

# eGambling

THE ELECTRONIC JOURNAL OF GAMBLING ISSUES

## review

Intro

Research

Opinion

Profile

First Person

Review

Letters

Submissions

Links

Archive

Subscribe

### In this issue:

[The Habit Change Workbook: How to Break Bad Habits and Form Good Ones. \(2001\). By James Claiborn and Cherry Pedrick](#)

Reviewed by Mark Griffiths

[The Effects of Compulsive Gambling on the Marriage \(and\) Can this Marriage Recover \(From the Effects of Compulsive Gambling\)? \(1994\).](#)

By Arnie Wexler and Sheila Wexler

Reviewed by David C. Hodgins, Erin Cassidy, Alice Holub, Maria Lizak, Chrystal L. Mansley, Adriana Sorbo, Steve Skitch and Kylie Thygesen

[Best Possible Odds: Contemporary Treatment Strategies for Gambling Disorders. \(2000.\)](#)

[By William G. McCown and Linda L. Chamberlain \(2000\).](#)

Reviewed by Jeffrey I. Kassinove

[Winning Web sites: Accessing gambling research on the Internet](#)

By Rhys Stevens

issue 7—November 2002



Centre  
for Addiction and  
Mental Health  
Centre de  
toxicomanie et  
de santé mentale

[intro](#) | [feature](#) | [opinion](#) | [research](#) | [service profile](#) | [first person accounts](#) | [reviews](#) | [letters](#) | [archive](#) | [submissions](#) | [subscribe](#) | [links](#)

[Copyright © 1999-2002 The Centre for Addiction and Mental Health](#)

Please note that these text links will always take you to articles from the **current** issue of eGambling. Use the navigation bar at the top left of the page to move around within back issues.

Editorial Contact: [phil\\_lange@camh.net](mailto:phil_lange@camh.net)

Subscribe to our automated announcement list: [gamble-on@lists.camh.net](mailto:gamble-on@lists.camh.net)

Unsubscribe: [gamble-off@lists.camh.net](mailto:gamble-off@lists.camh.net)

Intro

Research

Opinion

Profile

First Person

Review

Letters

Submissions

Links

Archive

Subscribe

## review

[Other reviews in this issue](#)

**Book review —**

*[This article prints out to about three pages]*

## The Habit Change Workbook: How to Break Bad Habits and Form Good Ones.

*By James Claiborn and Cherry Pedrick (2001).  
Oakland, CA: New Harbinger Publications, Inc., 243 pages.  
Price: \$19.95 (US).  
ISBN: 1-572242-63-9*

*Review by Mark Griffiths, PhD  
Psychology Division  
Nottingham Trent University  
Nottingham, United Kingdom  
E-mail: [mark.griffiths@ntu.ac.uk](mailto:mark.griffiths@ntu.ac.uk)*

This book was jointly written by a cognitive-behavioural psychologist and a nurse turned writer. Consequently, it is an easy-to-read work that claims to include "proven techniques for eliminating a wide range of unwanted habits" of which gambling is one of many. In one of the early chapters, the authors state that this book is not a substitute for medical, psychiatric or psychological treatment. They also state that the treatment of addictions is beyond the scope of the book. Furthermore, addictions are viewed as primarily physiological, involving the ingestion of a psychoactive substance like nicotine, alcohol or other drugs. This suggests the implicit assumption that gambling is not a bona fide addiction and is akin to other "bad habits" covered in the book, such as sleeping problems, relationship issues and health and fitness concerns.

The book is divided into four parts, each of which is broken down further. The sections are Habits —We All Have Them (four chapters), The Habit Change Program (eight chapters), Detailed Guidance on Specific Habits (seven chapters) and a single concluding chapter, Further Help. The first four chapters in the book cover basic but important ideas: an overview of good and bad habits, a look at how habits develop, the reasons for changing or not changing habit patterns and a brief overview of some common habits. Most of these can be readily applied to gambling, and many gambling practitioners and gamblers themselves will find the material easy to digest and follow.

The second part of the book contains seven chapters that are the core of the book —the habit change program itself. This is necessarily generic but is supplemented by seven specific guidelines (in the third part of the book) covering nervous habits, sleeping problems, health and fitness problems, relationship problems, shopping and spending problems, excessive leisure problems (including problematic Internet and video game use) and problem gambling. As the authors point out, each reader "will take the same first steps, take a different direction, then meet together to complete the journey."

