

research snapshot

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Narcissism, perceived personal luck, and problem gambling among people involved in strategic gambling activities

What this research is about

Both non-strategic and strategic gambling activities are available in France. Non-strategic gambling activities rely exclusively on chance and require little skill (e.g., slot machines). Strategic gambling activities involve some aspect of skill that can influence outcomes (e.g., poker). In France, problem gambling is more likely to occur among people involved in strategic gambling activities.

Past research has found that cognitive biases contribute to problem gambling. Cognitive biases are false beliefs about gambling. One of these biases is perceived personal luck, where people view luck as a personal characteristic that can influence gambling outcomes. Personality traits like narcissism also contribute to problem gambling. People with this personality trait are self-centered and have a grandiose view of themselves. Past research has found that people involved in strategic gambling have higher levels of narcissism compared to those involved in non-strategic gambling.

Both perceived personal luck and narcissism may contribute to a higher chance of problem gambling. Both are related to thought patterns like having an outwardly positive view of oneself as special. Narcissism has also been linked to a tendency to have unusual beliefs, which can include cognitive biases about gambling. However, little is known about how perceived personal luck and narcissism may contribute to problem gambling depending on the preference for strategic or non-strategic gambling activities. In this study, the researchers looked at the relationships between problem gambling, narcissism,

What you need to know

In France, rates of problem gambling are higher among people involved in strategic gambling activities (i.e., those that involve an aspect of skill that can influence outcomes, like poker). In this study, the researchers looked at the relationships between problem gambling, narcissistic personality traits, and perceived personal luck among people involved in strategic gambling activities. Participants were 88 adults living in France who had gambled at least once per week or spent at least 500 euros on gambling in the past 12 months. Participants completed an online survey between January 2023 and April 2024.

The study found that participants with problem gambling had higher levels of narcissism than those without problem gambling. No difference in perceived personal luck was found between participants with and without problem gambling. Perceived personal luck did not explain the relationship between narcissism and problem gambling. The findings suggest that personality traits like narcissism should be assessed in problem gambling treatment.

and perceived personal luck among people involved in strategic gambling activities.

What the researchers did

The researchers recruited participants online through Internet gambling forums, discussion forums, and social media, as well as offline at the Casino of Enghien-les-Bains. Participants were 88 adults living in France who had gambled at least once per week or

spent at least 500 euros on gambling in the past 12 months. The data were collected from January 2023 to April 2024.

Participants completed an online survey with the following measures:

- The Problem Gambling Severity Index (PGSI) to assess problem gambling in the past 12 months.
- The Narcissistic Personality Inventory (NPI) to assess narcissistic personality traits.
- The Personal Luck Usage Scale (PLUS) to assess the extent to which people feel they have luck as a personal characteristic that can positively influence gambling outcomes.

What the researchers found

The average age of the participants was 37.8 years. Most participants (90.9%) were men. Based on the PGSI, 39 participants (44.3%) had problem gambling. Most participants preferred to play poker online (64.8%), poker offline (34.1%), and sports betting online (37.5%).

Participants with problem gambling had higher levels of narcissism than those without problem gambling. However, there was no difference between participants with and without problem gambling in perceived personal luck. Perceived personal luck did not explain the relationship between narcissism and problem gambling.

The results suggest that people with higher levels of narcissistic personality traits might be at greater risk of experiencing gambling problems. Past research has not found a link between perceived personal luck and gambling problems among people who play poker, as they view their skill as more important than luck in influencing the outcome of a poker game. This could explain why the relationship was not found in this study, which had a high number of participants who play poker.

How you can use this research

This study provides information about the role of narcissistic personality traits in problem gambling

among people involved in strategic gambling activities. The findings suggest that personality traits are important for healthcare providers to assess in gambling treatment.

About the researchers

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