

# Online poker : loss of control and gambling disorder



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## Constraints and competing interests

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# Online poker specificities

- Gambling with potential profits that involves an element of skill
- Skill enables some to make poker their profession
- 8 to 30% of online poker players may have a gambling problem

# Online poker specificities

Different from other gambling :

- Good cognitive skill
- Good emotional regulation
  
- ➔ A specific gambling behavior
- ➔ A specific population

# Population specificity's

(France, online poker, ODJ)

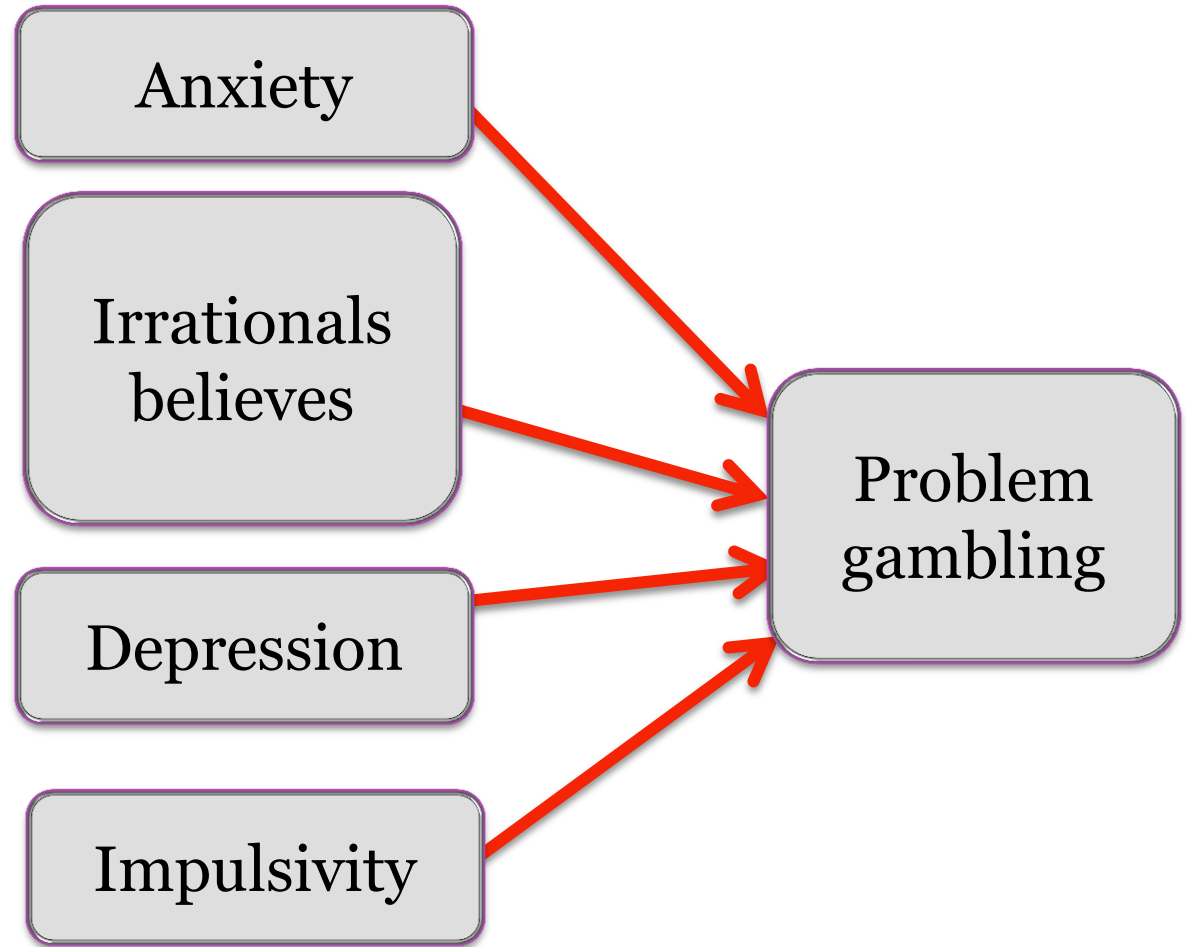
- Young men
- Superior academic achievement
- More unemployed and student