The habit change program contains many self-assessment exercises that can either be used for self-help or adapted by practitioners to help their clients. Much of this section is a step-by-step guide and provides detailed instructions for eliminating specific habits. The theoretical basis for effective habit change is based on the well-known stages of change model developed by James Prochaska and his colleagues (precontemplation, contemplation, preparation, action and maintenance). Many other areas of psychological theory underpin the program (habit formation, the role of reinforcement in behaviour, the basics of behavioural therapy, relapse prevention, cognitive therapy and cognitive-behavioural therapy, etc.) in addition to addressing behaviours that go beyond habits (addiction, obsessive-compulsive disorders). The latter, these behavioural excesses, are only examined briefly; but again, there is an implicit assumption that gambling does not fall under these.

The authors' habit change program includes self-help assessments on many important (but predictable) aspects, including why changing behaviour is difficult (fear, disgust, excuses, denial) and self-help behaviours that can be used in conjunction with the program (breathing, muscle relaxation and meditation exercises, etc.). Some of the program case studies, such as Changing the Way You Think (Chapter 9) use gambling scenarios as examples. Gambling practitioners will obviously find these the most helpful.

The third section outlining specific habits to break is a mixed bag in terms of

underlying theory and the chapter layouts. There is no common structure to the chapters (13 to 19), although this may reflect that they cover such a diverse set of bad habits. Some of the chapters included background research in the area (e.g., Nervous Habits, Sleep Disorders) whereas most chapters featured little research. The chapter on gambling was primarily concerned with cognitive distortions. While important, there are many other aspects that could also have been covered. The final section includes just one chapter that centres upon family and group habit change with a small section that is a selective list of follow-up resources.

The book is generally well written, which is not surprising given that one of the authors is a freelance writer! It is readable, logically and systematically organized, and has plenty to engage those who follow the program. Academics may be irritated that few references are provided but the book is not aimed at them. It has been written in a way that both the general public and busy therapists will find valuable. It's my guess that many practitioners with a cognitive-behavioural bias working with people who have gambling problems will be very aware of the strategies in this book (theoretically, at least). However, the case study approach that is laid out is still useful to those individuals. My only real gripe is the implicit assumption the authors make that problem gambling is not really an addiction like (say) alcoholism.

*This book review was not peer-reviewed.*

*Submitted: May 7, 2002*

*Mark Griffiths, PhD, is a professor of gambling studies at Nottingham Trent University, and is internationally known for his research on gambling and gaming addictions. In 1994, he was the first recipient of the John Rosecrance Research Prize for "outstanding scholarly contributions to the field of gambling research." He has published over 100 refereed research papers, numerous book chapters and over 250 other articles. His current interests are technological addictions, especially computer games and the Internet.*

## issue 7 —December 2002



Centre  
for Addiction and  
Mental Health  
Centre de  
toxicomanie et  
de santé mentale

[intro](#) | [feature](#) | [opinion](#) | [research](#) | [service profile](#) | [first person accounts](#) | [reviews](#) | [letters](#) | [archive](#) | [submissions](#) |  
[subscribe](#) | [links](#)

[Copyright © 1999-2002 The Centre for Addiction and Mental Health](#)

Please note that these text links will always take you to articles from the **current** issue of eGambling. Use the navigation bar at the top left of the page to move around within back issues.

Editorial Contact: [phil\\_lange@camh.net](mailto:phil_lange@camh.net)

Subscribe to our automated announcement list: [gamble-on@lists.camh.net](mailto:gamble-on@lists.camh.net)

Unsubscribe: [gamble-off@lists.camh.net](mailto:gamble-off@lists.camh.net)

# eGambling

THE ELECTRONIC JOURNAL OF GAMBLING ISSUES

Intro

Research

Opinion

Profile

First Person

Review

Letters

Submissions

Links

Archive

Subscribe

## review

[Other reviews in this issue](#)

### Video reviews

*[This article prints out to about four pages]*

## The Effects of Compulsive Gambling on the Marriage

*Running time: 43 minutes*

*Price: \$295 (US)*

*Format: VHS format*

*and*

## Can this Marriage Recover (from the Effects of Compulsive Gambling)?

*Running time: 23 minutes*

*Price: \$295 (US)*

*Format: VHS format*

*Set of both videos: \$495 (US)*

*Distributor: Arnie and Sheila Wexler Associates*

*213 Third Avenue, Bradley Beach, New Jersey 07720 USA*

*Phone: (732)-774-0019*

*E-mail: [aswexler@aol.com](mailto:aswexler@aol.com)*

*Web site: <http://www.aswexler.com/html/videos.html>*

*Reviewed by David C. Hodgins, Erin Cassidy, Alice Holub, Maria Lizak, Chrystal L. Mansley, Adriana Sorbo, Steve Skitch, Kylie Thygesen*  
*University of Calgary, Calgary, Alberta, Canada*  
*E-mail: [dhodgins@ucalgary.ca](mailto:dhodgins@ucalgary.ca)*

