

Concerned significant others (CSO) of problem gamblers and gamers in Norway

Preliminary results from a population-based survey

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Why study CSO?

Gives information about

.. Who they are

-> better services to CSO

.. Who the close ones to gamblers/gamers are (context/network)

-> better services to gamblers/gamers

Background - CSO of Problem Gamblers (PG)

- «A typical problem gambler affects six others» (Goodwin et al., 2017)
- CSO of PG report more emotional and financial distress, smoking and risky alcohol use, and impaired physical health and relationship with partner, compared to general population (Castren et al., 2021; Riely et al., 2021)
- Prevalence PG:
Europe: 0.12-3.4% (past year) (Calado & Griffiths, 2016)
Norway: 1.4% in 2019 down to 0.6% in 2022 (Pallesen et al., 2023)
- Prevalence CSO of PG
Sweden: 18.2% someone close PG, now or before (Svensson et al., 2013)
Finland: 19.3% (Salonen et al., 2015; Salonen et al., 2014)

Background - CSO of Gamers (GAM)

- Gaming Disorder (GD) included in ICD-11: Impaired control, takes precedence, continue despite consequences (WHO, 2019)
- Prevalence GD: 1.4-3.3%, where sample size, mean age, study quality are negatively correlated to prevalence. (Kim et al., 2022; Stevens et al., 2021)
- Disorder versus problematic gaming.
- Norwegian population 16-74 years ($N = 7385$): (Pallesen et al, 2023)
45.7% participated in computer games last half year, of whom 0.6% categorized as computer game addicts and 5% as problem computer gamers.
Overlap gambling – gaming: «Approximately 19% of those with gambling problems reported problematic gaming»

Aims of study

- Prevalence CSO of Problematic Gambling and Gaming in Norway?
Relationship to PG/Gamer?
- Associations between CSO
 - background variables,
 - their own gambling, gaming, alcohol- and drug use.
- Three waves (2024, 2025, 2026)
 - how does CSO status and personal variables including personality influence each other?

Concerned significant others (CSO) in this study:

Does any of the following persons, who are close to you, have
... a gambling problem now/had earlier?
... a gaming problem now/had earlier?

- Father
- Mother
- Sister/brother
- Grandparent
- Partner
- Ex-partner
- Child
- Other family member
- Friend
- Colleague
- Other (specified:..)

If yes (for each question/relation):

How concerned are/were you about this person?

- Not concerned
- A little
- Some
- Very
- Extremely concerned

Results: Demographic variables ($N = 573$)

- Response rate: 30.3%
- 305 female, 266 male
- Mean age 44 (17) years
- 67% married/cohabitant
- 32% have children living at home
- Income: 23% < 300 000 NOK; 42% > 600 000 NOK
- Education: 53% university level (lower or higher degree)
- Occupation: 54% full time work
- Born in Norway: 85%

Preliminary results

Prevalence of CSO

Problematic Gambling (PG):

22.9% CSO

6.6% in close family

18.8% to others

Most common:

Friend, sibling, ex-partner, colleague, other family

Problematic Gaming (GAM):

26.8% CSO

17.1% in close family

14% to others

Most common:

Child, friend, sibling, other family

* Close family: Parent, current partner, sibling, child. Others: Grandparent, ex-partner, other family, friend, colleague or others

CSO – degree of concern

Problematic Gambling (PG)

Problematic Gamers (GAM)

Mean 1.5 to 3.33

Mean 1.63 to 2.68

Highest concern:
Partner, ex-partner, other family,
others

Highest concern:
Friend, sibling, child, other family,
others

NB: Few responders!

Scale:

1 = not concerned, 2 = a little concerned, 3 = somewhat concerned, 4 = Very concerned, 5 = extremely concerned.

Characteristica of CSO

Problematic Gambling (PG)

CSO Close

- Higher DUDIT-C
- Higher Neuroticism

CSO Others

- More often men
- More gambling and gaming problems

Problematic Gaming (GAM)

CSO Close

- Younger
- More gaming problems

CSO Others

- younger, more often men, lower income
- More gambling and gaming problems, higher DUDIT-C
- Higher E and O, lower C

Conclusion

- More than 1 of 5 CSO of PG
- More than 1 of 4 CSO of GAM

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