



Report on the Study of Hong Kong People's Participation in Gambling Activities in 2016

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Executive Summary

The Secretary for Home Affairs Incorporated, as the trustee of the Ping Wo Fund, has commissioned the Department of Applied Social Sciences, The Hong Kong Polytechnic University to conduct “A Study of Hong Kong People’s Participation in Gambling Activities in 2016”. The main objectives of this Study are to gauge the latest prevalence rate of gambling participation and Gambling Disorder (GD) among the general public and the youth; perception towards gambling; gambling behavior and pattern; demographic characteristics of gamblers and GD gamblers; risk factors associated with GD; reasons and the circumstances of football betting and online gambling operated by gaming operators other than the Hong Kong Jockey Club (HKJC); extent and channels of credit betting; characteristics and needs of GD gamblers and significant others; knowledge and perception towards the effectiveness of counselling and treatment (C&T) services for GD gamblers; prevalence trend of GD in overseas and their experience in preventive measures; and recommend the Government and relevant parties on strategies and programmes to alleviate or prevent problems associated with gambling.

The report is divided into six parts (1) Introduction, (2) Literature review on overseas gambling situation and preventive measures, (3) Telephone Poll on general public, (4) Youth Survey, (5) Focus group and individual interviews, and (6) Conclusions and recommendations.

Major Findings

1. Telephone Poll on General Public (aged 15-64)

It was conducted to collect the general public’s views on gambling in Hong Kong. A total of 2 045 telephone interviews sampled randomly were completed. Major findings are as follows:

Prevalence rate of gambling

- 1.1 61.5% respondents gambled in the past year. The tendency of gambling participation among Hong Kong population is decreasing gradually from 77.8% in 2001, 80.4% in 2005, 71.3% in 2008 and 62.3% in 2012, and 61.5% in 2016.

Demographic characteristics and gambling pattern/ behaviors of gamblers

- 1.2 56.4% ($n=823$) of all respondents ($N=1\ 460$) first gambled at age 18 or above.
- 1.3 Mark Six lottery (54.9%), social gambling (e.g. playing mahjong, poker) (31.6%) and horserace betting (12.5%) were the three most popular gambling activities participated by the whole sample ($N=2\ 045$).
- 1.4 Among those who gambled in the past year ($N=1\ 258$), significantly, respondents who were job seekers (94.3%) and those aged 30-49 (93.0%) had a proportionally higher participation rate in Mark Six lottery. Females (55.2%), respondents aged 15-17 (88.9%), those with educational level at or below Matriculation (55.5%), employers (64.9%), and students (64.5%) had a proportionally higher rate in social gambling. Males (31.2%), those aged 50-64 (26.5%), those with educational level at or below F.3 (29.7%), and employers (35.1%) had a proportionally higher rate in horserace betting. Employers (24.3%) had a proportionally higher participation rate in Macau casinos wagering. Males (18.8%), those aged 15-17 (22.2%), and self-employed persons (15.8%) had a proportionally higher participation rate in football betting.
- 1.5 There was an increase in the average monthly amount spent on all types of gambling activities except gambling in mahjong house as compared with the results in 2012. Mark Six lottery amounted to HK\$159.9 (1.2 times of previous figures), social gambling amounted to HK\$423.8 per month (1.4 times), horserace betting amounted to HK\$5,610.6 (5.9 times), football betting amount to HK\$1,598.7 (2.6 times). Gambling in Macau casinos amounted to HK\$7,938.8 (5.6 times) and casino ships amounted to HK\$45,259.6 (20 times).

Illegal gambling and credit betting

- 1.6 Among the 1 258 respondents who gambled in the past year, 0.5% ($n=6$) and 0.8% ($n=10$) of them had participated in illegal gambling and credit betting respectively.
- 1.7 Main sources of credit betting were using credit card or getting bank loan (80.0%, $n=8$) and borrowing from family/ friend/ relative/ colleague (40.0%, $n=4$). 30.0% ($n=3$) of them borrowed from finance companies.

Football betting

- 1.8 6.6% ($n=135$) respondents of the whole sample had participated in football betting. Among them, 2 participated in illegal football betting. The participation rate of football betting among the general public has decreased and remained stable since 2012, as the rate in the 2005 Study was 16.3%. The average money spent per month on football betting was HK\$1,598.7.

GD

- 1.9 Measured by the fifth edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-V), 1.4% ($n=29$) respondents were diagnosed as having GD, showing a decreasing trend as compared with previous studies. The GD-equivalent rate in the 2012 Study ($N=2\ 024$) was found to be 2.0% ($n=41$).
- 1.10 Proportionally, more GD gamblers were males; older (aged 50 or above); working as employees, and in the industries of accommodation and catering service, transportation and construction industry; working as plant and machine operators and assemblers, or working in elementary occupations; coming from the families with income between HK\$10,000 and HK\$24,999; and were job-seekers.
- 1.11 Mark Six lottery (86.2%), horserace betting (69.0%) and football betting (31.0%) were their three most favorite gambling activities.

Predictors of GD by logistic regression

- 1.12 Respondents who had taken part in horserace betting and football betting were more likely to be GD gamblers. Their chances of being GD gamblers were respectively 6.1 times and 2.7 times higher than other gamblers who did not participate in.

Perceptions on current gambling opportunities, regulation and preventive measures in Hong Kong

- 1.13 In general, respondents believed that the gambling opportunities in Hong Kong were enough in terms of the present number of Mark Six lottery draw per week (83.9% agreed, 15.5% had no comment), 2 horse racing day per week (82.4% agreed, 17.1% had no comment) and present number of football betting matches per week (71.1% agreed, 28.2% had no comment). Besides, 34.7% respondents preferred to hold

horse racing day on Saturday than Sunday (22.7%).

- 1.14 62.2% of the respondents were of the view that the age of 18 was the appropriate legal gambling age.
- 1.15 81.9% of respondents were aware of the counselling hotline (#1834 633), and 69.4% of them would seek help from C&T services when they or their family members had gambling problems.

2. Youth Survey (aged 15-22)

Data were collected from two sources: (Sample A, or S-A) 20 secondary schools, and (Sample B, or S-B) 20 non-government organizations (NGOs) / tertiary institutions. Cluster, stratified and proportionate random sampling was employed in S-A. Two classes from F.4 and F.5 in each school were chosen randomly. A total of 2 120 valid questionnaires were collected. Purposive sampling, instead of random sampling, was adopted in S-B. Students and the working youth aged 15-22 were recruited and a total of 1 198 valid questionnaires were collected. As a result, the total number of the whole youth sample was 3 318. Major findings of the Youth Survey are as follows:

Prevalence rate of gambling

- 2.1 The prevalence rate of gambling among S-A was 21.8%, showing a decreasing trend as compared with the rate of 33.5% as identified in the 2012 Study and 54.0% in the 2001 Study on the same target group (secondary school students). When S-B was considered, it was 45.6%.

Demographic characteristics and gambling pattern/ behavior of gamblers

- 2.2 When only S-A was considered, there was no significant difference between those gambled or not in the past year based on gender, age group or educational level. When only S-B was considered, young adults (aged 19-22), and those with higher educational level (i.e. Tertiary or above) had significantly higher percentage of participation in gambling.
- 2.3 Social gambling, Mark Six lottery and football betting were the popular gambling activities among all respondents in the whole youth sample who gambled in the past year. When only S-A was considered, the pattern was similar in that the most

popular one was social gambling (19.6%), followed by Mark Six lottery (5.4%) and football betting (1.2%). All the rates were lower than the results in the 2012 Study.

- 2.3a Among the whole sample of the youth aged 15-22, males had significantly higher participation rate than females in football betting, horserace betting, and online gambling.
- 2.3b Considering age, young adults (aged 19-22) significantly had higher participation rate in regulated forms of gambling activities like Mark Six lottery, football betting and horserace betting than the underage (aged 15-18), while the underage significantly had a higher participation rate in social gambling activities. No significant difference was found in online gambling.
- 2.3c Considering educational level among the whole youth sample aged 15-22, respondents who had the lowest educational level (F.1-F.3) significantly had a higher participation rate in football betting and horserace betting than the other groups of different educational levels. Those who had the highest educational level (Degree or above) significantly had a higher participation rate in Mark Six lottery and Macau casino wagering. Those with Matriculation educational level significantly had a higher participation rate in online gambling than others, and those who had senior secondary school level (F.4-F.5) significantly had a higher participation rate in social gambling than the others.
- 2.4 Among those who gambled in the past year, the majority had their gambling onset age at the legal gambling age of 18 (26.9%), followed by age 15 (10.8%), age 12 (10.2%) and age 16 (9.5%). It seemed that the ages of 12, 16, and 18 had special meanings (age 12 is the common age for adolescents transiting status from primary to secondary school students, ages 15 and 16 are the common ages for adolescents entering the job market after nine-year free education, and age 18 is the legal age of gambling and adulthood) which might prompt adolescents to have their first gambling participation. 1.7% of them had the gambling onset age at 5 or below. The respondents were not asked the types of gambling activities that they had participated when they first gambled. It should be noted that social gambling was the most popular type of gambling activity among the adolescents.
- 2.5 Among those who gambled in the past year, respondents aged 15-16 mainly placed bets by family member (22.4%) and relative (7.3%), while respondents aged 17 or above tended to place bets by their own self in HKJC off-course betting branch (aged

17-18: 28.9%; aged 19-20: 66.7%; aged 21-22: 69.5%) and through HKJC mobile apps (aged 17-18: 9.8%; aged 19-20: 18.1%; aged 21-22: 20.9%). It should be noted that 1.8% of the age group 15-16 and 28.9% of the age group 17-18 placed bets by their own self in HKJC off-course betting branch. Those aged 18 or below had a relatively higher rate (7.3%) in placing bets through non-HKJC betting apps as compared with the older ones (5.5%).

- 2.6 Regarding the venue of gambling, respondents from S-A mainly gambled at relatives' home (56.3%), followed by their own home (39.8%), while respondents from S-B mainly gambled at HKJC off-course betting branch (45.1%), followed by friend's home (42.3%). It should be noted that 7.6% of respondents in S-A gambled at schools, and 8.2% of respondents in S-B gambled at campus. The survey did not ask the kinds of gambling activities they participated in when they gambled at homes or public places. Yet, it should be noted that social gambling was identified as the most popular gambling activities among all respondents in the whole youth sample who gambled in the past year ($N=1\ 008$).

Credit betting

- 2.7 6 (1.3%) and 5 (0.9%) respondents from S-A and S-B respectively had experienced credit betting. They mainly borrowed from family or friend (S-A: 1.3%, S-B: 0.7%), then from bank/finance company (S-A, 1.0%, S-B, 0.8%). 0.2% of respondents in S-A borrowed from illegal money lender.

Football betting

- 2.8 As compared with previous studies, the prevalence rate of football betting among secondary school students (S-A) significantly dropped from 6.8% in 2005 to 4.7% in 2012 and 1.2% ($n=25$) in 2016. Among them, 20 were aged 18 or below. For S-B, the prevalence rate was 9.8% ($n=117$), and 24 of them were aged 18 or below. The average monthly expense on football betting was HK\$717.4.
- 2.9 8.8% ($n=11$) among the whole youth sample who took part in football betting had participated in illegal football betting. The underage (aged 15-18) had a slightly higher participation rate (54.6%, $n=6$) than young adults (aged 19-22) (45.5%, $n=5$).
- 2.10 "Supporting my favorite soccer team/ player" (46.5%), "Football is my favorite sport" (39.4%), "Boosting the excitement when watching the matches" (37.3%) and

“Influenced by peers” (35.2%) were the main reasons for taking part in football betting.

- 2.11 Majority of respondents in S-A ($N=25$) placed bets through friend (48.0%, $n=12$), followed by their own self through HKJC off-course betting branch and family member (both 44.0%, $n=11$). Regarding venue, most of them placed bets at home (60.6%, $n=15$), followed by friend’s home (36.0%, $n=9$), then HKJC off-course betting branch (28.0%, $n=7$), bar/pub (24.0%, $n=6$), cyber café (16.0%, $n=4$) and school/campus (12.0%, $n=3$).
- 2.12 Respondents of S-B ($N=117$) mainly placed bets by their own self at HKJC off-course branch (70.9%, $n=83$) and HKJC apps (59.0%, $n=69$). Regarding venue, most of them placed bets at home (60.7%, $n=71$), then HKJC off-course branch (55.6%, $n=65$), friend’s home (30.8%, $n=36$), bar/ pub (12.8%, $n=15$) and school/campus (12.8%, $n=15$).

Online gambling

- 2.13 The prevalence rate of online gambling of the whole youth sample was 1.4% ($n=45$). When only S-A was considered, the prevalence rate decreased from 4.6% in 2001 to 1.2% in 2012 and 1.0% ($n=21$) in 2016.
- 2.14 Average monthly amount of money spent on online gambling was HK\$1,055 ($n=24$) and average time spending on it per week was 6 hours ($n=29$).
- 2.15 “Online game involving money” (69.2%) and “Online casinos” (26.9%) were the popular forms of online gambling ($n=26$).
- 2.16 “Simple gambling rules” (44.4%) and “Playing without time constraint” (33.3%) were the main reasons for participation.

GD

- 2.17 The prevalence rate of GD was 0.7% for S-A and 3.0% for S-B. As purposive sampling, instead of random sampling, was adopted in choosing respondents in S-B, the result findings of S-B could not be generalized, and hence it provided only a reference but not an indicator to represent the general situation among young people (aged 15-22).

- 2.18 As DSM-V was used in this Study while DSM-IV was used in previous prevalence studies, probable problem and pathological gambling rates will not be compared. Despite of this, it should be noted that the prevalence rate of GD of S-A was lower than that in previous prevalence studies (probable pathological gambling rate in the 2012 Study was 1.8%).
- 2.19 There were proportionally more male GD gamblers (9.0%) than females (2.5%); and more GD gamblers at junior level of education (F.1-F.3) (17.9%) than those with higher educational levels [(Degree of above: 1.5%; non-degree: 6.3%; matriculation: 10.3%; senior secondary (F.4-F.5): 5.7%)].

Gambling motivation and gambling belief

- 2.20 Using the Chinese version of the Gambling Motivation Scale (C-GMS), it was found that both no-risk gamblers and GD gamblers gambled mainly because of “stimulation”, “broaden gambling knowledge” and “no real purpose for gambling”, but GD gamblers gambled by one more motivation - monetary reward. Further, GD gamblers had a higher level of motivation to gamble than no-risk gamblers in all types of motivation.
- 2.21 Using Gambling Belief Questionnaire-Chinese version (GBQ-C), it was found that GD gamblers tended to have greater gambling distortion in terms of luck/perseverance and illusion of control than no-risk gamblers.

Internet Addiction

- 2.22 Using Young’s Internet Addiction Test (IAT) – 8 items in Chinese version, it was found that 19.0% of respondents in the whole youth sample were probable Internet addiction users. Among 45 online gamblers, 36.4% of them were probable Internet addiction users.

Mental Health

- 2.23 Using the Depression, Anxiety and Stress Scales–21 items (DASS21) measurement in Chinese version, GD gamblers tended to have poorer mental health than no-risk gamblers, as significantly more of them were at a higher level of Depression (15.7% at moderate or above level) and Anxiety (26.8% at moderate or above level) than no-risk gamblers (Depression: 2.9% at moderate or above level; Anxiety: 9.3% at

moderate or above level).

Predictor of GD by logistic regression

- 2.24 Results generated by logistic regression from respondents of S-A, S-B, and those aged 19 or above from S-A and S-B all showed that respondents who had gambled in horserace betting and were Internet addiction users were more likely to become GD gamblers. Respondents in S-A who tended to be motivated by external pressure/influence were more likely to become GD gamblers, while respondents in S-B and in the group with ages at or above 19 who tended to gamble for money were more likely to become GD gamblers. For S-A, gambling in casinos and online gambling were also found to be predictors of GD.

Perceptions on current gambling opportunities and regulation in Hong Kong

- 2.25 Over half of respondents (56.1%) in the whole youth sample agreed that the current legal age of gambling (at 18) was appropriate.
- 2.26 As for the frequencies of gambling opportunities, more than half of the respondents showed no comment. 33.4% agreed to the current number of Mark Six lottery draw per week, 19.4% agreed to the current number of football matches for betting, and 20.0% agreed to the current number of horse racing day per week.
- 2.27 Regarding the preference of weekend horse racing day, 71.5% did not comment, 16.2% preferred Sunday, and 12.3% preferred Saturday.

3. Qualitative Study

To understand the perceptions, motivation of gambling and pathways of developing GD, 17 individual interviews and 8 focus group discussions were conducted. 10 gamblers with GD, 6 significant others and 1 professional gambler were invited for individual interviews. As for the 8 focus group discussion, there were 2 discussion sessions with a total of 11 interviewees from general public, 3 sessions with a total of 12 young people, 2 sessions with a total of 12 young people at-risk, and 1 session with 3 professional gamblers. Major findings of interviews are as follows:

Attitudes towards gambling and motivations to gamble

- 3.1 Majority of interviewees had positive perceptions towards gambling such as viewing it as a social activity or recreation, charity, and career with professional skills. Curiosity, killing boredom, earn quick money were the reasons to gamble. A few respondents in the focus groups considered that gambling activities were not fair and could not be trusted.

Risk factors of gambling

- 3.2 Summarizing feedbacks from the interviewees, several factors contributing to gambling behaviors and GD were identified as follows:
- 3.2a *Personality factors* such as interpretive bias and illusion of control, craving for gambling, low awareness of addiction, lack of self-control and inability to stop gambling, impulsiveness, sensation seeking, affiliation needs, loneliness, low self-esteem, poor stress coping skills, and poor financial management concepts;
 - 3.2b *Behavioral factors* such as early onset, early win, chasing loss, and be secretive about gambling;
 - 3.2c *Familial factors* such as parental influence, lack of parental guidance, stress/ lack of support, and poor communication;
 - 3.2d *Work factor* such as stress;
 - 3.2e *Social factors* such as wealth/money oriented value, peer influence, etc.;
 - 3.2f *Cultural factors* such as acceptancy, and treating gambling as a bonding tool;
 - 3.2g *Environmental factors* such as availability and accessibility of gambling activities, popularity of football betting, media and advertising, gambling neighbourhood, incentive offered by gambling operators, and easiness and availability of loans.

Football betting

- 3.3 7 respondents in the Youth Focus Groups (N=12), 2 respondents in the At-risk Youth Focus Groups (N=12), and 7 GD gamblers including the 2 younger ones (aged 20 and

25 respectively) involved in football betting. Similar with the findings in the Youth Survey, interest/ support for the league, new gambling forms, boosting excitement, winning money, and social gathering/peer influence were the reasons of football betting. The 2 GD gamblers also mentioned they thought that it was easy to win in football betting.

Online gambling/online games

- 3.4 8 respondents in the Youth Focus Groups and 2 respondents in the At-risk Youth Focus Groups involved in online games. 1 young GD gambler participated in online gambling. They took part in online gambling/games because their identities were concealed. Convenience and efficiency, easy-to-win perception, credit betting and great discount were other factors that aroused their interest to participate in online gambling.

Gambling patterns, behaviors and risk factors of gambling among the youth

- 3.5 Some of the respondents in all the Youth and the At-risk Youth Focus Groups (N=24) had experience gambling at an early age. In extreme case, 3 of them had the earliest onset at age of 5. 6 of them had an onset at ages 6-9. GD interviewees, based on their experiences, considered that early onset of gambling might bring harms to the young generation.
- 3.6 Parental influence, lack of parental guidance, peer influence, social need, and making easy money; and personality factors such as sensation seeking, enhancing self-esteem, and curiosity were the reasons for gambling among the youth.
- 3.7 Cards, football, mahjong, fish-shrimp-crab, and online games were those activities mostly participated by the youth in the focus groups (both the youth and the at-risk youth). They also went to game centres from time to time. Some of them reported the presence of money lenders at such venues.
- 3.8 Most of the youth in all the focus groups set limit in gambling and would not chase loss, as they did not want to borrow. They only borrowed from family members and friends, and none of them had ever borrowed from bank or loan shark.

Consequences of GD

- 3.9 Poor study/ work performance, great financial loss/ hardship, negative emotion/ poor mental health, criminal activities like stealing, disharmony/ breakdown of family, and suicidal thought/ act were the negative consequences mentioned by the respondents. Significant others would also experience financial hardship, neglect of child caring, a sense of insecurity, scare and grief, intimidation from loan sharks, mood disorder and even suicide.

Motivation to seek help

- 3.10 Family support, reconciliation of family relationship, and unbearable debt, realizing one's need, acceptance of lacking of luck, and a wish to have a new life were the main factors for GD gamblers to make change. Support from family was crucial in motivating them to seek help and during the treatment process. Though respondents said gambling was socially acceptable, paradoxically they viewed gambling loss as a shame. As a result, gamblers would keep secret about their gambling behaviors and losses, which contributed to one of the reasons preventing them from seeking help.

Relapse triggers

- 3.11 Relapse of gambling was found to be contributed by a number of factors, including: triggers (family disharmony, having significant others as gamblers, and emotional turmoil); internal disturbances (over confidence in being smart, a wish to chase loss, lack of belief in healing, lack of confidence to pay debts, and lack of determination to make change); and high-risk external environment (convenience of gambling venues, gambling fever at times like world-cup and rising stock market, unemployment/ financial pressure, too much free time, and availability of money and easy lending).

Perceptions towards effectiveness and limitations of the C&T centres

- 3.12 Respondents considered that the C&T centres were professional and a variety of treatments were effective in helping them rebuild values, increase self-esteem, strengthen family relationships, manage debts, and set future plans to have a new life. At the same time, they were under the impression that the centres were facing resources constraints.

- 3.13 They supported that more work should be done for promotions, clarifying service nature, outreaching, arousing significant others to seek help first, educating people on financial management, cultivating positive value, and providing more developmental and educational activities especially to young people. Respondents suggested that apart from the C&T centres, the Government and other NGOs should also have their roles in the prevention of gambling problems.

Perceptions on current gambling opportunities and regulation in Hong Kong

- 3.14 Majority of interviewees considered that there were sufficient gambling opportunities in Hong Kong.
- 3.15 Majority of interviewees did not express any views on legal gambling age, while a few interviewees (4 respondents) suggested that the legal gambling age should be raised.

4. Conclusion and recommendations

- 4.1 The findings in this Study show that the participation rate of Hong Kong people in gambling activities, as well as the prevalence rate of GD have continued to drop in recent years. While there are increasing concerns about the popularity of football betting especially among the young generation, the results reveals that the participation rate of football betting has dropped, while the prevalence of online gambling remains at a very low level.
- 4.2 The decreasing trend in prevalence rate of gambling and rate of GD may be resulted from the publicity and education efforts, as well as measures in place to alleviate gambling associated problem in recent years. Based on the findings, it is recommended that such measures should continue and be further stepped up on the following three areas: publicity and education; preventive and remedial services; and responsible gambling (RG) initiatives of HKJC as the betting operator.
- 4.3 Regarding publicity and education, efforts should be stepped up to cover parenthood education, financial literacy, cultivation of positive values and elevation of self-esteem, awareness of harms of gambling and signs of GD, and prevention of Internet addiction. The aspect of financial literacy should be included as part of teaching materials or in the curriculum for schools. Apart from the general public and the youth in particular, significant others and teachers may also be the targets as they can

help in early identification of at-risk gamblers. As for the means of publicity, it is suggested that digital marketing and public transportation should be used, together with broadcasting during half-time interval airing of horserace and football betting programmes. There should also be cooperation with NGOs.

- 4.4 As for preventive and remedial measures, it is suggested that counselling hotline service should be extended to 24 hours and seven days. Outreaching services and sector specific services should be provided for those industries and occupations at risk of GD as identified in the Study. The publicity of the counselling services should also be enhanced and, in particular, their professional input in rebuilding family relationship and debt management should be highlighted. To sustain the implementation of the above measures, funding support should be increased and provided continuously.
- 4.5 As for HKJC, its efforts in promoting RG should be stepped up, e.g. setting up RG booth; broadcasting warning messages or help-seeking information; enhancing its self-exclusion programme for gamblers; setting up pre-commitment programme for gamblers to set a budget/limit for gambling; and putting more RG messages in advertisement. HKJC should also avoid promoting gambling and portraying its events as social activities for families with children.

CHAPTER 1: INTRODUCTION

Gambling, in particular social gambling (e.g. playing mahjong and poker), is a kind of recreation among Hong Kong people. Yet, people may not be fully aware of the potential problems associated with excessive gambling, which may have negative impact at individual level (e.g. huge debt, poor mental health), family level (e.g. destruction of family relations, breakdown of family), and societal level (e.g. crime, loss of productivity). The Ping Wo Fund was set up in 2003 to help prevent and alleviate gambling-related problems, through publicity and education, and provision of counselling and treatment services to gamblers with gambling disorder. The Fund would commission studies to keep track on the prevalence of gambling among Hong Kong people, which would provide the basis for the Fund to introduce corresponding alleviation measures. Below is a brief description of the prevalence rates and trends of gambling participation and problem gambling in Hong Kong identified in previous studies and preventive measures that have been taken.

1.1 Previous findings of prevalence rate of gambling participation and problem gambling in Hong Kong

The prevalence rate of gambling among the general public (aged 15-64) revealed a downward trend. It dropped from 77.8% ($N=2\,004$) in 2001 to 62.3% ($N=2\,024$) in 2012. Mark Six lottery (56.0%), social gambling¹ (33.0%) and horserace betting (12.9%) were still the three most popular gambling activities shown by the Study in 2012 (HKPU, 2012). The prevalence of problem gambling measured by the Diagnostic and Statistical Manual of Mental Disorders-IV (DSM-IV²) also dropped from 4.0% of probable problem gamblers and 1.8% of probable pathological gamblers in 2001 to 1.9% and 1.4% respectively in 2012. The Study in 2012 also revealed that gamblers who had taken part in horserace betting, football betting and wagering in Macau casinos had the highest chance of becoming problem gamblers, while horserace betting was found to be a problem gambling predictor in all prevalence studies in 2001, 2005, 2008 and 2012 (HKPU, 2001, 2008, 2012; HKU, 2005).

The Study in 2012 also revealed that among the underage (those aged under 18), 33.5% ($N=3\,982$) reported participation in gambling, showing a decreasing trend as compared with the rate of 54.0% in 2001. Social gambling with mahjong (25.5%) and poker (21.8%), and

¹ Social gambling such as playing mahjong or pokers with friends or relatives.

² DSM-IV: Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition published by APA in 1994 for identifying and examining one's severe level of mal-adaptive gambling behavior. It contained 10 diagnostic criteria with two severe levels. A person who met 3 to 4 criteria would be identified as "problem gamblers" while a person who met 5 or more criteria would be identified as "pathological gambler".

Mark Six lottery (15.2%) were the three most popular forms of gambling activity. 4.7% and 1.2% of them involved in football betting and online gambling³ respectively. The prevalence rate of probable problem gambling had slightly increased from 1.3% in 2005 to 1.4% in 2012; and the prevalence rate of probable pathological gambling had also increased from 1.3% to 1.8% in 2012.

1.2 Football betting in Hong Kong

The local prevalence studies had researched into the participation rate of football betting in these years. It was 16.3% in 2005, 7.7% in 2008, and 6.6% in 2012 (HKPU, 2008, 2012; HKU, 2005). A recent Study on help seekers (N=2 779) was conducted by Caritas Addicted Counselling Centre (2016) which provided more information about the characteristics of help seekers, who were probable problem or pathological gamblers. This study illustrated that most of the help seekers who were indulged in football betting were males (98.4%), had higher educational level (Senior secondary school: 77.4%, Tertiary: 14.3%), and were younger (aged 25 or below: 10.3%, aged 26-39: 48.3%). People who bet on football had an earlier onset age of gambling as compared with people who were involved in other gambling activities, as 70% of them started to gamble at the age of 20 or below, while 4.0% of them even started to gamble at the age of 10 or below. About 78.2% of them borrowed to gamble in football (HK\$600,000 or below), which was higher than those indulging in other gambling activities. It demonstrated football gambling might be started at a younger age and the potential risk should not be neglected.

1.3 Credit betting and online gambling in Hong Kong

Credit betting for horserace, football and Mark Six lotteries operated by the Hong Kong Jockey Club (HKJC), the only licensee for the above-mentioned betting operations, is prohibited. On the other hand, illegal gambling operators offer credit betting via land-based or Internet platforms. It is observed that credit betting is also closely related to online gambling. People use credit cards, bank accounts or other e-pay devices such as E-Wallet, bank debit, or prepaid vouchers to register a betting account for transaction. With rapid technological advancement, offshore or local online gambling operators proactively use Internet / social media for marketing by offering “free-play” mode of games or welcome bonus to attract gamblers globally. People can get easily to Internet platform to place bets

³ The term “online gambling” is often used interchangeably with ‘Internet gambling’ and refers to all forms of gambling on chance events for money (including wagering and betting on skilled games) via the Internet. This includes gambling using computers, mobile phones, or wireless devices connected to the Internet (Gainsbury, S. et al., 2013). Only HKJC is allowed to operate online gambling legally in Hong Kong. In this report, online gambling refers to all online gambling not through HKJC.

as long as they have online access devices and a betting account. People can also get easy and quick loans from licensed finance companies for gambling. In 2001, the Hong Kong and Shanghai Bank Corporation (HSBC) was the first bank in Hong Kong that initiated to ban online credit betting with credit card in avoidance of fraud transaction or money laundry. As a result, customers of HSBC were not able to deposit funds by means of credit card to illegal websites (Sudhaman, 18 Feb, 2001).

1.4 Preventive and intervention measures in Hong Kong

To prevent and alleviate gambling associated problems, the Government, gambling operator and other sectors hand taken various preventive and intervention measures.

The Government established the Ping Wo Fund in September 2003 to finance preventive and remedial measures to address the gambling-related problems. The major ambits of The Ping Wo Fund are to finance the following measures:

- a. counselling, treatment and other remedial or support services for problem and pathological gamblers and those affected by them;
- b. public education and other measures to prevent or alleviate problems relating to gambling; and
- c. research and studies into problems and issues relating to gambling.

On the first area, the Ping Wo Fund is financing four counselling and treatment centres to carry out preventive and remedial services, targeting pathological gamblers, their significant others, and the general public particularly the youth. A counselling hotline has also been set up for people to seek help. A local study showed the public's high level of awareness with 75.8% of respondents knowing the hotline #1834 633, and 50.6% of them knowing the existing C&T services (HKPU, 2012). Over half of them (60.7%) reported that they would use the services if they faced gambling problems.

On public education and publicity front, the Fund also finances various NGOs to launch various types of education programmes targeting young people, students, teachers, parents and district personnel on gambling-related problems. The themes of these programmes are commonly known as "Say No to Gambling" with the objective of enhancing people's understanding of the causes and consequences of problem gambling, and strengthening their (particularly young people) ability to exercise self-control against the temptation of gambling. Targeting at football betting, territory-wide campaigns with the specific theme of "Leading a Healthy Life, Kick Gambling" were launched during the World Cup 2014 and Euro 2016

Final Tournaments to promote football as a kind of sports instead of a means of gambling in the district community and at schools.

In order to reach more people in the community, the Fund has produced various television and radio announcements of public interests (APIs) with the similar anti-gambling messages. The slogans in the APIs: “Don't Gamble your Life Away” and “Don't Gamble to Excess” have become widely known among the community. Besides APIs, the Fund also sponsored the production of TV docu-drama with a series of 16 episodes of real life experience of pathological gamblers from different walks of life to disseminate the message of "Say No to Gambling". Another series on the theme of “Lose and Win” was also broadcast recently in 2015.

The Ping Wo Fund also commissioned academic institutions to conduct research studies on gambling, including tracking gambling participation, and prevalence of problem and pathological gambling in Hong Kong. Five research studies were commissioned since 2000.

While the Fund welcomes donations from the public, the current major source of funding is from the Hong Kong Jockey Club (HKJC). Starting from 2015/16 onward, HKJC has undertaken to contribute \$45 million per year until 2018/19 (HKJC, 2016).

Apart from donations to the Ping Wo Fund, HKJC has also taken different preventive measures, partly in accordance with relevant license conditions. For instances, HKJC promotes responsible gambling by displaying warning messages and help seeking information in the tickets, websites, mobile apps, off-course branches and racecourses. Underage gambling is strictly forbidden by access control that trained staff would check persons who are suspected to be underage and ask them to leave the gambling venues if they are underage. HKJC also sets an in-person process of age verification in opening betting account. Credit betting is prohibited for all gambling operations of HKJC. A financial planning tool and a gambling calculator are placed in the HKJC website to enable gamblers to manage gambling budget and keep track of time and money spent. Voluntary Account Betting Self-Exclusion Service is available for compulsive gamblers. People joining the Service are not able to place bets through their betting accounts or open new betting account. They are barred for 1 to 3 years depending on their own request.

Research objectives and methods

1.5 Objectives

The objectives of the present Study are as follows:

- (1) To gauge the latest prevalence rate of gambling participation among the general public (aged 15-64) and youth (aged 15-22) population;
- (2) To gauge the latest prevalence rate of gambling disorder (GD) among the general public and youth population;
- (3) To gauge the general public and youth's perception towards gambling activities common in Hong Kong;
- (4) To gauge the degree (in terms of frequency and money spent) of participation in gambling activities (including online gambling) by the general public and youth population; and to explore the demographic characteristics of gamblers who participated in the top three popular gambling activities;
- (5) To gauge the channels of participation in gambling activities including online gambling by the general public and youth population;
- (6) To identify the risk factors (individual, interpersonal and societal factors) associated with GD of the general public and youth population;
- (7) To identify the reasons and the circumstances of participation in online gambling and the association of online gambling and Internet addiction;
- (8) To identify the extent and channels of credit betting in Hong Kong;
- (9) To identify the characteristics and needs of gamblers with GD and their significant others;
- (10) To gauge the knowledge and perception towards the effectiveness of C&T services for GD among the general public, the youth, and in particular, the gamblers;
- (11) To conduct trend analysis of the prevalence of GD from local studies and compare them with overseas findings;
- (12) To identify overseas experience in alleviation or prevention of problems associated with gambling; and
- (13) To recommend the Government and relevant parties on strategies and programmes to alleviate or prevent problems associated with gambling based on survey findings and overseas experience.

1.6 Methodology

In this Study, four research methods were used to collect information from different targets with different emphases. They were telephone poll on the general public, self-administered questionnaire for the youth, and individual interviews on GD gamblers and significant others, and focus groups from different age groups.

1.6.1 *Quantitative Study - Telephone Poll on the general public (aged 15-64)*

1.6.1a Participants and procedure

Telephone Poll was conducted to collect the general public's views on gambling in Hong Kong in the period from 7th March 2016 to 31st May 2016. It adopted "Next Birthday Rule" to select a respondent from each randomly selected domestic household in Hong Kong to ensure representativeness of the sample. The Computer-Assisted Survey Team (CAST) under Center of Social Policy Studies (CSPS), the Department of Applied Social Sciences of the Hong Kong Polytechnic University was responsible for conducting the telephone poll using a colloquial Chinese structured questionnaire and a Computer Assisted Telephone Interviews (CATI) system was used to collect the required information for analysis. In this survey, all the telephone numbers of the sample were selected by simple random sampling from the most recent PCCW Residential Telephone Directory (English Edition). Modified random digit dialing strategy was employed to supplement the sample with telephone numbers that were not included in the Residential Telephone Directory. The enumerators would attempt at least 3 times to contact each sampled respondent household until the interview was successfully completed or could not be pursued any further. At last, 2 045 telephone interviews were completed, with 59.31% cooperation rate.

1.6.1b Measures

A structured questionnaire comprising 64 questions in Chinese is employed to collect the information of the general public (Appendix I) including:

- a. Gambling behaviors (i.e. types of gambling activities participated, frequency of gambling, amount of betting money);
- b. Illegal gambling (i.e. frequency and types of gambling activities participated including online gambling, amount of betting money)
- c. Situation of credit betting;
- d. Measurement on GD;

- e. Perceptions towards the frequencies of gambling activities held by HKJC, days of horse racing, and legal age of gambling in Hong Kong;
- f. Help seeking behavior including awareness and usage of the C&T services for gamblers with disorder and their families, and their perception of the effectiveness of these services;
- g. Demographic information of respondents.

1.6.2 *Quantitative Study - Youth Survey (aged 15-22)*

1.6.2a Participants and procedures

a) Samples from secondary schools

A full list of local secondary schools was downloaded from the website of Education Bureau (The Government of the Hong Kong Special Administrative Region, 2015). Based on this list, cluster, stratified and proportionate random sampling was employed resulting in 20 secondary schools with 3 schools from Hong Kong Island, 7 schools from Kowloon, and 10 schools from The New Territories. In the planning stage, students studying F.4 to F.6 were the targets for data collection. Students studying F.6 were preparing the examinations of Hong Kong Diploma of Secondary Education Examination during the period of data collection, so most of them were off campus. Students studying F.4 to F.5, who were assumed to be aged 15-16, became the main targets and two classes of each form were chosen randomly by the headmaster or responsible teacher to participate in the survey. All participation was voluntary and anonymous. Data collection was conducted in the period from February to June, 2016. A total of 2 420 questionnaires were returned. 300 returned questionnaires were considered as invalid due to incomplete data or out of age range. As a result, the total number of valid questionnaires for analysis was 2 120.

b) Samples from NGOs/ Tertiary institutions

Purposive sampling, instead of random sampling, was adopted. The youth aged 15-22 were invited to participate in the survey through 20 NGOs/ Tertiary institutions/ Universities from March to June, 2016. All participation was voluntary and anonymous. 1 249 questionnaires were collected. 51 returned questionnaires were considered as invalid due to incomplete data or falling out of age range. As a result, the total number of valid questionnaires for analysis from this source was 1 198.

1.6.2b Measures

Self-administered structured questionnaire (Appendix II) was adopted. A questionnaire comprising 6 sections with a total of 44-45 questions in Chinese was designed. The questionnaire for secondary school students had 1 question less than the questionnaire for the youth from NGOs/Tertiary institutions in the part of personal data on work status. The six sections include the followings:

- a) Gambling pattern and behaviors, including football betting and online gambling (non-HKJC)
 - i. Gambling behaviors including types of gambling activities participated, frequency of gambling, source and amount of betting money, channels and venues of gambling;
 - ii. Football betting including reasons of involvement in football betting, amount of betting money, channels and venues of gambling, illegal football betting, and their companions;
 - iii. Online gambling including kinds of online gambling activities participated, reasons of participation, time and money spent, and ways of participation. Internet addiction was also measured, using the 8-item Young's Diagnostic Questionnaire for Internet Addiction Test (IAT) (Young, 1996), as it was hypothesized in this Study that GD and Internet addiction had a relationship. Using DSM-IV diagnostic criteria of pathological gambling as the prototype, Young developed a short 8-item questionnaire for measuring addictive Internet use. Respondent with a "yes" to five or more of the items will be considered as having probable Internet addiction, and respondents with a "Yes" to four or less items will be classified as "no-risk Internet users". In the validation study of the Chinese version (Li et al., 2012), it got a very good internal consistency (Cronbach's $\alpha = .82$);
 - iv. Credit betting including frequencies and sources.
- b) Prevalence of GD
 - i. The fifth edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-V) published in 2013 was used, which is different from the fourth edition (DSM-IV) in the following ways:
 - 1) Compulsive gambling is termed "Gambling Disorder" (GD) instead of "pathological gambling" (PG). It was reclassified from being part of "Impulse-Control Disorders Not Elsewhere Classified" to the new

diagnostic category “Substance-Related and Addictive Disorders”. In other words, gambling is recognized as a potential behavioral addiction;

- 2) Removal of one criterion “has committed illegal acts such as forgery, fraud, theft, or embezzlement to finance gambling” from the ten criteria to become nine;
- 3) Threshold for pathological diagnosis is lowered from 5 to 4 criteria;
- 4) Specifying the time period (during past 12 months) when the symptoms are presented⁴; and
- 5) Specifying level of severity – mild (4-5 criteria), moderate (6-7 criteria) and severe (8-9 criteria).

ii. Reasons for adopting DSM-V instead of DSM-IV

When an old version was refined to become a new one by a professional authority (American Psychiatric Association), it is normal to adopt the new one and discard the older one. Thus, more and more studies had applied it for examining and analyzing GD (Medeiros et al., 2015; Rennert et al., 2014; Slutske et al., 2013; Wu et al., 2014). Some researchers, like Petry et al. (2013) had adopted DSM-V in 2013 in a study ($N=3\ 710$), and found that it was more accurate than DSM-IV which yielded a good internal consistency (Cronbach’s $\alpha = .95$). With no exception, this Study followed the trend and adopted DSM-V.

c) Gambling motivation and belief

Gambling motivation was measured by C-GMS (Wu, 2010), which was developed from Gambling Motivation Scales (GMS) (Chantal, Vallerand, & Villiers, 1994). It consists of 28 items scored on a 7-point Likert scale anchored by the endpoints ‘does not correspond at all (1)’ and ‘corresponds exactly (7)’, and with a midpoint of ‘corresponds moderately (4)’. A higher score indicates higher attribution to that motivation. It comprises seven subscales that correspond to seven types of motivation, including Intrinsic Motivation of knowledge, stimulation, and accomplishment; Extrinsic Motivation of identified regulation, introjected regulation and external regulation; and Amotivation. C-GMS has been validated with satisfactory internal consistency (Cronbach’s $\alpha = .75$) (Wu, 2010).

Gambling belief in terms of cognitive distortion, was measured by GBQ-C (Wong & Tsang, 2010), which was developed from Gambling Belief Scales (GBQ) (Steenbergh et al., 2002). It consists of 2 subscales – (1) Luck/ Perseverance and (2) Illusion of Control. GBQ-C had been validated and used among the population of Hong Kong (Wong, 2013),

⁴ HKPU had adopted the principle - specifying time period (during past 12 month) since 2000.

consisting of 9 items in the subscale of Luck/ Perseverance and 5 items in the subscale of Illusion of Control. Respondents rate each item on a 7-point Likert scale from (1) “Strongly agree” to (7) “Strongly disagree”. Higher scores indicate a higher gambling belief distortion. In Wong’s study, it showed a good internal consistency (Cronbach’s α =.92) and adequate test-retest reliability (r =.77).

d) Other risk or protective factors associated with GD

- i. Family functioning, measured by APGAR (Smilkstein et al., 1982), has been widely used in western countries. APGAR is the abbreviation of “A” which represents “Adaptation” – utilizing familial resources for problem solving in family disequilibrium; “P” represents “Partnership” - sharing of decision making & nurturing responsibility by family members; “G” represents Growth - physical and emotional maturation; the second “A” represents “Affection” - caring or loving relationship; and “R” represents “Resolve” - commitment to devote time to family. This assessment tool is composed of 5 questions with 3-point Likert scale from 0 (hardly ever), 1 (some of the time) to 2 (almost always). A higher score indicates higher satisfaction on family function. This Study adopted the Chinese version of APGAR, which has been developed and validated (Chen & Chen, 1980; 1991; Hsu et al., 1973; Lu et al., 1999) and used in studies among Chinese population with good reliability and consistency [Cao et al., 2013 (Cronbach’s α = .82); Chau et al., 1991 (Cronbach’s α =.84); Nan et al., 2014 (Cronbach’s α = .82)].
 - ii. Mental health status was measured by DASS21 (Lovibond & Lovibond, 1995). It is a set of three sub-scales validated in different populations such as Americans and British (Crawford et al., 2009; Norton, 2007). Good construct, convergent and discriminant validity have also been demonstrated (Antony et al., 1998; Clara et al., 2001; Henry & Crawford, 2001). It is a 4-point Likert scale from 0 “Never” to 3 “Almost always”. Higher scores indicate higher levels of distress/ anxiety/ depression. The Chinese version of it has been validated and widely used as an instrument for assessing mental health status in researches in Hong Kong and China (Wang et al., 2015; Cheung & Yip, 2015; Chaw et al., 2014; Oei et al., 2013). The cut off scores of severity of each subscale are as follows: (1) Depression: 21 or above, (2) Anxiety: 15 or above (3) Stress: 26 or above. It had been validated by Wang et al. (2016) with good internal consistency (Cronbach's α of .83, .80, and .82 for depression, anxiety, and stress subscales respectively, with Cronbach's α of .92 for the total scale).
- e) Views on legal age of gambling, frequencies of gambling activities held by HKJC and days for horse racing.

f) Demographic data of respondents

This includes age, gender, educational attainment, monthly income, household income, religion, married status, work status, occupation, etc.

1.6.3 *Qualitative Study: Individual interview and focus group*

Purposive sampling was adopted for individual in-depth interviews and focus groups. The 17 in-depth individual interviews consisted of 10 gamblers with GD, 6 significant others and 1 professional gambler with ages ranging from 20-63. 8 focus groups consisted of 2 groups of general public with 11 interviewees aged 41-64, 3 groups of youth with 12 interviewees aged 18-21, 2 groups of at-risk youth with 12 interviewees aged 16-22, and 1 group of professional gambler with 3 interviewees aged 36-46. GD gamblers and significant others were referred by the four C&T centres. Respondents of focus groups were referred by four NGOs. 4 professional gamblers were referred by a researcher's network. Researchers conducted the interviews from February to June, 2016 with semi-structured interview guides (Appendix III to IX).

In-depth individual interviews focused on the pathways of developing GD, problems occurred, and the views on the effectiveness of preventive and remedial measures for preventing gambling problems, while the focus groups focused on gambling participation, gambling behaviors, particularly online gambling and credit betting, views on current arrangement of gambling activities, and preventive and remedial measures to prevent problem gambling in Hong Kong. Interviews with professional gamblers focused on online gambling and comments on gambling situation in Hong Kong. Personal information including kinds of gambling activity participated was also collected. Interviews were audio-recorded and transcribed.

1.7 Mechanisms adopted to protect respondent rights and ensure data quality

1.7.1 Ethical approval was sought from the Ethics Review Committee of HKPU to protect respondent rights.

1.7.2 Approval and support was sought from the headmasters before collection of data from secondary school students to protect respondent rights.

