Youth & Adolescent Risk for Gambling Problems

Any young person can develop a gambling problem, regardless of age, gender, race, ethnicity or socio-economic status.

Though gambling problems do not discriminate, research has shown that among youths the following groups are more susceptible to gambling problems:

- Those who gamble at a young age \(^1,2\)
- Males \(^1,3,4,5\)
- Those with a family history of gambling problems \(^4\)
- Those in a lower socioeconomic status group \(^1\)
- Those who have low and/or declining parental monitoring between the ages of 11 and 14 \(^6\)

- Those who gamble:
  - On cards
  - At casinos
  - On routine daily events \(^3\)
  - On games of skill (basketball, pool, golf, etc.)

Disordered Gambling and Risky Behaviors

Disordered gambling is associated with numerous other risky behaviors among young people.

Compared to adolescents aged 16–17 who do not gamble, those aged 16–17 who do gamble are more likely to:

- Use alcohol/Be dependent on alcohol
- Use drugs/Be dependent on drugs
- Experience depression \(^7\)
General Problem/Disordered Gambling
Compared to youth who do not have gambling problems, youths with gambling problems are more likely to:

- Use alcohol, binge drink 2,4,8
- Use illicit drugs 2,4,8
- Smoke cigarettes 4
- Be delinquent, have conduct problems 2,4
- Attempt suicide 2
- Engage in peer and dating violence and delinquency 9
- Report negative peer influences 9

Youth & Adolescent Gambling Prevalence Rates
Studies have estimated the percentage of youths/adolescents who gamble and have gambling problems.
Gambling prevalence among 14–21 year olds:

- Gambled in the past year 1,10 68%
  - Males 77%
  - Ages 14–15 68%
  - Ages 16–17 76%
  - Ages 18–19 83%
  - Ages 20–21 80%
  - Females 58%
  - Ages 14–15 53%
  - Ages 16–17 52%
  - Ages 18–19 65%
  - Ages 20–21 64%

- Gambled twice a week or more 1 11%
  - Males 18%
  - Females 4%

- Gambling by activity type in the past year 3
  - Card games 33%
  - Office pools, charity 30%
  - Lottery 29%
  - Sports betting 23%
  - Games of skill 21%
  - Bingo 12%
  - Dice games 9%
  - Casino gambling 7%
  - Gambling machines 6%
  - Horse or dog tracks 5%
  - Internet 2%

At Risk and Problem Gambling Prevalence Among 14–21 Year Olds

- 6.5% of 14–21 year olds are at risk or problem gamblers 1
- 2.1% of 14–21 year olds are problem gamblers 1
General Problem/Disordered Gambling

Prevention Strategies

◆ Increased Parental Awareness of Youth Gambling
A recent study in Canada confirmed previous reports by youth that parents do not perceive youth gambling to be a serious issue.14 Of 13 potential adolescent risky behaviors, gambling is viewed as the least problematic.14

◆ Increased Teacher Awareness and Education
Another recent study in Canada, assessing teachers’ awareness and attitudes regarding adolescent gambling and other high-risk behaviors, found that gambling was viewed as being the least serious of issues affecting youth. Drug use and school violence topped the list.15

Signs of a Gambling Disorder

A person shows signs of gambling disorder if he/she:

- Needs to gamble with increasing amounts of money to achieve the desired excitement.
- Exhibits restless or irritable behavior when attempting to cut down or stop gambling.
- Is preoccupied with thoughts about gambling.
- Gambles when feeling distress (e.g., helpless, guilty, anxious, depressed).
- Chases one’s losses/returns another day to get even.
- Lies to conceal the extent of gambling.
- Jeopardizes a significant relationship, job, or opportunity because of gambling.
- Relies on others to provide money to relieve desperate financial situations caused by gambling.

For more information about gambling disorder, please refer to evaluation tools provided by the DSM-5.
Endnotes