*The Effects of Compulsive Gambling on the Marriage and Can this Marriage Recover (from the Effects of Compulsive Gambling)?* provide parts One and Two of a videorecorded conference presentation by Arnie and Sheila Wexler, a married couple who survived the effects of a gambling addiction. The presentation was part of the New Jersey Council on Problem Gambling Conference in 1993. It chronicles the destructive effects of Arnie's gambling problem on him and on his wife as well as their journey through recovery.

*The Effects of Compulsive Gambling on the Marriage* traces the development of Arnie's gambling problem and its effect on his relationship with Sheila. In 1993, Arnie and Sheila Wexler had been married for 32 years, and of those, 25 years had been spent in the process of recovery from Arnie's gambling problem. They are both 12-step program members.

Arnie's interest in gambling, mostly horseracing, began at age 14. His first big win was \$54 at the racetrack; a lot of money to Arnie, who was then earning only \$ .50 per hour. Gambling always played a central role in his relationship with Sheila. In fact, their second date involved sneaking the underage Sheila into the races to gamble. Arnie and Sheila take turns describing their experiences in a direct and frank fashion. We hear vivid, personal details about their decisions and actions, regardless of how painful they were.

The structure of the talk follows Custer's (1984) well-known diagram of the progression of gambling problems from the winning, losing and desperation phases (Part One) to the critical phase and re-building and growth phases. (To see the diagram, go to <http://www.state.in.us/fssa/servicemental/gambling/problems.html> and search with Ctrl+F for Perception of Gambling as an Addiction). A similar phase diagram is used to outline the effects of gambling on the spouse. The parallel phases are referred to as denial, stress, exhaustion, critical, re-building and growth.

## **Review process**



A group got together one hot summer afternoon to view the tapes; the eight people were graduate and undergraduate students, psychologists, gambling clinicians and gambling researchers. We viewed each tape (Part Two first, unfortunately, because of poor labelling) and discussed each briefly. The following review presents our consensus views.

## Critique

Arnie and Sheila are both articulate and effective speakers. The recording quality is good, although the videos follow a low-tech approach. The talks are presented as given to the audience, with the phases of compulsive gambling and recovery marked with simple camera shots of the diagrams. There are few graphics, little bridging narration and no supporting materials other than the Custer diagram. We considered this simplicity both a strength and a weakness of the videos, a strength in that the rawness of the stories is underscored. At the end of Part One, which ends with the desperation phase, we all felt subdued and saddened by the Wexlers' experiences. Part Two provided a greater sense of hope as they described the recovery phases. Throughout both videotapes, no detail is spared in illustrating the process.

The difficulty with the low-tech approach is that the structure of the videotapes was not immediately apparent. It would have helped to have some narration indicating the structure of the two-part video presentation and a graphic presenting the complete diagram. Certainly an information guide could easily be prepared. The graphics that distinguish each phase are camera shots of the classic Custer diagram of addiction and recovery. The information was difficult to read, and again, narration could guide the viewer through each phase with a brief explanation.

Our group had an extensive discussion of the intended audience for the videos. They provide a useful introduction to the Gamblers Anonymous philosophy and associated terminology. The videos emphasize the long-term nature of recovery and the importance of the spouse working on him- or herself, both of which may be useful to stimulate discussion in a treatment program with a therapist's guidance.

From a stages of change perspective (for an introduction to this concept, select [http://www.med.usf.edu/~kmbrown/Stages\\_of\\_Change\\_Overview.htm](http://www.med.usf.edu/~kmbrown/Stages_of_Change_Overview.htm)) we wondered if the extremeness of the Wexlers' experiences as presented on the videos might discourage contemplators, whose own stories might be less dramatic and lives less disrupted, from seeking recovery. A therapist could

guide the discussion appropriately to avoid this effect and, instead, instill hope for recovery and emphasize the importance of current action to prevent the development of such devastating consequences. The videos may also be useful in a teaching context. Although a guest speaker from Gamblers Anonymous or Gam-Anon would be most effective, these videos offer a good alternative.

