



C. GAMBLERS & CO-OCCURRING CONDITIONS

GAMBLING ATTITUDES AND BEHAVIORS: A 2018 SURVEY OF ADULT IOWANS

Report 3 of 7

Prepared for

Iowa Department of Public Health
Iowa Gambling Treatment Program

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Iowa Department of Public Health
Protecting and Improving the Health of Iowans



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GAMBLERS AND CO-OCURRING CONDITIONS¹

EXECUTIVE SUMMARY

GAMBLING ATTITUDES AND BEHAVIORS: A 2018 SURVEY OF ADULT IOWANS

*Prepared for the Iowa Department of Public Health, Iowa Gambling Treatment Program
by the Center for Social and Behavioral Research, University of Northern Iowa*

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BACKGROUND & METHODOLOGY

The 2018 Survey of Public Gambling Attitudes and Behaviors Toward Gambling was conducted by the Center for Social and Behavioral Research (CSBR) at the University of Northern Iowa (UNI) and funded by the Iowa Gambling Treatment Program (IGTP) at the Iowa Department of Public Health (IDPH).

The 2018 Survey of Public Attitudes and Behaviors Toward Gambling used dual-frame (land and cell) random digit dial (DF-RRD) telephone sampling methodology. A total of 1,761 interviews (190 landline and 1,571 cell phone) were completed from September 12, 2018, to January 16, 2019. Similar studies were conducted in 2011, 2013 and 2015.

The primary purpose of this study was to collect data from adult Iowans to assess types and frequency of gambling activities, prevalence of problem gambling, and awareness and opinions of publicly-funded gambling treatment services.

The 2018 data have been weighted in order to obtain point estimates to allow population generalization of non-institutionalized adults in Iowa (weighting variables included age, ethnicity, race, education, place and telephone status).

KEY FINDINGS

Among those who gambled in the past 12 months, less than 1% said that someone important in their lives told them they should cut back, stop or try to control their gambling. Among those who were told to quit or control their gambling, 9 in 10 were at-risk gamblers.

About 1 in 20 adult Iowans (8%) who reported gambling said they wanted to quit gambling altogether. Among those who gambled in the past 12 months and were not-at-risk, 83% said they wanted to decrease the amount of time spent gambling. Among those who gambled in the past 12 months and were at-risk, 17% said they wanted to decrease the amount of time spent gambling.

The quality of life measure index was 4.42 (SD=0.62) for Iowa adults on a scale from 1 to 5, with 5 being the highest positive score possible. This index was significantly lower for at-risk gamblers compared to not-at-risk gamblers.

Among those who gambled in the past 12 months, at-risk gamblers were more likely to use tobacco (45%) than were not-at-risk gamblers (22%). Likewise, at-risk gamblers (61%) were more likely than not-at-risk gamblers (46%) to say that their mental health was not good.

When asked about family experiences while growing up, at-risk gamblers were more likely to report that someone in their family had problems with either alcohol (at-risk: 40% vs. not-at-risk: 33%), gambling (at-risk: 13% vs. not-at-risk: 6%), or mental health (at-risk: 39% vs. not-at-risk: 28%) than did not-at-risk gamblers.

¹ This is the third report in a series (seven in total) produced from the 2018 Survey of Public Gambling Attitudes and Behaviors Toward Gambling.

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SECTION C1. GAMBLERS' DEMOGRAPHICS AND DESIRE TO QUIT

In this section, adult Iowans who gambled in the past 12 months (74%) are further described with a focus on their demographic characteristics, quality of life, co-occurring conditions and help-seeking behaviors (see Figure C-1).

