

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

<b>Submission date</b> 01/09/2005	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 01/09/2005	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 28/01/2019	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

Not provided at time of registration

## Study website

<http://www.addiction.ucalgary.ca>

## Contact information

### Type(s)

Scientific

### Contact name

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### Contact details

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## Additional identifiers

EudraCT/CTIS number

IRAS number

**ClinicalTrials.gov number**

NCT00203645

**Secondary identifying numbers**

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

**Secondary study design**

Randomised controlled trial

**Study setting(s)**

Other

**Study type(s)**

Quality of life

**Participant information sheet****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 measure**

1. Days of gambling
2. Money lost

**Secondary outcome measures**

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

**Overall study start date**

01/07/2003

**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

**Age group**

Adult

**Sex**

Both

**Target number of participants**

312

**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)

**Sponsor details**

2500 University Drive N.W.

London

England

United Kingdom

NW1 2DA

**Sponsor type**

University/education

**Website**

<http://www.ucalgary.ca/>

## **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

**Publication and dissemination plan**

Not provided at time of registration

**Intention to publish date****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