A limitation of the stories is that Arnie is an "old style" gambler, having a problem primarily with horseracing. No mention is made of the electronic gambling machines or older-age onset of gambling that currently are issues for the majority of people seeking treatment. Families will often report that the relationship with the gambler was good prior to the development of the gambling problem. The Wexlers, in contrast, describe their relationship as starting out on a poor foundation that needed to be completely rebuilt in recovery.

The videos do not provide much information of the process of recovery for the couple. For instance, we wanted to know more on how Arnie quit gambling, reconnected with his wife and worked through the hurt they had caused one another. It seemed that they worked in isolation versus coming together and working jointly. We were also interested in the recovery process for their children and how they fared, and we assume there were many ups and downs for all of them that are not described. Generally, the recovery is presented as a linear process once initiated (as in the Custer diagram).

The Wexlers subscribe to the disease and codependency models of pathological gambling. However, although they use this language (Sheila speaks of her codependency "illness"), their rich descriptions also illustrate characteristics of other models of gambling problems. Arnie describes the behavioural changes that were important in his recovery —taking on new activities, limiting access to money, and so forth. He also speaks of the cognitive distortions that guided his wagering —superstitions, discounting losses, symbolism and luck. Sheila describes her hope that "love will conquer all" and her lack of assertiveness in confronting Arnie's behaviour. She also describes symptoms of depression, agoraphobia and panic attacks.

In summary, the two videos provide a powerfully presented recovery story that describes the experiences of the gambler and the affected family member. Their potential usefulness is in specific contexts when employed by experienced clinicians.

## Reference

**Custer, R.L. (1984).**

Profile of the pathological gambler. *Journal of Clinical Psychiatry*, 45 (12,2), 35–38.

*This review was not peer-reviewed.*

*Submitted: July 11, 2002*

**Issue 7 —December 2002**



Centre  
for Addiction and  
Mental Health  
Centre de  
toxicomanie et  
de santé mentale

[intro](#) | [feature](#) | [opinion](#) | [research](#) | [service profile](#) | [first person accounts](#) | [reviews](#) | [letters](#) | [archive](#) | [submissions](#) | [subscribe](#) | [links](#)

[Copyright © 1999-2002 The Centre for Addiction and Mental Health](#)

Please note that these text links will always take you to articles from the **current** issue of eGambling. Use the navigation bar at the top left of the page to move around within back issues.

Editorial Contact: [phil\\_lange@camh.net](mailto:phil_lange@camh.net)

Subscribe to our automated announcement list: [gamble-on@lists.camh.net](mailto:gamble-on@lists.camh.net)

Unsubscribe: [gamble-off@lists.camh.net](mailto:gamble-off@lists.camh.net)

# eGambling

THE ELECTRONIC JOURNAL OF GAMBLING ISSUES

## review

[Intro](#)[Research](#)[Opinion](#)[Profile](#)[First Person](#)[Review](#)[Letters](#)[Submissions](#)[Links](#)[Archive](#)[Subscribe](#)

[Other reviews in this issue](#)

### Book review

## Best Possible Odds: Contemporary Treatment Strategies for Gambling Disorders

*By William G. McCown and Linda L. Chamberlain (2000). New York: John Wiley & Sons, Inc., 260 pages, hardcover. Price: \$55.00 (US). ISBN: 0-47118-969-3*

*Reviewed by Jeffrey I. Kassinove  
Monmouth University  
West Long Branch, New Jersey, USA  
E-mail: [jkassino@monmouth.edu](mailto:jkassino@monmouth.edu)*

Pathological gambling is a serious non-chemical addiction that, until recently, was a secondary concern for practitioners who treat individuals with chemical addictions. McCown and Chamberlain's *Best Possible Odds* makes an important mark by synthesizing research knowledge and clinical experience about the destructive path of excessive gambling and provides an overview of the treatment approaches that they have used effectively in their clinical practice. The text presents information about the history, characteristics, etiology, maintenance and treatment of pathological gambling. Although it has shortcomings, some of which are editorial (e.g., the index section in the review copy was upside down), it is a useful text for those with little or no experience working with pathological gamblers.

