



Prevention and Education Review: Gambling-Related Harm

Abstract

This report supports an evidence-based approach to the prevention and education objective of the [National Strategy to Reduce Gambling Harms](#). Applying a public health policy lens, it considers three levels of measures: universal (for the benefit of the whole population), selective (for the benefit of at-risk groups), and indicated (for the benefit of at-risk individuals). Six measures are reviewed by drawing upon a range of evidence in the academic and grey literature. The universal level measures are *“Regulatory restriction on how gambling is provided”* and *“Population-based safer gambling/responsible gambling efforts.”* Selective measures focus on age cohorts in a chapter entitled, *“Targeted safer gambling campaigns for children, youth, and older adults.”* The indicated measures are *“Brief internet delivered interventions for gambling,”* *“Systems and tools that produced actual (‘hard’) barriers and limit access to funds,”* and *“Self-exclusion.”* Since the quantity and quality of the evidence base varied by measure, appropriate review methods were selected to assess publications using a systematic, scoping, or narrative approach. Some measures offered consistent findings regarding the effectiveness of interventions and initiatives, while others were less clear. Unintended consequences were noted since it is important to be aware of unanticipated, negative consequences resulting from prevention and education activities. After reviewing the evidence, authors identified knowledge gaps that require further research, and provided guidance for how the findings could be used to enhance the prevention and education objective. The research evidence is supplemented by consultations with third sector charity representatives who design and implement gambling harm prevention and education programmes. Their insights and experiences enhance, support, or challenge the academic evidence base, and are shared in a separate chapter. Overall, research evidence is limited for many of the measures. Quality assessments suggest that improvements are needed to support policy decisions more fully. Still, opportunities exist to advance evidence-based policy for an effective gambling harm prevention and education plan.

Keywords: Gambling-related harm; harm prevention; harm education; knowledge synthesis; stakeholder consultations