

The convergence of gambling and gaming

Presented by

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Gambling, Gaming and Young People

1. How are gambling and gaming converging?
2. What is the impact of gambling-gaming convergence on mental health?
3. What are the impacts of gambling-gaming convergence for treatment and prevention of problems?

Gambling or gaming?

1. Pay an entry fee to compete in a game involving skill and chance with real money prizes
2. Pay for a randomly determined chance to win an item of value
3. Pay for credits to play casino games
4. Bet on who will win a video game

Gambling or gaming?



Defining gambling and gaming

Gambling

- Pay per action
- Chance-based outcome
- Monetary prizes
- Highly regulated

Gaming

- Many variations
- Skill and chance
- Non-monetary achievements
- Payment as entry, not per game
- No specific regulation

How does new gambling technology & gaming convergence impact young people?



Young people are gambling

42% US adolescents have gambled

- More commonly boys & older teens
- Cards & informal
- Lotteries & scratch cards
- Technology changing access



Awareness of Internet gambling through parents

Parental gambling & early age of onset predicts youth gambling & subsequent problems



New technology and gambling: Internet gambling

22% of adolescents gambled online (past year)

- Exposed to advertising
- Offshore sites may have no age gates
- 241 different payment methods



Technological transformation of gambling



1989

2019

Emerging technology

- Virtual reality
- Augmented reality
- Skill-based gambling
- Fantasy sports
- Skins betting



Skill gambling machines



Consumer overestimate how much skill is involved with slots, and don't understand how SGMs work

Characteristics of skill gaming machine players

- Higher cognitive distortions
- More likely to experience illusions of control
- Younger and more interested in mobile games
- People with gambling problems likely to play



Gainsbury, Philander, & Grattan (2019). *Journal of Gambling Studies*



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Gambling-themed online, social & mobile games



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Gambling within online & video games

- Gambling within games
- Loot boxes




Loot boxes: US\$30 billion in 2017

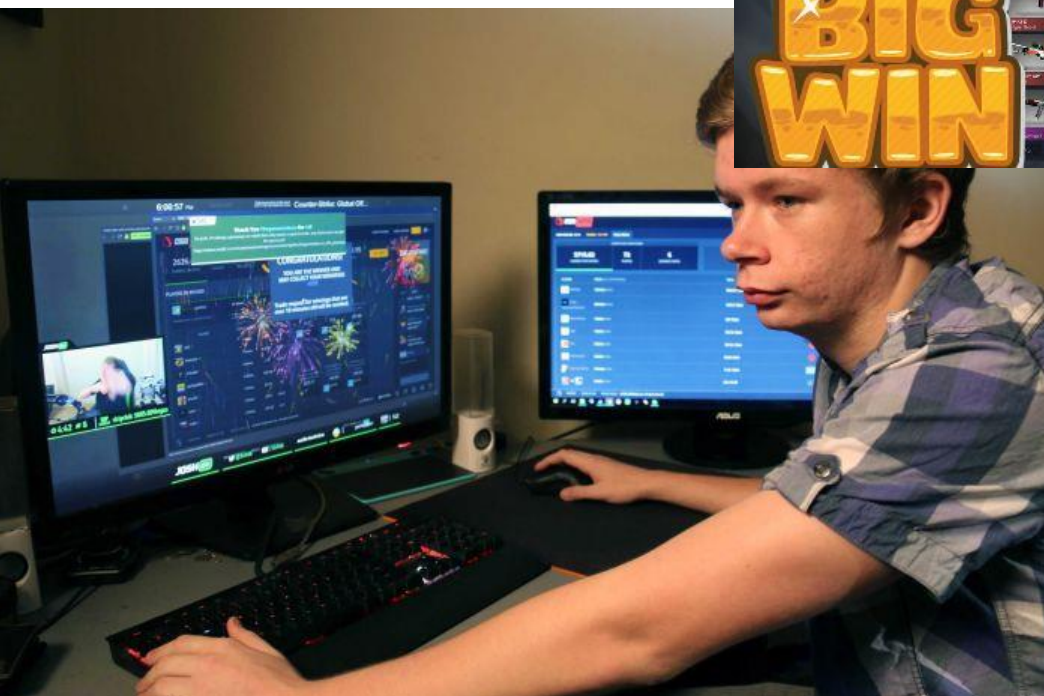


Gambling-gaming convergence: Loot boxes



 Join the Twitter conversation #GatherTeam #USydBMC @DrSalGainsbury @BrainMind_Usyd