1.7.3 Participation was voluntary and anonymous to ensure reliability.

1.7.4 Information sheets and consent forms were presented before administration of questionnaires and interviews to ensure reliability and protect respondent rights (Appendix X to XI).

1.7.5 Incomplete questionnaires were not included in data analysis to ensure quality of data.

1.7.6 Data entries were checked to ensure accuracy.

- 1.7.7 In non-random sampling (Youth Survey from NGOs and tertiary institutions), respondents were engaged from different sources to ensure heterogeneity.
- 1.7.8 Semi-structured interview guides were designed to ensure reliability between different interviewers.
- 1.7.9 To avoid over or under-representation of certain demographics in the samples, cross-tab analysis as a weighting method was used for comparisons between different groupings.

CHAPTER 2: LITERATURE REVIEW ON OVERSEAS GAMBLING SITUATION AND PREVENTIVE MEASURES

In Hong Kong, there is a decreasing trend in the prevalence rate of participation in gambling. The current chapter provides an overview of the prevalence rates and preventive/intervention measures in five chosen countries/provinces/cities. They are chosen either due to their comparatively larger volume of studies in this area, or due to the fact that they are places near to Hong Kong, with Chinese people as the majority. With reference to overseas gambling studies and reports, it shows that the prevalence rates of gambling participation and problem gambling are having a decreasing tendency in these five places, while the prevalence rates of online gambling increase. Their respective preventive/ intervention measures are highlighted for reference.

2.1 Prevalence rate of gambling participation and problem gambling

2.1a *United States*

Welte et al. (2014) conducted a comparative study on prevalence of gambling participation and problem gambling between the period of 1999-2000 and 2011-2013 by telephone poll among adults aged 18 or above ($N=2\,631$ in 1999-2000, $N=2\,936$ in 2011-2013). Results illustrated that there was a declining tendency of participation in gambling in the past 12 months (77.0%) as compared with that in 1999-2000 (82.0%). Among young adults (aged 18 or above), there was a substantial drop from 89.0% in 1999-2000 to 78.0% in 2011-2013. Lottery, instant scratch, daily number, etc. (62.0%) and office pools, raffles, and charitable small stakes (40.2%) were the most popular gambling activities. Males (13.5%), black (14.8%), those aged 31-45 (12.3%) and those from the bottom third of socioeconomic status (12.4%) participated in gambling more frequently⁵.

The prevalence rate of pathological gambling changed slightly (1.4% by DSM-IV and 2.0% by SOGS⁶ in 1999-2000; 1.0% by DSM-IV and 2.4% by SOGS in 2011-2013). However, the prevalence rate of problem gambling increased substantially among men (4.0% in 1999-2000 to 7.0% in 2011-2013) and decreased among women (3.0% in 1999-2000 to 2.5% in 2011-2013).

⁵ Gamblers gambled two times a week or more.

⁶ SOGS: South Oaks Gambling Screen, respondent who endorsed five or more of these items qualified as a pathological gambler.

2.1b *United Kingdom*

British Gambling Prevalence Survey (BGPS) conducted by Wardle et al. (2010) reported that 73.0% of the British adults ($N=7\,756$, aged 16 or above) participated in gambling in the past year, increasing from 68.0% in 2007. A more recent gambling survey using the data of the Health Survey for England (HSE) ($N=8\,291$, aged 16 or above) and the Scottish Health Survey (SHeS) ($N=4\,815$, aged 16 or above) conducted by Wardle et al. (2014) reported that 65.0% British and Scottish adults had taken part in gambling in the past year, indicating a decrease. In the survey of BGPS (2010), the most popular gambling activity was National Lottery (59.0%), scratch cards (24.0%), horserace betting (16.0%) and slot machine (13.0%). Gambling prevalence rates were the highest among males (75.0%), those aged 45-44 (77.0%) and 55-64 (78.0%), those who were either married or had been married (75.0%), white/white British (76.0%), those with the highest educational attainment (GCSEs⁷ or equivalent) (76.0%) or had other qualifications (78.0%), those from lower supervisory/technical households (79.0%), those in paid work (78%), those with the highest personal income (79.0% for the 4th income quintile and 76.0% for the highest income quintile), and those living in the East Midlands (80.0%).

The prevalence rate of problem gambling measured by the Problem Gambling Severity Index (PGSI)⁸ slightly increased from 0.5% in 2007 to 0.7% in 2010, while measured by the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV) (Wardle et al., 2007, 2010), it increased from 0.6% to 0.9%. Reported by Wardle et al. (2014), measured by PGSI, the prevalence rate was 0.4%, while measured by DSM-IV, it was 0.5%, indicating a slight increase in 2010 and then a light decline in 2012. Problem gamblers tended to participate in spread betting (20.9%), play poker at a pub/club (13.2%) and bet on other events with bookmaker (12.9%). Non-problem gamblers liked to buy National Lottery (0.9%) and play scratch cards (1.7%). Problem gamblers were more likely to be male, younger, had parents who gambled regularly with gambling problems and be a current cigarette smoker (BGPS, 2010).

⁷ GCSE: General Certificate of Secondary Education.

⁸ PGSI: The Problem Gambling Severity Index (PGSI) is a nine item scale for measuring the severity of problem gambling. Four types of gamblers were defined. Respondents meeting 0 criterion are identified as 'non-problem gambling', respondents meeting 1-2 criteria are classified as 'low level of problems with few or no identified negative consequences. Respondents meeting 3-7 criteria are classified as 'moderate level of problems leading to some negative consequences. Respondents meeting 8 or more are classified as 'problem gambling with negative consequences and a possible loss of control'.

2.1c *South Australia*

Gambling prevalence survey conducted by The Social Research Centre of Melbourne in 2012 ($N=9\,245$, aged 18 or above) showed that 68.8% of the South Australian adults had participated in gambling in the past 12 months. No significant change was found in the prevalence of gambling as compared with the results in 2005 (69.5%). Compared with 2005, the participation rates of some gambling activities increased while some decreased slightly as follows: lotto/ lottery tickets (55.5%, +3.8%), poker/ electronic gaming machines (EGMs) (26.5%, -3.7%), instant scratch tickets (20.7%, -3.7%) and horse/greyhound race betting (20.5%, +1.9%).

The prevalence rate of problem gambling examined by PGSI in 2012 was 0.6%, and 2.5% and 7.1% of respondents were classified as moderate risk gamblers and low risk gamblers. Among frequent gamblers who gambled at least once a fortnight on any selected gambling activities, the rate of classifying as problem gamblers was 4.4%, with no significant change compared with 2005 (3.0%), but there was a significant increase in the proportion of moderate risk gamblers (8.3% in 2005 vs 12.9% in 2012) and low risk gamblers (16.2% in 2005 vs 20.3% in 2012). Males, people from households with only one person aged 16 years old and above, those exhibiting two or more indicators of financial stress, those with separated or divorced marital status, those without formal postsecondary educational qualification, people from an Aboriginal or Torres Strait Islander cultural background and those with annual household incomes below AUD15,600 were more likely to be problem gamblers (The Social Research Centre of Melbourne, 2012).

2.1d *Singapore*

The National Council of Problem Gambling (NCPG) conducted a survey of gambling participation in 2014 which reported that the gambling trend was going down. 44.0% of Singapore residents aged 18 and above reported that they had participated in at least one form of gambling activity in the past 12 months, while the rate in 2011 was 47.0%. Higher gambling participation rate were found in Chinese (53.0%), males (49.0%), and those aged 40 years old and above (50.0%). The most popular types of gambling activities were 4D (35.0%), Toto (27.0%), Singapore Sweep (16.0%) and social gambling (10.0%) (NCPG, 2014).

Prevalent rate of pathological gambling was measured by DSM-IV. There was a significant decrease in pathological gambling prevalent rate from 1.4% in 2011 to 0.2% in 2014 and problem gambling prevalent rate also decreased from 1.2% in 2011 to 0.5% in

2014. Though the prevalent rates decreased, more problem gamblers started to gamble regularly from a young age, with 17.0% of them reported onset of gambling habit before the age of 18, as compared with 5.0% in 2011. Male, Chinese, those aged 40-49 years and 60 years old and above, those with “O” level / ITE / Primary or no education, those with monthly personal income of SGD1,000-1,999 and SGD3,000-3,999 had a higher probability to become pathological gamblers (NCPG, 2014).

2.1e *Macao*

A survey conducted by The Institute for the Study of Commercial Gaming, University of Macao in 2014 found that there was a decrease in gambling participation among Macao residents (aged 15-64) from 55.9% in 2010 to 49.5%. Higher gambling participation rate were found in males (57.7%), married persons (55.9%), those aged 35-44 (57.5%), employees (55.2%) and high income persons (57.7%). Mark Six lottery (33.1%), social gambling (21.7%), wagering in Macao casino (11.9%), slot machine (7.2%) and soccer/basketball matches betting (4.5%) were still the five most popular forms of gambling activities.

In terms of pathological gambling measured by DSM-IV, there was a decrease in pathological gambling from 2.8% in 2010 to 0.9% in 2013 and in problem gambling from 2.8% in 2010 to 1.9% in 2013. Wagering in casino was the most favorite gambling activity among probable pathological gamblers and logistic regression analysis also predicted that respondents who had taken part in wagering in casino had 8.6 times higher chance to become pathological gamblers than the non-participants. In addition, respondents who had involved in soccer/ basketball matches betting also tended to become problem/ pathological gamblers with 2.9 times higher chance than the non-participants.

Below is a summary table showing the prevalence rates of gambling participation and problem and pathological gambling in these places.

Country	Author	Year	Prevalence rate of gambling participation	Prevalence rate of pathological gambling		Measurement
United States	Welte et al	2014	76.9% (2011-13) 82.2% (1999-00)	1.0%	(2011-13)	DSM-IV
				1.4%	(1999-00)	
				2.4%	(2011-13)	SOGS
United Kingdom	Wardle et al.	2010	73.0% (2011) 68.0% (2007)	0.9%	(2010)	DSM-IV
				0.6%	(2007)	
				0.7%	(2011)	PGSI
	Wardle et al.	2014	65.0%	0.5%	(2012)	DSM-IV
				0.4%	(2012)	PGSI
South Australia	Gambling Office for Problem Gambling and The Social Research Centre	2012	68.8% (2012) 69.5% (2005)	0.6% 1.6% ⁹	(2012) (2005)	PGSI
Singapore	National Council on Problem Gambling (NCPG)	2014	44.0% (2014) 47.0% (2011)	0.2% 1.4%	(2014) (2011)	DSM-IV
Macau	University of Macao	2013	49.5% (2013) 55.9% (2010)	0.9% 2.8%	(2013) (2010)	DSM-IV

Note. Prevalence rate of gambling participation and pathological gambling in the past year.

2.2 Prevalence rate of sport betting

In South Australia, the prevalence rate of sport betting¹⁰ among adults increased from 4.2% in 2005 to 6.1% in 2012 (The Social Research Centre of Melbourne, 2012). In United Kingdom, football betting increased from 3.0% in 2007 to 4.0% in 2010 (BGPS, 2007, 2010). However, there is a decreasing tendency in sport betting¹¹ in the United States, from 20.0% (1999-2000) to 16.0% (2011-2013) (Welte et al., 2014). In Singapore, there was no significant change in the participation rate of sport betting (2.0% in 2011 and 2014) (NCPG, 2014). Participation rate of betting on football/ basketball in Macau was 4.5%, which decreased slightly as compared with the rate of 4.0% in a previous survey in 2010.

⁹ the rate only included “frequent gambler” who gambled at least once a fortnight in any type of gambling activity apart from lotteries or bingo. In 2012 Study, the rate of problem gambling was based on the population of people who had participated in at least one of the gambling activities in the past 12 months.

¹⁰ Sport betting like football, cricket or tennis.

¹¹ Sport betting not casino, track or Internet.

2.3 Prevalence and regulation of online gambling

Governments of different western countries take the lead to keep track of the prevalence and regulate online gambling activities proactively as follow:

2.3a *United States*

In United States, participation rate of online gambling increased from 0.3% in 1999-2000 to 2.0% in 2011-2013 (Welte et al., 2014). Online gambling is regulated by three Acts – (1) The Federal Wire Act of 1961 which makes gambling illegal if placing bets through wire communication facility including all online wagers. However, in 2011, the Justice Department of U.S. re-interpreted this Act that allows some forms of online gambling such as online poker, but online sport betting is still illegal. (2) The Unlawful Internet Gambling Enforcement Act of 2006 which outlaws financial transactions involving online gambling but excluding some markets such as fantasy sport bet. (3) The Professional and Amateur Sport Protection Act which prohibits sport gambling under state law except fantasy sport bet.

2.3b *South Australia*

The prevalence rate of online gambling¹² was 5.3% in 2012 (The Social Research Centre of Melbourne, 2012), which had a significant increase from 2005 (0.5%), while the prevalence rate of frequent online gambling¹³ was 1.2%. Betting on horse or greyhound racing (2.1%), sports (2.0%), and lotto/ lottery tickets (1.6%) were the most popular online gambling activities among respondents who had gambled over the Internet in the past 12 months. 47.4% of them reported that online gambling made them feel more involved, and 43.6% reported that the odds offered made them feel they had a good chance of winning. Gainsbury et al. (2013) compared the non-online gamblers and online gamblers and found that the latter were younger, engaged in a greater number of gambling activities, and were more likely to bet on sports. These differences were significantly greater for problem gamblers than moderate-risk gamblers and a significantly higher proportion of problem gamblers participated in online gambling. While acknowledging difficulties in determining online gambling prevalence rates, the Department of Broadband, Communications and the Digital Economy reviewed the Interactive Gambling Act 2001¹⁴ and concluded that it is likely the prevalence rate is growing and also that Australian adults who gamble online are

¹² The prevalence rate of online gambling is percentage of respondents who have engaged in some forms of Internet gambling in the past 12 months.

¹³ Frequent online gambling refers to people who engage in online gambling at least once a fortnight.

¹⁴ Australian Government, Department of Broadband, Communication and the Digital Economy (2012). *Review of the Interactive Gambling Act 2001- Final Report 2012*.

more likely to be at risk of low or moderate problem gambling, as compared with land-based gamblers.

According to Interactive Gambling Act 2001, it is an offence if online gambling operators offer and advertise “real-money interactive” in online gambling activities such as online poker or casino games except sport events. Sport betting through licensed operator is allowed as long as the betting occurs prior to the start of sport event. Besides, online lotteries are also allowed as long as they are not instant win or scratch off tickets¹⁵. It allows Australian-based or offshore online gambling operators to offer their gambling services except some designated countries. In 2015, a new regulation on online credit was proposed by Independent Gambling Authority that required online gambling operators to proceed the process of due diligence before credit so as to prevent unsolicited credit to their customers. They also have to immediately process withdrawals from gaming accounts and have to disclose the spotter’s fee (Hombrebueno, 21 Oct, 2015).

2.3c *United Kingdom*

There was an estimated prevalence rate of 14.0% for any forms of online gambling by UK adults as reported by BGPS (2010); however, this figure was inflated by the relatively high level of on-line purchase of tickets in the National Lottery (9.0%). Using a more conservative definition of online gambling (which only includes those who used a betting exchange or gambled online on poker, bingo, slot machine style games or casino games), the prevalence rate of online gambling amongst UK adults was 7.0%, which increased from 6.0% in 2007. All online gambling sites are regulated by license issued by UK Gambling Commission. Licensees are required to offer age verification system to ensure the underage are prohibited to bet. They also have to use “Know Your Customer” to know who their customers are and verify their names, address and age. If an underage successfully signs up to such websites, all winnings will be voided and their account will be closed. A new regulation was proposed under the 2014 Gambling Bill that online gambling operators have to pay 15% tax on their gross profits and apply for a license from the UK Gambling Commission, irrespective of where they are based. It will become an offence for unlicensed operators to offer online gambling services to UK residents.

¹⁵ Australian Department of Broadband Communication and the Digital Economy (2011). *Review of the interactive gambling act of 2001: Call for submission*. Retrieved from <https://www.responsiblegambling.vic.gov.au/information-and-resources/victorias-gambling-environment/reports-and-review>

2.4 Preventive measures

In response to the negative consequences associated with problem gambling, as early as 20th century, Blaszczynski (2001) and Dickson et al. (2002, 2004) had developed a useful intervention framework based on the responsibilities of different stakeholders (i.e. gambler, gambling operator, government and C&T service provider) and proposed three levels of preventive initiatives which has been widely used internationally including: (1) primary intervention which is targeted at general public, especially the youth, to increase awareness of the risks of problem gambling and prevent initiation into problem gambling by providing informed choice for one to make optimal decision and take responsibility for one's behavior. The implementation of primary prevention measures is mainly with educational informative approach which includes promoting warning message and availability of help for problem gambling, providing information about probability of winning, encouraging gambling responsibly etc. by different forms of initiatives such as educational campaigns, seminars and promotion by printed or social media. (2) Secondary intervention is a kind of protection for gamblers to decrease the potential harm associated with problem gambling by a policy approach with measures to discourage risky gambling behaviors and the incidence of problem gambling by implementing voluntary or mandatory policy/ regulation to modify the gambling environment, products and services. These may include staff training, self-exclusion programmes, removal of ATM machines from gambling venues, display of information of hotline and treatment services in the gambling venues, provision of pop up warning message, or limit setting (time/ money) on gambling machines, etc. These are mainly carried out by gambling operators and monitored by governments. (3) Tertiary intervention is a kind of harm minimisation aiming at preventing and addressing further harm in those who already have exhibited problem gambling behavior and their significant others including different forms of C&T services, and specific approaches such as face-to-face/ online/ telephone counselling, cognitive behavioral counselling, pharmacological treatment, etc. Such measures are mainly carried out by social services organizations and clinical treatment centres. Below is a summary table showing the preventive and remedial measures of the five countries/cities.

Summary of preventive and remedial measures for problem gambling of different countries/ city

	Australia	Britain	United States	Singapore	Macau
Primary intervention (informed choice, preventing the development of problem gambling)					
Social media (Facebook/ YouTube) 📱 🏠	✓	✓	✓	✓	✓
Print media 📱 🏠	✓	✓	✓	✓	✓
Facilities 📱 ♣️ 🏠	×	×	×	✓ i.e. • Self-Service/ RG information kiosk	✓ i.e. • Self-Service/ RG information kiosk ¹⁶
Styles of key messages 📱 ♣️ 🏠	• Avoid stigma and shame • Kits for family • Warning • Informative access to help • Harm minimization • Mandatory warning/ RG¹⁷ messages must be displayed in gambling areas	• Provide sufficient information to assist people making decision, rather than warning • Information (i.e. hotline) must be available in gambling machine areas, shops (i.e. leaflets) • Gambling corporate websites must provide a click getting through to the Gamble Awareness website • Information must be displayed on any gambling machines for at least 25% of the time	• Gambling responsibly • Informative access to help • Warning	• Warning • Kit for family • Informative access to help	• Gambling responsibly
Outreach programme – Community and youth educational programmes such as seminar, forum,	✓ i.e. • Children and Gambling Watch List is a list of apps/ game about	✓ i.e. • Gamble Awareness Week • <i>BigDeal</i> GamCare young	✓ i.e. • Problem gambling awareness month	✓ i.e. • RG Awareness Week • RG Forum	✓ i.e. • Promotion on RG awareness annually

¹⁶ The kiosk is set up inside Macao casinos which provides silent mode games, interactive games and prized quiz etc.. User can learn the right gaming information and “Responsible Gambling” related information through such games. It also carries out gambling addiction assessment with printed-out results and contact information of Macao problem gambling prevention centres.

¹⁷ RG: Responsible gambling.

workshop, and show targeted to the public and the youth ♠ ♣	gambling themed contents for children/ parent's reference • “What is a Real Deal?” designed for teacher to educate young people about the problem associated with gambling	people's website • YGAM¹⁸ programmes such as <i>Peer Education projects</i> to train psychology university students to be peer mentors in a series of prevention programmes and awareness campaigns		• Youth Gambling Experiential Workshop	
Outreach programme - Roadshow promotion ♠ 🏠	×	×	×	✓	✓
Access limit by age ♣ 🏠	➤ legal age at 18 or above	➤ legal age at 18 or above, except lottery (aged 16 or above)	➤ legal age varied by states from ages 18 to 21	➤ legal age at 21 or above	➤ legal age at 18 or above, except access to casinos (21 or above)
Restriction on gambling advertisement ♣ 🏠	✓ i.e. • No gambling advertising in radio or TV in children's programs and during school drop off times • No sounds of gambling machine play in radio or TV ads • No inducements to gamble is allowed except acceptable loyalty programme, promotion lottery, provision of complimentary tea, and payment of commission to or in respect of, high value	✓ i.e. • No gambling machine advertising in shop windows • Operators who are ABB¹⁹ members must adhere to cross-industry Gambling Industry Code on Socially Responsible Advertising • no ABB members will advertise free bets as sign up incentives on TV before 9pm watershed	✓ i.e. • Advertising is allowed after striking down the Act on the ban on casino advertising (part of the original Communication Act 1934) • Regulation varies state-by-states	✓ i.e. • The Ministry of Community Development, Youth and Sports (MCYS) and the Casino Regulatory Authority (CCAR) uses the Casino Control (Advertising) Regulation to restrict casinos not to target at domestic market. The gambling operators are required to seek prior approval from MCYS for all casino advertising and promotions, interviews and media releases, and community sponsorship	✓ i.e. • Advertisement Act (2002) imposes upon gambling operators the obligation to conduct advertising and marketing campaign of its enterprises in Macau as well as abroad. This Act allows gambling operators to advertise but the message of such ads. should not be focused on the games of fortune and chance • Newly instruction published by MES²⁰ in 2015 prohibits ads that

¹⁸ YGAM: Youth Gamblers Education Trust is a UK-registered charity to inform and educate people against problem gambling. They have provided a wide range of workshops and education projects in the aim of increasing public awareness about the risk and the consequences of problem gambling.

¹⁹ ABB: Association of British Bookmaker, which is for UK's betting shops to join as members who have to adhere to the Responsible Gambling Code, which sets out standards for UK betting shops.

²⁰ MES: Macau Economic Services, Macao Special Administrative Region.

	customers			(MSF, 2016). If convicted, they should be liable to a fine of up to SGD100,000	feature “gambling activities such as casino tables/ chips or promoting gambling by using ambiguous forms/ innocuous or apparently unrelated activities to promote gambling such as rewards point schemes are illegal. This instruction also covers the promotion of Internet gambling websites
Secondary intervention (protection, reducing potential harm of problem gambling)					
Hotline (24/7) ■	✓	✓	✓	✓	✓
Referral to other therapy services (e.g. drug/ alcohol/ legal issue) ■	✓	✓	✓	✓	✓
Regulation/ automated device/ mobile support (e.g. SMS/ block/ budget tracking apps) for limit-setting (time/ money) ♣ 🏠	✓ i.e. • Pre-commitment system: customers can apply for an account with a pre-commitment feature in which they can set a budget and receive an alert when the budget is exceeded • Automated risk monitoring: monitor customer’s play data to identify gambling behavior • <i>Stay on Track</i> for iOS/ Android	✓ i.e. • <i>Gamblock</i> for Windows/ Android) ➢ Customers are required to set a voluntary spend or time limit before starting gambling. If limits are set voluntarily and reached, alerts will be popped up on the screen to inform gamblers every 30 mins. There must be a mandatory 30 sec break before the player can start playing again. All customers must be subject to this mandatory	✓ i.e. • Pre-commitment system: Customers plan their gambling expenditure by voluntarily setting a limit on their gambling expenditure over a 24-hr period. Application Form offered by the Casino	✓ i.e. • Pre-commitment programme: gamblers plan their gambling budget by applying the Pre-Commitment Programme offered by the Casino	✓ i.e. • QR code²¹ redirected to counselling services only

²¹ QR code (Quick Response Code) is a type of two-dimensional barcode that can be read using smartphones and dedicated QR reading devices, which links directly to text, emails, websites, phone numbers.

		reminder ➤ Staff of gambling operators must be alerted of every mandatory alert triggered or voluntary limit set ➤ Customers must be able to request player statement (account based play) showing record of the time/ money spend history			
Collaborate with third sector (i.e. NGO) and private sectors (i.e. financial/ legal/ gambling operator) to provide help and information against problem gambling ♠ ♣	✓	✓	✓	✓	✓
Religion: Christian-based voluntary welfare organization by Faith-based recovery ♠	✓ i.e. • Christian Churches Gambling Taskforce	✓ i.e. • The Christian Centre for Gambling Rehabilitation	✓ i.e. • Celebrate Hope	✓ i.e. • One Hope Centre/ Roy of Hope	✓ i.e. • Gabinete Coordenador Dos Servicos Sociais Sheng Kung Hui Macau)
Outreach programme for gambling operators provided by C&T centres / NGOs ²² ♠ ♣ 🏠	✓	✓	✓	✓	✓
Entry Levy ♣ 🏠	×	×	×	➤ for local resident only - 24 hrs. entry levy: SGD100, annual entry levy: SGD2,000)	×
Penalties for breach of exclusion ♣ 🏠	✓ i.e. ➤ Fine not exceeding 20 penalty units	✓ i.e. ➤ Disallowing winning	✓ i.e. ➤ Confiscation of winning in Illinois and California	✓ i.e. ➤ Forfeiture of winning <i>Breach of Third Party</i>	✓ i.e. ➤ Forfeit all winning or chips, tokens and vouchers

²² Outreach programmes provided by C&T centres or NGOs mainly include providing staff training programmes for employees of gambling industry to enhance the knowledge/ identification of PG, to interact with probable GD patrons, extend their understanding on RG and knowledge on referral to gambling help services and intervention; assign RG ambassadors trained by C&T centres to stay at betting venues for assisting at-risk gamblers.

	➤confiscation of winning		➤Arrest for trespassing and fine in Missouri & Maryland	<i>exclusion</i> → Fine up to SGD10,000/+Imprisonment <12mths ➤ <i>Entering casino under false pretences</i> → Fine up to SGD10,000/+Imprisonment <3 yrs	➤Up to 1 year imprisonment
Required to display correct and clear information (e.g. odds of winning, nature of gambling and games rules) ♣ Ⅲ	✓	✓	✓	✓	✓
Restriction on credit Ban ATM on gambling floor ♣ Ⅲ	➤ All states have banned ATM and EFTPOS ²³ facilities in the gambling area of the licensed gambling venues ➤ Debit only, no cash advances from credit cards except South Australia where cash advance transaction to a max. of AUD200 through ATM and EFTPOS is allowed	✓	✓	✓	×
Exclusion (self/ family/ third party i.e. social assistance recipients/ undischarged bankrupts) ♣ Ⅲ	✓ Latest regulation: • Welfare barring: gamblers due to excessive gambling are either initiated by the licensee, requested by the gambler themselves or third party • Allow customers be	✓ Latest regulation: • Allow customers be excluded from multiple venues across different operators at one time ➤ Self-excluded customers must be removed from the	✓	✓ Latest regulation: • Centralized Self-exclusion system was launched in 2014 for participating casino and non-casino operators that individual may be excluded from the	✓

²³ EFTPOS: Electronic Fund Transfer at Point of Sale is an electronic payment system for customers to pay or withdraw cash by using their debit or credit card at payment terminal or cashier at points of sales, e.g. pay or withdraw cash at the cashier of supermarket in Hong Kong.

	excluded from multiple venues • Licensees can only bar gamblers from their own venues or products	operator's marketing databases ➤ Customers must be signposted to support services (i.e. National gambling hotline)		gambling venues in a single online application	
Data algorithms for behavioral analytics ²⁴ ♣ 🏛	×	✓	✓	×	×
Alcohol/ smoking/ usage of mobile device restriction in gambling venue ♣ 🏛	✓ i.e. ➤ Liquor control except licensed venues ➤ Gambling service (telephone, Internet, or other electronic means) to intoxicated person can only be conducted through an account with pre-commitment ➤ Smoking is banned	✓ i.e. ➤ Smoking is banned	✓ i.e. ➤ Casinos having more than 15 gambling slot machines are exempted from smoking ban but restaurants inside casinos are non-smoking	✓ i.e. ➤ Liquor control in all public areas from 22:30 to 07:00 ➤ Smoking in the designated smoking areas only	✓ i.e. ➤ Smoking is banned in casino except designated smoking area ➤ No Telephone "proxy betting" ²⁵
Professional training ²⁶ ■	✓	✓	✓	✓	✓
Tertiary intervention C&T services for preventing further harm of problem gambling)					
Face-to-face counselling ■	✓	✓	✓	✓	✓
Online counselling (24/7) ■	✓	✓	✓	✓	✓ • Facebook, Whats app, QR code
Specialist services targeted at different races or offenders ■	✓	✓	✓	✓	×
In-house seminar, forum, workshop target at gamblers/ service users and	✓	✓	✓	✓	✓

²⁴ Application of data algorithms by operators on customer data gathered from account based play allows them to identify customers who may be at risk at an earlier stage and take intervention

²⁵ Proxy betting is a kind of phone betting that gamblers (not physically gambling at the casino) bet via an agent, which was banned on May, 2016.

²⁶ Professional training: Training provided by C&T centres are opened for individuals who are interested in deeper understanding on GD and its treatment, such as ex-gamblers, social workers, clinicians, students, community leaders etc. and they will become a certificated clinician in the centres after completion of training.

their significant others ■					
Financial counselling ■	✓	✓	✓	✓	✓
Cognitive-behavioral therapy ■	✓	✓	✓	✓	✓
Pharmacological treatment for pathological gambling & co-morbid conditions such as atypical antipsychotics, mood stabilizers, antidepressants, atypical stimulants ■	×	× • Antidepressants only	✓	✓	✓

Note.

■ Implemented by Third Sectors (i.e. NGO/ C&T centres)

♣ Implemented by gambling operators

🏛 Implemented by governments

➤ Mandatory regulation

- The sources of Australian information are mainly from Australian Gambling Research Centre - Department of Social Services-Australian Government, Department of Treasury and Finance - the Government of South Australia, Australian Hotels Association, Christian Churches Gambling Taskforce, Clubs SA, Relationships Australia – South Australia, Tobacco in Australia.
- The sources of British information are mainly from Association of British Bookmaker (ABB), Gambling Commission, GambleAware®, Responsible Gambling Trust, Youth Gamblers Education Trust.
- The sources of Singaporean information are mainly from Football Association of Singapore (FAS), Casino Sentosa, Casino Regulatory Authority, National Council on Problem Gambling, One Hope Centre, Responsible Gambling Council (RGC Ontario), Sands Casino, Singapore Pools, Singapore Turf Club, The Ministry of Community Development-Singapore Government, The Ministry of Community Development-Singapore Government, Casino Regulatory Authority (CCAR).
- The sources of American information are mainly from Gambling Control Division (Montana), American Gaming Association, Celebrate HOPE, Gamblers Anonymous, MGM Grand, National Center for Responsible Gaming, The Venetian, Tropicana Las Vegas Casino, Gouker, D. (2016, Nov 14), Wynn Las Vegas.
- The sources of Macau information are mainly from Macau Economic Services/ Government Printing Bureau/ Gaming Inspection and coordination Bureau - Macao Special Administrative Region, Problem Gambling Prevention & Treatment Division: The Resilience Centre, MGM China Holdings Limited, Times Macau Daily, The Institute for the Study of Commercial Gaming, University of Macau.

Summary

Legalization of various forms of gambling is a tendency in different countries which increases the availability of gambling opportunity for the public. With technological advancement, gambling is now easily accessible without time and place restraint. However, the general public may not be fully aware of a wide range of social and economic costs from it. In response to the occurrence and with a view to alleviating gambling-related problems, governments of different countries formulate their own Responsible Gambling Policy (RGP) with a variety of measures, regulations, and restrictions on gambling to balance the interests of different stakeholders. The government is not the only body which carries out these measures, gambling operators and social or religious service centres against gambling are solicited to take up different roles. For example, gambling operators are requested, either compulsory or voluntary, to formulate RGP and code of practices, aiming at preventing the occurrence and alleviating of problem gambling. Although the prevalence rate of gambling participation and GD is showing a decreasing tendency in different countries, the essentiality of prevention of negative consequences contributed from problem gambling and assistance to the gambling addicts should not be neglected. RGP and practices is the trunk stream to achieve such goals by three levels of intervention – (1) Primary intervention with the purpose of preventing the occurrence and development of problem gambling is mainly targeted at the general public and the youth so as to increase their awareness and understanding of gambling and gambling-related problems by education; (2) Secondary intervention with the aim of offering protection and reducing potential harm of problem gambling is targeted at the general public, the youth, particularly gamblers by policies and regulations; (3) Tertiary intervention such as C&T services is targeted at at-risk and problem gamblers in an attempt to prevent and reduce further harms from gambling related problems by education, counselling and treatment programmes. In doing so, it is able to increase people's capacity to stay away from problem gambling.

CHAPTER 3: FINDINGS OF TELEPHONE POLL ON GENERAL PUBLIC

3.1 Introduction

There have been many changes in Hong Kong gambling landscape. The most notable changes in recent years include the growth of availability of remote gambling via the Internet and an increase in number of casinos in the neighbouring region. This Chapter aims at reporting the level of gambling participation in the past year of 2 045 random sampled members of the general public aged 15-64. Apart from assessing the prevalence rate of problem or pathological gambling (or currently known as “Gambling Disorder”, or “GD”), this research study would further examine in details the general public’s knowledge on the prevention and treatment measures on GD in Hong Kong, their attitude towards the legal gambling age, and the current arrangement of gambling activities by HKJC. Before starting exploration on the above, a brief statement is appended below on the survey tool and sampling method undertaken by this research.

This survey adopted “Next Birthday Rule” to select a respondent from each randomly selected domestic household in Hong Kong to ensure representativeness of the sample. The Computer-Assisted Survey Team (CAST) under Center of Social Policy Center (CSPC) of Department of Applied Social Sciences in The Hong Kong Polytechnic University was responsible for conducting telephone poll using a colloquial Chinese structured questionnaire with respondents and the Computer Assisted Telephone Interviews (CATI) system was used to collect the required information for analysis. In this survey, all the telephone numbers of the sample were selected by simple random sampling from the latest PCCW Residential Telephone Directory (English Edition). The modified random digit dialing strategy was employed to supplement the sample with the telephone numbers that were not included in the Residential Telephone Directory. The interviewers attempted at least 3 times to contact each sampled household until the interview was successfully completed or could not be pursued any further. The telephone interviews were conducted from 7th March, 2016 to 31st May, 2016.

The dialing results were as follows. 89 944 telephone numbers were dialed, and margin of error (sampling error) was $\leq \pm 2.17\%$. The breakdown of the above dialed telephone numbers are as follows:

Types	Frequency
Complete interviews (<i>I</i>)	2 045
Partial interviews (<i>P</i>)	98
Refused eligible units (<i>R</i>)	1 305
No eligible units (<i>NE</i>)	3 935
Non-contacted but known eligible units (<i>NC</i>)	12 234
Other non-interviewed units (<i>NI</i>)	70 327
Total number of telephone line dialed	89 944

Note: NE refers to unit contacted but without eligible respondents, NC refers to unit contacted but eligible respondents were not available after three telephone calls, NI refers to non-contacted units after three telephone calls.

Contact Rate and Co-operation Rate are calculated using Groves (1989)²⁷ equation and results are as follows:

Contact Rate	85.78%
Co-operation Rate	59.31%

Before presenting the major results of the survey appended below, the research limitations of telephone poll are highlighted. As telephone numbers were randomly drawn from the residential telephone directory, households without a landline were excluded from the sample. Due to social desirability, some respondents might not tell the truth especially when sensitive questions like illegal gambling or credit betting was asked, which might lead to under reporting. Cross-tab analysis was employed as a weighting method to address the issue of over or under representation of certain demographics in the random sample.

3.2 Background information of respondents

3.2.1 Gender

Among the 2 045 respondents, females formed a higher proportion representing 53.8% of the whole sample while 46.2% were the male counterparts. (Table 3.2.1)

²⁷ Groves, R. (1989). *Survey Errors and Survey Costs*. John Wiley & Sons, p.144-145.
Contact Rate = $(I+P+R+NI)/(I+P+R+NI+NC)$,
Cooperation rate = $I / (I+P+R)$.

Table 3.2.1: Gender

	Frequency	Valid Percentage
Male	945	46.2
Female	1 100	53.8
Total	2 045	100.0

3.2.2 Age

In terms of age, the highest proportion of respondents fell into the age category of 50-59, which accounted for 29.4% of the whole sample. This was followed by ages 40-49 and ages 60-64, which accounted for 21.5% and 14.7% respectively. The age groups of 15-17 and 18-21 shared the smallest proportions. They accounted for 3.0% and 6.1% respectively. (Table 3.2.2)

Table 3.2.2: Age

	Frequency	Valid Percentage
15-17	61	3.0
18-21	124	6.1
22-29	251	12.4
30-39	262	12.9
40-49	437	21.5
50-59	597	29.4
60-64	299	14.7
Total	2 031	100.0

Note. 14 respondents refused to answer this question.

3.2.3 Educational level

Respondents with post-secondary school or above qualifications accounted for 53.8%. The next higher proportion (41.4%) of the respondents' educational attainment was of secondary school level (F.1 -F.6). A total of 5.2% of respondents' educational level was of primary school or below. (Table 3.2.3)

Table 3.2.3: Educational level

	Frequency	Valid Percentage
No formal education	7	0.3
Kindergarten / Primary school	92	4.5
Secondary school (Form 1 to 3)	212	10.4
Secondary school (Form 4 to 5)	482	23.7
Sixth form (Form 6 to 7/ IVE / Other vocational institutes)	148	7.3
Tertiary (Non-degree)	231	11.4
Bachelor's degree or above	863	42.4
Total	2 035	100.0

Note. 10 respondents refused to answer this question.

3.2.4 Marital status

59.5% of the respondents were married/in cohabitation whereas 38.0% of them were single. Separated/divorced persons and widows/widowers accounted for a total of 2.6%. (Table 3.2.4)

Table 3.2.4: Marital status

	Frequency	Valid Percentage
Single	769	38.0
Married	1 202	59.4
Separated/ Divorced	36	1.8
Widow/ Widower	16	0.8
Cohabit	2	0.1
Total	2 025	100.0

Note. 20 respondents refused to answer this question.

3.2.5 Housing type

Regarding respondents' housing type, 41.4% of the respondents lived in private housing estates, followed by public housing (22.3%). (Table 3.2.5)

Table 3.2.5: Housing type

	Frequency	Valid Percentage
Public housing (rented or self-owned)	450	22.3
HOS	357	17.7
Private housing (rented or self-owned)	835	41.4
Apartments / Tenement buildings (rented or self-owned)	253	12.5
Staff quarters / Student residence	21	1.0
Village houses (rented or self-owned)	101	5.0
Others	2	0.1
Total	2 019	100.0

Note. 26 respondents refused to answer this question.

3.2.6 Total family monthly income

In terms of respondents' total family monthly income, the highest proportion of respondents fell into the category of HK\$40,000 or above (41.4%), followed by HK\$10,000-HK\$24,999 (21.9%). 11.0% of the respondents' response was "don't know/can't remember/not clear". (Table 3.2.6)

Table 3.2.6: Total family monthly income

(HKD)	Frequency	Valid Percentage
Below \$10,000	98	5.3
\$10,000-\$24,999	407	21.9
\$25,000-\$39,999	378	20.4
\$40,000 or above	769	41.4
Don't know/ Can't remember/ Not clear	205	11.0
Total	1 857	100.0

Note. 188 respondents refused to answer this question.

3.2.7 Work status

Above half (54.6%) of the respondents were employees, followed by home-makers (10.4%) and students (10.4%), retirees (10.3%), self-employed (8.7%), unemployed/job seekers (3.1%) and employers (2.4%). (Table 3.2.7)

Table 3.2.7: Work status

	Frequency	Valid Percentage
Employer	48	2.4
Employee	1 108	54.6
Self-employed	177	8.7
Unemployed/ Job seeker	63	3.1
Retiree	209	10.3
Home-maker	212	10.4
Student	212	10.4
Total	2 029	100.0

Note. 16 respondents refused to answer this question.

3.2.8 Type of industry involved

Among the 1 333 working respondents, the highest proportions involved in public administration/ social and personal services, and financial industry, which accounted for 15.0% and 11.2% respectively. These were followed by education and professional and business services which represented 10.0% and 9.8% of the working sample respectively. (Table 3.2.8)

Table 3.2.8: Type of industry involved

	Frequency	Valid Percentage
Catering	35	2.7
Retail	105	8.0
Financial industry	146	11.2
Transportation	90	6.9
Tourism	24	1.8
Real estate	41	3.1
Manufacturing	85	6.5
Construction industry	96	7.4
Education	131	10.0
Accommodation services	11	0.8
Professional and business services	128	9.8
Information and communications	96	7.4
Public administration/ Social and personal services	196	15.0
Import, export and wholesale trade	108	8.3
Other	13	1.0
Total	1 305	100.0

Note. 1 333 respondents (employers, employees & self-employed) had to answer this question. 28 respondents refused to answer.

3.2.9 Occupation

Among the 1 333 working respondents, the highest proportions were managers and administrators, and clerks which accounted for 28.6% and 23.0% respectively. These were followed by associate professionals and professionals which represented 14.0% and 13.7% of the working sample respectively. (Table 3.2.9)

Table 3.2.9: Occupation

	Frequency	Valid Percentage
Managers and administrators	370	28.6
Professionals	178	13.7
Associate professionals	181	14.0
Clerks	298	23.0
Service workers and shop sales	93	7.2
Farm workers, animal husbandry workers and fishermen	0	0.0
Craft and related workers	42	3.2
Plant and machine operators and assemblers	49	3.8
Elementary occupations	55	4.2
Other	29	2.2
Total	1 295	100.0

Note. 1 333 respondents (employers, employees & self-employed) had to answer this question. 38 respondents refused to answer.

3.2.10 Total personal monthly income

In terms of respondents' total monthly income, the highest proportion of respondents fell into the category of HK\$10,000 to HK\$24,999 (45.1%), followed by \$40,000 and above (25.7%), and HK\$25,000 to HK\$39,999 (20.2%). 2.5% of the respondents' response was "Don't know/ Can't remember/ Not clear". (Table 3.2.10)

Table 3.2.10: Total personal monthly income

(HKD)	Frequency	Valid Percentage
Below \$10,000	79	6.6
\$10,000-\$24,999	541	45.1
\$25,000-\$39,999	243	20.2
\$40,000 or above	308	25.7
Don't know/ Can't remember/ Not clear	30	2.5
	1 201	100.0

Note. 1 333 respondents (employers, employees & self-employed) had to answer this question. 132 respondents refused to answer.

3.3 Situation of Hong Kong people's participation in gambling

3.3.1 Age of Hong Kong people when they first took part in gambling activities

43.6% of the respondents indicated their first participation in gambling activities took place before 18 years old. (Table 3.3.1)

Table 3.3.1: Age of respondents when they first took part in gambling activities

Age	Frequency	Valid Percentage
Below 18	637	43.6
18 – 19	315	21.6
20 – 29	427	29.2
30 – 39	59	4.0
40 – 49	12	0.8
50 – 59	10	0.7
60 – 64	0	0.0
Total	1 460	100.0

Note. 2 045 respondents had to answer this question. 215 respondents stated “not remember” and 367 respondents had never participated in gambling activities. 3 respondents refused to answer.

3.3.2 Percentage of Hong Kong people involved in gambling

1 258 respondents involved in gambling in the past year, which represented 61.5% of the whole sample. In 2016, the percentage of Hong Kong people involved in gambling had slightly dropped as compared with the results in 2012. (Table 3.3.2)

Table 3.3.2: Percentage of respondents involved in gambling in the past year

	Year				
	2001	2005	2008	2012	2016
Percentage	77.8	80.4	71.3	62.3	61.5
Total sample number	2 004	2 093	2 088	2 024	2 045

3.3.3 Participation in gambling activities

Mark Six lottery was the most popular gambling activity participated by the respondents (54.9%), followed by social gambling (31.6%), horserace betting (12.5%), Macau casinos wagering (8.4%) and football betting (6.6%). (Table 3.3.3a)

Table 3.3.3a: Percentage of respondents and monthly spending in gambling in the past year

	Percentage of respondents	Monthly spending (HKD)	
		Median	Mean
Mark Six lottery	54.9	\$40.0	\$159.9
Horserace betting	12.5	\$300.0	\$5,610.6
- <i>Local races only</i>	10.5		
- <i>Local & overseas races</i>	1.9		
Football betting	6.6	\$200.0	\$1,598.7
Macau casino wagering	8.4	\$167.0	\$7,938.8
Gambling in mahjong house	0.5	\$2,000.0	\$1,842.9
Social gambling	31.6	\$100.0	\$423.8
Gambling in casino ship	0.6	\$250.0	\$45,259.6
Sample number (N)	2 045		

Note. Multiple selection question.

The highest proportion of respondents bought Mark Six lottery occasionally (12.8%), followed by once per 2-3 months (9.4%) and once or more per week (8.6%). For respondents taking part in horserace betting, most of them (5.9%) were involved in it at a frequency of once or more per week. For respondents taking part in football betting, most of them (2.7%) were also involved at a frequency of once or more per week. For respondents taking part in Macau casino wagering and social gambling, the highest proportions were once per 7-12 months, which accounted for 4.8% and 10.2% respectively. (Table 3.3.3b)

Table 3.3.3b: Frequency of respondents taking part in gambling in the past year

	Level of frequency							
	1	2	3	4	5	6	O	N
	Percentage of respondents							
Mark Six lottery	8.6	3.7	6.1	9.4	7.1	7.0	0.2	12.8
Horserace betting	5.9	1.0	0.8	0.9	0.7	1.4	0.1	1.7
Football betting	2.7	0.8	0.7	0.5	0.4	0.6	0.0	0.8
Macau casino wagering	0.1	0.0	0.5	0.5	1.1	4.8	0.2	0.9
Gambling in mahjong house	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.1
Social gambling	1.6	1.2	4.1	5.4	5.9	10.2	0.1	3.0
Gambling in casino ship	0.1	0.0	0.0	0.0	0.0	0.2	0.0	0.1
Sample number (N)	2 045							

Note. 1 = Once or more per week, 2 = Once per 2 weeks, 3 = Once per 3-4 weeks, 4 = Once per 2-3 months, 5 = Once per 4-6 months, 6 = Once per 7-12 months, O = Other, N = Occasionally.