72% night playing

21% everyday (Vs 11% other online games)

**22% moderate risk gamblers**

# Gambling problem predictors

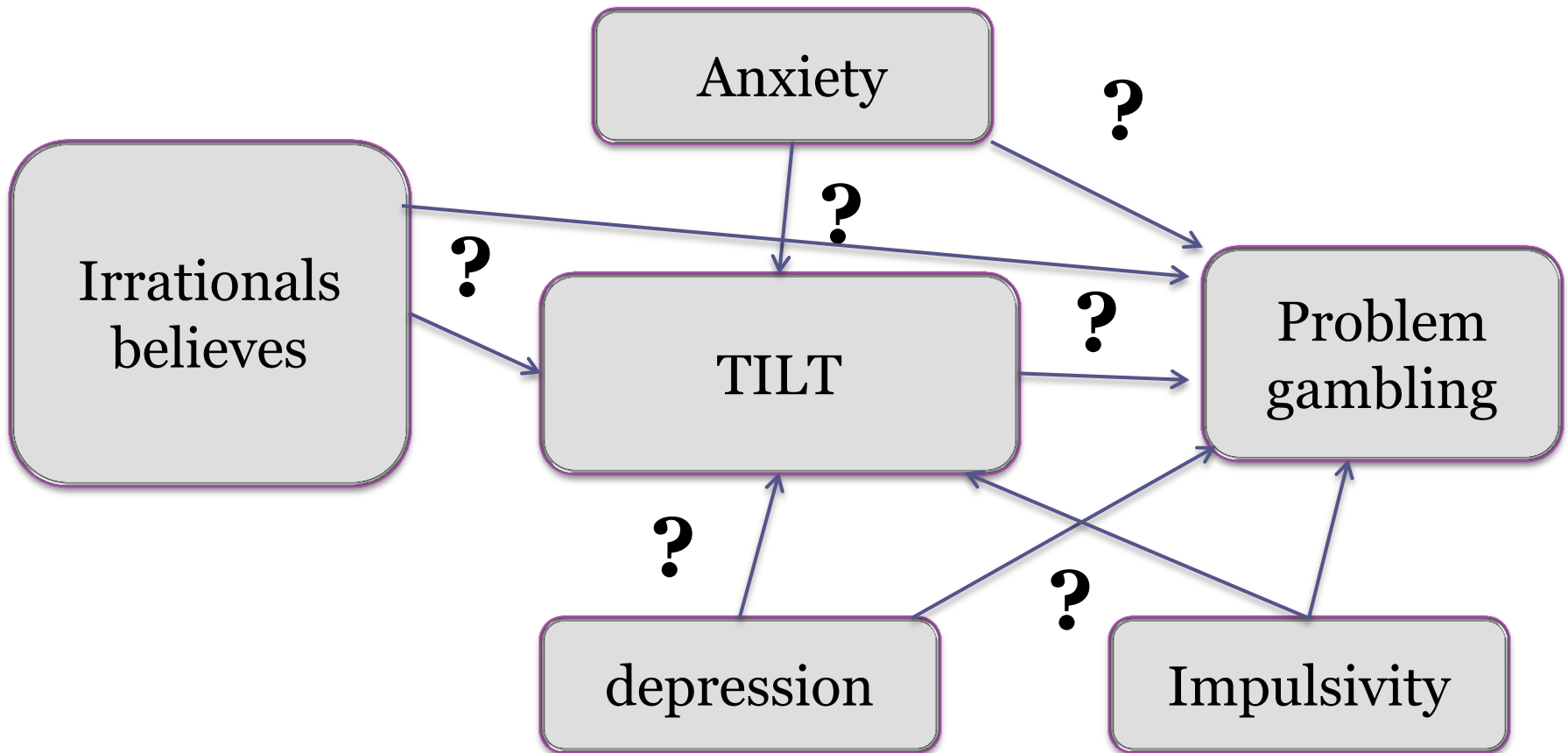


# TILT

Player can no longer control his game by rational decisions because of a strong emotional reaction.  
can affect all types of players.



