

FEATURE ARTICLE

Quebec survey results released

(Summary of the results from the *Enquête québécoise sur le tabac, l'alcool, la drogue et le jeu chez les élèves du secondaire, 2004*)

This article presents a brief summary of the findings of the Quebec Survey of Smoking, Alcohol, Drugs and Gambling in High School Students. In 2004, 4 726 students across Quebec participated in a survey concerning risky behaviors. The following summarizes the findings with respect to their gambling behaviors, as well as other high-risk behaviors. This survey represents the most recent findings of the survey conducted every 2 years since 1998.

Gambling Participation

In 2004, approximately 45% of high school students (48% of boys and 43% of girls) reported gambling for money (including lotteries) during the previous 12-month period. Noteworthy is the decrease in prevalence observed between 2002 and 2004; from 51% to 45%. A decline was also observed for both boys (from 53% to 48%) and girls (from 49% to 43%). In 2004, the mean age of first-time gambling was 10.6 years.

In 2004, approximately 9% of students were habitual gamblers having gambled at least once a week, and 36% were occasional gamblers (less often than once a week). Occasional gambling decreased from the 2002 (43%) survey; this decline being found for both boys (from 43% to 36%) and girls (from 44% to 36%).

Gambling Activities

In both the 2002 and 2004 surveys the most popular forms of gambling were instant

lotteries (26%), card games (23%) and skill-based games (such as playing billiards) (19%). Proportionally more girls than boys played instant lotteries (29% v. 24%) and bingo (15% v. 11%). On the other hand, more boys played card games for money (27% v. 19%), skill-based games (26% v. 13%), participated in private sports betting (19% v. 8%), played dice games (18% v. 9%), reported gambling on the Internet (7% v. 2.8%) and purchased sports lotteries (Mise-O-Jeu[®]) (6% vs. 2.0%).

It is interesting to note that between 2002 and 2004 that there was a significant decrease observed in students participating in instant lotteries (from 37% to 26%), regular lotteries (from 14% to 10%) and Mise-O-Jeu[®] (*Face Off*) (5% to 3.8%). Unchanged from 2002, approximately 30% of students reported receiving lottery tickets as gifts.

Problem Gambling

In 2004, approximately 2.5% of secondary school students met the criteria for pathological

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gambling, with another 6% of students reporting gambling-related problems (at-risk gamblers). Boys were more likely than girls to experience gambling-related problems and consequences (at-risk gamblers and probable pathological gamblers combined) (11% v. 6%). In comparing results from 2002 and 2004, while the prevalence of pathological gambling remained constant, those categorized as at-risk gamblers increased from 5% to 6%.

Prevalence of Other Adolescent Risky Behaviours

In 2004, various combinations of the other risk behaviours assessed indicate that cigarette smoking alone, or drug use alone, was almost a non-existent phenomenon, each with a prevalence of less than 1%. Alcohol consumption alone or in combination with cigarette smoking, drug use or gambling, was the most frequently reported risk behaviour in students. Of these possible combinations, gambling was the behaviour most frequently associated with alcohol consumption. While 13% of high school students reported that they consumed only alcohol, 9% had engaged in gambling only, 14% of students reported a combination of both alcohol consumption and gambling, and 9% reported engaging in all four risk behaviours. It should be noted that it cannot be determined from the survey

data if these behaviours occur separately or tend to occur simultaneously.

Certain positive trends were observed between 2002 and 2004. The proportion of students reporting no involvement in risky behaviours increased from 19% to 26%. The proportion of students with a combination of three risk behaviours decreased from 21% to 18%, and the proportion with a combination of four risk behaviours also declined from 12% to 9%.

Conclusion

Overall, the findings of this fourth edition of the survey bear witness to major positive changes in the behaviours of high school students with respect to smoking, alcohol, drugs and gambling. From 2002 to 2004, there was a decrease observed in the proportion of students who had smoked cigarettes during a 30-day period (from 23% to 19%). There was similarly a decline in the proportion of students who had consumed alcohol from 69% to 63%, those who had used drugs from 41% to 36%, and those having gambled from 51% to 45% during a 12-month period. The positive trends observed in these four risk behaviours may reflect that, in certain ways, the various prevention and sensitization initiatives in place may have had an impact on the lifestyle habits of secondary school students.

