

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
Registration date 13/11/2008	Overall study status Completed	☐ Protocol
Last Edited 04/07/2019	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

Protocol serial number
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)

Primary study design

Interventional

Study design

A single-centre, randomised controlled interventional trial

Study type(s)

Treatment

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(s)

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.

Key secondary outcome(s)

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.

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

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 Years

Sex

All

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)

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

Funder(s)

Funder type
Government

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

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	01/05/2010	04/07/2019	Yes	No
Study website	Study website	11/11/2025	11/11/2025	No	Yes