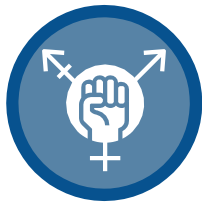


HISTORICALLY MARGINALIZED GROUPS AND PROBLEM GAMBLING

Cultural beliefs and values, reinforced by family and cultural history, influence gambling behaviors and attitudes toward help-seeking. Yet, research on problem gambling in historically marginalized groups has historically been lacking.¹



Individuals from historically marginalized racial/ethnic groups have reported greater rates of gambling & problem gambling, compared to white individuals.¹



Among adolescents, gender-diverse students are more likely to engage in gambling behaviors and problematic gambling than their cisgender counterparts.²



Research on religious affiliation and gambling behaviors are mixed. Some studies find that religious affiliation can act as a deterrent to gambling behavior,³ while other studies find it can increase the risk of gambling problems.⁴



Among collegiate student-athletes, lesbian, gay, and bisexual students reported problem gambling more often than their straight peers.⁵

Historically marginalized and minority groups include racial, ethnic, gender, sexual orientation, immigration status, and religious groups who are not part of the dominant group and have been historically and/or presently oppressed.

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GENDER IDENTITY AND PROBLEM GAMBLING

- Females who engage in problem gambling are more likely to have greater psychological distress, have experienced childhood abuse, and be unemployed.⁶
- Males who engage in problem gambling are more likely to have greater impulsivity, as well as report higher rates of substance and alcohol use.⁶
- In a study with immigrants, males had an increased prevalence of gambling compared to women. Women across generations were roughly 3-6x more likely to report having spent time either "gambling, planning bets, or studying the odds" and "thinking about when you won or lost."⁷

Transgender and/or gender diverse adolescents who were assigned-sex male at birth are at the greatest risk of engaging in problematic gambling behaviors compared to gender diverse and cisgender peers.²

SEXUALITY AND PROBLEM GAMBLING

- Among college student-athletes, gay and bisexual men engaged in problematic gambling 3.4x more than straight men. Lesbian and bisexual women engaged in problematic gambling 2.5x more than straight women.⁵ In contrast, another study found that gay men reported gambling less frequently than straight men and gay women gambling more frequently than straight women.⁸
- Within a small sample of lesbian, gay, bisexual, transsexual, and intersex (LGBTI) individuals, slot machines were the most commonly used form of gambling (58%), and the most common motivation for gambling was it being "fun." Roughly 20% of participants met criteria for a gambling disorder and those who met criteria engaged in more alcohol and drug use and had lower scores on a measure of self-control.⁹
- Inconsistent with other findings, some researchers have observed no differences in problem gambling rates between heterosexual and non-heterosexual individuals.¹⁰

2. Rider, G., McMorris, B.J., Gower, A.L., Coleman, E., Eisenberg, M. E. (2019). Gambling Behaviors and Problem Gambling: A Population-Based Comparison of Transgender/Gender Diverse and Cisgender Adolescents. *J Gambli Stud* 35, 79–92.

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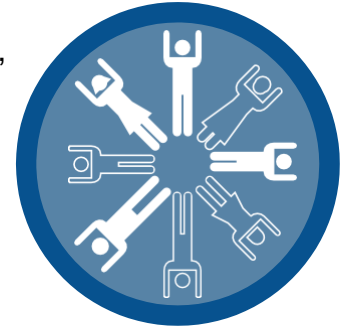
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RACE/ETHNICITY AND PROBLEM GAMBLING

- Historically, individuals from marginalized racial/ethnic groups have reported greater rates of gambling and problem gambling, compared to white individuals.¹
- A recent review found that the prevalence rates of gambling among several historically marginalized racial and ethnic groups range between 12.9% to 87%, depending on the study sample.¹¹ While prevalence of problematic gambling has shown to range from as low as 0.3% to as high as 58%.¹¹
- In a large epidemiological study, individuals who identified as Hispanic comprised the highest proportion of high-risk problematic gambling, compared with individuals identifying as White, Black, and Asian/other.^{7,12}
- Among Hispanic, Black, and Asian/Other individuals, being older is associated with a lower risk of problematic gambling behavior.¹² Having a friend or family member who gambled nearly tripled an individual's odds of engaging in problematic gambling, making it the greatest predictor among these groups for at-risk problematic gambling involvement.¹²



IMMIGRATION AND PROBLEM GAMBLING

Limited research has examined the relationship between problem gambling behavior and immigration status, among individuals from Africa, Latin America, Europe, and Asia who have or whose parents have immigrated to the United States.

