


**RUTGERS**  
THE STATE UNIVERSITY  
OF NEW JERSEY

Center for Gambling Studies



**Treating Sub-Groups of Problem Gamblers  
with a Pathways Framework**

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Professor and Director, Center for Gambling Studies

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**Introduction**

- The Pathways Model is a popular model of the etiology of problem and disordered gambling
- The model proposes there are **three** (or more) pathways to problem gambling.
- Each pathway entails different **risk & protective factors**.
- The Gambling Pathways Questionnaire (GPQ) is a comprehensive instrument that **sorts** problem gamblers into subtypes based on **risk factors**.
- This should help to inform targeted screening, intervention and prevention efforts and assist counselors in **individualizing treatment**.

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**Learning Objectives of this Presentation**

- To understand the Pathways Model and recent revisions
- To utilize the Gambling Pathways Questionnaire (GPQ: Nower & Blaszczynski, 2017) to assign clients to subgroups with implications for treatment
- To use information from the GPQ to develop targeted treatment strategies for individual gamblers

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## The *Original* Pathways Model



Blaszczynski, A. & Nower, L. (2002). A Pathways Model of problem and pathological gambling. *Addiction*, 97, 487-500.

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## Pathways Model proposes that...

All problem gamblers not alike:

- Three (or more) distinct pathways to problem gambling
- Gamblers in each pathway differ by presence or absence of psycho-social, biological factors & behavioral manifestations
- Gamblers in different pathways require different treatment strategies for success




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## Pathway 1 Problem Gamblers

**Ecological factors**

Availability  
Accessibility  
Acceptability

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**Classical & Operant Conditioning**

- Arousal/excitement
  - Subjective excitement
  - Physiological arousal
- Erroneous Cognitions
  - Irrational Beliefs
  - Illusions of control
  - Biased evaluations