3.3.4 Analysis of the background of respondents who participated in gambling activities in the past year

Statistical analysis reflected that there was association between background of respondents and the kind of gambling activities they participated as there were significant differences in participation of gambling activities between certain types of groups. For example, those who took part in horserace betting mainly involved males (31.2%, $\chi^2(1) = 96.579$, $p \leq .001$), older respondents aged 50 years old or above (26.5%, $\chi^2(3) = 26.503$, $p \leq .001$), respondents with educational level at or below F.3 (29.7%, $\chi^2(2) = 21.203$, $p \leq .001$), and employers (35.1%, $\chi^2(6) = 41.704$, $p \leq .001$). As for football betting, males (18.8%, $\chi^2(1) = 91.432$, $p \leq .001$), those younger (15-17) (22.2%, $\chi^2(3) = 7.841$, $p \leq .05$), and the self-employed (15.8%, $\chi^2(6) = 16.995$, $p \leq .01$) took up significantly larger percentages as compared with the others. Respondents aged 30-49 (93.0%, $\chi^2(3) = 52.353$, $p \leq .001$) and job seekers (94.3%, $\chi^2(6) = 46.749$, $p \leq .001$) shared higher proportions of taking part in Mark Six lottery, whereas females (55.2%, $\chi^2(1) = 7.046$, $p \leq .01$), younger ones (aged 15-17) (88.9%, $\chi^2(3) = 12.833$, $p \leq .01$), those with educational level at senior level (F.4-Matriculation) (51.5%, $\chi^2(2) = 7.585$, $p \leq .05$), employers (64.9%), students (64.6%) and home-makers (62.4%, $\chi^2(6) = 17.446$, $p \leq .01$) had higher proportions in taking part in social gambling than others. Regarding wagering in Macau casinos, employers (24.3%, $\chi^2(6) = 17.180$, $p \leq .01$) had a higher participation rate than the others. (Table 3.3.4)

Table 3.3.4: Analysis of the background of respondents who gambled in the past year

Background characteristics		Gambling activities taken part in the past year															
		Mark Six lottery			Horserace betting			Football betting			Macau casino wagering			Social gambling			Total (n)
		<i>Freq</i>	<i>Valid %</i>	α	<i>Freq</i>	<i>Valid %</i>	α	<i>Freq</i>	<i>Valid %</i>	α	<i>Freq</i>	<i>Valid %</i>	α	<i>Freq</i>	<i>Valid %</i>	α	
Sex	Male	592	91.4	6.090	202	31.2	96.579***	122	18.8	91.432***	96	14.8	1.699	309	47.8	7.046**	648
	Female	531	87.0		54	8.9		13	2.1		75	12.3		337	55.2		610
Age	15-17	2	22.2	52.323***	1	11.1	26.503***	2	22.2	7.841*	1	11.1	5.528	8	88.9	12.883**	9
	18-29	195	85.5		26	11.4		33	14.5		38	16.7		130	57.0		228
	30-49	425	93.0		81	17.7		53	11.6		69	15.1		211	46.3		457
	50-64	493	88.8		147	26.5		47	8.5		62	11.2		290	52.3		555
Educational level	F.3 or below	171	89.1	1.661	57	29.7	21.203***	19	9.9	.256	25	13.0	3.934	106	55.2	7.585*	192
	F.4 to matric	343	87.7		91	23.3		41	10.5		43	11.0		217	55.5		391
	Tertiary/ Above	602	90.3		105	15.7		74	11.1		102	15.3		317	47.6		667
Work status	Employer	29	78.4	46.749***	13	35.1	41.704***	4	10.8	16.995**	9	24.3	17.180**	24	64.9	17.446**	37
	Employee	699	92.2		159	21.0		87	11.5		106	14.0		372	49.1		758
	Self-employed	110	91.7		37	30.8		19	15.8		24	20.0		57	47.5		120
	Job seeker	33	94.3		8	22.9		4	11.4		7	20.0		14	40.0		35
	Retiree	102	88.7		27	23.5		13	11.3		12	10.4		58	50.4		115
	Home-maker	84	83.2		7	6.9		0	0.0		9	8.9		63	62.4		101
	Student	58	70.7		2	2.4		6	7.3		4	4.9		53	64.6		82

Note. Horserace betting included those who had bet on local ($n=215$), overseas ($n=2$) and both local and overseas ($n=39$) horserace betting in the past year. All the tables afterwards mentioning 'horserace' refer to the same inclusion; statistical figures in the table were found significant by Pearson Chi-Square Test (* $p \leq .05$, ** $p \leq .01$, *** $p \leq .001$).

3.3.5 Monthly spending on gambling activities

Respondents spent most on wagering in Macau casinos which accounted for a monthly average of HK\$7,938.8. Horserace betting came second (HK\$5,610.6), followed by football betting (HK\$1,598.7), and then Mark Six lottery (HK\$159.9). (Table 3.3.5)

As compared with the Study in 2008 and 2012, there was an increase in the amount spent on Mark Six lottery, horserace betting, Macau casino wagering and football betting²⁸.

Table 3.3.5: Average monthly spending on gambling activities

(HKD)	Percentage of respondents			
	Mark Six lottery	Horserace betting	Football betting	Macau casino wagering
\$50 or below	59.2	20.4	33.1	34.7
\$51 to \$100	20.9	12.3	14.9	23.5
\$101 to \$200	8.7	11.1	11.6	11.7
\$201 to \$500	8.8	19.1	18.2	11.7
\$501 to \$1,000	1.4	11.1	13.2	7.5
Over \$1,000	1.0	26.0	9.1	10.8
<i>Average betting money (\$)</i>	<i>\$159.9</i>	<i>\$5,610.6</i>	<i>\$1,598.7</i>	<i>\$7,938.8</i>
Median betting money (\$)	\$40.0	\$159.9	\$200.0	\$167.0
Betting money (Standard deviations)	1,562.2	65,212.3	9,050.0	52,718.4
Sample number (<i>n</i>)	1,051	235	127	158

²⁸ 2008 Study Result: Horserace betting (HK\$732.7); football betting (HK\$699.5); Macau Casino wagering (HK\$428.2); Mark Six lottery (HK\$89.8). 2012 Study Result: Horserace betting (HK\$943.8); football betting (HK\$618.0); Macau Casino wagering (HK\$1409.0); Mark Six lottery (HK\$129.3).

3.4 Situation of Hong Kong people's participation in illegal gambling activities

3.4.1 Participation in illegal gambling activities

Among those who gambled in the past year, 0.5% respondents participated in illegal gambling activities in the past year (illegal gambling refers to bets not placed through HKJC). (Table 3.4.1a)

Table 3.4.1a: Gambled illegally in the past year or not

	Frequency	Valid Percentage
Yes	6	0.5
No	1 252	99.5
Total	1 258	100.0

Note. 1 258 respondents had to answer this question.

Background information of respondents participating in illegal gambling is listed below:

Table 3.4.1b: Background information of the 6 respondents (I–VI) who gambled illegally

	Sex	Age	Education	Marital status	Housing type
I	F	50-64	Secondary school (F. 4 to Matric)	Single	Private housing
II	F	50-64	Secondary school (F. 3 or below)	Married	Public housing
III	M	18-29	Tertiary (non-degree) or above	Single	Private housing
IV	M	18-29	Secondary school (F. 4 to Matric)	Single	Private housing
V	M	18-29	Secondary school (F. 4 to Matric)	Single	Public housing
VI	M	15-17	Tertiary (Non-degree) or above	Single	Private housing

	Work status	Type of industry involved	Occupation	Total personal monthly income (HKD)	Total family monthly income (HKD)	Illegal gambling activity
I	Unemployed / Job seeker	--	--	--	\$10,000 below	Horseshoe betting
II	Employee	Information and communications	Elementary occupations	\$10,000 below	\$10,000-\$24,999	Refused to answer
III	Self-employed	Retail	Managers and administrators	\$40,000 or above	\$40,000 or above	Football betting
IV	Student	--	--	--	\$10,000-\$24,999	Mark Six lottery
V	Student	--	--	--	<i>Don't know / Can't remember / Not clear</i>	Online casinos
VI	Student	--	--	--	<i>Don't know / Can't remember / Not clear</i>	Football betting

3.4.2 Participation and spending in illegal gambling activities

Regarding the respondents' participation in illegal gambling activities, football betting shared the highest proportion (0.10%), followed by Mark Six lottery (0.05%), horserace betting and online casino wagering (0.05%). Respondents on average spent HK\$1,082.2 on these activities. The frequency of involvement in these activities varied from once or more per week to once per 4-6 months. (Table 3.4.2)

Table 3.4.2: Summary of participation in illegal gambling activities

	Frequency	Percentage
Type		
Illegal Mark Six lottery	1	0.05
Illegal horserace betting	1	0.05
Illegal football betting	2	0.10
Online casino wagering	1	0.05
Frequency		
Once or more per week	1	0.0
Once per 2 weeks	0	0.0
Once per 3-4 weeks	1	0.0
Once per 2-3 months	1	0.0
Once per 4-6 months	1	0.0
Once per 7-12 months	0	0.0
Occasionally	1	0.0
Monthly Spending (HKD)	Median	Mean
	\$200.0	\$1,082.2
Sample number (<i>N</i>)	2 045	

3.4.3 Participation in credit betting

Research data indicated that so far, among those who gambled in the past year, 0.8% of them participated in credit betting. (Table 3.4.3a) The incidents of credit betting ranged from 1 to 10. (Table 3.4.3b) With regard to sources of loan, bank/credit card shared the highest proportion (80.0%), followed by friend and relative (40.0%) and finance company (30.0%). (Table 3.4.3c)

Table 3.4.3a: Have taken part in credit betting or not

	Frequency	Valid Percentage
Yes	10	0.8
No	1 248	99.2
Total	1 258	100.0

Note. 1 258 respondents had to answer this question.

Table 3.4.3b: Incident of credit betting

	Frequency	Valid Percentage
1 time	1	16.7
2 times	2	33.3
3 times	1	16.7
6 times	1	16.7
10 times	1	16.7
Total	6	100.0
Mean (Standard Deviation) = 4 (3.4)		

Note. 10 respondents had to answer this question. 1 respondent refused to answer this question. 3 respondents answered “forget”.

Table 3.4.3c: Sources of credit betting

	Frequency	Valid Percentage
Bank/ Credit card	8	80.0
Finance company	3	30.0
Usurious money lender	0	0.0
Friend and relative (including family member, relative, friend, colleague, etc.)	4	40.0

Note. 10 respondents had to answer this question.

Types of gambling activities participated in over the past year (Table 3.4.3d) and the background information (Table 3.4.3e) of the 10 respondents who participated in credit betting are listed as below:

Table 3.4.3d: Types of gambling activity taken in the past year by the 10 respondents (I~X) involved in credit betting

	Mark Six lottery	Horseshoe betting	Football betting	Macau casino wagering	Gambling in mahjong house	Social gambling	Gambling in casino ship
I	-	Yes	-	-	-	Yes	-
II	Yes	Yes	Yes	-	-	-	-
III	-	-	-	Yes	-	-	-
IV	Yes	Yes	Yes	-	Yes	-	-
V	Yes	Yes	-	-	-	-	-
VI	Yes	Yes	Yes	-	-	Yes	-
VII	Yes	Yes	Yes	-	-	Yes	-
VIII	Yes	Yes	-	-	-	-	-
IX	Yes	Yes	Yes	-	-	-	-
X	Yes	Yes	Yes	-	-	-	-

Table 3.4.3e: Background information of the 10 respondents (I~X) involved in credit betting

	Sex	Age	Education	Marital status	Housing type
I	M	50-64	Secondary school (F. 4 to Matric)	Separated/Divorced	Public housing
II	M	30-49	Secondary school (F. 3 or below)	Single	Public housing
III	M	50-64	Secondary school (F. 4 to Matric)	Married	Private housing
IV	M	50-64	Secondary school (F. 4 to Matric)	Married	Public housing
V	M	50-64	Secondary school (F. 4 to Matric)	Married	Private housing
VI	M	50-64	Tertiary (non-degree) or above	Married	HOS
VII	M	30-49	Secondary school (F. 3 or below)	Married	Apartments / Tenement buildings
VIII	M	30-49	Secondary school (F. 3 or below)	Married	HOS
IX	M	50-64	Secondary school (F. 4 to Matric.)	Married	Apartments / Tenement buildings
X	M	50-64	Secondary school (F. 3 or below)	Married	<i>refused to answer</i>

	Work status	Type of industry involved	Occupation	Total monthly personal income (HKD)	Total monthly family income (HKD)
I	Employee	Import, export and wholesale trade	Elementary occupations	\$10,000-\$24,999	\$10,000-\$24,999
II	Employee	Transportation	Associate professionals	\$10,000-\$24,999	\$10,000-\$24,999
III	Retiree	--	--	--	\$25,000-\$39,999
IV	Self-employed	Import, export and wholesale trade	Plant and machine operators and assemblers	<i>Don't know / Can't remember / Not clear</i>	<i>Don't know / Can't remember / Not clear</i>
V	Employer	Construction industry	Managers and administrators	\$40,000 or above	\$40,000 or above
VI	Employee	Information and communications	Managers and administrators	\$40,000 or above	\$40,000 or above
VII	Self-employed	Retail	Managers and administrators	<i>refused to answer</i>	\$25,000-\$39,999
VIII	Employer	Construction industry	Craft and related workers	\$10,000-\$24,999	\$40,000 or above
IX	Employee	<i>refused to answer</i>	<i>refused to answer</i>	\$10,000-\$24,999	\$10,000-\$24,999
X	Employee	<i>refused to answer</i>	Elementary occupations	<i>refused to answer</i>	<i>refused to answer</i>

3.5 Phenomenon of Gambling Disorder (GD)

3.5.1 GD characteristics

Results revealed that “after losing money gambling, often returns another day to get even” was the GD characteristic listed in the DSM-V test²⁹ (DSM-V characteristic) that respondents mostly showed, which accounted for 10.8% of the whole sample, followed by “being often preoccupied with gambling” (4.1%), “has made repeated unsuccessful efforts to control, cut back, or stop gambling” (2.9%), and “lies to conceal the extent of involvement with gambling” (2.8%). (Table 3.5.1)

Table 3.5.1: Number of respondents showing GD characteristics in DSM-V test

	Frequency	Percentage
(1) Needs to gamble with increasing amounts of money in order to achieve the desire of excitement	25	1.2
(2) Is restless or irritable when attempting to cut down or stop gambling	28	1.4
(3) Has made repeated unsuccessful efforts to control, cut back, or stop gambling	59	2.9
(4) Being often preoccupied with gambling (e.g. having persistent thoughts of reliving past gambling experiences, handicapping or planning the next venture, thinking of ways to get money with which to gamble)	84	4.1
(5) Often gambles when feeling distressed (e.g. helpless, guilty, anxious, depressed)	24	1.2
(6) After losing money gambling, often returns another day to get even (“chasing” one’s losses)	221	10.8
(7) Lies to conceal the extent of involvement with gambling	57	2.8
(8) Has jeopardized or lost a significant relationship, job or educational or career opportunity because of gambling	8	0.4
(9) Relies on others to provide money to relieve desperate financial situation caused by gambling	7	0.3
Sample number (N)	2 045	

3.5.2 Prevalence of GD and gambling activities participated

Research result showed that among the 1 258 respondents who had gambled in the past year and possessed at least one DSM-V characteristic, 20 of them belonged to the “Mild” category (i.e. 4 or 5 criteria in DSM-V test), 6 of them belonged to the “Moderate” category (i.e. 6 or 7 criteria in DSM-V test) and 3 of them belonged to “Severe” category (i.e. 8 criteria or above in DSM-V test). In other words, the prevalence rate of GD obtained in this research was 1.4%, which was at a similar level with the result of probable pathological gamblers in the 2012 Study. (Table 3.5.2.a)

²⁹ In DSM-IV, the American Psychiatric Associations (APA) had defined pathological gambling and set up 10 criteria for diagnosis. The phrases, choice of items of these criteria and the “5 or more Yes” criteria to define pathological gambling are based on clinical data. The newly edition of the DSM-V published in 2013 by APA was used in this Study. Several differences from DSM-IV include (1) reclassified from as part of ‘Impulse-Control Disorders not Elsewhere Classified’ to the new diagnostic category ‘Substance-Related and Addictive Disorders’, (2) compulsive gambling is termed ‘Gambling Disorder’ (GD) instead of ‘pathological gambling’ (PG), (3) removal of one criterion “has committed illegal acts such as forgery, fraud, theft, or embezzlement to finance gambling” from among the ten criteria to become nine, (4) the threshold for pathological diagnosis is lowered from 5 to 4 criteria, (5) specifying time period (during past 12 months), and (6) specifying the level of severity – mild (4-5 criteria), moderate (6-7 criteria) and severe (8-9) criteria.

By comparing the GD and no-risk gamblers' figures on gambling activities, it is noted that there were significantly larger proportions of GD gamblers participating in horserace betting (69.0%, $\chi^2(1) = 43.608$, $p \leq .001$), football betting (31.0%, $\chi^2(1) = 12.696$, $p \leq .01$), and gambling in mahjong house (13.8%, $\chi^2(1) = 56.956$, $p \leq .001$). No-risk gamblers had a higher percentage of participation in social gambling (51.9%) (27.6%, $\chi^2(1) = 6.692$, $p \leq .05$). (Table 3.5.2b)

Table 3.5.2a: Number of respondents showing pathological/GD characteristics in DSM-IV & DSM-V test

No. of specifications (DSM-IV)	2001	2005	2008	2012	No. of specifications (DSM-V)	2016
	Frequency					Frequency
10	-		-	-		
9	2		-	-	9	-
8	4		3	1	8	3
7	3		12	8	7	1
6	10		4	6	6	5
5	18		16	13	5	8
4	33		21	13	4	12
3	48		37	25	3	21
2	80		59	48	2	58
1	170		145	130	1	182
Total	368		297	244	0	964
	%	%	%	%	Total	1 254
Probable problem gambler	4.0	3.1	2.8	1.9		<i>Freq</i> <i>%</i>
Probable pathological gambler	1.8	2.2	1.7	1.4	GD (4-9 items)	29 1.4
					- Severe (8-9 items)	3 0.1
					- Moderate (6-7 items)	6 0.3
					- Mild (4-5 items)	20 1.0
					- No-risk (0-3 items)	1 225 60.0
					Sample number (N)	2 045

Note. 4 respondents did not answer DSM-V questions completely

Table 3.5.2b: Gambling activities no-risk gamblers and GD gamblers participated in the past year

	No-risk gamblers		GD gamblers		α
	Frequency	Valid %	Frequency	Valid %	
Mark Six lottery	1 094	89.3	25	86.2	.283
Horserace betting	234	19.1	20	69.0	43.608***
Football betting	126	10.3	9	31.0	12.696**
Macau casino wagering	163	13.3	6	20.7	1.324
Gambling in mahjong house	7	0.6	4	13.8	56.956***
Social gambling	635	51.9	8	27.6	6.692*
Gambling in casino ship	11	0.9	0	0.0	.263
Illegal Mark Six	0	0.0	1	3.5	6.000
Illegal horserace betting	1	0.1	0	0.0	.240
Illegal football betting	2	0.2	0	0.0	.600
Online casino wagering	0	0.0	0	0.0	--
Sample number (<i>n</i>)	1 225		29		

Note. Multiple selection question; 1 258 respondents had to answer this question; statistical figures in the table were found significant by Pearson Chi-Square Test (* $p \leq .05$, ** $p \leq .01$, *** $p \leq .001$).

3.5.3 Gambling activities and GD characteristics

Among the 1 258 respondents who had participated in gambling activities in the past year, social gambling (8.3%) and horserace betting (6.2%) were the two most common activities the respondents participated in when they showed DSM-V characteristics. This was followed by football betting (3.5%), Mark Six lottery (3.4%), and Macau casino wagering (3.4%). (Table 3.5.3a)

Table 3.5.3a: Gambling activities participated in when respondents showed DSM-V characteristic/s

	Frequency	Percentage
Social gambling	105	8.3
Horserace betting	78	6.2
Football betting	44	3.5
Mark Six lottery	43	3.4
Macau casino wagering	43	3.4
Others	7	0.6
Gambling in mahjong house	5	0.4
Online casino wagering	2	0.2
Gambling in casino ship	3	0.2
Illegal football betting	1	0.1
Macau horserace betting	1	0.1
Illegal Mark Six	0	0.0
Illegal horserace betting	0	0.0

Note. Multiple selection question; 1 258 respondents had to answer this question.

Further statistical analysis revealed that 65.5% of the GD gamblers demonstrated DSM-V characteristics significantly when they participated in horserace betting (65.5%, $\chi^2(1) = 178.945$, $p \leq .001$). This was followed by gambling in mahjong house (10.3%, $\chi^2(1) = 73.948$, $p \leq .001$), Mark Six lottery (17.2%, $\chi^2(1) = 17.103$, $p \leq .001$), Macau casinos wagering (17.2%, $\chi^2(1) = 17.103$, $p \leq .001$) and Macau horserace betting (3.4%, $\chi^2(1) = 42.275$, $p \leq .05$). As with no-risk gamblers, data reflected DSM-V characteristics would more commonly be shown when they took part in social gambling (8.3%). (Table 3.5.3b)

Table 3.5.3b: Gambling activities no-risk gamblers and GD gamblers participated in when they showed DSM-V characteristic/s

	No-risk gamblers (N=1 225)		GD gamblers (N=29)		α
	Frequency	Valid %	Frequency	Valid %	
Horserace betting	59	4.8	19	65.5	178.945***
Mark Six lottery	38	3.1	5	17.2	17.103***
Macau casino wagering	38	3.1	5	17.2	17.103**
Social gambling	102	8.3	3	10.3	.150
Gambling in mahjong house	2	0.2	3	10.3	73.948***
Football betting	42	3.4	2	6.9	1.006
Macau horserace betting	0	0.0	1	3.4	42.275*
Online casino wagering	2	0.2	0	0.0	.047
Gambling in casino ship	2	0.2	0	0.0	.047
Illegal football betting	1	0.1	0	0.0	0.24
Illegal Mark Six lottery	0	0.0	0	0.0	--
Illegal horserace betting	0	0.0	0	0.0	--

Note. 1 258 respondents had to answer this question; multiple selection question; statistical figures in the table were found significant by Pearson Chi-Square Test (* $p \leq .05$, ** $p \leq .01$, *** $p \leq .001$).

3.5.4 Background characteristics of GD gamblers

As compared with respondents who had not gambled in the past year, or the no-risk gamblers, GD gamblers were mostly males (2.5%, $\chi^2(2) = 48.582$, $p \leq .001$), aged 50 years and above (2.0%, $\chi^2(2) = 64.526$, $p \leq .001$), unemployed (4.8%, $\chi^2(6) = 105.904$, $p \leq .001$), employed in the industry of accommodation/transportation/construction/catering services (9.1%, 4.4%, 3.1% and 2.9%, $\chi^2(14) = 69.255$, $p \leq .001$ respectively), and worked as plant and machine operators and assemblers (8.2%, $\chi^2(16) = 37.198$, $p \leq .01$). In terms of economic status among GD gamblers, most of them had family and personal income falling in the range of HK\$10,000-HK\$24,999 and HK\$40,000 or above respectively (2.5%, $\chi^2(3) = 23.835$, $p \leq .001$ and 1.6%, $\chi^2(3) = 17.972$, $p \leq .05$ respectively). (Table 3.5.4a and 3.5.4b)

Table 3.5.4a: Analysis of the backgrounds of respondents not gambled in the past year, no-risk gamblers and GD gamblers

		Not gambled in the past year (N=787)		No-risk gamblers (N=1 225)		GD gamblers (N=29)		Total (n)	α
Background characteristics		Freq	Valid %	Freq	Valid %	Freq	Valid %		
Sex	Male	297	31.5	622	66.0	24	2.5	943	48.582***
	Female	490	44.6	603	54.9	5	0.5	1 098	
Age	15-17	52	85.2	9	14.8	0	0.0	61	64.526***
	18-29	147	39.2	224	59.7	4	1.1	375	
	30-49	242	34.7	449	64.3	7	1.0	698	
	50-64	341	38.2	534	59.8	18	2.0	893	
Education	F.3 or below	119	38.4	182	58.7	119	38.4	310	9.388
	F.4 to matric	239	38.0	379	60.3	11	1.7	629	
	Tertiary or above	427	39.1	657	60.2	8	0.7	1 092	
Marital status	Single	327	42.6	436	56.8	5	0.7	768	13.929
	Married	436	36.3	742	61.8	22	1.8	1 200	
	Separated/ Divorced	12	34.3	22	62.9	1	2.9	35	
	Widow/ Widower	7	43.8	9	56.3	0	0.0	16	
	Cohabit	0	0.0	2	100.0	0	0.0	2	
Housing type	Public housing (rented or self-owned)	171	38.1	268	59.7	10	2.2	449	6.576
	HOS	126	35.5	225	63.4	4	1.1	355	
	Private housing estates (rented or self-owned)	335	40.1	490	58.7	10	1.2	835	
	Apartments / Tenement buildings (rented or self-owned)	96	37.9	155	61.3	2	0.8	253	
	Staff quarters / Student Residence	8	38.1	13	61.9	0	0.0	21	
	Village houses (rented or self-owned)	40	40.0	58	58.0	2	2.0	100	

Note. Statistical figures in the table were found significant by Pearson Chi-Square Test (* $p \leq .05$, ** $p \leq .01$, *** $p \leq .001$).

Table 3.5.4b: Analysis of the backgrounds of respondents not gambled in the past year, no-risk gamblers and GD gamblers

		Not gambled in the past year (N=787)		No-risk gamblers (N=1 225)		GD gamblers (N=29)		Total (n)	α
Background characteristics		Freq	Valid %	Freq	Valid %	Freq	Valid %		
Total monthly family income (HKD)	Below \$10,000	54	55.7	42	43.3	1	1.0	97	23.835***
	\$10,000-\$24,999	150	37.0	245	60.5	10	2.5	405	
	\$25,000-\$39,999	130	34.4	240	63.5	8	2.1	378	
	\$40,000 or above	260	33.9	501	65.2	7	0.9	768	
Total monthly personal income (HKD)	Below \$10,000	36	45.6	42	53.2	1	1.3	79	17.972*
	\$10,000-\$24,999	154	28.6	377	69.9	8	1.5	539	
	\$25,000-\$39,999	64	26.3	177	72.8	2	0.8	243	
	\$40,000 or above	101	32.8	202	65.6	5	1.6	308	
Work status	Employer	11	22.9	36	75.0	1	2.1	48	105.904***
	Employee	350	31.6	742	67.1	14	1.3	1 106	
	Self-employed	57	32.4	116	65.9	3	1.7	176	
	Job seeker	28	45.2	31	50.0	3	4.8	62	
	Retiree	94	45.0	111	53.1	4	1.9	209	
	Home-maker	111	52.4	99	46.7	2	0.9	212	
	Student	130	61.3	81	38.2	1	0.5	212	
Type of industry involved	Catering	10	28.6	24	68.6	1	2.9	35	69.255***
	Retail	27	25.7	78	74.3	0	0.0	105	
	Financial industry	42	28.8	104	71.2	0	0.0	146	
	Transportation	15	16.7	71	78.9	4	4.4	90	
	Tourism	2	8.3	22	91.7	0	0.0	24	
	Real estate	16	41.0	22	56.4	1	2.6	39	
	Manufacturing	27	31.8	57	67.1	1	1.2	85	
	Construction industry	24	25.0	69	71.9	3	3.1	96	
	Education	61	46.6	70	53.4	0	0.0	131	
	Accommodation services	4	36.4	6	54.5	1	9.1	11	
	Professional and business services	43	33.6	85	66.4	0	0.0	128	
	Information and communications	21	21.9	73	76.0	2	2.1	96	
	Public administration / Social and personal services	79	40.3	114	58.2	3	1.5	196	
	Import, export and wholesale trade	30	28.0	75	70.1	2	1.9	107	
	Managers and administrators	110	29.8	253	68.6	6	1.6	369	
	Professionals	66	37.1	111	62.4	1	0.6	178	
Occupation	Associate professionals	59	32.6	121	66.9	1	0.6	181	37.198**
	Clerks	94	31.8	200	67.6	2	0.7	296	
	Service workers and shop sales	32	34.4	61	65.6	0	0.0	93	
	Craft and related workers	10	23.8	31	73.8	1	2.4	42	
	Plant and machine operators and assemblers	8	16.3	37	75.5	4	8.2	49	
	Elementary occupations	13	23.6	39	70.9	3	5.5	55	

Note. Statistical figures in the table were found significant by Pearson Chi-Square Test (* $p \leq .05$, ** $p \leq .01$, *** $p \leq .001$).

Logistic regression was done to confirm the significant factors which determined whether a person will have a higher possibility to have GD. A set of parameters were estimated by Maximum Likelihood method. To choose a combination of suitable parameters to fit the likelihood function, Backward Stepwise (with Likelihood Ratio test) was adopted. Table 3.5.5 shows the empirical results.

Table 3.5.5: Summary of Logistic Regression Equation to predict GD gamblers

Predicted Variables	<i>B</i>	<i>SE</i>	Exp(<i>B</i>)	(95%CI)	<i>p</i>	Nagelkerke <i>R</i> ²
Local horserace betting	1.813	.489	6.126	2.348-15.987	.00	.248
Football betting	1.011	.453	2.749	1.131-6.679	.03	

Note. Categorical variable coding –

- Types of gamblers: (0) No-risk gamblers, (1) GD gamblers
- Gambling activities: football betting, local horserace betting, Mark Six Lottery, social gambling, gambling in mahjong house, gambling in casino ship, Macau casino wagering: Yes (1), No (0)
- Gender: (1) Male (0) Female
- Age: (1) 15-17, (2) 18-29, (3) 30-49, (4) 50-64
- Educational level: (1) F. 3 or below, (2), F. 4 to Matric., (reference group) Tertiary (non-degree) or above
- Marital status: Married/ Cohabitation (1), Separated/ Divorced/ Widow (2), Single (reference group)
- Personal monthly income (HKD): (1) below \$10,000, (2) \$10,000-\$24,999, (3) \$25,000-\$39,999, (reference group) \$40,000 or above
- Family monthly income (HKD): (1) below \$10,000, (2) \$10,000-\$24,999, (3) \$25,000-\$39,999, (reference group) \$40,000 or above

As shown in Table 3.5.5, among respondents who had participated in gambling activities in the past year, given other variables being equal, logistic regression analysis predicted that respondents who had participated in local horserace betting and football betting had a probability of 6.1 times [95% CI (2.348-15.987)] and 2.7 times [95% CI (1.131-6.679)] higher chance of becoming GD gamblers than those who did not take part respectively in these activities.

3.6 Opinion on the current provision of legal gambling activities

3.6.1 Opinion on the number of Mark Six lottery draws

Currently, the drawing of Mark Six lottery occurs 2-3 times a week. 83.9% respondents in the whole sample agreed that the current number of draw was enough. (Table 3.6.1a)

Table 3.6.1a: Views of the whole sample on current number of Mark Six lottery draw

	Frequency	Valid Percentage
Enough	1 713	83.9
Not enough	12	0.6
No comment/ Difficult to say/ Don't know	316	15.5
Total	2 041	100.0

Note. 2 045 respondents had to answer this question, 4 respondents refused to answer this question.

Further analysis was done on comparison of respondents' demographic characteristics in terms of gambling patterns/preference, personal background including age, educational level and marital status to see whether there was significant difference in their views on the number of Mark Six lottery draw per week. In terms of gambling patterns/preference, statistical analysis showed that regardless of whether respondents had or had not participated in gambling activities in the past year, or whether respondents who had gambled but not on Mark Six lottery or had gambled on Mark Six lottery in the past year, most of them were unanimously in favor of the current number of Mark Six lottery draw. (Table 3.6.1b and 3.6.1c).

Table 3.6.1b: Views on current number of Mark Six lottery draw between respondents who had gambled and those who had not gambled in the past year

	Respondents who had not gambled in the past year (N=419)		Respondents who had gambled in the past year (N=1 258)		α
	Frequency	Valid Percentage	Frequency	Valid Percentage	
Enough	313	99.7	1 122	99.0	1.272
Not enough	1	0.3	11	1.0	
Total	314	100.0	1 133	100.0	

Note. N = number of respondent in each group; statistical significance was not found in this table by Pearson Chi-Square Test.

Table 3.6.1c: Views on current number of Mark Six lottery draw between respondents who had gambled on Mark Six lottery and those who had gambled but not on Mark Six lottery in the past year

	Respondents who had gambled but not on Mark Six lottery in the past year (N=135)		Respondents who had gambled on Mark Six lottery in the past year (N=1 123)		α
	Frequency	Valid Percentage	Frequency	Valid Percentage	
Enough	98	100.0	1 024	98.9	4.028
Not enough	0	0.0	11	1.1	
Total	98	100.0	1 035	100.0	

Note. N = number of respondent in each group; statistical significance was not found in this table by Pearson Chi-Square Test.

In terms of personal background, no significant difference was found between different age groups, educational levels or marital status. Most of them were in favor of the current number of Mark Six lottery draw. (Table 3.6.1d, 3.6.1e and 3.6.1f)

Table 3.6.1d: Views on current number of Mark Six lottery draw between different age groups in the whole sample

	Below 18 (N=61)		18-29 (N=375)		30-49 (N=699)		50-64 (N=896)		α
	Frequency	Valid %	Frequency	Valid %	Frequency	Valid %	Frequency	Valid %	
Enough	50	98.0	339	98.8	613	99.5	700	99.4	2.816
Not enough	1	2.0	4	1.2	3	0.5	4	0.6	
Total	51	100.0	343	100.0	616	100.0	704	100.0	

Note. N= number of respondent in each age group; statistical significance was not found in this table by Pearson Chi-Square Test.

Table 3.6.1e: Views on current number of Mark Six lottery draw between respondents with different educational level groups in the whole sample

	F.3 or below (N=311)		F.4-Matric (N=630)		Tertiary (non-degree) or above (N=1 094)		α
	Frequency	Valid %	Frequency	Valid %	Frequency	Valid %	
Enough	236	33.2	541	99.8	929	99.0	3.055
Not enough	2	0.8	1	0.2	9	1.0	
Total	238	100.0	542	100.0	938	100.0	

Note. N = number of respondent in each educational level group; statistical significance was not found in this table by Pearson Chi-Square Test.

Table 3.6.1f: Views on current number of Mark Six lottery draw between respondents with different marital status in the whole sample

	Single (N=769)		Married / Cohabit (N=1 204)		Divorced/ Separated / Widow (N=52)		α
	Frequency	Valid %	Frequency	Valid %	Frequency	Valid %	
Enough	657	98.9	1 002	99.5	40	100.0	2.083
Not enough	7	1.1	5	0.5	0	0.0	
Total	664	100.0	1 007	100.0	40	100.0	

Note. N = number of respondent in each group; statistical significance was not found in this table by Pearson Chi-Square Test.

3.6.2 Opinion on the number of horse racing day

Currently, HKJC normally holds horse racing day twice a week. Among all respondents in the whole sample, 82.4% respondents agreed that the current number of horse racing day was enough. (Table 3.6.2a)

Table 3.6.2a: Views of the whole sample on current number of horse racing day

	Frequency	Valid Percentage
Enough	1 680	82.4
Not enough	12	0.6
No comment/ Difficult to say/ Don't know	348	17.1
Total	2 040	100.0

Note. 2 045 respondents had to answer this question. 5 respondents refused to answer this question.

Respondents' demographic characteristics in terms of gambling patterns/preference, personal background including age, educational level and marital status were compared to see whether there was significant difference in the opinion of number of horse racing day per week.

Results revealed that the percentage of respondents who had and those who had not gambled in the past year on views of number of horse racing day did not differ significantly. Majority of them were satisfied with the current number of horse racing day per week. Respondents who had gambled on horse racing shared a little bit more proportion (2.9%) of disagreement with current number of horse racing day per week than those who had gambled but not on horse racing in the past year. (0.1%, $\chi^2(1) = 19.316$, $p \leq .001$). (Table 3.6.2b and 3.6.2c)

Table 3.6.2b: Views on current number of horse racing day between respondents who had gambled and those who had not gambled in the past year

	Respondents who had not gambled in the past year (N=419)		Respondents who had gambled in the past year (N=1 258)		α
	Frequency	Valid Percentage	Frequency	Valid Percentage	
Enough	334	99.7	1 068	99.3	.798
Not enough	1	0.3	8	0.7	
Total	335	100.0	1 076	100.0	

Note. N = number of respondent in each group; statistical significance was not found in this table by Pearson Chi-Square Test.

Table 3.6.2c: Views on current number of horse racing day between respondents who had gambled on horse racing and those who had gambled but not on horse racing in the past year

	Respondents who had gambled but not on horse racing in the past year (N=1 002)		Respondents who had gambled on horse racing in the past year (N=256)		α
	Frequency	Valid Percentage	Frequency	Valid Percentage	
Enough	831	99.9	237	97.1	19.316***
Not enough	1	0.1	7	2.9	
Total	832	100.0	244	100.0	

Note. N = number of respondent in each group; statistical figures in this table were found significant by Pearson Chi-Square Test (* $p \leq .05$, ** $p \leq .01$, *** $p \leq .001$).

No significant difference was found by comparison of respondents' demographic characteristics in terms of age, educational level and marital status. Most of them agreed to the current number of horse racing day. (Table 3.6.2d, 3.6.2e, and 3.6.2f)

Table 3.6.2d: Views on current number of horse racing day between different age groups in the whole sample

	Below 18 (N=61)		18-29 (N=375)		30-49 (N=699)		50-64 (N=896)		α
	Freq	Valid%	Freq	Valid%	Freq	Valid%	Freq	Valid%	
Enough	51	96.2	339	98.8	613	99.5	700	99.4	7.296
Not enough	2	3.8	4	1.2	3	0.5	4	0.6	
Total	53	100.0	343	100.0	616	100.0	704	100.0	

Note. N = number of respondent in each age group; statistical significance was not found in this table by Pearson Chi-Square Test.

Table 3.6.2e: Views on current number of horse racing day between different educational level groups in the whole sample

	F.3 or below (N=311)		F.4-Matric (N=630)		Tertiary (non-degree) or above (N=1 094)		α
	Frequency	Valid %	Frequency	Valid %	Frequency	Valid %	
Enough	245	98.4	520	99.2	908	99.6	3.867
Not enough	4	1.6	4	0.8	4	0.4	
Total	249	100.0	524	100.0	912	100.0	

Note. N = number of respondent in each educational level group; statistical significance was not found in this table by Pearson Chi-Square Test.

Table 3.6.2f: Views on current number of horse racing day between respondents with different marital status in the whole sample

	Single (N=769)		Married/Cohabit (N=1 204)		Divorced/Separated / Widow (N=52)		
	<i>Freq</i>	Valid %	<i>Freq</i>	Valid %	<i>Freq</i>	Valid %	α
Enough	648	99.4	974	99.2	45	100.0	.654
Not enough	4	0.6	8	0.8	0	0.0	
Total	652	100.0	982	100.0	45	100.0	

Note. N = number of respondent in each group; statistical significance was not found in this table by Pearson Chi-Square Test.

3.6.3 Opinion on horse racing day on weekend

Results indicated that 34.7% of the whole sample preferred weekend horse racing day to be held on Saturday, while 22.7% respondents preferred Sunday. However, 42.7% respondents did not show any preference. (Table 3.6.3a)

Table 3.6.3a: Preference of the whole sample for weekend horse racing day on Saturday or Sunday

	Frequency	Valid Percentage
Saturday	693	34.7
Sunday	453	22.7
No preference	853	42.7
Total	1 999	100.0

Note. 2 045 respondents had to answer this question, 46 respondents refused to answer this question.

In terms of gambling preference among different gamblers, results showed that most of the respondents who had not gambled in the past year preferred Saturday (41.8%) or did not have any preference (40.6%). Those who had gambled in the past year mostly did not have preference (43.4%), or preferred Saturday (32.8%). On the whole, Saturday was preferred by most of them. (Table 3.6.3b)

Table 3.6.3b: Preference for weekend horse racing day between respondents who had gambled and those who had not gambled in the past year

	Respondents who had not gambled in the past year (N=419)		Respondents who had gambled in the past year (N=1 258)		
	Frequency	Valid Percentage	Frequency	Valid Percentage	α
Saturday	169	41.8	406	32.8	13.001**
Sunday	71	17.6	295	23.8	
No preference	164	40.6	537	43.4	
Total	404	100.0	1 238	100.0	

Note. N = number of respondent in each group; statistical figures in this table were found significant by Pearson Chi-Square Test (* $p \leq .05$, ** $p \leq .01$, *** $p \leq .001$).

Significant difference was also found between respondents who had gambled but not on horse racing and those who had participated in horserace betting. Results revealed that respondents who had gambled but not on horse racing preferred horse racing day held on Saturday (34.0%) than

Sunday (20.7%). On the contrary, respondents who had participated in horserace betting preferred Sunday (35.9%) to Saturday (28.1%, $\chi^2(1) = 26.122$, $p \leq .001$). (Table 3.6.3c)

Table 3.6.3c: Preference for weekend horse racing day between respondents who had gambled on horse racing and those who had gambled but not on horse racing in the past year

	Respondents who had gambled but not on horse racing in the past year (N=1 002)		Respondents who had gambled on horse racing in the past year (N=256)		α
	Frequency	Valid Percentage	Frequency	Valid Percentage	
Saturday	334	34.0	72	28.1	26.122***
Sunday	203	20.7	92	35.9	
No preference	445	45.3	92	35.9	
Total	982	100.0	256	100.0	

Note. N = number of respondent in each group; statistical figures in this table were found significant by Pearson Chi-Square Test (* $p \leq .05$, ** $p \leq .01$, *** $p \leq .001$).

Comparisons by means of different demographic characteristics of respondents on the preference of weekend horse racing day resulted in significant differences. Younger respondents (aged 15-17: 44.3% and 18-29: 39.3%) mostly preferred Sunday. On the contrary, older respondents (aged 30-49: 36.8% and 50-64: 32.8%, $\chi^2(3) = 117.948$, $p \leq .001$) mostly preferred Saturday. (Table 3.6.3d)

Table 3.6.3d: Preference for weekend horse racing day between different age groups in the whole sample

	15-17 (N=61)		18-29 (N=375)		30-49 (N=699)		50-64 (N=896)		α
	Freq	Valid%	Freq	Valid%	Freq	Valid%	Freq	Valid%	
Saturday	19	31.1	131	35.0	249	36.8	287	32.8	117.948***
Sunday	27	44.3	147	39.3	129	19.1	149	17.0	
No preference	15	24.6	96	25.7	299	44.2	439	50.2	
Total	61	100.0	374	100.0	677	100.0	875	100.0	

Note. N = number of respondent in each age group; statistical figures in this table were found significant by Pearson Chi-Square Test (* $p \leq .05$, ** $p \leq .01$, *** $p \leq .001$).

In terms of educational level, although most respondents in different educational groups preferred Saturday [F.3 or below: 26.0%, F.4 – Matric.: 38.8%, Tertiary (non-degree) or above: 34.8%] rather than Sunday [F.3 or below: 20.0%, F.4 – Matric.: 22.4%, Tertiary (non-degree) or above: 23.6%, $\chi^2(2) = 22.393$, $p \leq .001$], respondents with F.4 or above levels shared a relatively more proportion on preference of Saturday than those with F.3 level or below. (Table 3.6.3e)

Table 3.6.3e: Preference for weekend horse racing day between respondents with different educational level groups in the whole sample

	F.3 or below (N=311)		F.4-Matriculation (N=630)		Tertiary (non-degree) or above (N=1 094)		
	<i>Freq</i>	Valid %	<i>Freq</i>	Valid %	<i>Freq</i>	Valid %	α
Saturday	78	26.0	241	38.8	372	34.8	22.393***
Sunday	60	20.0	139	22.4	252	23.6	
No preference	162	54.0	241	38.8	445	41.6	
Total	300	100.0	621	100.0	1 069	100.0	

Note: N = number of respondent in each educational level group; statistical figures in this table were found significant by Pearson Chi-Square Test (* $p \leq .05$, ** $p \leq .01$, *** $p \leq .001$).

As for marital status, most respondents in different marital status groups preferred Saturday. Nevertheless, respondents who were married/in cohabitation and divorced/separated/widow shared less proportion on preference for Sunday (17.9%, 13.7% respectively) than respondents who were single (30.8%, $\chi^2(2) = 54.001$, $p \leq .001$). (Table 3.6.3f)

Table 3.6.3f: Preference for weekend horse racing day between respondents with different marital status in the whole sample

	Single (N=769)		Married/Cohabit (N=1 204)		Divorced/Separated / Widow (N=52)		
	Frequency	Valid %	Frequency	Valid%	Frequency	Valid%	α
Saturday	262	34.5	408	34.8	17	33.3	54.001***
Sunday	234	30.8	210	17.9	7	13.7	
No preference	263	34.7	553	47.2	27	52.9	
Total	759	100.0	1 171	100.0	51	100.0	

Note. N = number of respondent in each group; statistical figures in this table were found significant by Pearson Chi-Square Test (* $p \leq .05$, ** $p \leq .01$, *** $p \leq .001$).

3.6.4 Opinion on the number of football matches for betting

Currently, HKJC provides around 130 matches for football betting per week. 71.1% respondents in the whole sample agreed that the current number was enough. (Table 3.6.4a)

Table 3.6.4a: Views of the whole sample on current number of football matches for betting

	Frequency	Valid Percentage
Enough	1 444	71.1
Not enough	14	0.7
No comment/ Hard to say/ Don't know	574	28.2
Total	2 032	100.0

Note. 2 045 respondents had to answer this question, 13 respondents refused to answer this question.

