

# Gambling Addiction

Also known as Compulsive Gambling, is the urge to gamble. Individuals who participate in gambling, bet something of value in the hopes of gaining something of greater value. The addiction acts very similar to drug addiction. When this activity creates satisfaction, a chemical messenger called dopamine is released which creates that euphoric feeling. Eventually, in order to experience that same euphoria, individuals will engage in riskier bets to recreate that feeling. This continued pattern of behavior and inability to stop leads to an addiction.

## Known Risk Factors

Existing issues associated with the individual's physical and mental health can increase the risk of developing a gambling addiction. Other factors like personality traits, biology, genetics and environmental factors can also contribute to this addiction.

### Personality Characteristics

- Competitiveness
- Impulsivity
- Restlessness or easily bored
- Extremely Hardworking

### The Signs

- Preoccupied with previous and future gambling experience.
- Increase risk-taking bets and gambling.
- When attempting to stop gambling, they demonstrate signs of withdrawal.



**2-7%**

of youths develop a gambling disorder. College students gamble at a higher rate than the general population.

## Types of Gambling

- CASINO GAMES
- ONLINE GAMES
- LOTTERY TICKETS
- SCRATCHCARDS
- SLOT MACHINES
- SPORT BETS