



©Alyssa N. Wilson, BCBA-D



Every Story Matters: Treating Sports Betting in Clinical Practice

Alyssa Wilson, Ph.D., BCBA-D, LBA
California State University Fresno

2024 CCGP Statewide Conference WEST



1

©Alyssa N. Wilson, BCBA-D



ALYSSA N WILSON

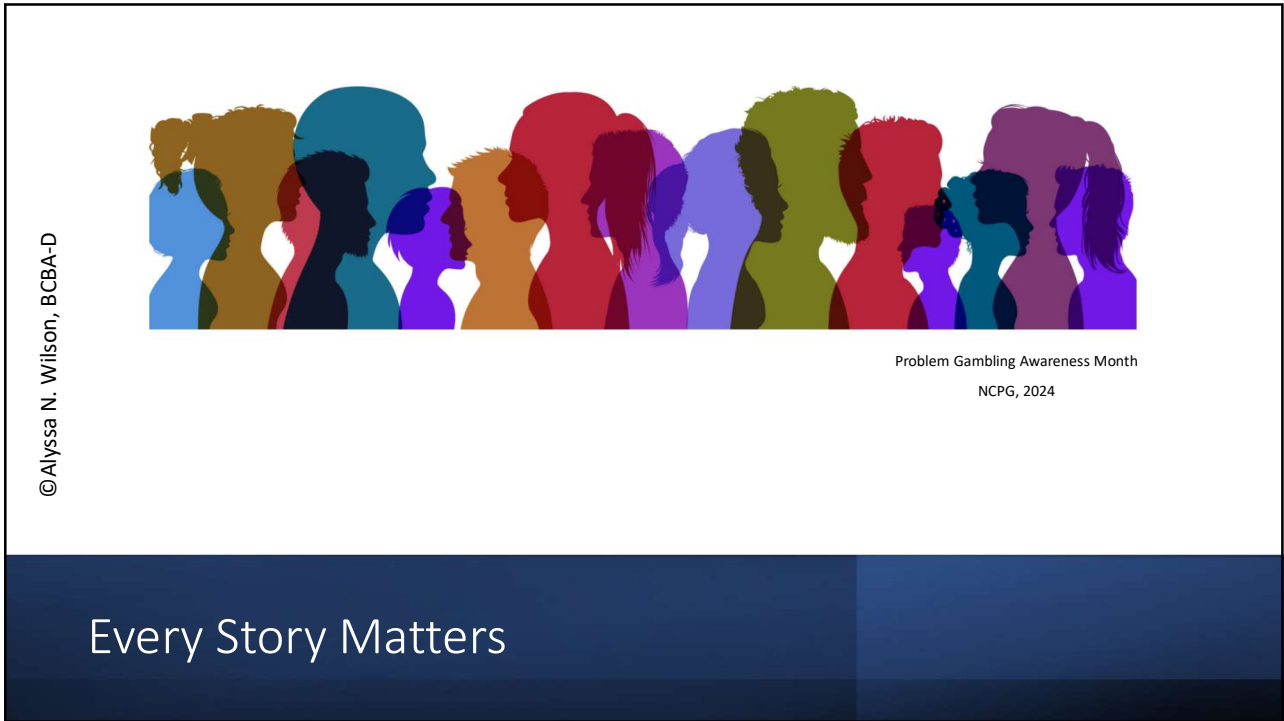
- Associate Professor of Psychology, California State University Fresno
- Board-certified behavior analyst doctoral
- CEO, Wilson Behavioral Services