In terms of gambling preference, statistical analysis showed that there was no significant difference between respondents who had gambled and those who had not gambled in the past year, as both groups thought that the current number of football matches for betting were fairly enough. (Table 3.6.4b) However, those who had participated in football betting had a higher percentage in

“not enough” (4.1%) than those who had gambled but not on football matches (0.8%, $\chi^2(1) = 9.869$, $p \leq .01$). (Table 3.6.4c)

Table 3.6.4b: Views on current number of football matches for betting between respondents who had gambled and those who had not gambled in the past year

	Respondents who had not gambled in the past year (N=419)		Respondents who had gambled in the past year (N=1 258)		α
	Frequency	Valid Percentage	Frequency	Valid Percentage	
Enough	302	99.3	900	98.8	.650
Not enough	2	0.7	11	1.2	
Total	304	100.0	911	100.0	

Note. N = number of respondent in each group; statistical significance was not found in this table by Pearson Chi-Square Test.

Table 3.6.4c: Views on current number of football matches for betting between respondents who had gambled on football matches and those who had gambled but not on football matches in the past year

	Respondents who had gambled but not on football matches in the past year (N=1 123)		Respondents who had gambled on football matches in the past year (N=135)		α
	Frequency	Valid %	Frequency	Valid %	
Enough	783	99.2	117	95.9	9.869**
Not enough	6	0.8	5	4.1	
Total	789	100.0	122	100.0	

Note. N = number of respondent in each group; statistical figures in this table were found significant by Pearson Chi-Square Test (* $p \leq .05$, ** $p \leq .01$, *** $p \leq .001$).

No significant difference was found when respondents with different demographic characteristics were compared. Majority of them regardless of age group, educational level, or marital status considered that the current number of football matches for betting per week was enough. (Table 3.6.4d, 3.6.4e and 3.6.4f)

Table 3.6.4d: Views on current number of football matches for betting between different age groups in the whole sample

	15-17 (N=61)		18-29 (N=375)		30-49 (N=699)		50-64 (N=896)		α
	Freq	Valid %	Freq	Valid %	Freq	Valid %	Freq	Valid %	
Enough	50	100.0	321	98.5	524	98.9	541	99.4	2.717
Not enough	0	0.0	5	1.5	6	1.1	3	0.6	
Total	50	100.0	326	100.0	530	100.0	544	100.0	

Note. N = number of respondent in each age group; statistical significance was not found in this table by Pearson Chi-Square Test.

Table 3.6.4e: Views on current number of football matches for betting between different educational level groups in the whole sample

	F.3 or below (N=311)		F.4-Matriculation (N=630)		Tertiary (non-degree) or above (N=1 094)		
	<i>Freq</i>	Valid %	<i>Freq</i>	Valid %	<i>Freq</i>	Valid %	α
Enough	174	99.4	448	98.9	818	99.0	.376
Not enough	1	0.6	5	1.1	8	1.0	
Total	175	100.0	453	100.0	826	100.0	

Note. N = number of respondent in each educational level group; statistical significance was not found in this table by Pearson Chi-Square Test.

Table 3.6.4f: Views on current number of football matches for betting between respondents with different marital status in the whole sample

	Single (N=769)		Married / Cohabit (N=1 204)		Divorced/ Separated / Widow (N=52)		
	<i>Freq</i>	Valid %	<i>Freq</i>	Valid %	<i>Freq</i>	Valid %	α
Enough	598	99.0	808	99.0	31	100.0	.309
Not enough	6	1.0	8	1.0	0	0.0	
Total	604	100.0	816	100.0	31	100.0	

Note. N = number of respondent in each group; statistical significance was not found in this table by Pearson Chi-Square Test.

3.7 Prevention of and solution for gambling problems in the community

3.7.1 “Give Up Gambling Hotline” (# 1834 633)

Research data indicated that more than 80.0% (81.9%) respondents in the whole sample had heard of “Give Up Gambling Hotline (#1834 633)”. (Table 3.7.1a)

Table 3.7.1a: Heard of Give Up Gambling Hotline (#1834 633) or not

	Frequency	Valid Percentage
Yes	1 674	81.9
No	371	18.1
Total	2 045	100.0

Note. 2 045 respondents had to answer this question.

Among those who had heard of the Hotline, only 0.3% of them or their family members had ever called the Hotline to seek help. Among those who had called, 3 of them (60.0%) agreed the hotline was helpful to them/their family members. (Table 3.7.1b and 3.7.1c)

Table 3.7.1b: Had respondents or their’ family members ever called the Hotline to seek help

	Frequency	Valid Percentage
Yes	5	0.3
No	1 664	99.7
Total	1 669	100.0

Note. 1 674 respondents had to answer this question, 5 respondents refused to answer this question.

Table 3.7.1c: The Hotline was helpful or not to the respondents/respondents' family members

	Frequency	Valid Percentage
Agree	3	60.0
Don't agree	2	40.0
Total	5	100.0

Note. 5 respondents had to answer this question.

3.7.2 Utilization of C&T services

Only 10 respondents (0.5%) or their family members had ever utilized C&T services. 6 of them (60.0%) agreed that the C&T services were helpful. (Table 3.7.2a and 3.7.2b)

Table 3.7.2a: Had respondents or their family members ever utilized C&T services

	Frequency	Valid Percentage
Yes	10	0.5
No	2 031	99.5
Total	2 041	100.0

Note. 2 045 respondents had to answer this question, 4 respondents refused to answer this question.

Table 3.7.2b. C&T services were helpful or not to the respondents or their family members

	Frequency	Valid Percentage
Agree	6	60.0
Don't agree	1	10.0
Don't know/ Hard to say	3	30.0
Total	10	100.0

Note. 10 respondents had to answer this question.

3.7.3 Willingness to use the “Give Up Gambling Hotline” or C&T services

Research data indicated that 69.4% respondents would seek help from “Give Up Gambling Hotline” or C&T centres when they or their family members suffered from gambling problems. (Table 3.7.3a)

Table 3.7.3a: Willing or not to seek help from the Hotline or C&T centres when respondents or their family members suffer from gambling problem

	Frequency	Valid Percentage
Yes	1 411	69.4
No	418	20.6
Don't know/ Hard to say	204	10.0
Total	2 033	100.0

Note. 2 045 respondents had to answer this question, 12 respondents refused to answer this question.

A further analysis showed significant results and revealed that the “would seek help” group mainly consisted of females (74.0%), those aged 30-49 (75.2%), those with tertiary or above qualifications (72.8%) and those had not participated in gambling in the past year (71.4%). On the contrary, the “would not seek help” group mainly consisted of males (25.2%, $\chi^2(1) = 26.818$,

$p \leq .001$), those aged 15-17 (34.4%, $\chi^2(3) = 32.946$, $p \leq .001$), and those with lower educational qualifications (26.1%, $\chi^2(2) = 17.453$, $p \leq .001$). 35.7% ($\chi^2(2) = 15.524$, $p \leq .01$) GD gamblers would not seek help from these services. (Table 3.7.3b)

Table 3.7.3b: Analysis of the background of respondents who would/would not seek help from the hotline or C&T centres if in need

Background characteristics		Would seek help or not						Total (n)	α
		Yes		No		Don't know / Hard to say			
		Freq	Valid %	Freq	Valid %	Freq	Valid %		
Sex	Male	601	64.0	237	25.2	101	10.8	939	26.818***
	Female	810	74.0	181	16.5	103	9.4	1 094	
Age	15-17	39	63.9	21	34.4	1	1.6	61	32.946***
	18-29	263	70.3	81	21.7	30	8.0	374	
	30-49	524	75.2	115	16.5	58	8.3	697	
	50-64	577	65.0	199	22.4	112	12.6	888	
Educational level	F.3 or below	187	61.1	80	26.1	39	12.7	306	17.453**
	F.4 to Matric	424	67.5	140	22.3	64	10.2	628	
	Tertiary or above	794	72.8	195	17.9	101	9.3	1 090	
“GD gambler” or not	No gambling in the past year	558	71.4	134	17.1	90	11.5	782	15.524**
	No-risk gamblers	834	68.4	273	22.4	113	9.3	1 220	
	GD gamblers	18	64.3	10	35.7	0	0.0	28	

Note. Statistical figures in the table were found significant by Pearson Chi-Square Test (* $p \leq .05$, ** $p \leq .01$, *** $p \leq .001$).

3.7.4 Public attitude towards legal gambling age

Majority of respondents (62.2%) in the whole sample considered that the legal gambling age of 18 in Hong Kong was appropriate. 33.8% of them suggested that it should be raised, while 0.6% of them suggested that it should be lowered. (Table 3.7.4a)

Table 3.7.4a: 18 as the legal gambling age of Hong Kong is suitable or not

	Frequency	Valid Percentage
Appropriate	1 271	62.2
Inappropriate, the legal gambling age should be raised	690	33.8
Inappropriate, the legal gambling age should be lowered	13	0.6
Not clear / Hard to say / No preference	68	3.3
Total	2 042	100.0

Note. 2 045 respondents had to answer this question, 3 respondents refused to answer this question.

Among those who considered the current legal gambling age appropriate, there were higher proportions of males (68.4%), those aged 18-29 (71.2%), those with tertiary or above qualifications (68.3%), and no-risk gamblers (65.5%). Among those who suggested raising the legal gambling age, there were higher proportions of females (38.8%, $\chi^2(1) = 29.897$, $p \leq .001$), those aged 50-64 (38.9%), those with lower educational levels (F.3 or below) (39.7%) and those who had not gambled in the past year (38.0%). Younger respondents (aged 15-17) (4.9%, $\chi^2(3) = 77.775$,

$p \leq .001$), and GD gamblers (6.9%, $\chi^2(2) = 34.204$, $p \leq .001$) tended to suggest lowering the legal age of gambling. (Table 3.7.4b)

Table 3.7.4b: Analysis of the backgrounds of respondents who agreed/not agreed on age 18 as the legal gambling age of Hong Kong

Background characteristics		Age 18 is suitable or not								Total (n)	α
		Yes		No, should increase the legal age		No, should decrease the legal age		Don't know/ Hard to say			
		Freq	Valid %	Freq	Valid %	Freq	Valid %	Freq	Valid %		
Sex	Male	646	68.4	264	28.0	7	0.7	27	2.9	944	29.897***
	Female	625	56.9	426	38.8	6	0.5	41	3.7	1 098	
Age	15-17	42	68.9	15	24.6	3	4.9	1	1.6	61	77.775***
	18-29	267	71.2	100	26.7	5	1.3	3	0.8	375	
	30-49	460	66.0	222	31.9	2	0.3	13	1.9	697	
	50-64	494	55.2	348	38.9	3	0.3	50	5.6	895	
Educational level	F.3 or below	157	50.6	123	39.7	2	0.6	28	9.0	310	68.543***
	F.4 to Matric	363	57.7	244	38.8	6	1.0	16	2.5	629	
	Tertiary or above	747	68.3	318	29.1	5	0.5	23	2.1	1 093	
“GD gambler” or not	No gambling in the past year	447	57.0	298	38.0	5	0.6	34	4.3	784	34.204***
	No-risk gamblers	802	65.5	384	31.3	6	0.5	33	2.7	1 225	
	GD gamblers	18	62.1	8	27.6	2	6.9	1	3.4	29	

Note. Statistical figures in the table were found significant by Pearson Chi-Square Test (* $p \leq .05$, ** $p \leq .01$, *** $p \leq .001$).

3.8 Summary

The study revealed a decreasing trend of gambling participation since 2005 though gambling was still a popular practice for Hong Kong people in the past year. Mark Six lottery was the most popular gambling activity, social gambling came second, followed by horserace betting, Macau casinos wagering and football betting. The research showed that the average monthly expenditure on horserace betting, Macau casino wagering and Mark Six lottery increased as compared with the 2012 Study. Besides, the statistics in this Study indicated that only a very small proportion of respondents who gambled last year had participated in illegal gambling activities (0.5%) or credit betting (0.8%).

Using DSM-V for GD rate analysis, the prevalence rate for GD obtained in this research was 1.4%, which was at a similar level with the result of “Probable pathological gambler” in the 2012 Study. GD gamblers involved distinctively, in statistics, males aged 50 years old and above. In some specific industries (e.g. transportation, construction, catering & accommodation services) and occupations (e.g. plant and machine operators and assemblers, and elementary occupations), the proportions of GD gamblers were comparatively high. Moreover, 65.5% of the GD gamblers

indicated that their GD characteristics usually occurred when they took part in horserace betting. When using logistic regression model to estimate the significant predictors of having GD, it is concluded that “taking part in local horserace betting” is an important predictor to determine GD.

Concerning the current provision of legal gambling activities, the majority in the whole sample clearly showed that there were sufficient number of betting channels and betting opportunities in terms of number of Mark Six lottery draw, days for local horse racing and number of football matches for betting.

Concerning the provision of facilities/resources on the prevention of/solution for gambling-related problems, respondents in the whole sample were in general quite aware of such provision. More than 80.0% respondents had heard of “Give up Gambling Hotline”. About 70.0% respondents would seek help from the Hotline or C&T centres when they or their family members suffered from gambling problems.

Finally, over 60.0% of respondents in the whole sample agreed that legal gambling age of 18 in Hong Kong was suitable, while around one-third of respondents suggested that legal age for gambling should be raised.

CHAPTER 4: YOUTH SURVEY

Introduction

In Hong Kong, although the legal age of gambling with licensed operator is 18, some underage may participate in social gambling or other unregulated form of gambling activities, as evidenced in the previous prevalent studies by The Hong Kong Polytechnic University (HKPU, 2001, 2012) and The University of Hong Kong (HKU, 2005). Thus, one of the objectives of the Youth Survey, as with the previous ones, is to investigate the participation and behavior of the youth in gambling activities. As Internet increases the accessibility and availability of gambling, another objective of this study is to find out the current situation and trend of online gambling among the young people.

As opposed to previous prevalence studies which targeted at students from secondary schools, who were assumed to be underage, this study extends the age of the sample to 22, with an aim to find out the gambling participation situation of the underage and the youth (both students and the working youth) as well.

Besides the prevalence of gambling behavior and its pattern, the degree of GD, gambling motivation, gambling beliefs, mental health status, and Internet addiction were also investigated in this Study so as to identify the risk factors contributing to development of unhealthy gambling behaviors. This can benefit policy makers or stakeholders to formulate and improve the preventive or remedial measures against problem gambling.

The youth aged 15-22 were the target in this Study. Different sampling methods were used for two sample populations. For the sample of secondary school students (S-A), stratified and cluster random sampling method was employed to target those students who were studying in Form 4 to Form 6. Due to the fact that during the time of data collection, most of the students in Form 6 were not at schools, it resulted in the majority of respondents coming from Form 4 to Form 5 only. For the other group (S-B) with youth aged 15-22, no matter working or studying, were recruited from various local tertiary institutions and NGOs by purposive sampling. A total of 3 318 valid questionnaires were collected from both samples. Among them, 2 120 questionnaires were collected from secondary schools and 1 198 questionnaires were collected from tertiary institutions and NGOs. It should be noted that as purposive sampling, instead of random sampling, was adopted in choosing respondents in S-B, the result findings of S-B should not be taken to reflect the general situation of young people (aged 15-22). The findings may provide reference for further investigation.

4.1 Background of respondents

Regarding the demographic data, gender was evenly distributed with 50.3% of them being males and 49.7% of them being females. (Table 4.1.1) As the size of Sample A (S-A) from secondary schools were nearly twice that of Sample B (S-B) with respondents coming from tertiary institutions and NGOs, majority of respondents in the Youth Survey were adolescents (aged 15-16) (46.6%) and with senior secondary educational level (F.4-F.5) (70.1%). The proportion of young adults (aged 19-22) was 24.9%. (Tables 4.1.2 and 4.1.3) 11.2% of the respondents in S-A had part-time jobs. (Table 4.1.4) 32.2% of the respondents in S-B were employed in full-time or part-time jobs, and 79.4% of them were either full-time or part-time students. (Table 4.1.5)

Table 4.1.1: Gender

	Frequency	Valid Percentage
Male	1 668	50.3
Female	1 646	49.7
Total	3 314	100.0

Note. N=3 318, 4 respondents did not answer.

Table 4.1.2: Age

	Frequency	Valid Percentage
15-16	1 542	46.6
17-18	942	28.5
19-20	447	13.5
21-22	377	11.4
Total	3 308	100.0

Note. N=3 318, 10 respondents did not answer.

Table 4.1.2a: Age distribution in S-A (secondary school students) and S-B (NGOs and tertiary institutions)

	S-A		S-B	
	Frequency	Valid %	Frequency	Valid %
15-16	1 410	66.8	132	11.0
17-18	654	30.6	297	24.8
19-20	52	2.5	395	33.0
21-22	4	0.2	373	31.2
Total	2 111	100.0	1 197	100.0

Note. S-A: N=2 120, 9 respondents did not answer; S-B: N=1 198, 1 respondent did not answer.

Table 4.1.3: Educational level

	Frequency	Valid Percentage
F.1-F.3	88	2.7
F.4-F.5	2 316	70.1
Matriculation (F.6-F.7/IVE/VTC)	313	9.5
Tertiary (Associate Degree)	185	5.6
Tertiary (Degree or above)	403	12.2
Total	3 305	100.0

Note. N=3 318, 13 respondents did not answer.

Table 4.1.3a: Educational level distribution in S-A and S-B

	S-A		S-B	
	Frequency	Valid %	Frequency	Valid %
F.1-F.3	0	0.0	88	7.4
F.4-F.5	2 087	98.6	229	19.3
Matriculation (F.6-F.7/IVE/VTC)	30	1.4	283	23.8
Tertiary (Associate degree)	0	0.0	185	15.6
Tertiary (Degree or above)	0	0.0	403	33.9
Total	2 117	100.0	1 188	100.0

Note. S-A: N=2 120; 3 respondents did not answer; S-B: N=1 198, 10 respondents did not answer.

Table 4.1.4: Work status in S-A

	Frequency	Valid Percentage
Did not have part-time job	1 870	88.8
Had part-time job	235	11.2
Total	2 105	100.0

Note. N=2 120, 15 respondents did not answer.

Table 4.1.5: Work status in S-B

	Frequency	Valid Percentage
Self-employed	23	1.9
Employer	6	0.5
Employee	386	32.2
Employee (Full time)	139	36.0
Employee (Part time)	228	59.1
Did not answer	19	
Student	951	79.4
Student (Full time)	831	87.4
Student (Part time)	92	9.7
Did not answer	28	
Unemployed	43	3.6
Out-of-school and out-of-work	10	0.8
Full time home-maker	4	0.3

Note. N=1 198; total percentage is more than 100 as some respondents had both student and employee status; multiple selection question.

In terms of economic situation, about half of the respondents (46.6%) reported that their monthly disposable income was between HK\$1,001 and HK\$5,000, with an average monthly disposable income of HK\$2,244 which mainly came from family members (82.5%, $n=2\ 736$) or themselves such as saving or part/half-time/full-time jobs (34.2%, $n=1\ 133$). (Tables 4.1.6 and 4.1.7)

Table 4.1.6: Monthly disposable income

(HKD)	Frequency	Valid Percentage
\$1-\$500	551	19.9
\$501-\$1,000	701	25.2
\$1,001-\$5,000	1 294	46.6
\$5,001-\$10,000	150	5.4
\$10,001-\$15,000	51	1.8
\$15,001-\$20,000	17	0.6
\$20,001-\$30,000	8	0.3
Total	2 772	100.0

Note. N=3 318, 546 respondents did not answer.

Table 4.1.7: Sources of disposable income

	Frequency	Valid percentage
Self	1 133	34.1
Family	2 736	82.5
Relative	124	3.7
Friend	27	0.8
Classmate	16	0.5
Colleague	5	0.2
Comprehensive Social Security Assistance (CSSA)	26	0.8
Other governmental allowance (except CSSA)	29	0.9

Note. N=3 318; multiple selection question.

Most of them did not know their household monthly income (85.5%, $n=2\,761$), and only 14.5% ($n=470$) of them were able to report it. 3.3% ($n=107$) of them had household monthly income between HK\$20,000 and HK\$29,999, and 2.8% ($n=89$) had household monthly income between HK\$10,000 and HK\$19,999. (Table 4.1.8). The average monthly household income was HK\$30,891. 43.5% ($n=1\,416$) of the respondents were living in public estates. (Table 4.1.9)

Table 4.1.8: Household monthly income

(HKD)	Frequency	Valid Percentage
<\$10,000	30	0.9
\$10,000-19,999	89	2.8
\$20,000-29,999	107	3.3
\$30,000-39,999	88	2.7
\$40,000-49,999	72	2.2
\$50,000-59,999	39	1.2
≥\$60,000	45	1.4
Don't know	2 761	85.5
Total	3 231	100.0

Note. N=3 318, 87 respondents did not answer.

Table 4.1.9: Types of residence

	Frequency	Valid Percentage
Public estate	1 416	43.5
Private house/ House of Ownership Scheme/ Tenement building/ Village house	1 252	38.5
Sub-divided flat/ Industrial building	76	2.3
Staff/ Student hall	324	10.0
Don't know	188	5.8
Total	3 256	100.0

Note. N=3 318, 62 respondents did not answer.

4.2 Participation in gambling activities and gambling behaviors

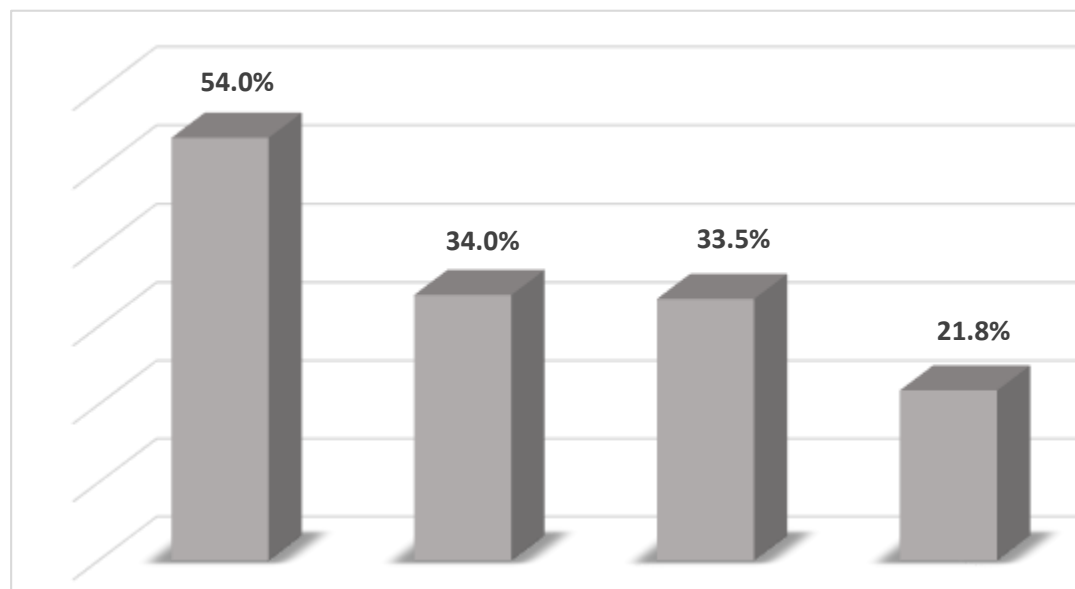
Of the whole sample ($N=3\,318$), one-third of the respondents (30.4%, $n=1\,008$) had participated in gambling activities in the past year. (Table 4.2.1)

Table 4.2.1: Participation rate of gambling in the past year of the whole sample

	Frequency	Valid Percentage
Yes	1 008	30.4
No	2 310	69.6
Total	3 318	100.0

Based on the sample from secondary schools (S-A) ($N=2\,120$), the comparison with previous studies with the same target group showed that the prevalence rate of the underage dropped from 33.5% in 2012 to 21.8% in 2016. The drop was even greater when it was compared to the rate in 2001, having a net drop of 32.2%. (Figure 4.2.2)

Figure 4.2.2: The prevalence rate of gambling among secondary school students from 2001 to 2016



Note.: N = Number of whole sample; 21.8% = 462 respondents; prevalent rate calculated was based on secondary school sample, as it was meaningful only when similar samples were compared.

Further analysis on the demographics of those who had participated or not in gambling activities in the past year showed that, in terms of percentage, 31.1% of males took part in gambling activities and 29.6% of females did so. The older they were, the more they took part in gambling in the past year. Table 4.2.3 reveals that the participation rate of young adults aged 21-22 (58.4%) and those aged 19-20 (48.3%) were significantly higher than adolescents aged 15-16 (20.3%) and those aged 17-18 (27.2%, $\chi^2(3) = 286.204$, $p \leq .001$). As for educational level, respondents having the highest educational level (degree or above) significantly had the highest rate of gambling participation in the past year (54.6%), followed by respondents attaining tertiary level (non-degree) (50.8%) and matriculation level (43.1%, $\chi^2(4) = 240.831$, $p \leq .001$).

Table 4.2.3: Comparison of gambling participation by gender, age and educational level of the whole sample

		Did not participate in gambling activities (N=2 310)		Had participated in gambling activities (N=1 008)		Total (n)	α
		Frequency	Valid %	Frequency	Valid %		
Gender	Male	1 149	68.9	519	31.1	1 668	.915
	Female	1 159	70.4	487	29.6	1 646	
Age	15-16	1 229	79.7	313	20.3	1 542	286.204***
	17-18	686	72.8	256	27.2	942	
	19-20	231	51.7	216	48.3	447	
	21-22	157	41.6	220	58.4	377	
Educational level	Junior (F.1-F.3)	57	64.8	31	35.2	88	240.831***
	Senior (F.4-F.5)	1 794	77.5	522	22.5	2 316	
	Matriculation (F.6-F.7/ IVE/ VTC	178	56.9	135	43.1	313	
	Tertiary (Non- degree)	91	49.2	94	50.8	185	
	Tertiary (Degree or above)	183	45.4	220	54.6	403	

Note. N=Number of respondent in each group; statistical figures in the table were found significant by Pearson Chi-Square Test (* $p \leq .05$, ** $p \leq .01$, *** $p \leq .001$).

There was no significant difference in gambling participation by gender, age and educational level in S-A. (Table 4.2.4)

Table 4.2.4: Comparison of gambling participation by gender, age and educational level in S-A

		Did not participate in gambling activities (N=1 658)		Had participated in gambling activities (N=462)		Total (n)	α
		Frequency	Valid %	Frequency	Valid %		
Gender	Male	841	78.5	231	21.5	1 072	.066
	Female	815	78.0	230	22.0	1 045	
Age	15-16	1 114	79.0	296	21.0	1,410	7.295
	17-18	501	77.7	144	22.3	645	
	19-20	33	63.5	19	36.5	52	
	21-22	3	75.0	1	25.0	4	
Educational level	Senior (F.4-F.5)	1 632	78.2	455	21.8	2 087	.056
	F.6	24	80.0	6	20.0	30	

Note. N=Number of respondent in each group; statistical significance was not found in this table by Pearson chi-Square Test (* $p \leq .05$, ** $p \leq .01$, *** $p \leq .001$).

Among the youth from NGOs/tertiary institutions (S-B), there were significant differences in the participation rates between different age groups and different educational levels. Young adults aged 21-22 (58.7%, $\chi^2(3) = 93.210$, $p \leq .001$) and those attaining the highest educational level (54.6%, $\chi^2(4) = 42.557$, $p \leq .001$) had a higher level of engagement in gambling activities than the others. (Table 4.2.5)

Table 4.2.5: Comparison of gambling participation by gender, age and educational level in S-B

		Did not participate in gambling activities (N=652)		Had participated in gambling activities (N=546)		Total (n)	α
		Frequency	Valid %	Frequency	Valid %		
Gender	Male	308	51.7	288	48.3	596	3.730
	Female	344	57.2	257	42.8	601	
Age	15-16	115	87.1	17	12.9	132	93.210***
	17-18	185	62.3	112	37.7	297	
	19-20	198	50.1	197	49.9	395	
	21-22	154	41.3	219	58.7	373	
Educational level	Junior (F.1-F.3)	54	63.5	31	36.5	85	42.557***
	Senior (F.4-F.5)	160	70.8	66	29.2	226	
	Matriculation (F.6-F.7/IVE/VTC)	159	55.0	130	45.0	289	
	Tertiary (Non-degree)	91	49.2	94	50.8	185	
	Tertiary (Degree or above)	183	45.4	220	54.6	403	

Note. N=Number of respondent in each group; statistical figures in the table were found significant by Pearson Chi-Square Test (* $p \leq .05$, ** $p \leq .01$, *** $p \leq .001$).

Forms of gambling activities participated

Table 4.2.6 shows that social gambling, Mark Six lottery and football betting were the three most popular gambling activities in the past year for S-A, S-B and the whole youth sample with the same order. S-B had higher participation rate than S-A in all types of gambling activities except gambling activities not held by HKJC, which might be illegal gambling activities.

Table 4.2.6: Types of gambling activity participated by respondents of S-A, S-B and the whole sample

	S-A		S-B		Whole Sample	
	frequency	%	frequency	%	frequency	%
Football betting	25	1.2	117	9.8	142	4.3
Local horserace betting	14	0.7	77	6.4	91	2.7
Overseas horserace betting	7	0.3	14	1.2	21	0.6
Mark Six lottery	116	5.5	410	34.2	526	15.9
Social gambling	416	19.6	363	30.3	779	23.5
Gambling in mahjong house	13	0.6	12	1.0	25	0.8
Macau casino wagering	12	0.6	44	3.7	56	1.7
Gambling in casino ship	5	0.2	8	0.7	13	0.4
Gambling activities not held by HKJC	10	0.5	5	0.4	15	0.5
Online gambling activities not held by HKJC	21	1.0	24	2.0	45	1.4
Total Sample size	2 120		1 198		3 318	

When compared with previous studies (HKPU, 2001, 2012; HKU, 2005) in regard to the sample from secondary schools, Table 4.2.7 reveals that there was a significant decline in participation rate of these popular gambling activities. Social gambling dropped 29.6%, Mark Six lottery dropped 14.0%, football betting dropped 5.6%, and local horserace betting dropped 8.5%.

Table 4.2.7: Prevalence rates of gambling in popular gambling activities from 2001 to 2016 with secondary school samples

	2001 (N=2 000)	2005 (N=1 496)	2012 (N=3 982)	2016 (N=2 120)
Social gambling	49.2%	24.5%	Poker: 21.8% Mahjong: 25.5%	19.6%
Mark Six lottery	19.4%	15.0%	15.2%	5.4%
Football betting	/	6.8%	4.7%	1.2%
Local horserace betting	9.2%	4.4%	3.5%	0.7%

Note. N = Number of whole sample.

For the entire sample of the Youth Survey (S-A and S-B), among all types of gambling activities, males mostly participated in social gambling (75.7%), followed by Mark Six lottery (54.3%), football betting (23.7%), local horserace betting (12.7%), online gambling (7.3%), and the last one was Macau casino wagering (6.6%). The females had a slightly different preference. They mostly participated in social gambling (78.9%), followed by Mark Six lottery (49.9%), and local horserace betting (5.1%). Unlike the males, the fourth was Macau casino wagering (4.5%), followed by football betting (3.7%), and the last one was online gambling (1.4%). By comparing the participation rate of the two genders in different kinds of gambling activities in the past year, the results showed that the two genders had significant differences in three types of gambling activities. The first one was football betting [Male (23.7%), female (3.7%), $\chi^2(1)= 83.419$, $p\leq.001$]. The next one was online gambling [(Male (7.3%), female (1.4%), $\chi^2(1)= 20.259$, $p\leq.001$)]. The third one was local horserace betting [(Male (12.7%), female (5.1%), $\chi^2(1)= 17.561$, $p\leq.001$)]. (Table 4.2.8)

In terms of age, the results showed that the younger the respondents were, the more they participated in non-regulated form of gambling activities (i.e. social gambling). On the contrary, the older they were, the more they participated in regulated gambling activities (i.e. gambling activities held by HKJC or other legal gambling operators). All the age groups had the highest participation rate in social gambling except the oldest age group, as they had the highest participation rate in Mark Six lottery. Online gambling and Macau casino wagering had the lowest participation rate for all age groups. When different age groups were compared, there were significant differences in all gambling activities except online gambling. The greatest difference was found in Mark Six lottery, where young adults (aged 19-22) shared a higher proportion of participation ($\chi^2(3)= 304.388$, $p\leq.001$). The next greater difference was found in social gambling, where younger age groups (aged 15-18) shared higher proportion of participation ($\chi^2(1)= 94.096$, $p\leq.001$). The third greater difference was found in football betting, where older age groups had higher participation rate ($\chi^2(3)= 57.168$, $p\leq.001$). (Table 4.2.8)

When the respondents with different educational levels were compared, it was found that respondents who had junior and senior secondary school (F.1 to F.5) educational levels

participated mostly in social gambling, while Mark Six lottery was the most popular among other respondents (including students with matriculation, non-degree and degree or above level). The greatest difference was found in Mark Six lottery where respondents with higher educational level had a significantly high participation rate ($\chi^2(4)= 222.548, p\leq.001$). The next one was social gambling, having an opposite pattern of Mark Six lottery ($\chi^2(4)= 81.321, p\leq.001$). The third greater difference was found in horserace betting ($\chi^2(4)= 32.088, p\leq.001$), where respondents with the lowest educational level had the highest participation rate. Football betting followed a similar pattern with horserace betting, though with a slightly smaller difference ($\chi^2(4)= 29.104, p\leq.001$). (Table 4.2.8)

It was noted that respondents with senior secondary educational level (F.4-F.5) had the lowest participation rate in all four regulated gambling activities (Mark Six lottery: 30.1%; football betting: 9.0%; horserace betting: 6.1%; and Macau casino wagering: 3.1%) but had the highest participation rate in social gambling (88.1%). Respondents with degree or above level had the highest participation rate in Mark Six lottery and Macau casino wagering (80.9% and 10.0% respectively). Football betting and local horserace betting got the highest participation rate from those with junior level of education (F.1 to F.3) (25.8% and 32.3% respectively). (Table 4.2.8)

Table 4.2.8: Comparison of participation in gambling activities by gender, age and educational level among respondents who gambled in the past year in the whole sample

	Mark Six lottery			Football betting			Local horserace betting			Macau casino wagering			Online gambling			Social gambling			
	<i>Freq</i>	Valid %	α	<i>Freq</i>	Valid %	α	<i>Freq</i>	Valid %	α	<i>Freq</i>	Valid %	α	<i>Freq</i>	Valid %	α	<i>Freq</i>	Valid %	α	(<i>n</i>)
Male	282	54.3	1.983	123	23.7	83.419	66	12.7	17.561	34	6.6	1.977	38	7.3	20.359	393	75.7	1.398	519
Female	243	49.9		18	3.7	***	25	5.1	***	22	4.5		7	1.4	***	384	78.9		487
Ages 15-16	51	16.3	304.388	11	3.5	57.168	7	2.2	42.419	7	2.2	31.021	9	2.9	6.157	291	93.0	94.096	313
Ages 17-18	123	48.0	***	33	12.9	***	19	7.4	***	8	3.1	***	18	7.0		209	81.6	***	256
Ages 19-20	169	78.2		41	19.0		25	11.6		13	6.0		10	4.6		140	64.8		216
Ages 21-22	182	82.7		56	25.5		40	18.2		28	12.7		8	3.6		137	62.3		220
Junior edu.	17	54.8	222.548	8	25.8	29.104	10	32.3	32.088	3	9.7	16.094	2	6.5	12.388	25	80.6	81.321	31
Senior edu.	157	30.1	***	47	9.0	***	32	6.1	***	16	3.1	**	26	5.0	*	460	88.1	***	522
Matriculation edu.	97	71.9		33	24.4		19	14.1		7	5.2		10	7.4		92	68.1		135
Tertiary (non-degree) edu.	74	78.7		18	19.1		12	12.8		5	5.3		6	6.4		56	59.6		94
Tertiary (degree or above) edu.	178	80.9		33	15.0		17	7.7		22	10.0		1	0.5		140	63.6		220

Note. Edu.: Educational level; statistical figures in the table were found significant by Pearson Chi-Square Test (* $p \leq 0.05$, ** $p \leq 0.01$, *** $p \leq 0.001$).

Table 4.2.9 shows that the majority of the respondents started to gamble at age of 18 (26.9%), followed by age of 15 (10.8%). In the extreme case, 1.7% of the respondents had the onset of gambling at the age of 5 or below. The respondents were not asked the types of gambling activities they participated in when they first gambled. It should be noted that social gambling was the most popular type of gambling activity among the adolescents.

Table 4.2.9: Onset of gambling

Age	Frequency	Valid Percentage
5 or below	16	1.7
6	16	1.7
7	17	1.8
8	19	2.0
9	6	0.6
10	65	6.9
11	26	2.8
12	96	10.2
13	56	6.0
14	66	7.0
15	101	10.8
16	89	9.5
17	41	4.4
18	252	26.9
19	28	3.0
20	29	3.1
21	10	1.1
22	4	0.4
Total	937	100.0

Note. N=1 008, 71 respondents did not answer.

Ways of participation in gambling

Most respondents placed bets by themselves in HKJC off-course betting branch (37.3%) or through HKJC apps (11.3%). Otherwise, they mostly placed bets through family member (27.2%) or friend (14.1%). (Table 4.2.10)

Regarding places of gambling, home of relative (44.6%) and home of friend (39.3%) were the most common. 27.6% of them placed bets in HKJC off-course betting branch and 7.9% gambled at school or campus. (Table 4.2.11)

Table 4.2.10: Ways of betting

		Frequency	Percentage
By self	HKJC off-course betting branch	376	37.3
	HKJC apps	114	11.3
	HKJC race-course	35	3.5
	HKJC website	33	3.3
	HKJC Telebet	32	3.2
	Casino	37	3.7
	Non-HKJC betting apps	32	3.2
	Online casino	12	1.2
By others	Family member	274	27.2
	Relative	61	6.1
	Friend	142	14.1
	Classmate	35	3.5
	Colleague	18	1.8
	Illegal bookmaker	3	0.3

Note. N=1 008; multiple selection question; by self: 435 respondents did not answer; by others: 615 respondents did not answer.

Table 4.2.11: Places of betting

		Frequency	Percentage
Residence	Self	367	36.4
	Relative	450	44.6
	Friend	396	39.3
	Classmate	162	16.1
	Colleague	19	1.9
Non-residence	HKJC off-course betting branch	278	27.6
	Casino	28	2.8
	Casino ship	8	0.8
	Restaurant	50	5.0
	Pub	43	4.3
	Club-house	30	3.0
	Cyber cafe	11	1.1
	Coffee shop	11	1.1
	School/campus	80	7.9
	Workplace	27	2.7
	Park	50	5.0

Note. N=1 008; multiple selection question; in residence: 178 respondents did not answer; in non-residence: 550 respondents did not answer.

Looking into the two samples, respondents from S-A mostly placed bets by others especially through family member (23.6%), while respondents from S-B mostly placed bets by themselves in HKJC off-course betting branch (61.4%). When only placing bets by themselves was considered, respondents from both samples also mostly placed bets in HKJC off-course betting branch (S-A, 8.9%; S-B, 61.4%), followed by placing bets through HKJC apps (S-A, 3.9%; S-B, 17.6%). It should be noted that 41 respondents from S-A placed bets by themselves at HKJC off-course betting branch. When placing bets through others was considered, respondents from both samples mostly placed bets through family member (S-A, 23.6%; S-B, 30.2%). (Table 4.2.12)

Table 4.2.12: Comparison of ways of betting between S-A and S-B

		S-A		S-B	
		Frequency	%	Frequency	%
By self	HKJC off-course betting branch	41	8.9	335	61.4
	HKJC race-course	2	0.4	33	6.0
	HKJC Telebet	8	1.7	24	4.4
	HKJC apps	18	3.9	96	17.6
	HKJC website	7	1.5	26	4.8
	Online casino	8	1.7	4	0.7
	Non-HKJC betting apps	15	3.2	17	3.1
	Casino	6	1.3	31	5.6
By others	Family member	109	23.6	165	30.2
	Relative	30	6.5	31	5.7
	Friend	25	5.4	117	21.4
	Classmate	9	1.9	26	4.8
	Colleague	1	0.2	17	3.1
	Illegal bookmaker	2	0.4	1	0.2

Note. Multiple selection question; S-A (N=462; by self: 393 respondents did not answer; by others: 327 respondents did not answer); S-B (N=546; by self: 42 respondents did not answer; by others: 288 respondents did not answer).

Table 4.2.13 shows that adolescents (aged 15-16) mainly placed bets through family member (22.4%) and relative (7.3%), while respondents aged 17 and above tended to place bets by themselves in HKJC off-course betting branch (aged 17-18: 28.9%; aged 19-20: 66.7%; aged 21-22: 69.5%) and through HKJC mobile app (aged 17-18: 9.8%; aged 19-20: 18.1%; aged 21-22: 20.9%). When placing bets by others, all age groups mostly did it through family member.

Table 4.2.13: Comparison of ways of betting between different age groups

		Ages 15-16 (N=313)		Ages 17-18 (N=256)		Ages 19-20 (N=216)		Ages 21-22 (N=220)	
		Freq.	%	Freq.	%	Freq.	%	Freq.	%
By self	HKJC off-course betting branch	4	1.3	74	28.9	144	66.7	153	69.5
	HKJC race-course	1	0.3	4	1.6	14	6.5	16	7.3
	HKJC Telebet	2	0.6	6	2.3	9	4.2	15	6.8
	HKJC apps	4	1.3	25	9.8	39	18.1	46	20.9
	HKJC website	1	0.3	10	3.9	10	4.6	12	5.5
	Online casino	3	1.0	7	2.7	1	0.5	1	0.5
	Non-HKJC betting apps	7	2.2	13	5.1	7	3.2	5	2.3
	Casino	4	1.3	5	2.0	8	3.7	20	9.1
By others	Family member	70	22.4	70	27.3	66	30.1	68	29.6
	Relative	23	7.3	16	6.3	11	5.1	11	5.0
	Friend	10	3.2	34	13.3	47	21.8	50	22.7
	Classmate	3	1.0	10	3.9	12	5.6	10	4.5
	Colleague	0	0.0	1	0.4	8	3.7	9	4.1
	Illegal Bookmaker	0	0.0	2	0.8	0	0.0	1	0.5

Note. N = Number of respondent in each group; multiple selection question.

Regarding venue for gambling, residence rather than non-residence was still the mostly chosen venue to gamble for both samples. For S-A, home of relative (56.3%) was their first choice, while for S-B, home of friend was their favorite (42.3%). Among all the types of non-residence,

school/campus was the most common venue for S-A to place bets (7.6%), while HKJC off-course betting branch was the most common venue for S-B to place bets (45.1%). (Table 4.2.14)

Table 4.2.14: Comparison of places of betting between S-A and S-B

		S-A		S-B	
		Frequency	%	Frequency	%
Residence	Self	184	39.8	183	33.5
	Relative	260	56.3	190	34.8
	Friend	164	35.5	232	42.3
	Classmate	88	19.0	74	13.6
	Colleague	5	1.1	14	2.6
Non-residence	School/Campus	35	7.6	45	8.2
	Restaurant	27	5.8	23	4.2
	Bar/Pub	18	3.9	25	4.6
	Cyber café	7	1.5	4	0.7
	Park	24	5.2	26	4.8
	Club-house	20	4.3	10	1.8
	Casino	5	1.1	23	4.2
	Casino ship	3	0.6	5	0.9
	HKJC off-course betting branch	29	6.3	249	45.1
	Workplace	7	1.5	20	3.7
	Coffee shop	4	0.9	7	1.3

Note. Multiple selection question; S-A ($N=462$; by residence: 56 respondents did not answer; non-residence: 349 respondents did not answer); S-B ($N=546$; by residence: 152 respondents did not answer; non-residence: 201 respondents did not answer).

Regarding sources of betting money, the majority reported sources of betting money from themselves (78.9%) or from family member/friend (21.4%). 11 respondents had credit betting (1.1%). Among them, 4 (0.4%) only borrowed from family or friend while the rest had some other sources. 3 (0.3%) of them borrowed from financial institution while 5 (0.5%) of them borrowed in the form of secure lending. 1 (0.1%) of them borrowed from illegal money lender. (Table 4.2.15)

Table 4.2.15: Sources of betting money

	Frequency	Percentage
Self (saving or income of part/half/full time job)	795	78.9
Given by family or friend	216	21.4
Borrowing from family or friend	10	1.0
Borrowing from bank/finance company/online lending service	3	0.3
Borrowing from illegal money lender	1	0.1
Secure lending	5	0.5

Note. $N=1\ 008$; multiple selection question; 136 respondents did not answer.

