



# What is at-risk gambling?

Problem gambling is a public health issue. Approximately 2% of the population experience such serious negative consequences as a result of their gambling that they are considered problem gamblers. A further 5% of the population are at-risk gamblers.

It can take some time for gambling problems to develop. For some people, the process is fast, while for others it can begin with at-risk gambling. Over time, this type of gambling behaviour can increase the risk of problem gambling. Although at-risk gamblers experience fewer and less serious consequences of their gambling compared to problem gamblers, at the community level the problem is more concerning. This is due to the larger number of at-risk gamblers than problem gamblers. An effective strategy to reduce the harm caused by excessive gambling is to invest in prevention of at-risk gambling.

In order to prevent problem gambling it is important to be aware of the kind of behaviour that distinguishes at-risk gambling.

At-risk gamblers tend to develop problems associated with a loss of control of finances, and 40% of at-risk gamblers have returned at a later date to recoup the money they lost. This was common for both men and women, however, there are differences between the genders as well. Women state to a greater extent that they have gambled more than they can afford while men say that they have gambled more than they intended.

It is considerably more common for men to gamble for increasing sums in order to make the gambling more exciting. It is also more common for men to report that they have been criticised for their gambling habits. That very few men and women say that they have experienced problems caused by their gambling indicates that at-risk gamblers have low levels of problem awareness.

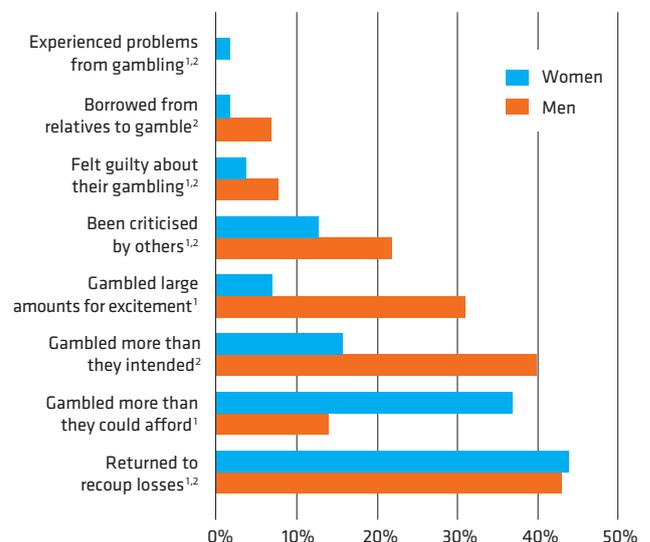
A helpline for gamblers and their family and friends is available via phone, e-mail or chat: [www.stodlinjen.se/other-languages/in-english/](http://www.stodlinjen.se/other-languages/in-english/), phone no +46 (0)20-81 91 00

## 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 2008/2009. The degree of gambling problems was assessed based on the measurement instrument Problem Gambling Severity Index (PGSI).

Read more at [www.folkhalsomyndigheten.se](http://www.folkhalsomyndigheten.se)

Male and female at-risk gamblers



1. The question is included in the Problem Gambling Severity Index (PGSI)  
2. The question is included in the South Oaks Gambling Screen (SOGS)