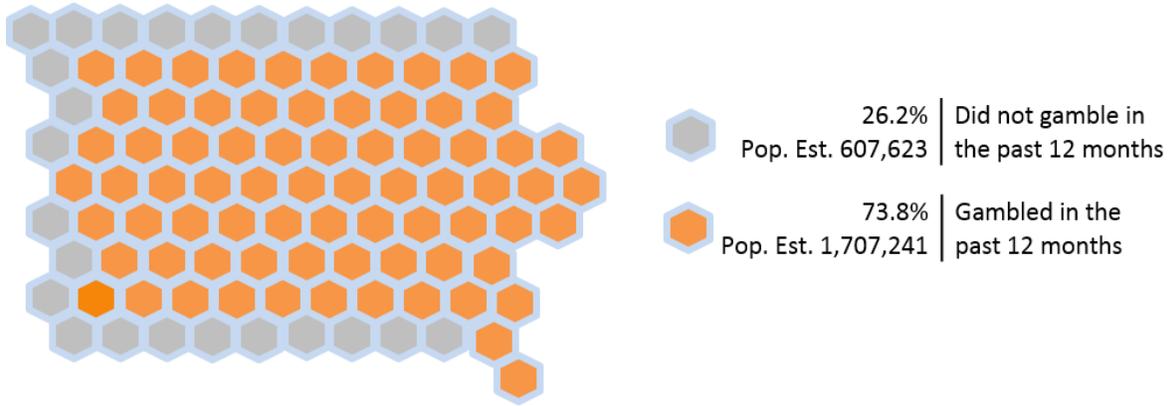


Figure C-1. Adult Iowans who gambled in the past 12 months

When comparing the sub-groups of gamblers, this report uses at-risk gamblers and not-at-risk gamblers in the past 12 months. These sub-groups are represented in the Figure C-2.

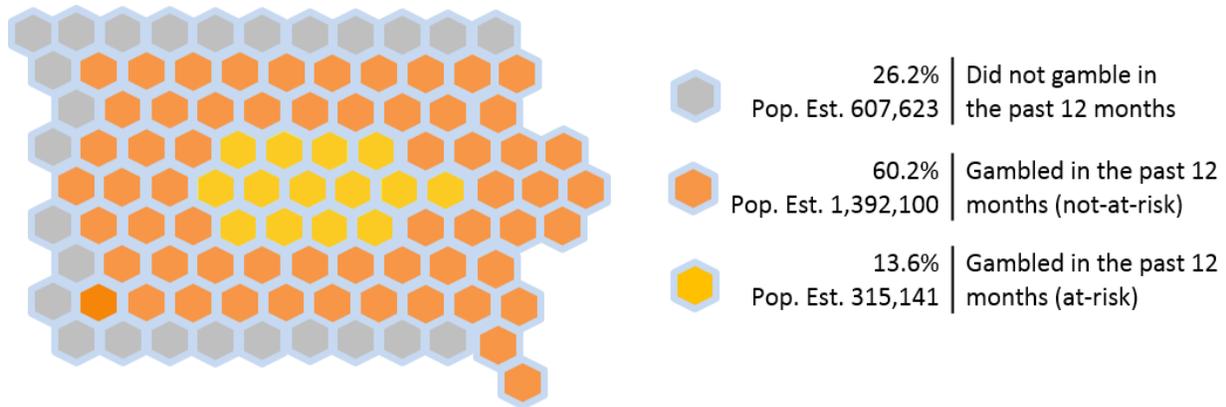


Figure C-2. Sub-groups of adult Iowans who gambled in the past 12 months

The demographic characteristics of at-risk gamblers indicated that they were more likely than not-at-risk gamblers to be unmarried males with high school (or less) educations, and less likely to have household incomes of \$75,000 or more (see Table C-1.)

Table C-1. Demographic characteristics of those who gambled in the past 12 months

| | Gambled in the past 12 months | | |
|--|-------------------------------|--------------|------------|
| | Not-at-risk % | At-risk % | Total % |
| Gender* | | | |
| Male | 49 | 58 | 51 |
| Female | 51 | 42 | 49 |
| Age group | | | |
| 18-24 years old | 10 | 11 | 10 |
| 25-34 years old | 16 | 19 | 17 |
| 35-44 years old | 18 | 18 | 18 |
| 45-54 years old | 17 | 22 | 18 |
| 55-64 years old | 19 | 19 | 19 |
| 65 years or older | 20 | 12 | 19 |
| Race | | | |
| White Non-Hispanic | 90 | 86 | 90 |
| All Other (Including Hispanic) | 10 | 14 | 10 |
| Employment status | | | |
| Employed | 70 | 74 | 70 |
| Unemployed | 31 | 26 | 30 |
| Marital status* | | | |
| Married or cohabitating | 61 | 46 | 58 |
| Not married (divorced, widowed, or separated, never married) | 39 | 55 | 42 |
| Education* | | | |
| HS graduate or less | 32 | 47 | 34 |
| College 1 year to 3 years | 35 | 33 | 35 |
| College 4 years or more | 33 | 20 | 31 |
| Household income* | | | |
| Less than \$25,000 | 18 | 25 | 19 |
| \$25,000 - \$49,999 | 19 | 24 | 20 |
| \$50,000 - \$74,999 | 21 | 22 | 21 |
| \$75,000 or more | 43 | 29 | 40 |
| Place of residence | | | |
| Farm/Rural/Small Town | 46 | 41 | 45 |
| Large Town (5,000 - 25,000) | 18 | 19 | 18 |
| Small City (25,000 - 150,000) | 30 | 33 | 30 |
| Large City (>150,000) | 7 | 7 | 7 |

* $p < .05$

ENCOURAGED TO QUIT OR CONTROL GAMBLING

About 12,000 adult Iowans (1%) who said they had gambled in the past 12 months said that someone important in their lives told them they should cut back, stop or try to control their gambling. Among those who were told to cut back, stop or try to control their gambling, 89% were at-risk gamblers (see Figure C-3).