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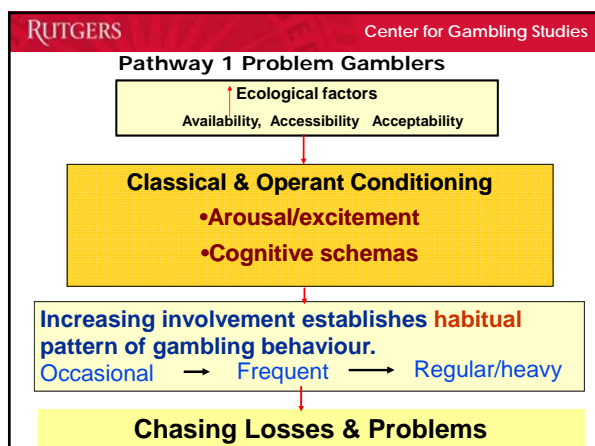
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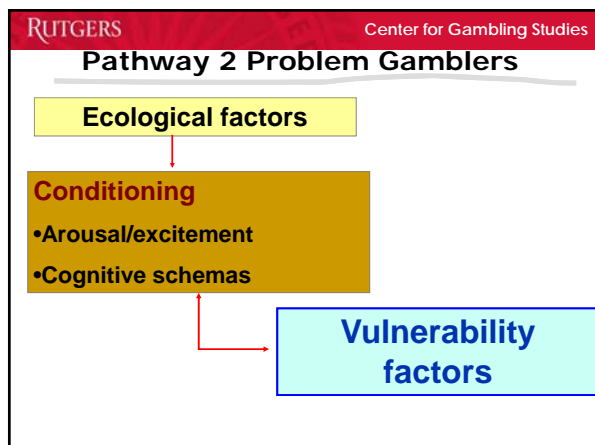
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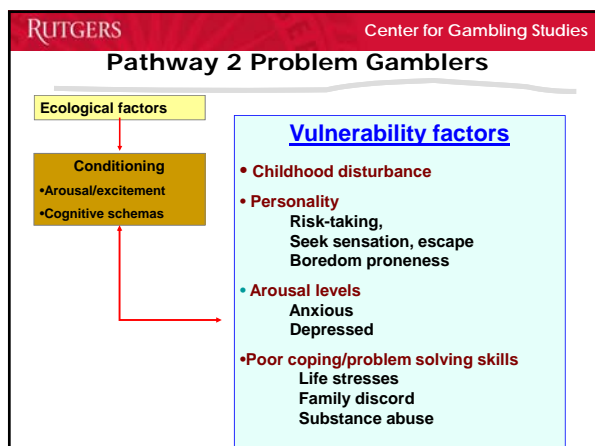
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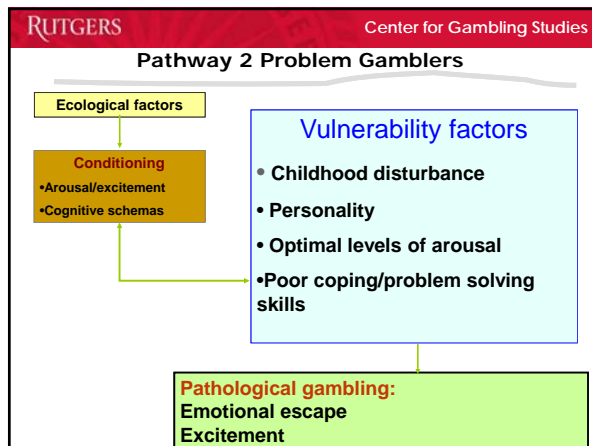
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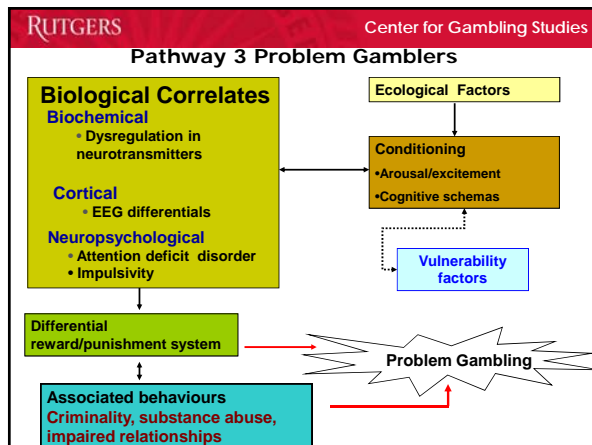
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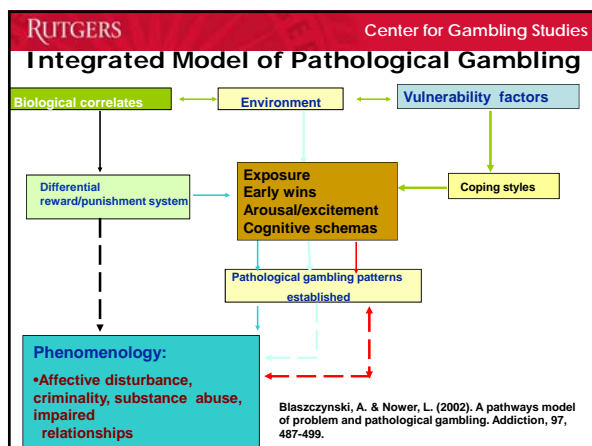
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**Development of the Gambling Pathways Questionnaire (GPQ)**

Nower, L., & Blaszczynski, A. (2017). Development and validation of the Gambling Pathways Questionnaire (GPQ). *Psychology of Addictive Behaviors*, 31(1), 95.

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### Advances in Etiology Since 2002

Researchers have identified a number of potentially significant predictors:

- Autonomic arousal
- Anger
- Shame, guilt
- Self-loathing/self-hatred
- Stress-coping styles
- Social support
- Gambling motivations
- Eating patterns
- Erroneous cognitions alone

What was **unknown** is whether these factors are **common across types** or **specific by subtype**.