The authors take clear positions on the nature of gambling and the treatment of excessive gambling as a non-pharmacological addiction, which they relate

to other persistent, repetitive behavioral problems, such as workaholism. They state that one of the book's goals "is to encourage flexible and eclectic treatment approaches, with the eventual hope of determining what works best and for whom" (p. 104). Thus, if using a psychoanalytic technique in combination with a behavioral approach works, then it is valuable to use them in tandem. McCown and Chamberlain clearly state that the focus of treatment is best placed on behavior change, and I fully agree. Although emotions and cognitions play a role in pathological gambling, focusing on behavior as the dependent variable makes sense given that its negative consequences emerge from the motor acts of gambling. Significantly, they propose abstinence as a goal, believing that other non-harmful behaviors can be substituted to produce the elation associated with gambling. Finally, they state that much of their writing about treatment is based solely on clinical experience.

In Chapter 2, McCown and Chamberlain cover the major paradigms that describe problem and pathological gambling. They emphasize Custer's classic model illustrating the stages that lead to pathological gambling. This model is useful, particularly for the novice clinician, in understanding the typical maladaptive patterns of behavior emitted at different times in the life of gamblers. Within the chapter, lucid evaluations of Gamblers Anonymous and the disease model are also presented. The authors deserve praise for their thoughtful commentary about the cyclical, explanatory nature of the medical model.

Chapter 3 contains information about the phenomenology of gambling. At the outset, the authors compare alcohol abuse and gambling disorders in the DSM-IV, which I found informative. The term "addictive gambler" is used to describe a person with a more serious problem than a "problem gambler." In addition, the authors use the term "compulsive gambling," as opposed to "pathological gambling." Moreover, much of this chapter focuses on Custer's subtypes of gamblers. Although interesting, these are not the standard terms currently used in the field and the inconsistent terminology may confuse novice practitioners. The standard subtypes of gamblers used today are non-gambler, social gambler, problem gambler and pathological gambler.

When discussing the etiology and maintenance of gambling (Chapter 4), McCown and Chamberlain suggest that the Zeigarnik effect may underlie persistent gambling. Specifically, they hypothesize that when a gambler plays to win but ends up losing, it constitutes unfinished business. Therefore, the gambler is highly motivated to return and complete the task. This intriguing concept has not often been attached to excessive gambling and may be valuable in explaining the possible causes of behavioral persistence.

The second half of the book focuses on treatment modalities. The authors lean strongly toward a clinical experience approach as opposed to a research-based one. McCown and Chamberlain state that their focus is based on the assumption that few published studies have supported any modality by showing clear treatment efficacy. This statement is a bit too harsh, as some treatment studies have shown efficacy in reducing gambling (Sylvain, Ladouceur & Boisvert, 1997). It would also have been valuable to include some of the step-by-step treatment approaches published by clinical researchers. In addition, advice about addressing touchy subjects with gamblers, such as family and personal finances, would have been an added bonus for the novice practitioner. Nevertheless, these are minor points and the book gives some good insights into methods for treating pathological gamblers.

On a positive note, the authors provide a valuable clinical, experiential perspective on the treatment of gamblers. They also discuss measuring techniques to evaluate the behavior of gamblers. Chapter 5 covers the Gamblers Anonymous model, an inpatient model and an Internet self-help approach, which are important services. However, they fail to tell readers specifically how to gain access to them (i.e., Web addresses, telephone numbers, etc.). Chapter 6 presents a multiphasic model of outpatient treatment that describes the therapy process with gamblers. This chapter would certainly be helpful for new clinicians interested in disordered gambling.

Strategies to enhance treatment effectiveness are given in Chapter 7, but the authors note that these techniques are "adjuncts" to abstinence-based treatments (p. 136). They briefly cover social skills training, relapse prevention and covert sensitization. Although presented as adjuncts, it would have been valuable to present more detailed descriptions of these powerful behavior therapy techniques.

The authors offer a thorough description of the assessment tools used in the gambling treatment literature and practice. McCown and Chamberlain discuss the South Oaks Gambling Screen as well as other measurement tools for different age groups and for families of gamblers. The authors nicely go beyond the standard assessment tools and discuss the benefits of more general tools (e.g., Minnesota Multiphasic Personality Inventory, Thematic Apperception Test). In addition, they present a clear psychological case report completed for a problem gambler.

The authors boldly move the field forward when they discuss Chaos Theory as it might apply to pathological gambling. To my knowledge, Chaos Theory has not been examined within the realm of gambling and they are to be commended for this presentation.

The authors' disposition toward family therapy as a treatment modality is clear and there is a separate chapter on this approach. Most clinicians with experience working with gamblers would agree that integrating the family into treatment is essential. Although two family-based approaches are presented, I would have liked to see more about the specifics of treating the family.