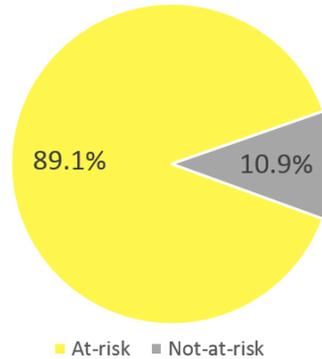


Figure C-3. At-risk gamblers among those who were told to cut back, stop or try to control their gambling behaviors

Among those who gambled in the past 12 months, the study asked the participant if they wanted to cut back on the amount of time that they spent betting or wagering. Few adult Iowans tried to reduce their gambling (about 4% of adult population). Among those who wanted to cut back on the amount of time that they spent betting or wagering, about 40% were at-risk gamblers (see Figure C-4).

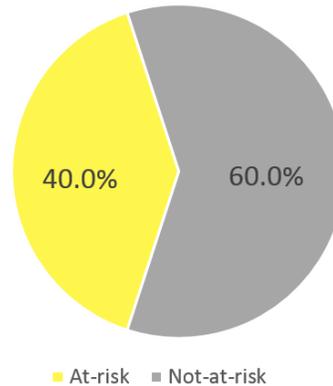


Figure C-4. At-risk gamblers among those who wanted to cut-back on the amount of time gambling

When asked if they wanted to decrease the money they spent betting or wagering, about 6% of the study participants wanted to. Among those who wanted to decrease the money they spent betting or wagering, 37% were at-risk gamblers (see figure C-5).

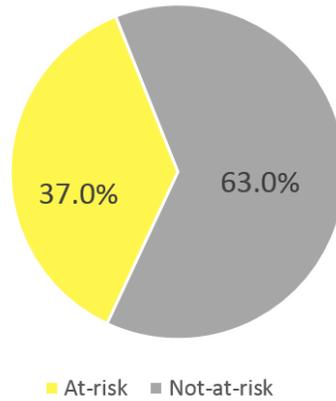


Figure C-5. At-risk gamblers among those who wanted to decrease amount of money spent gambling

When asked if they wanted to stop gambling altogether, about 8% of the study participants wanted to stop altogether. Among those who wanted to stop altogether, 17% were at-risk gamblers (see figure C-6).

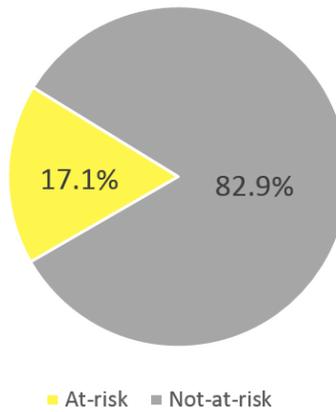


Figure C-6. At-risk gamblers who wanted to stop gambling altogether

SECTION C2. CO-OCCURRING CONDITIONS

Respondents were asked about a variety of life experiences and potential co-occurring health conditions they may have had “recently” (i.e., during the past 30 days). Questions about quality of life, tobacco use, alcohol use, illicit drug use and prescription drug abuse were asked of respondents.

The questions were primarily an adaptation of existing measures from sources such as EUROHIS-QoL index², Government Performance and Results Act (GPRA) client outcome instrument for substance abuse³, and the Iowa Gambling Treatment Outcomes System (IGTO).

QUALITY OF LIFE

The Quality of Life (QoL) was assessed with eight items. The majority of participants stated that they are “very satisfied” with several measures of QoL such as living conditions (74%), personal relationships (69%), ability to perform daily activities (69%) and satisfied with themselves (62%). Slightly less than half of the participants stated that they are very satisfied with their health (46%), strongly agree that they have enough energy for everyday life (55%), and enough money to meet their needs (52%).