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### GPQ Project

- Funded by the Ontario Problem Gambling Research Centre (now Gambling Research Exchange Ontario)
- Multi-year, multi-site study with treatment-seeking gamblers.
- Objectives were to:
  - Explore the etiological factors suggested by the Pathways Model and identify those that significantly differentiate among sub-groups if any.
  - Test an exhaustive list of potential etiological factors that may inform or otherwise alter the final model.
  - Develop a reliable and valid etiological screening instrument for use in treatment settings internationally.
  - Revise the Pathways Model to reflect findings from the empirical study.

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### Literature and Expert Review

- Identified, obtained and reviewed available instruments purporting to tap facets of constructs in the model and emerging areas.
- Identified facets of key constructs and wrote several questions to tap each construct.
- Submitted all questions to seasoned gambling counselors with 10 or more years experience for review, comments and suggestions.
  - Added questions on health motivation, pain.
- Submitted revised questionnaire, along with four response format choices, to gamblers in recovery for review, comments and suggestions.
  - Added questions on sexual risk taking, including paying for sex and risky sex.
  - Added questions on binge eating, gambling as retaliation, unhealthy enmeshed relationships.
  - Selected 6-point Likert with no middle category, verbal endpoints with numbers.

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### Participants

- Total participants = 1170 (750, development sample; 426 validation sample)
- Treatment-seeking problem gamblers (1+ symptoms on PGSI) from:
  - 7 treatment centers/hospitals in Ontario
  - 12 facilities in five U.S. states
  - Three clinics in Sydney, Australia area
- Gender breakdown:
  - Development sample: 296 women (39.5%), 453 men (60.5%)
  - Validation sample: 177 women (41.6%) and 248 men (58.4%)

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### Exploratory Factor Analysis (EFA)

- Principal axis factoring performed on development sample and 62 "core" items (nine subscales) suggested by the Pathways Model:
  - Pre- and post- depression, anxiety, substance use (alcohol, prescription drugs, over-the-counter drugs, illicit drugs)
  - Child maltreatment (neglect, physical & sexual abuse, witnessing trauma)
  - Parent/Caregiver addiction
  - Impulsivity
  - Risk-taking
  - Narcissistic traits
  - Anti-social traits/behavior
  - ADHD symptoms

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### Exploratory Factor Analysis (EFA)

- Items with low commonality and low factor loading (under 0.55) and those with cross-loading were removed, leaving four factors and 33 items.
- **65 experimental items** added to the model:
  - Health concerns
  - Anger
  - Overeating (binge eating)
  - Shame, self-hate, guilt
  - Sexual risk-taking
  - Social support
  - Motivation (meaning/purpose, emotion-focused, social, stress-coping, cognitive)
- EFA was rerun, yielding 6-factor model of 48 items, including both core and experimental items.

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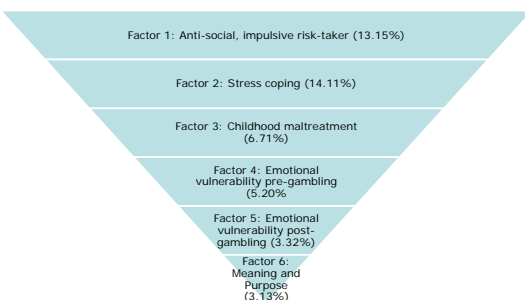
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### Final Factors




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### Confirmatory Factor Analysis (CFA)

- CFA was performed on validation sample with the final EFA items.
- Fit indices (NFI, TLI, CFI, RMSEA) indicated good model fit.
- Final model had 48 items and six factors.