6 (1.30%) and 5 (0.9%) of respondents from S-A and S-B respectively experienced credit betting. 2 respondents in S-A and S-B respectively borrowed from family or friend only, while the rest had some other sources. 5 (1.1%) from S-A and 4 (0.8%) from S-B borrowed from legal financial institution/illegal sources. It should be noted that the proportion of borrowing money from others was higher in S-A than S-B. (Table 4.2.16)

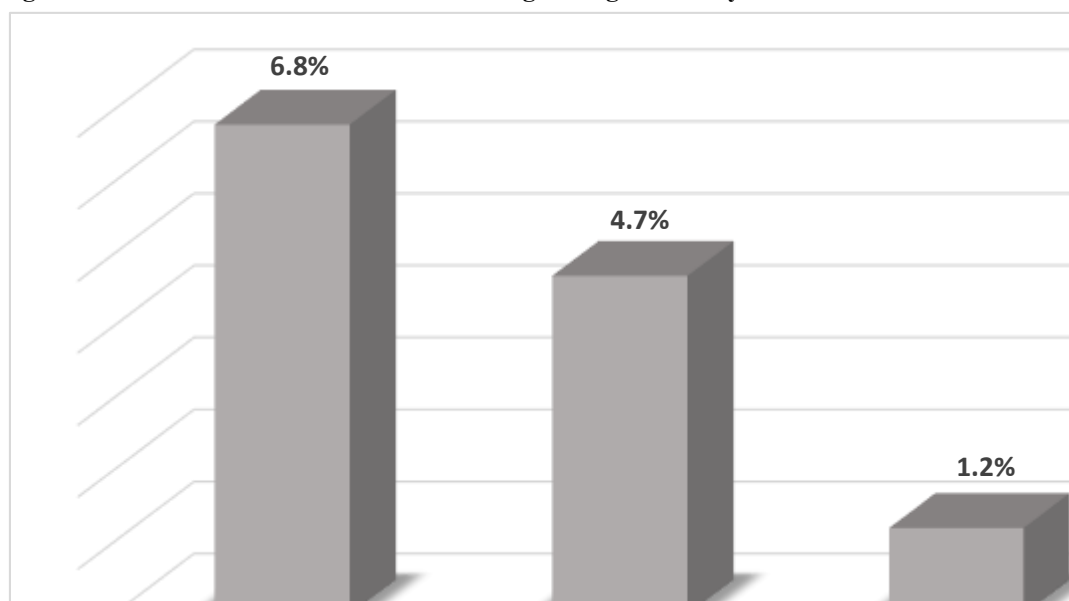
Table 4.2.16: Comparison of sources of betting money between S-A and S-B

	S-A		S-B	
	Frequency	%	Frequency	%
Self	320	69.3	475	87.0
Given by family or friend	138	29.9	78	14.3
Borrowing from family or friend	6	1.3	4	0.7
Borrowing from bank/finance company	1	0.2	2	0.4
/online lending service				
Borrowing from illegal money lender	1	0.2	0	0.0
Secure lending	3	0.6	2	0.4

Note. Multiple selection question; S-A ($N=462$, 81 respondents did not answer); S-B ($N=546$, 55 respondents did not answer).

4.3 Football betting

For the whole sample, a total of 142 respondents participated in football betting through HKJC. 25 of them came from S-A. Among them, 20 were aged 18 or below. 117 of them came from S-B, and 24 of them were aged 18 or below. As compared with previous studies (HKPU, 2012; HKU, 2005) on football betting among secondary school students, it shows that there was a decreasing trend of participation in football betting from 6.8% in 2005 to 1.2% in 2016. (Figure 4.3.1)

Figure 4.3.1: Prevalence rate of football betting among secondary school students from 2005 to 2016

Note.: N = Number of whole sample; 1.2% = 25 respondents. Calculation of prevalence rate of football betting was based on sample from secondary schools, as results are meaningful only when similar samples were compared.

Money spent on football betting was mostly in the range of HK\$101 to HK\$500 (40.3%) per month with an average monthly expense of \$717.37. (Table 4.3.2)

Table 4.3.2: Monthly expense on football betting

(HKD)	Frequency	Valid Percentage
<\$100	45	37.8
\$101-500	48	40.3
\$501-1,000	14	11.8
\$1,001-\$2,000	4	3.4
\$2,001-\$3,000	1	0.8
\$3,001-\$4,000	2	1.7
\$4,001-\$5,000	2	1.7
\$5,001-\$6,000	1	0.8
>\$6,001	2	1.7
Total	119	100.0

Note. N=142, 23 respondents did not answer.

Regarding the prevalence rate of illegal football betting, findings indicate that the rate was low. Among the 142 respondents, only 11 (8.8%) of them reported participation in illegal football betting. (Table 4.3.3)

Table 4.3.3: Participation rate of illegal football betting

	Frequency	Valid Percentage
Yes	11	8.8
No	114	91.2
Total	125	100.0

Note. N=142, 17 respondents did not answer.

It should be noted that the underage (aged 15-18) (54.5%) had a slightly higher participation rate in illegal football betting than the young adults (aged 19-22) (45.5%). (Table 4.3.4)

Table 4.3.4: Distribution of illegal football betting among different age groups

Age	Frequency	Valid Percentage
15-16	4	36.4
17-18	2	18.2
19-20	3	27.3
21-22	2	18.2

Note: N=11.

Ways and reasons of participation in football betting

When they gambled, most of them were accompanied by friend (57.8%), followed by themselves (41.6%). (Table 4.3.5)

Table 4.3.5: Companion of participation in football betting

	Frequency	Valid Percentage
Own self	59	41.6
Family	20	14.1
Relative	8	5.6
Friend	82	57.8
Classmate	19	13.4
Colleague	14	9.9

Note. N=142; multiple selection question.

Comparing the companion of participation in football betting in the two samples, friend (S-A: 56.0%; S-B: 58.1%) was the mostly chosen companion, followed by betting alone (S-A: 40.0%; S-B: 41.9%). (Table 4.3.6)

Table 4.3.6: Companion of participation in football betting between S-A and S-B

	S-A		S-B	
	Frequency	Valid %	Frequency	Valid %
Alone	10	40.0	49	41.9
Family	8	32.0	12	10.2
Relative	3	12.0	5	4.3
Friend	14	56.0	68	58.1
Classmate	5	20.0	14	12.0
Colleague	2	8.0	12	10.3

Note. S-A (N=25), S-B (N=117); multiple selection question.

Over half of the respondents placed bets in football betting at HKJC off-course betting branch (66.2%) or through HKJC apps (54.9%). If they placed bets through others, 33.1% of the respondents placed bets through friend and 16.2% of them through family member. (Table 4.3.7)

Table 4.3.7: Channels of football betting

		Frequency	Percentage
In person	HKJC off-course betting branch	94	66.2
	HKJC Telebet	20	14.1
	HKJC apps	78	54.9
	HKJC website	26	18.3
	Non-HKJC football betting website	5	3.5
	Non-HKJC football betting apps	7	4.9
Through other people	Family	23	16.2
	Relative	13	9.2
	Friend	47	33.1
	Classmate	18	12.7
	Colleague	5	3.5
	Illegal money lender	2	1.4

Note. N=142; multiple selection question.

Respondents from S-A mostly placed bets through friend (48.0%), followed by family member (44.0%) and in person at HKJC off-course betting branch (44.0%); while respondents from S-B mostly placed bets by themselves at HKJC off-course betting branch (70.9%), followed by HKJC apps (59.0%), and HKJC website (19.7%). (Table 4.3.8)

Table 4.3.8: Comparison of channels of football betting between S-A and S-B

		S-A		S-B	
		Frequency	%	Frequency	%
In person	HKJC off-course betting branch	11	44.0	83	70.9
	HKJC Telebet	3	12.0	17	14.5
	HKJC apps	9	36.0	69	59.0
	HKJC website	3	12.0	23	19.7
	Non-HKJC football betting website	4	16.0	1	0.9
	Non-HKJC football betting apps	3	12.0	4	3.4
Through other people	Family	11	44.0	12	10.3
	Relative	5	20.0	8	6.8
	Friend	12	48.0	34	29.1
	Classmate	4	16.0	14	12.0
	Colleague	0	0.0	5	4.3
	Illegal money lender	1	4.0	1	0.8

Note. S-A (N=25), S-B (N=117); multiple selection question.

Most of them placed bets at home (60.6%), followed by HKJC off-course betting branch (50.7%), friend's home (31.7%) and bar/pub (14.8%). (Table 4.3.9)

Table 4.3.9: Places of participation in football betting

		Frequency	Percentage
Residence	Self	86	60.6
	Relative	12	8.5
	Friend	45	31.7
	Classmate	10	7.0
	Colleague	10	7.0
Non-residence	School/Campus	18	12.7
	Restaurant	16	11.3
	Bar/Pub	21	14.8
	Cyber cafe	7	4.9
	Park	6	4.2
	Clubhouse	7	4.9
	HKJC off-course betting branch	72	50.7
	Workplace	7	5.6
	Coffee shop	4	2.8

Note. N=142; multiple selection question. When this question was asked, football betting was not limited to HKJC but also others.

Respondents in both samples mostly gambled at home (S-A: 60.0%; S-B: 60.7%). For S-A, the second one was at friend's home (36.0%), followed by HKJC off-course betting branch (28.0%); while for S-B, it was HKJC off-course betting branch (55.6%), followed by friend's home (30.8%). (Table 4.3.10)

Table 4.3.10: Comparison of places of participating in football betting between S-A and S-B

		S-A		S-B	
		Frequency	%	Frequency	%
Residences	Self	15	60.0	71	60.7
	Relative	4	16.0	8	6.8
	Friend	9	36.0	36	30.8
	Classmate	2	8.0	8	6.8
	Colleague	2	8.0	8	6.8
Other places	School/campus	3	12.0	15	12.8
	Restaurant	3	12.0	13	11.1
	Bar/pub	6	24.0	15	12.8
	Cyber café	4	16.0	3	2.6
	Park	1	4.0	5	4.3
	Clubhouse	2	8.0	5	4.3
	HKJC off-course betting branch	7	28.0	65	55.6
	Workplace	0	0.0	7	6.0
	Coffee shop	2	8.0	2	1.7

Note. S-A (N=25), S-B (N=117); multiple selection question.

For reasons of participation, “supporting my favorite soccer team/ player” (46.5%) was their major reason, followed by “football is my favorite sport” (39.4%), “boosting the excitement when watching the matches” (37.3%) and “influenced by peers” (35.2%). Only 9.9% of them reported “football is a popular and favorite sport as compared with other sports” as their reason of participation. (Table 4.3.11)

Table 4.3.11: Reasons of participating in football betting

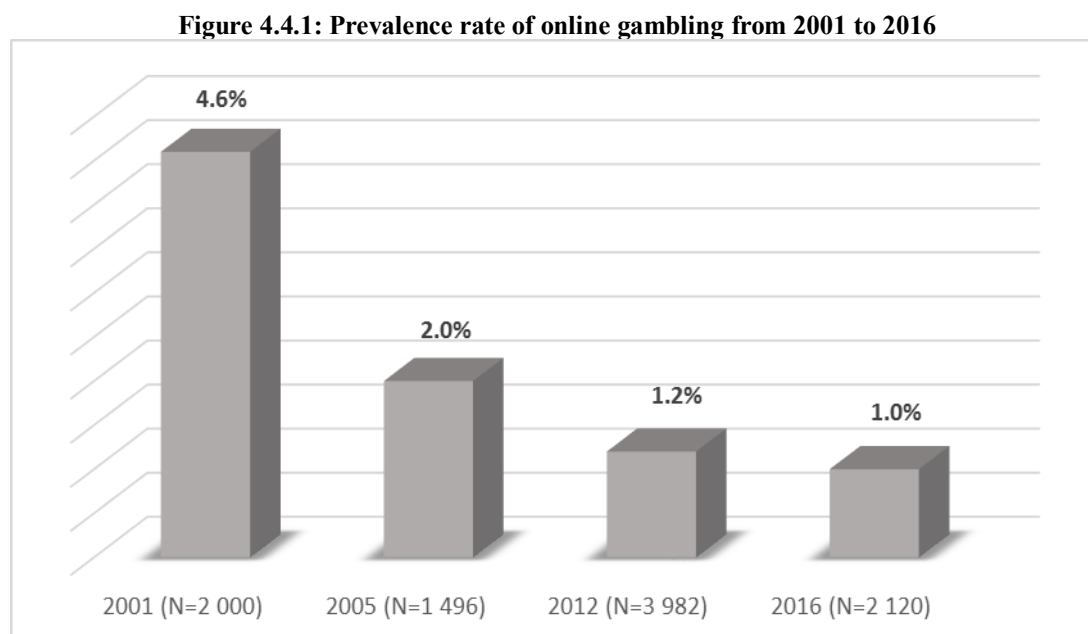
	Frequency	Valid Percentage
Support my favorite soccer team/player	66	46.5
More types of betting/football betting in all days	28	19.7
More types of gambling format	37	26.1
Relatively simple gambling format/ rules	41	28.9
Betting football legally	29	20.4
Football is my favorite sport	56	39.4
Boosting the excitement when watching the matches	53	37.3
Football is a popular and favorite sport as compared with other sports	14	9.9
Relatively easy to win	39	27.5
Influenced by family members/relatives	16	11.3
Influenced by peers	50	35.2

Note. N=142; multiple selection question.

4.4 Online gambling

The participation rate of online gambling was relatively low when compared to other gambling activities. Among those who participated in gambling activities in the past year (N=1 008), 4.5% (n=45) respondents expressed that they involved in online gambling. 29 of them expressed that they spent 6 hours on average per week and 24 of them spent a monthly average of HK\$1,055 on it. Among those respondents who participated in gambling in the past year in S-A (N=462), 21 of them participated in it. When compared to previous studies (HKPU, 2001, 2012; HKU, 2005) in regard

to similar samples, there was a fall from 4.6% in 2001 to 2.0% in 2005, 1.2% in 2012 and a further drop to 1.0% in 2016. (Figure 4.4.1)



Note. N = Number of whole sample; 1.0%=21 respondents. Calculation of prevalence rate of online gambling was based on sample from secondary schools only, as result will be meaningful only when similar samples are compared.

Kinds of online gambling activities and reasons of participation

“Online game involving money” (69.2%) and “online casinos” (26.9%) were popular online gambling activities engaged by the respondents. (Table 4.4.2)

Table 4.4.2: Kinds of online gambling activities mostly participated

	Frequency	Valid Percentage
Online casinos	7	26.9
Online game involving money	18	69.2
Online betting on sport events/ matches except football	1	3.8
Total	26	100.0

Note. N=45, 19 respondents did not answer.

For reasons of participation, “simple gamble rule/format” (44.4%) and “no time constraint” (33.3%) were the main reasons, followed by “more types of gambling format” (24.4%). Few respondents reported participation because of “attractive rebate/discount” (8.9%) and “being influenced by family member or relative” (6.7%). (Table 4.4.3)

Table 4.4.3: Reasons of participating in online gambling

	Frequency	Valid Percentage
More types of betting	8	17.8
More types of gambling format	11	24.4
Convenient to place bets and get dividends	8	17.8
No need to travel to gambling venue	10	22.2
Simple gamble rule/format	20	44.4
Attractive rebate/discount	4	8.9
No time constraint	15	33.3
Conceal actual age	5	11.1
Welcome bonus or credit points for first trial	7	15.6
Limited loss and will not bankrupt	8	17.8
Accept credit betting	9	20.0
Influenced by family member/relative	3	6.7
Influenced by peer	7	15.6

Note. N=45; multiple selection question.

4.5 Prevalence rate of GD

By diagnostic criteria of DSM-V, those who exhibited four or more criteria would be diagnosed as GD gamblers. Of the 1 008 respondents who gambled in the past year, 94.2% of them were classified as no-risk gamblers and 5.8% of them were diagnosed as GD gamblers. Among the GD gamblers, 3.5% of them attained mild level, 1.7% of them attained moderate level and 0.6% of them attained severe level of GD. When prevalence rate of GD is considered, results showed that it was 1.6% for the whole sample. (Tables 4.5.1a, b, c, & d)

Table 4.5.1a: Percentage of GD measured by DSM-V among respondents who gambled in the past year from the whole sample

	Frequency	Valid Percentage
No-risk gambling	833	94.2
Mild level of GD	31	3.5
Moderate level of GD	15	1.7
Severe level of GD	5	0.6
Total	884	100.0

Note. N=1 008; 124 respondents did not answer; respondents meeting 3 criteria or below were classified as “no-risk gambler”, respondent meeting 4 to 5 criteria were classified as having “mild GD”, 6 to 7 criteria were classified as having “moderate GD” and 8 to 9 criteria were classified as having “severe GD”; this scale has acceptable internal consistency (Cronbach’s $\alpha=.78$).

Table 4.5.1b: Prevalence rate of GD of the whole sample measured by DSM-V

	Frequency	Percentage
No-risk gambling	833	25.1
Mild level of GD	31	0.9
Moderate level of GD	15	0.5
Severe level of GD	5	0.2
Total	884	26.6

Note. N=3 318.

Table 4.5.1c: Frequency and percentage in meeting different number of criteria in DSM-V among those who gambled in the past year

	Frequency	Valid Percentage
0	483	54.6
1	203	23.0
2	101	11.4
3	46	5.2
4	18	2.0
5	13	1.5
6	11	1.2
7	4	0.5
8	3	0.3
9	2	0.2
Total	884	100.0

Note. N=1 008; 124 respondents did not answer.

Table 4.5.1d: Frequency and percentage in meeting different number of criteria in DSM-V of the whole sample

	Frequency	Percentage
0	483	14.6
1	203	6.1
2	101	3.0
3	46	1.4
4	18	0.5
5	13	0.4
6	11	0.3
7	4	0.1
8	3	0.1
9	2	0.1
Total	884	26.6

Note. N=3 318.

When only those gambled in the past year were considered, it was found that the percentage of GD in S-B (7.2%) was higher than S-A (4.1%). When all respondents were considered, the prevalence rate of GD was 0.7% for S-A and 3.0% for S-B. (Table 4.5.2a & b) It should be noted that as purposive sampling instead of random sampling was adopted in choosing respondents in S-B, the findings of S-B could not be generalized. Hence it provides only a reference but is not an indicator to represent the general situation among young people (aged 15-22).

Table 4.5.2a: Frequency and percentage of GD of S-A and S-B respondents who gambled in the past year

	S-A		S-B	
	Frequency	Valid %	Frequency	Valid %
No-risk gambling	384	96.0	449	92.8
Mild level of GD	11	2.8	20	4.1
Moderate level of GD	3	0.8	12	2.5
Severe level of GD	2	0.5	3	0.6
Total	400	100.0	484	100.0

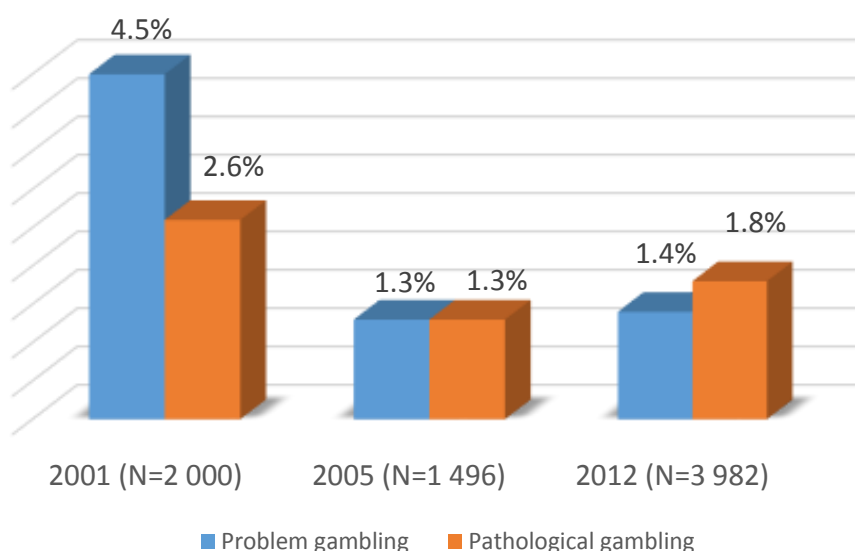
Note. S-A (N=462, 62 respondents did not answer), S-B (N=546, 62 respondents did not answer).

Table 4.5.2b: Prevalence rate of GD of S-A and S-B

	S-A		S-B	
	Frequency	%	Frequency	%
No-risk gambling	384	18.1	449	37.5
Mild level of GD	11	0.5	20	1.7
Moderate level of GD	3	0.1	12	1.0
Severe level of GD	2	0.1	3	0.3
Total	400	18.8	484	40.5

Note. S-A (N=2 120), S-B (N=1 198).

Due to the change in measurement method of problem gambling, prevalence rate of GD in this Study and prevalence rate of problem/pathological gambling in previous studies (HKPU, 2001, 2012; HKU, 2005) will not be compared. Still, prevalence rates of problem/pathological gambling from 2001 to 2012 as measured by DSM-IV among the youth are shown for reference in Figure 4.5.3. It should be noted that, as shown in Table 4.5.2b, the prevalence rate of GD of the secondary school sample was only 0.7%.

Figure 4.5.3: Prevalence rate of problem and pathological gambling from 2001 to 2012

Note. N = number of whole sample; Prevalent rates in 2001, 2005 and 2012 were based on samples from secondary school students aged 12-18, which were measured by DSM-IV.

Table 4.5.4 shows the distribution of no-risk gamblers and GD gamblers in regard to gender, age and educational level. Proportionally, there were more males (9.0%) than females (2.5%) ($\chi^2(1)= 16.813, p\leq.001$); and more GD gamblers at junior level of education (F.1 to F.3) (17.9%, $\chi^2(4)= 18.501, p\leq.001$).

Table 4.5.4: Analysis of the backgrounds of no-risk gamblers and GD gamblers

		No-risk gamblers		GD gamblers		α	Total (n)
Background characteristics		<i>n</i>	<i>Valid %</i>	<i>n</i>	<i>Valid %</i>		
Gender	Male	406	91.0	40	9.0	16.813***	446
	Female	425	97.5	11	2.5		436
Age	15-16	262	96.3	10	3.7	4.200	272
	17-18	204	92.3	17	7.7		221
	19-20	175	94.6	10	5.6		185
	21-22	189	93.1	14	6.9		203
Educational level	Junior (F.1-F.3)	23	82.1	5	17.9	18.501***	28
	Senior (F.4-F.5)	430	94.3	26	5.7		456
	Matriculation (F.6-F.7/IVE/VTC)	104	89.7	12	10.3		116
	Tertiary (Non-degree i.e. Associate Degree)	75	93.8	5	6.3		80
	Tertiary (Degree or above i.e. Bachelor/ Master/ Doctorate)	195	98.5	3	1.5		198

Note. N=1 008, 125 respondents did not answer; statistical figures in the table were found significant by Pearson Chi-Square Test (* $p \leq .05$, ** $p \leq .01$, *** $p \leq .001$).

4.6 Gambling motivation

Motivation is a key drive of one's persistence and involvement in a behavior. According to Self-determination Theory (Deci & Ryan, 1985, 1991), a person is primarily driven by Intrinsic Motivation (autonomy, relatedness, and competence) which generates a feeling of positive reward encouraging involvement in a behavior, whereas certain types of Extrinsic Motivation (especially external regulation) and Amotivation may produce the opposite. Putting into the context of gambling, Intrinsic Motivation, involving self-determination, includes (1) experience stimulation (gamble for fun and excitement); (2) learn, explore or understand something new, i.e. gaining knowledge (desire to gather gambling data); and (3) accomplishment (pleasure and satisfaction in surpassing self by improving gambling skills). Extrinsic Motivation includes (1) external regulation (gamble for rewards like money; (2) introjected regulation, i.e., motivation from an internalized belief rooted in past external contingencies which may become a source of tension which pressures people to gamble (winning may promote one's status), and (3) identified regulation, i.e., a person has personally identified with the importance of a behavior and accepted it as a regulation because it has the benefit of achieving a goal, and perform that behavior even in the absence of enjoyment or an immediate reward, or pressure (gamble for social needs). Among the three types of Extrinsic Motivation, only identified regulation involves self-determination. Besides Intrinsic and Extrinsic Motivation, there is also Amotivation, which is neither intrinsic nor extrinsic. People do not perceive contingencies between outcome and action. In other words, there is an absence of choice. In the context of gambling, it implies that people gamble with no purpose or with little sense of meaning (Chantal, Vallerand, & Vallieres, 1994). Types of motivation are ordered along a self-determination continuum ranging from Amotivation (no choice) to intrinsic types of motivation (higher level of self-determination) (Deci & Ryan, 1985, 1991).

Literatures found evidences showing that people would be motivated due to various types of motivation. Chantal, Vallerand, and Vallieres (1994) developed GMS and found correlation of gambling between four types of self-determined motivation and gambling intention, while Wu and Tang (2011), who validated C-GMS, found that all types of motivation contributed to a higher intention and involvement in gambling. In order to understand the motivation contributed to gambling involvement among the respondents, C-GMS was used for investigation. In this Study, Cronbach's α coefficient of C-GMS was .97, representing good internal reliability (Cronbach, 1957). For the sub-scales of C-GMS, Cronbach's α coefficients were ranging from .86 to .97, also indicating good internal reliability.

Among all the respondents who had taken part in gambling activities ($N=1\ 008$), findings showed that Intrinsic Motivation – stimulation (i.e. for excitement and fun) ($M=2.30$, $SD=1.389$), Amotivation (without real purpose) ($M=2.23$, $SD=1.602$), and Intrinsic Motivation – knowledge ($M=2.22$, $SD=1.395$) were the major types of motivation for gambling participation. (Table 4.6.1)

Table 4.6.1: C-GMS sub-scale means for respondents who gambled in the past year

		<i>n</i>	<i>M</i>	<i>SD</i>
IM	Knowledge	968	2.22	1.395
	Stimulation	967	2.30	1.389
	Accomplishment	967	2.13	1.343
EM	Identified regulation	968	2.01	1.308
	Introjected regulation	965	1.68	1.092
	External regulation	966	2.13	1.638
Amotivation		967	2.23	1.602

Note. $N=1\ 008$;

- Scale option code: (1) Does not correspond at all, (2) & (3) Corresponds a little, (4) Corresponds moderately, (5) & (6) Corresponds a lot, (7) Corresponds exactly;
- IM=Intrinsic Motivation, EM=Extrinsic Motivation;
- Missing/ did not answer (IM knowledge) =39, (IM stimulation) =41, (IM accomplishment) =41, (EM identified regulation) =40, (EM introjected regulation) =43, (EM external regulation) =42, (Amotivation)=41.

There were significant differences between no-risk gamblers and GD gamblers on all seven types of gambling motivation (Intrinsic Motivation, Extrinsic Motivation and Amotivation). Generally, GD gamblers tended to have higher level in all of them than no-risk gamblers. The greatest difference was found in Stimulation (GD gamblers, $M = 4.57$, $S.D.=1.603$; no-risk gamblers, $M = 2.16$, $S.D.=1.269$, $t(54.007)= -10.518$, $p\leq.001$). The second greater difference was found in Amotivation (GD gamblers, $M= 4.22$, $S.D.=1.689$, no-risk gamblers, $M =2.11$, $S.D.=1.532$, $t(861)= -9.454$, $p\leq.001$), followed by Accomplishment (GD gamblers, $M=4.18$, $S.D.=1.600$; no-risk gamblers, $M = 2.01$, $S.D.=1.219$, $t(52.556)= -9.416$, $p\leq.001$).

The main motivation of gambling among GD gamblers firstly was Stimulation ($M=4.57$, $SD=1.603$), followed by Knowledge ($M=4.36$, $SD=1.816$), then Amotivation ($M=4.22$, $SD=1.689$) and External Regulation ($M=4.22$, $SD=1.723$). Regarding no-risk gamblers, findings showed that their main types of motivation were similar with those of all respondents who had gambled in the

past year ($N=1\ 008$), as the first one was Stimulation ($M=2.16$, $SD=1.269$), followed by Amotivation ($M=2.11$, $SD=1.532$) and then Knowledge ($M=2.10$, $SD=1.265$). (Table 4.6.2)

Table 4.6.2: C-GMS sub-scale means comparison between no-risk gamblers and GD gamblers

	No-risk gamblers ($N=833$)			GD gamblers ($N=51$)			<i>t</i>	<i>df</i>	95%CI		Cohen's <i>d</i>
	<i>n</i>	<i>M</i>	<i>SD</i>	<i>n</i>	<i>M</i>	<i>SD</i>			Lower	upper	
IM knowledge	814	2.10	1.265	50	4.36	1.816	-8.657***	(51.961)	-2.778	-1.733	1.36
IM stimulation	812	2.16	1.269	51	4.57	1.603	-10.518***	(54.007)	-2.866	-1.948	1.34
IM accomplishment	813	2.01	1.219	50	4.18	1.600	-9.416***	(52.556)	-2.630	-1.706	1.67
EM identified regulation	814	1.87	1.136	50	4.20	1.841	-8.845***	(51.319)	-2.858	-1.800	1.52
EM introjected regulation	811	1.56	.941	49	3.57	1.658	-8.405***	(49.886)	-2.491	-1.530	1.49
EM external regulation	813	2.02	1.590	49	4.22	1.723	-8.716***	(53.046)	-2.706	-1.694	1.33
Amotivation	812	2.11	1.532	51	4.22	1.689	-9.454***	(861)	-2.540	-1.667	1.31

Note. $N=1\ 008$

-Scale option code (1) Does not correspond at all, (2) & (3) Corresponds a little, (4) Corresponds moderately, (5) & (6) Corresponds a lot, (7) Corresponds exactly;

-IM=Intrinsic Motivation EM=Extrinsic Motivation

-Statistical figures in the table were found significant by *t*-test (* $p\leq.05$, ** $p\leq.01$, *** $p\leq.001$) (two-tailed).

4.7 Gambling Beliefs

Cognitive distortion plays a key role in explaining why people initiate or keep on gambling even though they are losing. It is a kind of erroneous belief or irrational thinking such as skill perception, illusion of control, superstitious belief, selective memory, and interpretative biases (Toneatto, 1999), which may lead to gambling persistence despite mounting financial losses (Ladouceur & Walker, 1996). Numerous studies had found that these erroneous thoughts were associated with gambling severity (Mackillop et al., 2006; Moodie, 2008; Oei et al., 2008; Myrseth et al., 2010; Tang & Oei, 2011; Tang & Wu, 2011; Wohl et al., 2007) and contributed to problem gambling (Delfabbro & Winefield, 2000; Gabourey & Ladouceur, 1989; Griffiths, 1994; Ladouceur et al., 1988; Ladouceur & Walker, 1996; Toneatto et al., 1997; Toneatto, 1999). Reduction in cognitive distortion may benefit treatment outcome (Toneatto & Gunaratne, 2009).

Steenbergh et al. (2002) developed a GBQ scale for examining the relationship between cognitive distortion and gambling severity. It includes two subscales – (1) Luck/ Perseverance which involves a set of beliefs which make people overestimate their chance of winning leading to fortune, (2) Illusion of Control that gamblers may hold erroneous thought of control over the outcomes of games owing to their “skill” (Toneatto et al., 1997). GBQ scale is a common scale for investigating the relationship between cognitive distortion and problem gambling in western societies (Mackillop et al., 2006; Myrseth, Brunborg, & Eiden, 2010; Wohl & Enzle, 2003; Wohl et al., 2007). A Chinese version of it was translated and validated by Wong and Tsang (2011) and when it was applied in adolescents of Hong Kong, results showed that it was significantly

correlated with problem gambling. As such, it is hypothesized in this Study that disordered gamblers may have higher GBQ scores (more cognitive distortion) when compared to no-risk gamblers. In this Study, Cronbach's α coefficient of GBQ was .90, representing good internal reliability (Cronbach, 1957). For the sub-scale of luck/Perseverance, Cronbach's α coefficient was .83 while Illusion of Control was .88.

Of the 1 008 respondents, though they tended to disagree with Illusion of Control ($M=3.11$, $SD=1.575$) and Luck/Perseverance ($M=2.27$, $SD=1.332$), the score of Illusion of Control was higher than Luck/Perseverance. (Table 4.7.1)

Table 4.7.1: GBQ-C sub-scale means of the whole sample

	<i>n</i>	<i>M</i>	<i>SD</i>
L/P	967	2.27	1.332
IC	962	3.11	1.575

Note. $N=1\ 008$

- Scale option code: (1) Strongly disagree, (2) Disagree, (3) Somewhat disagree, (4) Neutral/ no comment, (5) Somewhat agree, (6) Agree, (7) Strongly agree
- L/P=Luck/ Perseverance, IC=Illusion of Control
- Missing/ did not answer (Luck/ Perseverance) =46, (Illusion of control)

Comparing no-risk gamblers with GD gamblers, results showed that GD gamblers tended to have significantly greater gambling distortion than no-risk gamblers. GD gamblers believed in Luck/Perseverance ($M=4.24$, $SD=1.408$) and Illusion of Control ($M=4.78$, $SD=1.254$) more than no-risk gamblers (Luck/Perseverance: $M=2.14$, $SD=1.227$, $t(860)=-11.622$, $p\leq.001$; Illusion of Control: $M=3.02$, $SD=1.531$, $t(59.847)=-9.578$, $p\leq.001$). In other words, it supports the hypothesis that GD gamblers are prone to hold erroneous beliefs, and especially overestimating their ability to control gambling outcomes that may lead to gambling persistence and disordered gambling. (Table 4.7.2)

Table 4.7.2: GBQ-C sub-scale means comparison between no-risk gamblers and GD gamblers

	No-risk gamblers ($N=833$)			GD gamblers ($N=51$)			<i>t</i>	<i>df</i>	95%CI		Cohen's <i>d</i>
	<i>n</i>	<i>M</i>	<i>SD</i>	<i>n</i>	<i>M</i>	<i>SD</i>			Lower	upper	
L/P	812	2.14	1.227	50	4.24	1.408	-11.622***	(860)	-2.450	-1.742	1.26
IC	806	3.02	1.531	51	4.78	1.254	-9.578***	(59.847)	-2.127	-1.392	1.59

Note. $N=1\ 008$

- Scale option code: (1) Strongly disagree, (2) Disagree, (3) Somewhat disagree, (4) Neutral/ no comment, (5) Somewhat agree, (6) Agree, (7) Strongly agree
- L/P=Luck/Perseverance IC=Illusion of Control
- Statistical figures in the table were found significant by *t*-test ($*p\leq.05$, $**p\leq.01$, $***p\leq.001$) (two-tailed).

4.8 Internet addiction

Young's 8-item Internet Addiction Test (IAT) was used for identifying Internet addiction. Respondent who met 5 or more criteria would be identified as probable Internet addiction user. In this Study, Cronbach's α coefficient of IAT was .78, representing acceptable internal reliability (Cronbach, 1957). For the whole sample, results showed that respondents on average spent 4 hours per day ($N=3\ 173$) on Internet for recreation. 19.0% of them were identified as probable Internet addiction users. Majority (81.0%) of them were no-risk Internet users. (Tables 4.8.1a & b)

Table 4.8.1a: Diagnosis of Internet addiction of the whole sample by Internet Addiction Test (IAT)

	Frequency	Valid Percentage
No-risk Internet user	2 646	81.0
Probable Internet addiction user	622	19.0
Total	3 268	100.0

Note. $N=3\ 318$; 50 respondents did not answer; respondents answered "Yes" on 4 criteria or below were classified as "no-risk Internet users", respondents answered "Yes" on 5 to 8 criteria were classified as "probable Internet addiction users" according to the measure of IAT.

Table 4.8.1b: Frequency and percentage in meeting different number of criteria in IAT of the whole sample

	Frequency	Valid Percentage
0	714	21.8
1	582	17.8
2	569	17.4
3	453	13.9
4	328	10.0
5	260	8.0
6	175	5.4
7	95	2.9
8	92	2.8
Total	3 268	100.0

Note. $N=3\ 318$; 50 respondents did not answer.

Further analysis on the association between online gambling and Internet addiction showed that among all online gamblers ($N=45$), 36.4% of them were identified as probable Internet addiction users. It was found that the proportion of probable Internet addiction among online gamblers (36.4%) was higher than the rate among all respondents (19.0%). (Tables 4.8.2a & b)

Table 4.8.2a: Diagnosis of Internet addiction among online gamblers by IAT

	Frequency	Valid Percentage
No-risk Internet user	28	63.6
Probable Internet addiction user	16	36.4
Total	44	100.0

Note. $N=45$, 1 respondent did not answer.

Table 4.8.2b: Frequency and percentage in meeting different number of criteria in IAT among online gamblers

	Frequency	Valid Percentage
0	10	22.7
1	2	4.5
2	5	11.4
3	3	6.8
4	8	18.2
5	4	9.1
6	8	18.2
7	0	0.0
8	4	9.1
Total	44	100.0

Note. N=45, 1 respondent did not answer.

4.9 Mental health status

It is hypothesized that GD gamblers are prone to have poorer mental health status than no-risk gamblers. In this Study, DASS21 was used to test the relationship between mental health status and GD, and Cronbach's α coefficient of DASS21 was .94, representing good internal reliability (Cronbach, 1957). For the sub-scales of DASS21, the Cronbach's α coefficient of Stress, Depression and Anxiety were .85, .86 and .83 respectively.

Findings showed that in the whole sample, most of the respondents had good mental health status with normal level of Depression (88.5%), Anxiety (85.7%) and Stress (96.5%), but respondents seemed to have higher level in anxiety than depression and stress since 1.7% of them met severe or above levels in Anxiety, while nobody met the extremely severe level in Depression or Stress. (Table 4.9.1)

Table 4.9.1: Level of Depression, Anxiety and Stress of the whole sample by DASS21

	Depression	Anxiety	Stress
	Valid % (Frequency)		
Normal	88.5 (2 896)	85.7 (2 799)	96.5 (3 160)
Mild	7.5 (245)	5.4 (175)	2.8 (93)
Moderate	3.7 (122)	7.3 (240)	0.7 (23)
Severe	0.3 (9)	1.5 (49)	/
Extremely severe	/	0.2 (5)	/
Total (n)	3 272	3 268	3 276

Note. N=3 318; missing/ did not answer (stress)=42, missing (depression)=46, missing (anxiety)=50;

- Scale option code: (0) Never, (1) Sometimes, (2) Often, (3) Almost always;
- Scoring of severity of Depression: 0-9=Normal, 10-13=Mild, 14-20=Moderate, 21-27=Severe, 28+=Extremely severe;
- Scoring of severity of Anxiety: 0-7=Normal, 8-9=Mild, 10-14=Moderate, 15-19=Severe, 20+=Extremely severe;
- Scoring of severity of Stress: 0-14=Normal, 15-18=Mild, 19-25=Moderate, 26-33=Severe, 34+=Extremely severe.

Examining the mental status of the respondents from S-A, Table 4.9.2 illustrates that most of them had good mental status with 88.5%, 91.4% and 96.5% in normal status of Depression, Anxiety and Stress respectively but status of Depression and Anxiety were relatively more severe with 0.4%

and 0.1% of them being diagnosed at severe level of Depression and Anxiety respectively, while none of them attained such level in Stress.

Table 4.9.2: Level of Depression, Anxiety and Stress in S-A by DASS21

	Depression	Anxiety Valid % (Frequency)	Stress
Normal	88.5 (1 852)	91.4 (1 911)	96.5 (2 022)
Mild	7.3 (153)	6.0 (126)	2.7 (57)
Moderate	3.8 (79)	2.4 (51)	0.8 (16)
Severe	0.4 (8)	0.1 (3)	/
Extremely severe	/	/	/
Total (n)	2 092	2 091	2 095

Note. N=2 120, missing/ did not answer (stress)=25, missing (depression)=28, missing (anxiety)=29.

GD gamblers tended to have poorer mental health than no-risk gamblers. GD gamblers had higher level of Depression and Anxiety, as 3.9% of them attained severe level of Depression and 14.3% of them attained severe level of Anxiety which were significantly more than no-risk gamblers (0.0%, $\chi^2(2) = 49.478$, $p \leq .001$; 1.2%, $\chi^2(2) = 47.056$, $p \leq .001$ respectively). No significant difference was found in terms of stress between them. (Table 4.9.3)

Table 4.9.3: Comparison of mental health status between no-risk gamblers and GD gamblers by DASS21

		No-risk gamblers (n=833)		GD gamblers (n=51)		
		<i>Freq.</i>	<i>Valid %</i>	<i>Freq.</i>	<i>Valid %</i>	α
Stress	Normal	790	96.1	46	90.2	4.576
	Mild	28	3.4	4	7.8	
	Moderate	4	0.5	1	2.0	
	Severe	0	0.0	0	0.0	
	Extreme Severe	0	0.0	0	0.0	
	Total (<i>n</i>)	822		51		
Depression	Normal	724	88.1	34	66.7	49.478***
	Mild	74	9.0	9	17.6	
	Moderate	24	2.9	6	11.8	
	Severe	0	0.0	2	3.9	
	Extreme Severe	0	0.0	0	0.0	
	Total (<i>n</i>)	822		51		
Anxiety	Normal	695	84.8	30	61.2	47.056***
	Mild	48	5.9	5	10.2	
	Moderate	66	8.0	7	14.3	
	Severe	10	1.2	7	14.3	
	Extreme Severe	1	0.1	0	0.0	
	Total (<i>n</i>)	820		49		

Note. Statistical figures in the table were found significant by Pearson Chi-Square Test (* $p \leq .05$, ** $p \leq .01$, *** $p \leq .001$).

4.10 Logistic Regression analysis predicting GD gamblers

Statistic model Logistic Regression, the backward stepwise (likelihood-ratio) algorithm, was used to predict the probability of becoming GD gamblers among respondents who gambled in the past year. Among respondents from S-A, given other things being equal, the predictor variables in this model could explain 39.6% variance of becoming GD gambler. Findings showed that respondents who participated in local horserace betting, Macau casino wagering and online gambling had respectively 23.3 times [95% CI (1.358, 398.861)], 17.7 times [95% CI (1.999-156.889)] and 15.2 times [95% CI (1.531-151.696)] higher probability in becoming GD gamblers than those who did not take part in them. In regard to the source of motivation, respondents who were motivated to gamble by extrinsic motivation of introjected regulation had a higher risk of becoming GD gamblers [15.7 times, 95% CI (1.595-153.732)]. Introjected regulation is motivation from an internalized belief rooted in past external contingencies which may become a source of tension which pressures people to gamble (winning may promote one's status). In other words, respondents who were easily influenced by external environment had a higher risk to become GD gamblers. In addition, respondents who were identified as Internet addictive users by IAT also yielded 8.9 times [95% CI (1.073-74.077)] higher probability of becoming GD gamblers than no-risk Internet users. (Table 4.10.1)

Table 4.10.1: Summary of Logistic Regression Equation to predict GD gamblers (S-A)

S-A (Gambler) Predicted variables	<i>B</i>	<i>SE</i>	<i>Exp(B)</i>	(95%CI)	<i>p</i>	Nagelkerke <i>R</i> ²
Local horserace betting	3.147	1.450	23.271	1.358-398.861	.03	.396
Macau casino wagering	2.874	1.113	17.709	1.999-156.889	.01	
Online gambling	2.724	1.173	15.238	1.531-151.696	.02	
Extrinsic Motivation of introjected regulation ³⁰	2.751	1.165	15.658	1.595-153.732	.02	
Internet addiction	2.188	1.080	8.915	1.073-74.077	.04	

Note. Categorical variable coding

- Types of gamblers: (0) No-risk gamblers, (1) GD gamblers
- Gambling activities: football betting, local horserace betting, Mark Six lottery, social gambling, Macau casino wagering, online gambling: Yes (1), No (0)
- C-GMS: Intrinsic motivation of knowledge, stimulation, accomplishment, extrinsic motivation of introjected regulation, external regulation, identified regulation, Amotivation: (0) Not corresponded, (1) Corresponded
- GBQ-C: Illusion of Control (IC): (0) Disagree, (1) Agree; Luck and Perseverance (L/P): (0) Disagree, (1) Agree
- IAT: (0) No-risk Internet user, (1) probable Internet addiction user
- DASS21: Depression (0) Normal, (1) had symptoms of depression; Anxiety (0) Normal, (1) had symptoms of anxiety; Stress (0) Normal, (1) had symptoms of stress
- Gender: (1) Male (2) Female
- Age: (1) 17-18, (2) 19-20, (reference group) 15-16

³⁰ EM Introjected Regulation represents the first stage of the internalization process, where individuals take prompts from their environment and bring them inside themselves (Deci & Ryan, 2002). Introjected regulation is motivation from an internalized, pressuring voice. The source of motivation for a behavior is guilt, worry or shame. Introjected regulation inspires an individual to enact a behavior not because he wants to, but because he fears not to out of a sense of obligation (Anderson, 2016).