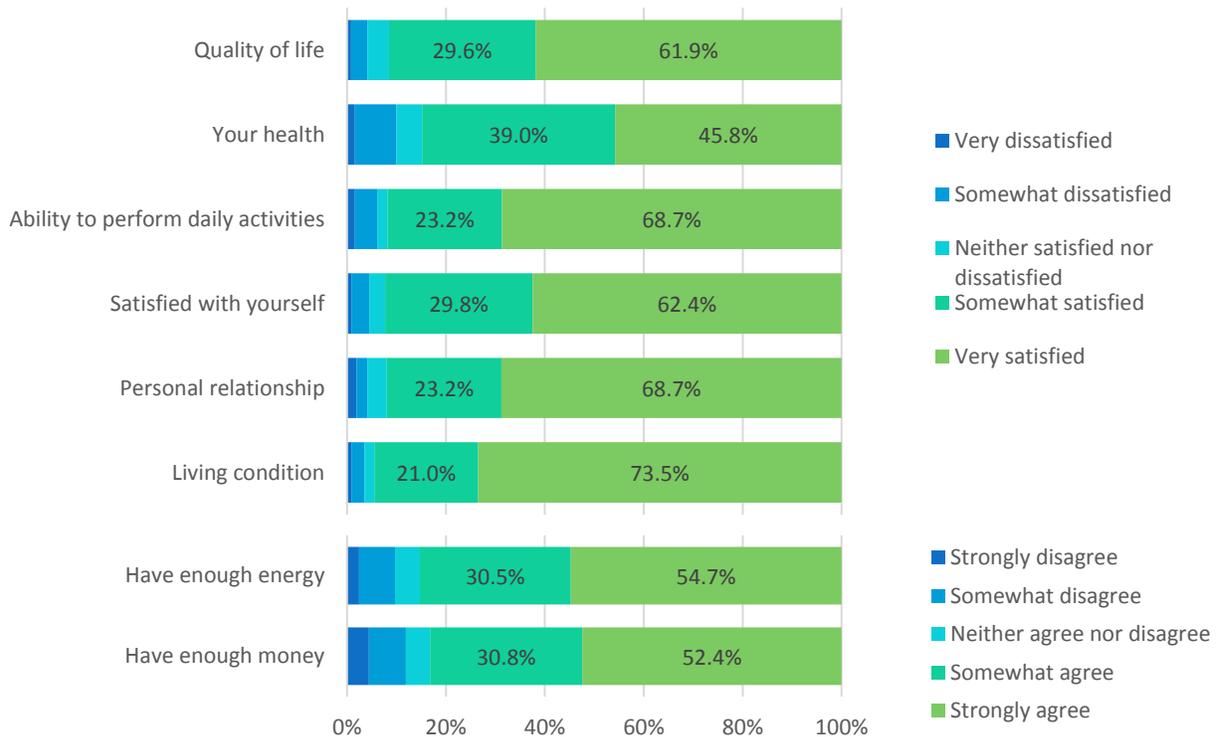


Figure C-7. Quality of Life (QoL) measures for adult Iowans

² Schmidt, S., Muhlan, H., & Power, M. (2005). The EUROHIS-QOL 8-item index: psychometric results of a cross-cultural field study. *European Journal of Public Health*, 16, 4, 420–428. doi:10.1093/eurpub/cki155

³ See instrument at <http://www.samhsa.gov/grants/CSAT-GPRA/services.aspx> for substance abuse.

The QoL index for the state population was 4.42 (SD=0.62). When comparing this index between at-risk and not-at-risk gamblers, the QoL index was 4.14 for at-risk gamblers compared to 4.47 for not-at-risk gamblers. Among participants who gambled in the past 12 months, not-at-risk gamblers were significantly more likely to state that they were either very satisfied or strongly agree in all measures but “have enough money” QoL measures than those who were at-risk gamblers (see Figure C-8).

