OF THE FOLLOWING IN A 12-MONTH PERIOD:

1. Tolerance—Needs to gamble with increasing amounts of money in order to achieve the desired excitement.
2. Withdrawal—Is restless or irritable when attempting to cut down or stop gambling.
3. Preoccupation—Has persistent thoughts of reliving past gambling experiences, handicapping or planning next venture, thinking of ways to get money with which to gamble.
4. Escape—Gambles when feeling distress (e.g., helpless, guilty, anxious, depressed).
5. Chasing—After losing money gambling, often returns another day to get even ("chasing" one's losses).
6. Lying—Lies to family, friends, and others to conceal the extent of the involvement with gambling.
7. Risks Relationships/Opportunities—Has jeopardized or lost a significant relationship, job, or educational career opportunity because of gambling.
8. Bailout—Relies on others to provide money to relieve desperate financial situations caused by gambling.
9. Loss of Control—Fails in an effort to control or stop gambling.

B. THE GAMBLING BEHAVIOR IS NOT BETTER EXPLAINED BY A MANIC EPISODE

March is problem gambling awareness month. A campaign highlighting the risks and signs of problem gambling.