It is nevertheless important to note there is a subgroup of students who persist in engaging in one or more of these risky behaviors, with 9% engaged in multiple high-risk behaviors. These results suggest that more intensive, more specialized or targeted intervention is required for the high risk groups. It remains essential to continue to monitor these risky behaviours among Quebec high school students because of their current and potential personal, social, health and economic costs.

Pathological gambling refers to those meeting experiencing at least 4 problems related to their gambling participation, as by the DSM-IV-MR-J screening tool. By definition, this term refers to those who persevere with their gambling despite serious adverse consequences.

At-risk gamblers refers to those reporting 2 or 3 problems related to their gambling participation, yet not meeting the DSM-IV-MR-J criteria for pathological gambling.



Parenting Styles and Family Environment: Influences on Youth Problem Gambling

Chantal Ste-Marie, Ph.D.

International Centre for Youth Gambling Problems & High-Risk Behaviors

Research examining the effects of parenting styles and the family environment on child and adolescent outcomes goes back decades. Unlike substance use research, the effects of parenting styles and family environment on youth gambling have not been extensively examined. The reported similarities between gambling and substance use, coupled with the fact that parenting styles and family environment have both been shown to impact substance use, led to the examination of the role these variables play with respect to gambling behavior among youth.

Our study empirically examined whether there were significant differences in parenting styles and family environment among young adults experiencing gambling problems and those who are not experiencing gambling problems. The participants included 1,203 CEGEP students in the Greater Montreal area. They reported on their past year gambling behavior and their perceptions of their family environment. Their perceptions of their parents' pattern of parenting were also reported, and were identified based upon Buri's (1991) and Baumrind's (1971) authoritarian, authoritative/flexible, and permissive parenting styles. The familial variables examined in relation to gambling severity were conflict, cohesion, moral-religious emphasis, and control.

Results showed that poor family environment is a stronger predictor of gambling problems than parenting styles. Poor family environments, characterized by high levels of conflict and low

levels of cohesion, were found to significantly increase the likelihood of gambling problems among youth. However, parenting styles were also found to be related to gambling problems. Authoritarian and permissive parenting styles were more commonly reported by youth with many gambling problems and the authoritative-flexible parenting style was the least commonly reported among youth with many gambling problems.

Although gambling is a complex behavior affected by a multitude of variables, the current study has demonstrated that parenting styles and family environment do appear

to also contribute to the development and maintenance of this high-risk behavior. Given that this is a new avenue of research, results of this study serve as a basis for future studies to investigate the complex dynamics at play between familial influences and youth gambling behavior.

References

Buri, J. R. (1991). Parental Authority Questionnaire. *Journal of Personality and Social Assessment*, 57, 110-119.

Baumrind, D. (1971). Current patterns of parental authority. *Developmental Psychology Monograph*, 1103(1, Pt. 2).



SPOTLIGHT ON RESEARCH CENTRES

This section of the newsletter highlights those research centres around the world engaged in gambling research, child and adolescent high-risk behaviours, and work in the area of addictive behaviours.

The International Gaming Research Unit Nottingham Trent University, United Kingdom

www.GamingResearch.co.uk

The International Gaming Research Unit (IGRU), based at Nottingham Trent University (NTU) in the UK, was formally established in 2002 (although it has been operating for the last decade). The IGRU's Director, Dr. Mark Griffiths, is Europe's only Professor of Gambling Studies.

The IGRU's main focus is research on gaming, risk-taking, and interactive technologies. However, they also carry out research on behavioural addictions more generally (e.g., Internet addiction, exercise addiction, etc.). The unit was launched as an autonomous research and consultancy base within NTU. The IGRU's aim is to be a leading international centre of academic research excellence into the psychological and social impact of gambling, risk-taking and interactive technologies (e.g., videogame playing, mobile phone gaming, etc.) and other behavioural addictions. The unit's funding has come from a wide range of sources including the British Academy, Responsibility in Gambling Trust, GamCare,

National Council for Social Concern, UK National Lottery Commission, and a number of gaming companies.

