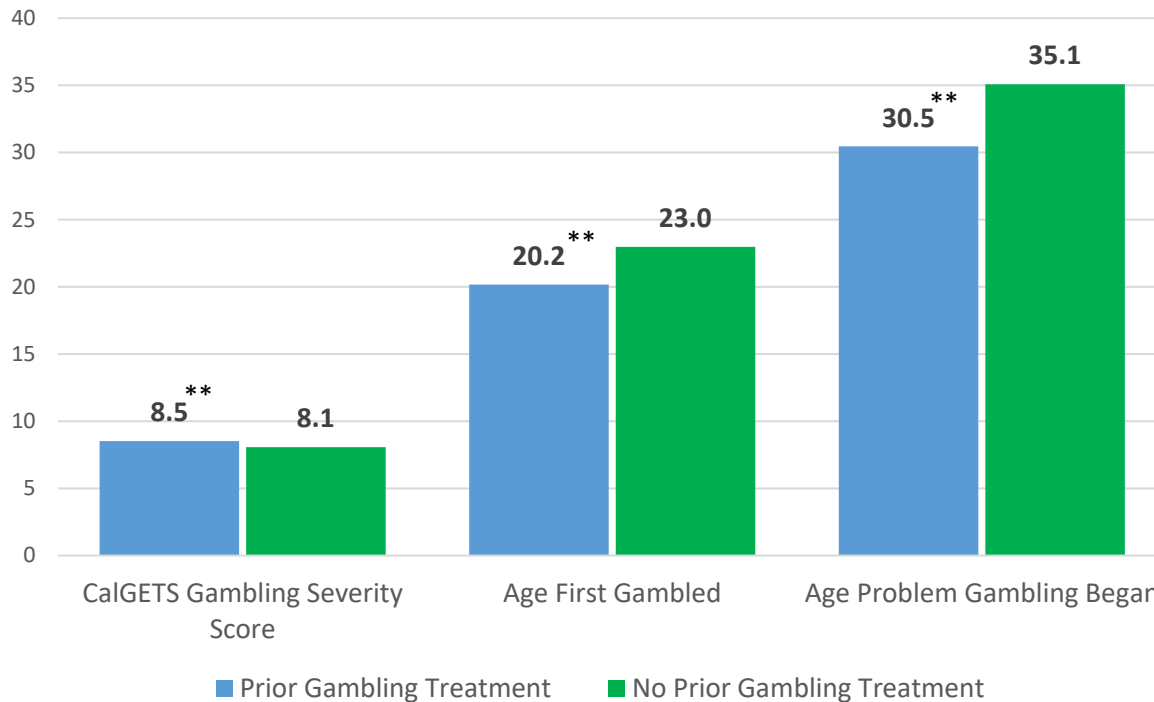


# CalGETS Fast Facts

Problem Gamblers with Prior Gambling Treatment Have Greater Severity

March 2020

Problem Gamblers' Treatment History, Gambling History, and Gambling Severity



Source – *Outpatient Gamblers*: CalGETS Fiscal Year 2018-19 dataset, prepared for the California Department of Public Health, Office of Problem Gambling by the University of California Los Angeles Gambling Studies Program. CalGETS treatment participants were asked: “Prior to today, how many therapists or counselors have you seen for treatment of your gambling problem?” \*\* $p < .001$

Between July 1, 2018 and June 30, 2019, 760 problem gamblers entered outpatient treatment. They were asked about their treatment and gambling histories.

At intake, 69% reported that they had not seen a therapist or counselor for their gambling problem, while 31% reported they had seen one or more.

Those with prior treatment had significantly greater gambling severity. They also began gambling earlier and experienced problem gambling sooner and at a younger age than those who had not previously sought treatment.

Both groups were of similar age and reported similar levels of depression.