



Gambling and Gaming On Campus: A Hidden Problem?

Gambling is a common and increasingly popular activity, especially among young adults. It can be a healthy form of entertainment for most of the population- but for some it can negatively impact their physical and mental health, as well as strain social and cultural ties. Technological advances have increased the accessibility of gambling beyond traditional land-based activities (e.g. casinos), allowing individuals to gamble from the comfort of their computer or smartphone, any time they feel like it. These advances have also blurred the line between gambling and gaming, with many traditional smartphone or computer-based games now including gambling elements (e.g. loot-boxes).



Defining gambling:

Gambling is the wagering of money or something of value on an event with an uncertain outcome with the primary intent of winning money or material goods (Williams & Volberg, 2013).
Example:

- Lottery tickets
- Raffle tickets
- Instant win tickets
- Electronic Gambling
- Social gambling
- Bingo
- High risk stocks



Gaming that resembles gambling:

- Social Casino Gaming (free-to-play)
- Gambling mini-games
- Betting with/on virtual items (e.g., skins betting, loot-boxes)



Gambling that resembles gaming:

- Gambling based on gaming themes
- Virtual casinos that look like games
- Watching and betting on people playing games (E-sports)

Problems with the Blurring of Gaming/Gambling:

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| <ul style="list-style-type: none"> • Normalization <ul style="list-style-type: none"> o Games start to look very similar to actual gambling o Gambling associated with something fun and social o Terminology matters o Affects on young adults? | <ul style="list-style-type: none"> • Inflated odds/payouts <ul style="list-style-type: none"> o Irrational beliefs about skill and chance o Increased risk taking o “Why play for free when I could be winning real money?” | <ul style="list-style-type: none"> • Microtransactions <ul style="list-style-type: none"> o Normalize spending o Migration to gambling |
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75% of post-secondary students have gambled in the past year
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90% of 16-24 year olds report playing video games in the past year
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10% of post-secondary students experience problem gambling
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6% post-secondary students experience pathological gambling

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 Video gamers are more likely to gamble than non-video gamers
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 International students are particularly vulnerable to engaging in problematic gambling behaviour
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 Common harms from gambling include
 - lost sleep
 - missed classes
 - poor grades
 - loss of money/transportation/accommodation



Watch the Webinar

To learn more about supporting international students, be sure to watch the webinar recording at: <https://campusmentalhealth.ca/webinars/gambling/>
 Credits for this collaborative webinar and content go to our speaker: Travis Sztainert at Gambling Research Exchange Ontario (GREO).