

Contacts of the Estonian residents with gambling 2019

Study report

October 2019



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Goal of the survey

The goal of the survey is to provide an overview of the behaviour of the Estonian population in regard to playing related behaviour, its current status and changes within the last years. Fikseeritakse hetkeseis ning võimaluse korral ka muutused mängukäitumises võrdlevalt aastatega 2017, 2014, ja 2012.

The main areas of study were the following:

- 1) distribution of the population on the basis of previous contact/experience with gambling;
- 2) gambling addiction risk groups and their background, and the perception of gambling related problems in risk groups;
- 3) Differences in methods for scoring gambling addiction.

The target group for the study consisted of permanent residents of Estonia aged 15-74.

The survey was held from 15.08.–29.09.2019. The survey method comprises a combination of a computer assisted web interviewing (CAWI) for 80% of the respondents and computer assisted telephone interviewing (CATI) for 20% of the respondents.

The sample was 2935 respondents, 2434 from CAWI and 500 from CATI.

The study was commissioned by Hasartmängusõltuvuse Nõustamiskeskus, who also owns the rights to the study results.

Summary and conclusions

Summary and conclusions: gambling distribution and frequency

From the sample (Estonian residents aged 15–74) 70% have gambled in lifetime and 50% have gambled during past 2 years.

- Offline gambling is higher than online, but differences are decreasing.
- Most popular is form of gambling online and offline is lotteries.

Compared to earlier research the level of those who have gambled in past 2 years has stayed the same as in 2014. Online gambling has doubled since then.

- Compared to 2017, the level of lotterie players is lower.

The profile of the gamblers hasn't changed significantly:

- Online and offline gambling is dominated by 30–39 year olds, males, estonians, and in offline gamblers group also people from rural areas.

Gambling among 15–20 year olds is a bit lower than the overall population mean.

- Compared to 2017 the difference between the age limit group and the rest has decreased.
- Among adolescents the gambling is usually casual.

The percentage of weekly gamblers makes quarter of all the online gamblers and the level has stayed stable throughout years. Frequent gamblers make a fifth of all the offline gamblers and the level has slightly increased compared to previous years.

Online gambling tends to be a bit higher than offline gambling.

Compared to 2017 ...

- ... the level of online gambling is a bit lower;
- some types of games like lotteries, poker and other games have increased a bit.

Groups with higher gambling frequency ...

- ... offline and online, are men, 60–74 years old (who's gambling is actually the lowest) and 40–49 years old.
- Compared to previous research the level of frequent online and offline gambling has risen most in groups of 60–74 years old and 40–49 years old.

Summary and conclusions: risk groups and problems

Gambling addiction risk has stayed the same compared to 2017.

There are 7% of gamblers with some problems and 13% of probable pathological gamblers in the population.

- The rate of probable pathological gamblers has increased a bit.

Socio-demografically analysed ...

- ... there is a higher chance to belong to a risk group for men, adolescents, those with other nationality, living in northeastern Estonia and living in big cities;
- Groups with higher risk have stayed the same compared to earlier studies. Gambling risk has increased in the youngest age group.

Gamblers belonging to risk group are more active in playing casino games and taking part in wagers or betting on sports and less active in lotteries. Risk group gamblers play more online.

- Compared to gamblers without problems risk group gamblers play more often and especially casino games and wagers or sport bets.
- Compared to 2017, gamblers in risk group play less other games online and offline.

6% of all who have gambled in past 2 years admit having problems. Most claim having had problems in the past.

- There is 81% of gamblers in the probable pathological gamblers group that admit having had problems and only 5% admit having problems at the moment.

Usually, when problems arise, gamblers don't seek help. Most common remedy is setting restrictions to oneself on gambling, which has been used approximately by every fourth gambler, who senses problems.

Risk group gamblers agree most with items related to problem gambling:

- bet or spent more money than you wanted to on gambling;
- argued with people living with you about how you manage your money.

Gamblers in risk group differentiate with higher scores in items like:

- Retuning to win back losses;
- Feeling of guilt;
- Sensing problems;
- Negative health effects.

More than fifth of gamblers belonging to risk group have tried to win lost money back after most losses. 25% have taken a loan to pay back gambling debt.

Summary and conclusions: gambling reasons, awareness of restrictions

Main reasons for gambling are:

- Desire to win big sums of money;
- Entertaining nature of gambling;
- Among gamblers belonging to risk group dominates the desire to win money to resolve economic problems.

69% of gamblers who gambled in the last 2 years were aware of the possibility to set restrictions on ones gambling.

- Awareness was higher among those who gambled more and who were older.

Exposure to restrictions on gambling operators, who don't have licence in Estonia, is roughly 10% in general population and in the group of those, who have not gambled. Exposure is higher among gamblers, who belong to the risk group.

1

Distribution of the population based on contact with gambling

Distribution of the population based on contact with gambling

Distribution of the population based on contact with gambling

70% of the target population (Estonian residents from 15–74 years of age) have gambled for money, **50%** of them in the last 2 years. Offline gambling (41% of the population) has been higher than online gambling (31%), but **the difference is decreasing**.

Most popular gambling online and offline is **lotteries**:

- Regardless of online or offline channels, during the past 2 years **43%** of the population **have played lotteries; offline 36% and online 25%**.

Other gambling types fall under 10%:

- **7%** played on **slotmachines** (5% outside the casino, 3% in casino);
- **6%** have taken part in **wagers** or bet on **sports** (5% online and 3% offline);
- **4%** have played **poker** and **5%** have played **casino games**(online gambling is higher for both);

11% have played **other games for money** (8% offline and 5% online).

Changes in distribution

Compared to 2014 study the level of **contacts with gambling in past 2 years** has stayed **the same**. Online gambling has increased from 12% to 31%. Offline gambling has decreased from 48% to 41%. **Most popular** gambling, the **lotteries**, has also stayed **the same**.

Compared to 2017 study the level of playing lotteries has decreased but other gambling types haven't changed much. General level of gambling (50% vs 66% in 2017), online gambling (31% vs 40% in 2017) and offline gambling (41% vs 58% in 2017) during past 2 years is lower.

The rapid rise in online gambling compared to 2014 is probably due to different survey method, which encourages more honest reporting of socially less accepted gambling types and also real changes in the population toward online gambling.

Distribution of the population based on contact with gambling

Distribution of the population based on contact with gambling

Gamblers rate, who have gambled in lifetime and in past 2 years, is higher than average (50%) among 30–39 year olds (64%) and 20–29 year olds (59%). Highest percentage of gamblers who have played in the past 2 years (56%) belong to the group with the net income between 800–1300 euros.

Men (53%), people with Estonian nationality (54%), 40–49 year olds (54%) and residents from rural areas (53%) have gambled a bit more than the average.

Less than average contact with gambling in the past 2 years is among the 60–74 year olds (28%).

Distribution of the population based on contact with online and offline gambling

During the past 2 years 36% of men and 25% of women have gambled online and 42% of men and 40% of women have gambled offline.

Highest offline gamblers percentage is the rural area group (45%, 41% is average) and regionally from Middle-Estonia (49%), West-Estonia (46%) and South-Estonia (44%).

Compared to the 2017 survey, the highest rates of gambling have been in the same groups and the profile of the average gambler hasn't changed much.

Distribution of the 15–20 year olds based on contact with gambling

Gambling percentage during the past 2 years among **15–20 year olds** (who have age related restrictions to gambling) has been below the average, but offline and online gambling percentage has been average and comparable to groups without gambling restrictions.

Compared to 2017 survey, gambling rates between age-restricted gamblers and regular gamblers has decreased.

60% of 15–20 year olds have gambled in lifetime and 46% in past 2 years.

In the past 2 years 40% of the adolescents have gambled offline and 29% online. Comparing with 2017, the level is lower, but comparing with 2014, the level is higher.

In the past 2 years adolescents have done most offline gambling with lotteries (27%), played other games (13%), took part in wagers or bet on sports (9%) and gambled on slot machines (7%).

Adolescents gamble online mostly by taking part in wagers or betting on sports (14%) playing lotteries (11%) and other games (10%).

Compared with 2017, the level of gambling by playing lotteries has decreased, but taking part in wagers or betting on sports has increased.

Weekly online gambling among youth (7%) is lower than average (25%) and weekly offline gambling among youth (13%) is lower than average (19%).

Distribution of the population based on contact with gambling

% of all the respondents

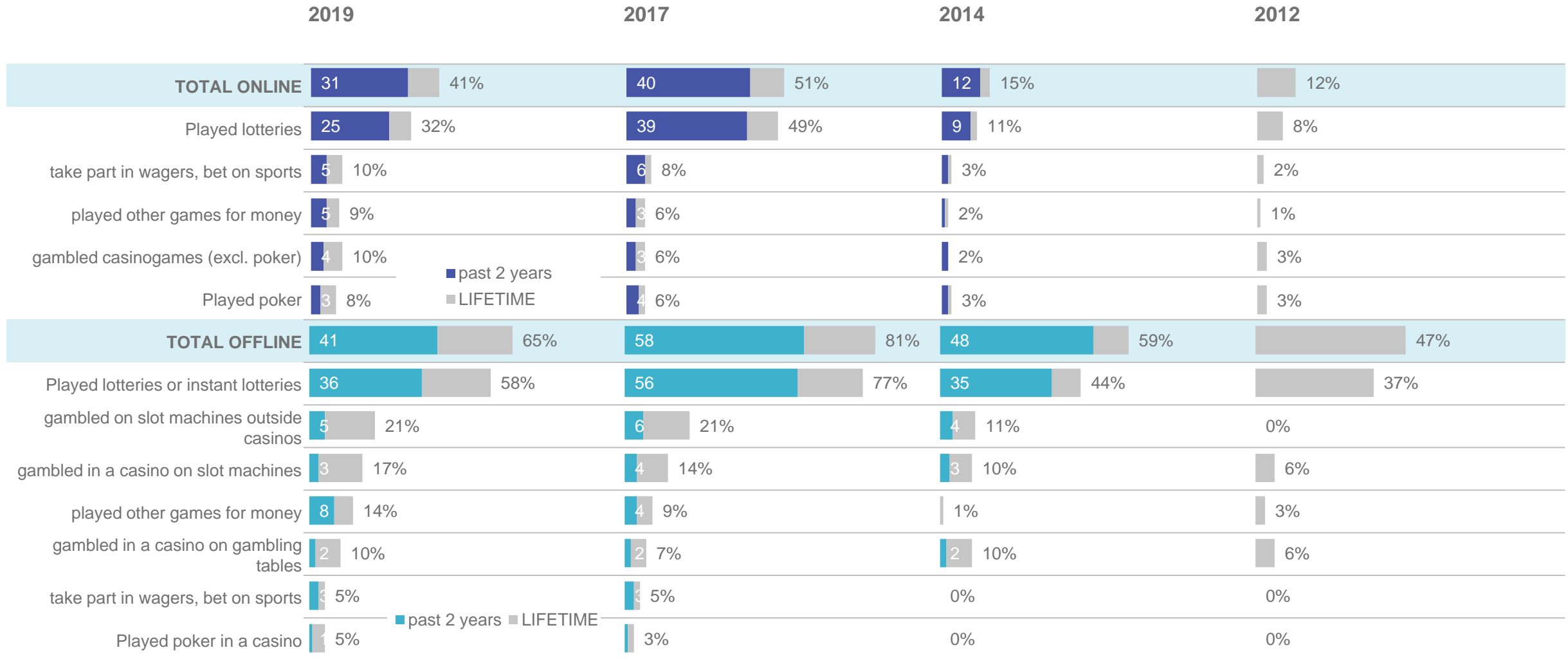
n=2935

		2019	2017	2014
Gambled in a lifetime (who have ever gambled)	TOTAL	70%	84%	60%
	Offline	65%	81%	59%
	Online	41%	51%	15%
Gambled past 2 years	TOTAL	50%	66%	50%
	Offline	41%	58%	48%
	Online	31%	40%	12%

Playing for money in various forms of gambling

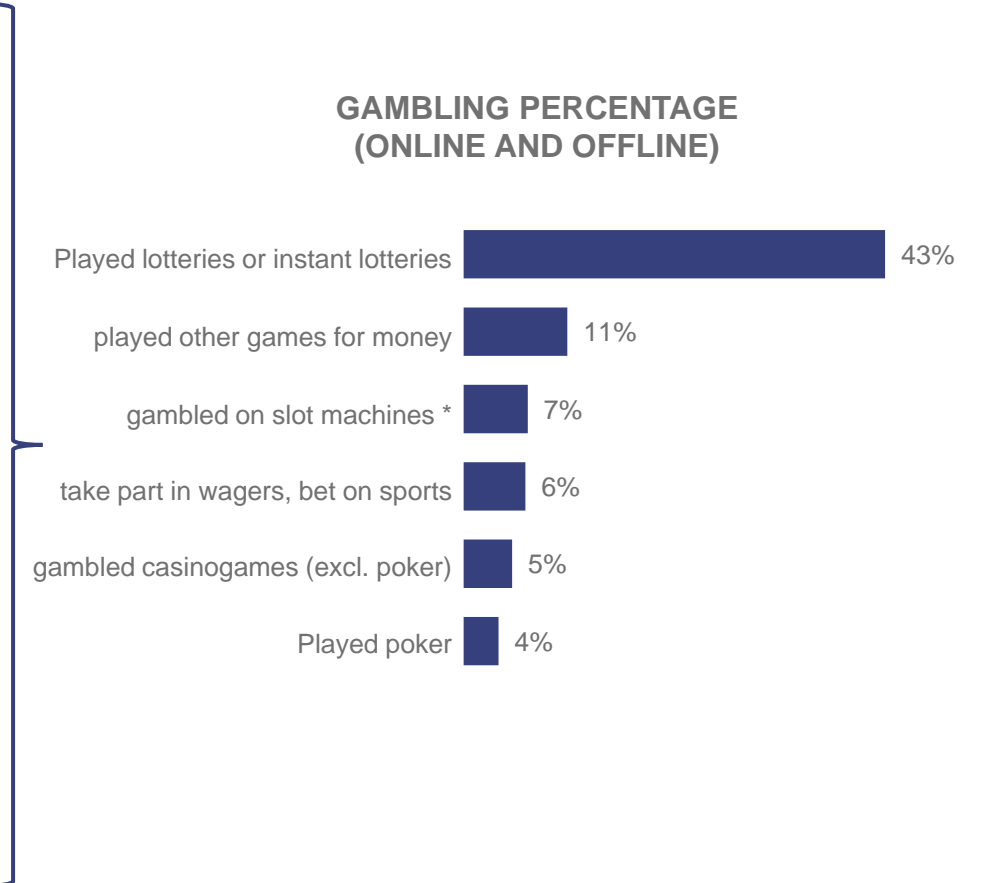
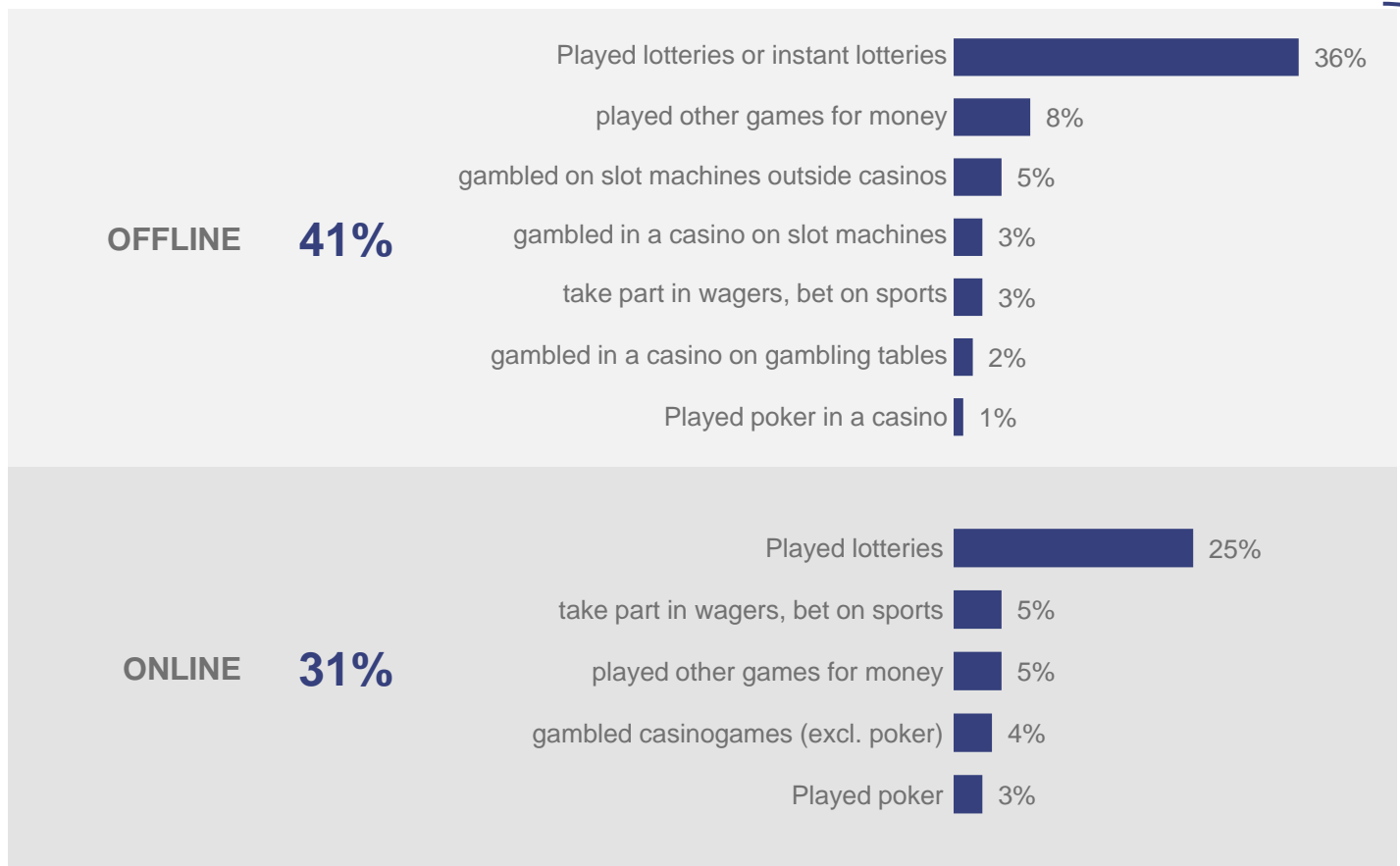
% of all respondents