Gambling with virtual game items



Concerns about gambling-themed games



Inflated payouts & irrational beliefs

Normalisation

Favourable attitudes

Migration to gambling

Gambling & gaming problems

In-game spending

Inflated payouts increase perceptions of winning

- Irrational beliefs
- Perception of skill
- Increased confidence & risk taking

Adolescent social casino gamers migrated to gambling
→ 33% greater chance of winning at gambling



Social casino games look similar to gambling sites


- 90% of teens felt social casino games look similar to gambling
- Focus on ‘winning’, ‘cash’

“I can just learn and then see how I go, and if I like it well then I can go and do it for real”

Suggested Apps

Slotomania – Free slots games! Spin...
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Raise \$8,875 \$50 Call \$9,509 \$50

Raise \$45 Call \$100 All-in \$1,127 \$0


Chris Cranky \$1,410

Chris Cranky Howdy
Willard: Hi everybody
Snowman: Going all in, LOU

Fold Check Call Raise

Check/Fold I love playing Zynga Poker! Call Any

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★★★★★ DoubleDown Casino - Free Slots
Triple Diamond is THE slot for big winners! Get 1M FREE chips now!

Play Now · 1,000,000 people play this

Gambling as a game (skill) & social activity

Team: Global

Top Teams

1	[Avatar]	[Avatar]	[Avatar]	[Avatar]	12
2	[Avatar]	[Avatar]	[Avatar]	[Avatar]	11
3	[Avatar]	[Avatar]	[Avatar]	[Avatar]	9

Your Team

[Avatar]	lvl 1	[Avatar]	Candice lvl 7	[Avatar]	Carolyn lvl 21
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Jordan
lvl 2

Bingos	10,090	73	83
	+ 50	-	+ 20

New Totals

10,140	73	103
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Finish & Proceed :53

zynga

Score: 13,300

11	19	43	50	69
7	30	34	57	74
14	44	53	61	
15	35	63	59	

SPIN!

level 13 XP 26735/21346

24105

3595

HOME

Noel
lvl 17

Gregory
lvl 23

Derek
lvl 24

Susan
lvl 26

Ace
lvl 30

Add Neighbour

Level 2 Janet20 3700 84 33 9 SHOP

Daily Bonus 23h 55m

Bingos Won

Top Charts Today

You

23566 Janet20 0 Bingos

Top Users

1	Darcy823	1102 Bingos
2	ba-BOOM!	801 Bingos
3	Player1704546	798 Bingos
4	konorman	701 Bingos

Who's on your Top Chart?

Migration to gambling

Most (2/3rds) social casino gamers report no impact on gambling

18% reported increased gambling as a result of social casino games

28% report having gambled as a result of social casino games (migrated)

→ Win real money

→ Excitement

→ Challenge

"I just decided well if I'm gonna do that... ..I might as well just play online slots with the real money".



In-game payments

Play to relieve stress → purchases to increase enjoyment

Payments

- Normalise spending
- Increase similarity with gambling
- Increase salience of rewards



Impact of social casino games on problems may vary

Why pay when I can play for free?

Why play for free when I can win real money?



