

Facts and Statistics on Problem Gambling

What is Gambling Disorder?

- The Diagnostic and Statistical Manual of Mental Disorders (DSM-5) defines Gambling Disorder as the following:

Persistent and recurrent problematic gambling behavior leading to clinically significant impairment or distress, as indicated by the individual exhibiting four (or more) of the following in a 12-month period:

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1. Needs to gamble with increasing amounts of money in order to achieve the desired excitement.
2. Is restless or irritable when attempting to cut down or stop gambling.
3. Has made repeated unsuccessful efforts to control, cut back, or stop gambling.
4. Is often preoccupied with gambling (e.g., having persistent thoughts of reliving past gambling experiences, handicapping or planning the next venture, thinking of ways to get money with which to gamble).
5. Often gambles when feeling distressed (e.g., helpless, guilty, anxious, depressed).
6. After losing money gambling, often returns another day to get even ("chasing" one's losses).
7. Lies to conceal the extent of involvement with gambling.
8. Has jeopardized or lost a significant relationship, job, or educational or career opportunity because of gambling.
9. Relies on others to provide money to relieve desperate financial situations caused by gambling.

B

The gambling behavior is not better explained by a manic episode.

- 1% of people in the United States suffer from problem gambling (Yale Medicine)
- 7% of youth develop gambling disorder as opposed to 1% of adults, and adolescents are at a higher risk for developing gambling disorder. College students are also reported to gamble at higher rates than the general population. (Yale Medicine)
- Individuals dealing with other mental health concerns such as ADHD or substance use disorders are 17x more likely to develop gambling disorder than individuals without cooccurring conditions. (Yale Medicine)