n=2935



Gambling percentage of the population in past 2 years

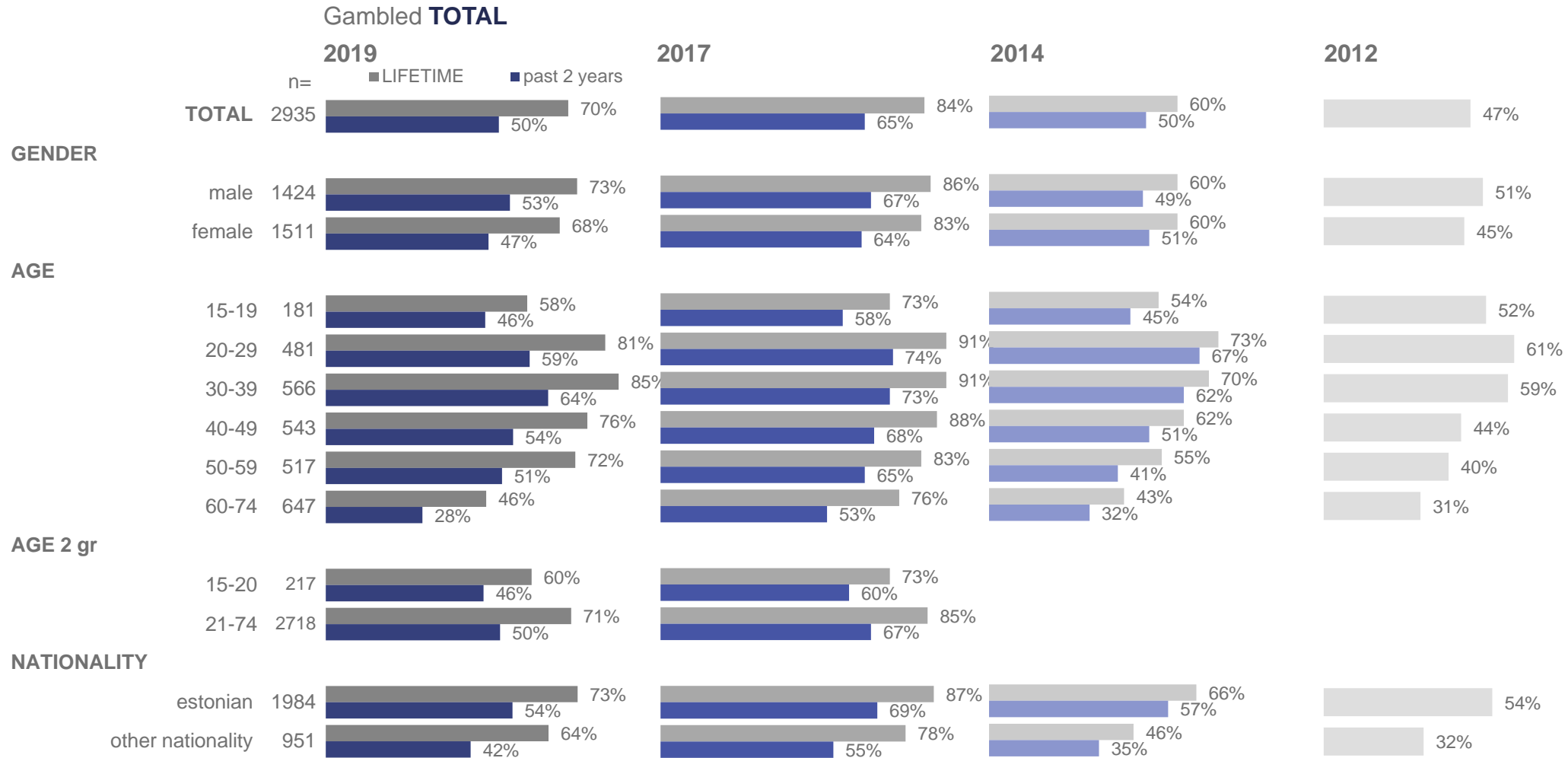
Total **50%** respondents



*only offline

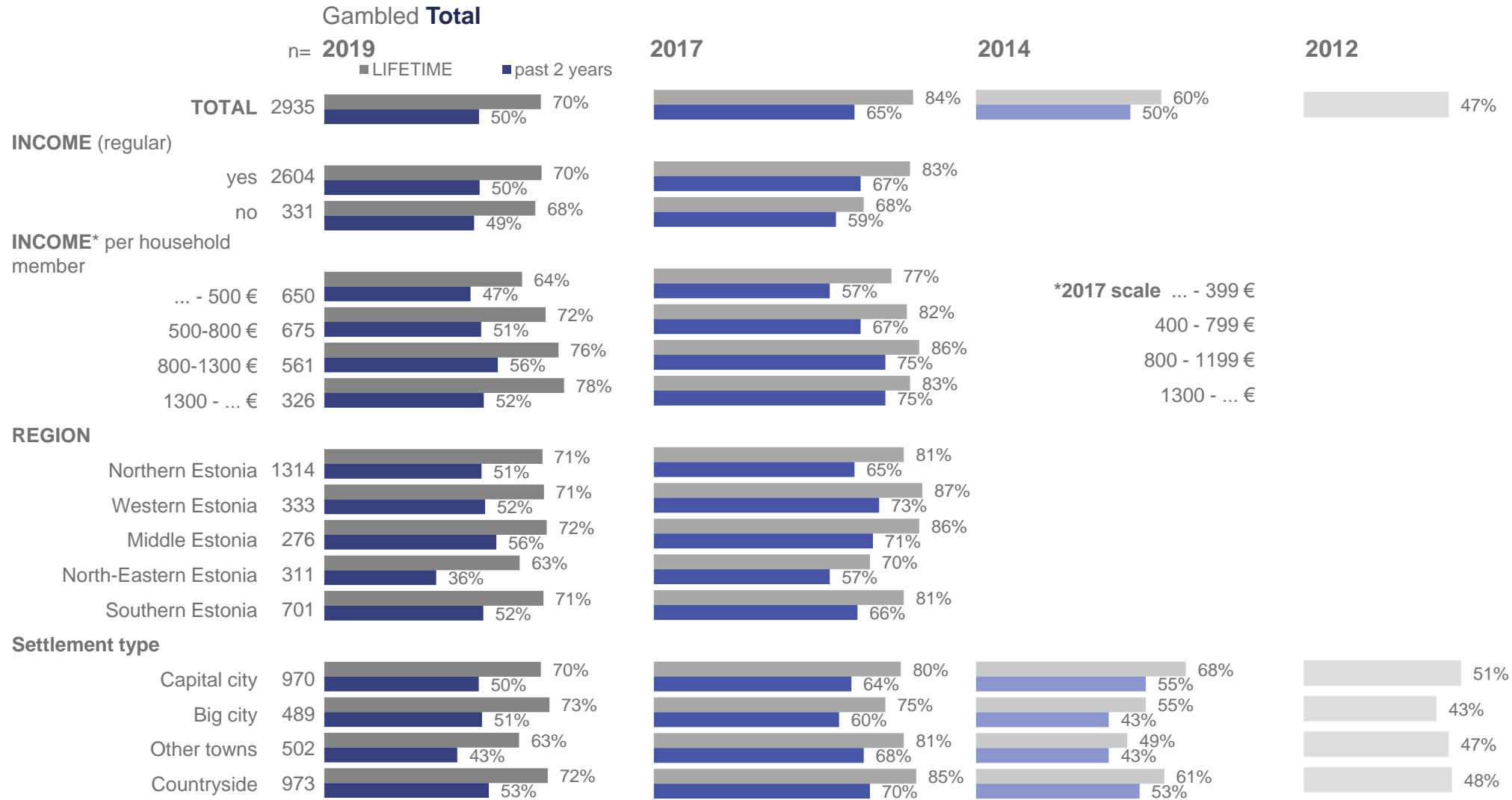
Gambling percentage by groups (1)

% of all the respondents



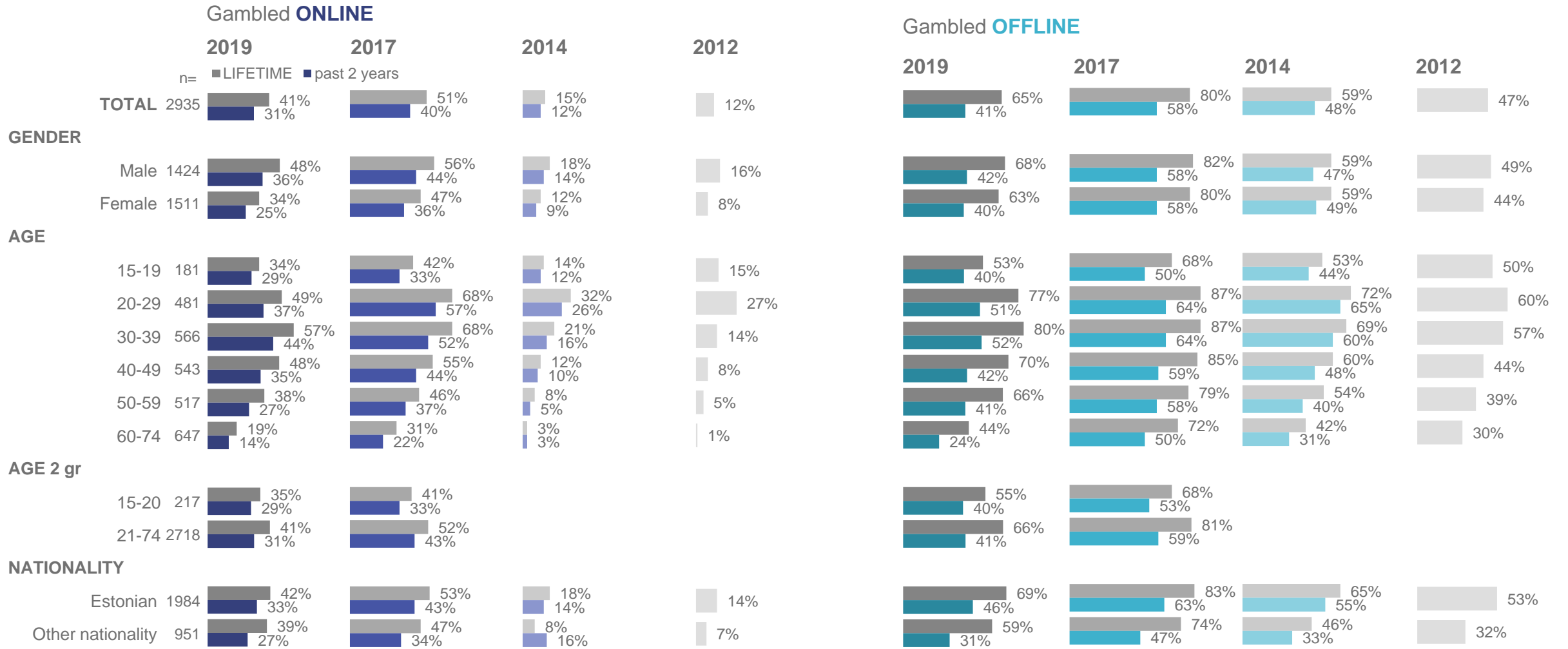
Gambling percentage by groups (2)

% of all the respondents



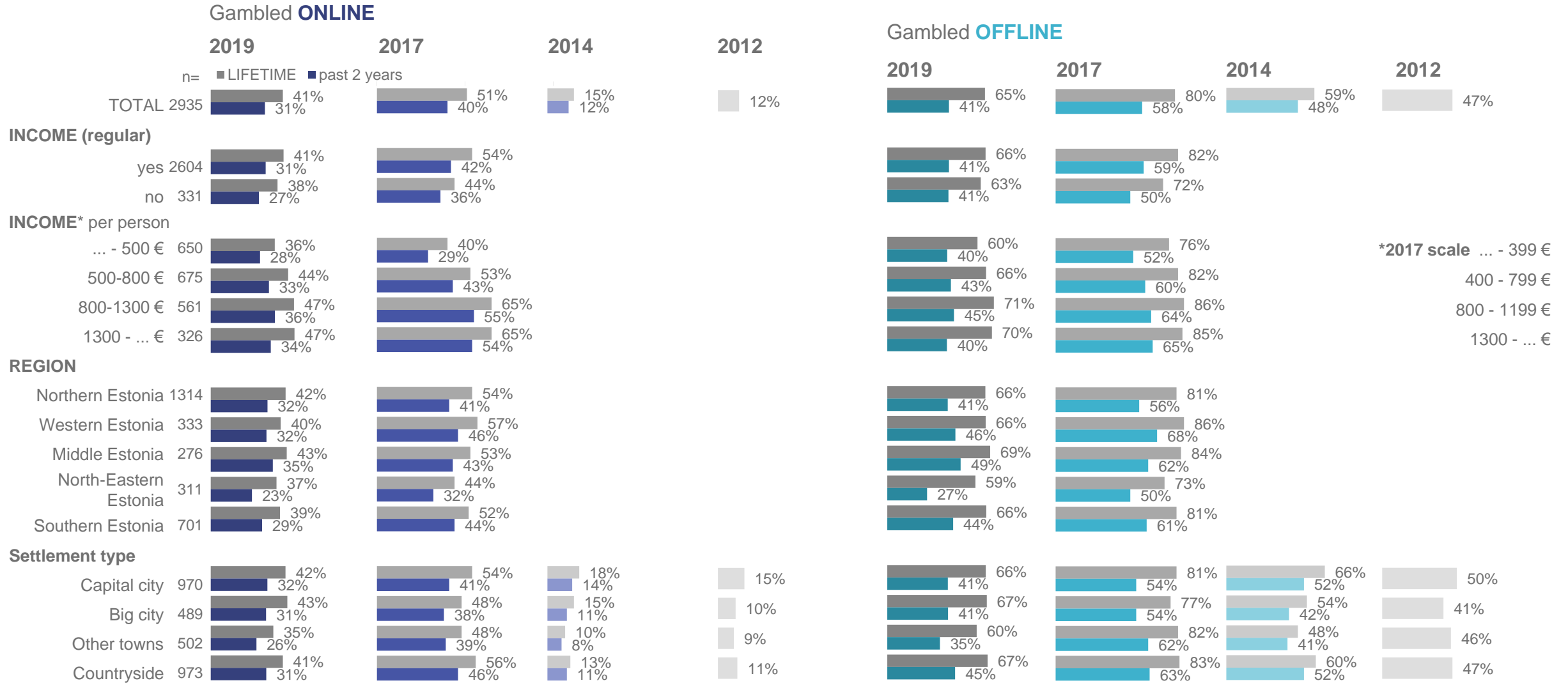
ONLINE and OFFLINE gambling percentage by groups (1)

% of all the respondents



ONLINE and OFFLINE gambling percentage by groups (2)

% of all the respondents

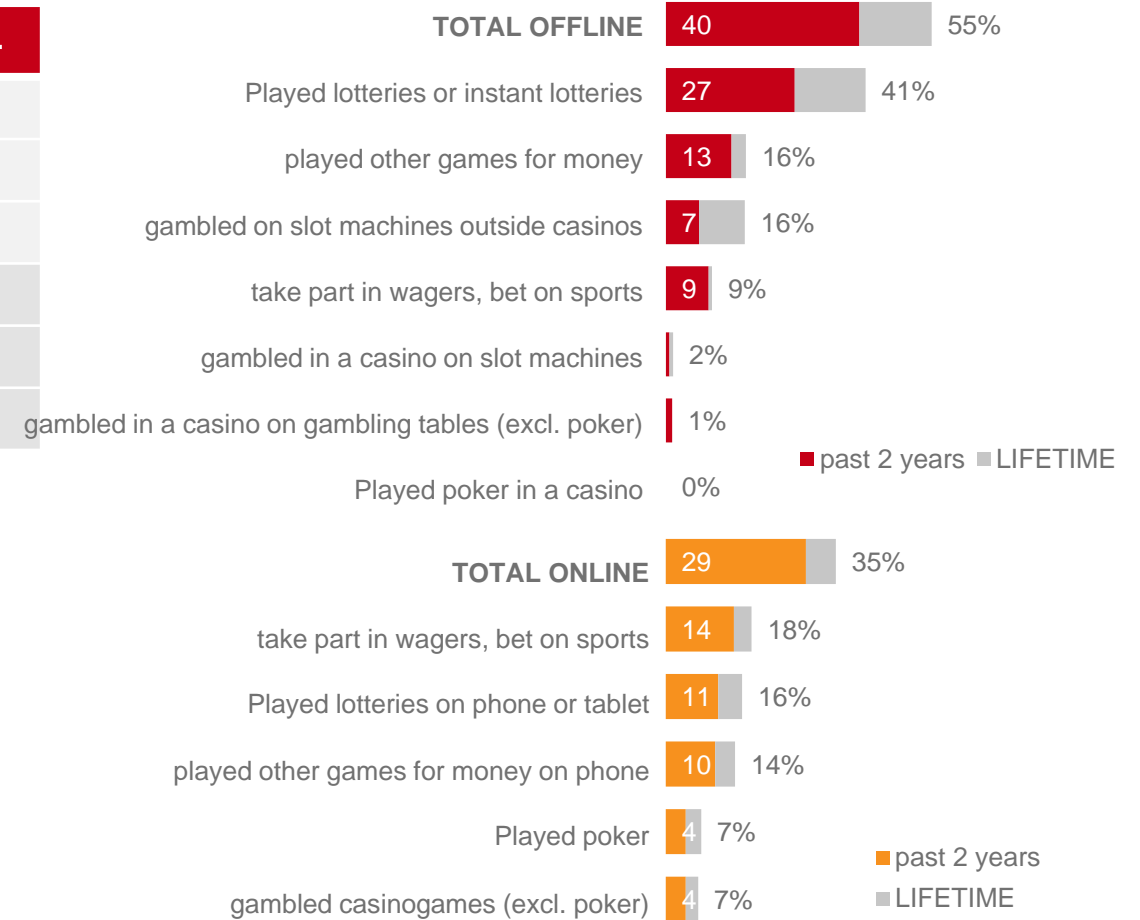


Gambling percentage among 15–20 year olds

% of 15–20 year olds

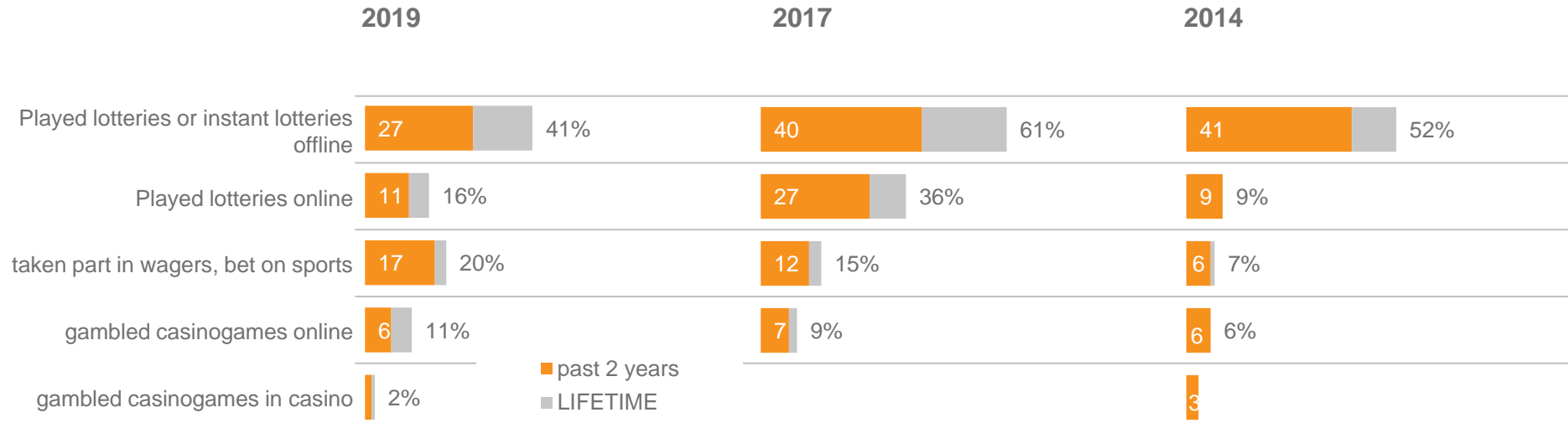
n=217

		2019	2017	2014
Gambled in a lifetime (who have ever gambled)	TOTAL	60%	73%	59%
	OFFLINE	55%	68%	58%
	ONLINE	35%	41%	18%
Gambled past 2 years	TOTAL	46%	57%	51%
	OFFLINE	40%	48%	49%
	ONLINE	29%	33%	15%



Gambling percentage among 15–20 year olds

% of 15–20 year olds
n=217



2

Frequency of gambling for money within the last 2 years among the gamblers

Frequency of gambling (1)

Frequency of gambling

The percentage of weekly gamblers from all the ones who gambled online during past 2 years is 25% and this has stayed stable during the years. Among offline gamblers there are 19% of those, who gamble often and that has been on the rise from 2017 (14%).

When divided into game types, most gamblers play them less than a month. Exception is online lotteries, where there are more those, who play at least once a month.

Online gambling is higher than offline gambling.

There are 25% of lottery gamblers, who gamble online at least once a week and 17% of those, who gamble offline.

There are 10% of weekly gamblers, who take wagers and bet on sports both online and offline.

Playing casino games is also more common online: there are 11% of weekly poker players and 14% of weekly gamblers who play other casino games. There is only 3% of those, who gamble weekly offline on slot machines.

The only category for offline gambling with higher rates than online gambling is **other games for money** where there are more weekly gamblers (23%) and monthly gamblers (8%).

Changes in gambling frequency

Compared to 2017, the mean rate of online games is lower, except for lotteries with an increase from 23% to 25%.

Compared to 2017, the level on offline gamblers is higher in lotteries (17% vs. 13%), much higher in other games category (23% vs. 8%) and also poker.

