

## PRESS RELEASE

### **New in-depth research examining the experience of women and gambling finds female problem gamblers more likely to be from a BAME background, be an 'affected other' and to cite stigma as a main barrier to treatment**

- New research, commissioned by GambleAware and completed by YouGov, has found that one in five (20%) female gamblers with a PGSI score of 1+ and more than a third (35%) with a PGSI score of 8+ are from a BAME background, compared with one in eight (12%) women overall.
- Female problem gamblers, who have a PGSI score of 8+, are more likely to identify as also being an 'affected other', with almost one in five (19%) identifying as such, compared to eight percent of women overall.
- Researchers also identified that among female gamblers who would not want treatment, advice or support to help them cut down their gambling, two in five (39%) said a perceived stigma, such as feeling embarrassed, or not wanting people to know about their gambling, was a key barrier to this.

**London, 15<sup>th</sup> July 2020:** GambleAware has today published the findings of research it commissioned to better understand the experiences of women and gambling. The report, which is the first of its kind to include any quantitative data on women and gambling specifically, follows the publication of the [Treatment Needs and Gap Analysis research](#) earlier this year.

The research, which was carried out by YouGov, found that more than a third (35%) of female gamblers, who experience high levels of harm and have a PGSI score of 8+, are from a BAME background, compared to 12% of the overall female population. This same pattern is also seen amongst male gamblers, with 29% of men with a PGSI score of 8+ coming from a BAME background, compared to 12% of men overall.

When looking specifically at 'affected others' (those who experience harm as a result of someone else's gambling) it was found that eight percent of women fit into this category and 16% of these are from a BAME background. Researchers also found that women are more negatively impacted by the gambling of a close family member than men. For example, 35% of female affected others, compared to just 9% of male affected others, are negatively affected by the gambling of a spouse or partner. Contrastingly, men are more likely to be affected by the gambling of a friend or flatmate than women, with 33% of male affected others citing this, compared to just 9% of female affected others. Among

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those affected by the gambling of a parent, 88% of women, in comparison to 75% of men, said this had a moderate or severe negative impact.

When looking specifically at treatment and support for women gamblers, researchers found that a higher proportion of women than men cited stigma as a reason for not receiving treatment. Among those who did not want treatment, advice or support to help them cut down their gambling, two in five (39%) female problem gamblers said feeling embarrassed or not wanting people to find out about their gambling was a key barrier to accessing treatment, support or advice to help cut down on their gambling, compared to just over one in five (22%) male problem gamblers. However, knowing that support and treatment would be confidential is particularly important for female problem gamblers, with one in five (20%) saying this would motivate them to seek help.

Commenting on the research findings, **Marc Etches, CEO of GambleAware said:**

*“This research indicates that women, particularly in the capacity as an affected other, experience gambling harms in different ways to men and this report is an important first step in understanding those differences. This research was commissioned to help treatment providers, such as those operating via the National Gambling Treatment Service, address any barriers people may face when it comes to accessing help and support for their gambling and it is essential that services are flexible and meet the needs of individuals.”*

**Anna Hemmings, CEO of GamCare said:**

*“This report has highlighted not only the challenges that need to be overcome, but also the opportunities available to service providers to help increase take-up of treatment and support to help reduce and prevent gambling harms among women. Across our treatment network, in line with the National Gambling Treatment Service, we are working with women to better understand the barriers they may face when it comes to seeking advice or help for their gambling, or experience as an affected other, so that we can continue to ensure they have access the services they need, regardless of their gender or background.”*

GambleAware hosted a webinar outlining the key findings of the research and the full report can be viewed on GambleAware’s website [here](#).

**-ENDS-**

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## **About the research**

- This report presents findings from two surveys conducted by YouGov:
  - Phase one included findings from a national representative survey, which had the primary aim of confirming the demand for treatment and support services within the overall population and at a local level.
    - 12,161 GB adults were interviewed online between 24<sup>th</sup> September and 13<sup>th</sup> October 2019 and included a total of 6,190 women

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- Phase two included a targeted survey of gamblers with some level of problem/risk (PGSI 1+), and affected others (anyone who feels they have been affected by another person's gambling) with the purpose of exploring issues in more detail.
  - 3,001 gamblers and affected others were interviewed between 23<sup>rd</sup> October and 12<sup>th</sup> November 2019, including a total of 1,407 women.
  - Phase two data was weighted to match Phase one by age, gender, social grade, region, gambler/affected other status and PGSI score category.
- The Problem Gambling Severity Index (PGSI) was used to determine whether someone was a 'low risk' gambler (PGSI score of 1-2), a 'moderate risk' gambler (PGSI score of 3-7) or a 'high risk' gambler (PGSI score of 8+).
- In 2018, GambleAware commissioned a programme of studies to review the current need, demand and use of gambling treatment and support in England, Scotland and Wales, to identify where there are geographic and demographic gaps in provision; and, to detail the demand for treatment and support by gamblers and affected others in Britain.

## About GambleAware

- GambleAware is an independent charity (Charity No. England & Wales 1093910, Scotland SC049433) that champions a public health approach to preventing gambling harms – see <http://about.gambleaware.org/>
- GambleAware is a commissioner of integrated prevention, education and treatment services on a national scale, with over £40 million of grant funding under active management. In partnership with gambling treatment providers, GambleAware has spent several years methodically building structures for commissioning a coherent system of brief intervention and treatment services, with clearly defined care pathways and established referral routes to and from the NHS – a National Gambling Treatment Service.
- The National Gambling Treatment Service brings together a National Gambling Helpline and a network of locally-based providers across Great Britain that works with partner agencies and people with lived experience to design and deliver a system, which meets the needs of individuals. This system delivers a range of treatment services, including brief intervention, counselling (delivered either face-to-face or online), residential programmes and psychiatrist-led care.
- In the 12 months to 31 March 2019, provisional figures show that the National Gambling Treatment Service treated 10,000 people and this is projected to rise to 24,000 people a year by 2021. Helpline activity is currently running at about 30,000 calls and on-line chats per annum. GambleAware also runs the website BeGambleAware.org which helps 4.2 million visitors a year and signposts to a wide range of support services.
- GambleAware produces public health campaigns including Bet Regret. A Safer Gambling Board, including representatives from Public Health England, the Department for Digital, Culture, Media and Sport, and GambleAware, is responsible for the design and delivery of a campaign based on best practice in public health education. The Bet Regret campaign is being funded through specific, additional donations to the charity, in line with a commitment given to the government by the broadcasting, advertising and gambling industries. See <https://about.gambleaware.org/prevention/safer-gambling-campaign/>.