Among the respondents from S-B, given other variables being equal, the model could explain 39.5% variance of becoming GD gambler. Respondents who had horserace betting got 3.2 times [95% CI (1.235-8.202)] higher probability in becoming GD gamblers than those who did not take part in it. In terms of motivation factor, the model illustrates that respondents who were motivated by extrinsic motivation – external regulation (gamble for money), had a higher probability of becoming GD gamblers [8.6 times, 95% CI (1.841-40.224)] than those who were not. It also showed that Internet addiction was a predictor of becoming GD gambler. Respondents who were identified as Internet addictive users by IAT had 4.8 times higher probability of becoming GD gamblers [95% CI (1.921-12.149)] than no-risk Internet users. (Table 4.10.2)

Table 4.10.2: Summary of Logistic Regression Equation to predict GD gamblers (S-B)

S-B (Gambler) Predicted variables	<i>B</i>	<i>SE</i>	<i>Exp(B)</i>	(95%CI)	<i>p</i>	Nagelkerke <i>R</i> ²
Local horserace betting	1.158	.483	3.183	1.235-8.202	.02	.395
Extrinsic motivation – external regulation ³¹	2.152	.787	8.604	1.841-40.224	.01	
Internet addiction	1.575	.470	4.832	1.921-12.149	.00	

Note. Categorical variable coding

- Types of gamblers: (0) No-risk gamblers, (1) GD gamblers
- Gambling activities: football betting, local horserace betting, overseas horserace betting, Mark Six lottery, social gambling, gambling in mahjong house, gambling in casino ship, Macau casino wagering, non-HKJC gambling activities, online gambling: Yes (1), No (0)
- C-GMS: Intrinsic motivation of knowledge, stimulation, accomplishment, extrinsic motivation of introjected regulation, external regulation, identified regulation, Amotivation: (0) Not corresponded, (1) Corresponded
- GBQ-C: Illusion of Control (IC): (0) Disagree, (1) Agree; Luck and Perseverance (L/P): (0) Disagree, (1) Agree
- IAT: (0) No-risk Internet user, (1) probable Internet addiction user
- DASS21: Depression (0) Normal, (1) had symptoms of depression; Anxiety (0) Normal, (1) had symptoms of anxiety; Stress (0) Normal, (1) had symptoms of stress
- Gender: (1) Male (2) Female
- Age: (1) 15-16, (2) 17-18, (3) 19-20, (reference group) 21-22
- Educational level: (1) Junior (F.1-F.3), (2), Senior (F.4-F.5), (3) Matriculation (F.6-F.7/IVE/VTC), (4) Tertiary (non-degree), (Reference group) Tertiary Degree or above

In order to find out if the underage and young adults had the same GD predictors or not, a regression analysis was done among the respondents who were young adults (aged 19-22). The model could explain 38.6% variance of becoming GD gambler, given other things being equal. The model illustrates that respondents who participated in local horserace betting had 3.5 times higher probability [95% CI (1.165-10.541)] of becoming GD gamblers than those who did not take part in it. Similar to the findings of S-B, it was found that respondents who were motivated by extrinsic motivation – external regulation, yielded 19.0 times higher probability of becoming GD gamblers [95% CI (2.324-155.184)]; implying that the more desire of external rewards such as

³¹ EM-External Regulation lies at the non-self-determined end of the continuum. This type of regulation occurs when individuals engage an activity for external rewards or to avoid the occurrence of something negative. Gamblers who play primarily in an attempt to win money or to get rich are motivated primarily by this type of motivation (Mordeno, Coteriano, & Leong, 2012).

winning money the respondents had, the more likely they would become GD gamblers. Internet addiction was again a predictor of becoming GD gambler. Respondents who were identified as Internet addictive users by IAT had 6.8 times [95% CI (2.278-20.513)] higher probability than no-risk Internet users. (Table 4.10.3)

Table 4.10.3: Summary of Logistic Regression Equation to predict GD gamblers among those aged 19 and above

Respondents aged 19 and above (Gambler)	<i>B</i>	<i>SE</i>	Exp(<i>B</i>)	(95%CI)	<i>p</i>	Nagelkerke <i>R</i> ²
Predicted variables						
Local horserace betting	1.254	.562	3.504	1.165-10.541	.03	.386
Extrinsic motivation-external regulation	2.944	1.072	18.989	2.324-155.184	.01	
Internet Addiction	1.922	.561	6.835	2.278-20.513	.00	

Note. Categorical variable coding -

- Types of gamblers: (0) No-risk gamblers, (1) GD gamblers
- Gambling activities: football betting, local horserace betting, overseas horserace betting, Mark Six lottery, social gambling, gambling in mahjong house, Macau casino wagering, gambling in casino ship, Non-HKJC gambling activities, online gambling: Yes (1), No (0)
- C-GMS: Intrinsic motivation of knowledge, stimulation, accomplishment, extrinsic motivation of introjected regulation, external regulation, identified regulation, Amotivation: (0) Not corresponded, (1) Corresponded
- GBQ-C: Illusion of Control (IC): (0) Disagree, (1) Agree; Luck and Perseverance (L/P): (0) Disagree, (1) Agree
- IAT: (0) No-risk Internet user, (1) probable Internet addiction user
- DASS21: Depression (0) Normal, (1) had symptoms of depression; Anxiety (0) Normal, (1) had symptoms of anxiety; Stress (0) Normal, (1) had symptoms of stress
- Gender: (1) Male (2) Female
- Age: (1) 19-20 (2) 21-22
- Educational level: (1) Junior (F.1-F.3), (2), Senior (F.4-F.5), (3) Matriculation (F.6-F.7/IVE/VTC), (4) Tertiary (non-degree), (Reference group) Tertiary Degree or above

In sum, the Model suggests that those who possessed the following characteristics might have a higher probability of becoming GD gamblers among different samples: involvement in local horserace betting, Macau casino wagering, online gambling, Internet addiction, and gambling motivated by extrinsic motivation of introjected regulation and extrinsic motivation of external regulation.

4.11 Perception on availability of gambling activities held by HKJC and legal age of gambling

For the whole sample ($N=3\,318$), over half of respondents (56.1%) considered that the current legal gambling age of 18 was appropriate, while 25.0% regarded it not appropriate. Among those who expressed not appropriate, 24.9% suggested that the legal gambling age should be lowered, while 75.1% suggested that it should be raised (Table 4.11.1a). Regarding the views on the number of Mark Six Lottery draws per week, football matches for betting and local horse racing per week, most of them did not comment, but among those who had expressed views, most of them agreed to the current arrangement. (Tables 4.11.1 to 4.11.4)

Table 4.11.1: Is it appropriate to set the legal gambling age at 18?

	Frequency	Valid Percentage
Appropriate	1 846	56.1
Not appropriate	822	25.0
Don't know/ no comment	627	19.1
Total	3 289	100.0

Note. $N=3\,318$, 29 respondents did not answer.

Table 4.11.1a: If not appropriate, which age is the proper legal age of gambling?

	Frequency	Valid Percentage
Below 15	32	4.1
15	34	4.4
16	113	14.6
17	14	1.8
19	2	0.3
20	165	21.3
21	239	30.8
22	60	7.7
23	17	2.2
24	6	0.8
25	49	6.3
Above 25	44	5.7
Total	775	100.0

Note. $N=822$, 47 respondents did not answer.

Table 4.11.2: Is it appropriate to hold three Mark Six lottery draws per week?

	Frequency	Valid Percentage
Appropriate	1 097	33.4
Too many	282	8.6
Too few	184	5.6
Don't know/no comment	1 717	52.3
Total	3 280	100.0

Note. $N=3\,318$, 38 respondents did not answer.

Table 4.11.3: Is it appropriate to hold the present number of football matches for betting held by HKJC?

	Frequency	Valid Percentage
Appropriate	639	19.4
Too many	271	8.2
Too few	104	3.2
Don't know/ no comment	2 279	69.2
Total	3 293	100.0

Note. N=3 318, 25 respondents did not answer.

Table 4.11.4: Is it appropriate to hold two horse racing days per week by HKJC?

	Frequency	Valid Percentage
Appropriate	658	20.0
Too many	369	11.2
Too few	99	3.0
Don't know/no comment	2 170	65.8
Total	3 296	100.0

Note. N=3 318, 22 respondents did not answer.

Regarding the weekend day for horse racing, most of them had no view (71.5%). The preference for Saturday or Sunday did not have much difference, though slightly more respondents preferred Sunday (16.2%) than Saturday (12.3%). (Table 4.11.5)

Table 4.11.5: Views of the whole sample on weekend horse racing day

	Frequency	Valid Percentage
Saturday	405	12.3
Sunday	533	16.2
Don't know/no comment	2 356	71.5
Total	3 294	100.0

Note. N=3 318, 23 respondents did not answer.

Further analysis on the preference for weekend horse racing day among those gambled or not illustrated that the respondents, regardless of whether they had gambled or not in the past year, preferred horse racing day to be held on Sunday (18.3% and 15.3% respectively) rather than Saturday (12.6% and 12.2% respectively). (Table 4.11.6)

Table 4.11.6: Views on weekend horse racing day among respondents who had/ had not participated in gambling activities in the past year

	Respondents who had not gambled		Respondents who had gambled		α
	Frequency	Valid %	Frequency	Valid %	
Saturday	279	12.2	126	12.6	5.374
Sunday	350	15.3	183	18.3	
Don't know/ no comment	1 666	72.6	690	69.1	
Total	2 295	100.0	999	100.0	

Note. Respondents who had not gambled in the past year N=2 310, respondents who had gambled in the past year N=1 008.

Respondents from different age groups also tended to support holding horse racing day on Sunday (aged 15-16: 15.2% vs 13.1%; aged 17-18: 16.6% vs 10.1%; aged 19-20: 15.6% vs 13.1%; aged 21-22: 19.7% vs 14.1%). (Table 4.11.7)

Table 4.11.7: Views on weekend horse racing day among different age groups

	15-16		17-18		19-20		21-22		
	<i>Freq.</i>	<i>Valid %</i>	<i>Freq.</i>	<i>Valid %</i>	<i>Freq.</i>	<i>Valid %</i>	<i>Freq.</i>	<i>Valid %</i>	α
Saturday	200	13.1	94	10.1	58	13.1	53	14.1	11.600
Sunday	233	15.2	155	16.6	69	15.6	74	19.7	
Don't know/ no comment	1 097	71.7	686	73.4	316	71.3	249	66.2	
Total	1 530	100.0	935	100.0	443	100.0	376	100.0	

Note. Ages 15-16 ($N=1\ 54\ 2$), ages 17-18 ($N=942$), ages 19-20 ($N=447$), ages 21-22 ($N=377$).

Respondents with different educational levels also preferred Sunday rather than Saturday as horse racing day [(Junior: 11.5% vs 10.3%; senior: 16.2% vs 12.0%; matriculation: 15.1% vs 9.3%; tertiary (non-degree): 17.3% vs 14.6%; tertiary (degree or above: 17.0% vs 16.2%)]. (Table 4.11.8)

Table 4.11.8: Views on weekend horse racing day among different educational level groups

	Junior		Senior		Matriculation		Tertiary (non-degree)		Tertiary (degree or above)		
	<i>Freq</i>	<i>Valid %</i>	<i>Freq</i>	<i>Valid %</i>	<i>Freq</i>	<i>Valid %</i>	<i>Freq</i>	<i>Valid %</i>	<i>Freq</i>	<i>Valid %</i>	α
Saturday	9	10.3	275	12.0	29	9.3	27	14.6	65	16.2	12.952
Sunday	10	11.5	372	16.2	47	15.1	32	17.3	68	17.0	
Don't know/ no comment	68	78.2	1 650	71.8	235	75.6	126	68.1	268	66.8	
Total	87	100.0	2 297	100.0	311	100.0	185	100.0	401	100.0	

Note. Junior (F.1-F.3) ($N=88$), Senior (F.4-F.5) ($N=2\ 316$), Matriculation (F.6-F.7/ IVE/ VTC) ($N=313$), Tertiary (non-degree) ($N=185$), Tertiary (degree or above) ($N=403$).

Summary

Among the 3 318 respondents aged 15-22, one-third of them (30.4%, $n=1\ 008$) had gambled in the past year. Among them, social gambling, Mark Six lottery and football betting were the three most popular gambling activities among S-A, S-B and the whole youth sample. It was found that the younger the respondents were, the higher the tendency they had involved in non-regulated forms of gambling (i.e. social gambling); whereas the older the respondents were, the higher the tendency they had involved in regulated ones, showing that the types of gambling activities participated by young people were highly influenced by the setting of legal age of gambling. Regarding sources of betting money, 0.3% of them borrowed from bank/finance company, 0.1% from illegal money lender, and 0.5 % from secure lending.

HKJC started operating football betting since 2003 in the purpose of wiping off illegal football betting and offered more gambling options for Hong Kong people. At that time, there were public concerns that this might incite football betting and aggravate the prevalence of problem gambling. In this Study, among the 1 008 respondents who had gambled in the past year, 142 (14.1%) of them had taken part in it, and 44 of them were at 18 or below. 11 of them participated in illegal football betting. “Supporting their favorite soccer team/player” (46.5%) was the major reason for participation. When using the sample from secondary schools to compare with previous studies (HKPU, 2012; HKU, 2005), there was a decreasing tendency of football betting from 6.8% in 2005 to 1.2% in 2016.

In this Study, 4.5% ($n=45$) respondents who had gambled in the past year had involved in online gambling activities. “Online games involving money” (69.2%) was the most popular form. “Simple gambling rules/ format” (44.4%) was the major reason which attracted them to take part in such games. Among the secondary school sample, 21 of them had participated in it. There was a downturn from 2001 (4.6%) to 2016 (1.0%) (HKPU, 2001, 2012; HKU, 2005). Among the 45 online gamblers, 36.4% of them were diagnosed having Internet addiction. The rate was higher than the whole sample ($N=3\ 318$), as only 19.0% of the whole sample were diagnosed having Internet addiction. The above results seem to suggest a relationship between Internet addiction and online gambling.

The prevalence rate of participation in gambling has been decreasing based on comparison with previous studies (HKPU, 2001, 2012; HKU, 2005). Based on the samples from secondary schools, the results show that the rate has decreased from 54.0% in 2001 to 21.8% in 2016. Concerning the prevalence rate of GD among the whole sample, it was 1.6%. When only the sample from secondary school students was considered, it was 0.7%. When the sample on other students and the working youth was considered, it was 3.0%. Further analysis on the demographic backgrounds of no-risk gamblers and GD gamblers shows that respondents who were males (9.0%), and those with junior (F.1-F.3) educational level (17.9%) had a higher proportion of being GD gamblers.

As regards the motivation and beliefs of gambling among the youth, results show that GD gamblers significantly had higher scores in all types of motivation than no-risk gamblers. GD gamblers were mainly motivated to gamble by Intrinsic Motivation for stimulation ($M=4.57$, $SD=1.603$), Intrinsic Motivation for knowledge ($M=4.36$, $SD=1.816$), Extrinsic Motivation for external regulation ($M=4.22$, $SD=1.723$) and Amotivation ($M=4.22$, $SD=1.689$). GD gamblers had the lowest motivational level at Extrinsic Motivation for introjected regulation. The greatest differences between GD gamblers and no-risk gamblers were found in stimulation, Amotivation and accomplishment.

As for gambling belief, results also show that GD gamblers significantly tended to have a higher level of gambling distortion than no-risk gamblers, both in the sub-scales of luck/

perseverance and illusion of control. In addition, the findings also support that GD gamblers generally had poorer mental health status than no-risk gamblers especially on depression and anxiety. As there was no significant difference among GD gamblers and no-risk gamblers on family functioning, data were not reported.

By using logistic regression analysis, findings on secondary school students (S-A) show that respondents who had participated in horserace betting, casino wagering and online gambling had respectively 23.3 times, 17.7 times and 15.2 times higher probability of becoming GD gamblers than those who did not take part in such gambling activities. In regard to the source of motivation, those respondents who were motivated to gamble by extrinsic motivation of introjected regulation (influenced by others) had 15.7 times higher risk of becoming GD gamblers than those who were not. In addition, those respondents who were identified as Internet addictive users had 8.9 times higher probability than no-risk Internet users.

For other students and working youth (S-B), respondents who had participated in horserace betting had 3.2 times higher probability of becoming GD gamblers than those who did not take part in it. In terms of motivation factor, respondents who were motivated by extrinsic motivation – external regulation (gamble for money) had 8.6 times higher probability of becoming GD gamblers than those who were not. Respondents who were identified as Internet addictive users had 4.8 times higher probability of becoming GD gamblers as compared with no-risk Internet users.

Among respondents who were young adults (aged 19-22), those who had participated in horserace betting had 3.5 times higher probability of becoming GD gamblers than those who did not take part in such gambling activity. Respondents who were motivated by extrinsic motivation – external regulation, had 19 times higher probability of becoming GD gamblers. Respondents who were identified as Internet addictive users had 6.8 times higher probability of becoming GD gamblers as compared with no-risk internet users.

In regard to views on legal gambling age, over half of the respondents (56.1%) agreed to the current legal gambling age of 18, 17.5% suggested that the legal gambling age should be raised, and 5.8% suggested that it should be lowered. In regard to the current arrangement of gambling activities by HKJC, most of them did not have any comments. Among those who expressed views, most of them agreed to the current arrangement including the number of Mark Six lottery draws, football matches for betting, and horse racing days.

CHAPTER 5: FINDINGS OF QUALITATIVE STUDY - Pathways of GD, effectiveness of gambling treatment and suggestions

5.1 Introduction

Even though results of qualitative study cannot be generalized, qualitative method is not without its merit, as it enables in-depth exploration on unique experiences which quantitative method cannot cover. This qualitative study aims at exploring in depth the underlying causes and pathways of GD in Hong Kong. It is achieved through examining the perceptions and traits of GD gamblers, and the pathways of GD including individual, behavioral, familial, social and environmental factors in our society. Youth gambling, online gambling and football betting are specially explored. Moreover, views on the effectiveness of current preventive and treatment services, ways of improvement, and current arrangement of gambling activities were also explored.

In order to achieve the above aims, 10 GD gamblers, 6 significant others and 1 professional gambler were invited for in-depth individual interviews to explore the pathways of GD, with the purpose of identifying the factors contributing to it, and soliciting their views on the effectiveness of the current preventive and remedial measures on GD. Focus groups were also conducted, including 2 groups of the general public aiming at those aged 30-64, 3 groups of the youth aiming at those aged 18-29, and 2 groups of the at-risk youth aiming at those aged 15-22 so as to understand their gambling experiences as well as their views on the current preventive measures and the arrangement of gambling activities in Hong Kong. All participants, having gambling experiences, were referred by NGOs. Since the discussion topics were sensitive, the size of the focus groups had to be small.

After all focus groups were conducted, it was found that middle-age adults were missing in these focus groups. Finally, 1 more focus group on middle-age adults was conducted. The participants of this focus group were recruited through personal network. They were horse racing critics who also involved in online gambling themselves. They were invited to fill in the gap on middle-age respondents, and they could give their professional views on the gambling situation in Hong Kong. In order to gain deeper understanding, a gambling consultant, who was an ex-horse racing critic and now treated gambling as his job, was also invited for in-depth individual interview for the same purpose. (The horse racing critics and gambling consultant were referred hereunder as professional gamblers in this report)

In sum, there were 10 individual interviews with GD gamblers, 6 individual interviews with significant others, and 1 individual interview with professional gambler; 2 focus groups with the general public (aged 42-64) with a total of 11 respondents, 3 focus groups on the youth (aged 18-21) with a total of 12 respondents, 2 at-risk youth groups (aged 16-22) with a total of 12 respondents, 1 focus group with professional gamblers (aged 36-46) with a total of 3 respondents,

resulting in a total of 38 participants in all 8 focus groups. The profiles of the respondents were listed in the following tables.

Table 5.1.1: Profiles of in-depth individual interviewees - GD and professional gamblers

No./gender	Addiction Status	Age	Educational level	Marital status	Work status
1/M	GD	42	Tertiary (Degree or above)	Married	Employee
2/M	GD	36	F.1-3	Married	Employer
3/M	GD	25	Tertiary (Degree or above)	Single	Employee
4/M	GD	33	F.4-5	Married	PT employee
5/M	GD	42	F.4-5	Divorced	Employee
6/F	GD	62	F.1-3	Married	Homemaker
7/M	GD	58	Primary	Divorced	Self-employed
8/M	GD	63	F.4-5	Divorced	Employee
9/M	GD	20	Tertiary (Degree or above)	Single	PT student
10/F	GD	59	F.1-3	Widow	PT employee
11/M	Professional Gambler	45	Tertiary (Degree or above)	Married	Self-employed

Note. No. of interviewee were set for indicating the source of direct quotes from interviewees in this chapter.

Table 5.1.2: Profiles of in-depth individual interviewees - significant others

No./gender	Age	Educational level	Work status
12/F	60	Unknown	Home-maker
13/F	50	F.4-5	FT employee
14/F	50	F.4-5	FT employee
15/F	31	Tertiary (non-degree)	Home-maker
16/F	52	F.4-5	FT employee
17/F	44	F.1-3	PT employee

Note. No. of interviewees were set for indicating to the source of direct quotes of interviewees in this chapter.

Table 5.1.3: Profiles of respondents in focus group - professional gamblers

No./gender	Age	Educational level	Marital status
1/M	40	Tertiary (non-degree)	Single
2/M	46	F.4-5	Single
3/F	36	Matriculation	Single

Note. No. of interviewees and code 'FG_ProG' were set for indicating the source of direct quotes of interviewees in this chapter.

Table 5.1.4: Profiles of respondents in focus groups – youth

	No./gender	Age	Educational level	Work status
Group 1:	1/M	18	F.4-5	Student
	2/M	19	F.4-5	Employee
	3/M	21	Matriculation	Employee
	4/M	19	F.4-5	Employee
Group 2:	No./gender	Age	Educational level	Work status
	1/M	21	Matriculation	Student
	2/M	21	Tertiary (non-degree)	Student
	3/M	20	Tertiary (non-degree)	Student
	4/M	20	Tertiary (non-degree)	PT employee
Group 3:	No./gender	Age	Educational level	Work status
	1/M	18	Matriculation	Employee
	2/M	18	Matriculation	Student
	3/M	19	Matriculation	Student
	4/M	19	Matriculation	Student

Note. No. of interviewees and code ‘FG_Y’ were set for indicating the source of direct quotes of interviewees in this chapter.

Table 5.1.5: Profiles of respondents in focus groups – at-risk youth

	No./gender	Age	Educational level	Work status
Group 1:	1/M	18	F.4-5	Employee
	2/M	18	Matriculation	Employee
	3/F	18	F.1-3	Unemployed
	4/M	21	Matriculation	Unemployed
	5/M	22	F.1-3	Unemployed
Group 2:	No./gender	Age	Educational level	Work status
	1/M	20	F.4-5	Employee
	2/F	17	F.1-3	Unemployed
	3/M	17	F.1-3	Employee
	4/F	17	F.4-5	Student
	5/M	16	F.4-5	PT employee
	6/M	19	Matriculation	Unemployed
	7/F	16	F.4-5	Student

Note. No. of interviewees and code ‘FG_RY’ were set for indicating the source of direct quotes of interviewees in this chapter.

Table 5.1.6: Profiles of respondents in focus groups - general public

Group 1:	No./gender	Age	Educational level	Marital status	Work status
	1/M	64	F4-5	Single	Retired
	2/F	42	Tertiary (non-degree)	Single	Employee
	3/F	64	F1-3	Widow	Home-maker
	4/F	50	Matri	Single	Unemployed
	5/F	46	F4-5	Married	Unemployed
Group 2:	No./gender	Age	Educational level	Marital status	Work status
	1/F	56	Tertiary (non-degree)	Divorced	PT employee
	2/M	60	Tertiary (non-degree)	Married	Retired
	3/M	63	Tertiary (non-degree)	Married	Retired
	4/M	51	Tertiary (degree or above)	Married	Retired
	5/M	57	Tertiary (non-degree)	Married	Self-employed
	6/F	60	Tertiary (degree or above)	Married	PT employee

Note. No. of interviewees and code ‘FG_GP’ were set for indicating the source of direct quotes of interviewees in this chapter.

Findings

5.2 Perception and motivation of gambling

The motivation to gambling of most gamblers is for the sake of improving one's psychological state (Lu, 2007). Some may bet for money, while some others are attracted by its stimulating sensation. It is therefore essential to understand the perception and motivation on gambling of GD gamblers and the general public and see if there is any difference between them.

5.2.1 As a means to kill time due to boredom

Gambling is being viewed as harmless in Chinese culture. Many people participate in gambling so as to kill time when they have nothing to do or no other kinds of entertainments. For some of the GD gamblers, they started their gambling pathways for the sake of killing time.

"When I had nothing to do....I gambled online." -9

"I first gambled in F.4.... overnight with several classmates at a classmate's home. As we had nothing to do, we gambled." - FG_Y_3_4

5.2.2 As a social activity or just for fun

Chinese people have a long history of gambling culture and social bonding is one of the reasons behind. People would gamble together to maintain or develop kinship, friendship or business ties. Playing mahjong is a typical gambling activity for communication and fun, just like playing cards in the West.

"I played mahjong for the sake of social interaction." -1

"I played mahjong with my business partners. I sometimes intended to lose...to please them." -4

"As a means of networking and building social relationship." - FG_GP_2_5

"Gambling is full of joy. I find pleasure from it."- FG_RY_2_1

"I gamble with friends,it is a social gathering." -FG_GP_1_2

All the above quotes indicate the social functions of gambling. No matter they gambled with friends, family members or business partners, they were pretty aware that they made use of gambling activity for social purpose and have fun.

5.2.3 Curiosity

Especially for young people, curiosity was one of the major motivation of gambling.

"I would try basketball betting. It is important for people to open their mind to trying new things."-
FG_Y_2_4

5.2.4 As a donation to charity

The HKJC is not-for-profit in nature. HKJC has enhanced its charitable role since 1955 by devoting its annual surplus to charity and community projects. People in Hong Kong acknowledge the special nature of HKJC and view their loss to HKJC as a donation to charity, which is actually a kind of self-comfort.

'Once I lose, I take it as a kind of charity.' - FG_GP_1_4

5.2.5 As a means to earn money or big money

Having a fantasy of winning, some view gambling as an easy and quick way to earn or make big money, without being aware of the downside of losing.

"Gambling was a means to get rich.... Even though this was wrong, I still wanted to go on with the wrong path."-2

"I believe in getting rich by gambling. However, it is not that easy. It requires certain skills and capital."-11

"I had fantasy that I could be a millionaire overnight ...gambling was the tool." – 1

"My only source of income is from the wins of horserace betting. HKJC will not stop me from gambling due to my old age.... I bet every week. I put much effort.... And I have to win." - FG_GP_1_1

"I wanted to make more money through gambling."- FG_ProG_2

Gambling is considered as a low-risk but high-yield activity as people think they can make easy and quick money from it. Even though some respondents knew that it was the opposite: a high-risk, low-yield activity, they still tended to believe the former. It is indeed a common misperception which is supported by the greed of oneself.

5.2.6 As a career with professional skills

Some gamblers dreamt of making gambling as their career so that they could bet full time. In fact, there were professional gamblers who worked for gambling agencies or started their own gambling career as illustrated below:

"I wanted to be a professional gambler...made it my career. ...I drilled on gambling skills and went to Macau to try I stopped working, spent most of the time on researching these skills." -2

"I am a gambling consultant. To me, betting is not gambling, it is a business." -11

"I am not addicted to gambling... I take gambling as a career. If one asks me to stop, I can stop gambling all at once." - FG_ProG_1

Some individuals parlay their interest and talents in gambling, with the hope of making gambling as their career a lucrative one. For those who took gambling as their career, they did not bet for fun nor find themselves addicted to gambling, as strict requirements and discipline are set like being unemotional in making gambling decisions.

5.2.7 Gambling is not fair and cannot be trusted

Some focus group participants perceived that horserace betting or football betting could not be trusted while no such views were given by the GD gamblers.

“My friend working in HKJC told me this, I believed there were tricks in horserace betting.” - FG_GP_1_2

“According to what I know.... the trainers play tricks, for example, a trainer can reduce a nutritious ingredient in the horse food, making the horse run slower.” - FG_ProG_2

“Tips” are always “heard” about gambling activities like horserace betting. No matter it is true or not, many people perceive that there are certain frauds in gambling activities. If individuals lose the trust in certain gambling activities, they may tend to keep a distance from them.

5.3 Factors contributing to gambling behavior

5.3.1 Personality characteristics/Personal factors

Based on the findings, this Study classifies the personality characteristics of GD gamblers into eleven categories: interpretive bias and illusion of locus of control, lack of awareness, craving for gambling, impulsive desire, sensation seeking, strong affiliation needs, strong sense of loneliness, lack of self-control and inability to stop gambling, lack of financial management concepts, low self-esteem, and poor stress management strategies.

5.3.1a Interpretive bias and illusion of locus of control

Interpretive bias and illusion of locus of control are erroneous gambling beliefs that account for irrational gambling behaviors (Griffiths, 1990) – the former explains one’s belief in gambling outcomes based on luck and skills (Langer, 1975), and the latter reckons gambling outcomes as being ungoverned by chance but by supernatural gifts, pre-gambling rituals (Zangenich, Blaszczyński, & Turner, 2007), or even the person standing next to the gambler (Davis, Sundahl & Lesbo, 2000). Most gamblers tend to exhibit an overconfident attitude (Gilovich, 1983).

“To me, no matter it was gambling on horse-racing or mahjong, I could calculate as there were clues to win.... Data made me feel confident.” - I

“I thought that I could control those 13 pieces of mahjong, ... I could control my cards in the casino.” -4

“I won money due to good luck....as I could win over \$100,000 in one bet on horse racing, if I bet two more times.... I would win more than \$150,000.” - 10

“Once you win, the process of winning lingers in your memory.... As one wants to chase loss, one will never doubt one’s judgment. There’s only one thing left to cling to—luck.” - 11

“Gambling is all about fortune.... I gamble less than three or four times a year, as I reckon that I do not have the fortune to win.” _FG_GP_2_5

For those gamblers who like to analyze, they tend to believe in their own capabilities that contribute to the wins and seek satisfaction and self-confidence out of it. If they lose, most of them put the blame on luck. Some gamblers believe wins are due to luck. The optimism or the misperception on ‘luck’ will reinforce them to go further to gamble. Optimism has already been addressed by a study indicating that gamblers often recall their wins better than their losses, thus inducing a biased optimism towards future gambling outcomes (Gibson & Sanbonmatsu, 2004). As a result, these erroneous beliefs and ‘false’ confidence lead to irrational gambling behaviors. For those who do not believe in having luck, they tend not to gamble much.

5.3.1b Lack of awareness of one’s gambling addiction

GD gamblers are often the last persons to realize that their gambling is problematic. They tend to rationalize their gambling behaviors in the beginning.

“I spent the rest of my income on living and gambling after repaying mortgage. I did not consider that it was gambling, it was just for fun.” – 1

“I gambled mainly for fun. It did not matter if I lost or won.” - 4

5.3.1c Craving for gambling

Craving is a central phenomenon in addiction. Regarding gambling, it is a desire to return to gambling behavior. It is not uncommon for the gamblers to get strong urges to gamble under triggers like unpleasant feelings such as stress, depression, loneliness, fear, or anxiety.

“In my teenage I started to crave for gambling soon after waking up. I marked the seat for playing mahjong, being afraid that I would lose the seat if I was late.” – FG_GP_2_1

5.3.1d Impulsive desire

GD gamblers gamble out of an impulsive desire/need for a “rush” of sensation. In mental illness manuals, GD is classified as a “disruption in the ability to control impulses.” Inability to control impulses and delay gratification are two major impulsivity-related symptoms of GD (McCormick & Taber, 1988). In both genders, impulsivity was a strong predictor of a possible gambling problem (Nower, Derevensky, & Gupta, 2004).

“During mid-night, my husband would go to Macau to gamble. It seemed that it was uncontrollable.” -15

“I was pretty normal in general. However, I would go to Macau casinos in a sudden urge” -2

The above two quotes clearly illustrated how impulsiveness made GD gamblers gamble in a sudden urge without self-control.

5.3.1e Sensation seeking

Sensation seeking is a basic characteristic commonly shared among GD gamblers, who are reward-sensitive. They are prone to engage themselves in highly stimulating activities, and have low toleration of boredom, etc. (Peck, 1986; Mazza, 1997). Excitement adventure and risk-taking are typical components.

“Once I involved in the games, I would like to go further, to do it better, you wanted to analyze, then you would know better than others, When I came to understand the changing patterns, I won.... I found it very exciting.” -1

“I found the sound ‘Pa Pa’ coming from mahjong very lively to me.” - FG_ GP_2_2

5.3.1f Strong affiliation needs

Gambling serves as a sign of affiliation within a group, or as a means to communicate, interact, or improve relationship with family, friends, or new friends by getting common communication topics, or bragging about the ‘win’. The following statements show how people fulfill affiliation needs such as being included and respected, and enhancing self-esteem and social status through gambling.

“Colleagues chipped in for horserace betting, and I thought I should not isolate myself, I’d better participate in their activity.” -5

“You got to know the people there in the casino... all gamblers. They hanged out with me to gamble or dine, that’s really fun! I was like a leader with many followers. What a prestige!”- 10

“My husband gambled...I wondered if I had to develop gambling hobby, so we could have common communication topic.” -6

“Football betting could enhance relationship... we have more common topics.... common interest.....like “which football league you stand for?” -FG_Y_3_3,2

“We take the World Cup as an excuse for gathering....in order to have more communication topics, we set up a gambling pool on the World Cup once in every four years.” -FG_ GP_1_5

5.3.1g Strong sense of boredom or loneliness

For whatever reason, might be due to lack of life goals, or lack of activities to engage, gamblers had a strong sense of loneliness. Participation in gambling made them feel less lonely.

"I was lonely, with no friends around. I gambled during sleepless nights. I pretty much enjoyed gambling, even if I lost, it was another day after I gambled." -2

"I felt so boring with nothing to do. I met some people, they took me to Macau to bet." -10

"I did not have any entertainment, had no place to go, I felt bored. ...then I played mahjong." -6

5.3.1h Lack of self-control and inability to stop gambling

As Raylu and Oei (2004b) identified, when GD gamblers perceived that they were unable to control their gambling, they were in a state of helplessness. In such a dire state of mind, a gambler fell into a self-fulfilling cycle. Non-stopped gambling for days and indifference to gambling loss did occur frequently, as they were unable to control themselves from the lure of gambling.

"When I was 9 years old, my classmates brought me to a store to bet on some gadgets like "Apple Gadget", "Horse Racing Gadget" There were many students.... I went there almost every day after school and even during school holidays." -1

"I kept three days and nights non-stopped on gambling." -10

"There were times I cried at midnight.... after losing ..., although not that often. I was pretty sure that I should not go on gambling, but I just could not stop myself." - 3

"I kept going to Macau to gamble. Despite the losses... even I lost all my salary, I looked forward to gambling all the times. I was indifferent to my losses to gambling." -8

A professional gambler interviewee warned that it was necessary to set disciplines on gambling by keeping a philosophy in mind, i.e., only work within one's limits including psychological state of mind as well as betting amount. However, it is exactly this psychological state of mind that the GD gamblers found difficult to manage. The majority of focus group participants, including at-risk youth, could control their gambling behaviors by setting betting limit and not chasing loss.

5.3.1i Lack of financial management concepts

GD gamblers found their financial situations in trouble not only due to gambling losses and resulting mounting debts but also their poor financial management skills.

"I was lack of financial management concept...due to my upbringing, I did not take money seriously. I had money whenever I asked for it from my family...I got around HK\$30,000 monthly salary but I hardly developed the concept of saving." -1

When a GD gambler is facing pressure due to mounting debts and payment bills, one's inability to manage finance may bring further stress. Chasing loss will become the perceived solution, which will further lead to mounting debts.

5.3.1j Low self-esteem

Poor academic performance, lack of social skills resulting in having lesser friends, or feeling less capable than the others might be the causes leading to people's having a low self-esteem. As early win can boost up one's self-esteem, people will gradually indulge in gambling in order to raise their self-esteem.

"My academic performance was not so good, and my social skills were poor.... I did not have a high self-esteem...might be this was the reason for me to gamble."-3

"Might be my husband thought that I was more capable than him, this made him feel inferior, he thought he could earn money from gambling in order to show his capability."-12

5.3.1k Poor stress management strategies

Facing different aspects of stress in life, some people take gambling as a means of escape, and make use of it as a distraction from real life.

"I had many stresses from studying, human relationship, lack of direction, low self-esteem and low self-confidence, and so on, so I gambled...gambling made me feel successful." – 3

"My wife could not give birth, I was so distressed, but I had to support my family financially by myself. Without awareness, I turned to gambling to escape from it." -7

GD gamblers indicated that they could derive psychological benefits from gambling. What is common in the above quotes are: they perceived gambling as the way to alleviate their psychological distress, while ignoring the temporary nature of the psychological compensation and the serious consequences of addictive gambling.

5.3.2 Behavioral Factors

Behavioral factors are essential to be explored in the development of gambling disorder. Inability to self-regulate is its core (Baumeister, Heatherton, & Tice, 1994). Initial gambling at an early age enables the normalization of gambling, leading adolescents less likely to recognize the risks behind. Early win reinforces people's interest and motivation. Chasing loss is the gambler's fallacy that money can be chased back, resulting in a loss of self-control.

5.3.2a Early onset of gambling

Even though it is illegal for the underage to gamble in Hong Kong, their participation in gambling at an early age are common. The onset age of gambling among the GD and professional gamblers in the individual interviews ranged from 8 to 35, with 8 of them had the onset age below 18. Interviewee #1 developed compulsive gambling behavior at age 9.

5.3.2b Early win

From social gambling to compulsive gambling, progressive development involves. What comes first could be early win (Custer & Milt, 1985). Such experience brings gamblers to a touch of success and it reinforces them to go on betting. GD gamblers often reported early big wins.

“At first, I won most of the time.... I felt great since I got a sense of success...There was a time that the frequency of win was rather high...It boosted my sense of success and excitement.... And I raised the betting amount from HK\$100 to HK\$200 and then \$HK400.”- #1

“I won over \$10,000 several times ...it motivated me to go further...I then put more amount on betting.”-6

“I enjoyed the excitement from wins, I once won over hundred thousand dollars, I was so excited and I gambled for several days and nights.”-#10

“I first involved in gambling when I was a Form One student.... My friend and I won more than HK\$8,000 on horserace betting. We were very happy...”- FG_ProG_1

There is no doubt that early win brings a sense of success and excitement, encouraging gamblers to make up fantasies of winning and success, resulting in placing larger amount on betting later on.

5.3.2c Chasing loss

Chasing loss occurs when gamblers place increasingly larger amount intending to win what they have lost. Chasing loss has been reported in numerous gambling studies (e.g. Beaudoin & Cox, 1999), which is one of the fundamental factors in contributing one's inability to self-regulate one's gambling behaviors.

“I put up the betting amount with a desire to chase loss .”- 1

“I stole money from my father. I wanted to chase loss.”-2

“I lost bit by bit. At first, I probably used a watch to bet, after loss, I used a gold bracelet to chase loss, then I lost again, and the vicious cycle went on....”-2

“To chase loss, I was sure that I had tried. I had once chased my money back and then lost again.”-FG_Pro_2

It is obvious that all the above interviewees shared a strong assumption that after some losses, there would be a big win and they could recoup the amount they had lost. The Chinese old saying states, “as long as a gambling activity is available, there is still a chance to chase loss (有賭未為輸),” and it is this cultural thinking together with the optimistic attitude that bring gamblers an irrational non-stopped gambling behavior. Some respondents turned to other risk-taking behaviors like stealing from family members in order to ‘get’ their betting money to chase loss. However, in most of the cases, it was against their will, as the result was being penniless.

5.3.2d Be secretive about gambling

GD gamblers will chase loss resulting in mounting loss or even debts. Due to shame or guilty feeling, they are prone to keep their addiction and problems as secrets, which only makes the matter worse as proper intervention is delayed.

“My family did not know I gambled so frequently.”-1

“I did not borrow money from my family. Instead, I stole from them as I did not want them to know my situation.”-3

“He did not mention. I did not know how much was his debts...or what types of gambling activities he participated in.”-12

“My family only knew what had happened when I was already in financial trouble.”-8

People with gambling problems may cover up or even lie when being asked where they have been, or where money has gone. This makes compulsive gambling behaviors hard to be identified.

5.3.3 **Familial Factors**

Familial factors have an important influence on risk for GD. In Chinese cultural context, parents have high level of influence to their offspring regarding their tolerance or even encouragement to gambling. Parents with gambling habits arouse the curiosity of their offspring about gambling. Lacking of parental guidance, having family members gambling and disharmony in the home environment are the risk factors contributing to compulsive gambling.

5.3.3a Parental influence

If one grows up in a family where parents are inclined to gamble, one will be exposed to gambling activities and initiates gambling habits, thus causing significant gambling problems in the youth (Felsher, Derevensky & Gupta, 2003). Parental influence may be in the form of modeling, or positive encouragement by means of providing betting money. The statements below illustrate the copy-cat gambling behaviors of the adolescents modelled from their parents.

“It was a must to have several mahjong tables at home during traditional festivals. It’s like if one lives with a lame person, one will learn how to limp (近朱者赤).” - 4

“My parents gave me bets during Chinese New Year.”-FG_GP_2_5

“Not long after my birth, I was already at the edge of a mahjong table...I learned how to play by staying behind the mahjong table, watching.... My whole family gambled... My grandmother carried me while she was playing mahjong.”- FG_Y_1_4

“During secondary school, I was influenced by my family as my father watched horse racing at home, I found it very interesting.”-FG_ProG_3

5.3.3b Lack of parental guidance

Sometimes parents not only do not provide suitable monitoring and guidance, they even ask children for tips to gamble. This not only serves as a bad model to the children, but also misleads the children that they are also encouraged to gamble. Such indirect encouragement on gambling when one is still young might easily provoke his/her interest and motivation in gambling.

“My family used to watch horse racing on TV and I started to like horserace betting too... They even asked me for tips and won some money.”-11

“I gambled with my classmates during P3 in a park...a teacher called my parents to school, they came but said nothing ...After that I tried different kinds of gambling activities.” -FG_Y_2_1

5.3.3c Family stress/lack of support

Inability to cope with family stress or lack of familial support is one of the risk factors to develop gambling disorder. Once coping strategies are not effective enough to manage the stress, one will be prone to use gambling as an escape.

“He told me that in the eyes of his family members, he was just a renovation worker without a bright career path.... His father discredited his occupation, as he thought that his son was more capable and could earn more.” -15

“I went to Macau to gamble, with huge amount of cash. It was in a sudden because I was experiencing the grief of my relative’s death.”-2

Whether it is a sense of inferiority, lack of support from family members, or bereavement, it brings negative emotions and even stress. To some people, gambling may be a way to soothe the unpleasant emotions or escape from the stress.

5.3.3d Lack of communication in the family

Good communication in a family enables every member's need/problem to be heard, understood, and be supported. On the contrary, a lack of or poor communication will cause stress and non-identification of problem, resulting in escalation of problem.

"My family members would not express their feelings or exchange intimate conversations. Even if we had problems, we seldom told other family members...If I had talked to my brother, sought his advice soon after I had financial difficulty, the situation could not be so serious."-3

"When I was not happy, I kept it to myself... It turned out to be an enormous pressure....and I used gambling to relieve my pressure."-6

Without somebody to talk to, some people will turn to gambling to relieve pressure. A cool family atmosphere will also discourage frank communication, leading to worsening of problems.

5.3.4 **Work Factor**

Stress stemming from work environment is very common in Hong Kong work-culture. Over-time work, interpersonal conflicts, the sudden urge of job demands and incapability to keep up with changes will all bring stress (Kawakami, Haratani, & Araki, 1992). As revealed from the interviewees, stress from this source could also provoke gambling behaviors.

"Enormous work stress drove me to gamble to escape, to get relief."-4

"He was under work stress as he was not satisfied.....and gambling had become his coping strategy to comfort his inner self. To him, gambling was his way out...to satisfy what he could take control of."-12

5.3.5 **Social Factors**

As individuals keep interacting with their surroundings, their behaviors are influenced by the people as well as by the social environment.

5.3.5a Over emphasis on wealth

Living in a capitalist or materialistic city like Hong Kong, it is common to judge people with their incomes, assets, etc. It causes a sense of inferiority when one is compared and found to have lesser income or wealth. Improper handling can bring stress, and gambling is easily mistaken as a coping strategy.

"I bet on flash cards with my cousin. After winning the cards, I sold them at schools."-2

'I found out the cause of my compulsive gambling ...It should be my sense of inferiority.....My wife's brothers and sisters were very smart....they disliked me as I was poor.' – 8.

When money is used to value a person, people will try to find some ways to gain more money to increase self-esteem. Some people will consider gambling as the easiest and fastest way to get rich. The observation on playing flash cards must be addressed since it has been a very popular activity among primary school students in Hong Kong, and it seems that playing flash cards will flourish gambling behavior.

5.3.5b Influenced by friends, relatives, colleagues and business partners

Classmates, friends, neighbours, relatives, colleagues, and even business partners who have background of gambling can easily drag one to experience the excitement of gambling. Notwithstanding peer influence has great impact on adolescence, adults can also be victims of compulsive gambling under peer influence/pressure.

“The ones who introduced me to gamble in Macau were all my neighbours.”-10

“It is difficult to reject the invitation to gamble by friends.” -FG_GP_2_4

“I am not interested in football betting. I only bet when my colleagues proposed.”- FG_ProG_1

“I am always by my uncle’s side watching him placing bets on football matches, and I eventually learned... I then proposed him to place bets on my behalf.” -FG_RY_2_1

“Most of my friends bet on football matches When I was 18 years old, I gambled with my colleagues...They always proposed me to football betting.” -FG_Y_3_3

“There were frequent social gatherings among Hong Kong auxiliary police, activity like playing pai gow was arranged. I learnt it there. I started my gambling addiction since then. It came to a peak that I bet every day.”-8

“When I was a bakery apprentice, the workers there gambled after work. .They had been gambling when I joined them. They proposed me to chip in on dog racing and I followed.”-7

“He went to Macau casinos together with the factory owners.”-13

“My ex-boss liked gambling in Macau, I had to follow the norm and gambled with them.”- FG_GP_1_5

No matter feeling excited or reluctant, they gambled due to influence or pressure.

5.3.6 **Cultural Factors**

James Christensen, the Marketing Consultant for Casinos stated, ‘Asians are some of the biggest gamblers in the world. ...No other Asian race is as fond of gambling as the Chinese are,’ telling people that the Chinese are more susceptible to gambling. ‘Chinese are born with strong gambling genes’, stated by Participant 2 in the Professional Gambler focus group. Here below are some quotes illustrating how the respondents were influenced by Chinese culture to gamble.

5.3.6a Acceptance of gambling

“When I was 7 years old, I started to substitute my mother’s position to play mahjong.”-4

“Sometimes I am called to play mahjong with my family when they cannot make up four to play..... Nobody in my family doesn’t gamble.”- FG_RY_1_4

“It was family activity in Chinese New Year. Sometimes we also played cards with kids, and we gave them one or two dollars as bets. I do not think it will bring any harm to them.” –FG_GP_1_2

“The first time I gambled was during Chinese New Year. Ma gave me \$10 to bet....She gave me money back no matter I won or lost. ...This made me think that it was easy to earn money.” –FG_RY_2_4

Gambling is a normal and socially approved lifestyle choice among Chinese people. Studies have found that most Chinese consider gambling as normal and is part of the culture. In fact, there is an old Chinese saying, ‘gambling with small bets is joyful, gambling with large bets will make you become disordered (小賭怡情, 大賭亂性).’ Even though it recognizes too much gambling will make oneself disordered, it demonstrates that there is a high tolerance on gambling in Chinese communities and explains how Chinese people are socialized in this respect. The prevalence of gambling is so strong in Chinese societies that it is never considered as a problem, leading to a low awareness of the development of compulsive gambling behaviors.

5.3.6b Social bonding

For Hong Kong Chinese, gambling is such a highly accepted social activity that it is normal for family members or kinships to gamble at home, particularly during Chinese New Year. People think that it makes the atmosphere lively and facilitates family bonding.