Frequency of gambling (2)

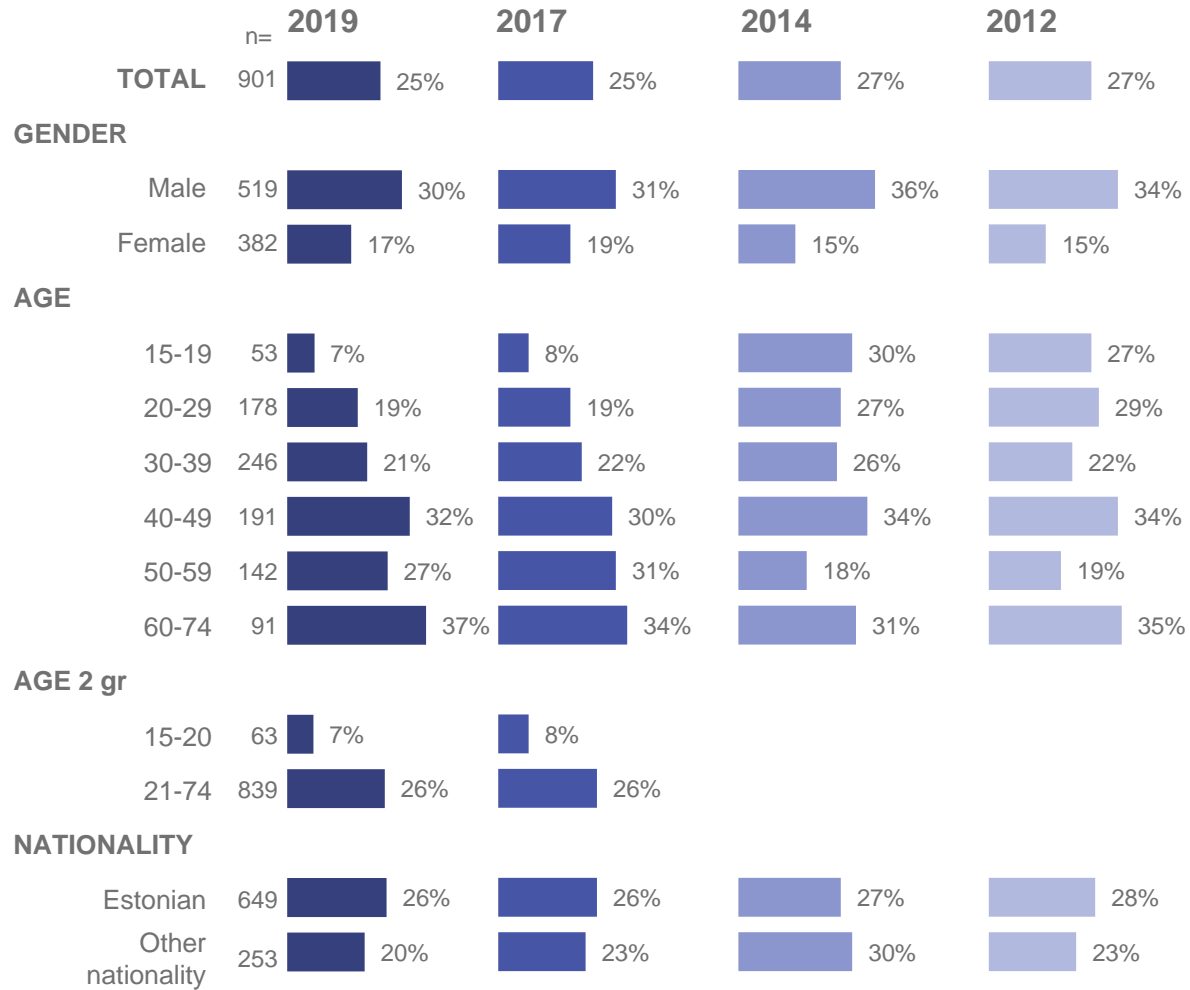
Weekly gambling is higher among men (30%) than women (17%). There are more than average amount of weekly gamblers among over 40 year olds, 37% among 60-74 year olds, 32% among 40-49 year olds and 27% among 50-59 year olds. There are more frequent gamblers among estonians.

There are more men, who gamble weekly offline (23%) than women (14%). There are more than average amount of weekly offline gamblers among 40-49 year olds (23%) and 29% among 60-74 year olds

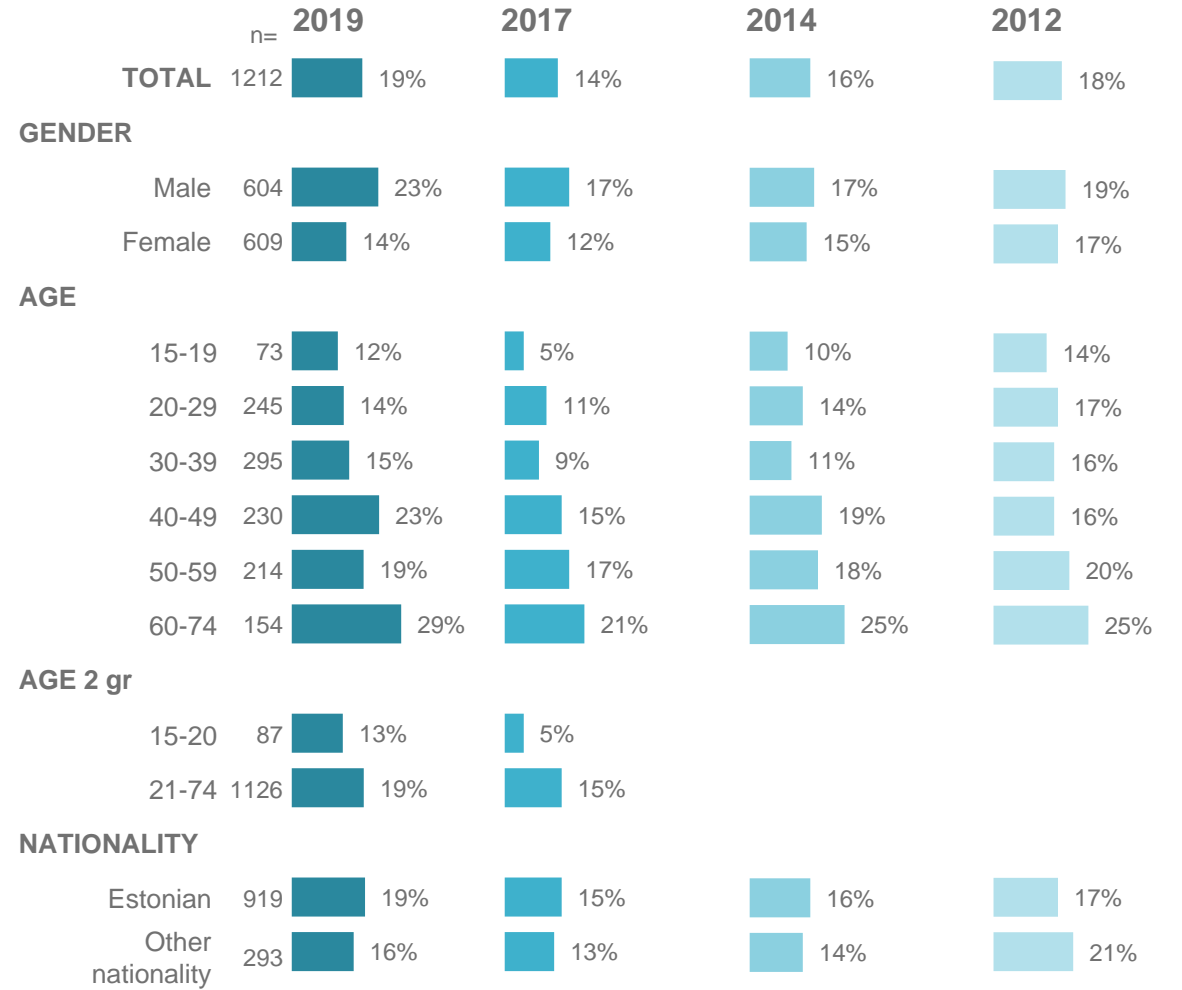
Compared to previous study, the level of frequent online and offline gambling has increased among 60-74 year olds and 40-49 year olds. Offline gambling has also increased among 15-20 year olds.

Weekly gamblers

Played **ONLINE** at least one game every week
% of past 2 years



Played **OFFLINE** at least one game every week
% of past 2 years

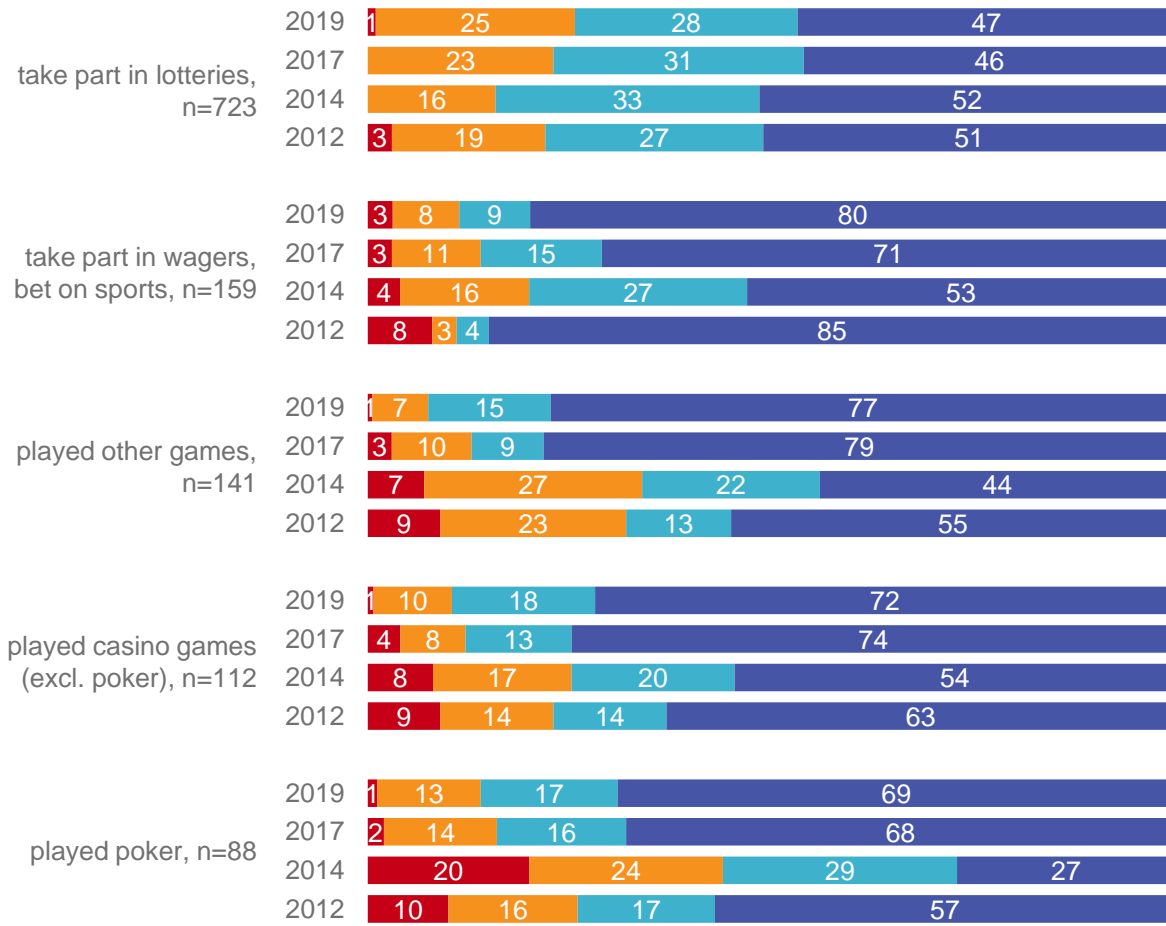


Frequency of gambling

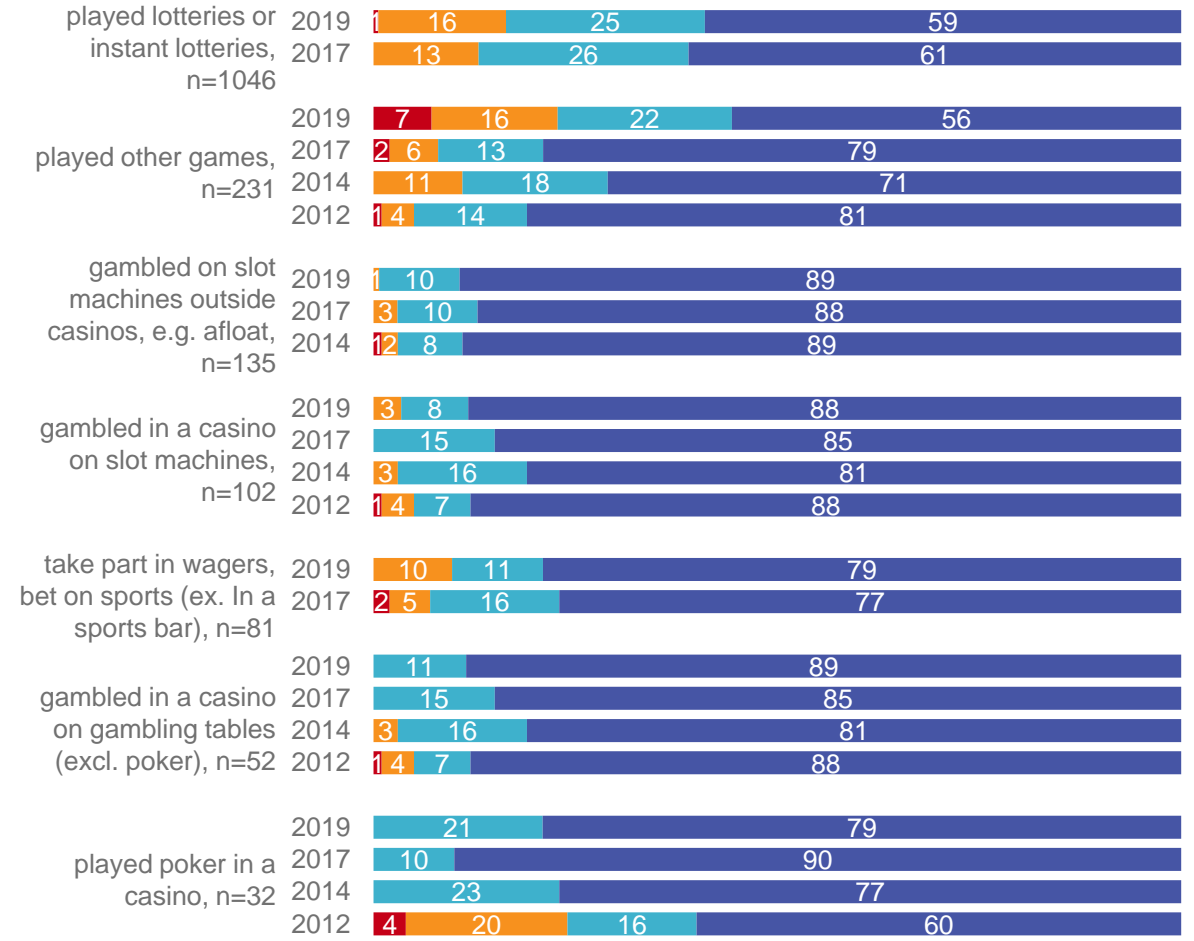
% of those playing a respective game past 2 years

ONLINE

■ at least once a day ■ at least once a week ■ at least once a month ■ less often than once a month



OFFLINE



3

Risk groups of gambling addiction and their background

Gambling risk group percentage, description and gambling distribution

Risk group percentage

Gambling risk has stayed almost the same as the previous study. There are 7% of probable pathological gamblers and gamblers with some problems in the population and 13% of them among gamblers. The level of probable pathological gamblers has increased. There are more men (20%) than women (7%), more from other nationality (23%) than estonians (10%) and from North-East Estonia and from big cities among risk group. The biggest addiction risk rate is among 15-19 year olds (28% against the mean, 13%).

Gambling distribution

Those belonging to gambling risk group are more active in casino games, wagers and sports bets, less active in lotteries. Risk group gamblers like to play more online, but offline gambling rates in casinos are also high.

- 25% of risk group gamblers and 9% of gamblers without problems have gambled on wagers and sports bets online, casino games 20% and 6%. 32% of risk group gamblers and 6% of gamblers without problems have gambled other games for money.
- Among risk group gamblers there are 23% of those, who have gambled offline on slot machines outside casinos and 19% of those, who have gambled offline in a casino on slot machines. Among gamblers without problems, the percentages are respectively 9% and 7%.

Compared to previous studies the level of different games has decreased in the risk group offline and online. Only exception is „other games online“.

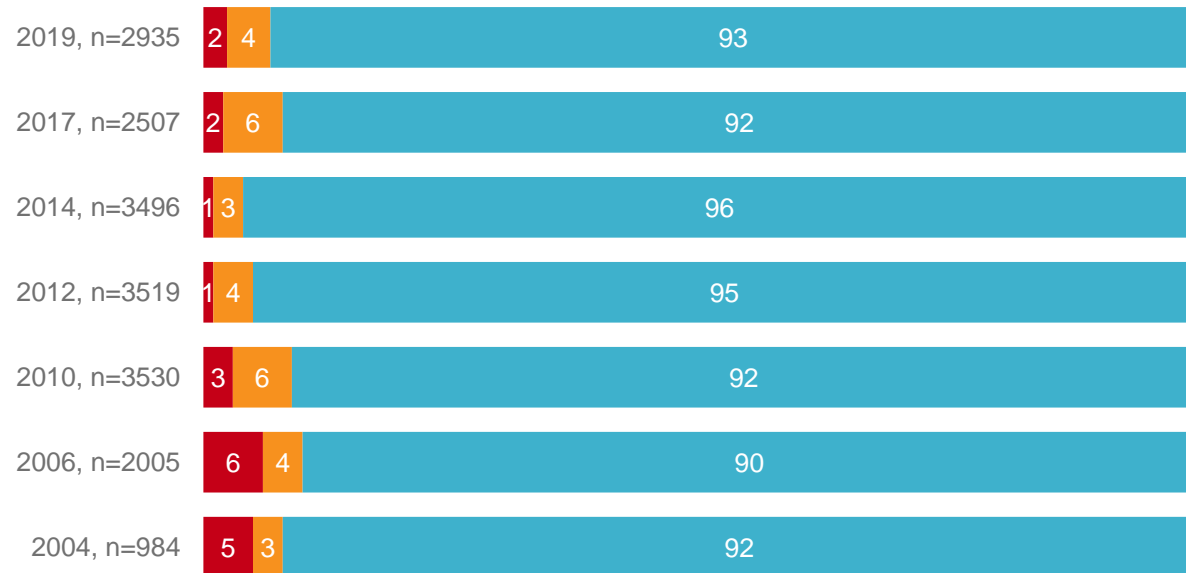
Compared to gamblers without problems the gambling rate is higher among risk group, especially in casinogames and sports bets and wagers.

