

Tobacco, alcohol, and gambling habits among Turkish households

What this research is about

Tobacco use, alcohol use, and gambling are potentially harmful addictive behaviours. These three behaviours often occur together. But previous research usually analyzed them separately or in pairs (e.g., alcohol use and gambling). Data on these three addictive behaviours in Türkiye are limited. The purpose of this study was to identify the demographic and socioeconomic factors linked with the simultaneous use of tobacco, alcohol, and gambling in Turkish households.

What the researchers did

The researchers used data from the Household Budget Survey conducted by the Turkish Statistical Institute for the years 2015–2019. This survey is representative of the Turkish population in general. The study sample consisted of 59,102 participants who were at least 15 years old and living within the Republic of Türkiye.

In the Household Budget Survey, participants were asked whether anyone in their household had habits of smoking, drinking alcohol, and gambling on games of chance such as lottery and horse race betting. The researchers included various demographic and socioeconomic factors in their analysis.

What the researchers found

Most participants were male (84%). Between 2015 and 2019, slightly over half of the participants (52.19%) reported tobacco use in their household. Only 5.75% of participants reported alcohol use and 4.41% reported gambling. Overall, these rates did not vary significantly across the years. About 45% of participants said that their household did not engage in tobacco use, alcohol use, or gambling. The

What you need to know

The purpose of this study was to identify the demographic and socioeconomic factors linked with the simultaneous use of tobacco, alcohol, and gambling in Turkish households. The researchers used data from the Household Budget Survey conducted by the Turkish Statistical Institute for the years 2015–2019. The study sample consisted of 59,102 participants living within the Republic of Türkiye.

Between 2015 and 2019, 52% of participants reported tobacco use in their household. Only 5.75% reported alcohol use, and 4.41% reported gambling. Overall, these rates did not vary significantly across the years. The simultaneous use of tobacco, alcohol, and gambling in the household was reported by less than 1% of participants. There were strong links between alcohol use, tobacco use, and gambling. The link between tobacco use and alcohol use, as well as between alcohol use and gambling, was stronger than the link between tobacco use and gambling. This study identified several demographic and socioeconomic factors associated with smoking, drinking alcohol, and gambling in Turkish households.

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There were strong links between alcohol use, tobacco use, and gambling. The link between tobacco use and alcohol use, as well as between alcohol use and gambling, was stronger than the link between tobacco use and gambling. These findings suggest that policy interventions need to focus on these addictive behaviours at the same time, rather than targeting them separately.

Demographic and socioeconomic factors

Gender: When the head of the household was a woman, it decreased the likelihood of smoking, drinking alcohol, and gambling.

Education: People with higher levels of education were less likely to smoke. But they were more likely to drink and gamble.

Age: As people got older, smoking decreased, but alcohol use increased until a certain age and then started to decrease at age 65. Gambling increased with age and then started to decrease later on, forming an upside-down U shape.

Marital status: Single households were more likely to drink alcohol and gamble compared to those who were married.

Employment: People who were employed were less likely to gamble compared to those who were unemployed.

Income and credit card use: As income levels increased, tobacco use, alcohol use, and gambling all increased. Credit card use was also linked to increased tobacco use, alcohol use, and gambling. On the other hand, saving money was linked to decreased tobacco use, alcohol use, and gambling.

Online shopping: Online shopping was linked to decreased tobacco use but increased alcohol use and gambling.

Life insurance: Life insurance ownership was linked to increased tobacco use but decreased alcohol use.

Habits of going to coffee shops and eating out: People who went to coffee shops were more likely to smoke, drink alcohol, and gamble. The habit of eating out was also associated with increased tobacco use, alcohol use, and gambling.

How you can use this research

Regulators and policy makers can use this research to develop more effective policies and practices to address addictive behaviours in Türkiye. The researchers suggest that policies should target young and middle-aged men, people with high income, and those with active social lives.

About the researchers

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Citation

Çebi Karaaslan, K., & Kesriklioğlu, E. (2025). Exploring the intersection of tobacco, alcohol, and gambling for Türkiye. *Journal of Gambling Studies*. Advance online publication. <https://doi.org/10.1007/s10899-025-10418-7>

Study Funding

This study received no direct funding.

About Greo Evidence Insights

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