DOES GAMBLING TREATMENT WORK?

Gambling Disorder (GD) affects an estimated 2% of Americans. Furthermore, 4 – 6% of Americans may exhibit problem gambling behavior. However, certain population segments may exhibit a greater vulnerability to developing GD due to the presence of cooccurring mental and behavioral health disorders.

MENTAL HEALTH ISSUES THAT COOCCUR WITH GAMBLING

70%

of those who are seeking gambling treatment have a previously diagnosed mental health condition.

Data analyzed from a significant sample size of individuals with symptoms of GD receiving treatment through the Kindbridge Telehealth platform. 70% of people met criteria for another mental health diagnosis in addition to GD.
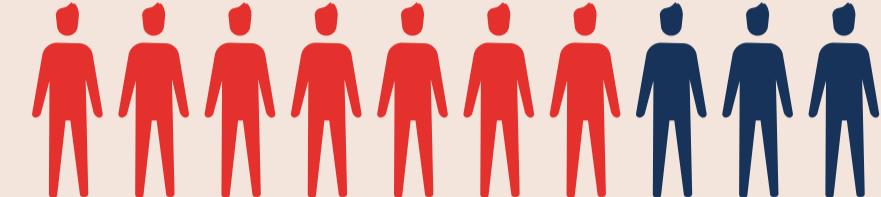
COMORBIDITIES OF GAMBLING

- Male
- Female
- Other

- Major Depression and Suicidality (47%)
- Obsessive Compulsive Behaviors (47%)
- Inattention/Hyperactivity Impulsivity (42%)
- Insomnia (42%)
- Generalized Anxiety Disorder (40%)
- Social Phobia (37%)
- Irritability Index (34%)
- Substance Abuse – Alcohol (24%)
- Substance Abuse – Tobacco (24%)
- Learning Disabilities (22%)
- Suicide Warning (20%)
- Manic Episode (18%)
- Post Traumatic Stress Disorder (14%)
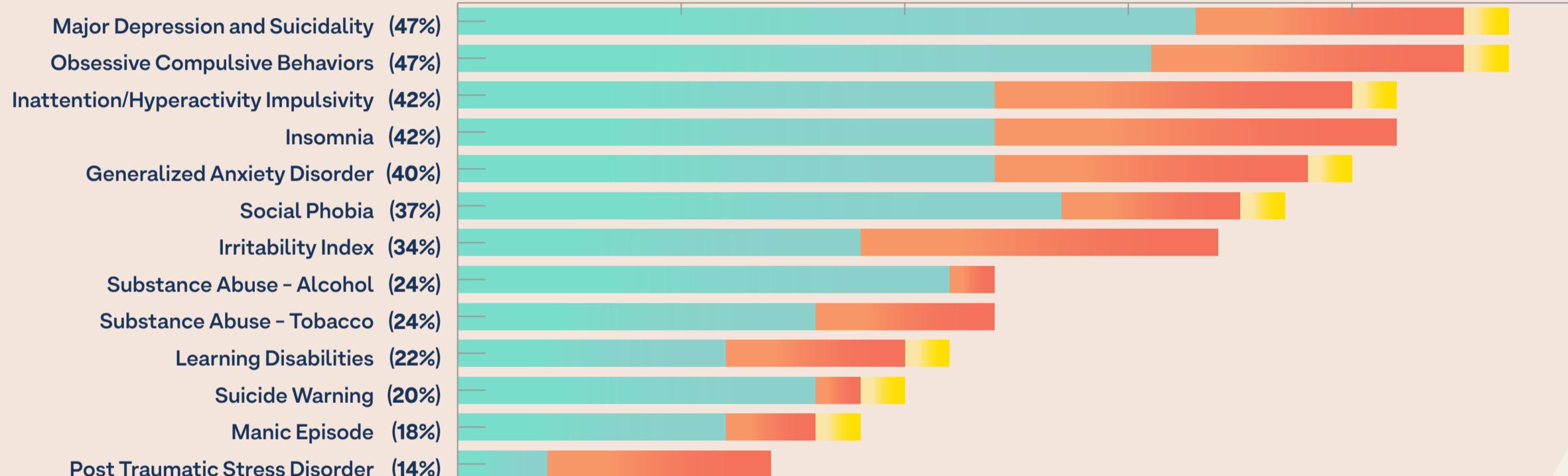
TREATMENT IMPLICATIONS OF COOCCURRING DISORDERS

Given the comorbidity between gambling and additional mental health diagnoses, it's clear that in order to treat GD, a multifaceted approach must be employed to address other potential mental health concerns.

The Kindbridge telehealth approach employs the expertise of counselors who specialize in GD treatment in addition to other mental health diagnoses. The results speak to the effectiveness of this approach.

TREATMENT OUTCOMES

Using a multifaceted approach to treat gambling and cooccurring mental health conditions, individuals in the sample size exhibited notable improvements over a 12-week period:

65.2% reduction in scores for Depression — *Standard industry benchmark is 50%

76.5% reduction in scores for Generalized Anxiety Disorder — *Standard industry benchmark is 50%

47.7% reduction in AUDIT-C scores for Alcohol Use

View additional statistics regarding Gambling Disorder and cooccurring mental health conditions at: **kindbridge.com/infographics**

Kindbridge Behavioral Health