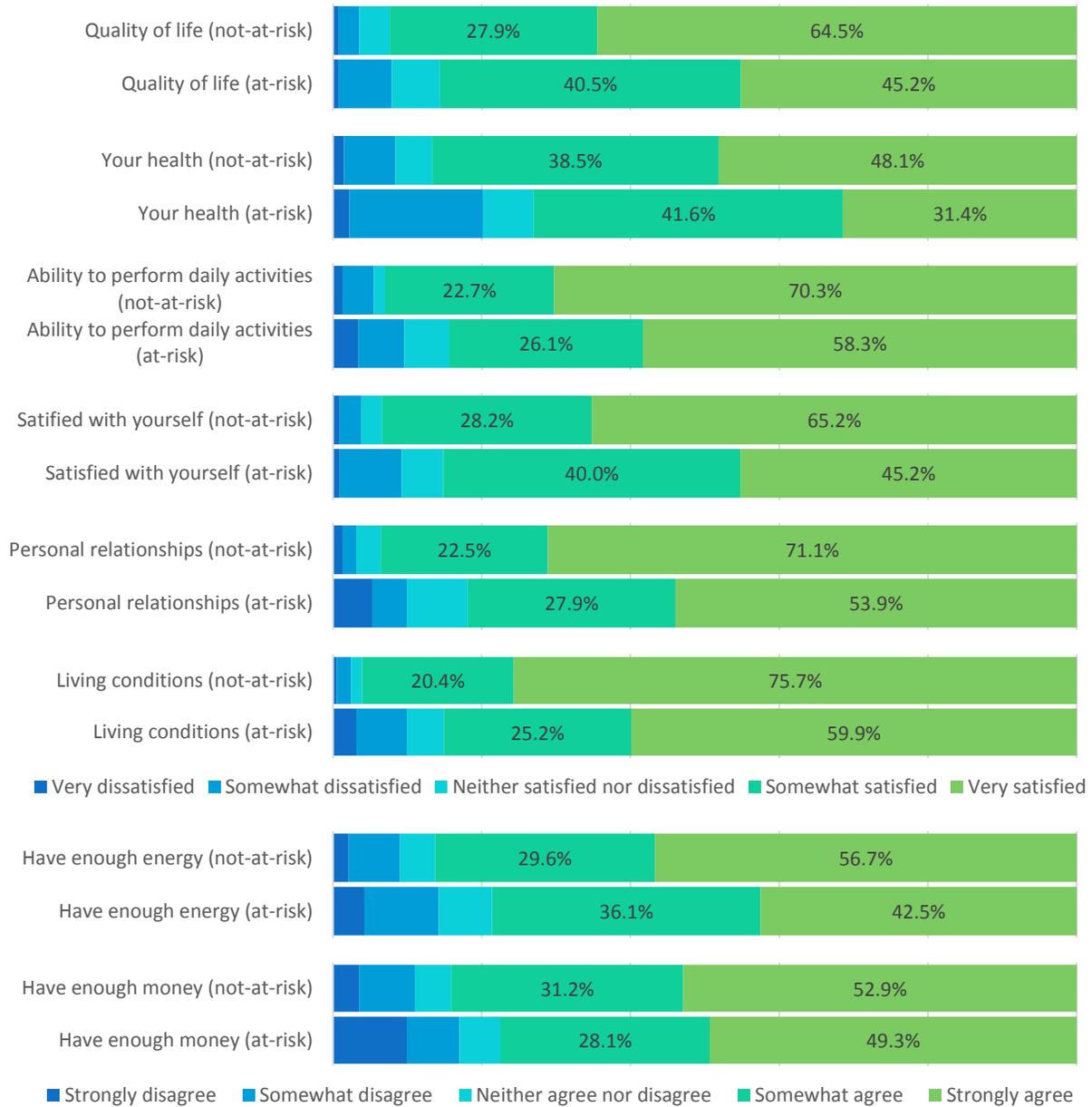


Figure C-8. QoL measures for at-risk and not-at-risk gamblers

SUBSTANCE USE

Slightly fewer than 3 in 10 adult Iowans (24%) reported using some kind of tobacco product in the past 30 days and more than half of adult Iowans (60%) used alcohol at least once in the past 30 days. Among those who drank alcohol, about 1 in 3 (36%) became intoxicated during that time (this is about 22% of adult Iowans). A small portion of adult Iowans reported use of either illegal drugs (5%) or misuse of prescription medications or over-the-counter medications (2%). Finally, about 2 in 5 adult Iowans (48%) stated that their mental health was not good at least one day during the 30 days prior to the survey (see Figure C-9).

