

Prevention and Education Review: Gambling-Related Harm

R E S E A R C H R E P O R T

2021

4.0 Indicated Measures

4.2 Brief Internet-Delivered Interventions for Gambling: Prevention, Early Intervention, and Harm Reduction

Protocol

DESCRIPTION

The Prevention and Education review contributes to guiding the development of a collective and clear prevention plan, as set out in the National Strategy to Reduce Gambling Harms. The review is organised into three levels of prevention and education measures: Universal (for the benefit of the whole population), Selected (for the benefit of at-risk groups), and Indicated (for the benefit of at-risk individuals).

This section excludes online supports and interventions for treatment of problem gambling. Instead, in keeping with the report theme, it addresses online supports and brief interventions (BI) for the purpose of prevention and education. The time frame for literature is from 2000 onward, as this is when online and mobile supports began to be offered. Where needed, it is supplemented with material that is relevant to other behavioural addictions.

RESEARCH OBJECTIVES

Conduct a systematic review to determine:

- a. The effectiveness of BI when delivered online for prevention of gambling problems,
- b. The relevance to different levels of risk, and
- c. The target group of BI (e.g., students, specific gambling types).

RESEARCH QUESTIONS

- What is the effectiveness of brief internet delivered interventions for the prevention of gambling problems?
- Do BI delivered online target different levels of gambling risk?
- Who are the target groups of these brief internet interventions?
- What is the content of these brief internet interventions?

INCLUSION CRITERIA

- Gamblers at risk or problem gamblers
- Brief (less than 5 hours of total intervention time)
- Internet delivered prevention, early intervention or education
- Must involve the delivery of content (not just whether an RG tool was used)
- Must be delivered online and not in a face-to-face setting
- Can be any type of outcome study including RCT, cohort, pre-post
- Must include individual scores (not group based)
- Must include an outcome measure on gambling consumption (amount / frequency) or severity (measured with a validated tool)
- Follow-up evaluation must be at a minimum one week later (not immediate regarding knowledge)
- English language

EXCLUSION CRITERIA

- Help seekers or treatment populations or people responding to advertising for an intervention study (must be prevention only)
- Does not include self-exclusion or pop-up messaging that is not internet delivered

DATABASE SEARCH

- Medline, Epub, Cochrane, PsychInfo, PDQP, and grey literature search

SEARCH TERMS

- Gambling AND internet-based intervention (or early intervention or group intervention) AND intervention type (e.g., web, online, internet, feedback, guidance, reminder, treatment, therapy, guidance, support, counselling, program)

ASSESSMENT OF EVIDENCE QUALITY

- The Effective Public Health Practice Project (EPHPP) Quality Assessment Tool