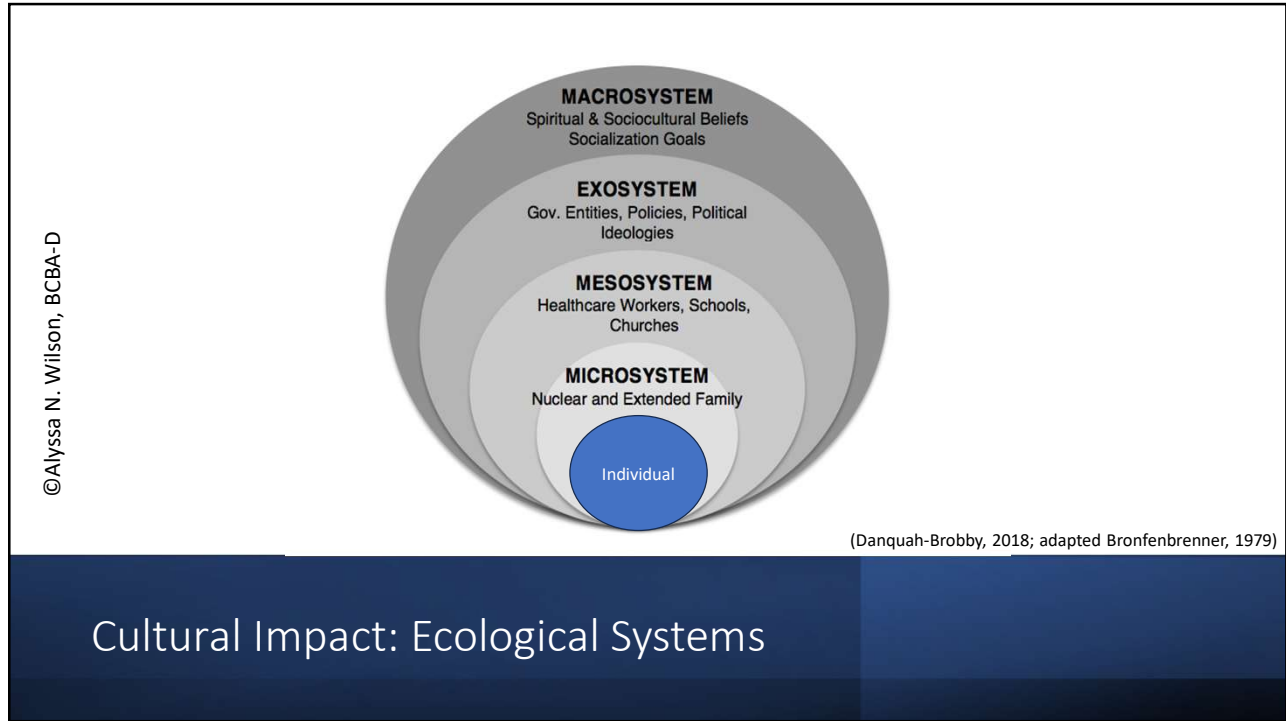

2



3



4



5



6

Gambling in PA

© Alyssa N. Wilson, BCBA-D

- Casino (commercial and tribal)
- Horse racing
- Sports betting
- Internet/online gaming
- Lottery
- VGT machines
- Bingo
- Small games of chance nonprofit or taverns



7

Gambling in PA


© Alyssa N. Wilson, BCBA-D

- Self-exclusion:
 - 1, 5, lifetime
 - Required for 7 of 9 forms of gambling

TYPES OF SELF-EXCLUSION

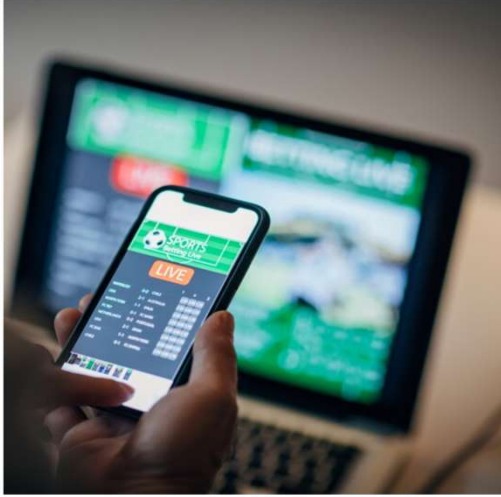
Casinos	Interactive Gambling	Video Gaming Terminals	Fantasy Contests
You can request to be self-excluded from legalized gaming activities within casinos and offsite venues, such as off-track betting establishments.	You can request to be self-excluded from online gambling activities. Self-imposed limits are now available to online gamblers through each iGaming website.	You can request to be self-excluded from participating in legalized gaming activities at video gaming terminals.	You can request to be self-excluded from participating in fantasy sports gambling activities.
Download PDF	Download PDF Self-Imposed Limits	Download PDF	Download PDF



8



Washington Redskins to offer gambling-focused preseason telecast

The Washington Redskins will become the first NFL team to have a gambling-focused telecast of their games, offering cash prizes to viewers who correctly predict in-game outcomes during the preseason. The telecasts on the regional cable network NBC Sports Washington will follow a formula established by the Redskins' NBA neighbors, the Washington Wizards.



