

Is motivational interviewing and/or cognitive behavioural group therapy an effective treatment for pathological gambling?

Submission date
15/10/2008

Recruitment status
No longer recruiting

☐ Prospectively registered

☐ Protocol

Registration date
13/11/2008

Overall study status
Completed

☐ Statistical analysis plan

☒ Results

Last Edited
04/07/2019

Condition category
Mental and Behavioural Disorders

☐ Individual participant data

Plain English summary of protocol

Not provided at time of registration

Study website

<http://www.slutspelat.nu>

Contact information

Type(s)

Scientific

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Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers

SNIPH-gambling

Study information

Scientific Title

Motivational interviewing versus cognitive behavioural group therapy in the treatment of pathological gambling

Study objectives

1. What treatment effect does four sessions of motivational interviewing have on problematic/pathological gambling compared to a waitlist?
2. What treatment effect does eight sessions of cognitive behavioural group therapy have on problematic/pathological gambling compared to a waitlist?
3. Is either motivational interviewing or cognitive behavioural group therapy a superior treatment for problematic/pathological gambling?
4. Can treatment response be predicted?

Ethics approval required

Old ethics approval format

Ethics approval(s)

Karolinska Institute (vetting the ethics of research involving humans [Regionala etikprövningsnämnden i Stockholm]) gave approval on the 18th May 2005 (ref: 2005/452-31)

Study design

A single-centre, randomised controlled interventional trial

Primary study design

Interventional

Secondary study design

Randomised controlled trial

Study setting(s)

Not specified

Study type(s)

Treatment

Participant information sheet

Health condition(s) or problem(s) studied

Problematic or pathological gambling

Interventions

During eight weeks a participant was randomised to either four sessions of motivational interviewing, eight sessions of group cognitive behaviour therapy or a waitlist. Participants were assessed at pre-treatment, post-treatment, 6 month follow-up and 12 month follow-up.

Intervention Type

Other

Phase

Not Specified

Primary outcome measure

National Opinion Research Center (NORC) Diagnostic Screen for Gambling Problems (NODS), measured at pre-treatment, post-treatment, 6 month follow-up and 12 month follow-up.

Secondary outcome measures

1. Time-line follow-back to track the frequency, intensity and other aspects of gambling
2. Anxiety and depression: the Beck Anxiety Inventory and Beck Depression Inventory
3. Predictors: Readiness to Change Questionnaire, the Alcohol Use Disorders Identification Test, and the Drug Use Disorders Identification Test

Measured at pre-treatment, post-treatment, 6 month follow-up and 12 month follow-up.

Overall study start date

16/06/2005

Completion date

10/03/2008

Eligibility**Key inclusion criteria**

1. Anyone presenting with pathological gambling as primary diagnosis
2. Aged at least 18 years old, either sex
3. Willing to be randomised

Participant type(s)

Patient

Age group

Adult

Lower age limit

18 Years

Sex

Both

Target number of participants

450

Total final enrolment

150

Key exclusion criteria

1. Suicidality
2. Other ongoing treatment for pathological gambling
3. Recently started taking or recently changed medication for anxiety and/or depression

Date of first enrolment

16/06/2005

Date of final enrolment

10/03/2008

Locations

Countries of recruitment

Sweden

Study participating centre

Department of Behavioural Sciences and Learning

LINKÖPING

Sweden

SE-581 83

Sponsor information

Organisation

Swedish National Institute of Public Health (SNIPH) (Sweden)

Sponsor details

Forskarens väg 3

Ostersund

Sweden

SE-831 40

+46 (0)63 19 96 00

info@fhi.se

Sponsor type

Government

Website

<http://www.fhi.se/>

ROR

<https://ror.org/05x4m5564>

Funder(s)

Funder type

Government

Funder Name

Swedish National Institute of Public Health (SNIPH) (Sweden)

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?
Results article	results	01/05/2010	04/07/2019	Yes	No