

Evaluation of the gambling disorder construct in the DSM-5

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Disclosures and conflict of Interest

- **NONE**

Getting hooked on 'behavioural addictions'



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Aniko Maraz, Róbert Urbán, Mark Damian Griffiths, Zsolt Demetrovics
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MOBILE PHONE ADDICTION: A POINT OF ISSUE

MARIANO CHÓLIZ

First published: 11 January 2010 | <https://doi.org/10.1111/j.1360-0443.2009.02854.x> | Cited by: 78

Volume 105, Issue 2
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Pages 373-374

References Related Information

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Andreassen CS, Pallesen S¹.

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Defining addictions

- No consensus on a definition of behavioural addictions despite attempts (see Kardefelt-Winther et al., 2017)
 - **With consequence:**
 - “...innovative yet absurd addictive disorders... could weaken and shatter rather than improve the understanding and the soundness of clinical directions in behavioural addiction research” (Billieux et al., 2015).

Back to basics

- Defining Psychopathology

- “A mental disorder is a syndrome characterised by clinically significant disturbances in an individual’s cognition, emotion regulation, or behaviour that reflects underlying dysfunction in psychological, biological, or developmental processes underlying mental functioning.”
- + [usually] significant distress or disability,
- - expectable or culturally approved response
- -Socially deviant behaviour

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Gambling Disorder

- **A. Persistent and recurrent problematic gambling behaviour leading to clinically significant impairment or distress, as indicated by the individual exhibiting four (or more) of the following in a 12-month period:**
 - 1. Needs to gamble with increasing amounts of money in order to achieve the desired excitement.
 - 2. Is restless or irritable when attempting to cut down or stop gambling.
 - 3. Has made repeated unsuccessful efforts to control, cut back, or stop gambling.
 - 4. Is often preoccupied with gambling (e.g., having persistent thoughts of reliving past gambling experiences, handicapping or planning the next venture, thinking of ways to get money with which to gamble).
 - 5. Often gambles when feeling distressed (e.g., helpless, guilty, anxious, depressed).
 - 6. After losing money gambling, often returns another day to get even (“chasing” one’s losses).
 - 7. Lies to conceal the extent of involvement with gambling.
 - 8. Has jeopardized or lost a significant relationship, job, or educational or career opportunity because of gambling.
 - 9. Relies on others to provide money to relieve desperate financial situations caused by gambling.

Evaluation

Defining Psychopathology

- clinically significant disturbances in an individual's cognition, emotion regulation, or behaviour

Defining Gambling Disorder

- Persistent and recurrent problematic gambling behaviour

Evaluation

Defining Psychopathology

- reflects underlying dysfunction in psychological, biological, or developmental processes underlying mental functioning.

Defining Gambling Disorder

- Needs to gamble with increasing amounts of money in order to achieve the desired excitement.
- Is restless or irritable when attempting to cut down or stop gambling.

Evaluation: T & W

- Parallels between SUD and 'behavioural addictions' usually drawn to include tolerance and withdrawal (see, Chamberlain et al., 2016) with support from neural-level similarities noted (e.g. diminished activation in the ventral striatum, Potenza, 2008)
- "... reflecting evidence that gambling behaviours activate reward systems similar to those activated by drugs of abuse and produce some behavioural symptoms comparable to those produced by the substance use disorder" (APA, 2013.)

Evaluation: T & W

- **However**

- Initial conceptualisation of T & W related to psychoactive substances with direct physiological effects during use and cessation.
 - **ALSO**
- Conceptualisation of tolerance is only limited to 'amount spent' rather than time or differential activity.
 - **Joukhador et al. (2004), over and above amount= PG spend 4.6 hours, non-PG <1.hr**
- Reported irritability and restless impresses as a normative response to ceasing habits
 - **e.g. responses to ceasing an oral habit**

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Evaluation

Defining Psychopathology

- reflects underlying dysfunction in psychological, biological, or developmental processes underlying mental functioning.

Defining Gambling Disorder

- Has made repeated unsuccessful efforts to control, cut back, or stop gambling.
- Is often preoccupied with gambling
- Often gambles when feeling distressed
- returns another day to get even

Evaluation: LoC

- Important, cardinal aspect yet given same weight as other symptoms, despite components models of addiction.
- E.g (Potenza, 2006)
 1. cont. engagement in beh despite adverse consequences [meant to reflect LoCon- BUT lets not limit to adverse consequences]
 2. Diminished self control over engagement in the behaviour
 3. Compulsive engagement in beh
 4. Appetitive urge to engage in beh
- E.g (Griffiths, 2005)
 1. Salience!

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Evaluation: Beliefs / Cog. Distortions

Defining Psychopathology

- reflects underlying dysfunction in psychological, biological, or developmental processes underlying mental functioning.

Defining Gambling Disorder

- Absence of cognitive processes underlying gambling despite evidence (e.g. Ciccarelli et al., 2016) of ↗ cog. Distortions in PG than HC
- E.g.: Joukhador et al. (2004) ↗ 'superstitious beliefs' among PG compared to non-PG, and nonGamblers which led to ↗ gambling intensity

Refinement

A. A persistent and recurrent difficulty to detach from, and regulate emotions and thoughts related to, gambling [a specific, repeated and rewarding behaviour] represented by 4 of the following including at least A1 or A2 in a 12 month period.

A1. Repeated unsuccessful efforts to control, cut back, or stop gambling.

A2. Marked preoccupation with gambling and related activities. [Incl. ideation and behaviour.]

A3. After losing money gambling, often returns another day with the principal aim of getting even (“chasing” one’s losses). [not to get more; - greed]

A4. Needs to gamble with increasing amounts of money or for increasing periods of time in order to achieve the desired affective change.

A5. Has cognitive distortions [incl. superstitious beliefs] related to their odds and determinants of winning.

A6. Lies to conceal the extent of involvement with gambling.

Thank you.

Q & C

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