

- ✓ This study **proposes a classification of self-control for a sample of active gamblers to better understand how a lack of self-control relates to problematic gambling.**
- ✓ We conducted a **survey** eliciting how much an individual is comfortable losing (**loss goal**) and how much they **predict** they will lose over the next month, in addition to a **self-reported measure of problematic gambling.**
- ✓ **Gambling accounts data** was collected for all individuals to identify their level of **actual** losses. This was then used **to identify if individuals have a self-control problem** and if so **whether they are aware of it.**

Self-Control Type Classification (Figure 1):

- ◆ Respondent were **755 active gamblers** of online sports betting platforms.
- ◆ We identify self-control types by comparing next month's loss goal, predicted loss and actual loss.
- ◆ This is a **multi-dimensional** classification framework.
 - Does an individual **believe** they have self-control? This is uncovered through the relationship between their **predicted and comfortable (goal) losses.**
 - For those that **believe they have self-control**, are they correct? This is uncovered through the relationship between their **actual and goal losses.**
 - For those that **believe they do not have self-control**, do they predict the extent of the problem? This is uncovered through the relationship between their **actual and predicted losses.**

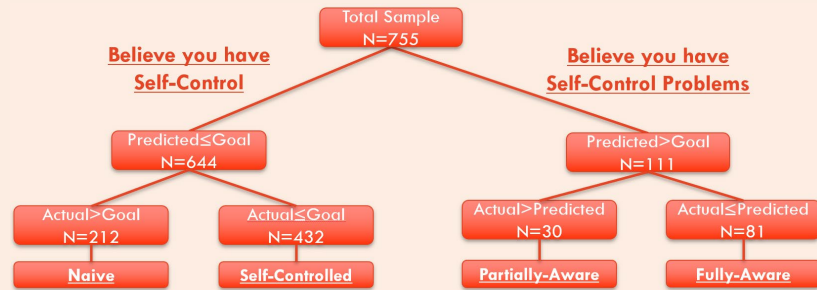


Figure 1. Self-Control Type Classification

Self-Control Type Distribution (Figure 2):

- ◆ **Self-Controlled (57.2%)**
 - **Correctly believes** they will not lose more than they are comfortable with.
- ◆ **Naïve (28.1%)**
 - **Unaware** they have self-control problems.
 - **Incorrectly believes** they will not lose more than they are comfortable with.
- ◆ **Fully Aware (10.7%)**
 - **Believe they have self-control problems.**
 - **Can accurately predict** the extent of their problem.
- ◆ **Partially Aware (4%)**
 - **Believe they have self-control problems.**
 - **Cannot accurately predict** the extent of their problem.

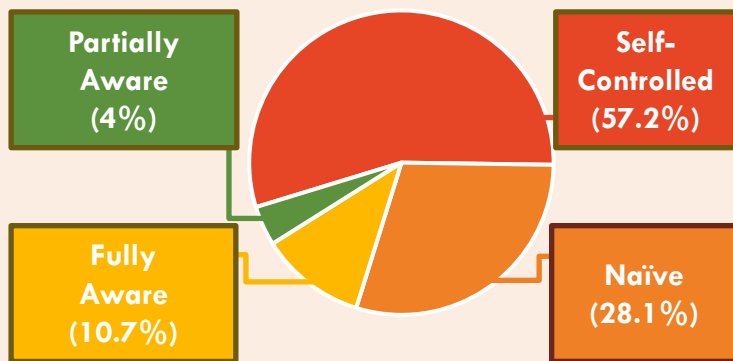


Figure 2. Self-Control Type Distribution

Gambling Outcomes:

- ◆ Respondents additionally completed the Problem Gambling Severity Index (PGSI).
- ◆ This is a self-reported measure of problematic gambling.
 - A higher PGSI score indicates greater risk of problematic gambling.
 - A PGSI score of 3-7 indicates a 'moderate risk' of problematic gambling and 8+ indicates a problem gambler.
- ◆ As seen in Table 1, all types with self-control problems have a higher risk of problematic gambling on average relative to Self-Controlled individuals.
- ◆ Types with self-control problems have a substantially higher level of cash stakes, losses and deposits relative to individuals with self-control.
- ◆ Within types with self-control problems, individuals that are partially-aware of their self-control problems or are naïve about their self-control problems have significantly higher cash stakes and losses relative to individuals that are fully-aware of their self-control problems.

	Fully Aware	Partially Aware	Naïve	Self-Controlled
PGSI Score	6.06	6.33	5.13	3.86
Stake	\$32,162	\$75,671	\$48,546	\$5,870
Loss	\$1,576	\$13,718	\$5,584	\$473
Deposits	\$10,248	\$30,675	\$9,038	\$2,930

Table 1. Summary of self-reported problem gambling (PGSI) and median annual gambling stake, losses and deposits across self-control types.

Discussion and Recommendations:

- ◆ The majority of active gamblers sampled do not exhibit self-control problems.
- ◆ Those that do exhibit self-control problems have a higher risk of problematic gambling on average.
- ◆ The typical gambler with self-control problems stakes at least five times more and loses at least three times more than the typical self-controlled gambler.
- ◆ The context of this classification framework opens avenues for future research on targeted gambling-harm mitigation strategies.
 - Naïve individuals can be made aware of their self-control problems and how to contain it.
- ◆ Prior research suggests that Fully- and Partially-Aware individuals are aware of their self-control problems due to the extent of how bad their problem is.
 - This presents future avenues of research to understand when individuals become aware of their self-control problems and intervene before any serious gambling related harms take place.

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