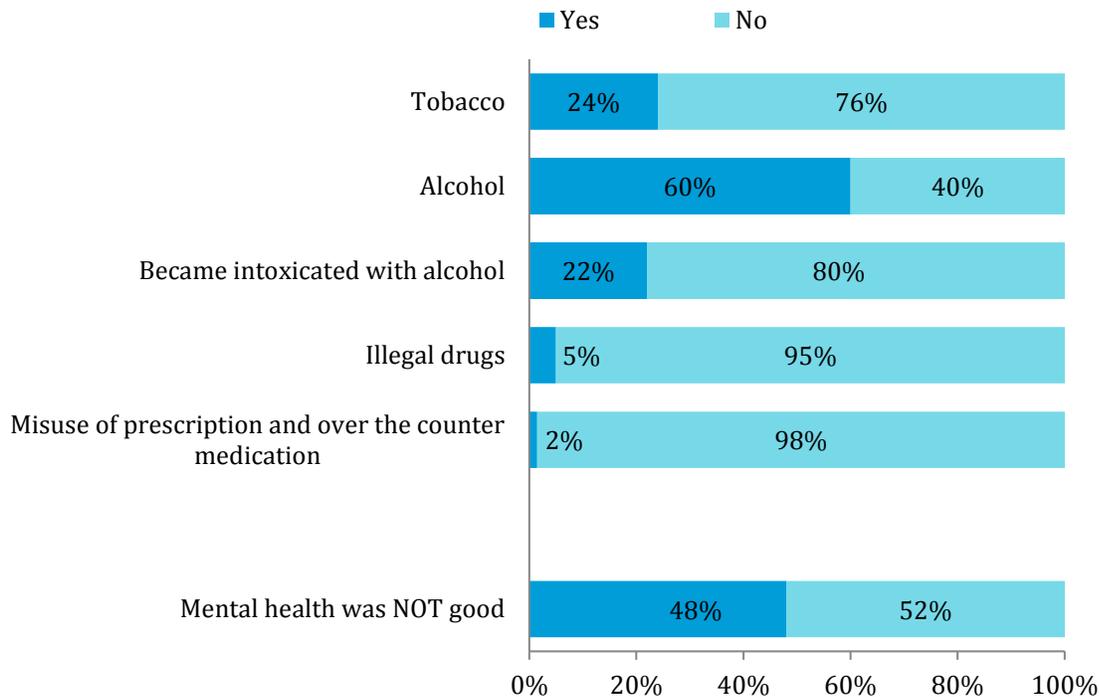


Figure C-9. Substance use and mental health in the past 30 days (at least one day) among adult Iowans

At-risk gamblers were significantly more likely to use tobacco products than were not-at-risk gamblers (45% vs. 22% respectively). Also, at-risk gamblers were significantly more likely to have used illegal drugs than not-at-risk gamblers (10% vs. 4% respectively). Likewise, at-risk gamblers were more likely to report that their mental health was not good on one or more days compared to the adult Iowa population (61% vs. 46%) (see Table C-5).

Table C-2. Substance use and mental health in the past 30 days

| | Gambled in the past 12 months | | |
|--|-------------------------------|--------------|------------|
| | Not-at-risk % | At-risk % | Total % |
| At least one day | | | |
| Used tobacco* | 22 | 45 | 26 |
| Used alcohol | 67 | 63 | 67 |
| Drank alcohol and became intoxicated | 24 | 24 | 24 |
| Used illegal drugs* | 4 | 10 | 5 |
| Used any prescription drugs or any over-the-counter medication in ways other than directed | 2 | 2 | 2 |
| ANY substance use | 69 | 66 | 68 |
| Mental health was NOT good* | 46 | 61 | 49 |

* $p < .05$

SELF-REPORTED PROBLEMS AND TREATMENT

When asked if they have ever experienced “problems with, been dependent on, or addicted to” substances, slightly less than 1 in 5 adult Iowans (17%) said they have experienced problems with cigarettes or other tobacco products. About 3% of adult Iowans said that they have experienced problems with alcohol. Around 1% of adult Iowans said that they have experienced problems with illegal drugs, about 2% reported misuse of prescription medications and 1% have experienced problems with over the counter medications (see Figure C-10). As noted in Section B⁴, the proportion endorsing self-reported gambling problems was 3% in the state.

