

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

Submission date 01/09/2005	Recruitment status No longer recruiting	☐ Prospectively registered
Registration date 01/09/2005	Overall study status Completed	☐ Protocol
Last Edited 28/01/2019	Condition category Mental and Behavioural Disorders	☐ Statistical analysis plan
		☒ Results
		☐ Individual participant data

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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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.

Primary study design

Interventional

Study design

Randomised controlled trial

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?
Results article	results	01/10/2009	28/01/2019	Yes	No

[Study website](#)

Study website

11/11/2025

11/11/2025

No

Yes