# Theory model





# Method

Curries's cut off :  
Low 0-4  
Moderate 5-7  
Problem 8+

## Online questionnaire:

- Demographic questions
- Problem Gambling Severity Index (PGSI, Curries et al. (2012) cut-off)
- Depression and Anxiety (HADS)
- Sensation seeking (BSSS)
- Irrational belief (GRCS)
- Online Tilt Scale (OPTS)

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# Method

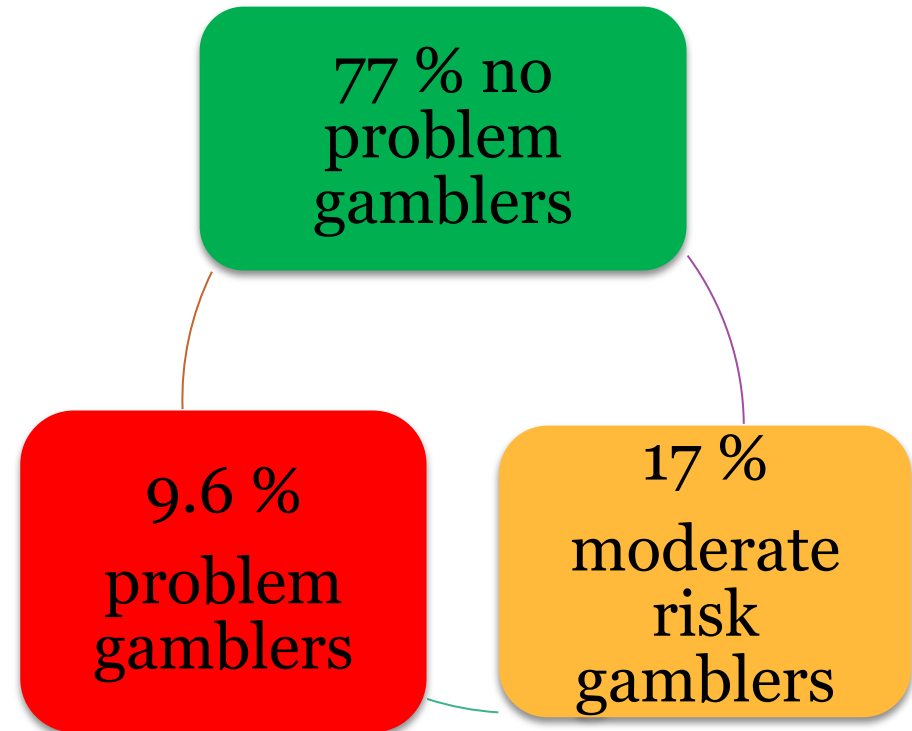
## Online Poker Tilt Scale – 9

- I act without thinking (12)
- My decisions are no longer rational (13)
- My desire to win is stronger than my reason (3)
- I don't feel like myself (14)
- I feel as if I am losing control (4)
- I feel frustrated (bad luck, other players' behaviour, etc.) (6)
- I have negative thoughts (7)
- I get angry (2)
- I throw objects around or attack my mouse (8)