Sports Betting

9

© Alyssa N. Wilson, BCBA-D



SUPER BOWL 2024

14M Total bets placed on FanDuel's platform

\$307M Overall handle - a new high for FanDuel

2.5M Active users placed a bet on the game

\$11.4K The biggest Same Game Parlay win from a \$15 stake

Flutter | FANDUEL

HOW ARE 67.8 MILLION AMERICAN ADULTS PLACING BETS FOR SUPER BOWL LVIII?

Bet Online	46%
Casually with Friends	36%
Pool or Squares Competition	24%
Physical Sportsbook	15%
With a Bookie	14%

SOURCE: AMERICAN GAMING ASSOCIATION

Sports Betting

10

©Alyssa N. Wilson, BCBA-D

U.S. ANNUAL GGR BY VERTICAL AND ONLINE SHARE

Year	Land-Based Gaming (\$B)	Online Sports Betting (\$B)	iGaming (\$B)	Online %
2013	38	0	0	0%
2014	38	0	0	0%
2015	38	0	0	0%
2016	38	0	0	0%
2017	38	0	0	0%
2018	38	0	0	0%
2019	38	0	0	0%
2020	28	0	0	10%
2021	42	0	0	15%
2022	45	5	0	20%
2023	48	10	0	25%

*Land-based gaming comprises casino table games and retail sports betting. Online gaming includes online sports betting and iGaming.
Source: American Gaming Association


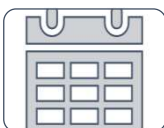

11

©Alyssa N. Wilson, BCBA-D

Cross-Over Effects

12

©Alyssa N. Wilson, BCBA-D

-  Unlimited betting opportunities
-  Easy 24hr accessibility
-  Socio-cultural influences

Structural Features

13

©Alyssa N. Wilson, BCBA-D


Live Betting	Micro-Event Betting	Proposition Betting
In-play, in-running betting	Micro bets	Prob, novelty, side bet
Place bet after sporting event has commenced	Bet on smaller, stand-alone units of sporting events	Bet on occurrence or non-occurrence not directly affecting the outcome of game

Structural Features: Betting Features

14

KDKA
@KDKA · Follow

"Happily ever after" meant "happily over the finish line" for couples at the World Wife-Carrying Championship over the weekend! Here's a look at the competition.



7:30 AM · Jul 10, 2018

6 · Reply · Share

About 22,100,000 results (0.40 seconds)


It's currently legal to bet on the 2024 Oscars in seven states: **Arizona, Massachusetts, Michigan, New Jersey, Indiana, Kansas, and Louisiana.** Also the province of Ontario, Canada offers Academy Awards betting.

DraftKings Network
Mar 8, 2024

How and where to bet on the 2024 Academy Awards

memezar · Follow

The "Super Bowl Streaker" was a Las Vegas local who placed a \$50K bet that there would be a streaker During Super Bowl LV. He ran on the field by himself and cashed out with \$374,000 and a \$1000 fine 🤪



FOX 5 Watch Live News Weather Good Day Inside FOX 5 Contests More

Betting on weather takes off

By Audrey Puente | Updated February 3, 2023 1:34pm EST | Gambling | FOX 5 NY

Place bets on WHAT?