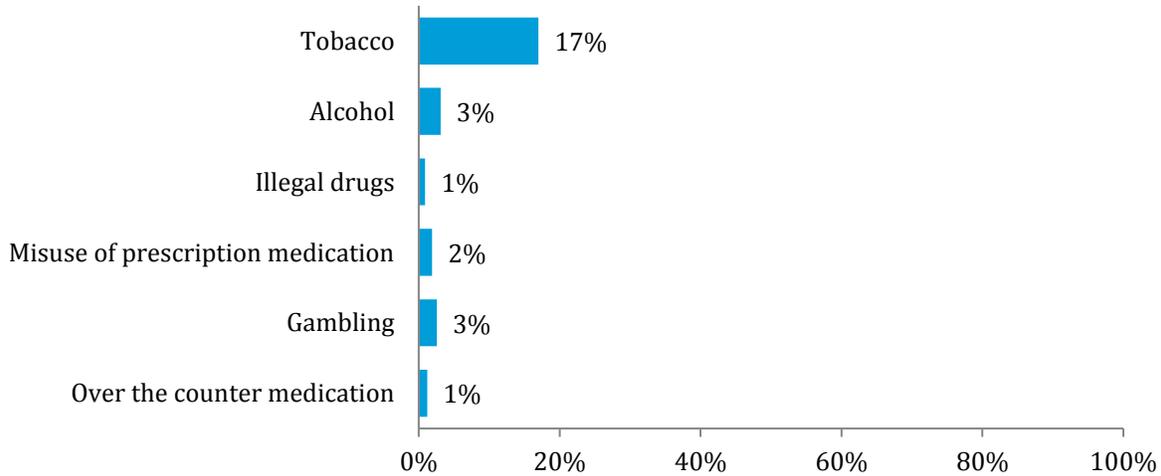


Figure C-10. Self-reported problems with substance use and gambling

At-risk gamblers were significantly more likely to have reported that they are addicted to tobacco or alcohol than were not-at-risk gamblers (35% vs. 15%, and 10% vs. 2%). The prevalence of illegal drugs, prescription drugs and other over the counter medication was around 1%, and had a small sample size and no group analysis assessed (see Table C-3).

Table C-3. Gamblers who thought they were addicted substances

| | Gambled in the past 12 months | | |
|-----------------------------|-------------------------------|-----------|---------|
| | Not-at-risk % | At-risk % | Total % |
| Tobacco* | 15 | 35 | 19 |
| Alcohol* | 2 | 10 | 4 |
| Illegal drugs | NA | NA | 1 |
| Prescription drugs | NA | NA | 2 |
| Over the counter medication | NA | NA | 1 |

* $p < .05$

⁴ Park, K. & Losch, M. E. (2019). *Gambling Attitudes and Behaviors: A 2018 Survey of Adult Iowans*. *Gambling Behaviors*. Cedar Falls, IA: Center for Social and Behavioral Research, University of Northern Iowa.

When asked if they have ever sought treatment for mental health conditions such as depression or anxiety, about 3 in 10 adult Iowans (30%) had sought mental health treatment. About 7% of adult Iowans had sought treatment for substance use related problems including alcohol, drugs, and misuse of prescription medications or over the counter medications. Less than 1% of adult Iowans had sought treatment for gambling problems (see Figure C-11).

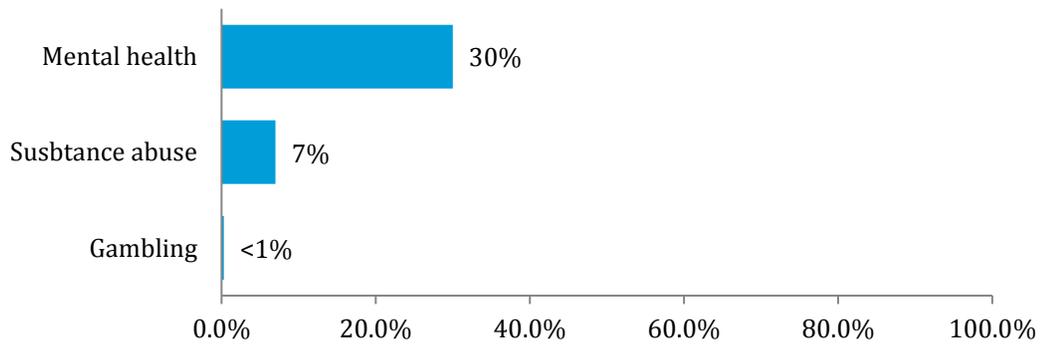


Figure C-11. Adult Iowans who have sought treatment

At-risk gamblers were significantly more likely to have reported that they sought treatment for substance abuse and mental health issues than were not-at-risk gamblers (17% vs. 6% and 42% vs. 28%, respectively) (see Table C-4).

Table C-4. Gamblers who have sought treatment

| | Gambled in the past 12 months | | |
|---|-------------------------------|-----------|---------|
| | Not-at-risk % | At-risk % | Total % |
| Substance abuse problem including alcohol, drugs, abuse of prescription medications, or over the counter medication?* | 6 | 17 | 8 |
| Mental health condition such as depression or anxiety? * | 28 | 42 | 30 |

* $p < .05$

EXPERIENCES IN THE PAST

Another question assessed the respondents' family lives related to gambling and substance use problems while they were growing up. About one-third of lowans (37%) may have experienced someone in their family having a gambling or substance abuse problem while they were growing up (see Figure C-11).