- Individuals who immigrated to the United States as children are more likely to report gambling compared to those who immigrated as adolescents or adults. For each additional year that an individual spent in the United States, the likelihood of reporting gambling increased by 1.9%.^{7*}
- Second-generation immigrants and native-born individuals are more likely to meet the criteria for a gambling disorder compared to first-generation immigrants.^{7*}

First generation immigrants are less likely to have gambling problems than second-generation or native-born individuals.^{7*}



*Limitation: due to uneven samples of immigrants from Asia, Europe, Africa, in this study analyses were unable to be conducted between world regions and rather were conducted across generational status.

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RELIGION AND PROBLEM GAMBLING

Researchers have investigated the link between religiosity and problem gambling and depending on the study, have found different results.

- ♦ A study found that religiosity (across religious affiliation) was associated with gambling fallacies (i.e. the belief that one can control the outcome through and intervening with higher power) and disordered gambling. Gambling fallacies mediated or explained the relationship between religiosity and problem gambling.⁴
- ♦ High rates of conservative Protestantism per capita is related to increased risk for gambling related problems.¹⁴
- ♦ Data from a prospective study found religiosity played a protective role against problem gambling where past- year religious service attendance was associated with lower problem and/or pathological gambling rates.¹⁵

Inconsistent Findings:

Some data suggests that personal religiosity and past- year religious service attendance is associated with lower problem and/or pathological gambling rates¹⁵ whereas other research has found religious service attendance is associated with increased problem gambling rates.¹³

INTERVENTION AND PREVENTION OF PROBLEM GAMBLING: MARGINALIZED AND MINORITY GROUPS

- ♦ Despite individuals from historically marginalized racial/ethnic groups being at a greater risk for problem gambling compared to white individuals, they are less likely to receive treatment from inpatient programs or telephone-based programs.¹ Programming to reduce shame may increase treatment-seeking among historically marginalized individuals for problem gambling concerns.
- ♦ Using culturally sensitive treatment protocols or seeking cultural consultation is also recommended for clinicians and groups treating problem gambling to increase treatment initiation and completion among historically marginalized groups.
- ♦ To address gambling concerns among difficult-to-reach populations, employing health education promotion programs or other public health initiatives may be an effective way to increase knowledge of signs and treatment for problem gambling.

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IMPORTANT CONSIDERATIONS

- Problem gambling research with diverse populations is generally lacking. Therefore, it is important to draw attention to diversity considerations while taking the limitations to culture-specific research into account. The available research on diverse populations should be used cautiously as we should not make assumptions about individuals. Cultural identities are highly influenced by diverse characteristics and therefore clinicians or other stakeholders are recommended to take intersectionality into account when applying suggestions from available research.
- It is important that research findings are not overgeneralized. Findings are limited to the populations involved in a study. Even within specific cultural groups, there is within-group diversity to keep in mind.

Key Findings

- Historic and current experiences of marginalization or being a social minority group has implications for problem gambling prevalence rates.
- Rates of problem gambling among historically marginalized racial and ethnic groups vary by region and sampled population. Immigration generation also impacts gambling rates.
- Prevalence rates and patterns of problem gambling among gender and sexually diverse identities are inconsistent across studies.
- Problem gambling among females tends to be comorbid with psychological distress, childhood abuse, and unemployment. Problem gambling in males tends to cooccur with greater impulsivity and increased substance use.
- Research on religiosity as a predictor of problem gambling is inconsistent.