15

International Journal of Mental Health and Addiction (2019) 17:1340–1359
https://doi.org/10.1007/s11469-019-0009-8

ORIGINAL ARTICLE

Transformation of Sports Betting into a Rapid and Continuous Gambling Activity: a Grounded Theoretical Investigation of Problem Sports Betting in Online Settings

Adrian Parke¹ · Jc

Published online: 4 Januar
© The Author(s) 2019

Abstract
There is an increasing services as the princip sports betting in onlin developing informatic risk associated with c

1346 International Journal of Mental Health and Addiction (2019) 17:1340–1359

Money 'Returned': Wins & Cash Outs

Re-Staking of Funds

Rapid Further Deposits

Reverse Pending Withdrawal

ures[†]

Table 4 Behavioural extract demonstrating the use of cash out facility to enable further bet placement (participant 5, 14 October 2015)

Time	Action	Amount (GBP)	Account balance
07:38:35	Live bet placement	£200.00	£0.59
07:52:07	Cash out	£93.68	£94.27
07:54:52	Live bet placement	£94.27	£0.00
08:40:26	Cash put	£46.73	£46.73
08:40:56	Live bet placement	£46.73	£0.00
08:49:08	Cash out	£35.78	£35.78
08:49:33	Live bet placement	£35.78	£0.00
09:57:12	Monetary deposit	£50.00	£50.00
10:00:15	Live bet placement	£50.00	£0.00
10:31:52	Cash out	£7.09	£7.09
10:39:38	Cash out	£40.49	£47.58

FOX 5 Watch Live News Weather Good Day Inside FOX 5 Contests More

Betting on weather takes off

By Audrey Puente | Updated February 3, 2023 1:34pm EST | Gambling | FOX 5 NY

Place bets on WHAT?

16



Clinical Correlates of Sports Betting: A Systematic Review

Eduardo Valenciano-Mendoza^{1,12}, Bernat Mora-Maltas^{1,12}, Gemma Mestre-Bach²,
Lucero Munguía^{1,12}, Jérémie Richard³, Jeffrey L. Derevensky⁴,
Marc N. Potenza^{4,5,6,7,8,9}, Susana Jiménez-Murcia^{1,10,11,12}

Accepted: 9 February 2023 / Published online: 1 April 2023
© The Author(s) 2023

© Aiyssa N. Wilson, BCBA-D

- Young single males (Cooper et al., 2021; Jiménez-Murcia et al., 2021), college-educated, full-time jobs with higher salaries (Cooper et al., 2021).
- Participation in sports, lottery, and slot-machine gambling have been found to be statistical predictors of sports betting (DiCiccio-Bloom & Romer, 2012).
- Having a friend who gambles (DiCiccioBloom and Romer, 2012).
- Presenting higher impulsivity and lower self-directedness levels increased the risk of online sports betting (Jiménez-Murcia et al., 2021).
- Strongly linked to gambling problems and cognitive distortions related to illusion of control, probability control and interpretive control (Cooper et al., 2021).

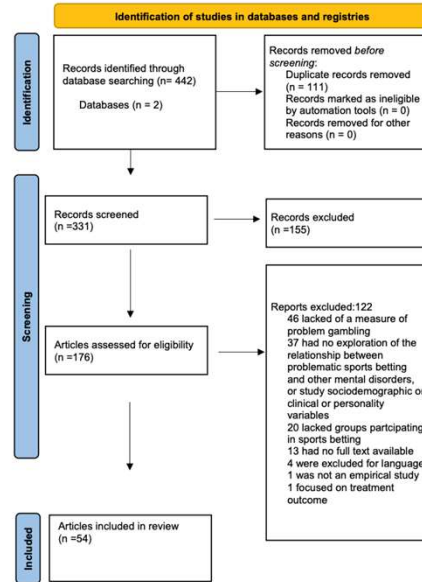


Fig. 1 The PRISMA flow diagram of the selection process

Clinical Correlates of Sports Betting

Addictive Behaviors 133 (2022) 107371

Contents lists available at ScienceDirect

Addictive Behaviors

journal homepage: www.elsevier.com/locate/addicbeh

G. Mestre-Bach et al.

Addictive Behaviors 133 (2022) 107371

Sports-betting-related gambling disorder: Clinical features and correlates of cognitive behavioral therapy outcomes

Gemma Mestre-Bach^a, Roser Granero^{b,c,d,e,f,g,h,i,j,k}, Bernat Mora-Maltas^{d,m},
Eduardo Valenciano-Mendoza^{a,d,m}, Lucero Munguía^g, Marc N. Potenza^{h,i,j,k,l},
Jeffrey L. Derevensky^j, Jérémie Richard^g, Fernando Fernández-Aranda^{c,d,i,j,m},
José M. Menchón^{n,o,p}, Susana Jiménez-Murcia^{q,r,s,t,u}