Gambling risk

In the total population

% of all the respondents

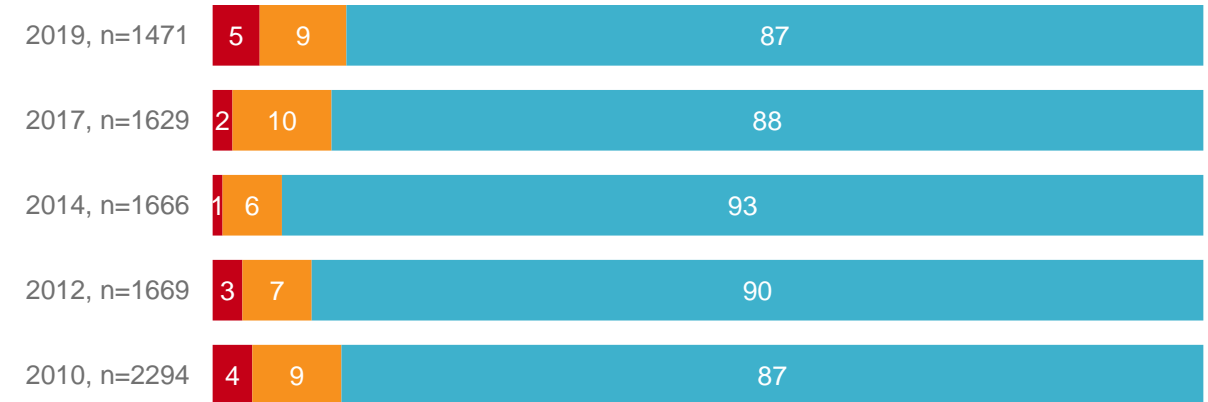
■ Probable pathological gambler ■ Gambler with some problems ■ Gambler without problems and non-gambler



Among gamblers

% of those who gambled in the past 2 years

■ Probable pathological gambler ■ Gambler with some problems ■ Gambler without problems and non-gambler

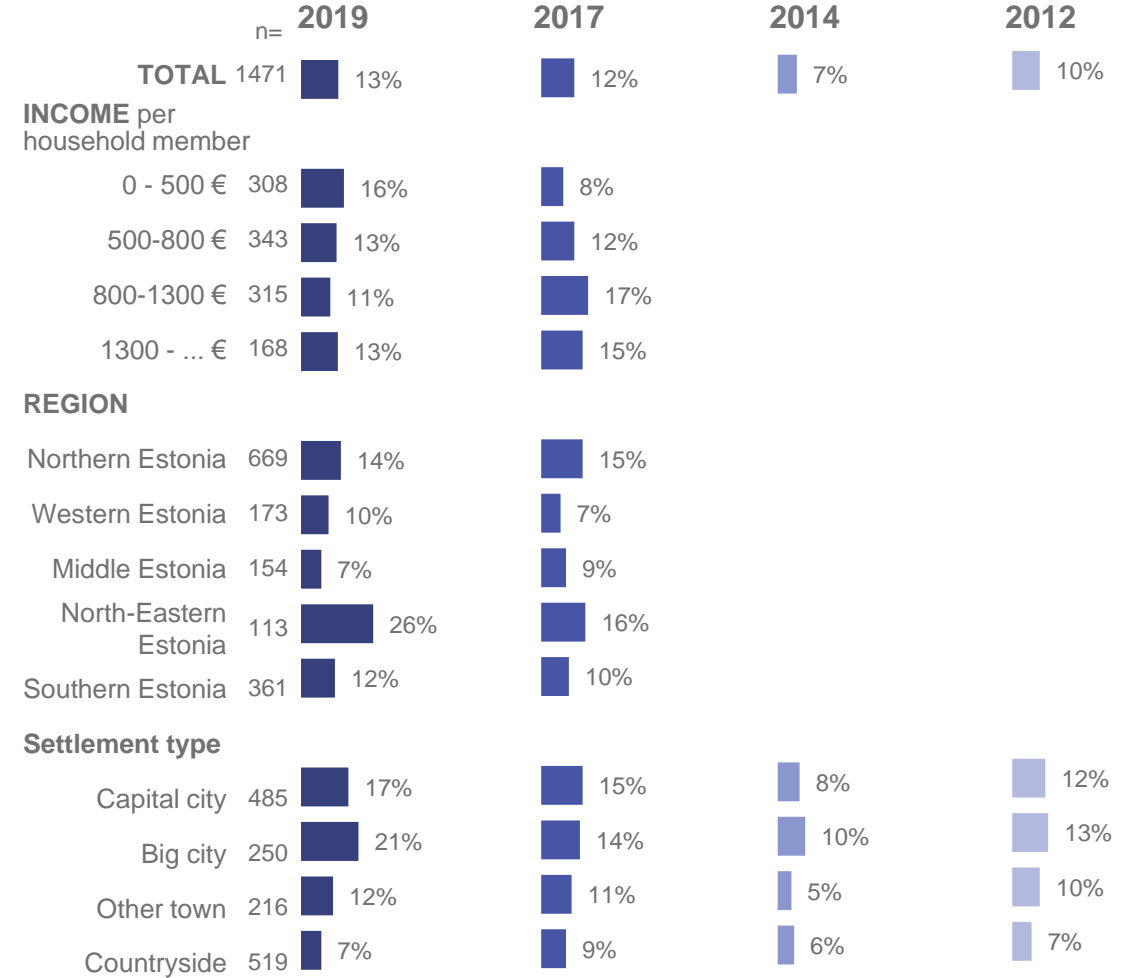
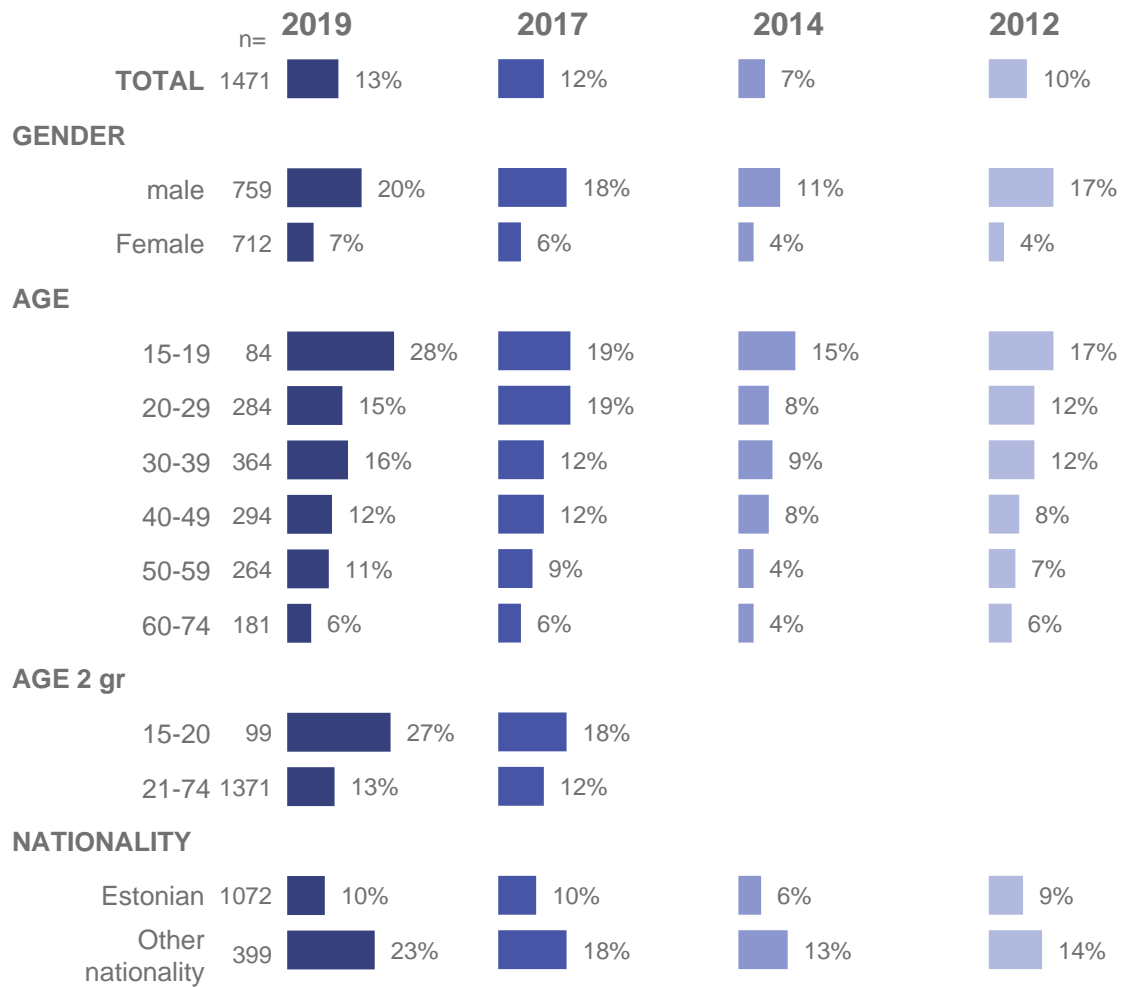


*Methodology for scoring gambling addiction is SOGS (see description on slides 65–66).

Risk group of gambling addiction or gambler with problems = probable pathological gambler + gambler with some problems.

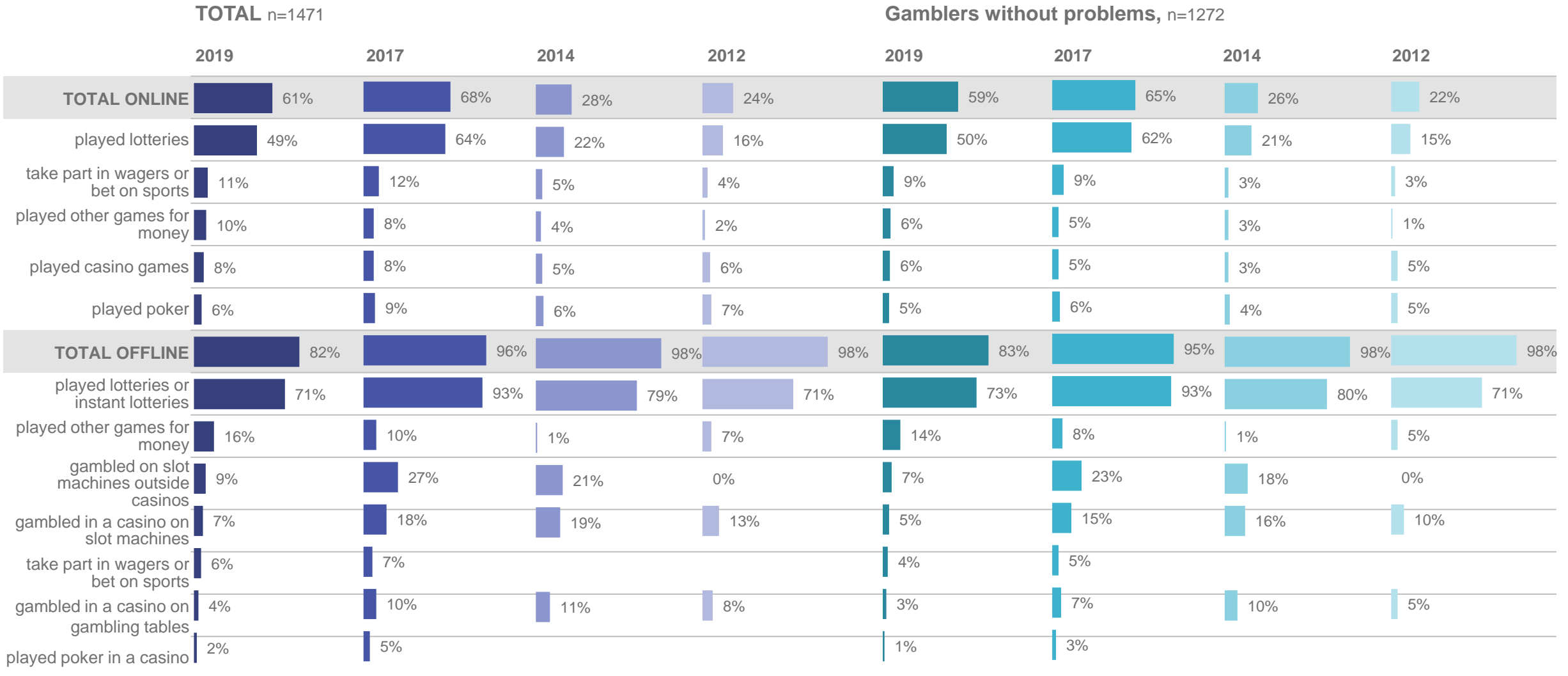
Profile of gamblers belonging to a gambling addiction risk group

% of those who gambled in the past 2 years



Playing various games

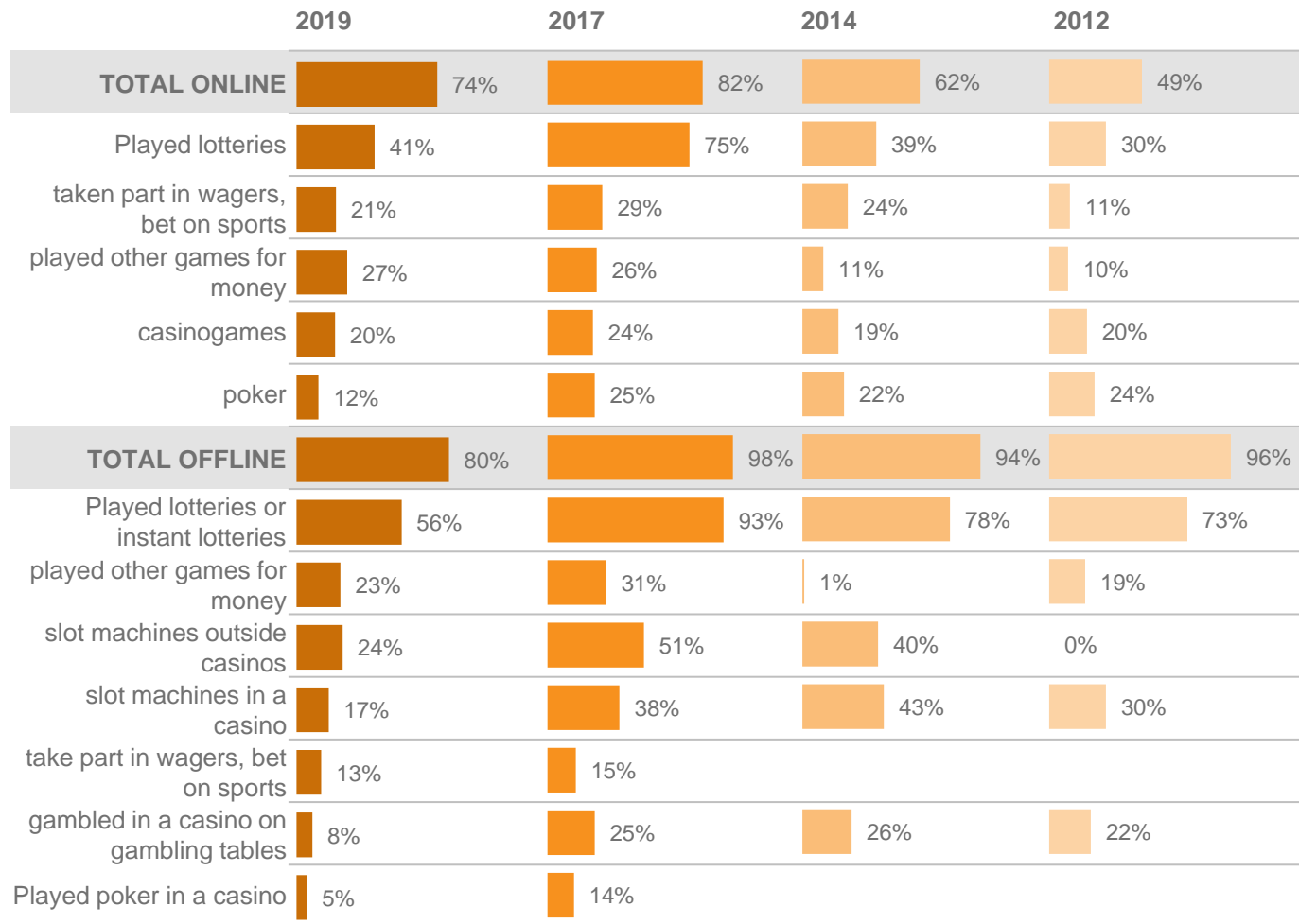
% of those who gambled in the past 2 years



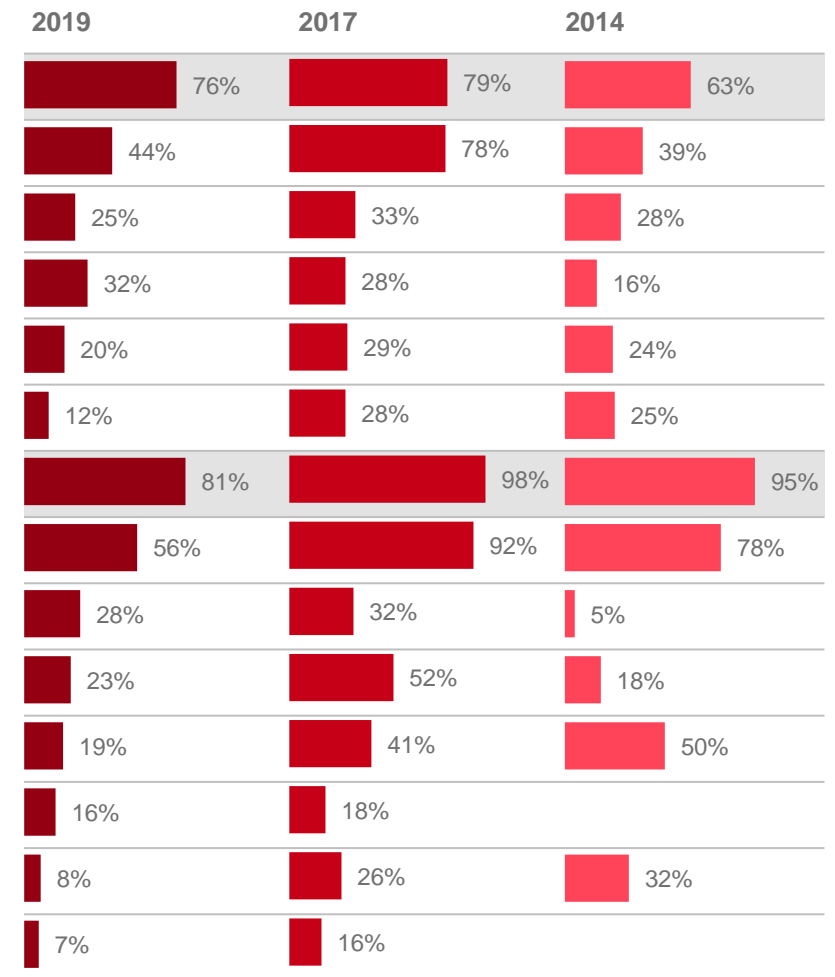
Playing various games in risk groups

% of those who gambled in the past 2 years

gamblers with some problems, n=129



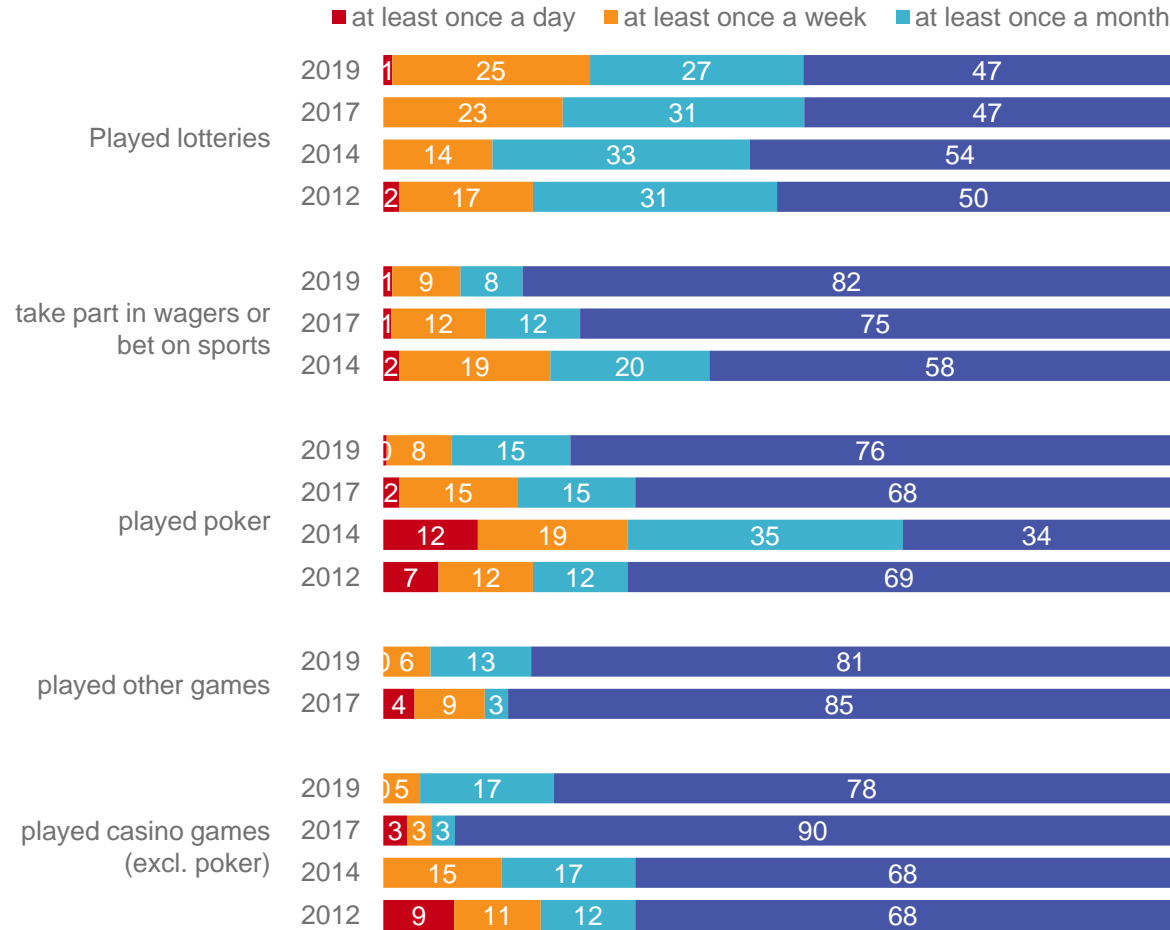
Probable pathological gamblers and gamblers with some problems, n=198



