

Readiness to change in gamblers seeking outpatient treatment

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ABSTRACT

Background and aims. In addiction treatment, motivation to change and, consequently, motivational enhancement is a topic of high importance in research as well as practice. Motivational Interviewing (Miller & Rollnick, 2002) as the most popular approach incorporates the so called “Readiness Rulers”: three dimensions to subjectively assess importance, readiness and confidence to change. Especially for alcohol, tobacco and illicit drug users, characterizations with regard to their motivational profile and implications for treatment have been studied. Less is known about motivation to change in persons with gambling problems and its influence on treatment progress. Hence, aim of the study is to get insight into change motivation profiles in persons seeking help for gambling problems.

Methods. Analyses are based on data from the *Follow-up Study - Outpatient care of patients with gambling problems*, a naturalistic study on the long-term development of gamblers seeking treatment. The sample consists of n=156 patients of 24 outpatient treatment centres in Bavaria, Germany. Follow-up data are still being collected, so far n=102 patients participated at 6-month follow-up and n=54 at 12-month follow-up. Amongst others, patients were asked about their importance, readiness and confidence to change on a 10-point scale. Using these variables a latent class analysis (LCA) to identify subgroups at baseline will be conducted.

Results. Patient groups differing by motivational profiles will be characterized with regard to sociodemographic, psychological and gambling-related characteristics, including preliminary results on follow-up data.

Discussion and conclusion. The examined sample of outpatients seeking treatment for gambling problems will be compared to treatment seeking patients suffering from other (substance-related) addictive disorders. This serves as base to derive implications for specifically tailored treatment offers for patients with gambling disorder, especially with regard to Motivational Interviewing and enhancement of motivation to change.