- ^a Universidad Internacional de La Rioja, La Rioja, Spain
- ^b Departament de Psicologia i Metodologia de les Ciències de la Salut, Universitat Autònoma de Barcelona, Barcelona, Spain
- ^c Ciber Psiquiatria Obesidad y Narcolepsia (CIBERSAM), Instituto de Salud Carlos III, Madrid, Spain
- ^d Department of Psychiatry, Beth Israel Deaconess Medical Center, Harvard Medical School, Boston, MA, USA
- ^e Department of Psychiatry, Yale University School of Medicine, New Haven, CT, USA
- ^f Child Study Center, Yale University School of Medicine, New Haven, CT, USA
- ^g Connecticut Mental Health Center, New Haven, CT, USA
- ^h Connecticut Council on Problem Gambling, Waterbury, CT, USA
- ⁱ Department of Neuroscience, Yale University, New Haven, CT, USA
- ^j Department of Educational and Counseling Psychology, McGill University, Montreal, Quebec, Canada
- ^k Department of Clinical Sciences, School of Medicine and Health Sciences, University of Barcelona, Barcelona, Spain
- ^l CIBER Salud Mental (CIBERSAM), Instituto de Salud Carlos III, Madrid, Spain
- ^m Psychoneurobiology of Eating and Addictive Behaviors Group, Neuroscience Program, Beth Israel Deaconess Medical Center (BIDMC), Harvard Medical School, Boston, MA, USA
- ⁿ Psychiatry and Mental Health Group, Neurosciences Program, Beth Israel Deaconess Medical Center (BIDMC), Harvard Medical School, Boston, MA, USA
- ^o Psychiatry and Mental Health Group, Neurosciences Program, Beth Israel Deaconess Medical Center (BIDMC), Harvard Medical School, Boston, MA, USA
- ^p Psychiatry and Mental Health Group, Neurosciences Program, Beth Israel Deaconess Medical Center (BIDMC), Harvard Medical School, Boston, MA, USA
- ^q Department of Psychiatry, Universidad de Zaragoza, Zaragoza, Spain
- ^r Department of Psychiatry, Universidad de Zaragoza, Zaragoza, Spain
- ^s Department of Psychiatry, Universidad de Zaragoza, Zaragoza, Spain
- ^t Department of Psychiatry, Universidad de Zaragoza, Zaragoza, Spain
- ^u Department of Psychiatry, Universidad de Zaragoza, Zaragoza, Spain

ARTICLE INFO

Keywords:
Gambling disorder
Addictive behaviors
Sports betting
Treatment outcome
Dropout
Relapse

ABSTRACT

Background and aims: The number of patients with gambling disorder (GD) whose gambling is increasing. However, their clinical profile and their responses to psychological treatments with other forms of gambling, have not been thoroughly studied. Therefore, the aims (1) to compare the clinical characteristics of GD patients whose primary gambling activity (SB) is n = 113 with GD patients with other primary gambling activities (SB-; n = 1,135 treatment occasions (dropout and relapses) between SB+ and SB- patients, and (2) to test between specific variables (GD severity, psychological distress and personality features) and t in SB+ and SB- GD patients, through correlation models and path-analysis.

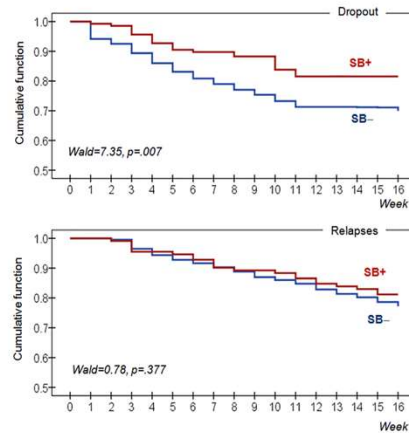


Fig. 1.

