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# What is the evidence to support effective interventions to reduce gambling-related harm?

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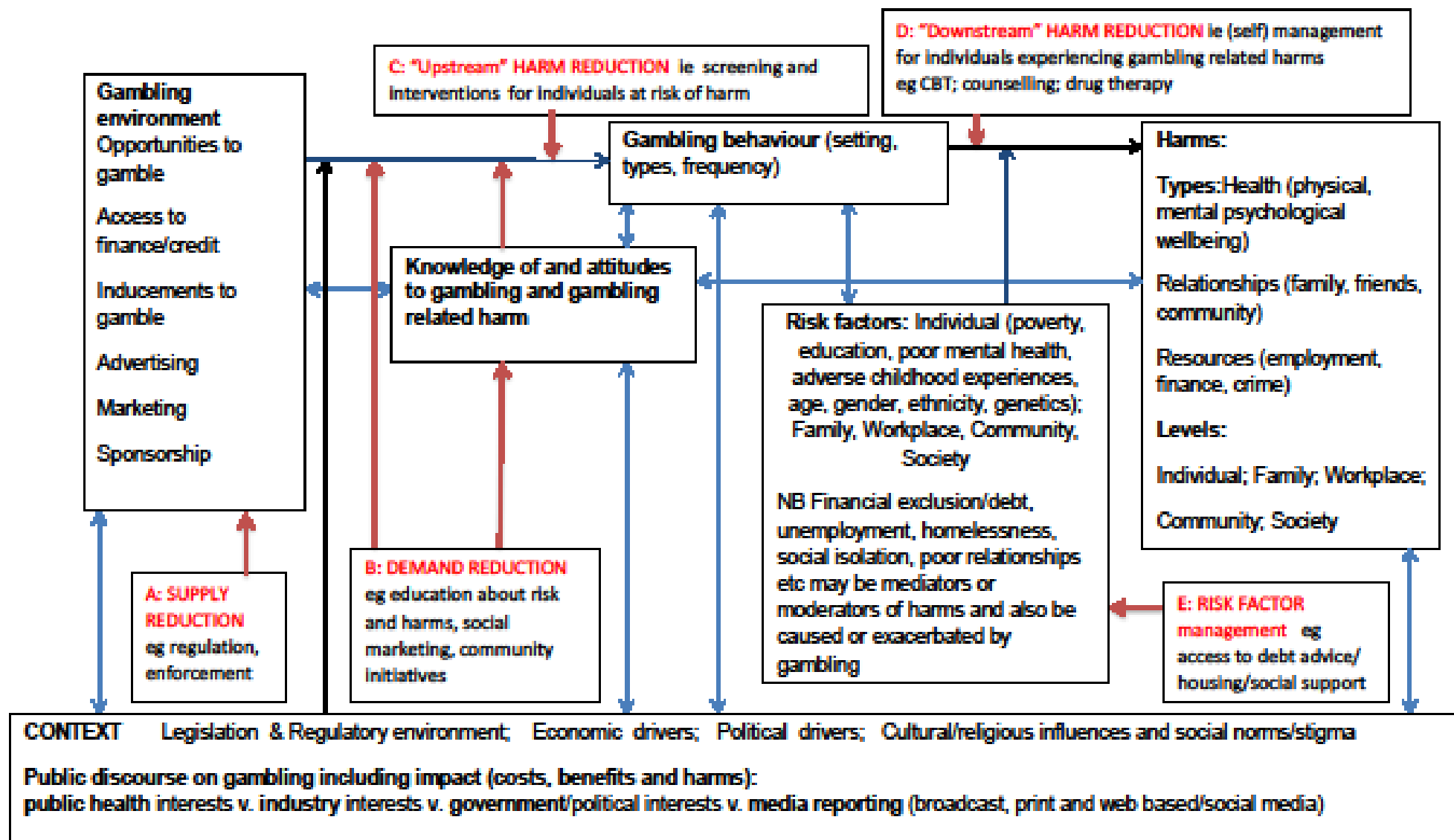
# Background to NIHR PHR review

- Commissioned from NIHR Public Health Review Team
- High priority topic for many national and local government stakeholders
- Need to inform both current policy making and identify significant research gaps
- Mapping review followed by focused reviews to fill gaps
- Stakeholder consultations at all stages of review process



# Review methods

- A priori system level conceptual model based on generic public health frameworks, to describe contextual factors, pathways and intervention points (for primary, secondary, tertiary prevention)
- Stakeholder consultations, including two PPI panels
- Identification and mapping of published review level evidence





# Mapping review results

- Conducted March to June 2019
- Rapid review methods used in view of short time frame
- 30 full reviews included (from 1080 references)
- Weaker evidence for population level interventions
- Major gaps in both secondary and primary evidence



# Findings – Review level evidence

## Whole population preventative interventions:

- Demand reduction: interventions to reduce the demand for gambling.
- Supply reduction: interventions to limit opportunities to gamble.

## Targeted treatment interventions for individuals with an identified gambling addiction:

- Therapeutic interventions
- Pharmacological interventions
- Self-help/mutual support interventions
- Studies comparing two or more of these approaches



# Findings – Gaps in evidence synthesis

- Screening for earlier identification of individuals at risk of problem gambling
- Interventions to reduce risk of relapse/support recovery





# Findings – Major gaps in evidence

- International evidence from policy and industry developments (natural experiments?)
- Potential impact of interventions on inequalities (system impacts?)
- Intended and unintended consequences (“dark logic” models)



# Examples of stakeholder consultation input

- Natural history: trajectory may start from seeking solution to financial problems (not only from recreational gambling)
- Scope of review: Inclusion of harms being experienced by third parties
- Identifying evidence: Inclusion of “grey literature”
- Ongoing developments: Citizens Advice service are piloting a screening tool for gambling addiction



# Potential issues for discussion

- What are most promising or feasible areas for intervention?  
What can be done at local authority and/or community level?
- What is role of public attitudes in terms of acceptability of interventions that limit access or personal choice?
- What is role of interventions in tackling inequalities in gambling related harm or targeting specific risk groups?