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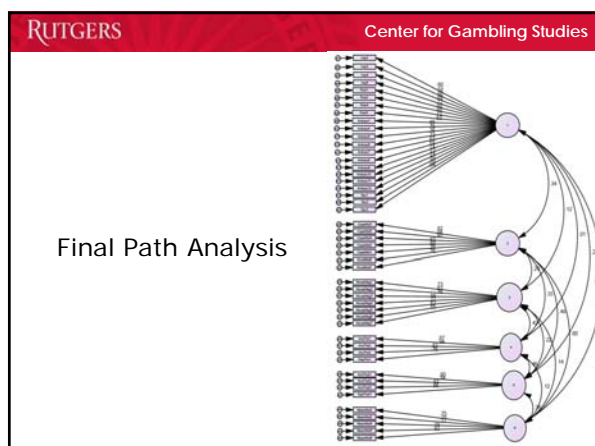
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### Scoring

- Factor analyses identified **key etiological indicators** and final questions.
- However, to assign clients to individual pathways requires **differentiating among those factors** and establishing clear cut-scores.
- Carried out **cluster analysis** using means of the nine subscale items and two stand-alone items for pre and post depressive symptoms.
- Identified a **three-cluster solution** to use in K-means cluster analysis.
- Using means and standard deviation data for variables by cluster, we established **high/medium/low** scoring for variables.
- Final solution correctly classified **88.6%** of participants in the data.

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### Final Clusters

- Cluster 1** (n=506, 43.21%): Lower in all variables than Cluster 2; lower in everything but pre-gambling emotional vulnerability (anxiety, depression) than Cluster 3.
- Cluster 2** (n=477, 40.73%): Highest in pre- and post-anxiety and depression as well as child maltreatment and coping motivation (ns with 3).
- Cluster 3** (n=188, 16.05%): Highest in anti-social traits, impulsivity, risk taking including sexual risk-taking, and meaning motivation. Lowest in pre-gambling emotional vulnerability.

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## The NEW Model




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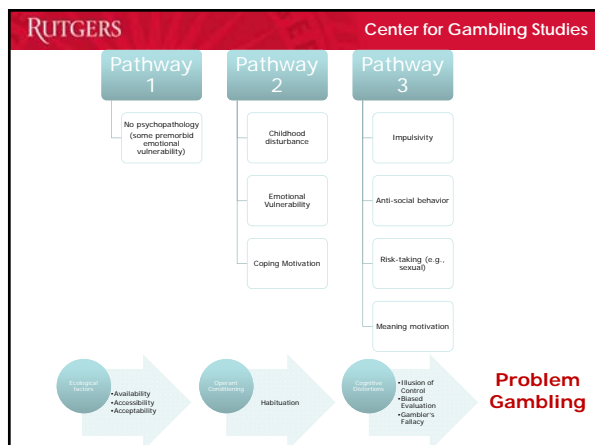
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## Old versus New Pathways Model

Similarities
<ul style="list-style-type: none"> <li>Three Pathways</li> <li>Same Basic Sub-groups</li> </ul>
Differences
<ul style="list-style-type: none"> <li>Pathway 1 with no premorbid pathology, not 2 is largest group.</li> <li>Pathway 3 is not a sub-group of Pathway 2</li> <li>ADHD, cognitions, substance abuse, health factors, anger, guilt, self-hatred etc. do NOT differentiate among sub-groups.</li> <li>Motivation is key for Pathways 2 (coping) and 3 (meaning/purpose)</li> </ul>
Unknowns
<ul style="list-style-type: none"> <li>Role of genetics... Common to all groups? Only one or two?</li> <li>Factors that influence Pathway 1: Critical for prevention, education, intervention, treatment.</li> <li>Relative contribution of common factors (ecological, operant conditioning, cognitive distortions) across subgroups.</li> </ul>

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**Using the GPQ with a Clinical Population**

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**Gambling Pathways Questionnaire (GPQ)**

The following statements refer to your views about gambling and beliefs about yourself and your life. Please check **ONE** box that best reflects how much you agree or disagree with each statement ☒.