© Aiyssa N. Wilson, BCBA-D

Clinical Correlates of Sports Betting

Who makes in-play bets? Investigating the demographics, psychological characteristics, and gambling-related harms of in-play sports bettors

JENNA L. VIEIRA¹, SOPHIE G. COELHO², LINDSEY A. SNYCHUK¹, PUNEET K. FARMAR¹, MATTHEW T. KEOUGH² and HYOUN S. KIM^{1,2,3}

¹ Department of Psychology, Toronto Metropolitan University, Toronto, ON, Canada
² Department of Psychology, York University, Toronto, ON, Canada
³ University of Ottawa Institute of Mental Health Research at the Royal, Ottawa, ON, Canada

Received: April 14, 2023 • Revised manuscript received: May 20, 2023 • Accepted: May 30, 2023
 Published online: June 16, 2023

ABSTRACT
 Background and aims: Sports betting has increased markedly in recent years, in part due to legislative changes and the introduction of novel forms of sports betting (e.g., in-play betting). Some evidence

Table 2. Medians, means, standard deviations, test statistics, and p-values for continuous dependent variables separated by in-play, single-event, and traditional bettors.

Variable	In-play bettors (n = 223)			Single-event bettors (n = 533)			Traditional bettors (n = 164)			H	p
	Median	M	SD	Median	M	SD	Median	M	SD		
Age	41.00	42.97	11.77	48.00	48.64	13.96	52.00	50.81	13.69	37.08	<.001
PGSI	3.00	5.09	5.29	0.00	2.26	3.78	1.00	2.75	3.89	81.18	<.001
SOTIS-18											
Financial	1.00	1.19	1.25	0.00	0.65	1.04	0.00	0.79	1.12	36.05	<.001
Emotional/psychological	0.00	0.85	1.14	0.00	0.45	0.87	0.00	0.46	0.82	26.34	<.001
Health	0.00	0.72	1.06	0.00	0.34	0.77	0.00	0.37	0.74	26.20	<.001
Relationships	0.00	0.80	1.11	0.00	0.36	0.83	0.00	0.88	0.40	38.62	<.001
Work	0.00	0.72	1.07	0.00	0.35	0.81	0.00	0.38	0.81	27.27	<.001
Social deviance	0.00	0.33	0.67	0.00	0.11	0.40	0.00	0.14	0.46	41.13	<.001
SBMS											
Fun	3.75	3.74	0.69	3.63	3.51	0.75	3.63	3.57	0.67	14.30	<.001
Interest in the sports	4.00	3.65	0.86	3.33	3.31	1.02	3.67	3.38	0.84	20.26	<.001
Knowledge of the game	3.67	3.65	0.83	3.33	3.26	1.01	3.67	3.33	0.88	22.27	<.001
Make money	3.00	2.88	1.12	2.10	2.25	1.10	2.10	2.20	1.04	54.24	<.001
Recreation/escape	3.00	3.01	1.00	2.40	2.44	1.03	2.40	2.39	0.94	56.17	<.001
Socialization	3.00	3.03	0.99	2.67	2.59	0.98	2.50	2.42	0.92	43.65	<.001
Being in the game	4.00	4.01	0.82	4.00	4.05	0.73	4.00	4.04	0.74	0.20	0.907
ACE	2.00	3.35	3.25	1.00	2.34	2.65	2.00	2.24	2.52	13.46	0.001
DEKS-18											
DEKS-18	38.00	39.89	14.52	30.00	34.30	12.25	31.00	34.26	12.25	24.98	<.001
SUPPS-19											
Negative urgency	2.50	2.38	0.79	2.00	2.14	0.77	2.00	2.04	0.75	22.10	<.001
Positive urgency	2.25	2.25	0.83	1.75	1.91	0.77	1.75	1.83	0.72	34.32	<.001
Premeditation	1.75	1.78	0.52	1.75	1.66	0.51	1.75	1.69	0.53	9.19	0.010
Perseverance	1.75	1.82	0.52	1.75	1.75	0.49	1.75	1.83	0.49	4.25	0.120
Sensation seeking	2.75	2.68	0.64	2.50	2.54	0.69	2.50	2.46	0.59	9.93	0.007
DASS-21											
Depression	5.00	9.71	10.57	2.00	5.38	7.96	2.00	6.20	8.44	29.53	<.001
Anxiety	4.00	9.19	10.11	1.00	4.41	7.06	2.00	5.14	7.20	45.71	<.001
Stress	8.00	10.80	9.87	4.00	6.36	7.69	4.00	7.54	8.30	38.16	<.001
SSRA											
Alcohol	3.00	4.27	4.49	1.00	2.28	3.24	1.00	2.23	3.30	35.56	<.001
Cannabis	1.00	3.76	4.81	0.00	1.56	3.23	0.00	1.59	3.30	37.06	<.001

