TARGET AUDIENCE

This program is for adults with prolonged gambling concerns.

SUMMARY

The Brief Self-Directed Gambling Treatment (BSGT) program uses motivational phone interviews and cognitive behavioral therapy techniques to help participants decrease or stop problematic gambling.

EVIDENCE

BSGT has been evaluated in several studies that have demonstrated significant decreases in the number of days spent gambling, dollars lost to gambling, and dollars spent per gambling day in groups who received a motivational interview plus a self-help workbook compared to those in a wait-list control group. These results were found at follow-up interviews 6 weeks or less after the interviews; however, after this time frame, the wait-list control group was given the workbook, and this group no longer served as a control group for future follow-up measurements. Results have been demonstrated up to 24 months.

COMPONENTS

BSGT consists of a 45-minute, motivational telephone interview with a therapist and uses a self-help workbook. The workbook contains specific and practical cognitive and behavioral strategies in five different sections:

- Self-assessment: Create awareness of situations that encourage gambling and understand the possible consequences;
- Goal setting: Assess the apparent costs and gains of gambling and consider stopping or decreasing or controlling gambling as a goal;
- Strategies: Handle gambling impulses and obtain social assistance through instruction and use of cognitive behavioral techniques;
- Maintenance: Help participants avoid and manage possible relapses; and
- Information: Provide additional resources, if necessary.

Booster calls with a therapist may be added at 2, 6, 10, 16, 24, and 36 weeks, if desired.

PREVIOUS USE

BSGT has been used in Oregon’s Statewide Gambling Treatment System since 2001. This program is now offered by the New Zealand Problem Gambling Helpline.
Brief Self-Directed Gambling Treatment (BSGT)

**TRAINING**
This program is facilitated by a doctoral-level therapist, and a required, 3-day, on-site therapist training workshop is offered. Therapist materials for training cost $6,000 per site plus travel expenses. An on-site, or by phone program-design consultation is also required; this consultation cost varies depending on site needs.

**CONSIDERATIONS**
Considerations for BSGT include securing suitable therapists to facilitate the program, obtaining participant buy-in as this program will require a high level of commitment, initiating a therapist training workshop, and obtaining funds for training and program-design consultation costs.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

**IMPLEMENTATION**
If you are interested in implementing BSGT, the Clearinghouse is interested in helping you!
Please call 1-877-382-9185 or email Clearinghouse@psu.edu

**TIME**
Participants complete a 45-minute, therapist-conducted interview. Time to complete optional booster calls and workbook activities varies by participant.

**COST**
Self-help workbooks are $10 each.

**EVALUATION PLAN**
To move BSGT to the Effective category on the Clearinghouse Continuum of Evidence at least one external evaluation must be conducted that demonstrates sustained, positive outcomes. This study must be conducted independently of the program developer.

The Clearinghouse can help you develop an evaluation plan to ensure the program components are meeting your goals.
Please call 1-877-382-9185 or email Clearinghouse@psu.edu

**CONTACT**
Contact the Clearinghouse with any questions regarding this program.
Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu

You may also contact David C. Hodgins by phone 1-403-220-3371 or email dhodgins@ucalgary.ca

**SOURCE**

www.militaryfamilies.psu.edu