

**University of
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Prifysgol
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**Moving indoors: the changing faces of
drinking and gambling**

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Moving indoors: the changing faces of drinking and gambling



ALCOHOL
CHANGE^{UK}

Moving indoors: the changing faces of drinking and gambling

- Many commonalities between drinking and gambling
 - Dependence and Harm
 - Powerful Industry
 - Relaxation of regulation
 - Wide reaching marketing
 - Social use --> Dependency continuum
- Potential for “Dual Harm”



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- “Dual Harm”
 - Increase in consumption at home
 - Access to gambling anywhere
 - Wales has highest binge drinking and highest problem gambling rates of the home nations
- Research into “Dual Harm”



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- Two linked studies
 - Prevalence and patterns of alcohol consumption
 - Prevalence and patterns of gambling behaviour
 - Co-occurrence of drinking and gambling
 - Motivations to drink and gamble
- General Population v Student Population
 - 263 adults resident in Wales
 - 134 students / recent graduates in Wales



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- Findings – alcohol
 - Both populations showed evidence of heavy drinking patterns
 - 60% Audit positive for hazardous drinking patterns in the general population
 - 66% of student population were “binge drinkers”
 - 90% above guidelines
 - Recent graduates report fewer drinking days but same heavy drinking patterns



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- Findings – gambling
 - High numbers of both populations engaged in gambling (70 % students; 80% general)
 - Both populations showed evidence of risky gambling behaviours in approx. 25% of respondents
 - Almost half of general population reported gambling alone.

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- Findings – “Dual Harm” (Students)
 - Individuals who drink more gamble more frequently
 - Strongest predictor of impaired control in gambling was alcohol consumption
 - Gambling motivations of coping with stress, enhancement and socialization all correlate with frequency of alcohol consumption



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- Findings – “Dual Harm” (General)
 - Gambling frequency is highly correlated with hazardous drinking and indicators of dependence
 - Younger people are drinking and gambling more than older people (and have higher indicators of alcohol dependence)
 - High risk gamblers drink as a coping mechanism
 - High risk drinkers gamble for enhancement



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- Key take home messages
 - Both populations show high levels of alcohol consumption and above population levels of “at risk” gambling
 - The similarities in findings between general and student populations surprising given the latter are well-documented risk takers.



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- Key take home messages
 - There's a clear dose-response relationship between drinking and gambling
 - Both of these activities are “moving indoors”
 - Perfect storm within our 4 walls: lone drinking and gambling...?