©Alyssa N. Wilson, BCBA-D

Clinical Correlates

19

Journal of Gambling Studies (2020) 36:903–920
<https://doi.org/10.1007/s10899-020-09944-3>

ORIGINAL PAPER

Why Some Sports Bettors Think Gambling Addiction Prevented Them from Becoming Winners? A Qualitative Approach to Understanding the Role of Knowledge in Sports Betting Products

Hibai Lopez-Gonzalez¹ · Mark D. Griffiths² · Ana Estévez³

Published online: 6 April 2020
 © Springer Science+Business Media, LLC, part of Springer Nature 2020

Abstract
 Sports betting products rely upon a balance between their knowledge and chance based structural characteristics. The emphasis by bookmakers on mastering the knowledge-based elements to become winners poses significant challenges for those seeking help for gambling disorder. Bettors find difficulties in integrating their preconceptions about the role of knowledge and skills in winning, into the new cognitive restructuring fostered by cognitive-behavioural therapy. Using a grounded theory approach, this study collected data from 43 Spanish sports bettors undergoing treatment for gambling disorder. The results suggest sports bettors neutralize some gambling-related cognitive distortions during CBT but retain others. Sports bettors try to eliminate them but encounter external validation to retain them, as well as internal incongruences to integrate them into a coherent understanding of how gambling works. The results are discussed with the aim of providing practical guidance as to how skill versus chance related persistent cognitions can be addressed in CBT.

Keywords Gambling · Gambling disorder · Sports betting · Cognitive-behavioural therapy · Skill · Knowledge

Fig. 1 Sports bettors in recovery perceive their addiction to moderate the relationship between skills versus chance equilibrium and their success in predicting bets

```

        graph LR
            Skills[Skills] --> Prediction[Prediction]
            Chance[Chance] --> Prediction
            Addiction[Addiction] -.-> |moderates| Skills-Chance
        
```

©Alyssa N. Wilson, BCBA-D

Sports Betting and Illusion of Control

20

Sports and Relative Sub-Populations

©Alyssa N. Wilson, BCBA-D



Young adults **16-19yo** more more likely to exhibit problem gambling features when engaged in sports related gambling²



27.5% of college students placed bet on sports using mobile app/web¹

¹NCAA Sports Betting Activities Survey, 2023
²Marchica et al (2017)



Athletes more likely to place bet on sports than other forms of gambling¹

21

©Alyssa N. Wilson, BCBA-D



Best Intervention Options?

22

Hierarchy of Scientific Evidence **Not Scientific Evidence**

The diagram features a pyramid on the left and a circle on the right. The pyramid is divided into seven horizontal layers, colored from top to bottom: light green, yellow, orange, light orange, red-orange, red, and dark red. The top of the pyramid is labeled 'Strongest' and the bottom is labeled 'Weakest'. The layers of the pyramid are: 1. Meta-analyses & systematic reviews; 2. Randomized controlled trials; 3. Cohort studies; 4. Case-control studies; 5. Cross sectional studies; 6. Animal trials & *in vitro* studies; 7. Case reports, opinion papers, and letters. To the right, a grey circle contains the text: 'Youtube videos, personal anecdotes, gut feelings, parental instincts, some guy you know, websites like Natural News, Info Wars, Natural Health Warriors, Collective Evolution, Green Med Info, Mercola.com, Whale.to, etc.' The website 'thelogicofscience.com' is noted at the bottom right of the diagram.

©Alyssa N. Wilson, BCBA-D

thelogicofscience.com

How do We Determine What is Effective?