“My family liked playing mahjong. I played mahjong with my sisters and their boyfriends. We played for quite long hours frequently.” – 8

“During Chinese New Year, we played ‘Fish-Shrimp-Crab’...it was just for fun, to feel lively. All relatives like cousins, my parents, grandmother, gathered together.” – FG_GP_2_5

Cautious attention should be paid to the fact that culture with values and beliefs that favor gambling is more likely to develop GD in people.

5.3.6c Shame

Though gambling is a socially accepted activity in Chinese communities, paradoxically one will feel shameful and be condemned if one is addicted to gambling. ‘Family scandal shall be confined to one’s family only (家醜不出外傳)’ is Chinese culture. So if one is addicted to gambling, it means that he/she loses face and will be stigmatized in the community, deterring the gambler or the family from seeking professional help.

“My saving account had around HK\$1,700,000 but it was down to HK\$500,000 owing to gambling loss. I was afraid that my wife would discover this. So I took the remaining HK\$500,000 to Macau to chase back once for all.” – 4

“I thought that once I went into the building, people knew I was going to the treatment centre. It was so embarrassing as a man need “face”.” -8

5.3.7 Environmental Factors

Environmental factors inducing gambling include increasing availability and popularity of gambling activities, influence of media and advertising, gambling neighbourhood, incentives, and easiness of getting loans.

5.3.7a Increased availability and accessibility of gambling activities

Increase in kinds of gambling activities, betting venues and channels leads to the increase in accessibility, availability, and convenience for individuals to gamble. Increase in betting venues is one of these.

“There were too many mahjong schools which created too much temptation.” -12

Advancement in technology contributes to increase in betting channels, and enhance information exchange.

“I opened a betting account at HKJC and gambling became convenient to me.... Since then, the frequency of my gambling increased drastically ..., probably every day.” -3

“If you have credits in the betting account, you can place bets on football matches even at mid-night.” – FG_Y 3_4

“When I was in my twenties, telephone betting service had been available,and later we can bet using smartphone, and then it comes the gambling apps...” -1

“Convenient! We can carry smart phone wherever we are... You can place bets at night. It is convenient to get information, odds, via smart phone.” – FG_Y_3_1_3

“After I had participated in the Internet forums, I knew more about horse-racing ...I started to share my analysis and give ideas on the forum. Some people asked me for tips, just like fans....” -3

“From the Internet forums, you will know which team will win/lose.” – FG_Y_3_4

Internet forum provides an opportunity for sharing of tips, analysis, opinions of gambling, etc. and some of them even got satisfaction when their views were being accepted or identified with.

5.3.7b Increasing popularity of football betting

Ever since the introduction of live broadcast of football matches in Europe and Latin America, football fever has started to sweep the population of Hong Kong. As international football players become stars, along with the entertaining news coverage of their private lives, football today is more than a sport activity. While football is associated with gambling, football bets will increase during the peak season of football matches (e.g. World Cup), as people who have never bet before will also be attracted, or those who do bet will gamble more. Football fever is so great that gamblers under treatment would also relapse, as illustrated by the statements below:

"I bet a small sum on football matches during the World Cup." - FG_Y_1_3

"Although I was already under gambling treatment, during the 2014 World Cup, I again started to bet on it with increasing amount." – 3

5.3.7c Media and advertising influence

According to Carlson and Moore (1998), the youth are more inclined to bet in lottery when they are aware of lottery advertisement. Recent studies have indicated that mass media have great impact on gambling attitudes and behavioral intentions (Lee, 2008).

"Playing show hand as in the film, God of Gamblers(賭神) was very popular."-2

"There were too many attractive gambling advertising on newspapers, or even TV in public vehicles."-6

"There are various types of advertisement on online gambling games, which are popped up online movies." –FG_Y_2_1

No matter be it God of Gamblers (賭神) or the confident, successful, satisfied images appearing on the gambling advertisement, it just plays its influence on the people who are attending to them. Particular attention needs to be paid on a new trend that gambling advertisements will pop up in online movies.

5.3.7d Gambling neighbourhood

The high-density design of public housing estates in Hong Kong facilitates gambling culture particularly mahjong playing as neighbours can turn into gambling partners when they are available. The following statements reveal how gambling can be developed within one's gambling neighbourhood.

"Mahjong playing is found in every public estate every day in Hong Kong." – FG_ProG_1

"Since childhood, I saw people playing mahjong every day. My father's staff would gamble in the restaurant, including his staff...I gradually tried to play mahjong.... In our estate, the environment was similar, even children.... Upon one's call, people would participate." – 1

5.3.7e Incentives

People are easily motivated by incentives. Gambling operators in Macau or elsewhere has used a range of incentives to attract and reward the customers.

“The Venetian Macao Resort Hotel offered me a room whenever I went there.”-10

“I got free ferry tickets and free hotel service.”-8

5.3.7f Easiness and availability of getting loans

Gamblers may stop gambling once they become penniless. However, they can get loans easily to go on betting as there are gates opened to them, like banks, credit cards, finance companies, and even loan sharks, etc. Some finance companies even do not require the physical presence of loan applicants. This facilitates the gamblers to chase loss. In this Study, all interviewed GD gamblers got loans. They mainly borrowed from banks, credit-cards, finance companies and family members. None of the focus group participants borrowed money from the aforementioned. Just a few of them borrowed from friends to repay gambling debts.

“I got grant loan and then the betting amount increased...It is too easy to get loan. Like me, I had no income, I could still get it with my student card, or identity card only.”-3

“I kept on betting for quite a long time until I became penniless. Loans from finance company were also gambled away, my credit card debts were mounting....”-8

“The loan sharks lent to me one hundred thousand dollars each time.”-10

Easy loans and access to extra credits is extremely risky for GD gamblers as it fuels the addictive gambling pattern and worsens the financial situation as a result of chasing losses, which becomes a vicious cycle for those with such mentality and lacking of self-regulation ability.

5.4 **Football Betting**

Legalization of football betting has provided an alternative platform to gamble, and even act as a signal for some to start gambling. According to the reports of HKJC, the amount wagered by local customers on football matches doubled from 2007 to 2015. 7 GD gamblers involved in football betting.

“I started my football betting soon after its legalization.” -6

“I went to HKJC on my own as soon as I turned 18 years old, since I thought I could have a go on football betting.” -3

“When I reached 18, a friend knowing that I played football and liked watching football matches, asked me to join him in football betting.” -FG_Y_3_1

The following statements explain the reasons of the popularity of football betting in recent years.

5.4.1 Association with interest/support for the league

“I like watching football matches since I was small... I thought that I had some insights on football betting as I was familiar with football.”-3

“I had been fond of watching football matches. I liked United Manchester. So I bet on this team as a kind of support.”-9

“On one football match... I supported the team I liked. I discussed the match with my friend....and then I placed HK\$20 to bet. This was how I started to gamble.”- FG_Y_3_1

5.4.2 New gambling methods and provision of information

In fact, HKJC has implemented a number of initiatives since its launching of football betting like the introduction of more products, new customer recruitment programmes, and marketing programs that cultivate interest in football. The growth in turnover can also be attributed to more live-broadcast matches, more league and cup offerings. (HKJC, 2006-07).

“I spent at least half day on gambling every day. Even during lectures, I was looking for the information on the Jockey Club with my notebook.”-9

“HKJC football betting can drive people crazy. We call it ‘Running Bet’, as people can bet at several occasions in a match. So, one can continue placing bets from the beginning to the end of a 88-minute football match.”-11

5.4.3 Increase excitement

Placing bets on football matches can enhance excitement. Due to this, the nature of football matches has been changed. People pay attention to the odds and how much one gains/misses. The statements below illustrate their excitement:

“Once you placed bets on a football match, you had to keep watching...watching with more excitement and pleasure.” - 9

“Watching matches while winning money....it is boring if you just watch the matches.” -FG_Y_1_2

“A sense of satisfaction.... perhaps the ecstasy, excitement, and pleasure from winning.” - FG_Y_3_3

“I used to watch football matches.... However, ever since football betting has been legalized, people just talk about the odds rather than how the football teams play.”-FG_ProG_3

5.4.4 Easy betting and perceived higher chance of win

HKJC's football betting types are not complicated so it is easy enough for people to know how to place bets. As there are only two teams playing in each match, the probability of winning is 50%, which is considered as higher than horserace betting and Mark Six lottery. Many people have been watching football matches since they were young so they are familiar with it and are confident enough to place bets.

"When compared to other gambling activities, football betting is easier to win."-FG_Y_3_1

"If I do not place bets on a football match but my guess on the result is right, it seems that I have missed the chance to win money."-FG_Y_3_2

"New generation seldom bet on horseracing since it takes too much time on analysis. You can ask them, most of them do not bet on horseracing, but on football matches."-FG_ProG_1

5.5 **Online gambling**

Legal gambling operators meet strong competitor in terms of increased accessibility to online gambling. At the opening session of the 35th Asian Racing Conference in 2014, Jennifer Owen, an independent consultant to the gambling industry, said, "Digital is the new shop front." She emphasized that the rise in the use of mobile devices for placing bets was a significant trend. With the continuous improvement in gambling technology and the expansion of the gambling industry worldwide, more gambling opportunities exist today than ever before, including illegal gambling opportunities. Nobody can tell how far the impact has been evolved by the big wave of online gambling. The most susceptible group is adolescents and young people as they grow up with IT device development.

5.5.1 Reasons for the rapid development of online gambling

5.5.1a Concealed identity

No matter legal or illegal, people still want to conceal their identity in gambling. Online gambling serves this purpose.

"Online gambling device accelerates GD...when you line up in HKJC, you will be seen, and some people will mind to be seen. Now with online gambling device, their identity can be concealed."-FG_GP_2_1

"Through online device, our identities can be concealed as illegal gambling is a breach of laws in Hong Kong."-FG_ProG_1

5.5.1b Temptation to experience gambling

For the focus groups, the adult participants did not have a touch on online gambling except the professional gambler. For the young participants, as they always used Internet and gambling advertisements would pop up from it, they were easily tempted to gamble. Most of them played online games and a few tried online casinos. They used “token/ symbolic money” or money to play and they found pleasure and excitement.

“The online casinos allow you to play with real money.” –FG_Y_2_1

“The online gambling games are very exciting because you never know when you will lose all the money. you think around one hundred and fifty thousand dollars is a lot of money. However, you can lose all in one go...I can experience what gambling is about.” –FG_Y_2_2

The reason of those not involving in online gambling was that they did not have credit cards to register since they were under 18 years old. Without these constraints, they said that they would probably try.

5.5.1c Fast, efficient and convenient

Online provides a fast, efficient and convenient way for people to gamble, as people can save time from travelling to the gambling venue, and gamble whenever they want.

“We must use computer to gamble as we place bets on different activities within short period of time, online gambling is the only tool convenient enough to facilitate our work, to settle the bets and payouts with the illegal online gambling company.” –FG_ProG_1

5.5.1d Greater discount and credit betting

It is common for online games and online gambling operators to offer not only welcome bonus, but also greater discount and allow credit betting.

“It always offers surprise! ... An online illegal gambling agency offered 30 -40% discount on horserace betting, and the discounts would be given back to you even you won... We do not have to pay cash in advance.... As our bets are very big, foreign online gambling companies offer us a better and flexible way to manage cash flow.” -- FG_ProG_2

5.5.1e A easy-to-win perception

Winning pool and chance to win was perceived to be greater.

“The pool HKJC provides cannot be compared to the illegal online gambling operators. They are easier to win, and the chance of winning is higher.” –FG_ProG_2

Online gambling is a sweeping trend over the world. People who get used to digital device are easily hooked to the alluring and attractive design of various kinds of gambling activities. For instance, Gaming Zion, being one of the largest international online gambling operators, offers a variety of activities ranging from sports, casinos to bingo and the gambling sites cover all five continents of the world. To GD gamblers, such kind of ‘mind-refuge’ from the real world where they can indulge themselves without being discovered by their significant others is like a black-hole. The gravity is beyond the reach of any traditional gambling activities.

5.6 Prevalence of youth gambling

In a socio-cultural context in which gambling is being normalized, adolescents can find traits of gambling everywhere – in sports, online games, social media, gambling advertising, and the behaviors of those around them, particularly their significant others and peers. 2 young GD gamblers and 24 participants from the youth and at-risk youth focus groups shared their experiences and opinions about gambling. Some of the focus group participants gambled before 18 and none of them had ever tried illegal gambling. Most of them could control their gambling behavior and they viewed gambling as a recreational activity. Besides the two GD gamblers, only 1 young participant in the at-risk youth focus group showed signs of GD:

“I will not stop no matter I win or lose. I stop only when the game is over.” –FG_RY_2_2

5.6.1 Early onset of gambling

Among all the participants in the youth focus group ($n=24$), 3 of them had the early onset at age 5, 8 of them between 6-9 years old; 9 of them between 11-14 years old, and 4 of them between 15-17 years old. The onset age of the 2 young GD gamblers was 17 and 18 years old respectively. Even though all of them participated in social gambling activities when they first gambled, the early onset age is alarming. Early initial gambling with approval from significant others may enable one to perceive gambling as acceptable and normal which enhance the toleration of frequent gambling in one’s following years. As a participant said,

“I developed gambling as my habit since childhood and I never think of quitting it.” –FG_Y_1_4

5.6.2 Gambling activities

According to all respondents in the youth focus group, it shows that playing cards ranked first, football betting tied with mahjong and “Fish, Shrimp, Crab” ranked second as the most popular gambling activities among them. Online betting ranked the third. For the 2 young GD gamblers, football betting and horserace betting were the most popular, Mark Six lottery, online gambling and illegal gambling ranked second. Attentions should be paid to football betting and online betting, since they were the gambling activities commonly participated by the youth from the focus groups

and young GD gamblers. This undoubtedly indicates the wavy trend of both activities which have already become common hobbies of some youth population in Hong Kong nowadays. (Table 5.6.2)

Table 5.6.2: Forms of gambling activities participated in among youth in focus groups and young GD gamblers

Gambling activities	Focus group	GD gambler
Card	17	0
Football betting	10	2
Mahjong	10	0
Fish, shrimp, crab	20	0
Online gambling games involving money	9	1
Mark Six lottery	4	1
Dice	4	0
Snooker	4	0
Horserace betting	2	2
Pai kau	2	0
Illegal gambling	0	1

As mentioned previously, online gambling games seduce the underage to experience what gambling is about. Below is another quote:

“The online game is a kind of card games.... It doesn’t involve real money as bets...the games enable the players to enjoy the pleasure of gambling....” –FG_Y_2_1

5.6.3 Reasons of gambling

Apart from the reasons for gambling mentioned in previous sections, here are some additional quotes from the youth.

5.6.3a Parental influence

Familial influence was found the most common among the young GD gamblers and focus group participants at their initial gambling behaviors.

“My first experience in gambling was around 5-6 years old.... I played with my family members...bet a few dollars on each round.” – FG_Y_1_4

“I got to know how to play mahjong by watching how my father played.”- FG_RY_1_5

“My brothers bet around some hundreds to a thousand on each football match. I just bet less than one hundred dollars each time. When compared with them, I am okay.” –FG_RY_2_2

The above statements illustrated how parents in Hong Kong under gambling culture take gambling causally without an awareness of the harm it may bring to their offspring.

5.6.3b Lack of parental guidance

A lack of parental guidance is a kind of indirect encouragement to their children's gambling behaviors. Young people may view gambling as harmless and easily carry on further gambling activities without any awareness.

"My family knew my gambling behaviors during my second phase of gambling addiction. They had talked to me but did not hold me back." -9

"My family did not interfere even they knew I gambled with cards."- FG_Y_2_3

"My family had known I gambled from the very beginning.... They did not agree or oppose, even up to me." -FG_RY_1_4

5.6.3c Peer influence/social gathering/affiliation needs

During adolescence, peer influence took the lead, and social gathering became the main excuse of gambling. A few focus group interviewees admitted that colleagues had either influence or pressure on putting them to gamble.

"I started to gamble when I was 18. It happened when I was chatting with my friends and then the topic of gambling popped up. We then opened a betting account."-FG_Y_3_4

"When I am with friends who like gambling, I find nothing to talk to them if I do not gamble with them ... So I reckon those peers have impact on me." -FG_RY_2_2

"My colleagues played cards. It was Chinese New Year and we got nothing to do in the company, so we gambled." -FG_RY_2_5

"In social gathering, there will be gambling."-FG_Y_2_3

"A group of friends sitting together...having nothing to talk about, we've got to find something to play with, which was gambling." -FG_Y_1_2

"I gamble mainly because I want to gather with my friends." -FG_Y_1_1

5.6.3d Sensation seeking

The role of arousal or sensation seeking regarding gambling is obvious for the youth as they tend to have low tolerance of boredom.

"Football betting enhanced the excitement and pleasure when we watched the matches." -9

"Gambling is exciting, it makes me high and I can get extra money from it."- FG_RY_1_2

5.6.3e Make easy money

Gambling industry tries hard to promote the positive side of gambling in which easiness to win big money is often exaggerated. The public accept such message and young gamblers in our Study were more optimistic to believe that gambling would provide them money.

“Gambling means there is a chance to win... I always win by playing mahjong.” –FG_Y_1_4

“I wanted to make more money from football betting.” -9

“If I had a credit card to register on an online gambling account, I would give myself a chance to earn more money...Money is important to me.” –FG_Y_2_2

5.6.3f Enhancing self-esteem

Adolescents needs peers' recognition particularly. Betting provides a social platform which enables them to brag about their sharp ideas or wins on gambling activities, enhancing their self-esteem.

“I was very happy when I won in football betting. It proved that I was very visionary...I continued to bet.” –FG_Y_3_1

5.6.3g Curiosity

Curiosity is the main characteristic of adolescents.

“I don't mind exploring more about online gambling. You can know more how the world runs.” –FG_Y_2_2

5.6.3h Controlled gambling

For the focus group participants, the dominant reason of their self-control was that they could not afford to lose big amount of money. They knew they had to set a betting limit and most of them did not chase loss. They did not want to borrow money from others for the sake of gambling. None of them had ever borrowed loans from banks or finance companies.

“I keep myself absolutely under control... Like setting a bet ceiling at HK\$200 to HK\$300. I will stop gambling if I lose them all and wait for the next month to gamble again.”- FG_Y_3_3

“Of course, it is very important to keep myself under control over gambling. If I lost HK\$1,000, that's it.... I won't chase loss.”- FG_Y_1_2

“If there is no money in my account, I will gamble less. If there is more money, I will gamble as usual.”–FG_Y_3_3

5.6.4 Game centres

Apart from legal gambling, some game centres with main customers as young people are operating illegal betting business.

“One can trade the amount in the machine into real money in the game centre. It turns all games into gambling activities.” -FG_RY_1_1

It is indeed a dangerous trap especially to young people. The impact made by the illegal gambling activities at games centres cannot be underestimated.

5.7 Consequences of gambling/GD

GD gamblers interviewed had expressed the downsides of gambling. Besides chasing loss, these included poor performance at school or work, stealing money, having financial difficulties, family disharmony or even breakdown, emotional upset, criminal offense, and suicidal act/thought. Some focus group participants also had such encounter, but to a lesser extent. Their experiences are as follows:

5.7a Chasing

A few participants in the youth focus groups admitted that they would chase loss, same as the GD gamblers.

“I thought I could win back my loss. I recalled that I used HK\$10 as bets and resulted in over HK\$70,000 in return.” -3

“After a gambling loss of HK\$30,000, I had become fixated with a mind to chase it back.” -9

“Once I lose, I always want to chase back. When I win, I want to continue following the winning trend. After having such a thought, I come to a point of no return...I am a bit out of control, and I don’t like it.” – FG_RY_2_2

“If I lose HK\$20, I will put another HK\$20 to chase back. If you win, you will have money.” – FG_Y_3_1

5.7b Lack of motivation resulting in poor performance at school/ work

“Under the urge, I called sick leave or applied for annual leave with a personal excuse.” – 5

“In my first stage of gambling addiction, I put all my resources on gambling, I became abnormal...I eventually lost the mood to work.” – 2

“I slept in class after gambling overnight.” – FG_Y_1_4

“Watching football match overnight makes me very sleepy. As you sleep less, you will not go to school in the following day.” – FG_Y_3_1,2,3

“I had to retake A-Level...I pretty sensed that gambling affected my academic results...which was poor ...I always skipped lectures to gamble...there was study pressure, and I chose to gamble to escape from it,” – 3

“I worked until 11 pm -12am. If I played mahjong afterwards and went to school at 9:30 am or 10:am in the following day, it was definitely a kind of mental torture! ...and it had impact on my study as less time was spent on it.” – FG_Y_1_2

“Losing money drives people’s mood down which lead to poor work performance, affecting how your supervisor evaluates you., they are related.” – FG_RY_2_5

5.7c Financial loss leading to financial difficulties

Not only GD gamblers, young gamblers can be in great financial loss that one can hardly imagine as below:

“I lost over HK\$30,000 in a week.” – 9

“Including the debts and the cost of redeeming mortgage of apartment, it was around HK\$1,800,000.”- 7.

“The amount of my husband’s debts was around a few millions.” – 14

“I lost over HK\$7,000 in one bet.” – FG_RY_1_4

When all money had gone, the respondents encountered various financial difficulties, ranging from less severe ones like inability to pay school fee or cutting daily expenses, to severe ones like bankruptcy, and selling properties to cover debts to loan sharks.

“I was nearly not able to pay the school fee.” – 9

“I was bankrupted.” – 4

“Once I had three properties. My husband sold them to cover my debts to loan sharks.” – 10

“I borrowed several tens of thousand dollars from a finance company at first, but I gambled it away a month later. I borrowed from another company ...I was anxious to get a job so that I could borrow money from a bank to cover the debts to finance companies.” – 3

“I gambled until there was no money left in my bank account.” – FG_Y_3_1

“I had to cut my expenses... like eating and buying less.” – FG_Y_2_2

5.7d Emotional upset

Financial loss and difficulties led to emotional disturbances.

“After gambling away a large sum of money, I was very confused and extremely upset.” – 9

“Losing money to gambling makes me unhappy.” – FG_Y_3_2

5.7e Stealing

For some, one way to recover loss was to steal, either from family or workplace.

“I took my wife’s jewelries to a pawnshop to exchange for money to bet.” – 5

“In my third stage of compulsive gambling, I started to steal money from my family...from my mother and brother.... It was around HK\$900,000 in total.” – 3

“I stole from the company I worked. ...I was put in jail for 8 months.” – 4

5.7f Suicidal thought/ act

For some others, they could not find the way out, and suicide was considered as the solution.

“I committed suicide. My mother came home earlier and found me in coma...” – 4

“He actually was thinking of committing suicide by then. I then left a message to the call centre saying: ‘Tell him if he has the guts to die, then you have the guts to call me back!’” – 12

“I’ve heard of a young man who owed over a million dollars to a game centre and ended up jumping down from a building. I knew that young man.” – FG_RG_1_1

5.7g Disharmony at home and even breakdown of family

When family members discovered the gambling disorder, their responses included a variety of negative moods, like confusion, conflict, agitation, and even depression. The most serious consequence was breakdown of the family.

“After discovering that I stole money to bet, my mother was very agitated in the first two days. She did not talk to me since then.” – 3

“I told my husband. ‘You are unhappy after you have lost a large sum of money. I am unhappy too. I care for your feelings, but do you care about mine?’” – 15

“My wife was very confused...She complained my relapse, filed for divorce, and finally asked me to move out in a Chinese New Year day.” – 8

“The biggest blow was that I lost my wife. She determined to walk away from me..... I totally lost my control. Sometimes my tears could not help falling down when I was driving.” – 7

5.8 Consequences to significant others

Gambling disorder brings the most destructive impact on gamblers' significant others including neglect of offspring, financial loss, sense of insecurity and grief, intimidation from loan sharks, mood disorder and even suicide.

5.8a Neglect of offspring

"I lost my mood to take care of my grandchildren." – 6

"My family members always went out to gamble. ...We were neglected." – FG_RY_2_4.

"My parents gambled and were not at home most of the time.... Nobody cooked for us. Finally, my siblings and I cooked ourselves." – FG_GP_2_1

5.8b Financial loss

"I once owed debts up to HK\$1,000,000, I borrowed HK\$300,000 from my wife... HK\$300,000 from my mother...I also used my wife's credit cards to borrow money." – 2

"I gave all my money, stocks, gold to my husbandand I warned him that we could not sell our apartment, but he finally sold it." – 14

5.8c Sense of insecurity, scare and grief

"When I was small, my parents used to go to HKJC every Wednesday and Saturday. I was left behind....it was a childhood nightmare to me." – FG_RY_2_2

"My family member took everything from home to pawnshops and borrowed money. It was horrible. That member nearly sold me for money." – FG_RY_2_7

"He left home for half a yearmy younger son could not forget what had happened and could not let go." – 14

5.8d Intimidation from loan sharks

"The loan sharks always came to our home. For example, they used a big chain to lock our door gate. We lived under their surveillance and were threatened." – 12

"Loan sharks kept ringing all the time. It was scary. They kept sending us letters asking us to pay the debts. It really drove me in panic." – 16

5.8e Mood disorder

“Owing to my repeated relapse, my wife eventually got depression.” – 8

“I was not angry with him at the first time since he had been a good husband and father. But when he relapsed... I was totally hysterical...I was put to hospital afterwards. I yelled at him, ‘You are not losing those ten hundred thousand dollars, but my trust in you!’” – 12

5.8f Suicide

“My husband had been repaying the loans for me for four to five years...He was disappointed...and finally he found it unbearable... It was a Chinese New Year day and he said he went out for a while, then we received a police call saying he had hanged himself and passed away. No one knew what had happened.” – 10

5.9 Significant others’ knowledge of GD gamblers’ behaviors

Based on the findings from this qualitative study, the pathways of GD are divided into three stages. Stage 1 is described as the stage that people start to gamble and the behavior is influenced by the behavioral, familial, social, environmental and cultural factors in addition to some personal perception/motivational factors as mentioned at the early part of this chapter. As mentioned before, many GD gamblers tend to be secretive about their gambling behaviors from their significant others. Even if they know their gambling behavior, they are usually not aware of their loss or great debts. Significant others are always in helpless situations when they come to know the amount of loss in gambling and the mounting debts in the later stages. The following table lists the significant others’ knowledge of GD gamblers’ behaviors during the development of gambling disorder in Stage 2 and Stage 3 as shared by the GD gamblers and significant others:

Stage 2	Stage 3
Usually, significant others know about their gambling, but have no idea on the amount and time spent	Before being discovered, gamblers usually tell lies, like credit card is lost, being rubbed, and even report the case to the police
No idea about the loss or even debts	Gamblers will disclose when significant others find all savings/belongings are gone; receive bank balance statements, debit notes of credit cards; records of filing for bankruptcy; or when the gamblers think that they are not able to handle the mounting debts

With the awareness of significant others on their compulsive gambling, GD gamblers tend to further indulge in their addictive behaviors as they no longer had to tell lies or keep secret in chasing loss.

5.10 Treatment of GD gamblers

When individuals with GD seek help for treatment, it implies they desire to make a change. What lie from their first entry to treatment centres to their abstinence are a number of variables that affect the outcome of change. In the process, they may encounter a list of triggers to gambling and relapse occurs occasionally. As GD gambler always drags the whole family in devastating chaos and brings disharmony at home, significant others' support plays an essential role to consolidate the gamblers' determination. In recent years, motivational interviewing (MI) has been widely used globally as a counselling approach to deal with individuals with addictive behaviors, including GD (Miller & Rollnick, 1991). MI is a method that works on facilitating and engaging intrinsic motivation within the client for change. Counsellors attempt to elicit clients' motivation for change by increasing their sense of importance of change, confidence about change, and readiness to change. The examination and resolution of ambivalence is a focus. The decision to change is in the hands of the clients and the counsellors' role is to assist them to analyze the pros and cons that addictive behaviors bring. Once clients are ready to make change, counsellors will develop the steps with clients for implementation. Therefore, the foremost importance is to explore the clients' motivation for change.

5.10.1 GD gamblers' motivation for change

In this Study, the following motivations for change among GD gamblers are identified:

5.10.1a For the sake of loved ones and significant others' support

When a GD gambler takes significant others seriously, he or she will give up gambling for their sake, as they cannot bear the pains or harms they bring on them as a result of the devastating gambling outcomes.

"My wife is my first love. I treasure her most. For the sake of my family, I chose to tell her my gambling behaviors...she proposed me to seek help and I came." – 1

"I would not stop gambling if my elder brother had not discovered... because I owned him ...he was significant to me. It was mainly due to my family that I stopped gambling. I did not want to bring harms to them. I understood that they loved me." – 3

“I was hesitated to seek help from the centre, but my wife kept calling me and asked: ‘Have you got there?Call the hotline, please.’ I contemplated for some time and finally made the call, and that’s how I started to come here.” – 8

“I was stunned when my little daughter asked me not to gamble. That motivated me.” – 5

5.10.1b A wish to provide significant others with financial security

“We do not have children. Once I die some days, I should leave some money to my wife.” – 1

“I talked to myself, ‘If I gamble away the money for food, I have no more money to buy food for my family members.’” – 6

5.10.1c A wish to reconcile with significant others

“I saw the poster of gambling hotline when I and my parents were discussing how to reconcile with my wife. I called the hotline soon after.” – 4

5.10.1d Acceptance of lack of luck on gambling

“After my final loss of HK\$800,000, I came to accept that gambling was about luck definitely, but I had to admit that I did not have it. So I decided to quit.” – 2

5.10.1e Unbearable debts

“I was in mounting debts and could not afford anymore...I told myself that I could not go on like this, and might be I had to tell my daughter....” – 6

“After losing a big sum of money, I was fixated with chasing loss but it kept losing. I was very confused and unhappy. I called the hotline.... I needed somebody to talk to.” – 9

“Someone advised me to call the hotline when I couldn’t cry out as I was in an extreme stage of panic in the toilet of the ferry to Hong Kong. I was escorted by loan sharks by then...I borrowed money from everyone in the hope to cover the mounting debts but eventually I reached the dead end.” – 10

5.10.1f A wish to live a normal life and to get rid of repeated life patterns of borrowing loans and covering debts, which was full of panic and chaos

“After I had gambled away all I had and left myself with mounting debts, my self-confidence was very low. I decided to live as an ordinary person.” – 2

5.10.1g Realization of one's real need and the reasons to gamble

"I came to realize the reasons behind my compulsive gambling behaviors such as pressure of studying, human relationship, low self-esteem...the counsellor helped me step by step, like learning how to establish self-esteem...how to set up goals." – 3

5.10.1h Free of debt

"I felt that I did not have to gamble anymore after I had paid back all debts and had some savings." – 2

5.10.2 Triggers, disturbances and high-risk situations during treatment process

Exploring the triggers, internal disturbances and high-risk situations which may affect the effectiveness of the treatment or even leading to relapse is essential during the treatment process. The followings are the triggers, disturbances, and high-risk situations discovered in this Study:

5.10.2a Triggers

i) Conflicts with significant others/disharmony at home

"After quarrelling with my wife, I gambled at a mahjong school for seven hours." – 4

"My wife's business was not good so she always shouted at me...as I had nothing to do, I went to HKJC and bet." – 5

"After a big quarrel with my wife, I left home and moved to my mother's apartment. I then relapsed." – 5

ii) Encounter a significant other who also gambles

"I relapsed and lost a great deal...I talked to my girlfriend, 'Let's be professional gamblers'." – 2

iii) Emotional attack

"Negative emotions triggered me to go gambling." – 4

5.10.2b High-risk Situations

i) International football leagues gambling fever

"I liked watching football matches with gambling. By that time there were some grand international football league matches, so I kept gambling all through the nights." – 3

ii) Stock trading fever in 2007

“I stopped gambling on stock trading for 10 years... However, as the stock market was rising in 2007... I put a big sum of money on stock trading again.” – 7

iii) Proximity of gambling venues

“The most convenient venue to bet was mahjong school. I worked at Prince Edward ... and I went to Mong Kok to bet after work as there were many mahjong schools.” – 4

iv) Availability of money and credit cards

“I discovered that my girlfriend had a credit card...I used her credit card to gamble.” – 2

v) Lots of free time

“I was free so I went to the HKJC betting branch and bet. I was available in the following day. I went to the branch to bet again.” – 5

vi) Unemployment/ under financial pressure

“When I was jobless, I found my savings could not afford the expenditures. The only way to get money was to gamble. I went to HKJC betting branch to bet.” – 5

5.10.2c Internal disturbances

i) Lack of confidence in paying back the heavy debts

“I wanted to quit gambling but I did not want to repay debts as I considered that I could never clear them up. I was struggling with these thoughts and under an impulse, I would go betting with a hope to chase loss once I had money at hand.” – 2

ii) Upon request of significant others for treatment but self not ready yet

“At my brother’s request, I went for treatment, not self-motivated...I didn’t tell the truth to the counsellor during the first treatment phase that I still was gambling frequently.” – 3

iii) Lack of belief in being healed

“No GD gamblers will go for treatment as nobody can heal us.” – 8

iv) Chasing back the loss

“I always wanted to quit gambling, but I was fixated with winning back the loss.” – 2

“My husband told me, ‘Let me chase loss in a big win, I can pay you back in one go so that you will stop complaining me!’ That was the underlying cause of his relapse.” – 12

v) Being over confident on self

“At that time, I considered that every gambler was the same, and they were smart.” – 8

5.11 Relapse prevention

As relapses happen easily to GD gamblers, counsellors work with them to understand what will or have led to the relapse, and plan how to better deal with or prevent the triggers, disturbances and high-risk situations.

5.11.1 Strengthening support system

After passing through the ups and downs of the lonely, tired, guilty, and chaotic journey of gambling, GD gamblers who decide to quit the addiction need to review their life before recovery. A supportive system is very much in need to stand by them to combat different challenges when undergoing treatment. Support from significant others are the most important.

“I and the rest of my family members stopped complaining about his gambling as we knew that one could not quit at one go. Many would relapse easily. We understand that there was always a possible factor contributing to relapse. Our support meant much to him in the prevention of his relapse.” – 12

Not only significant others, but also support groups and peer counsellors serve as strong support system to GD gamblers under treatment.

“Group sharing helps me much as it can consolidate my will (to say no to gambling) when listening to the sharing among peer counselors.” – 6

As significant others’ support to the GD gamblers is so profound that there are groups to strengthen significant others. In fact, the groups can not only provide mutual support, but also bring a relief to the long time suffer.

“The social worker taught us not to just focus on the gamblers. He taught us ways to relieve our stress and reminded us not to leave our spouses. We should use a sense of peace and balance to treat ourselves in a better way. I will never forget these three points. I have become very relaxed although my husband’s gambling problems have not been solved yet.” – 16

5.11.2 Correcting erroneous belief on gambling

GD gamblers always overlook the downsides of gambling on one hand, and tend to view gambling as a good way to satisfy their wants, such as an easy way to make big money or to cope with their stress on the other hand. It is necessary to correct their erroneous belief on gambling in the first hand.

“After I had treatment here, I had some analyses and my erroneous belief on gambling had been corrected.” – 9

5.11.3 Rebuilding values about wealth

It is important to rebuild GD gamblers’ values about wealth as one of their motives to gamble is to make easy money or big win, which are out of their belief in the importance of wealth. Once their values have been changed, their urges to get wealthy through gambling will then alleviate.

“There is no point to gamble as I finally realize that there is no difference in my living either with additional thousands of dollars or less.” – 4

“The impact on me after coming here is the change of my values, not just financial management.” – 1

5.11.4 Plans for financial restitution

It is indeed helpful in providing options to deal with financial restitution as most GD gamblers seek help out of the horror of mounting debts.

“The social worker gave me lots of information and insights which enabled me and my wife to manage my debts and expenditure. It helped me to reconstruct my value as well”. – 1

Financial restitution or management skills are pragmatic measures which correct the GD gamblers’ chaotic concepts and improve financial situations. Once it is resolved, it means a huge relief for the service users and it paves an easier way for them to recover with confidence.

5.11.5 Development of social skills

Social skills can enhance individuals to meet new people and broaden their horizon.

“I took a course on Enneagram...I started to know how to view and communicate with people...I also learnt how to listen to others and give positive response.” – 10

5.11.6 Fill up the time schedule

Treatment centres arrange activities to fill up the time schedule of service users. Some activities are arranged intentionally during gambling period.

“I joined the running class provided by the treatment centre on Wednesday. I know why they choose Wednesday because horserace betting takes place every Wednesday.” – 8

“I joined a 5-days-4-nights therapy camp, ... and an advanced class of cognitive behavioral therapy later... I joined all the activities provided by the centre. I was advised by the counsellor to fill up my time, to get positive energy...So I joined medication class, running activity, etc.... with the purpose to prevent any possibility of relapse.” –8

It is useful to substitute the gambling activities with other healthy activities so that the service users are occupied and do not take gambling to their minds.

5.11.7 Self-exclusion to gambling venues

Easy accessibility to gambling is one major cause to trigger gambling habit, therefore reminding service users to avoid passing by the gambling venues to avoid the lure of gambling.

“The social worker always reminded us, ‘Do not go to HKJC betting branches.’” – 8

5.11.8 Reducing the opportunity to access to big amount of money

With a sum of money at hand, the wish of chasing loss will easily come to the minds of GD gamblers. ‘No money, no gambling’ is applied to the gambling industry. So, without any possible bets at hand, it is easier to stay away from gambling. To prevent relapse, service users are reminded better not to carry with them a sum of money or credit cards.

“I let my wife manage all my money. I take HK\$1,000 per week for expenses.” – 1

5.11.9 Self-regulation

If gamblers learn all the above without practice, it is meaningless. Only with consistent self-regulation, one can reach the other side of the bank. This explains why ignition of self-motivation is essential in turning plans to actions.

“I have learnt not to set myself up again. For example, I will stay away from anyone whom I perceive as evils.” – 10

5.11.10 Reduction in gambling

The concept of harm reduction is applicable in gambling treatment service. When individuals reduce the gambling activities from compulsive habits to low-risk gambling in the course of treatment, it can reduce the psychological obstacle one will encounter when having a sharp cut from compulsive gambling to quitting completely.

“I did not stop gambling completely after I came here. I controlled myself and cut down the bets to HK\$200 everyday.... After that, I did not gamble online. I had a better control since then. I came to the counsellor often, and let others to remind me often... setting more future plans, like I had to save money and couldn't bet with a large amount.” – 9

Setting reasonable goal, gambling at a reduced level of frequency and betting less money are methods to obtain reduction in compulsive gambling.

5.11.11 Financial management

To start the road of recovery, other structured recovery programmes are combined with different forms of therapy. The pragmatic dealings particularly on financial management and judicial issues are essential for service users to deal with their financial difficulties such as debts.

“The centre taught me skills of financial management. My values changed as well.” – 6

“I started to know more about the tricks of financial intermediaries and found out how my husband used tricks to deceive us to borrow money from them.” – 16

5.12 Abstinence

From addiction to abstinence, GD gamblers need to take more efforts with great determination to stumble the ups and downs in the course of time for fruitful results. In order to obtain abstinence, the followings are effective:

5.12a Identifying gambling as a destructive agent

Gambling is a destructive agent as it brings devastating harms to gamblers and their significant others. Such nightmares are the marks of their wounds and must be kept in mind as important reminders to say no to gambling.

“The most devastating impact on me was that my wife determined to walk away from me...I was out of control at that time and had three traffic accidents since I missed her so much.” – 7

5.12b Reconstructing the inner self, setting meaningful goals including a gambling free life

Time to celebration comes when GD gamblers finally get to the stage of abstinence. It is of course not an easy task for them to maintain a total gambling free life. Therefore, rebuilding self-esteem, setting new and meaningful goals, etc. are important to help them to have a new life free of gambling.

“The centre helped me rebuild self-esteem, how to solve financial problems, how to set up targets and how to face my family.” – 3

“Absolutely no more gambling in my life now. I have started to save some money...I stop gambling and find myself more relaxed.” – 8

5.12c Adaptation to new pattern of life

Ex-gamblers must learn how to adapt to a new pattern of life step-by-step so that they feel easy and relax.

“I used to be a fast-action person...But ever since my abstinence, I have learnt to take time to appreciate other people’s clothing...how softly the way people talk... sometimes even stop to observe a tree... browse on the Internet, read a newspaper...all make me calm” – 10

5.12d Playing the role as peer counsellors

The ups and downs from compulsive gambling to abstinence delivers one strong message: I can, you can! The sharing of an individual’s past experience could be overwhelming to the listeners and it has the same effects on the speaker also. The peer counsellors’ stumbling experiences along the road of recovery can only be told by themselves and that exactly fits the emotional needs of the service users. Being peer counsellor keeps reinforcing themselves not to turn back to the addiction as they have become the role models of others. Their self-confidence is enhanced along with the applauses by the people in need.

“I joined the programme of ‘peer support’, which paired up new comer with a peer counselor for support. I found it excellent as I could talk to a new comer as a peer counselor, the impact would be deeper.” – 1

“Group sharing helped me much on refraining from gambling. Peer counsellors’ experiences and their efforts put in the course of recovery were references and reminders to us and they were our learning models as well as our support in combating gambling.” – 6

The sharing of peer counsellors not only offers support but also ignites the hope in the service users since what most compelling in it is that- they are true and difficult but eventually - successful.

5.13 Significant others' roles during the process of treatment

Besides being the strongest motivation for a GD gambler to quit gambling, significant others have an important role in the treatment process.

5.13a Significant other seeks help first

It is difficult for significant others to request GD gamblers, who do not want to undergo any treatment, to stop gambling. It is also without doubt that significant others, especially spouse, experience a high level of and frequent frustration as they witness the ruined situation, for instance, loss of an apartment or savings, and mounting debts. The frustration can easily drive the spouse to hysterical emotion breakdown which may in return cause stress to the gambler. Here comes a glimpse of light as shown in the case of Interviewee 17 as below when a significant other got help for oneself first. It increases the likelihood for a gambler to seek help.

"I came here twice to seek service before him. After my emotion had got stabilized, the counselor proposed to me to invite my husband to come ...I wanted to help him... we learnt to view from the others' perspective. It's pretty like marriage counselling. Both of us shared our emotions and resulted in better understandings."
– 17

5.13b Giving various kinds of support during the process of treatment

If significant others understand the situation of GD gamblers and are willing to give support, it can bring additional impact to the GD gamblers in getting a better result in treatment. The following is one good example:

"If my wife had decided to file for divorce, I thought my treatment process would not have been so smooth. I might still stop gambling but I had to divert my attention to manage my marriage, and living, which was also a worry...I need to have some positive reinforcements during the course of quitting gambling." – 1

As GD gamblers become physically and emotionally tied to gambling, they are often reluctant to go to the centres to seek help. The escort or warm reminders by their significant others serve as vast encouragement thus breaking the physical and psychological barriers of the gamblers. The following are successful examples:

"My wife found the C&T centre and escorted me to come here." – 5.

"I escorted him to the C&T centre most of the time." – 12

5.13c Self-reflection and change

Somehow it is the disharmony at home which creates stress. If a significant other, who is used to be rude, disrespect, or ignore a GD gambler's need or feeling, is willing to review or reflect his/her own behaviors and attitudes, it will bring a change in the family relationship and enhance the family support system.

"The social worker told me what my husband's mind was, and it made me understand what he wanted from me, like I spent too much time on my daughter and ignored his feelings. I did not realize it before, I then paid attention to see if it was my problem." – 15

5.13d Sharing of financial responsibility

The mounting debts that GD gamblers face with are one of the major difficulties and main cause of their chasing loss. If significant others are willing to share the debts burden, it is not just a financial relief to the GD gamblers, but also an indication of their enormous support, care, love, forgiveness and acceptance. It is a very powerful booster to motivate the GD gamblers to stick to their determination and take actions to strive for a gambling free future.

"My husband repaid around HK\$100,000, my daughter repaid over HK\$60,000 for me..... My husband tried his best to protect me and solve the problems." – 6

5.14 Professional intervention

To provide professional treatment for GD gamblers and their significant others, a holistic approach combining different kinds of therapy and technique are essential. Besides MI, below are some other effective intervention methods.

5.14.1 Individual therapy

Individual therapy is a method of self-exploration, reflection and understanding in a safe environment in which one can come to a better understanding of oneself by scrutinizing different aspects of one's life, rediscovering and consolidating inner self, and learning how to construct new and healthier relationships.

"Individual counselling helped me the most. The counselor analyzed how I was brought up, how my values affected me leading to criminal behaviors. They did not blame me. Instead, they'd rather say I might have made mistakes. They led me to contemplate, to make my own decision... When I came across emotions, like I thought I had the luck to win, I would tell the counsellor, who would help me to consolidate and get away from a deranged state of mind, then, I would not go to the casinos." – 2

“The centre helped me to have different explorations and then analysis ... they helped to consolidate my will.” – 7

“The service helped me stop gambling. I enjoyed individual counselling as the social worker was kind, and she was willing to listen to me... They possessed professional skills which made me feel comfortable enough and listened to their advice.” – 5

5.14.2 Couple therapy

Spouses of GD gamblers mostly have been burdened in different aspects and a deep crack in trust inevitably occurs. However, they play an essential role in the course of recovery of a gambler. Positive change in attitudes of significant others are encouraging to the gamblers. Ice-breaking, mutual understandings, and rebuilding of trust could be achieved through gambler-and-spouse counselling.

“The counselor helped us to find out the gambling causes. I used to put blame on him...I realized that I was partly responsible.” – 12

“The service helped my wife to understand and how to manage my gambling situation.” – 1

“It enabled me to understand him and myself better, like what was in his mind during gambling, his expectations, my feelings, and we made our commitment to change... No more secrets between us then. ... Also, I realized that I could remind him at some points about my role, ...our relationship was better... as his wife, I had an assistant role.... I would help him to think from another perspective if he could not get an answer.” – 15

“I have learnt not to use my angle to view him. I should put on his shoes to view him...” – 17

5.14.3 Family therapy

Most family members view themselves as victims in the compulsive gambling issue, despite the struggles the gamblers suffer. It is important to note that familial factors such as disharmony at home can be a stress factor contributing to gambling, as aforementioned in the previous section. Family therapy addresses not only the issue of gambling but also deals with healing, rebuilding and enhancing family relationships and support, and helps family members to move forward on the recovery path together.

