

# Minimal and brief treatments for pathological gamblers: developing effective treatment systems

**Submission date**  
01/09/2005

**Recruitment status**  
No longer recruiting

☐ Prospectively registered

☐ Protocol

**Registration date**  
01/09/2005

**Overall study status**  
Completed

☐ Statistical analysis plan

☒ Results

**Last Edited**  
28/01/2019

**Condition category**  
Mental and Behavioural Disorders

☐ Individual participant data

## Plain English summary of protocol

Not provided at time of registration

## Contact information

### Type(s)

Scientific

### Contact name

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### Contact details

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## Additional identifiers

### ClinicalTrials.gov (NCT)

NCT00203645

### Protocol serial number

MCT-63530

# Study information

## Scientific Title

A randomised controlled trial in minimal and brief treatments for pathological gamblers: developing effective treatment systems

## Study objectives

To examine the efficacy of three brief interventions approaches for helping pathological gamblers.

## Ethics approval required

Old ethics approval format

## Ethics approval(s)

Ethics approval received from the Research Ethics Committee of University of Calgary on the 17th August 2005.

## Study design

Randomised controlled trial

## Primary study design

Interventional

## Study type(s)

Quality of life

## Health condition(s) or problem(s) studied

Pathological gambling

## Interventions

1. Minimal Treatment - self-help
2. Brief Treatment - motivational interview
3. Workbook only control

## Intervention Type

Other

## Phase

Not Applicable

## Primary outcome(s)

1. Days of gambling
2. Money lost

## Key secondary outcome(s))

1. Quality of life
2. Gambling problem severity
3. Psychiatric symptoms
4. Self-efficacy

**Completion date**

30/04/2006

## Eligibility

**Key inclusion criteria**

1. Over 17 years, either sex
2. Perception of a gambling problem and a score of 3 or higher (moderate risk) on the Canadian Problem Gambling Index
3. Not involved in treatment at present
4. Willingness to read a short book written in English as a major treatment
5. Willing to have telephone contacts recorded
6. Willing to provide follow-up data on gambling
7. Willing to provide the name of a collateral to help locate them for follow-up interviews
8. Must have gambled at least once in the past month

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Sex**

All

**Key exclusion criteria**

Participants in the preliminary study will be excluded.

**Date of first enrolment**

01/07/2003

**Date of final enrolment**

30/04/2006

## Locations

**Countries of recruitment**

Canada

**Study participating centre**

University of Calgary

Calgary, Alberta

Canada

T2N 1N4

# Sponsor information

## Organisation

University of Calgary (Canada)

## Funder(s)

### Funder type

Research organisation

### Funder Name

Canadian Institutes of Health Research (CIHR) (Canada) - <http://www.cihr-irsc.gc.ca> (ref: MCT-63530)

### Funder Name

Ontario Problem Gambling Research Centre (Canada)

### Alternative Name(s)

OPGRC

### Funding Body Type

Private sector organisation

### Funding Body Subtype

For-profit companies (industry)

### Location

Canada

## Results and Publications

### Individual participant data (IPD) sharing plan

### IPD sharing plan summary

Not provided at time of registration

### Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>	results	01/10/2009	28/01/2019	Yes	No

[Study website](#)

Study website

11/11/2025

11/11/2025

No

Yes