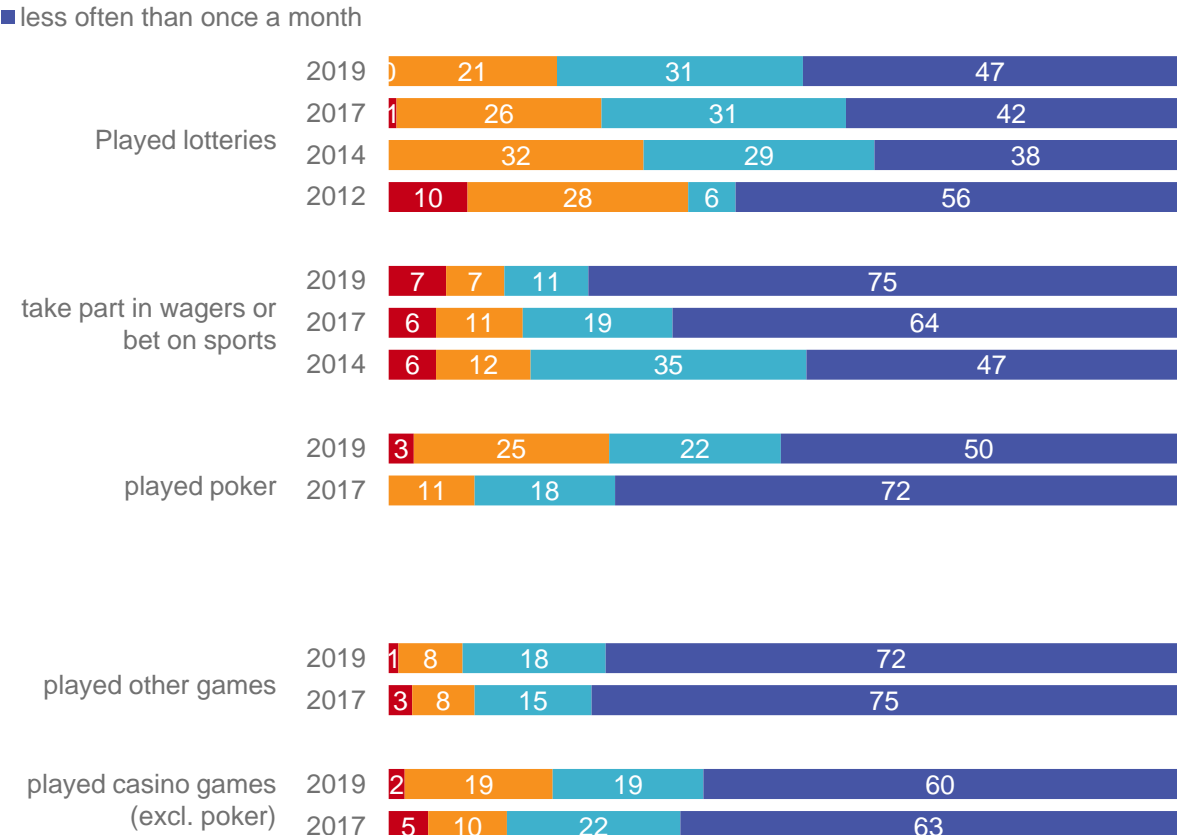
Frequency of gambling online for money

% of those who gambled in the past 2 years

Gamblers without problems, n=1272



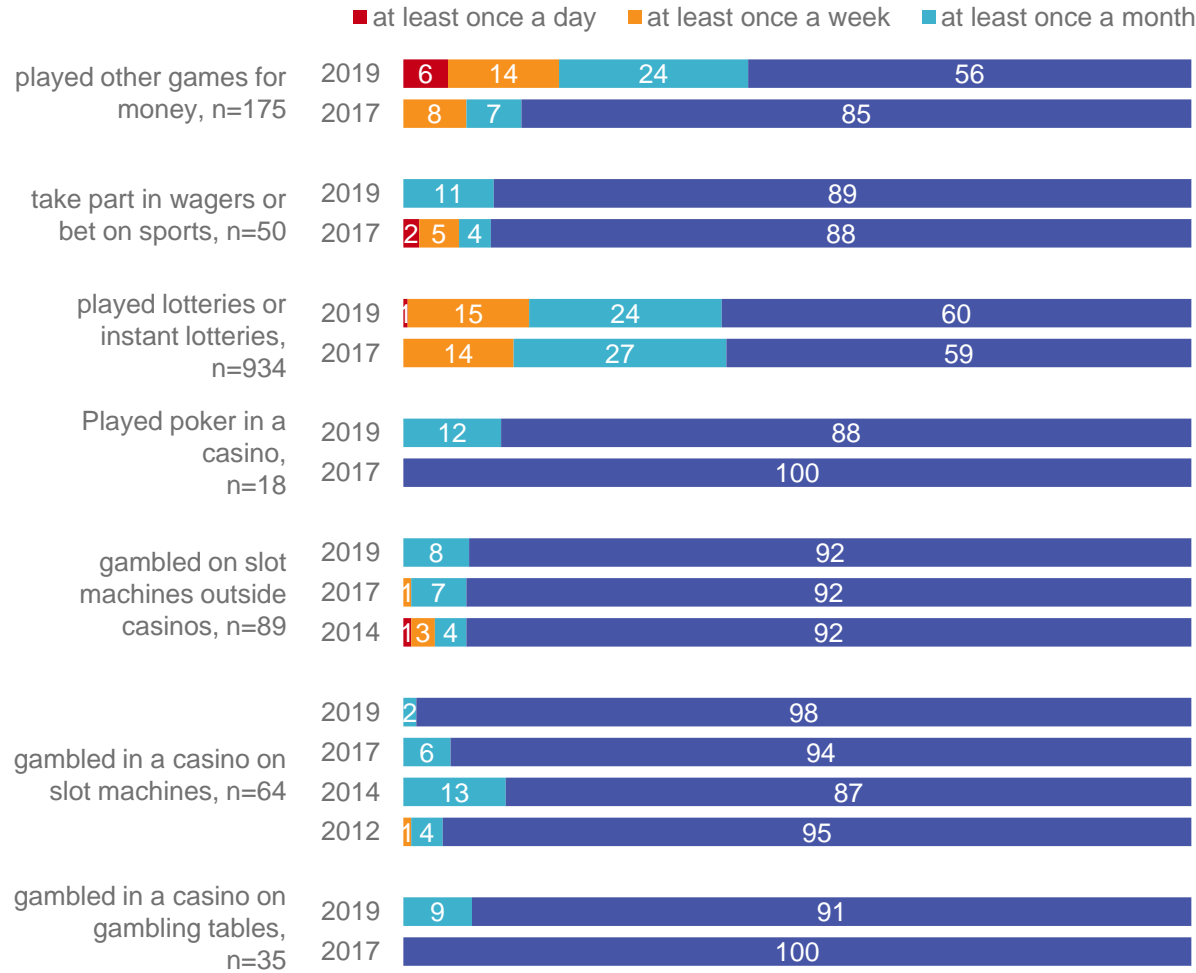
Probable pathological gamblers and gamblers with some problems, n=198



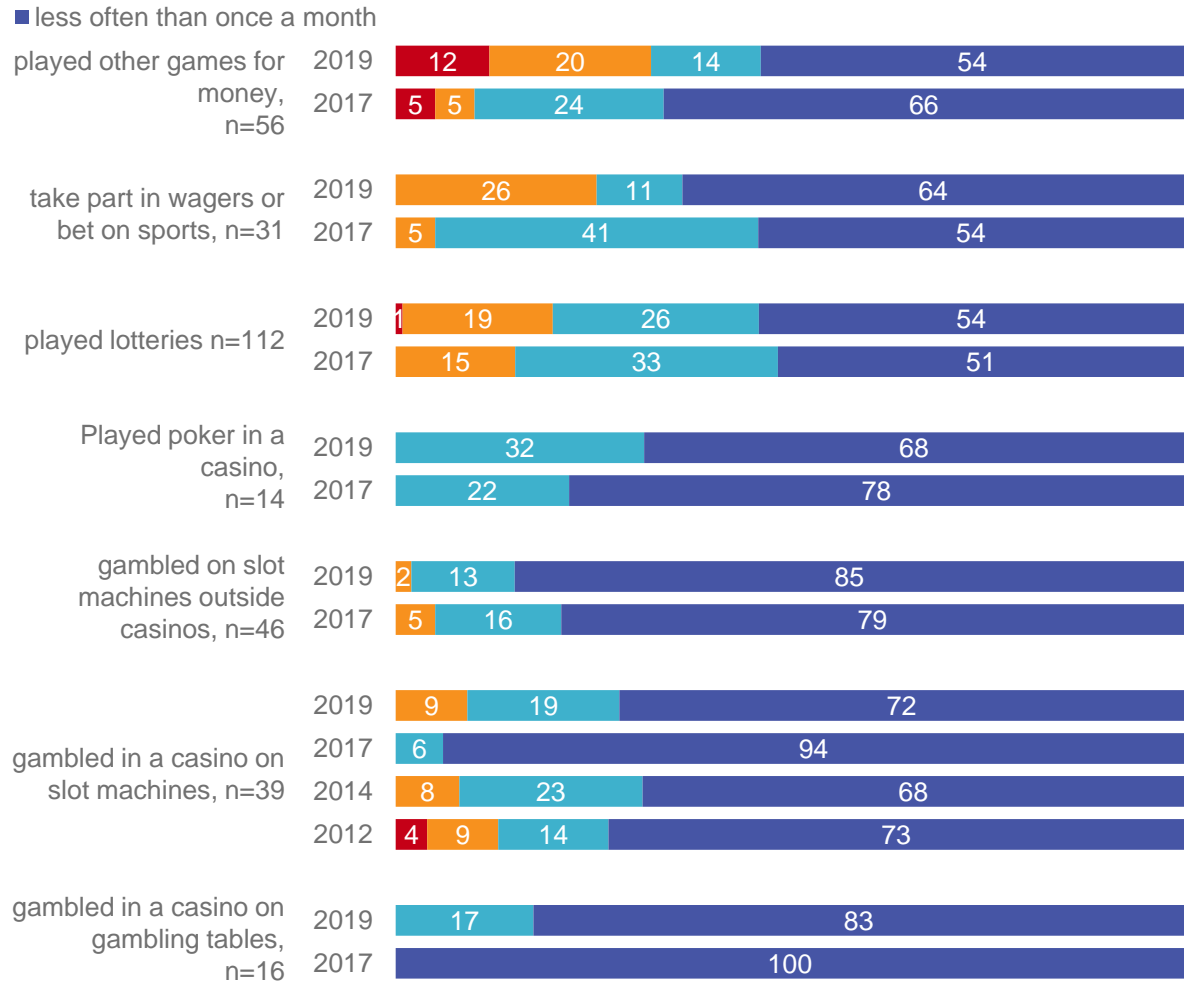
Frequency of gambling **offline** for money

% of those who gambled in the past 2 years

Gamblers without problems, n=1272



Probable pathological gamblers and gamblers with some problems, n=198



4

Reasons for gambling and awareness about restrictions

Reasons for gambling and awareness about restrictions

Reasons for gambling

Mainly the reason for gambling is desire to win big amount of money (46% of all the gamblers during past 2 years) and entertaining nature of the gambling (43%).

16% had the desire to win money to solve financial problems, 11% had heard, that someone had won and 9% had desire to support important areas in society through gambling tax. Most of them, who have only gambled on lotteries or instant lotteries seldom or only once, don't regard it as gambling.

Desire to win money to solve financial problems and hearing about someone else's win are the main reasons for probable pathological gamblers.

14% of gamblers with some problems and 15% of probable pathological gamblers regard gambling as developed habit.

Awareness about gambling restrictions

60% of the population and 69% of the ones, who have played during past 2 years are aware of the possibilities to set oneself under the gambling restrictions. The awareness is higher among groups with more gambling rates and older age.

Awareness is almost the same among gamblers without problems (69%) and among probable pathological gamblers (70%) and a bit lower among gamblers with some problems (61%).

Exposure to restrictions on gambling operators, who don't have licence in Estonia, is roughly 10% in general population and in the group of those, who have not gambled. Exposure is higher among gamblers, who belong to the risk group, 19% among **gamblers with some problems** and 43% among **probable pathological gamblers**. 10% of the risk group admit ignoring the restriction.

Loot boxes

The distribution and the frequency of buying Loot boxes

10% of all the respondents have bought *loot boxes* in computer games. That makes **12% of gamblers**, 8% during the past 2 years.

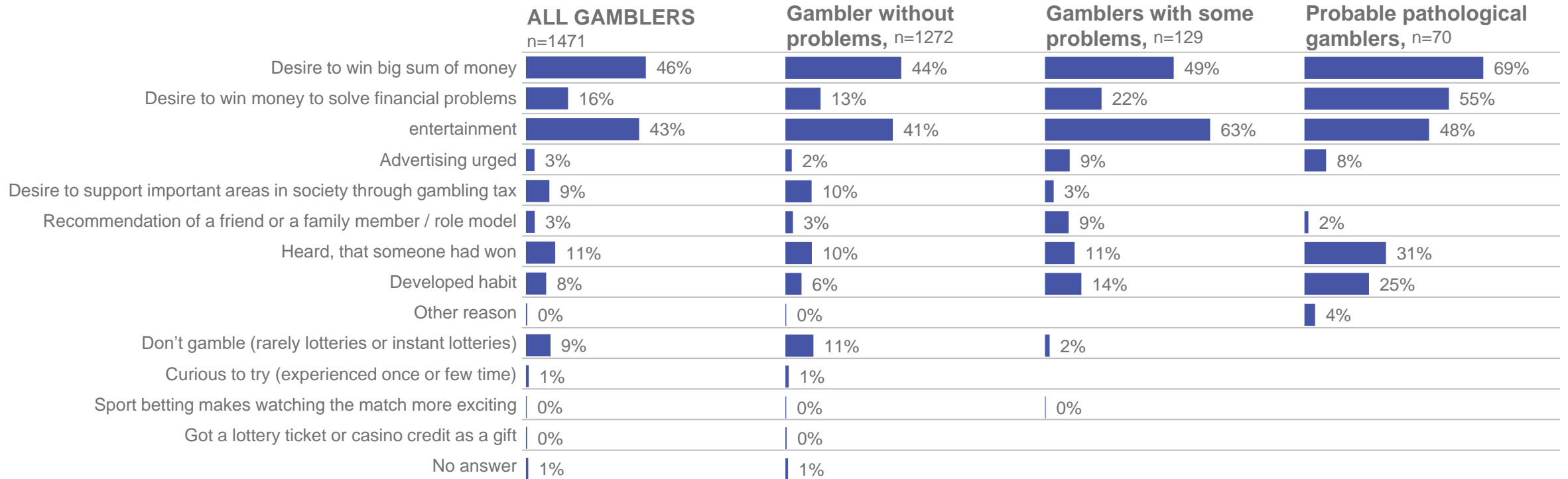
In the risk groups the level is higher, 15% of **gamblers with some problems** and 25% of **probable pathological gamblers**.

There are 30% of monthly buyers and 20% of risk group are weekly buyers.

19% of 15-20 year olds have bought loot boxes. There are more men (14%), with non-estonian nationality and younger age groups under 40, who have bought loot boxes.

Main reasons for gambling

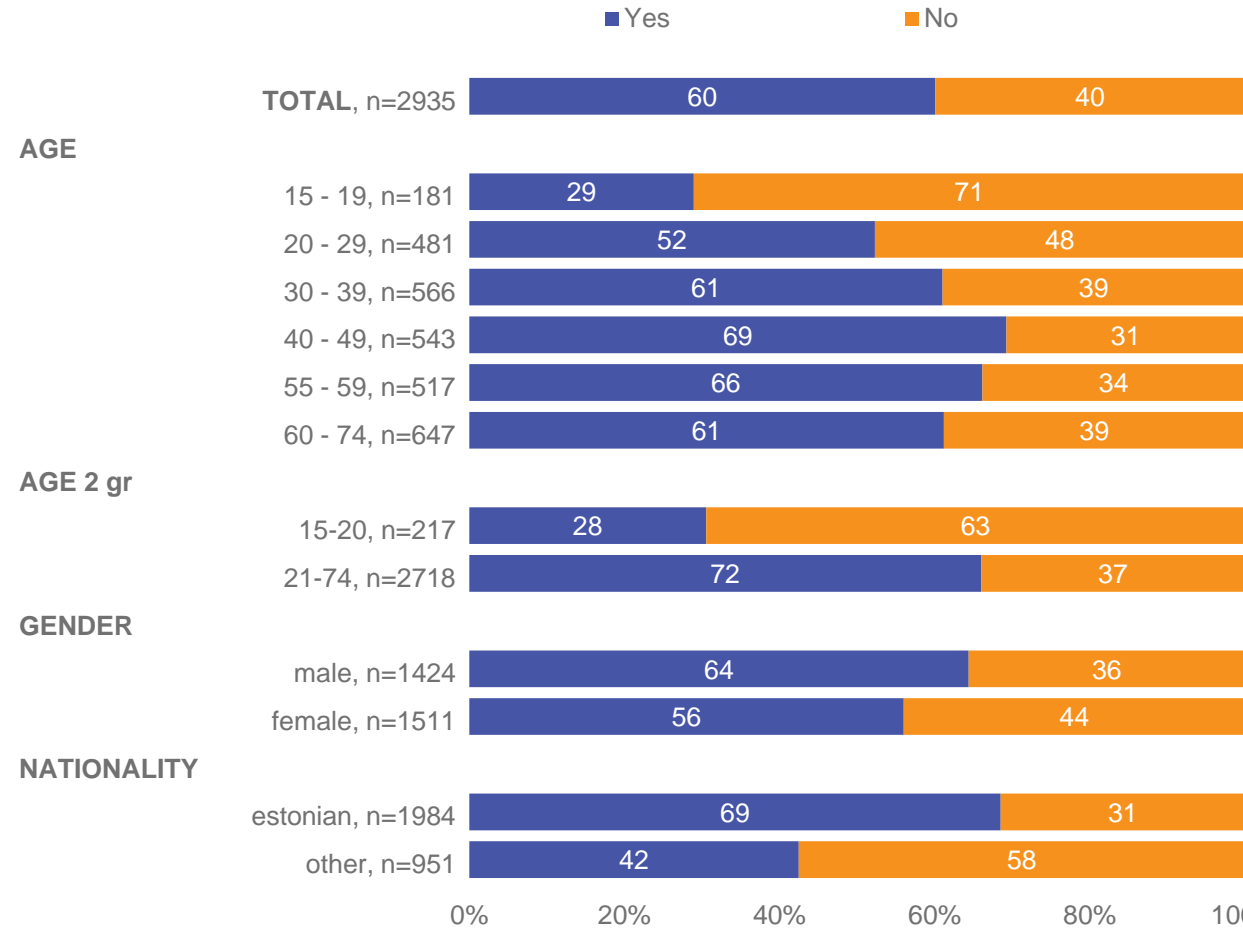
% of those who gambled in the past 2 years



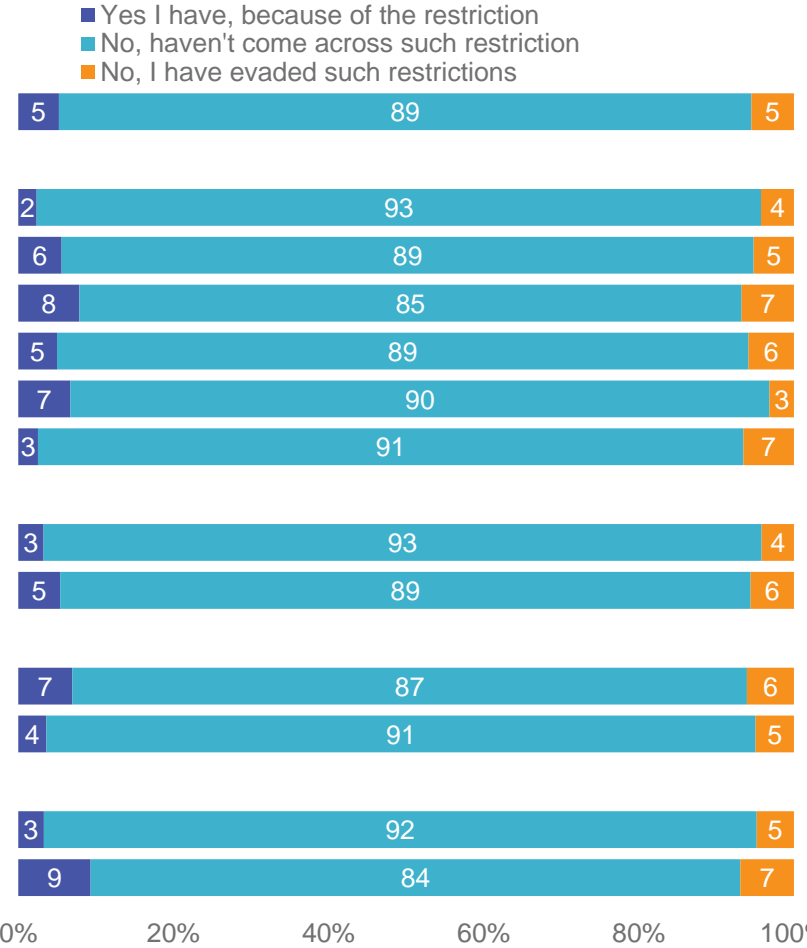
Awareness of gambling restrictions

% of all the respondents

Did you know, that if you want, you can set gambling restrictions to yourself at any gambling operator, who is licenced in Estonia?