McCown and Chamberlain present some of the classic theories regarding the development and maintenance of problem gambling, and use their clinical wisdom to provide insight into the treatment of excessive gambling. Their discussions of topics such as the Zeigarnik effect and Chaos Theory are worthy of note for the advanced practitioner. For the novice, many real and interesting case examples are presented, which drive home many of the points being made. Although it has some limitations, *Best Possible Odds: Contemporary Treatment Strategies for Gambling Disorders* is a solid resource that lays down a foundation for clinicians new to the treatment of pathological gambling.

## Reference

**Sylvain, C., Ladouceur, R. & Boisvert, J. (1997).**

Cognitive and behavioral treatment of pathological gambling: A controlled study. *Journal of Consulting & Clinical Psychology*, 65 (5), 727-732

*This book review was not peer-reviewed.*

*Submitted: July 27, 2002*

*Jeffrey Kassinove, PhD, has studied gambling and other addictive habits (e.g., alcohol use and day trading) in the United States and abroad since 1996. At Monmouth University's Gambling and Addictions Research Laboratory, he has focused on understanding the factors that lead to gambling persistence. Specifically, he has studied both the cognitive and behavioral elements that increase slot machine play. He has developed cognitive scales for understanding attitudes toward gambling as well as tools to assess such mediating factors as illusions of control. He has lectured in Russia, India and Poland on the problems associated with gambling and is a consultant with St.*

*Petersburg University in Russia. Dr. Kassinove also has a small practice where he treats people who have problems with gambling or drug and alcohol use.*

**issue 7 —December 2002**



Centre  
for Addiction and  
Mental Health  
Centre de  
toxicomanie et  
de santé mentale

[intro](#) | [feature](#) | [opinion](#) | [research](#) | [service profile](#) | [first person accounts](#) | [reviews](#) | [letters](#) | [archive](#) | [submissions](#) |  
[subscribe](#) | [links](#)

[Copyright © 1999-2002 The Centre for Addiction and Mental Health](#)

Please note that these text links will always take you to articles from the **current** issue of eGambling. Use the navigation bar at the top left of the page to move around within back issues.

Editorial Contact: [phil\\_lange@camh.net](mailto:phil_lange@camh.net)

Subscribe to our automated announcement list: [gamble-on@lists.camh.net](mailto:gamble-on@lists.camh.net)

Unsubscribe: [gamble-off@lists.camh.net](mailto:gamble-off@lists.camh.net)



# eGambling

THE ELECTRONIC JOURNAL OF GAMBLING ISSUES

## review

[Intro](#)[Research](#)[Opinion](#)[Profile](#)[First Person](#)[Review](#)[Letters](#)[Submissions](#)[Links](#)[Archive](#)[Subscribe](#)

[Other reviews in this issue](#)

**Web site review —**

*[This article prints out to about six pages]*

## Winning Web sites: Researching gambling on the Internet

*By Rhys Stevens  
Alberta Gaming Research Institute  
University of Lethbridge  
Lethbridge, Alberta, Canada  
Email: [rhys.stevens@uleth.ca](mailto:rhys.stevens@uleth.ca)*

On-line reports and papers are an increasingly popular way to distribute research findings. This trend seems to be especially true for the field of gambling and gaming research. New reports can be disseminated from Web sites to the rest of the Internet-connected world almost instantaneously. Oftentimes, these on-line reports contain more complete and detailed information than subsequent journal articles that report the same findings. As a librarian for the Alberta Gaming Research Institute, I've had the opportunity to identify hundreds of Web sites that include such reports. This review summarizes a number of these sites that provide access to original research reports and studies in electronic formats —generally HTML or PDF files (which are viewable in most current Web browsers).

**Australian Centre for Gambling Research (ACGR) —Australia**

[www.aigr.uws.edu.au](http://www.aigr.uws.edu.au)

Jan McMillen is the executive director of the ACGR and has been researching gambling issues extensively since the 1980s. The Centre is located at the University of Western Sydney and performs a wide range of research on gambling-related topics of international interest. All reports, journal articles and working papers produced by the Centre are documented on the site — and are available electronically in some cases. Abstracts of journal articles published in *International Gambling Studies* can also be read on the Web site.

