

# GAMBLING AMONG COLLEGE STUDENTS

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Research suggests that about 3 in 4 college students have gambled during the past year (legally or illegally) (Barnes, Welte, Hoffman and Tidwell, 2010). About 1 in 5 students (18%) reported gambling weekly or more frequently (Barnes et al., 2010). Additionally, research estimates that about 6% of college students engage in problem gambling (Barnes et al., 2010), which may result in psychological difficulties, unmanageable debt and poor academic outcomes.

Young adults are at higher risk for developing gambling disorders than adults (Shaffer & Hall, 2001).

Male college students, specifically, are more likely to report gambling in the past year, gambling with more money and having a gambling problem (Barnes et al., 2010).

College students with gambling problems are more likely to engage in other risky behaviors, such as tobacco use, binge drinking and illegal drug use (Engwall, Hunter and Steinberg, 2004).

## Gambling Education on College Campuses

A variety of universities offer problem gambling awareness for their students through their websites. Often, these programs and educational opportunities are organizationally located in the campus wellness center, counseling center or student health center. Information is available on these college's websites about problem gambling and signs of problem gambling.

Villanova University's online information about problem gambling connects students to a [20-question self-assessment tool](#) through Gamblers Anonymous.

The State of Ohio and Ohio for Responsible Gaming created the [Get Set Before You Bet](#) website with gambling education and awareness resources. While not focused specifically on young adults, the website includes useful tips and an interactive quiz to self-assess gambling behaviors and attitudes. The website also includes a [game](#) in which participants help characters learn to gamble responsibly by navigating through various situations.

[Maryhaven](#) is a Columbus-based non-profit organization that provides resources for problem gambling and gambling addiction. Specifically, they engage in problem gambling prevention conversations, with presentations targeted to high risk groups for problem gambling, such as teens.

Ohio State University's College of Social Work offers an asynchronous [Problem Gambling Overview](#) training for social workers, counselors and therapists in the state of Ohio.

## References:

Barnes, Grace M., Welte, John W., Hoffman, Joseph H., & Tidwell, M.-Cecile O. (2010). Comparisons of Gambling and Alcohol Use Among College Students and Noncollege Young People in the United States. *Journal of American College Health*, 58(5), 443–452. <https://doi.org/10.1080/07448480903540499>

Engwall, D., Hunter, R., & Steinberg, M. (2004). Gambling and other risk behaviors on university campuses. *Journal of American College Health*, 52(6), 245–255. <https://doi.org/10.3200/jach.52.6.245-256>

International Center for Responsible Gaming. [Gambling disorders among college students](#).

International Center for Responsible Gaming. [Gambling on college campuses](#).

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Shaffer, H. J., & Hall, M. N. (2001). Updating and refining prevalence estimates of disordered gambling behaviour in the United States and Canada. *Canadian Journal of Public Health*, 92(3), 168–172. <https://doi.org/10.1007/BF03404298>

University webpages with problem gambling information:

- [Lewis and Clark](#)
- [Southern Connecticut State University](#)
- [Union College](#)
- [University of Tennessee Chattanooga](#)
- [Villanova University](#)