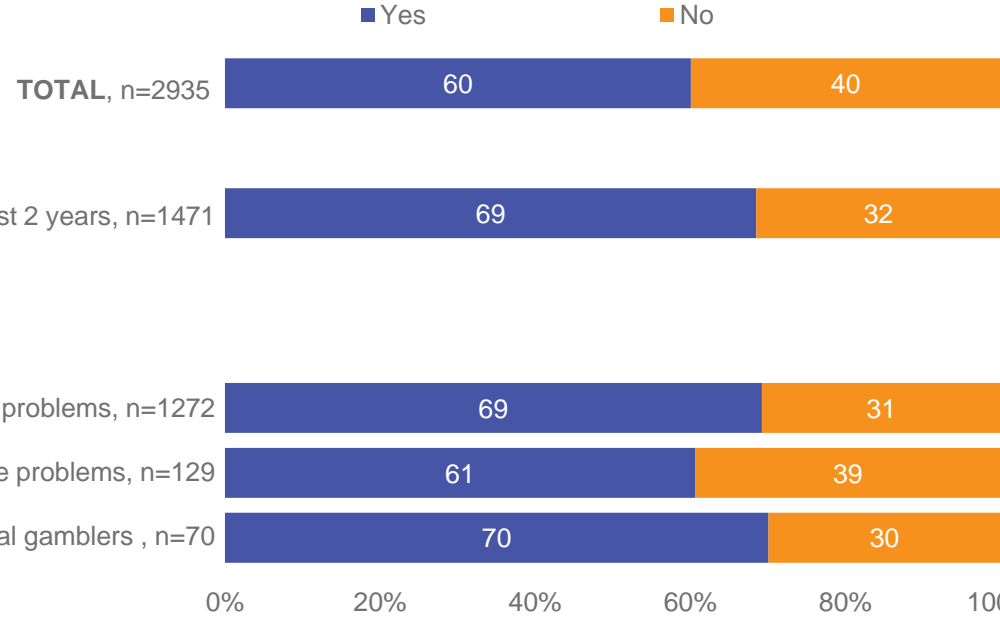
Tax and Customs Board blocks access to those gambling operators web pages, who are not licenced in Estonia. Have you given up creating or using any user accounts because of this restriction?



Awareness of gambling restrictions in risk groups

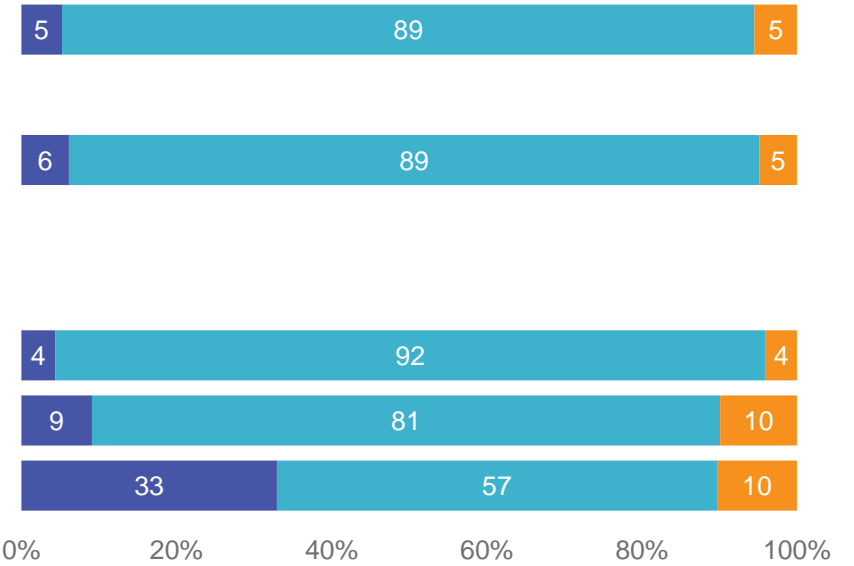
% of all the respondents

Did you know, that if you want, you can set gambling restrictions to yourself at any gambling operator, who is licenced in Estonia?



Tax and Customs Board blocks access to those gambling operators web pages, who are not licenced in Estonia. Have you given up creating or using any user accounts because of this restriction?

■ Yes I have, because of the restriction
 ■ No, haven't come across such restriction
 ■ No, I have evaded such restrictions

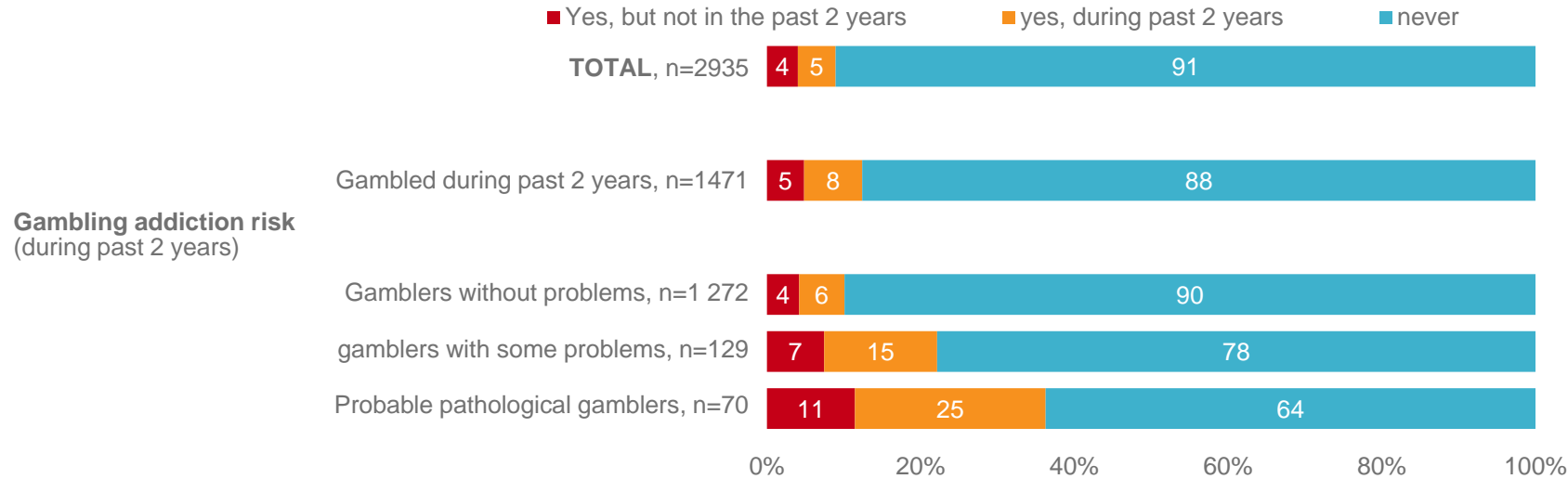


GAMBLING RATE
(during past 2 years)

Distribution and frequency of buying *Loot boxes*

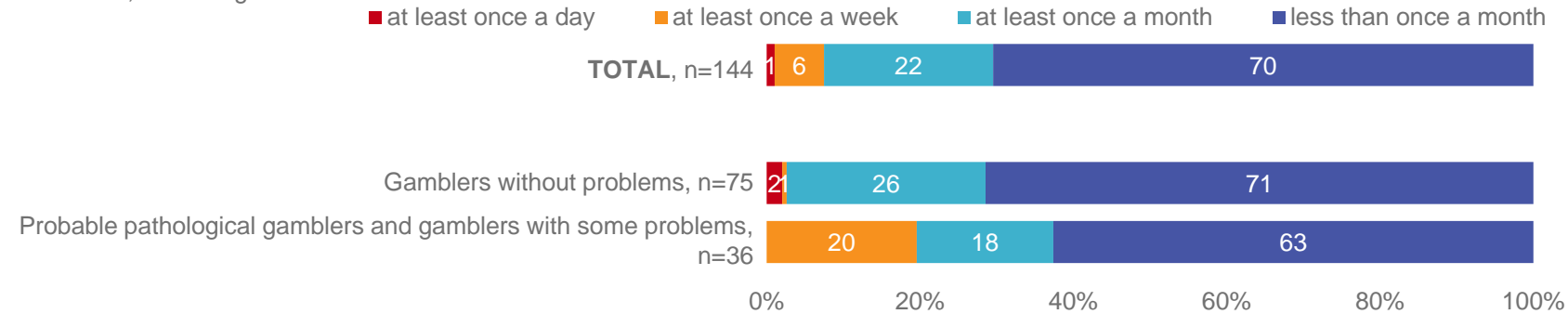
% of all the respondents

Have you payed money for *loot boxes* in some computergame?



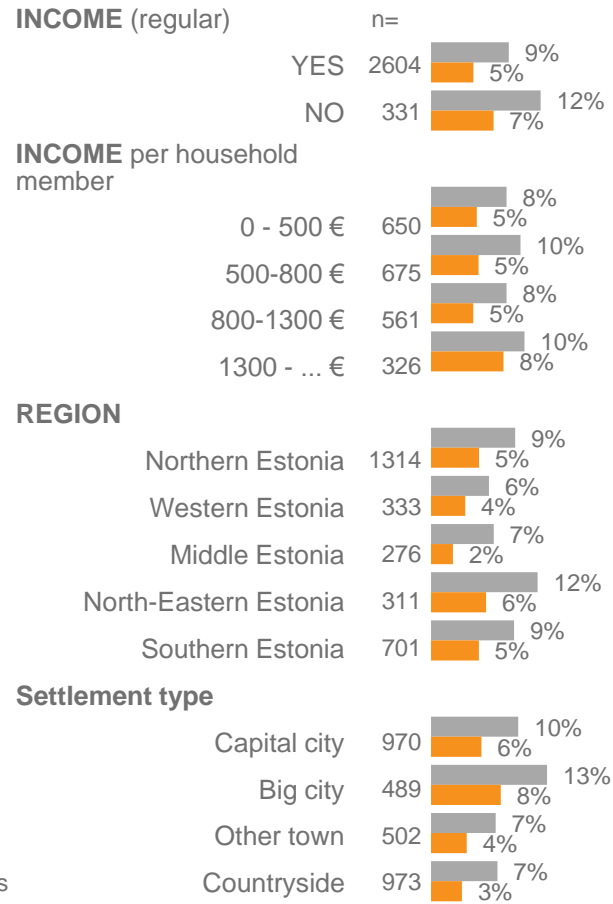
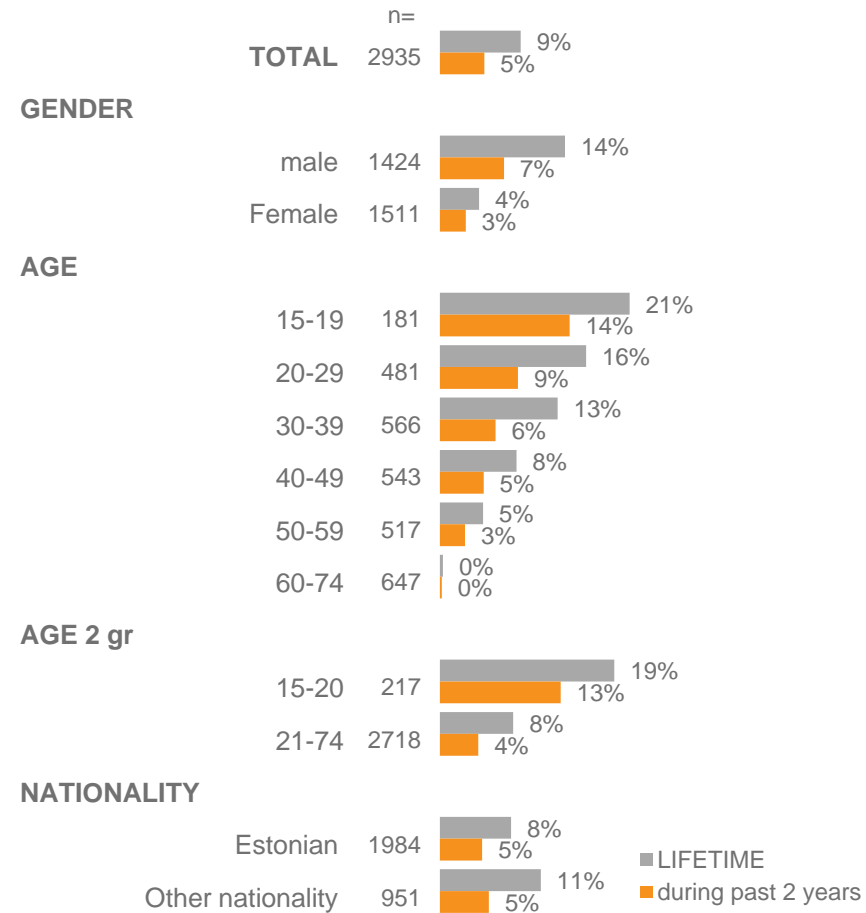
How frequently have you done that?

% of those, who bough *loot boxes*



Distribution of buying *Loot boxes*

% of all the respondents



5

Experience of problems due to gambling for money

Experience of problems due to gambling for money (1)

Admitting problems

6% of all the ones who gambled during past 2 years admits **to have experienced problems**, 5% say, that they have experienced problems previously but not anymore.

Among **gamblers with some problems**, 24% admit having experienced problems and 21% say, they don't have them anymore. Percentage of the group, who admits having had problems previously, has risen compared to the rate of 5% in 2017.

Among the group of probable pathological gamblers there is 81% of those, who claim to have had problems previously, but only 5% admit having problems at the moment.

61% of gamblers, who admit having problems, **have not sought help**. 23% have set **gambling restrictions** to themselves, 14% have **shared the matter** with their close ones, 7% have **turned to a psychiatrist** and 1% have turned to a **debt counselor**.

Compared to 2017, using different help strategies is reported significantly less.

Problem behaviour

21% of risk group gamblers and 48% of probable pathological gamblers have often tried to win back money after a loss. This variable has stayed the same throughout the years.

39% of the risk group gamblers and **57% of probable pathological gamblers** have sometimes claimed to be **winning** money when **actually losing**. This behaviour has been reported less and less throughout years.

Risk group gamblers have mostly reported **playing for more money than previously planned** and **arguing about the managing the money with close ones** as statements **indicating gambling addiction**. Both statements were agreed upon by 64% of the risk group gamblers. Almost half of them have **felt guilt** because of gambling for money and have expressed **desire to stop** gambling for money.

Third (34%) of the risk group gamblers **admitted, that others have criticized their gambling habits** and quarter (23%) of them **admitted concealing evidence** indicating gambling from their close ones.

Experience of problems due to gambling for money (2)

Compared to 2017, gamblers have reported more on **arguing about the managing the money with close ones** (64% vs 46%), **desire to stop** gambling for money (45% vs 32%) and **others criticizing their gambling habits** (34% vs 20%).

3% of all those, who have gambled during past 2 years, **have borrowed money to pay off gambling debts**. In 2017 it was 2%. 23% of risk group gamblers **have borrowed money to pay off gambling debts**. There was 11–12% in previous years. Group with the **highest level** for borrowing money is **probable pathological gamblers** with 55%. Among **gamblers with some problems**, the level is significantly lower, only 5%. It was 4% in 2017.

Every other gambler (50%), who has borrowed money, has taken it from their **relatives/friends**, third of them (32%) from **loan offices** and 29% of them have taken it from everyday budget. 18-20% have borrowed money from bank, used credit card or borrowed from their partner to pay off gambling debts.

Compared to previous study, the levels of using loan offices has risen from 25% to 32% and using credit cards from 12% to 18%. Taking money from everyday living budget has decreased from 47% to 29% and borrowing from spouse has also decreased.

Agreeing with statements indicating gambling addiction risk

Agreeing with statements indicating gambling addiction risk

The level of agreeing with statements in the study population was quite low 3-8%. In the risk group the level of agreement was significantly higher with some statements clearly standing out:

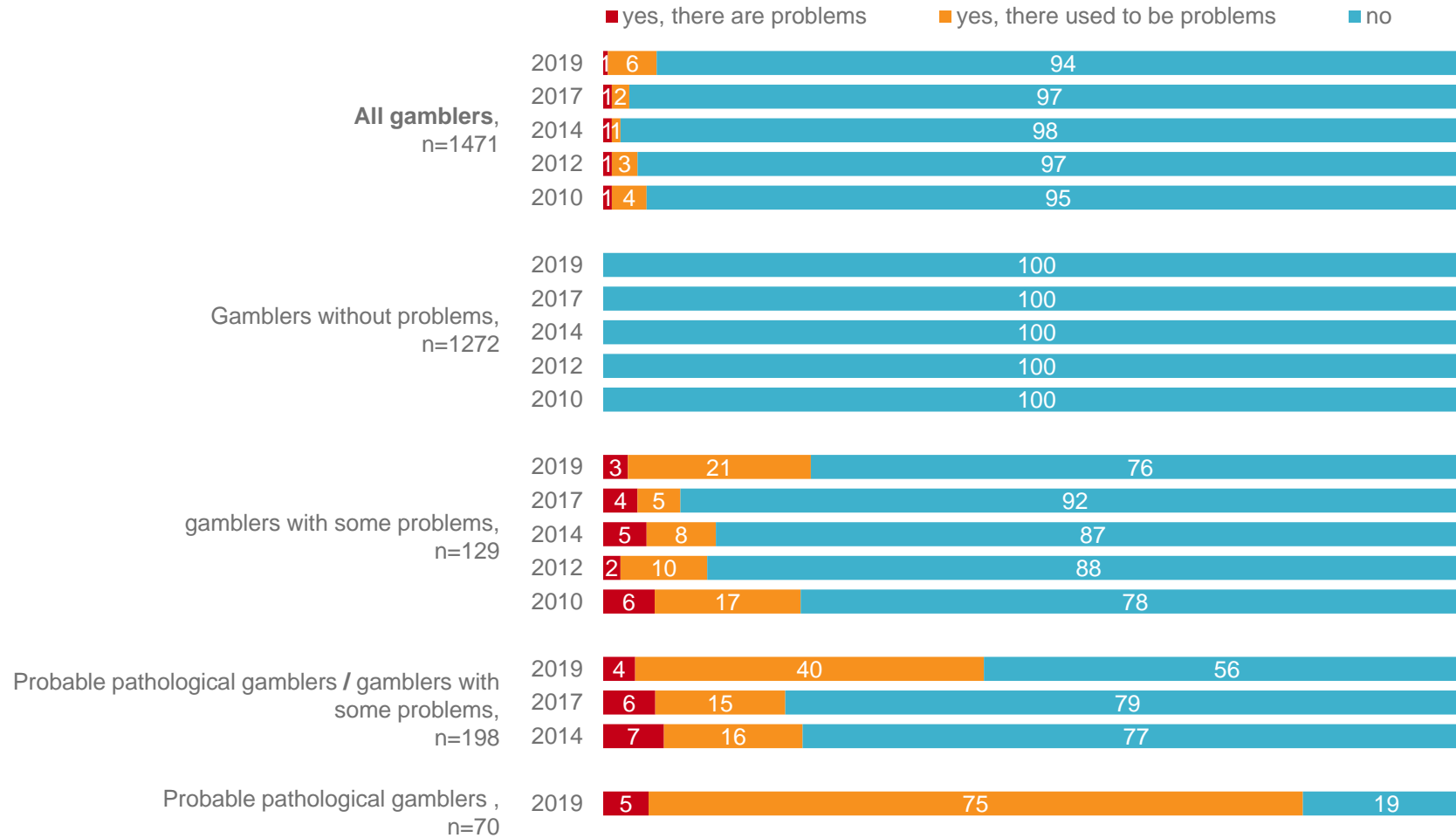
- How often have you gone back another day to try to win back the money you lost? (43%)
- How often have you felt guilty about the way you gamble or what happens when you gamble? (42%)
- How often have you felt that you might have a problem with gambling? (40%)
- How often has gambling caused you any health problems, including stress or anxiety? (40%)

In the risk group almost fifth of the gamblers agree with all the other statements also. Usually the answer is „sometimes“. Answering with „almost always“ or „most of the time“ falls between 7–15%.

