

Applied research in the field of gambling studies

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Families Living with Problem Gambling

Banks, J., Andersson, C., Best, D., Edwards, M. and Waters, J. (2018) *Families Living with Problem Gambling*. GambleAware: London.

Aim:

To explore the relationship between problem gambling and families in the UK in order to enhance the quality of life of problem gamblers and family members.

Objectives:

To explore the impact of problem gambling on families;

To examine how family members cope with gambling problems, and what adverse events they experience;

To identify how families find out about and access information regarding help and/or treatment services, and how effective these services are perceived to be;

To use the findings to help shape best practice relating to the education, prevention and treatment of gambling related harm, and to inform further research in this area.

Innovation

Our research sought to:

1. Further understanding of gambling-related harm;
2. Respond to the limited national research on gambling-related harm experienced by family and friends;
3. Respond to the limited international research on coping strategies and help-seeking behaviour of family and friends;
4. Give voice to a population who have not been heard sufficiently in research literature and whose views, opinions and experiences are often absent from social policy debate.

Collaboration and co-production

This project has relied on the support and participation of a number of individuals and organisations that help, treat and support gamblers and affected others across the country.

1. Longstanding relationships:

- GamCare; Adfam; Sheffield Addiction Recovery Research Group's Public Patient Involvement (PPI) panel; Sheffield's Service Users Reference Group; local NGOs involved in providing addiction and family support at a local and national level.

2. New relationships forged prior to and during data collection:

- National Problem Gambling Clinic; Gordon Moody Association; CAIS; BetKnowmore; Citizens Advice's Gambling Support Service; some branches of Gamblers Anonymous/ Gam Anon.

Informed the development of our survey and interview schedule;

Supported the distribution of our survey and the recruitment of research participants.

Societal benefit

1. We were mindful of GambleAware's charitable objectives:
 - a. Advancing understanding of gambling-related harm;
 - b. Informing the relief of those who are vulnerable or otherwise in need as a result of gambling.

2. The benefits of our work:
 - a. Educate;
 - b. Prevention and treatment of gambling-related harm;
 - c. Inform further research in this area.

3. Dissemination activities - report, academic outputs, presentations, but also infographic summaries and a short video.