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GAMBLING DISORDER

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ABSTRACT:

Gambling disorder is characterized by a persistent, recurrent pattern of gambling that is associated with substantial distress or impairment. The prevalence of gambling disorder has been estimated higher the adult population in the United States, with comparable or slightly higher estimates in other countries. The etiology of gambling disorder is complex, with implicated genetic and environmental factors. Neurobiological studies have implicated cortico-striato-limbic structures and circuits in the pathophysiology of this disorder. Individuals with gambling disorder often go unrecognized and untreated, including within clinical settings. Gambling disorder frequently co-occurs with other conditions, particularly other psychiatric disorders. Behavioural interventions, particularly cognitive-behavioural therapy but also motivational interviewing and Gamblers Anonymous, are supported in the treatment of gambling disorder.

Key words: Gambling, Compulsive, Adolescents

INTRODUCTION:

Gambling is one of the most insidious of human vices, as it presents the illusion of easy money yet can quickly lead to financial ruin. The odds are never in your favour whether it is poker, blackjack or anything else; gambling is a successful industry because the house always wins. Gambling is a diverse activity, so different types of gambling addiction exist as well. It is not always obvious when someone is addicted to gambling. Contrary to popular belief, the act of gambling is not restricted to slot machines, cards and casinos. Purchasing a lottery ticket, entering a raffle or making a bet with a friend are also forms of gambling. Gambling addiction can occur when a person feels that they are in financial ruin and can only solve their problems by gambling what little they have in an attempt to get a large sum of money.

DEFINITION: Compulsive gambling, also called gambling disorder, is the uncontrollable urge to keep gambling despite the toll it takes on your life. Gambling means that you're willing to risk something you value in the hope of getting something of even greater value and involves repeated, problem gambling behaviour.

WHAT CAUSES AN ADDICTION TO GAMBLING?

Many factors can contribute to a gambling addiction, including desperation for money, the desire to experience thrills and highs, the social status associated with being a successful gambler, and the entertaining atmosphere of the mainstream gambling scene. Unfortunately, once a gambling addiction takes hold, breaking the cycle is difficult. Severe addictions can take hold when someone feels desperate financially and wants to make back what they have lost. Once the person finally wins, while they may end up collecting a massive amount of money from that win, it is rarely enough to cover what has already been lost. Most gamblers never even come close to breaking even.

WHAT'S THE DIFFERENCE BETWEEN ENJOYING GAMBLING AND GAMBLING DISORDER?

Most adults who gamble do not have a gambling disorder, but those who do can face very serious problems. An afflicted gambler may deplete savings, borrow money, or liquidate retirement accounts to finance their gambling, damage personal relationships (especially with a spouse and family), and have troubles at work. People with a gambling disorder often feel guilt or shame and may experience such withdrawal symptoms as restlessness and irritability when attempting to stop gambling. Many people may take gambling lightly, not realizing that it may be addictive in many of the same ways as drugs are. Gambling problems can be very harmful to affected individuals and their families.

CONCLUSION:

Quitting gambling is no easy feat, but it can be done with the help of a solid support group and treatment program. It can be difficult to get started on the path to recovery without the assistance of professionals who have helped people through the process before.

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