**Gambling Research Panel & Victorian Casino and Gaming Authority (VCGA) —Australia**

[www.grp.vic.gov.au](http://www.grp.vic.gov.au) & [www.gambling.vcga.vic.gov.au](http://www.gambling.vcga.vic.gov.au)

The Gambling Research Panel is a state government-funded organization that independently commissions and publishes research into the social and economic impacts of gambling and the causes and prevention of problem gambling. The Victorian Casino and Gaming Authority's Research Committee was replaced by the Gambling Research Panel in November 2000. Over 30 extensive publications have been produced to date, and most are available from the VCGA Web site. I especially recommend this site to those performing research on the socioeconomic impacts of gambling.

**Alberta Alcohol and Drug Abuse Commission (AADAC) —Canada**

<http://corp.aadac.com/gambling/index.asp>

The AADAC Web site provides a wealth of information on alcohol, drugs and gambling. As an agency funded by the Province of Alberta, its mandate is to help citizens achieve lives free from substance use and gambling problems. The gambling section provides a good selection of recent reports, fact sheets and brochures. The Commission's resource catalogue (see Catalogue near the top of the page <http://corp.aadac.com/gambling/index.asp>) offers a complete listing of all resources available for purchase from the organization. Many of the items on this substantial list include resources designed to

educate special populations of gamblers.

### **Alberta Gaming Research Institute (AGRI) —*Canada***

[www.abgaminginstitute.ualberta.ca](http://www.abgaminginstitute.ualberta.ca)

The AGRI site can be considered a research portal for individuals interested in gambling issues. The Library Resources section of the site provides an extensive listing of on-line and print materials (e.g., reference sources, gambling journals, newspaper articles, bibliographies, etc.). Other areas of interest on the site include current and completed initiatives funded by the Institute in the Research section and the growing Grey Literature Database of gaming reports not controlled by commercial publishers, which is found at <http://gaming.uleth.ca>. The Institute is a consortium arrangement of the universities of Alberta, Calgary and Lethbridge, and its function is to support and promote research into gaming and gambling in Alberta.

### **Canada West Foundation —*Canada***

[www.cwf.ca](http://www.cwf.ca)

Unlike the United States and Australia, the Canadian federal government has never funded a national gambling study. The Canada West Foundation, an independent, non-partisan, non-profit public policy research institute, undertook a comprehensive Gambling in Canada project that ended in November 2001. The 18 reports in the series were produced over four years and are freely accessible from the foundation's Web site in the Publications section. As an added bonus, speaking notes from recent presentations on gambling issues are included in the Presentations section. It is necessary register (at no charge) on your initial visit to the Web site in order to download reports and presentations.

### **Ontario Problem Gambling Research Centre —*Canada***

[www.gamblingresearch.org](http://www.gamblingresearch.org)

This Ontario Problem Gambling Research Centre gets my vote for

technological excellence among the Web sites reviewed here. The Webcasts (i.e., video clips) and eWildman bibliography are both terrific resources. Also available are reports commissioned by the Centre in order to enhance the understanding of problem gambling and strengthen treatment and prevention practices through research. Shortcomings are the registration and sign-in requirements for access to resources.

### **Responsible Gambling Council (Ontario) —*Canada***

[www.responsiblegambling.org](http://www.responsiblegambling.org)

The Responsible Gambling Council (Ontario) helps individuals and communities address gambling in a healthy and responsible way, with a strong emphasis on preventing gambling-related problems. The most impressive resource is the e-Library—a collection of nearly 4000 gambling-related items (e.g., newspaper articles, on-line reports). Researchers can search this database by keyword, subject category and geographic location. Also available on the Web site are the complete archives for the Council's informative Newscan and Newslink publications. Visit this site regularly to stay abreast of new developments in gambling.

### **The Centre for Gambling Studies, University of Auckland —*New Zealand***

[www.gamblingstudies.co.nz](http://www.gamblingstudies.co.nz)

The recently redesigned and updated Centre for Gambling Studies (formerly known as the Gambling Studies Institute) Web site provides details of the Centre's research reports. Some exciting gambling research projects are presently underway (e.g., gambling in Samoan communities, adolescent gambling behaviour, prison problem gambling and counselling). The Centre for Gambling Studies is part of the University of Auckland's faculty of medicine and health sciences and seeks to minimize harm from gambling and promote community well-being.

### **GamCare —*United Kingdom***

[www.gamcare.org.uk](http://www.gamcare.org.uk)

GamCare is the United Kingdom's national centre for information, advice and practical help with regard to the social impact of gambling. A range of research-oriented books (e.g., *Adolescent Gambling* by Mark Griffiths) and counselling resources are available for purchase from the Web site. GamCare's policy is to be gambling neutral and its main objectives are to improve the understanding of the social impact of gambling, promote a responsible approach to gambling and address the needs of those adversely affected by a gambling dependency.