Gambling, video game playing and other interactive technologies are undergoing rapid changes both technologically and in terms of the levels of people that are using them. Such technologies offer huge entertainment and/or communication advantages for the majority of people. At the same time, whilst it is important that these advantages are maintained it is also important that any problematic behavioural issues are identified and guarded against as much as is possible. The IGRU aims to promote the responsible usage of these activities through the application of quality research. The specific aims include:

- Discovering and understanding public attitudes toward gambling, game playing, internet usage and other interactive technologies through both cross-sectional and longitudinal research
- Examining how new technologies affect our lives and how they may be changing the way we live
- Identifying those factors that help people to engage in these activities at a healthy and enjoyable level.



- Promoting healthy attitudes and behaviour patterns in relation to these activities
- Identifying vulnerable people who are most at risk of developing behavioural problems with these activities, and designing prevention strategies to minimise the risk of such people developing problems
- Identifying the underlying factors that contribute to some people developing psychological and behavioural dependencies in relation to some of these activities / technologies
- Evaluating the effectiveness of prevention, intervention, and treatment programmes
- Providing expert knowledge and training for people or institutions concerned with gaming and the use of interactive technologies.

For more information on the Centre, contact Dr. Mark Griffiths at Mark.Griffiths@ntu.ac.uk.

Adolescent problem gambling: Evaluating the role of outcome expectancies

Meredith Gillespie

International Centre for Youth Gambling Problems & High-Risk Behaviors

Findings from drug and alcohol research validate the importance of understanding the role of outcome expectancies in adolescents' decisions to engage in high risk behaviour. While the predictive utility of expectancy models has been examined within the alcohol and drug literature, related research in the field of gambling has largely focused on gambling motives. Adolescents' beliefs regarding the risks of gambling, on the other hand, have not been clearly delineated in previous research. In keeping with social cognition theories, an individual's decision to engage in gambling activities may, to a certain extent, reflect the salience of its positive and negative outcomes. This study sought to explore the positive and negative gambling outcomes that are most salient to adolescents, as well as the predictive utility of these outcome expectancies in terms of gambling severity.

The sample consisted of 1,013 students aged 12-18, from 13 high schools. Participants completed questionnaires that assessed the frequency and severity of their gambling behaviour as well as the perceived risks and benefits associated with gambling. Forty-eight items, referring to the multifaceted consequences of gambling, were presented in questionnaire-format to students.

It was first necessary to develop a *Gambling Expectancy Questionnaire* (GEQ) which effectively represented both the positive and negative

consequences of gambling on an adolescent's behaviour, mood and emotions. A principal component analysis (PCA) was used to reduce 48 items representing 11 risk and benefit themes into a smaller number of variables. Five factors were retained, comprised of 23 items. Each factor became a scale on the resulting GEQ. The GEQ includes two positive expectancies scales - Enjoyment/Arousal, Self-Enhancement, Money - and two negative expectancy scales - Over-Involvement and Emotional Impact (see Table 1 for a description of these scales).

Adolescents' responses on GEQ were then used to identify the positive and negative outcome expectancies that are most salient to adolescents of differing levels

more highly than Social Gamblers and Non-Gamblers. Similarly, social gamblers endorsed the Enjoyment/Arousal and Money scales more positively than Non-Gamblers. In sum, the positive outcomes/benefits of gambling were found to be more salient for adolescents who gamble than for those who do not, likely resulting in their maintenance of this behaviour. The findings for negative outcome expectancies, however, reflect different patterns of endorsement. PPGs were more likely to expect to lose control of their gambling (Over-Involvement) than social gamblers and at-risk gamblers. One can surmise that the PPGs' relatively high score on this scale represents their awareness of their own preoccupation with gambling. Yet

Table 1. Gambling Expectancy Questionnaire (GEQ) Scales

SCALE	DESCRIPTION
Enjoyment/Arousal	Items denote the gambling benefits of enjoyment, arousal and entertainment
Self-Enhancement	Items denote the gambling benefits of feeling in control, feeling powerful, and feeling more accepted by peers
Money	Items denote the financial gain associated with gambling
Over-Involvement	Items denote the gambling risks of cognitive, affective and social preoccupation with gambling
Emotional Impact	Items denote the negative emotions (guilt, shame, loss of control) associated with gambling

of engagement in gambling activities. Significant differences were found between gambling groups (Non-Gambler, Social Gambler, At-Risk Gambler, PPG) based on their scores on the five scales of the GEQ. In terms of positive expectancies, PPGs and At-Risk Gamblers endorsed items on the Enjoyment/Arousal, Self-Enhancement and Money scales

non-gamblers did not differ significantly from probable pathological gamblers on the Over-Involvement scale. They too perceived the potential problem of gambling preoccupation, even significantly more so than social gamblers, despite their lack of gambling behaviour.