Problems connected to gambling for money

% of those who gambled in the past 2 years

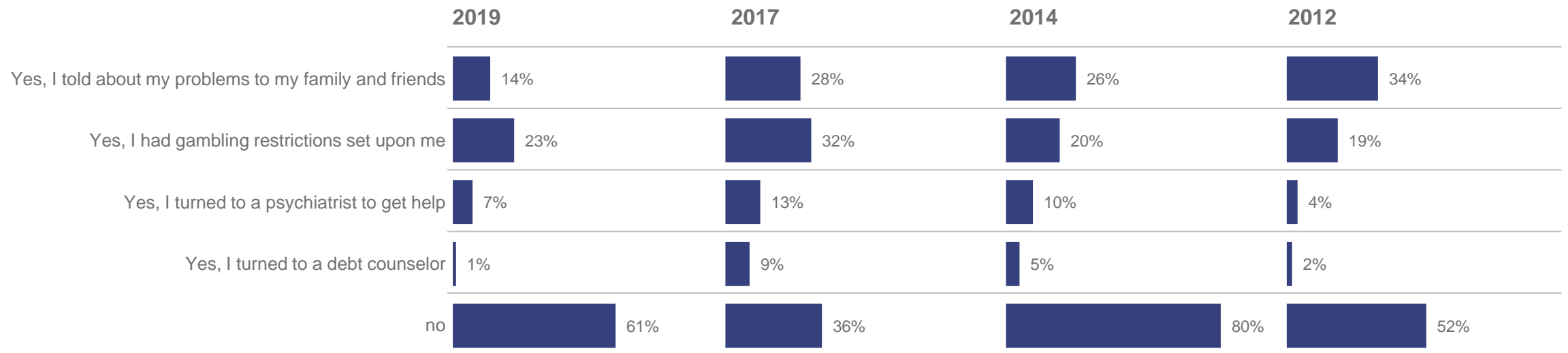
n=1471



Usin help with problems

% of those, who have experienced problems with gambling for money

n=91

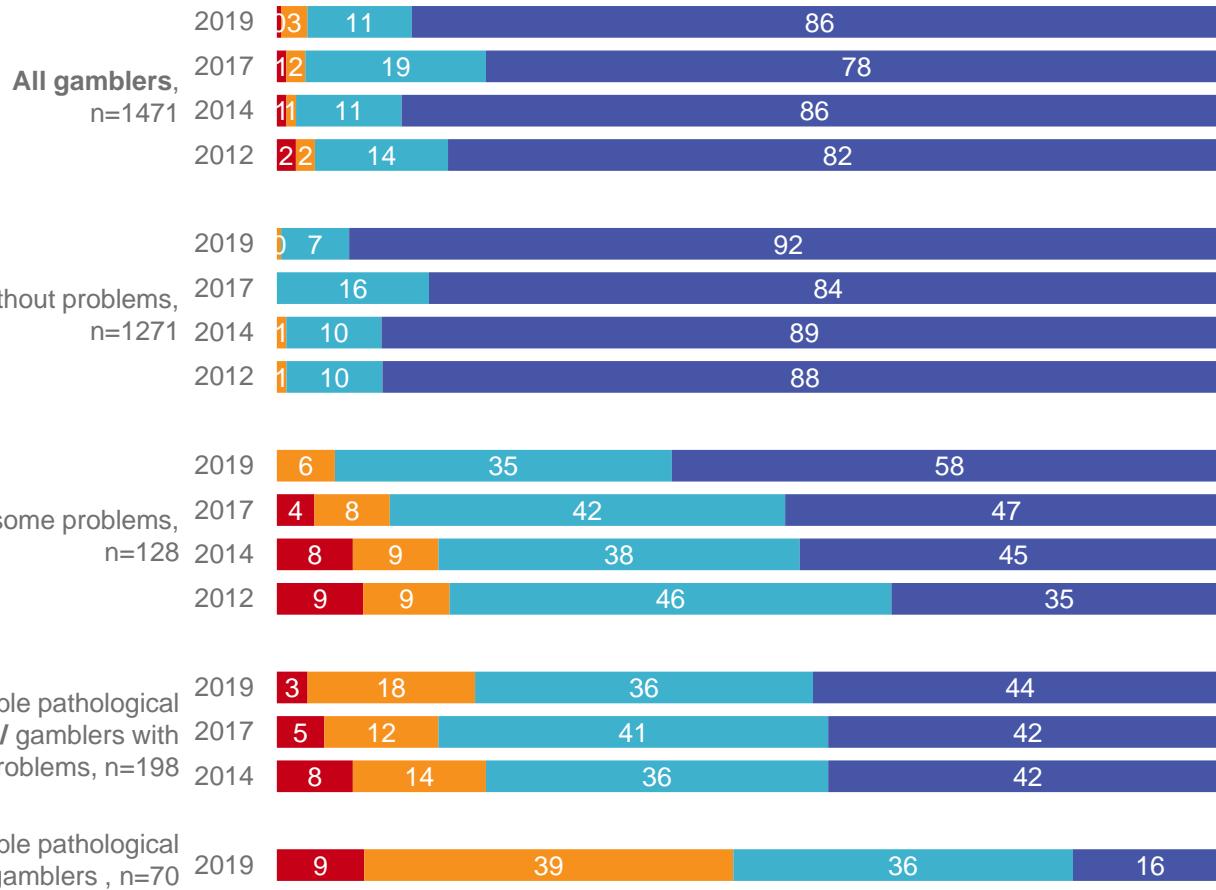


Attempting to win back money and denying losses

% of those who gambled in the past 2 years

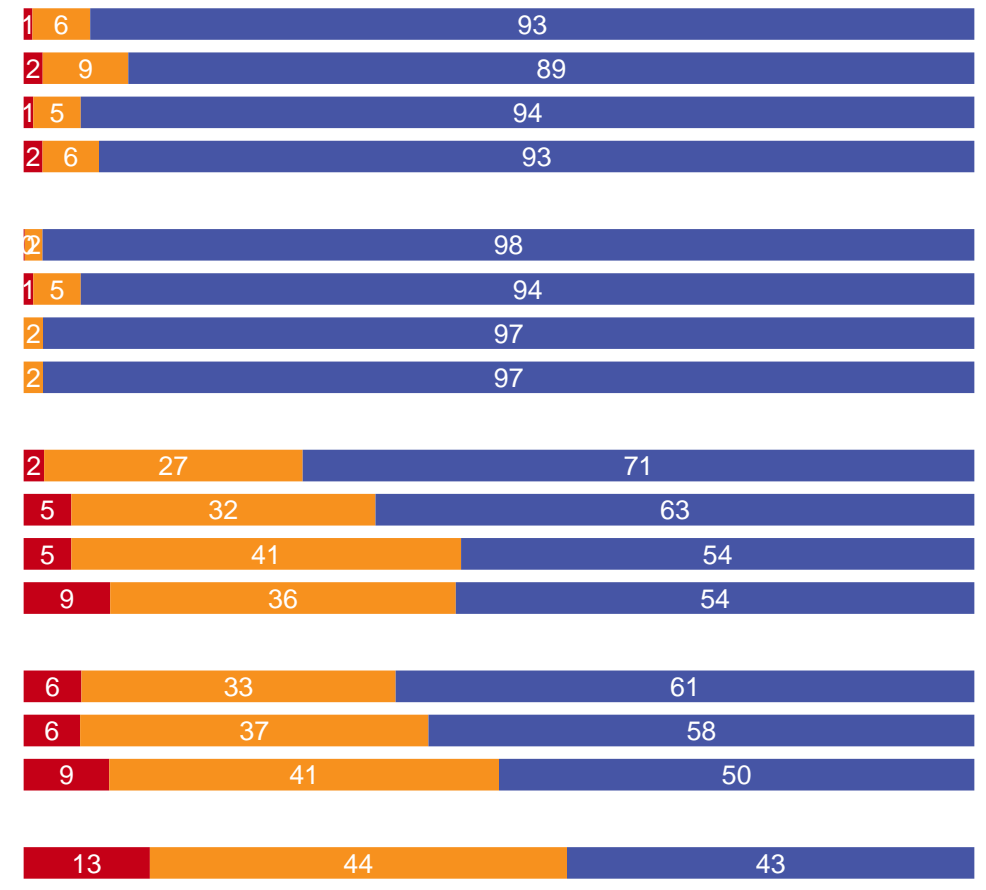
If you have gambled with your own money and lost, how often have you tried to win it back the next says?

■ after every loss ■ often, most times ■ sometimes, seldom ■ never



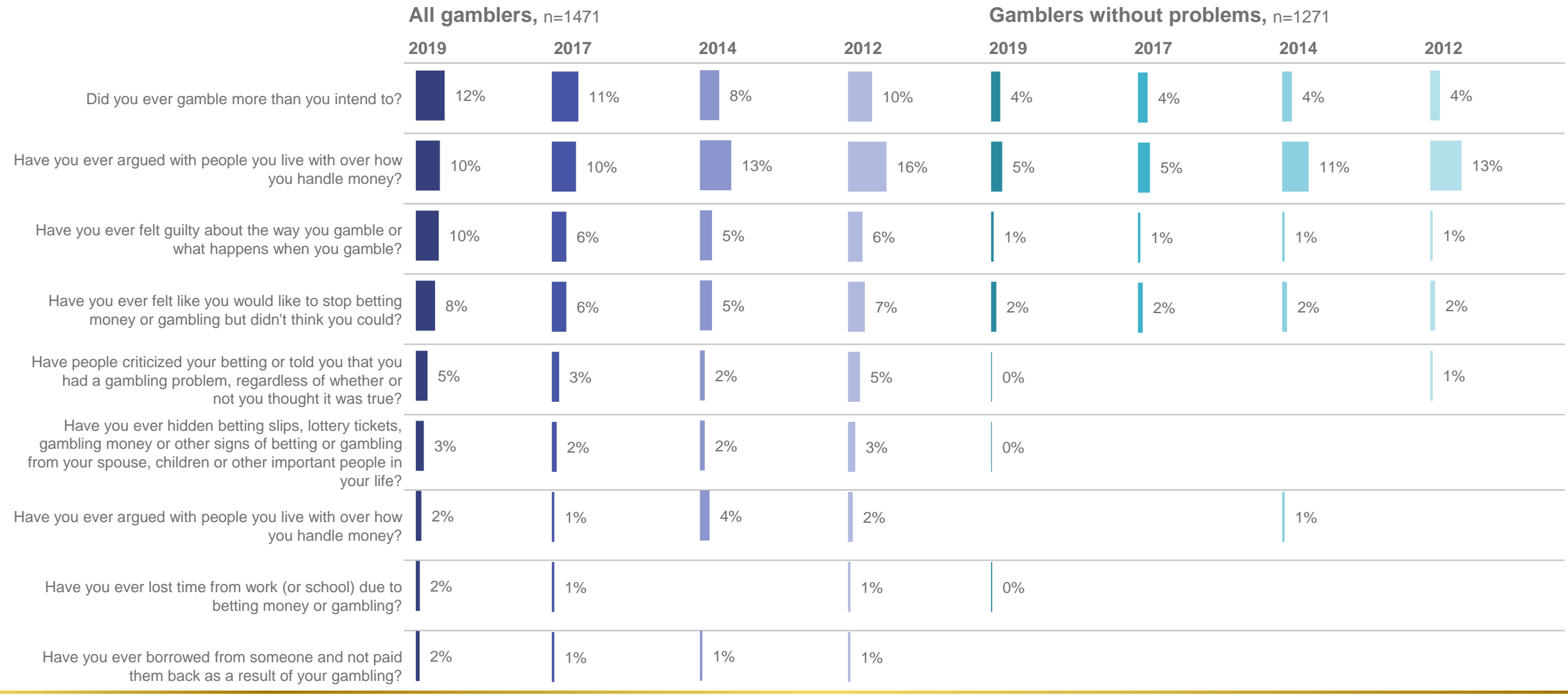
Have you ever told, that you are winning money, but actually it's the opposite?

■ yes, most of the times ■ yes, sometimes ■ never



Agreeing with statements indicating gambling addiction risk

% of those, who answered „yes“ to questions about the past 2 years

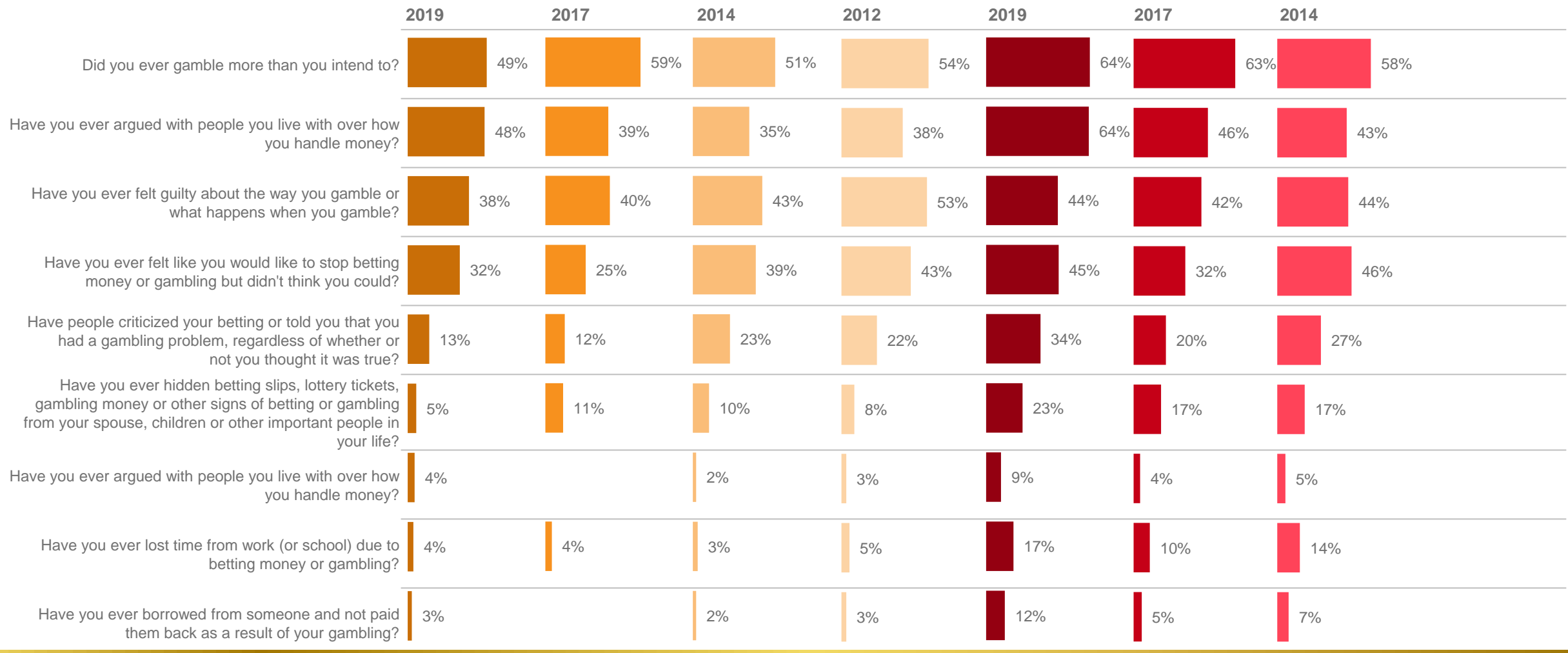


Agreeing with statements indicating gambling addiction risk

% of those, who answered „yes“ to questions about the past 2 years

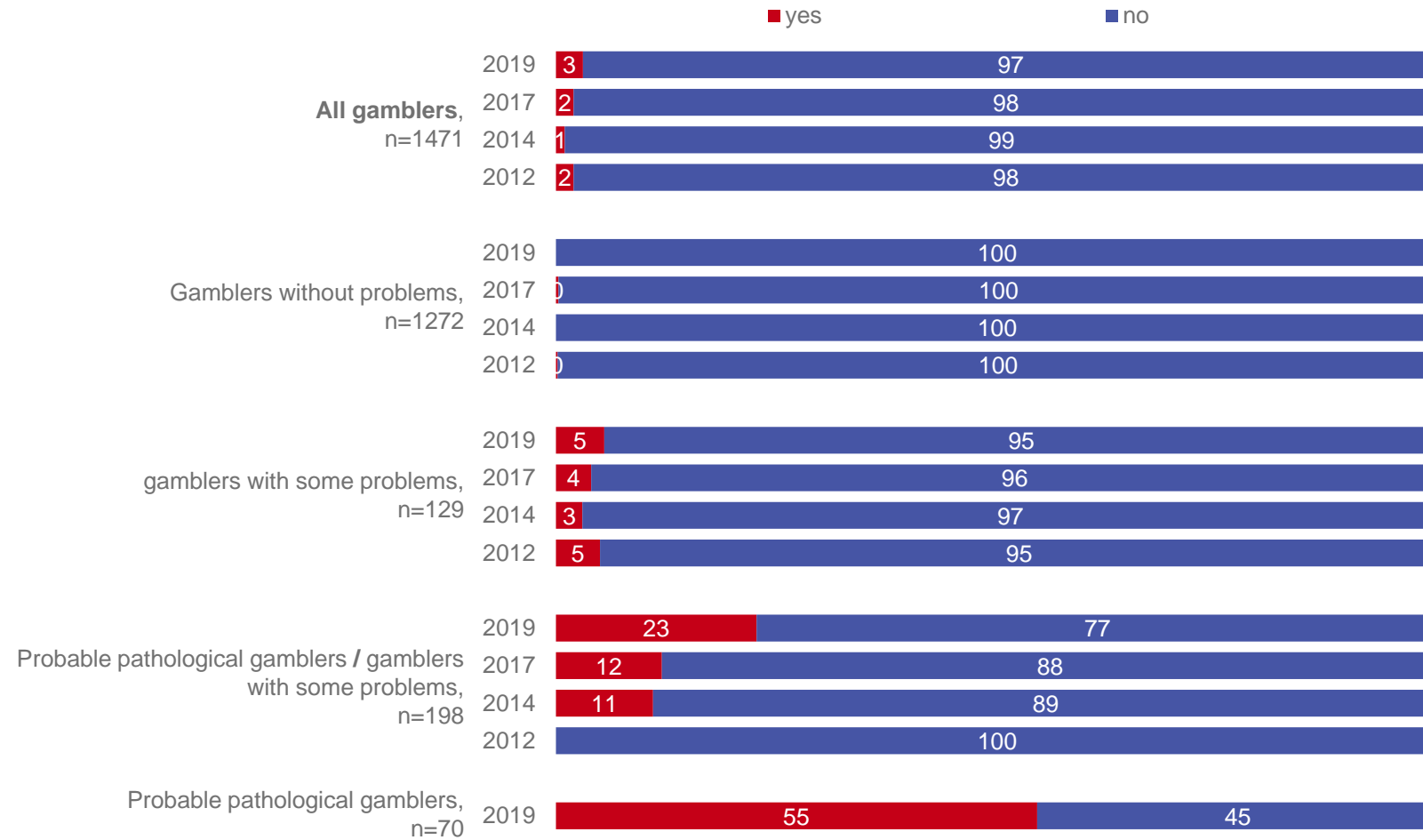
gamblers with some problems, n=128

Probable pathological gamblers / gamblers with some problems, n=198



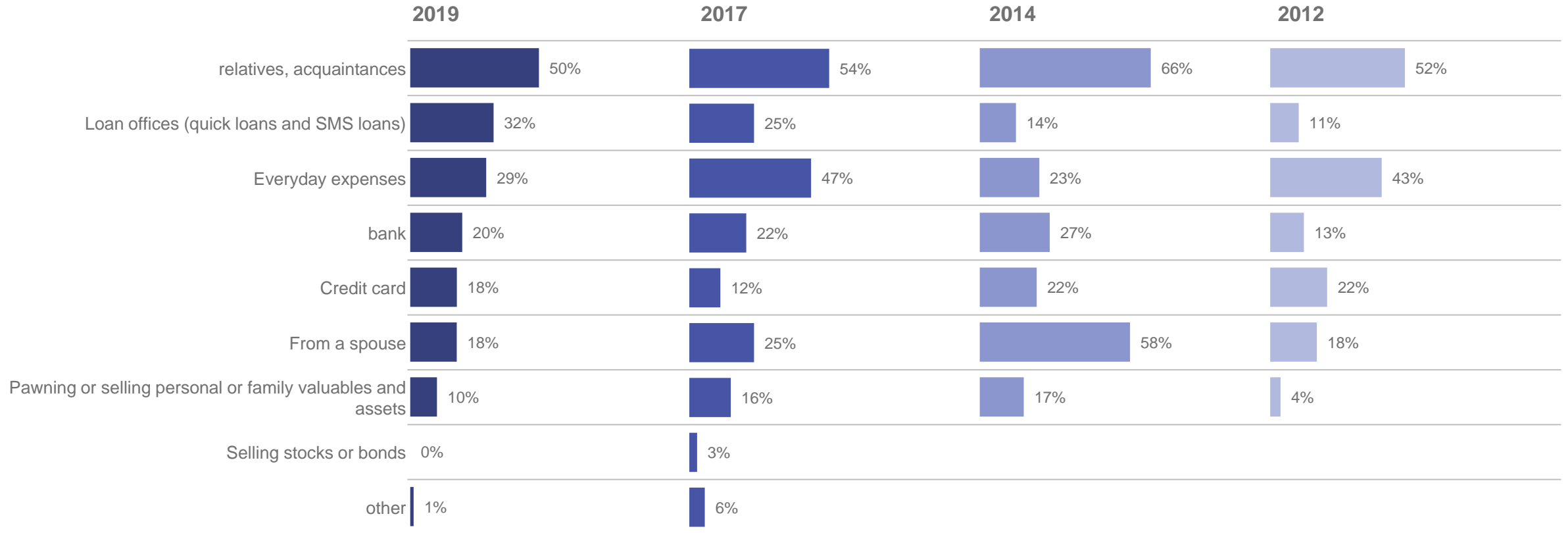
Taking money or borrowing it for gambling or paying back gambling loans