	Strongly DISAGREE	1	2	3	4	5	Strongly AGREE
1. I gamble mainly to relieve tension, to "blow off steam."	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I like doing or saying crazy things just to shock others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Gambling gives me purpose in life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I often say mean and hurtful things when I'm angry.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. When I gamble, I can forget my responsibilities for a while.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. If I want sex, I am willing to pay for it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. A big win at gambling would give my life meaning.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I'll often take a dare, even if it's dangerous.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I frequently buy things on impulse, even if I can't afford them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. When I'm angry, I always feel better if I can hit or throw something.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. If I won at gambling, I wouldn't feel like such a failure.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. I am often impatient when standing in line or waiting for other people.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. I only follow the rules if I think I could get caught.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. I gamble mainly to cope with the stress and pressures of life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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The next series of statements refer to feelings and behaviors you experienced *before or after* gambling became a problem for you. The questions will repeat, but you may have different answers, depending on the time frame. Please check **ONE** box for each statement ☒.

**"BEFORE gambling became a problem for me..."**

	Strongly DISAGREE	1	2	3	4	5	Strongly AGREE
15. I often feel panicky.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. I often feel tense and nervous.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. I worried a lot.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. I often feel sad and down for periods of time (lasting at least two weeks).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**"SINCE gambling became a problem for me..."**

	Strongly DISAGREE	1	2	3	4	5	Strongly AGREE
19. I often feel panicky.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. I often feel tense and nervous.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21. I worry a lot.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22. I often feel sad and down for periods of time (lasting at least two weeks).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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Next, we would like to ask you about things you experienced as a *child or teenager*. Please check ONE box that best reflects to what extent you disagree or agree with each statement ☒.

*"As a child or teenager, I was..."*

	Strongly DISAGREE				Strongly AGREE	
	1	2	3	4	5	6
23. Hit, punched, or kicked at home.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24. Frequently teased or bullied at school.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25. Often called hurtful names like "worthless," "no good," or "stupid."	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
26. Subjected to unwanted or inappropriate sexual contact.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
27. Abandoned emotionally or ignored by my caregivers.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
28. Often left at home alone or without proper clothing, food, heat or other necessities.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
29. Exposed to (witnessed) physical violence against someone else.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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Finally, a few more questions about your views on gambling and beliefs about yourself and your life. Please check ONE box that best reflects how much you disagree or agree with each statement ☒.

	Strongly DISAGREE				Strongly AGREE	
	1	2	3	4	5	6
30. The only time I feel important is when I'm gambling.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
31. I will pick up someone just for sex.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
32. Since childhood, I've always been prone to get in trouble.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
33. I would bet on anything just for the excitement.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
34. I gamble to distract myself from problems.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
35. If necessary, I'll do illegal things unrelated to gambling.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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	Strongly DISAGREE				Strongly AGREE	
	1	2	3	4	5	6
36. People who know me would say my behavior is unpredictable and inconsistent.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
37. If only I could win at gambling, I wouldn't feel so powerless over my life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
38. I often get into physical fights with other people.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
39. If something feels good, I'll do it regardless of the consequences.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
40. Gambling helps me forget bad memories in my life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
41. Sometimes my temper explodes for no good reason.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
42. I've been known to have unprotected sex with someone I don't know well.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
43. Gambling helps me avoid dealing with difficult situations and/or people in my life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
44. It's OK to lie to gain an advantage.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
45. Gambling numbs me out so I don't feel bad emotions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
46. I often manipulate others to get what I want.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
47. I often say or do things without stopping to think.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
48. If someone tells me not to do something, I'll want to do it even more.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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Pathways Scoring Sheet											
Mood Pre											
Score											
Question #	15	16	17	18						SUM	1A
Mood Post											
Score											
Question #	19	20	21	22						SUM	2A
Child Abuse, Neglect & Trauma											
Score											
Question #	23	24	25	26	27	28	29			SUM	3A
Stress-Coping Motivation											
Score											
Question #	3	5	14	34	40	43	45			SUM	4A

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Impulsivity											
Score											
Question #	9	12	36	47						SUM	1B
Meaning Motivation											
Score											
Question #	3	7	11	30	37					SUM	2B
Risk Taking											
Score											
Question #	2	8	33	39						SUM	3B
Sexual Risk-Taking											
Score											
Question #	6	31	42							SUM	4B
Antisocial Traits/Behaviors											
Score											
Question #	4	10	13	32	35					Total	5B
Score											
Question #	38	41	44	46	48					Total	