**Gaming Studies Research Center, University of Nevada, Las Vegas —  
*United States***

<http://gaming.unlv.edu>

Dave Schwartz, co-ordinator of Gaming Studies Research Center, has done a superior job assembling a virtual potpourri of gambling-related resources on this Web site. Highlights of the site include an extensive listing of graduate dissertations, a reading room of articles on topical issues and an unrivalled collection of links to gambling sites and conferences. It is immediately evident that this resource takes a number of visits to explore fully, but it is well worth the effort. The Gaming Studies Research Center at the University of Nevada, Las Vegas, is a clearinghouse of data on the business of gaming, its economic and social impacts and its historical and cultural manifestations.

**Gemini Research, Ltd. —*United States***

[www.geminiresearch.com](http://www.geminiresearch.com)

Rachel Volberg, president of Gemini Research, Inc., has directed or consulted on dozens of studies on gambling and problem gambling. The Gemini Research Web site provides an authoritative bibliography of journal articles, books and book chapters, and research reports that she has authored since 1986. A section of particular interest to researchers is the Reports & Links area that lists links to the reports, which are fully available on-line.

**Institute for the Study of Gambling and Commercial Gaming —*United***

## **States**

[www.unr.edu/game/index.asp](http://www.unr.edu/game/index.asp)

The Institute, based at the University of Nevada, Reno, serves to broaden the understanding of gambling and the commercial gaming industries. A real strength of this site is its listing of current and forthcoming print publications available for order. Several article summaries and book chapters from recent publications by Institute scholars are available as well as an updated selection of gaming events and news.

## **National Indian Gaming Association (NIGA) Library & Resource Center — United States**

<http://indiangaming.org/library>

NIGA operates as a clearinghouse and educational, legislative and public policy resource for tribes, policymakers and the general public on Native American gaming issues and tribal community development. The highlight of the Web site is certainly the Resources section, which features a searchable, browsable listing of studies, books and testimonies. The majority of these items can be downloaded from the site or read on-line in their entirety. This site is a vital resource when reviewing on-line sources for information on aboriginal gambling issues.

## **The Wager: Weekly Addiction Gambling Education Report —United States**

[www.thewager.org](http://www.thewager.org)

No review of gambling Web sites would be complete without mention of *The Wager*. The editors at the addictions division of Harvard Medical School have been producing weekly research bulletins in order to share the latest developments in pathological gambling. The Back Issues section contains an archive of every published newsletter since 1996. Fortunately, there is also an excellent search mechanism to allow site users to quickly locate articles by keyword. Be sure to sign-up for the Mailing List if you would like to be notified when new topics are available.

*This review article was not peer-reviewed.  
Submitted: August 6, 2002*

*For correspondence:*

*Rhys Stevens*

*Alberta Gaming Research Institute*

*University of Lethbridge*

*Lethbridge, Alberta, Canada*

*Email: [rhys.stevens@uleth.ca](mailto:rhys.stevens@uleth.ca)*

*Phone: (403) 329-5176*

*Fax: (403) 329-2234*

*Rhys Stevens is currently the librarian for the Alberta Gaming Research Institute, and he is based at the University of Lethbridge in Lethbridge, Alberta. He obtained his masters degree in Library & Information Science at the University of Western Ontario. His primary focus is to work with Institute-funded researchers and the general public who are interested in researching issues related to gaming and gambling.*

## issue 7 —December 2002



Centre  
for Addiction and  
Mental Health  
Centre de  
toxicomanie et  
de santé mentale

[intro](#) | [feature](#) | [opinion](#) | [research](#) | [service profile](#) | [first person accounts](#) | [reviews](#) | [letters](#) | [archive](#) | [submissions](#) |  
[subscribe](#) | [links](#)

[Copyright © 1999-2002 The Centre for Addiction and Mental Health](#)

Please note that these text links will always take you to articles from the **current** issue of eGambling. Use the navigation bar at the top left of the page to move around within back issues.

Editorial Contact: [phil\\_lange@camh.net](mailto:phil_lange@camh.net)

Subscribe to our automated announcement list: [gamble-on@lists.camh.net](mailto:gamble-on@lists.camh.net)

Unsubscribe: [gamble-off@lists.camh.net](mailto:gamble-off@lists.camh.net)