% of those who gambled in the past 2 years



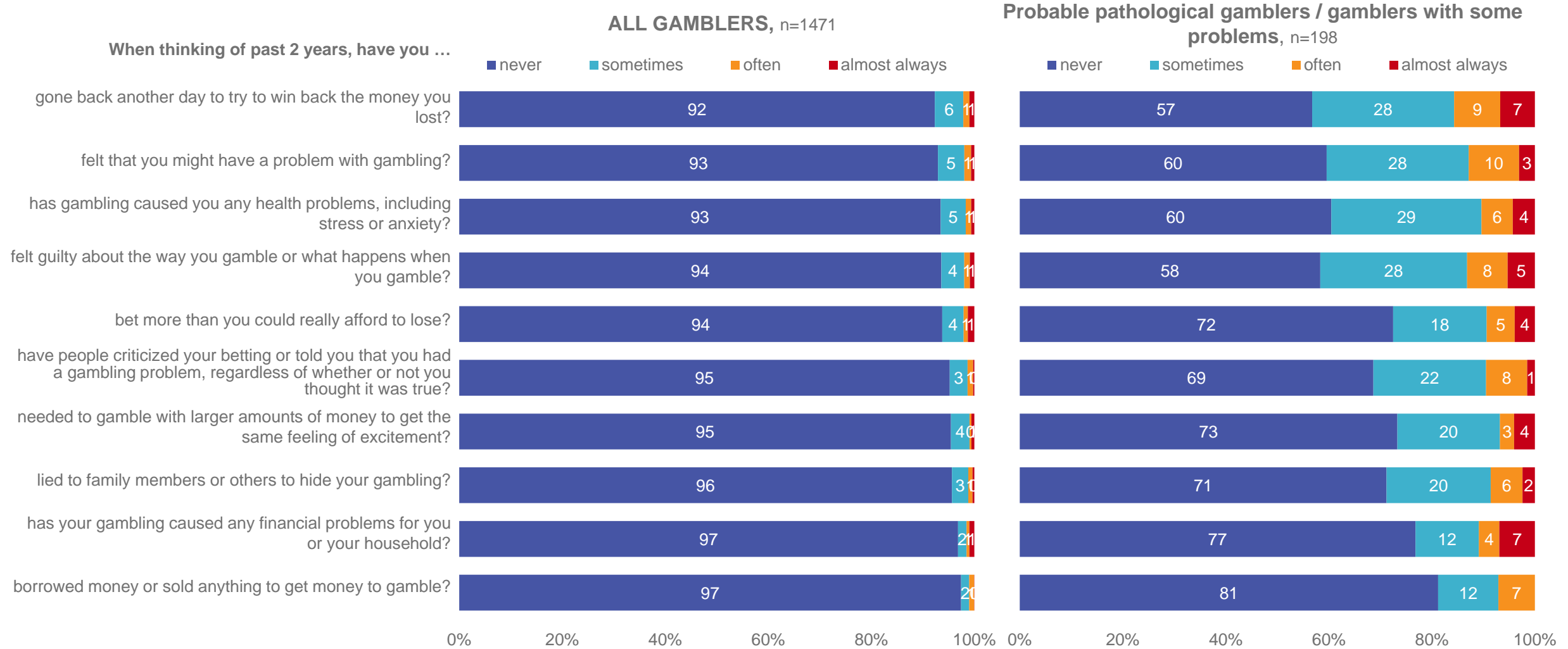
From who has the money been taken from or borrowed

% of those, who have taken money or a loan
n=91



Agreeing with statements indicating problem gambling

Total gambling during past 2 years, n=1471



Method and sample description. Project team

Population, sample and method

The general set of the study is constituted by permanent residents of the Republic of Estonia in the age of 15–74 (according to ESA 01.01.2018. 975 653 persons). Sample was combined based on populations structure about residency, age, education, gender and nationality.

Taking into account the sensitivity of the topic (respondents may answer to socially sensitive questions in a socially accepted way), we used mainly the web questionnaire, that enables more anonymity. Using only web based questionnaire tends to give too high results. So a telephone questionnaire was also used. Results are presented in a combined way.

Online survey or CAWI-method (*Computer Assisted Web Interviewing*) is presentable method. It also helps to get the young group. Web survey sample was based on Emor web contacts base Foorum, where are 30 000 contacts.

Telephone survey or CATI-meetod (*Computer Assisted Telephone Interviewing*) gives the possibility to get the respondents, who are hard to get by web surveys.

Final sample was 2935 respondents, 2434 from CAWI and 500 from CATI.

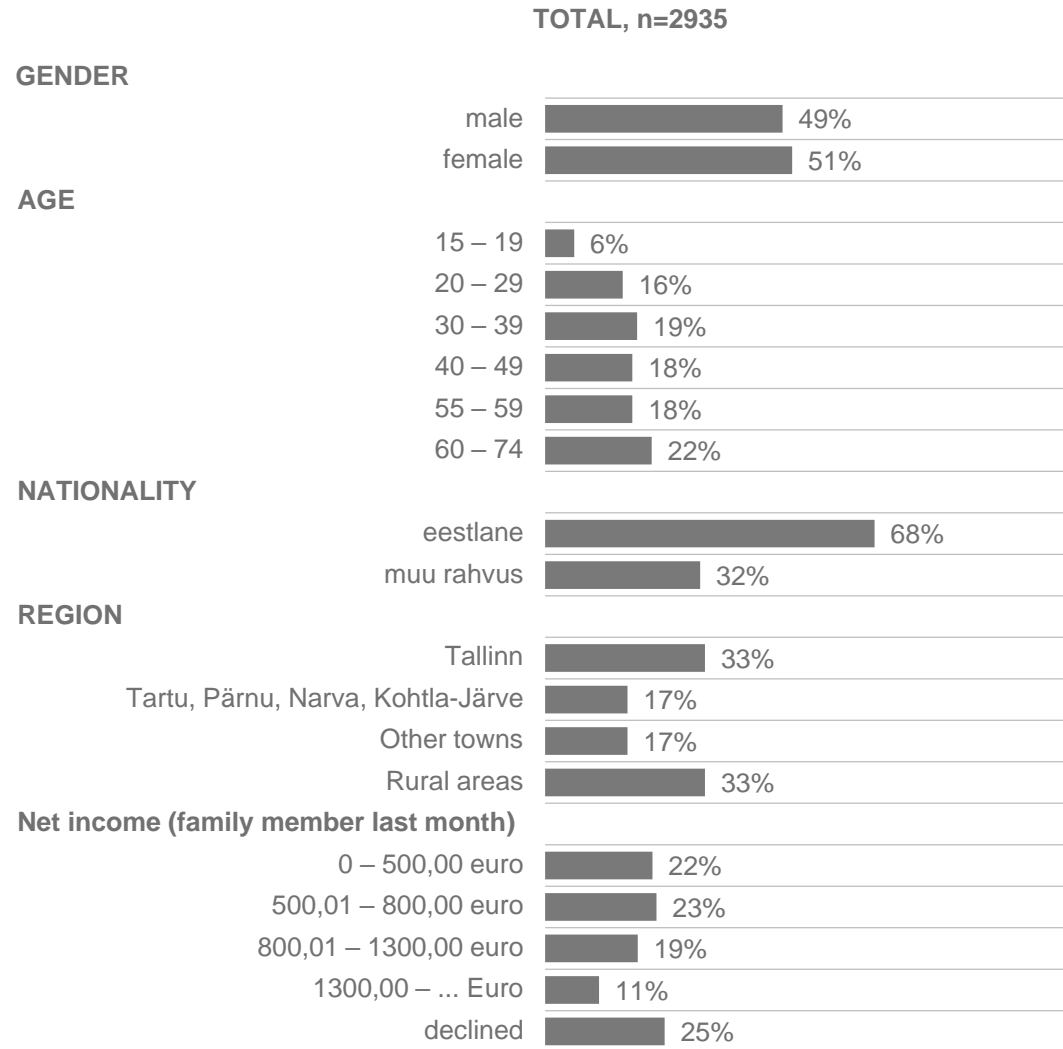
Planned and actual distribution

Population		Northern Estonia	Middle Estonia	North-Eastern Estonia	Western Estonia	Southern Estonia	TOTAL
gender x age	15-19a male	12770	3214	3362	3581	7973	30900
	20-29a male	36376	8225	6794	9718	21811	82924
	30-39a male	47691	8432	9044	10124	22116	97407
	40-49a male	41261	8774	9352	10420	21435	91242
	50-59a male	32401	8621	9965	10479	20456	81922
	60-74a male	34727	9541	11372	11232	22107	88979
	15-19a female	12333	2936	2995	3385	7608	29257
	20-29a female	37959	6350	5259	8092	19322	76982
	30-39a female	48992	6685	7553	8267	19243	90740
	40-49a female	41936	7800	9112	9681	20688	89217
	50-59a female	37672	8802	11595	10860	21142	90071
	60-74a female	52558	12522	17078	14737	29117	126012
nationality	estonian	254465	82748	17598	100933	203656	659400
	other	182211	9154	85883	9643	29362	316253
Settlement type	1 capital city	322452					322452
	2 big city			67723	27999	66938	162660
	3 other town	29478	32174	23935	24364	57044	166995
	4 countryside	84746	59728	11823	58213	109036	323546
TOTAL:		436676	91902	103481	110576	233018	975653

Planned		Northern Estonia	Middle Estonia	North-Eastern Estonia	Western Estonia	Southern Estonia	TOTAL
gender x age	15-19a male	33	8	9	9	20	79
	20-29a male	93	21	17	25	56	212
	30-39a male	121	22	23	26	57	249
	40-49a male	106	23	24	27	55	235
	50-59a male	83	22	26	27	52	210
	60-74a male	89	24	29	29	57	228
	15-19a female	32	8	8	9	20	77
	20-29a female	97	16	14	21	50	198
	30-39a female	124	17	19	21	49	230
	40-49a female	108	20	23	25	53	229
	50-59a female	97	23	29	28	54	231
	60-74a female	135	31	44	37	75	322
nationality	estonian	652	211	45	259	523	1690
	other	466	24	220	25	75	810
Settlement type	1 capital city	826					826
	2 big city			174	71	172	417
	3 other town	75	82	61	62	146	426
	4 countryside	217	153	30	151	280	831
TOTAL:		1118	235	265	284	598	2500

Actual		Northern Estonia	Middle Estonia	North-Eastern Estonia	Western Estonia	Southern Estonia	TOTAL
gender x age	15-19a male	38	11	10	10	24	93
	20-29a male	109	29	25	20	66	249
	30-39a male	143	30	25	27	67	293
	40-49a male	124	31	26	28	64	274
	50-59a male	97	32	26	30	62	246
	60-74a male	104	34	29	34	67	268
	15-19a female	37	10	9	9	23	88
	20-29a female	114	24	19	16	58	232
	30-39a female	147	25	20	23	58	273
	40-49a female	126	29	23	27	62	268
	50-59a female	113	33	26	35	64	271
	60-74a female	158	44	38	51	88	379
nationality	estonian	765	304	249	53	613	1984
	other	548	29	28	258	88	951
Settlement type	1 capital city	970	0	0	0	0	970
	2 big city	0	84	0	204	201	489
	3 other town	89	73	97	72	172	502
	4 countryside	255	175	180	36	328	973
TOTAL:		1314	333	276	311	701	2935

Profile of respondents



Confidence interval of results

Example: 50% of the respondents (n=2935) have gambled during past 2 years.

The maximum margin of error for a random sample with the 95% confidence level does not exceed 2,77%.

Sample size	50%	45%	40%	35%	30%	25%	20%	15%	10%	5%	3%	2%
	50%	55%	60%	65%	70%	75%	80%	85%	90%	95%	97%	98%
25	20,60%	20,50%	20,18%	19,65%	18,88%	17,84%	16,48%	14,71%	12,36%	8,98%	7,03%	5,77%
30	18,44%	18,35%	18,07%	17,59%	16,90%	15,97%	14,75%	13,17%	11,06%	8,04%	6,29%	5,16%
50	14,28%	14,21%	13,99%	13,63%	13,09%	12,37%	11,43%	10,20%	8,57%	6,23%	4,87%	4,00%
75	11,55%	11,49%	11,31%	11,01%	10,58%	10,00%	9,24%	8,25%	6,93%	5,03%	3,94%	3,23%
100	10,00%	9,95%	9,80%	9,54%	9,16%	8,66%	8,00%	7,14%	6,00%	4,36%	3,41%	2,80%
200	7,00%	6,96%	6,86%	6,68%	6,42%	6,06%	5,60%	5,00%	4,20%	3,05%	2,39%	1,96%
300	5,66%	5,63%	5,54%	5,40%	5,18%	4,90%	4,53%	4,04%	3,39%	2,47%	1,93%	1,58%
400	4,90%	4,87%	4,80%	4,67%	4,49%	4,24%	3,92%	3,50%	2,94%	2,14%	1,67%	1,37%
500	4,38%	4,36%	4,29%	4,18%	4,02%	3,79%	3,51%	3,13%	2,63%	1,91%	1,49%	1,23%
600	4,00%	3,98%	3,92%	3,82%	3,67%	3,46%	3,20%	2,86%	2,40%	1,74%	1,36%	1,12%
700	3,70%	3,68%	3,63%	3,53%	3,39%	3,21%	2,96%	2,64%	2,22%	1,61%	1,26%	1,04%
800	3,46%	3,45%	3,39%	3,30%	3,17%	3,00%	2,77%	2,47%	2,08%	1,51%	1,18%	0,97%
900	3,27%	3,25%	3,20%	3,11%	2,99%	2,83%	2,61%	2,33%	1,96%	1,42%	1,11%	0,91%
1000	3,10%	3,08%	3,03%	2,95%	2,84%	2,68%	2,48%	2,21%	1,86%	1,35%	1,06%	0,87%
1200	2,83%	2,81%	2,77%	2,70%	2,59%	2,45%	2,26%	2,02%	1,70%	1,23%	0,96%	0,79%
1500	2,53%	2,52%	2,48%	2,41%	2,32%	2,19%	2,02%	1,81%	1,52%	1,10%	0,86%	0,71%
2000	2,19%	2,18%	2,14%	2,09%	2,01%	1,90%	1,75%	1,56%	1,31%	0,95%	0,75%	0,61%
2500	1,96%	1,95%	1,92%	1,87%	1,79%	1,70%	1,57%	1,40%	1,17%	0,85%	0,67%	0,55%
3000	1,79%	1,78%	1,75%	1,70%	1,64%	1,55%	1,43%	1,28%	1,07%	0,78%	0,61%	0,50%

Metoodilised selgitused hasartmängusõltuvuse riskirühmade määratlemise kohta

South Oaks Gambling Screen (SOGS; Lesieur & Blume, 1987; Laansoo, 2005), is a valid and highly reliable screening test measuring the general behaviour related to gambling and distinguishing players with problems caused by gambling and players without problems. Questions comprise pathological gambling markers, such as regaining the loss, playing longer than planned, guilt accompanying gambling, negative reactions by other people in relation to gambling of an individual, claiming of having won instead of losing, borrowing money for gambling, etc.

Respondents are grouped according to their gambling habits and points gathered for questions. Possible amount of points is 0-20. 5 or more points refers to pathological gambling; 2-4 points refer to a player belonging to the gambling addiction risk group with some problems, which may lead to the formation of pathology if deepened.

0–1 points : no problem;

2–4 points : some problems;

5 or more points : probable pathological gambler.

* Lesieur, H. R., & Blume, S.B. (1987). The South Oaks Gambling Screen (The SOGS): A new instrument for the identification of pathological gamblers. *American Journal of Psychiatry*, 144, 1184-1188.
Laansoo, S. (2005). *Patoloogiline hasartmängimine: ulatus Eestis ning seosed käitumuslike ja isiksuslike riskifaktoritega*. Magistritöö. Tallinna Ülikool.

SOGS methodology for scoring gambling addiction

Questions for scoring:

- Question (Q) „When you gamble, how often do you go back another day to win back money you lost?“, answers 1 or 2 („every time I lost“, „most of the time I lost“) – 1 point.
- Q „Have you ever claimed to be winning money gambling but weren't really? In fact, you lost?“, answers 1 or 2 („yes, most of the time“, „yes, less than half the time I lost“) – 1 point.
- Q „Do you feel you have ever had a problem with betting money or gambling?“, answers 1 or 2 („yes“, „yes, in the past but not now“) – 1 point.
- “Yes,, = 1 point:
 - Did you ever gamble more than you intend to?
 - Have people criticized your betting or told you that you had a gambling problem, regardless of whether or not you thought it was true?
 - Have you ever felt guilty about the way you gamble or what happens when you gamble?
 - Have you ever felt like you would like to stop betting money or gambling but didn't think you could?
 - Have you ever hidden betting slips, lottery tickets, gambling money or other signs of betting or gambling from your spouse, children or other important people in your life?
 - Have you ever argued with people you live with over how you handle money?
 - (If you answered yes to previous question):Have money arguments ever centered on your gambling?
 - Have you ever borrowed from someone and not paid them back as a result of your gambling?
 - Have you ever lost time from work (or school) due to betting money or gambling?
- Q „If you borrowed money to gamble or to pay gambling debts, who or where did you borrow from?“ , every answer gives 1 point (from household money; from spouse; from relatives, from bank; from credit card; from loan-office (quick- and SMS loans); sold personal or family property, other).

Project team

Contact person for the Centre for Gambling Addiction:

Study plan and report compilation:

Programming the survey:

Translating the form into russian:

Coordinating the survey:

Data processing:

Graphics:

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