Finally, this study also sought to identify the specific outcome

expectancies that best differentiated between non-problem and problem gambling groups, for both males and females. Since significant differences existed among gambling groups on the positive and negative outcome expectancy scales of the GEQ, an investigation of the predictive utility of these outcome expectancies was therefore of critical importance. Stepwise logistic regression analyses were used to determine which outcome expectancies distinguished problem gamblers (At-Risk Gamblers and PPGs) from Social Gamblers.

For males, outcome expectancies were found to be a relatively strong predictor of problem gambling. Male problem gamblers were characterized by greater outcome expectancies of Enjoyment/Arousal, Self-enhancement, Money and Over-involvement than their non-problem gambling counterparts. This logistic regression equation classified 72% of all cases correctly, with 39% of male problem gamblers being properly classified. The percentage of problem gamblers correctly classified by these outcome expectancies was surprisingly high (39%), considering that no psychosocial variables were included in the model. Among females, a positive expectancy of Money was the only significant predictor of problem gambling group membership. Unfortunately, as a predictor, money expectancy scores failed to distinguish any problem gamblers from social gamblers. The inaccuracy of classification is likely due in part to the small number of female problem gamblers in the sample.



Conclusions

Adolescents have different outcome expectancies based on their gambling severity. In particular, PPGs highly anticipate both the positive and negative outcomes of gambling. For males, outcome expectancies were found to be a relatively strong predictor of problem gambling. For females, on the other hand, outcome expectancies had less predictive value. Despite obvious differences in the expectancy models of both male and female problem gamblers, positive outcome expectancies were the strongest predictors of gambling severity. Moreover, these findings advocate for the use of the GEQ in combination with other screening measures for both prevention and treatment initiatives, particularly among males.

Although prevention messages often focus exclusively on the risks inherent to a high-risk behaviour, the results of this study suggest that it is not the knowledge of these risks that

predicts behaviour. Therefore, prevention messages must also address adolescents' positive beliefs about gambling. Similarly, therapeutic interventions address positive expectancies of enjoyment/arousal, money and self-enhancement, in an effort to guide adolescents to seek out related benefits from other, less harmful, activities.

Although the utility of outcome expectancies has been explored in this study, research in this area is in its early stages. As an exploratory study, this research highlights the importance of examining outcome expectancies in the prediction of gambling problems. Future research must identify how these constructs fit into the larger bio-psycho-social framework.

Meredith Gillespie, M.A. is a doctoral student at the Centre.

Operation : Slapshot Sports Betting in the N.H.L.

Meaghan Darlow

International Centre for Youth Gambling Problems & High-Risk Behaviors

Assistant coach of the Phoenix Coyotes and former NHL player, Rick Tocchet, has been accused of being connected to an illegal gambling ring. The gambling scandal broke February 7th, when authorities laid charges on Tocchet, who was said to be financing the ring. Police allege that at least 6-12 NHL players, plus a coach and an owner, placed bets through the ring. They stress that none of the bets were made on hockey. The wagers were on college and professional sports, mostly basketball and football, including the Super Bowl. As it stands, NHL players rules prohibit wagering on hockey, but not on other sports.

While investigating, New Jersey officials discovered the ring had processed more than 1000 wagers and took \$1 million US in bets in January alone. Among the alleged bettors is Janet Jones, wife of hockey all star, Wayne Gretzky. Gretzky, a close friend of Tocchet and head coach of the Coyotes, who claims he had no previous knowledge of this ring. The Associated Press reported that Tocchet and Gretzky were allegedly heard on a wiretap talking about how Jones could avoid being implicated while Mrs. Gretzky claims she had never placed any bets on her husband's

behalf and that no laws were violated. Under US law, placing bets is not a crime, unless one bettor brings others into the gambling ring.