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Trait Severity Scales			
Mood Pre & Mood Post	(1A) & (2A)	Child Maltreatment	(3A)
Low	0-8	Low	0-14
Medium	9-14	Medium	15-22
High	15	High	23
Stress-Coping Motivation	(4A)	Impulsivity	(5A)
Low	0-19	Low	0-8
Medium	19-36	Medium	9-18
High	37	High	19
Meaning Motivation	(2B)	Risk Taking	(1C)
Low	0-11	Low	0-8
Medium	12-18	Medium	9-18
High	19	High	19
Sexual Risk-Taking	(3C)	Antisocial Traits/Behaviors	(6C)
Low	0-4	Low	0-18
Medium	5-10	Medium	19-36
High	11	High	37

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### Example 1

*"Hi, my name is William. I'm 54, married, with two young children. I started gambling young – around 10 years old – with my Dad who loved the horses.*

*By high school, I was at the track after school and on weekends most days. Now, I'm in debt about \$40,000 and can't pay my mortgage or car payments. It's not the first time, but I'm really depressed and anxious now. I gamble when I'm supposed to be working. I'm worried my wife is going to find out about this. We've been married nearly 30 years and this is going to kill her."*



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- History of depression/anxiety: any symptoms of mood disorders before his gambling became a problem.

*"I have always felt a little more down and, if I'm honest, a little more anxious than other people. Even as a kid. Maybe it's just low self-esteem but I never felt really happy. Never saw anyone for it though."*




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- History of anti-social and impulsive acts

*"Nah. I was always the quiet, studious kid who never got in trouble. My dad was another story – always in and out of jail. Since gambling became a problem, I've written a couple of bad checks but never before."*




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- Problems coping with stress (Avoidant or emotional venting rather than planning when faced with stress)

*"My job is a pressure cooker. I'm an air traffic controller. I used to deal with all the stress by zoning out in front of the TV or playing video games. Now I play slots online..."*




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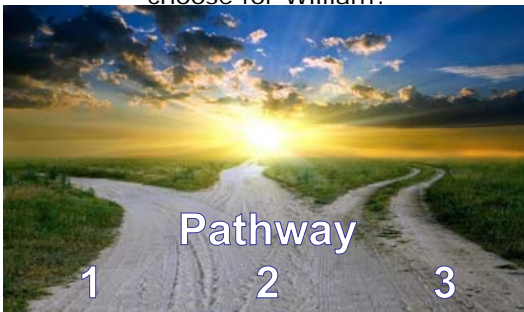
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Which Pathway would you choose for William?



Pathway

1 2 3

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- Hx of child neglect, parental addiction, mood disorder, avoidant stress coping...



Pathway 2

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**Clinical Characteristics:  
Pathway 2 Problem Gamblers**

- Dysfunctional/traumatic childhood, family
- Situational stresses
- Poor stress-coping skills
- Anxiety or depression both before and after the onset of gambling problems.
- Gambles primarily for escape or to combat aversive mood states.

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### Example 2

"Hi, my name is Anna. I'm 84, and widowed. I always thought my life was happy... I raised five kids and had a nice, hardworking husband. We weren't rich, but we did alright and saved our money. Then my husband died. My kids are grown and all live in Different states. I used to play bingo at the church every week, but now I just take the bus to the casino. Love the slot machines. I've lost pretty much all my savings but my kids know."




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### What else would you want to ask Anna?

- History of mood disorder symptoms...

*"Did I used to be sad or anxious? Never had any problems like that. I had a great life. Was a stay-at-home mom like my mother. Then I watched my grandkids before my daughter moved away..."*




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- History of any other mental health or addiction counseling?

