



100,000 new problem gamblers in one year

Between 2008/2009 and 2009/2010 100,000 people in Sweden became new problem gamblers and at the same time roughly the same number moved out of the problem gambling category.

There is a great mobility in and out of problem gambling, but at the same time the proportion of the population with gambling problems remains unchanged. Of the 100,000 new problem gamblers, approximately 80,000 had not had problems before. 20,000 had had gambling problems earlier in their lives and thus represented relapses.

Of the new problem gamblers, approximately 40,000 are women. Traditionally, men have gambled more and have developed more problems with gambling than women. If the trend continues, we will likely see the number of men and women problem gamblers evening out.

What characterises the new problem gamblers?

Among women, the largest proportion of new problem gamblers can be found in the 45–64 age group, while among men the largest proportion of new problem gamblers can be found in the 16–24 age group. There are more new problem gamblers among those who only have a 9-year compulsory school education than those who have attended upper secondary school or some form of higher education.

What factors influence the development of problem gambling?

There is a clear association between risky drinking habits and increased risk of becoming a problem gambler. Having experienced mental health deterioration or the death of someone close is associated with increased risk of becoming a problem gambler. Good general health, on the other hand, is a protective factor as it halves the risk of becoming a problem gambler. Spending time gambling instead of working or studying and playing TV or computer games also co-varies with problem gambling.

A helpline for gamblers and their family and friends is available via phone, e-mail or chat: www.stodlinjen.se/other-languages/in-english/, phone no +46 (0)20-81 91 00

Swelogs

Swelogs, the Swedish longitudinal gambling study, is a Swedish population study of health and gambling being conducted over seven years, between 2008 and 2015. The study aims to build an evidence base to develop effective preventive measures against the harmful effects of excessive gambling. The roughly 8,000 randomly selected respondents between the ages of 16 and 84 who took part in the baseline study will be contacted at least three more times during the course of the study. Data used in this fact sheet is from 2008/09 and 2009/10. The degree of gambling problems was assessed based on the measurement instrument Problem Gambling Severity Index (PGSI).

Read more at www.folkhalsomyndigheten.se

Proportion of new problem gamblers in one year, by age and gender