So far, nothing has come from the allegations made against those who have allegedly been involved in the gambling ring. With the Olympic games beginning just days after the scandal broke, it seemed to fizzle and not much talk has resurfaced. Many have said that this scandal has made a strong impact on the National Hockey League. This story has dragged the league across the front pages of newspapers in both Canada and the U.S. The issue will prove to be quite troublesome if the NHL players and team owner prove to be associated with the ring. Nevertheless, this once again raises the issues of sports gambling among athletes, whether they are collegiate or professional athletes. It is assumed that even if they are not wagering on their own team or sport, they have friends who engage in other sports.

Should all athletes be barred from gambling on sport events? Some have argued that the integrity of the game is at stake. The history of athletes getting into trouble because of gambling problems is filled with highly respected athletes

experiencing significant problems. A recent NCAA study of college athletes suggests this may be a problem.

This most recent controversy just goes to show that no one – even multi-millionaire star athletes - can escape the captivation and appeal that gambling has to offer...nor can they escape the problems that sometimes go along with it.

Meaghan Darlow is a research assistant at the Centre.



Current Publications of Interest

Women Under the Influence, written by The National Center on Addiction and Substance Abuse (CASA) at Columbia University and published by Johns Hopkins University Press in February 2006, is the result of more than a decade of research. This book, the first of its kind, is the most comprehensive examination ever undertaken of substance abuse and the American woman.

Women Under the Influence reveals critical and relatively unknown facts about women and substance abuse, including differences between the sexes in their reasons for using drugs, how

they exhibit abuse, how drugs of abuse are metabolized, and the effects and consequences of abuse. This book takes the first comprehensive look at substance abuse – tobacco, alcohol, illicit and prescription drugs – and the American woman.

The book, for example, shows that high school girls in their teens have closed the gender gap and smoke, drink, and use illegal drugs as much as their male classmates. Girls and young women are likelier to abuse substances to control weight, reduce sexual inhibitions and self-medicate depression. The book also shows how girls and women exhibit

different risks for and signs of abuse compared to boys and men.

If you would like more information about this book visit www.casacolumbia.org



Dr. Mark Griffiths Receives Two Prestigious Awards

Professor Mark Griffiths of Nottingham Trent University and a member of the Centre's International Advisory Board has been awarded a National Fellowship by the British Psychological Society in recognition of his "exceptional contribution" to psychology. Professor Griffiths received the prestigious award for having "made an outstanding contribution to the advancement or dissemination of psychological knowledge or practice either by their research, teaching, publication or public service." Professor Griffiths, internationally known for his work in gambling and gaming addictions, is also the recipient of the 2006 British Psychological Society Excellence in Teaching Award for "distinguished contributions to the teaching of psychology." His nomination for this award was in recognition of his prolific publication record, teaching and



dissemination in the field of behavioural addictions. Professor Griffiths was cited for his outstanding performance as a classroom teacher, outstanding

performance in the development of students, and outstanding contributions to the teaching literature. Congratulations Mark!

News from the Centre ...

Dr. Rina Gupta was invited to Singapore by their National Institute of Health to serve as a consultant in January 2006. She worked closely with the CAMP division of NIH (addiction services) providing seminars to better prepare them for the treatment of adolescent gamblers, as well as providing them with the philosophies and framework for the development of local prevention initiatives. Dr. Gupta also met with Government officials who are interested in conducting research projects and developing public service announcements for purposes of prevention. A research study, designed by Dr. Gupta, is currently underway in Singapore, to establish baseline rates of high-risk behaviors among their adolescent population.

Centre Publications

Derevensky, J., & Gupta, R. (in press). Measuring gambling problems amongst adolescents: Current status and future directions. *International Gambling Studies*.

Gupta, R., Derevensky, J., & Ellenbogen, S. (in press). Personality characteristics and risk-taking tendencies among adolescent gamblers. *Canadian Journal of Behavioural Science*.

Ross, N., Gilliland, J., Wilson, D., Derevensky, J., Gupta, R., Olson, S., & Haase, I. (2006). *La Loterie video dans les quartiers de Montreal: Une approche geomatique. (Opportunities for video lottery terminal gambling in Montreal: A geometric approach)*. Report prepared for the Fonds de recherche en sante du Quebec (FRSQ), Quebec, 42pp.

Upcoming Presentations

Dagher, A., Aulakh, H., Gupta, R., Sescousse, G., Aw, A., & Derevensky, J. (2006). Brain activity during gambling: A functional MRI study comparing pathological gamblers to normal controls. Poster to be presented at the Human Mapping 2006 annual conference, Florence, Italy, June.