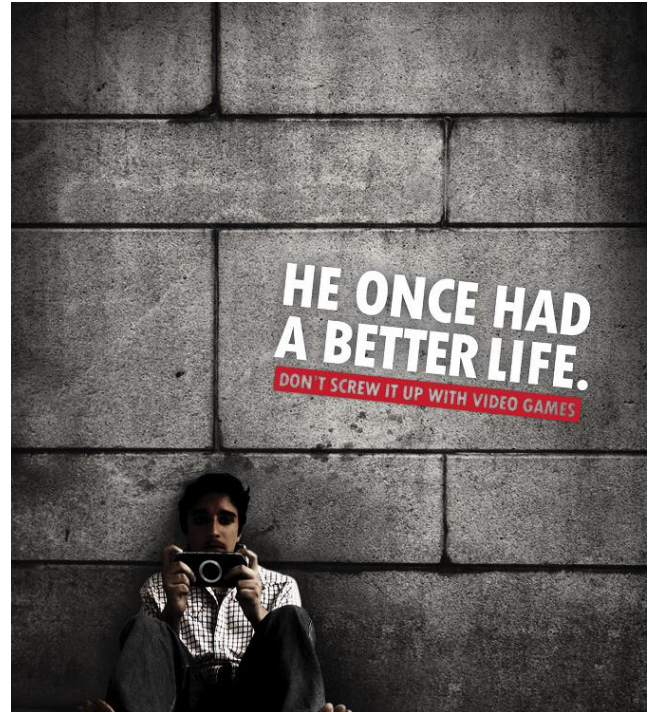
9% teens decreased how much they gambled
15% decreased how much they wanted to gamble

The impact of gaming & gambling on support services



Gambling and gaming problems may be linked

- Gaming can be problematic
 - Problem gambling linked with gambling within games
 - Problem gambling linked with in-game payments
 - Micro transactions
 - Loot boxes
- No causal evidence



Mental health implications of gambling and gaming

- Gaming Disorder: ICD-11
- Behavioural addiction: Gambling Disorder DSM-5
- Co-morbidities: depression, anxiety, ADHD, alcohol use disorder
- Stress, sedentary behaviour, eating/sleeping disruption
- Lack of engagement with other activities & relationships
- Complex and uncertain relationship between disorders
- Lack of quality research

“We used to have some clients who have constantly playing games, and... they unable to go out there and then access the normal life, daily life routine, to attend their appointment, to attend [welfare] appointment, job search things like that, and then they end up being left with no money” – Team Leader, Crisis Support.

“That’s just the saddest thing, I’m going on holiday with [family] ... the main thing that I was concerned about was would I have wifi, would I be able to play my game? It’s so ridiculous”

Mental health implications

Real world harms apparent

- Need for resources & education for parents and professionals
- Who has responsibility to address gaming-related harms?
- Research needed to understand relationship between gambling, gaming, & co-morbidities



At risk groups

- Adolescents and young adults
- Gamers
- People with existing gambling problems
- Co-morbid psychological distress
- Culturally diverse backgrounds (Asian)



Actions needed to protect game users

- Limits on gambling content for children & adolescents
 - Limit in-game purchasing
- Warnings
 - Games are not gambling
- Games provided by gambling operators
 - Not linked to gambling
 - Restricted access
 - Accurate payouts
- Public education
 - Parents



Treatment implications

- Are current treatments effective?
 - Treatments have not been validated with new forms of gambling
 - Little evidence on treatment outcomes for young adults
- What is the best referral pathway?
 - Help searches occur online
 - Video and multimedia
- CBT still has the best evidence so far
 - Cognitive adaptations: theory of winning, early wins, 'practice'
 - Behavioural adaptations: avoidance, tech to block
- Family-centric
 - Involve young people in establishing boundaries
 - Address impact of parental behaviour
- Thorough screening for co-morbid disorders and issues within support services

Discussion and questions

- *How has gaming come up in your work with young people?*
- *What are the concerns about gambling themes and mechanics within games?*
- *What resources or training do professionals need to stay up to date?*
- *Who has responsibility for harms related to games?*

Thank you!

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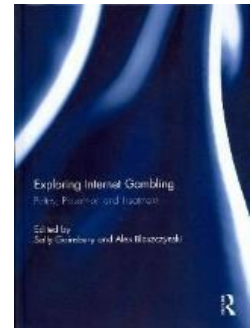
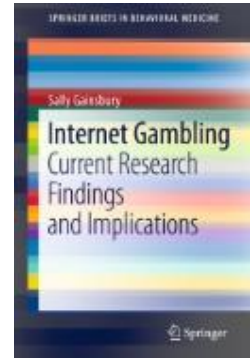
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