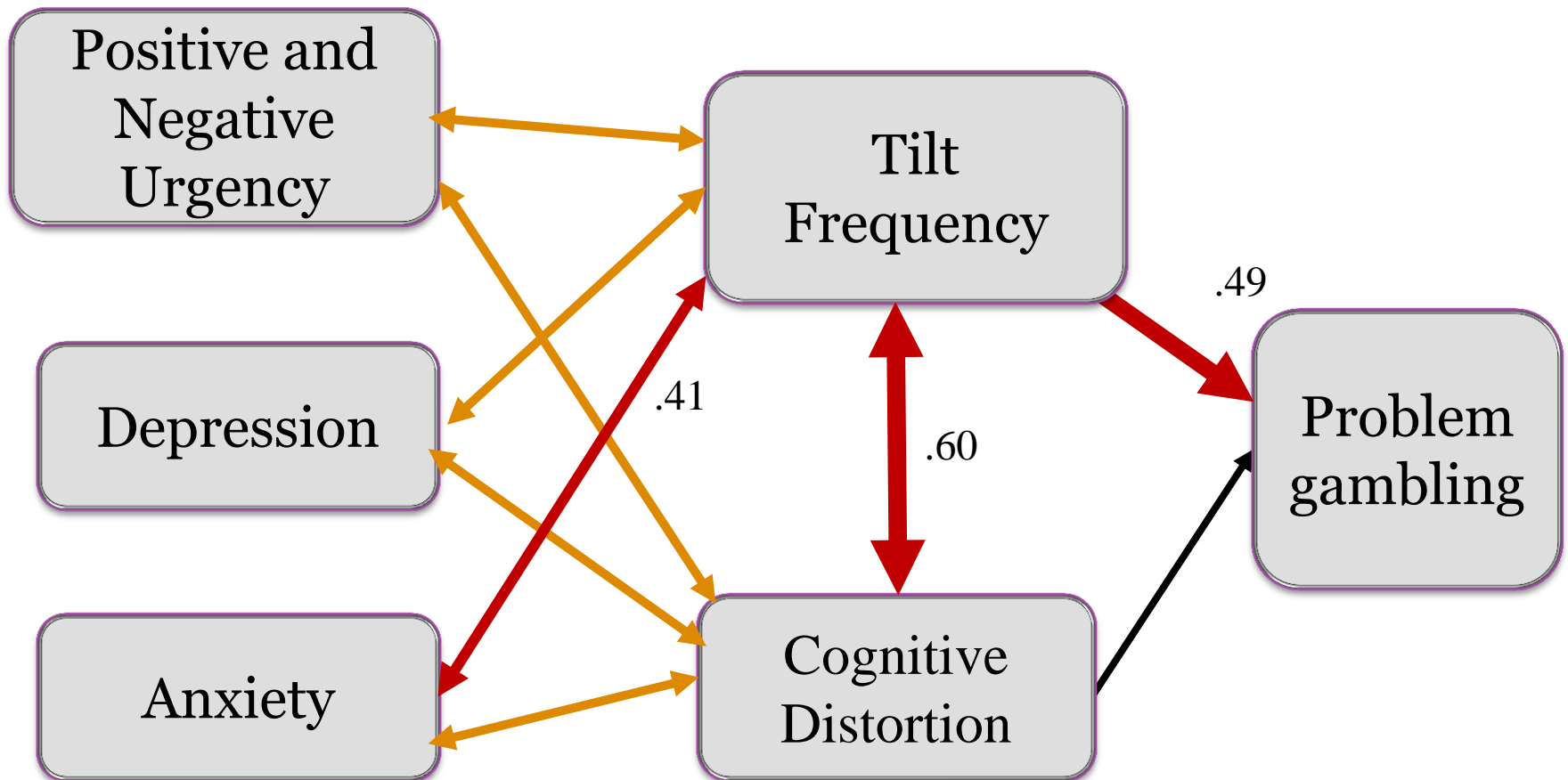
# Descriptives statistics

Curries's cut off :  
Low 0-4  
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Problem 8+