23

Every Story Matters: Our Story of Evaluative Research 2018-2023
The Better Institute

Copyright 2024 The Better Institute
©Alyssa N. Wilson, BCBA-D

24

- Clinical research team (therapists practicing at TBI) collected data from clients served from 2018-2022.
- 102 total clients (M age=40.3; SD=13.7)
- 95 primary diagnosis of disordered gambling retained for analyses (M age=39.8%; SD=13.4)
- Dependent Measures:
 - Demographics, therapist, total number of sessions, DSM-5 diagnosis, primary/secondary form of gambling, previous treatment for gambling, current/former gamer, treatment goals, budget completion, restitution plan, true-link financial card, self-exclusion and duration, blocking software use, GA attendance, co-occurring diagnosis, suicide assessment and safety plan app, number of relapse.

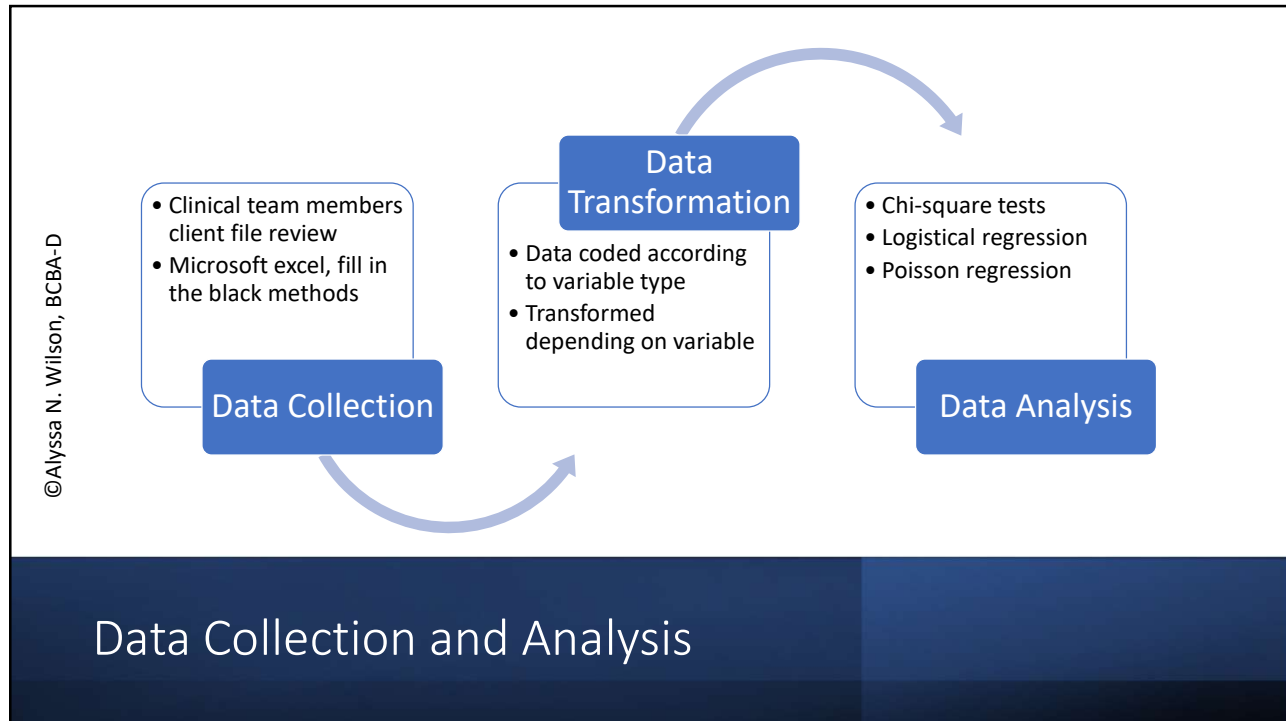
Methods

25



Treatment Variables

26



27

©Alyssa N. Wilson, BCBA-D

✓ Every Story Matters!

✓ Recent expansion has rapidly changed what we think about "gambling"

Discussion

28

©Alyssa N. Wilson, BCBA-D



Questions?

Alyssa Wilson, Ph.D., BCBA-D, LBA
California State University Fresno
awilson@mail.fresnostate.edu

