CalGETS Fast Facts

Problem Gamblers with Prior Gambling Treatment Have Greater Severity

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.

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

In California, problem gamblers can receive no-cost treatment through CalGETS. ☃️ If you or someone you know has a gambling problem, call 1-800-GAMBLER.