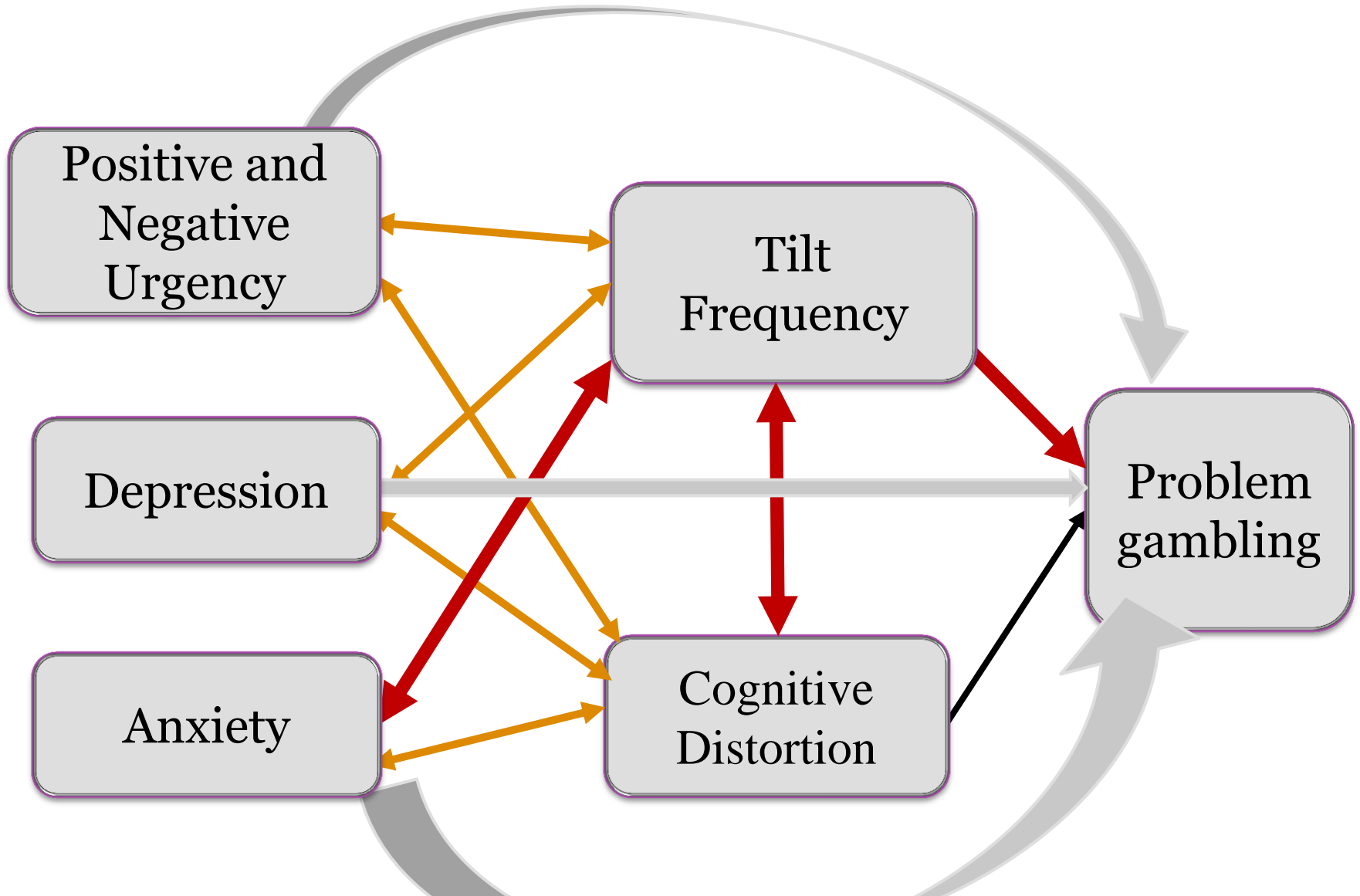
- 291 French (46% of the sample) and French-Canadian online poker players
- 92% males,  $n = 272$ .
- Mean age is 33.8 years (SD = 10.6)
- 72% ( $n = 211$ ) of the sample play online poker more than once a week



# Results



# Results



# Limitations

- Online poker players are reluctant to take part in research
- The PGSI and GRCS were designed for all gambling games

# Conclusion

- frequency of tilt is a strong predictor of excessive gambling
- Tilt episodes are linked to irrational beliefs, impulsivity, anxiety and depression
- Impulsivity is not a significant predictor of problem gambling
- New way for prevention programs

# Acknowledgment



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