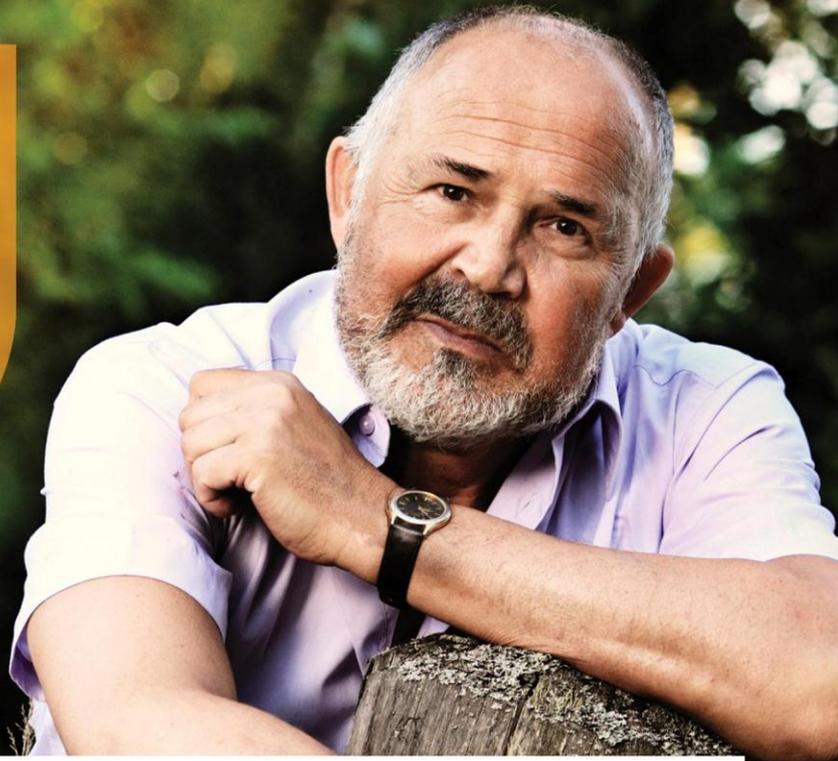




## Recommended gambling research, articles and websites



### Gambling within Primary Care

These articles explain why problem gambling is an issue, who it affects and detection and treatment options.

Rodda, S, Lubman D.I., & Latage K. Problem gambling. Aetiology, identification and management. Australian Family Physician 2012;41:725-729

- This article examines current evidence relating to the classification and prevalence of problem gambling in Australia, why problems develop, and how to screen, assess and manage gambling presentations within primary care.

<http://www.racgp.org.au/afp/2012/september/problem-gambling/>

Thomas, S.A., Piterman, L., & Jackson, A.C. Problem gambling: what general practitioners need to know and do about it? Medical Journal of Australia 2008; 189: 135-136

- This article outlines why general practitioners should screen for problem gambling, who should be screened and effective screening tools.

[http://education.unimelb.edu.au/\\_data/assets/pdf\\_file/0007/632788/2008\\_Thomas\\_GPs\\_MJA.pdf](http://education.unimelb.edu.au/_data/assets/pdf_file/0007/632788/2008_Thomas_GPs_MJA.pdf)

Tolchard, B., Thomas, L., & Battersby, M. GPs and Problem Gambling: Can they Help with Identification and Early Intervention? Journal of Gambling Studies 2007; 23: 499-506

- This paper discusses the prevalence of problem gambling, the links with other health problems and ways that GPs can assist.

[http://casat.unr.edu/docs/Tolchard2007\\_000.pdf](http://casat.unr.edu/docs/Tolchard2007_000.pdf)

For more information and resources visit  
[www.problemgambling.sa.gov.au/gps](http://www.problemgambling.sa.gov.au/gps)

Funded through  
the Gamblers  
Rehabilitation Fund





The **Australian Medical Association** has issued a position statement on the health effects of problem gambling. The statement recommends that medical practitioners should consider including gambling as part of their systematic lifestyle risk assessment when taking a medical history.

<https://ama.com.au/position-statement/health-effects-problem-gambling>

## Psychological Treatments for Problem Gamblers

**The September 2012 edition of the Australian Family Physician published by the Australian College of General Practitioners features psychological strategies for general practice.**

Smout, M. Acceptance and commitment therapy. Pathways for general practitioners. Australian Family Physician 2012;41:672-676

- This article presents an overview of ACT, its evidence base and how general practitioners can apply ACT consistent practice in the primary care setting. It describes pathways for general practitioners to develop further expertise in the approach.  
<http://www.racgp.org.au/afp/2012/september/acceptance-and-commitment-therapy/>

Harden, M. Cognitive behaviour therapy. Incorporating therapy into general practice. Australian Family Physician 2012;41:668-671

- This article describes cognitive behaviour therapy, its evidence base and applications. Pathways for further training for general practitioners in cognitive behaviour therapy are described.  
<http://www.racgp.org.au/afp/2012/september/cognitive-behaviour-therapy/>

Hall, K., Gibbie, T., & Lubman DI. Motivational interviewing techniques. Facilitating behaviour change in the general practice setting. Australian Family Physician 2012;41:660-667

- This article explores current understanding regarding how and why people change, and the potential role of motivational interviewing in facilitating behaviour change in the general practice setting  
<http://www.racgp.org.au/afp/2012/september/motivational-interviewing-techniques/>

Pierce, D. Problem solving therapy. Use and effectiveness in general practice. Australian Family Physician 2012;41:676-679

- This article reviews the evidence base for PST and its use in the general practice setting.  
<http://www.racgp.org.au/afp/2012/september/problem-solving-therapy/>

**Gambling Research – these documents contain a comprehensive overview of gambling research.**

## AGR5 Australasian Gambling Review - Fifth Edition (1992-2011)

Prepared by Paul H Delfabbro. Refer to Section 6.4 - Tertiary strategies: help for problem gamblers (outlines evidence-based treatment for problem gambling).

- This is the 5th update of the Australasian Gambling Review (AGR) first commissioned by the Independent Gambling Authority of South Australia in 2003. The purpose of the review is to provide readers with a comprehensive and critical summary of relevant gambling research, with this update covering the last decade and a half.  
[www.iga.sa.gov.au/pdf/agr-2011-5.pdf](http://www.iga.sa.gov.au/pdf/agr-2011-5.pdf)



## **Gambling and Co-morbid disorders. Commissioned by Gambling Research Australia**

Prepared by: Dr. John Haw, Dr. Louise Holdsworth, Ms. Sharen Nisbet  
Centre for Gambling Education & Research, Southern Cross University. Published on behalf of Gambling Research Australia. February 2013

- The aim of this study was to increase the understanding of the role of co-morbid disorders in problem gambling, and assist in the development of effective prevention and intervention measures to avoid problem gambling.  
<http://www.gamblingresearch.org.au/home/research/gra+research+reports/gambling+and+co-morbid+disorders+2013+pdf>

## **Productivity Commission 2010, *Gambling*, Report no. 50, Canberra.**

- The Commission considered and consulted on a wide range of gambling related issues. These included the nature of gambling, participation, commercial, industry, social and economic factors, regulation, implications on new technologies and harm minimisation measures and evaluation.  
<http://www.pc.gov.au/projects/inquiry/gambling-2009/report>