*"I went to counseling with my daughter when my grandson got in trouble at school. The counselor thought it would help to have me there. But I never went for personal reasons. Never had a need to..."*




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- Main reasons for gambling

*"Being alone in the house made me sad. So many memories. No one left to share them with. Going to bingo and playing machines are exciting – so much noise and hope. Like being young again. It makes me feel young again."*



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Which Pathway would you choose for Anna?



Pathway

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- No Hx of mental health or addictive problems before gambling



Pathway 1

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### Example 3

I'm Antonio. I'm 27 and single with no kids I know about. My whole family gambles so I have no clue when I started. My mom and dad liked to drink. I started drinking about 12 and have to really watch it. I work as a mechanic – never did much in school. Got into fights and some juvi trouble. Got kicked out in 9<sup>th</sup> grade for starting a fire. Not much on relationships either – I mean, real relationships. I have a lot of sex but half the time don't remember who with because I'm wasted. I've had a few problems with the law and trouble keeping jobs because I'm not really a 9-5 guy. If I feel like doing something, I just do it. And I've done a ton of crazy things besides gambling. When I'm gambling I feel like I'm on top of the world. Never mind the next day. The next day's always a bummer...that's when I wake up and wonder why I'm still here...




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### What else would you want to ask Antonio?

- History of impulsivity and risk-taking

*"You name it. As a kid I jumped off a roof and broke my nose. Left a job once by dumping a sundae in the lap of a lady who made me mad. I kind of just go with the moment most of the time."*




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- History of abuse and neglect

*"My Dad? (Laughs) Yeah... he was a jerk. He'd get loaded, come home and unload on my mom. The older I got, the more I'd protected her and he'd beat the crap out of me. By the time I was in middle school, I could get him to back off. Wonder one of us isn't dead already..."*




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- Other examples of risk-taking behavior

*"You name it. Unprotected sex, skydiving, riding the top of a subway train. If it gives me a rush, makes me feel something. If someone dares me, I'm gone."*




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- History of anti-social acts (recent, not just as a child)

*"Well... let's see... First arrest was for vandalism in school. Marijuana possession. Minor assault. Burglary... Most jail time I've ever done was 30 days but that's just because I'm lucky."*




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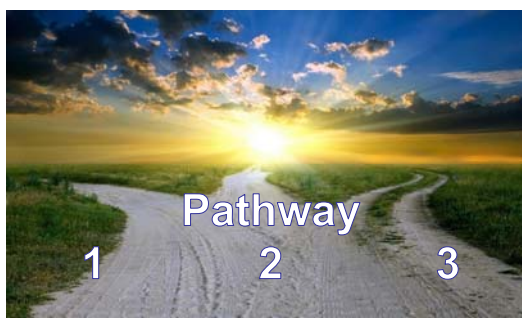
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Which Pathway would you choose for the client?



Pathway

1 2 3

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- Impulsivity, risk-taking including sexual, other addictive behaviors, child abuse, meaning motivation



Pathway 3

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### Utility in Forensic Populations

- Case Study: John is a 35yo day laborer.
- Father: Successful business owner in Chicago; constantly cheated on his mother and engaged in shady business practices; physically abusive to John.
- John was raised with the best of everything.
- When John was 16, his father went to prison and he and his mother and younger brother moved to a small town to live with family.
- John started getting in trouble; was briefly suicidal.
- John's brother got on drugs.
- John was in and out of juvi for criminal mischief, theft, vandalism and assault.

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- John's friends drank and did drugs.
- John always worked and started his own business; successful and dependable.
- When John was 25, he went to a casino and discovered craps.
- Early big win.
- Continued gambling from occasional to regularly to habitually.
- Spent everything on gambling, started neglecting his business.
- His best friends both died. His father got out of jail but back into bad business.
- John got mixed up in his father's business and was arrested.

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- John's fiancé left him and he began gambling day and night, borrowing from loan sharks, doing more drugs.
- Contemplated suicide.
- Robbed a series of banks and, each time, went straight to the casino and blew through the money.

What pathway is John?

Based on that, where do you think you would target some of your efforts?

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