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A review and update on research literature of psychological interventions for problem gambling: limitations and future directions

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Problem gambling is on the rise and has devastating psychosocial consequences. Monash guidelines (2011), based their recommendations on findings from Cochrane review (2012), have so far been the point of reference worldwide. They have found cognitive behavioural therapy (CBT) and motivational interviewing (MI) to be effective in reducing problem gambling. Recent research activity, as summarised by Yakovenko & Hodgins (2016), has included studies evaluating enhanced versions of CBT and brief or online interventions and has found promising results. Yet methodological limitations in existing RCTs and smaller studies, the improved diagnostic validity following the introduction of DSM-V and the rising number of clients presenting with problem gambling call for higher quality research and an update of current guidelines. Indeed, we still know very little about the effectiveness of non-CBT psychological therapies, the optimal length/durability of CBT, and matching clients to different interventions. Problem gambling becoming a higher priority in the public health agenda may pave the way for further research to take place.

Biography

Leonidaki [BSc(Hons), MSc, MA, DClin Psych, PGDipCBT] is a consultant clinical psychologist working in the National Health Service (NHS) and private practice in the UK. She has a special interest in addiction, psychotherapy and relational theories. She has published in qualitative research and metasynthesis and Dynamic Interpersonal Therapy (DIT)..

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