Dane, A., McPhee, J., & Derevensky, J. (2006). Parenting style and youth gambling: The moderating effect of temperament. Paper to be presented at the 13th International Conference on Gambling and Risk-Taking, Lake Tahoe, May.

Derevensky, J. (2006). Youth problem gambling: Myths, realities, and future public policy challenges. Invited keynote address to be presented at the National Council on Problem Gambling annual conference. St. Paul, Minnesota, June

Derevensky, J., Gupta, R., Martin, I., & Ellenbogen, S. (2006). Cultural differences in gambling behaviours among adolescents. Paper to be presented at the 13th International Conference on Gambling and Risk-Taking, Lake Tahoe, May.



Derevensky, J., Gupta, R., & Messerlian, C. (2006). Can a social marketing approach to youth gambling work? Paper to be presented at the 13th International Conference on Gambling and Risk-Taking, Lake Tahoe, May.

Gupta, R., Derevensky, J., Pratt, L. & Nower, L. (2006). Gambling binges amongst youth: A qualitative study. Paper to be presented at the 13th International Conference on Gambling and Risk-Taking, Lake Tahoe, May.

Mansour, S., Derevensky, J., & Gupta, R. (2006). A qualitative examination of adolescent perceptions on the effects of advertising on youth gambling behaviour. Poster to be presented at the Canadian Psychological Association annual conference, Calgary, June.

Martin, I. (2006). Les problemes de jeu chez les jeunes a risque. Invited address to be given at the Congres de l'ACFAS, Montreal, Quebec, May.

Martin, I., and Pratt, L. (2006). Prevenir le jeu excessif chez les jeunes:

problematique et outils de prevention. Workshop will be conducted for the Association des intervenants en toxicomanie du Quebec inc. and l'Universite de Sherbrooke, Longueuil, Quebec, April.

McBride, J., Derevensky, J., & Gupta, R. (2006). Internet gambling among youth: A preliminary examination. Paper to be presented at the Responsible Gambling Council (Ontario) annual conference, Toronto, Ontario, April.

Messerlian, C., Derevensky, J., & Gupta, R. (2006). A social marketing approach to youth gambling: An adolescent perspective. Paper to be presented to at the Responsible Gambling Council Discovery Conference, Toronto, Ontario April.

Jiun-Hau Huang, S.M., Sc.D., has joined our team as a Post-Doctoral Fellow at the International Centre for Youth Gambling Problems and High-Risk Behaviors. Dr. Huang obtained both his Master of Science and Doctor of Science in Health and Social Behavior from the Harvard School of Public Health. With a study major in Risk Behavior and minors in Health Communication and in Community Intervention, his doctoral dissertation dealt with college student drinking, with a focus on measurement issues related to alcohol consumption, as well as reasons and factors associated with alcohol abstinence among college students. Dr. Huang has been appointed by Harvard University as a Research Fellow in the Department of Society, Human Development, and Health since March 2004. Prior to joining the Centre, Dr. Huang has also been working on an epidemiologic study of youth problem gambling, as a Postdoctoral Research Fellow in the Department of Psychiatry, University of Montreal, and in the Social Psychiatry Unit, Fernand-Seguin Research Centre, L-H Lafontaine Hospital. Within our Centre, Dr. Huang will be involved in various research projects and prevention programs related to youth gambling and other risk-taking behaviors. Originally from Taiwan and professionally trained in the U.S. and Canada, Dr. Huang has an international multicultural background and is also fluent in both Taiwanese and Mandarin Chinese.

Upcoming Events

Congres de l'ACFAS

May, 2006
Montreal, Quebec, Canada

13th International Conference on Gambling and Risk-Taking

May, 2006
Lake Tahoe, Nevada, USA

Human Mapping 2006 annual conference

June, 2006
Florence, Italy

National Council on Problem Gambling annual conference

June, 2006
St. Paul, Minnesota, USA

Canadian Psychological Association annual conference

June, 2006
Calgary, Canada



We would like to extend a special thank you to Bruce Sabot at Casino City, Inc. for including a link to our online-gambling survey (www.webgamestudy.org) in Casino City Times, a weekly online newsletter of the Casino City Network. With over 500 respondents so far, the information from this survey will be invaluable in contributing to our knowledge of Internet gaming behaviour.



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