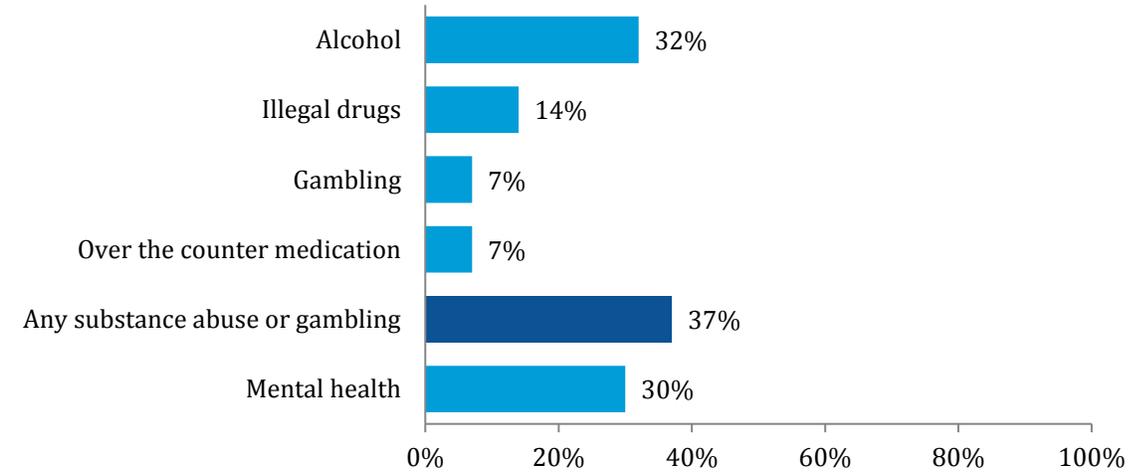


Figure C-11. Past experiences and problems

Past experiences of family problems were greater for at-risk gamblers than not-at-risk gamblers. About 6 in 10 at-risk gamblers (58%) experienced some problems growing up, compared to 5 in 10 among the not-at-risk gamblers (45%) (see Table C-5).

Table C-5. Past experiences when growing up among gamblers

| | Gambled in the past 12 months | | |
|---|-------------------------------|--------------|------------|
| | Not-at-risk % | At-risk % | Total % |
| Anyone in the family had a problem with | | | |
| Alcohol* | 33 | 40 | 34 |
| Illegal drugs | 13 | 23 | 15 |
| Gambling* | 6 | 13 | 7 |
| Over the counter medication | 7 | 8 | 7 |
| Any substance abuse or gambling* | 36 | 47 | 39 |
| Mental health* | 28 | 39 | 30 |
| Any past experience* | 45 | 58 | 47 |

* $p < .05$

APPENDICES

APPENDIX C-1. QUALITY OF LIFE MEASURES

Quality of life measures consisted of 8 items as follows:

-How would you rate your quality of life? Would you say you are very dissatisfied, somewhat dissatisfied, neither satisfied nor dissatisfied, somewhat satisfied, or very satisfied.

-How satisfied are you with your health? Would you say you are very dissatisfied, somewhat dissatisfied, neither satisfied nor dissatisfied, somewhat satisfied, or very satisfied.

-How satisfied are you with your ability to perform your daily living activities? Would you say you are very dissatisfied, somewhat dissatisfied, neither satisfied nor dissatisfied, somewhat satisfied, or very satisfied.

-How satisfied are you with yourself? Would you say you are very dissatisfied, somewhat dissatisfied, neither satisfied nor dissatisfied, somewhat satisfied, or very satisfied.

-How satisfied are you with your personal relationships? Would you say you are very dissatisfied, somewhat dissatisfied, neither satisfied nor dissatisfied, somewhat satisfied, or very satisfied.

-How satisfied are you with the conditions of your living place? Would you say you are very dissatisfied, somewhat dissatisfied, neither satisfied nor dissatisfied, somewhat satisfied, or very satisfied.

-I have enough energy for everyday life. Would you say you strongly disagree, disagree, neither agree nor disagree, somewhat agree, or strongly agree...

-I have enough money to meet my needs. Would you say you strongly disagree, disagree, neither agree nor disagree, somewhat agree, or strongly agree...