Gambling, family dysfunction, and psychological disorders: A cross- sectional study.

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Statement of the Problem: Gambling is an alarming public health issue that can ruin many aspects of a person's life even if it has become a socially accepted form of recreation worldwide. Substantial evidence shows that while addiction can cause problems within a family, addictive behaviors are also used in an attempt to cope with dysfunctional family dynamics. People in a family that do not meet their emotional or financial needs may turn to alcohol, drugs, or gambling for temporary relief. However, these problem gambling correlates have not been investigated especially in Rwanda post-genocide. The current study sought to identify the predictors and effects of problem gambling, and examine the effects of family dysfunction on relations between problem gambling and alcohol dependence, drug abuse, and problem gambling and sleep deprivation. Methodology & Theoretical Orientation: A sample of 104 gamblers (all were men, Mean = 26.2, SD = 6.8), was recruited from gambling venues in an urban area of Musanze district, Northern Province of Rwanda. Data were collected using the Problem Gambling Severity Index, the Brief Michigan Alcoholism Screening Test, Drug Abuse Screening Test, the Psychopathy Checklist-Revised, the Big Five Inventory, the Insomnia Severity Index, and the Family Dysfunction Test. SPSS (version22) was used to carry out all statistical analyses. Findings: Results showed that personality traits predicted problem gambling. Additionally, problem gambling was associated with alcohol use, drug abuse, sleep deprivation, antisocial tendency and family dysfunction. Family dysfunction moderated the effects of problem gambling on drug abuse, alcohol use and sleep deprivation.

Conclusion & Significance: This study has investigated the predictors and effects of gambling and moderates of family dysfunction to these effects. It is hoped that the findings of this study can be helpful for professionals who intervene in public health issues minimization.

Biography

With strong passion and commitment to initiate or strengthen the interventions targeting trauma and addiction disorders in post genocide countries like Rwanda, Japhet Niyonsenga has completed extensive works within psychotherapy and mental health research field, with a keen eye for detail. With only his bachelor's degree in clinical psychology, Japhet has completed seven research publications and interventions related to trauma, gambling and substance abuse among problem gamblers, substance abusers, undergraduate students, teen mothers, pregnant mothers, abandoned children, children with blindness, and mothers of the children with disabilities in Rwanda. Japhet is currently pursuing master's degree in clinical psychology and therapeutics at the University of Rwanda. He is also the researcher assistant in Mental Health & Behaviour Research Group at this University.