“Family members’ supports are very crucial. You live with them every day... If gamblers are faced with daily complaints from them, they probably cannot enjoy the process of change.” –1

“The service helped me rebuild the relationship with my daughter and daughter-in-law.” – 6

5.14.4 Cognitive behavioral therapy

With the application of cognitive behavioral therapy, service users treasure much on identification of misconceptions and false beliefs, and the subsequent change of their values, which are the core elements contributing to their resistance to the lure of gambling. When these have been changed, impact is enormous, sustainable, and profound.

“Cognitive therapy helped us identify our addiction, and what GD gamblers were about...” – 8

“My values have been changed...there are four mahjong schools in Kwun Tong and I have no interest in getting there anymore. There is no point to gamble as I finally realize that there is no difference in my living either with additional thousands of dollars or less.” – 4

5.14.5 Drama/art therapy

It is so true that words cannot tell the whole truth, particularly about emotions and feelings. While art or drama therapy allows service users to use their different senses and body language to reflect the situations in their deep down inner worlds, it has been used as an intervention approach and is proved to have a stunning impact that go straight to the hearts of the service users.

“We used drama and masks to express our deep-down emotions...In one session, one member had her mask brushed in black, both inside and outside. It indicated her husband was in big trouble, seemed like losing over a million... That’s a very good means to express emotions.” – 16

5.14.6 Support group therapy

Support groups are people with a common problem meet together to share their experiences, ideas, and provide emotional support for each other. GD gamblers need affiliation, acceptance, support, understandings and a sense of belongings, which are all important to rebuild their trust in people and reconnect themselves to a new life. As they feel embarrassed to express their feelings or traumatic gambling experiences to the ‘outside world’, fear being exposed in an unsafe environment, and are vulnerable to critical judgment, groups consisting service users, significant others and peer counselors can facilitate trustful sharing to produce resonating impact among them. In participating in these groups, they can get emotional support as well as practical ideas on how to deal with the consequences of gambling and get away from it.

5.14.6a *Mutual sharing and support*

Joining a support group enables an individual to realize that he or she is not alone -- that there are other people who have the same problems. This is often a huge relief to the individual.

“Most helpful was the group ...I reviewed myself after listening to the group members’ sharing. They were like a mirror to me.” – 1

“We got much support from the family member group as members supported each other.” – 17

“It could gather those with motivation to get away from gambling. They would share their experiences and feelings, and remind each other..... Family members’ sharing was good as it gave me insights on how to improve the ways to support my husband.” –15

5.14.6b Bond-building

Group members share similar traits and traumatic experiences that true and heartfelt understandings are confined to them. As the schedules of group gathering are quite intensive, bonding is easily developed and it boosts positive encouragement among group members which help to prevent relapse.

“My husband would call group members out to chat...They become friends. He seldom had friends before. Knowing each other’s background makes them feel easy to share... the obvious change is he becomes happier, talks more and is willing to express his deep feelings.” – 15

5.14.7 Other forms of therapeutic treatment

Other options of therapeutic treatment are provided as well. They are in the form of meditation and residential treatment.

i) Meditation

Medication can sometimes be a valuable part of a recovery protocol as it tames the impulsivity of the gamblers, helps them to relieve, make self-reflection, consolidate will and boost up positive energy.

“The mediation and tea ceremony sado session were the most impressive... I learnt how to drink tea in a healthier way, like, “pause to think”. I realized it’s not necessary to make myself in a gogo mode all the times...This pattern of life had brought me many troubles... Sado was good in helping me to slow down, drink slowly, communicate with others, and pay more attention to the surroundings.” – 10

“The counselor advised us to find positive energy...I followed and filled up my schedule by reading, practicing meditation...” – 8

“I have reviewed my inner self during meditation class...to consolidate my will.” – 7

ii) Residential treatment

The benefits of residential treatment can reach farther than outpatient care because service users there can get away from daily disturbances and focus on their recovery efforts. Self-reflection has great impact on the review and consolidation of inner self, which enables them to overcome the possible triggers to gambling in future.

“I was crying like a river during the programme ‘心引/重行’. All participants were on the same boat.... Most of our dialogues could easily arouse empathies and resonance...After those tears, I calmed down and reflected on what I had done wrong and how I could improve. If I could not do that day, then the following day, and so on.” – 10

iii) Organizing activities to kill boredom

As some GD gamblers are more likely to feel bored, proper activities can be scheduled to help them to get away from boredom.

“I like going out. It would be helpful if the service centre organizes some activities for us to participate like singing, sharing, hiking, etc.” – 10

iv) Attachment to religious body

Religious body like church not only offers a place for people to reflect about self, find meanings in life, but also provide another opportunity for people to engage with people with positive energy or positive views of life, and join some developmental and meaningful activities.

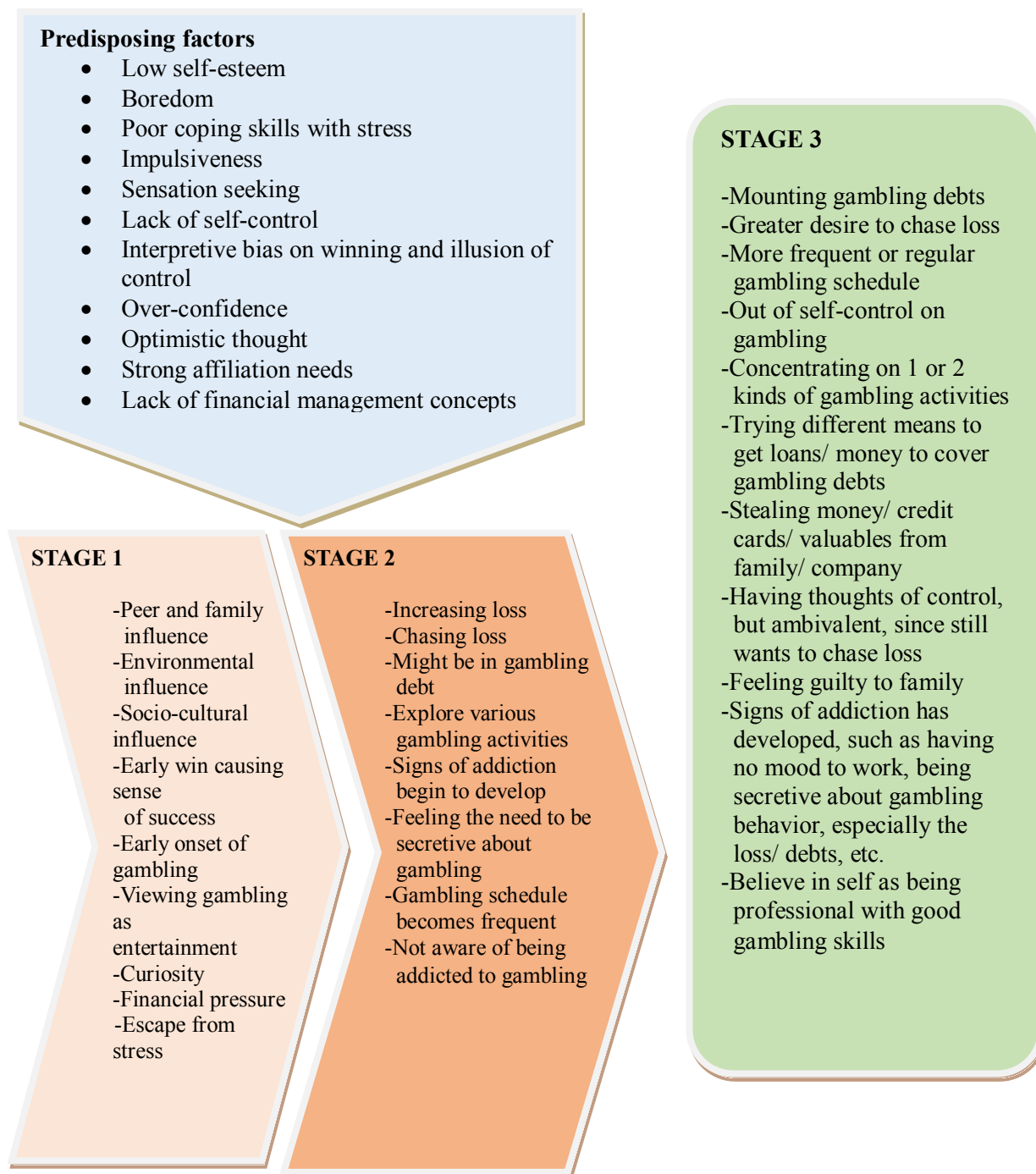
“The centre refers me to a church, where I join some activities and build up some social network there.” – 3

The treatment on gambling disorder is not a one-time act. It is common for gamblers to encounter periodical relapses. A longer-term follow-up with a combination of different structured and holistic programmes and counselling sessions is essential to the effectiveness and sustainability of gambling-treatment outcomes.

5.15 Pathways of GD and treatment process

This Study summarizes the findings in the form of a model to depict a clear picture of the pathways to GD in the context of Hong Kong, and how treatment comes to help. The pathways include predisposing factors, stages of developing GD, focus of treatment, and triggers for relapse.

The pathways of developing GD



Treatment focus

Abstinence	- Self-regulate - Identify the causes of gambling and suggesting ways to overcome them - Adopt a new pattern of life without gambling - Develop new skills, such as social and problem solving skills - Have a change of views or attitudes, such as attitude towards money - Act as peer counsellor - Correct the erroneous belief on gambling outcome
Reduction	- Set a reasonable goal - Gamble at a reduced frequency - Bet less money - Self-regulate
Relapse prevention	- Strengthen support system - Develop plans for financial restitution - Develop plans for addressing legal issues - Fill up the time schedule when local gambling activities take place, like every Wednesday and Saturday/ Sunday (horse racing day) - Have detailed planning to avoid passing by HKJC off-course branches - Self-exclude from gambling venues - Reduce the opportunity of access to credit card or large sum of money

Possible relapse

Internal disturbances	- Not confident in having capacity to cover heavy debts - Don't believe that GD could be really healed - Emotional/ psychological state not steady - Believe that one can earn big money from gambling (being professional in gambling or having luck) - Want to prove to significant others that one can get big win through gambling - Want to chase loss
Triggers	- Conflicts with significant others/ disharmony at home - Environmental influence like World Cup gambling fever, stock trading fever - Proximity of gambling venues - Availability of money and credit - Financial pressure such as unemployment - An impulse - Too much free time

5.16 Comments on the C&T centres and suggestions

The Ping Wo Fund has sponsored the provision of C&T services including the Hotline of #183 4633 since 2003. The existing operators of the C&T centres are TWGHs Even Centre, Caritas Addicted Gamblers Counselling Centre, Zion Social Service – Yuk Lai Hin and HKLSS – Sunshine Lutheran Centre. Views were collected from service users for evaluation, as well as from the general public on their awareness and perception on the effectiveness of the services.

5.16.1 Level of awareness

The acknowledgement of the services on C&T centres was confined to a minority of the general public. Just a few GD gamblers interviewed had heard about the gambling services before utilizing them. The Hotline was acknowledged by most of them. Most participants of the focus groups in this Study had also heard of the Hotline but nobody could recall its number. A few of them learned about the existence of the C&T centres from various channels but had limited knowledge of the types of services provided. Below are some of their remarks:

“Usually, no one will pay attention to the service, apart from the Hotline... I knew the Hotline was for gambling treatment but had no ideas on what was going to happen after dialing.” – 9

“I had no information about the service before. I just by chance read a headline news about a gambler who committed suicide and noticed the hotline. I then called and got connected with the social worker.” – 14

Apart from the low level of awareness on the existing C&T centres, there was either lack of information or having misunderstandings on the service provided as revealed by the interviewees. If the general public and GD gamblers are not familiar with the nature of the C&T services, people in need may not resort to the C&T centres for assistance in the first instance.

“Before I came here, I thought that the service here was confined to having someone to hear my sorrow. I never knew that it actually offered different kinds of services which had helped me in a pragmatic way, like dealing with a court case.” – 10

“When I called the Hotline, I thought it was for loan...so we could cover the debts outside, and then repay the loan to the centre bit by bit...In addition, my husband did not want to come, as he thought the social worker would confront him on his gambling addiction.” – 16

“If seeking for help regarding gambling problems, people can go to the Samaritan Befrienders Hong Kong.” – FG_GP_1_1

“The treatment centre may charge service fee.” – FG_Y_2_2

5.16.2 Effectiveness of services

Individual interviewees with gambling problems as well as significant others showed full support of the service, considering them as effective and important in helping the gamblers in the paths to recovery. Some service users took the centres as their refuge for stress relief or comfort, while some others perceived the centres helping them in getting to a milestone of triumph over gambling addiction. The followings remarks provide evidences:

“Counselling played an important role to my changes. ...It showed us a direction and was our reliance during our most difficult time. It provided a platform for me to realize how gambling could bring harm to my significant others.” – 1

“If there were no such service, I didn’t think I could quit gambling...It took a couple of years.... Without their guidance, I could never make it. I once wanted to quit gambling when I was 22-23 years old, however, there was no C&T centre at that time. My situation would not have been that bad if there was C&T centre at that time.” – 2

“I am very relaxed here as I can find somebody to talk to... to talk about all the troubles, as I cannot tell others. The counselor has helped me ...The service has been very helpful to me.” – 3

“I dared not mention about my husband’s gambling problems to others except the people I met here. It was very stressful if I just kept it to myself. Since I could talk freely, I felt very comfortable here.” – 16

5.16.3 Limitations of service

i) Limited and unstable resources

Difficulties in sustaining the service of the centres as a result of limited and unstable resources properly seems to be the main concern among individual interviewees.

“I relapsed during the World Cup and got worse as the social worker was replaced by another one.” – 3

“There are not enough resources for the centre. Without resources, one can hardly provide good service even the staff are all committed.” – 12

“Resource is not enough... Staff is less than needed. They have too much work pressure.” – 8

“There are not enough rooms or space in the centre, and not enough professional staff. They are really very busy. I cannot be put through or get their replies sometimes when they are on the phone.” – 16

“There were 30 persons in a group, I think that group size could be cut down as there is not enough time to let every participant share their feelings and thoughts.” – 14

Inadequate financial support has led to limited resources, space and manpower available at the centres. Sufficient funding is necessary for a professional, prompt and timely service like the C&T centres, as relapse could just be a few feet away when GD is being triggered. A stable and reliable service is a refuge as considered by most of the service users and a promise of sustainable development of the service can help them to have stronger determination to get rid of gambling.

ii) Remoteness of the centre

“The centre’s location is too distant from the city centre. People who seek help might just attend once and stop coming again due to the remoteness of the centre.” – 8

A previous study (HKPU, 2012) has pointed out that inconvenience is one of the factors deterring people from seeking help.

iii) External constraints

Besides limited resources and instability of funding, the permissive gambling environment has not only caused a heavy caseload to the C&T centres, but also made the alleviation of gambling problems more difficult. The effectiveness of the centres to combat problem gambling is undermined by the following external factors:

a. Prevalence of online gambling

With the rapid development of online gambling and competition among gambling activities, gambling operators are creating false images of the easy and convenient ‘winning games’ in the Internet. The youth is the most vulnerable group as they are hardly to live without Internet, and are attracted and stimulated by the online games. The attraction of online gambling also extended to professional gamblers as well as GD gamblers.

“I bet with HK\$5 each, like drawing out an egg, keep drawing until there was none, I then paid to have another round...if I won, I could exchange it into money.” – FG_Y_3_3

“I am a gamble consultant...my customers are online gamblers.... I myself also bet online....I either use computer or smart phone to place bets.” – 11

Some participants in the focus groups played online games with “token/symbolic money” followed by real money, with each bet from a few tens to hundreds of dollars. Some young participants had showed intention to gamble with real money in future.

b. Loophole in monitoring gambling - game centres

Among the at-risk youth focus group participants, a few “gambled” in game centres in their living vicinity. Some operators provided high interest loan to the customers, with a case losing more than a million dollars followed by committing suicide. Game centres have probably become small casinos, bringing disastrous impact especially on the youth.

“About 5-6 years ago, I used to go there every day and had an experience of winning HK\$800 with only HK\$50 as bet.” – FG_RY_1_3

“We were in Form One...we went to the game center at least three times in every four days...Once we won, we exchanged for money and put the gained money into the game machine to continue...and to see whether we could win a free lunch that day...it was a kind of gambling! ...The biggest win I’ve ever had was two hundred dollars and the smallest loss was ten dollars.” – FG-Y_1_1

However, the present Gambling Ordinance does not cover game centres as the target of control.

c. Stock trading

“My biggest loss was on stock gambling. I lost my money on penny stocks. It made me to have my second mortgage of my apartment...I became fixated with winning the loss back.” – 7

Stock trading is already considered as a high risk gambling activity when people do not treat it as a long-term investment. As the minimum amount of money for stock trading is over thousands, the tremendously ups and downs of the stock market can easily make one’s dream come true or drag one to hell. The situation will be even worse when people trade stock with borrowed money, or trade leveraged ones. The risk and possible harm brought by stock trading is no less than gambling, and our society only focus or even enlarge the spectacular outcomes of successful stock trading in every means of media.

d. Weak concerted efforts from relevant bodies

There is not enough promotion by the Government and lack of early education in schools.

“There is not enough promotion...I once came across a TV advertising which was about throwing money into the sea, but not impressive as it was not broadcasted frequently.” – 17

“Seldom educate students about problem gambling in schools.” – FG_Y_2_4

5.17 Recommendations on the C&T centres

5.17.1 Publicity

GD is a public health issue which deserves widespread promotion. In addition to raising the awareness on the existing C&T centres, the individual interviewees had expressed their opinions on how further promotion in raising awareness on GD may enable people to seek the necessary help from the service, making prevention as early as possible. Focus group participants also thought that more promotion activities on the service should be made. Contents of promotion are suggested as follows:

5.17.2 Addressing significant others’ needs to seeking help

“Not only gamblers are in need of the service, significant others too. It’s not necessary be the gamblers to get service first, significant others seeking help first is also important, like spouse, parents, siblings, should be alerted to seek help when they have the problem.” – 17

5.17.3 Early Intervention and education

“There are some people around me have gambling problems. If they have not come to the point of no return, they have no motivation to seek help. Early intervention is necessary.... If further promotion is made, like setting a booth on the street,..... to let gamblers or their family members know that there is a service that they can seek for help.” – 15

Respondents in the focus groups of the general public also identified the significance of prevention and suggested some approaches:

“Social workers should go out to look for potential clients.” – FG_GP_2_4

“As there is rapid development of online gambling, one doesn’t have to go to casinos or betting venues... just online and one can easily gamble on anything. So early prevention and promotion activities should be implemented in primary and secondary school for early prevention of gambling problems.” – 12

“The Government should educate people how cultural influence like parental gambling, take playing mahjong as an example, put children at the risk of problem gambling. Children should be taught about the harms brought by gambling as early as possible.” – 7

“Help young people develop their interests and hobbies as early as possible.” – 3

“More promotions on the harms of gambling should be done among primary and secondary school students... Value about money and concepts about financial management should be embedded in the mind of students as early as possible.” – FG_GP_2_2

“To include the concept of proper financial management and gambling problems into school curriculum for early prevention.” – 1

“More should be done on education. I don’t refer it to something like “say no to gambling”. That’s not education. What I mean is to help students develop healthy interests, and facilitate them to view those interests as their targets.” – FG_GP_1_2

5.17.4 Increasing resources to stabilize the services

Increase resources can bring along with a more stable and continuous service in terms of venue, professional staff and professional services, which not only give assurance to service users, but also will not impede the treatment process due to change of personnel or shortage of manpower. A stable service can also bring a sense of belonging to the C&T centres which is beneficial to the treatment process.

i) Centre venue

“I was told that the rental contract was renewed annually. When times comes, they do not know where to move. Of course, I hope the centre will stay there for long.” – 7

ii) Stability of professional staff and extension of service hours

“It would be good if there is a longer contract for the social workers. The previous social worker whom I had established affiliation and trust has left. He had worked here for one year and a few months. We’re like brothers and talked whatever we wanted. Now the social worker is the third one to take my case in two and a half years so far.” – 7

“As no one picks up the phone on nights, may be the time is not right. I suggest that the centre can consider hiring more social workers as people like us are very lonely, particularly during the midnight. We like

talking to the social workers, sometimes even with tears. They give us much support and we want such service.” – 10

“I suggest the staff members of the service centre to be kept as stable as possible.” – 3

iii) More C&T centres

“My friend lived in Yuen Long told me that the transportation fee to come here was expensive....My suggestion is to have more centres like this to provide service...” – 10

5.18 Regulations/ policies

Interviewees suggested raising legal gambling age, setting regulations on loans and related advertising, and early closing hour of HKJC betting branches. On increase of gambling opportunities, views are a bit divergent, but disagreement is still the majority.

5.18.1 Legal age to gamble

Regarding the legal gambling age, 4 interviewees (1GD gambler, 1 significant other, 1 professional gambler and 1 youth from focus group) suggested that the legal age should be raised to 21. With their own experiences, they considered that early onset of gambling will bring harms to the new generation. The enthusiasm and eagerness of the youth participants in the focus groups to try different kinds of gambling activities once they reached the age of 18 reflects delaying the legal gambling age may deter their gambling behaviors.

“I suggest that the Government should raise the age on legal gambling....since I started gambling when I reached 18, I rushed to jockey club to have a go on my 18th birthday.” – 3

“If I had a credit card, I would register an online gambling account. I would give myself a chance to earn more money.” – FG_Y_2_2

“I go for the idea to raise the legal gambling age to 21.... Over 21, one can avoid peer influence. In adolescence, peer influence is the greatest. ...When one is being asked, ‘Have you bet?’, ‘Which one will you bet on?’, then one will follow to gamble, as the youth are particularly easy to be influenced. If we raise the legal gambling age, it is harsh but works...If one gambles right after graduation, what would happen? Sure, one would gamble heavily.” – FG_ProG_3

Though legal age to gamble is controversial and there is still not a universally adopted one, however, studies show that early engagement in gambling contributes to problem gambling.

5.18.2 Early closure of HKJC betting branches

“As grassroots prefer going to HKJC betting branches rather than using Internet, I suggest that the Government should request HKJC to close the branches earlier. The existing closing hour... provides a very long betting period in which gamblers will easily lose their self-control, just like me.” – 7

5.18.3 Control on loans and related advertising

As loans have become easier to get in Hong Kong these years, there are voices to ask for tighter control on loans.

“The Government should strictly prosecute the financial intermediaries who charge exorbitant commission.” – 7

“It is too easy to get loans nowadays, like just by a phone call or a message...It’s okay if one has enough financial capability but for those who have just graduated and got a job, once they are tempted to the lure of gambling, they might get themselves debts all around.” – 17

“There are too many advertisings on getting loan ...There should be more regulations, like prohibiting these advertisements during golden period to avoid influence on the family.” – 1

5.18.4 Current arrangement of gambling activities

i) Increase of local horse racing days

Different opinions were made by the respondents on this issue.

“It is acceptable to increase local horse racing days, not overseas... If there were too many racing schedules, gamblers would not have enough time to prepare. They mainly go for luck if they have not enough preparation. The more reliance on fortune, the higher possibility to lose.” – 11

“I don’t go for the idea of increasing horse racing days. Gamblers need a summer break.” – 17

“There is no need to increase horse racing days. Two days a week are fairly enough.” – 9

“Horses need a break. It is too hot to race in summer. Too cruel!” – FG_ProG_3

ii) Increase gambling activities

Many studies have concluded that increasing types of gambling activities is associated with a greater likelihood of problem gambling. All interviewees did not support increase as follows:

“The existing channels of legal gambling are good enough and they are user friendly.” – 11

“Legal gambling channels in Hong Kong are more than enough.” – FG_ProG_2

“It is not appropriate to increase the availability of gambling activities here because interesting betting games will lure more people to gamble.” – FG_ProG_3

iii) Establishing a casino in Hong Kong

With a few exceptions, most respondents held opposite views over establishing a casino in Hong Kong.

“I don’t agree...People would die from gambling loss. One can go to Macau to bet. If there was one here, it would lure those who have never gambled to gamble.” – 9

“It’s not a matter of the existence of a casino, it’s the fact that there is online gambling, the youth don’t see the need to get to a casino.” – FG_GP_2_2

“From the experience of Singapore, it demonstrates that if the casino is under control, the number of local gamblers may not increase.” – FG_GP_2_4

“If I was 18 and there was a casino in Hong Kong, I would go.” – FG_Y_2_2

Summary

Based on the data gathered from the individual interviews and focus groups discussion, a model on GD pathways is suggested. It includes a relaxed attitude or perception on gambling, individual factors like illusion of control, behavior factors like early win, social factors including parental and peer influences, work pressure and family disharmony, environmental factors including increasing availability of gambling opportunities, and most of all, a permissive culture on gambling. Specifically, for online gambling and football betting, curiosity, excitement seeking and perception of easy win are some of the reasons for the youth to be involved in these activities. GD not only brings disaster to individuals, but also to their family both emotionally and financially. Still, concern for family members is the strongest motivation for gamblers to face and treat their gambling problems and family members are also the crucial ones to stand by during the treatment process. A variety of treatments were found effective, with rebuilding values, building self-esteem and setting plans as the core aims with support from various sources including significant others and peers. Triggers from internal and external environment for relapse were also identified. While the respondents generally considered the service of the treatment centres effective, the centres had resources constraints, which to a certain extent limited their capacity to enhance their services. Respondents gave valuable views to help improve the services like increasing resources, implementing more educational and preventive measures with contribution from the Government as well.

CHAPTER 6: CONCLUSIONS AND RECOMMENDATIONS

6.1 Highlights of Study Findings

6.1.1 Prevalence rate of gambling

Telephone Poll

The gambling prevalence rate (measured by DSM-V) of the general public (aged 15-64, $N=2\ 045$) was 61.5% ($n=1\ 258$).

Youth Survey

Results obtained from S-A ($N=2\ 120$) showed that the gambling prevalence rate (measured by DSM-V) of secondary school students (F.4-F.5) was 21.8% ($n=462$).

Results obtained from S-B ($N=1\ 198$) showed that the gambling prevalence rate of young people (students and working youth aged 15-22) was 45.6% ($n=546$).

Observations

The gambling prevalence rates of the general public (61.5%) and secondary school students (21.8%) have decreased as compared with 62.3% and 33.5% respectively in the 2012 Study.

As there is no previous study with a similar sample covering other students and working youth (aged 15-22), trend of gambling participation of this group of young people cannot be drawn.

6.1.2 Rate of GD

Telephone Poll

The rate of GD (meeting 4 or more criteria in DSM-V) was found to be 1.4% ($n=29$) for the general public, which was lower than the rate in previous studies.

The rate of probable problem and pathological gamblers (meeting 3 or more criteria in DSM-IV) was 5.8% in 2001; 5.3% in 2005, 4.5% in 2008 and 3.3% in 2012. For better comparison, the number of gamblers meeting 4 or more criteria in the 2012 Study ($N=2\ 024$) was counted. The result showed that the rate equivalent to GD was 2.0% ($n=41$).

Youth Survey

For S-A, the GD rate was 0.7% ($n=16$), which was lower than the rate in previous studies.

The rate of probable problem and pathological gambling was 7.1% in 2001, 2.6% in 2005, and 3.2% in 2012.

For S-B, the GD rate was 3.0% ($n=35$).

As purposive sampling was adopted in choosing respondents in S-B, even though it had a more heterogeneous composition of both working and studying population of adolescents and young adults, the limitation in sampling method might lead to bias or inaccuracy in the findings. That said, though the findings of S-B may not fully reflect the actual situation of young people (aged 15-22), it may act as a reference for further investigation.

Observations

As compared with previous findings, the GD rates of the general public and secondary school students (S-A) showed a decreasing trend.

As there is no previous study with a similar sample on young people covering other students and the working youth (aged 15-22), trend of GD cannot be drawn.

6.1.3 Demographics of GD gamblers

Telephone Poll

There were relatively more male GD gamblers (2.5%, $N=943$) than female GD gamblers (0.5%, $N=1\ 098$) for the whole sample of the general public.

Proportionally, more GD gamblers were in the age group 50-64 (2.0%, $N=893$).

Proportionally, more GD gamblers had a family monthly income ranging from \$10,000 to \$24,999 (2.5%, $N=405$); and more of them were job-seekers (4.8%, $N=62$).

As for occupation, it was found that proportionally more GD gamblers worked in accommodation (9.1%, $N=11$), transportation (4.4%, $N=90$), construction (3.1%, $N=96$), and catering service (2.9%, $N=35$); and worked as plant and machine operators and assemblers (8.2%, $N=49$) and engaged in elementary occupations (5.5%, $N=55$).

Youth Survey

Similar to the general public, among respondents who gambled last year and completely filled in DSM-V (S-A and S-B, $N=884$), proportionally there were more male GD gamblers (2.4%, $N=446$) than females (0.7%, $N=436$); and proportionally more of them had relatively lower educational level at F.1 to F.3 (5.7%, $N=28$).

6.1.4 Predictors of GD

Telephone Poll

For the general public, the predictors of GD were horserace betting and football betting. Gamblers taking part in horserace betting had 6.1 times higher probability in becoming GD gamblers than gamblers who did not, while gamblers taking part in football betting had 2.7 times higher probability in becoming GD gamblers than gamblers who did not.

Observation

It should be noted that horserace betting has been consistently found to be a GD predictor for the general public in the 2001, 2005, 2008, and 2012 Studies, while football betting was also found to be a predictor in the 2001, 2008, and 2012 Studies.

Youth Survey

For secondary school students (S-A), the findings showed that horserace betting, gambling in casinos, online gambling, extrinsic motivation in terms of introjected regulation (e.g. gamble due to pressure and anxiety as a result of peer influence), and Internet addiction were all predictors with strength in a decreasing order. The strongest predictor was horserace betting, as gamblers participating in it had 23 times higher probability in becoming GD gamblers than those who did not. The weakest predictor was Internet addiction. Gamblers who were addicted in Internet had 8.9 times higher probability to become GD gamblers than those who were not.

As for other students and the working youth aged 15-22 (S-B), the predictors were found to be Internet addiction, extrinsic motivation in terms of external regulation (gamble for money), and horserace betting with strength in a decreasing order. Gamblers who gambled for money had 8.6 times higher probability in becoming GD gamblers; those who had Internet addiction had 4.8 times higher probability, and those who participated in horserace betting had 3.2 times higher probability.

If only those aged at or over 19 (S-A and S-B) were analyzed, it was found that the predictors were the same to S-B, though with different order. Respondents who gambled for money had 18.9 times higher probability in becoming GD gamblers, those who were addicted to Internet had 6.8 times higher probability, and those who participated in horserace betting had 3.5 times higher probability.

Observations

As compared with previous prevalence studies, it is observed that identified predictors were not consistent throughout the years. Regarding secondary school students, in the 2005 Study, it

was horserace betting and gender; in the 2012 Study, it was football betting, social gambling and illegal gambling (there was no analysis in the 2001 Study and no data in the 2008 Study). Regarding the general public, in the 2001 Study, it was horserace betting, football betting (non-HKJC), and wagering in casinos; in the 2005 Study, it was horserace betting, social gambling, and other sports games; in the 2008 Study, it was football betting, horserace betting, and wagering in casinos, and in the 2012 Study, it had similar results as the 2008 Study.

It is important to note that horserace betting was a common predictor for both the general public and youth, and it was also a predictor in the general public sample from all previous studies. Special attention should also be paid to online gambling and Internet addiction as predictors for youth due to the fact that the public as a whole are increasingly relying on Internet in their daily life.

It should also be noted that gender has gradually become a weak predictor in recent years, which may imply that females are being exposed to the same level of risk as males in becoming GD gamblers.

Though more variables were included and tested in the Youth Survey, similar to the Telephone Poll, there are still some variables that could not be covered and tested. Therefore, the predictors identified above do not represent an exhaustive list.

Qualitative Study

Interviews and focus groups discussions were conducted to supplement the quantitative studies. Personal factors like gambling for money, and gambling due to strong social need/peer pressure were also mentioned by GD gamblers in the interviews as factors leading to GD. Even though gambling beliefs and family functioning were not identified as predictors in the Youth Survey, GD gamblers in the interviews reported that other personal factors like illusion of self-control on gambling, interpretative bias, sensation seeking, impulsiveness, lack of self-esteem, and stress; familial factors like poor family communication, disharmony in home environment, and parental influences; and environmental factors like gambling neighbourhood, incentives offered by gaming operators, easiness in getting loans, and increase in accessibility and availability of gambling activities would all contribute to their gambling disorder.

6.1.5 Other influential factors which may lead to GD

a) Gambling beliefs

According to the Youth Survey, GD gamblers (S-A and S-B, $n=51$) tended to have significantly greater gambling belief distortion than no-risk gamblers (meeting 3 or less DSM-V criteria, $n=833$), both in the dimension of luck/perseverance and illusion of control.

However, regression analysis results in this Study could not prove gambling belief distortion as a predictor of GD.

b) Mental health situation

According to the Youth Survey, it was found that most of the youth (S-A and S-B) had good mental health status, as 88.5% of them were at normal level of depression, 85.7% of them were at normal level of anxiety, and 96.5% of them were at normal level of stress. 0.2% of them were at the extreme level of anxiety, while there was zero percentage in extreme level of depression and stress. 1.5% of them were at severe level of anxiety, and 0.3% of them were at severe level of depression, and zero percentage was at severe level of stress.

It was found that GD gamblers (S-A and S-B) had a significantly higher level in depression and anxiety than no-risk gamblers. However, regression analysis results in this Study could not prove poor mental health situation as a predictor of GD.

c) Support from family members/friends

Youth Survey

For secondary school students who gambled (S-A, $N=462$), 23.6% of them placed bets through family members.

For young people who gambled (S-B, $N=546$), 30.2% of them placed bets through family members, and 21.4% placed bets through friends.

Placing bets through family members or friends did not necessarily mean that respondents were influenced by them to gamble. Yet, this somehow reflected that a notable portion of family members or friends of gamblers in S-A and S-B did not deter them from gambling.

Qualitative Study

Qualitative data in this Study provided concrete evidence of the relax and supportive attitude of parents towards their children, in ways such as inviting them to gamble at home, giving them betting money, helping them to place bets, asking them to give lucky tips, and not stopping them from gambling.

d) Family Functioning

In literatures, family functioning was found to be closely associated with gambling problems especially for adolescents. In the Youth Survey, family functioning was measured by

APGAR (Smilkstein et al., 1982) to test if family functioning was a predictor of gambling disorder among the youth. However, the results showed that there was no significant difference between no-risk gamblers and GD gamblers in this respect. As mentioned in 6.1.4 on the part of qualitative study, poor family functioning was a reason for GD gamblers to gamble. Further research could be done to look into this area.

6.1.6 Patterns of Gambling Behavior

a) Types of gambling activities, channels and venues of betting

Telephone Poll

For the general public ($N=2\ 045$), the mostly involved gambling activities were Mark Six lottery (54.9%), social gambling (31.6%), horserace betting (12.5%), and wagering in Macau casinos (8.4%).

Observation

The participation pattern was similar to the findings in the 2012 Study.

Youth Survey

For secondary school students (S-A, $N=2\ 120$), the mostly involved gambling activities were social gambling (19.6%), Mark Six lottery (5.4%), football betting (1.2%) and horserace betting (0.7%).

It should be noted that the gambling patterns of those aged at or under 18 and those over 18 differed. Among respondents who had gambled in the past year (S-A and S-B, $N=1\ 008$), the mostly involved gambling activities by those at or under 18 ($N=569$) were social gambling (87.9%, $n=500$), followed by Mark Six lottery (30.6%, $n=174$), football betting (7.7%, $n=44$), and horserace betting (4.6%, $n=26$); and the mostly involved gambling activities by those over 18 ($N=436$) were Mark Six lottery (80.5%, $n=351$), followed by social gambling (63.5%, $n=277$), football betting (22.2%, $n=97$), and horserace betting (14.9%, $n=65$).

For secondary school students in S-A, 23.6% ($n=109$) of them placed bets through family members, 8.9% ($n=41$) of them placed bets by themselves through HKJC off-course betting branches, 3.9% ($n=18$) of them placed bets by themselves through HKJC apps, and 3.2% ($n=15$) of them placed bets by themselves through non-HKJC apps.

For young people in S-B, 61.4% ($n=335$) of them placed bets by themselves through HKJC off-course betting branches, 30.2% ($n=165$) placed bets through family members, 17.6%

($n=96$) placed bets by themselves through HKJC apps, and 3.1% ($n=17$) of them bet through non-HKJC apps by themselves.

Most gamblers (S-A and S-B) placed bets at residential places. Attention is drawn to the findings that 7.6% ($n=35$) of secondary school students (S-A, $N=462$) gambled at school, and 8.2% ($n=45$) of young people (S-B, $N=546$) gambled at school/campus.

Qualitative Study

For the GD gamblers ($N=10$), horserace betting was the most popular, as 9 of them had involved in it, followed by football betting and playing mahjong (both $n=7$), and wagering in Macau casino ($n=6$). 2 of them had involved in illegal football betting.

Among the general public in the focus groups ($N=11$), the most popular form was playing mahjong ($n=8$), followed by wagering in Macau casinos ($n=6$), and then Mark Six lottery ($n=5$). Among the respondents in the Youth Focus Groups ($N=12$), poker was the most popular ($n=10$), followed by online gambling games ($n=8$), and football betting ($n=7$). For the respondents in the At-risk Youth Focus Groups ($N=12$), the popular gambling activities were quite different. 8 of them involved in playing mahjong, 7 in playing poker, 2 in playing online games and 2 in participating in football betting.

b) Onset of gambling

Telephone Poll

56.4% ($N=1\ 460$) of respondents from the general public who had ever gambled first gambled at 18 or above.

Youth Survey

Most (26.9%) of the youth who gambled last year (S-A and S-B, $N=1\ 008$) started to gamble at age 18, followed by age 15 (10.8%) and age 12 (10.2%). 1.7% of them gambled at age 5.

Qualitative Study

Among the 10 GD gamblers interviewed, 8 gambled before the age of 18. Most respondents ($n=32$) from all the focus groups ($N=38$) gambled before the age of 18, with the earliest onset age of 5.

Observations

As compared with previous studies, the onset age of gambling showed a downward trend, i.e. people started to gamble at a younger stage. It should be noted that the gambling activities in the current study covered a wide range including social gambling (e.g. playing mahjong),

which is one of the most popular gambling activities amongst local households where people may get involved at their young age.

c) Online/ illegal gambling

Telephone Poll

0.3% ($n=6$) of the general public ($N=2\,045$) participated in illegal gambling activities, with one of them involved in online casinos. In the 2012 Study ($N=2\,024$), 0.5% ($n=11$) of respondents participated in online casinos. The average money spent per month on all kinds of online/illegal gambling activities was HK\$1,082 in this Study.

Youth Survey

The participation rate of secondary school students (S-A, $N=2\,120$) in online gambling was 1.0%, which was lower than the rate of 1.2% as identified in the 2012 Study. The rate for young people (S-B, $N=1\,198$) was 2.0%. It should be noted that the participation rate of the youth in online gambling was higher than the general public.

They mostly participated in online games involving money (69.2%), and then online casinos (26.9%). The average time involved per week was 6 hours and the average money spent per month was HK\$1,055.

The three major reasons for youth participating in online gambling ($N=45$) was “simple game rules/format” (44.4%), “without time constraint” (33.3%), and “various types of gambling format” (24.4%). 20.0% of them gambled due to “accept credit betting”.

Qualitative Study

Respondents from all the Youth and At-risk Youth Focus Groups mentioned that “convenience” was their major reason to participate in online gambling, i.e. convenience in terms of being able to bet anywhere through apps on smart phone, and efficiency. Other reasons included concealed identity; better odds, discounts and dividends; credit betting; and having an easy to win perception. Attention should be paid to the practice of online betting as credit betting is acceptable and is the mostly adopted betting method.

Game centres were also places where respondents in the youth focus groups would always go. Though game centres are not regarded as gambling venues, it is noted that illegal gambling opportunities were provided in some cases where wins could be exchanged for money. Some focus group members also revealed the existence of illegal money lenders in the game centres.

d) Football betting

Telephone Poll

The participation rate of football betting among the general public has remained stable since 2012. It was 16.3% in 2005, 6.6% in 2012, and 6.6% ($n=135$) in this Study. Average money spent per month on football betting was HK\$1,598.7. 2 respondents from the general public participated in illegal football betting.

Youth Survey

The participation rate of football betting among secondary school students (S-A) seemed to be decreasing. It was 6.8% in 2005, 4.7% in 2012, and 1.2% ($n=25$) in this Study. For young people (S-B), 9.8% ($n=117$) of them participated in football betting.

The major reasons of the youth participating in football betting was “support my favorite soccer team/ player” (46.5%), “my favorite sport” (39.4%), “boosting the excitement when watching matches” (37.3%), “influenced by friends” (35.2%), “relatively simple rules/format” (28.9%), and “relatively easy to win” (27.5%). Average money spent per month on football betting was HK\$717.

11 of the respondents from S-A and S-B participated in illegal football betting. 6 of them were below the age of 18.

Qualitative Study

The youth, including the at-risk youth in the Focus Groups also expressed similar reasons for participating in football betting. A professional gambler observed the phenomenon that some people would talk about the odds rather than how the teams played the matches, implying that some people were more interested in betting rather than the football match itself.

e) Credit betting

Telephone Poll

Credit betting seemed not serious. Only 10 (0.8%) respondents from the general public who had gambled in the past year ($N=1\ 258$) borrowed money for betting. 8 of them (0.6%) borrowed from bank/credit card, 4 of them (0.3%) borrowed from family/friends, and 3 of them (0.2%) borrowed from finance company.

Youth Survey

For secondary school students (S-A, $N=462$), 6 of those who gambled (1.3%) borrowed from family/friends, 1 (0.2%) from bank/finance company, 1 (0.2%) from money lender, and 3 (0.6%) used secured lending.

For young people (S-B, $N=546$), 4 of those who gambled (0.7%) borrowed from family/friends, 2 (0.4%) borrowed from bank/finance company, and 2 (0.4%) used secure lending.

Qualitative Study

All the GD gamblers interviewed had borrowed money resulting in tremendous debts. Some borrowed from illegal money lenders. Some of the respondents in the Youth and At-risk Focus Groups only borrowed money from family and friends for betting.

6.1.7 Perception on Gambling Activities in Hong Kong

Telephone Poll

83.9% of the general public agreed to the present number of Mark Six lottery draws per week.

82.4% agreed to the prevailing number of horse racing days per week (i.e. around 2 race days per week). Regarding the days for weekend horse racing, 42.7% of the general public did not comment/know, while 34.7% preferred Saturday, and 22.7% preferred Sunday.

71.1% of the general public agreed to the present number of football matches on which betting is allowed.

As for legal age of gambling, 62.2% of the general public agreed to the present legal age of 18, while 33.8% considered that it should be raised and 0.6% thought it should be lowered.

Youth Survey

52.3% of respondents (S-A and S-B) did not know/comment the number of Mark Six lottery draws per week and 33.4% agreed to the present arrangement.

65.0% of the respondents did not know/comment on the number of horse racing days per week, and 20.0% agreed to the present arrangement. Regarding the days for weekend horse racing, 71.5% of the respondents did not know/comment, 16.2% preferred Sunday, and 12.3% preferred Saturday.

As for the present number of football matches on which betting is allowed, 69.2% did not know/comment, while 19.4% agreed to the present arrangement.

As for legal age of gambling, 56.1% of the respondents agreed to the present legal age of 18, while 17.7% considered that it should be raised and 5.9% thought it should be lowered.

Qualitative Study

Most of the respondents in the individual and focus group interviews suggested that it was not necessary to increase the gambling opportunities. As for legal gambling age, 4 interviewees (1 GD gambler, 1 significant other, 1 professional gambler and 1 youth from focus group) suggested that it should be raised to 21 so as to avoid youth gambling as a result of peer influence particularly in adolescence stage, and school students' gambling.

6.1.8 Knowledge of gambling hotline and effectiveness of the C&T centres

Telephone Poll

81.9% of respondents in the general public had heard about the anti-gambling hotline (#1834 633), showing 6.1% increase as compared with the 2012 Study. 0.3% ($n=5$) of them had used this hotline, and 3 of them thought this hotline could help them get rid of gambling problems. 10 of them or their family members had used the services provided by the C&T centres. 6 of them agreed that the services were effective, and 3 of them did not know. 69.4% ($n=1\ 411$) of respondents would seek help from the C&T centres if they themselves or family members were in need.

Qualitative Study

Most respondents in the individual and focus group interviews had heard about the hotline, and a few of them knew about the C&T centres. However, some of them did not know what types of services were provided by the centres.

Regarding the effectiveness of the C&T centres, all the respondents in the individual interviews (both GD gamblers and significant others) agreed that they were very effective in helping them or their family members to get away from gambling. The centres were able to help them to rebuild values, self-esteem, and family relationship; to manage debts/finance; to realize the real causes of their gambling disorder and the harms they brought to their family members; and to start a new life. They considered that the staff members were professional in providing quality services. They also understood the resources constraints of the centres, and the possible impact on the service.

6.1.9 Model of GD Pathways

Based on the qualitative data, a model of GD pathways is proposed. Predisposing factors include personal characteristics like low self-esteem, poor coping skills, impulsiveness, lack of self-control, interpretative bias about gambling outcome, and lack of financial management concepts, etc. Influenced by personal, social, family, environmental and socio-cultural factors, there are 3 stages of GD:

Stage 1

It is characterized by early win, early onset of gambling, viewing gambling as an entertainment, using gambling to escape from stress, etc.

Stage 2

There is increasing loss when gambling is continued, leading to chasing, more frequent betting schedules, and more types of gambling activities. The gambler will also try different means to get money to gamble, including borrowing money from friends or banks. Debts occur but gambler tries to keep gambling behavior and debts secret.

Stage 3

Mounting debts push the gambler to have a greater desire to chase loss, resulting in even more frequent betting schedules. At this stage, usually the gambler will focus on one or two gambling activities. As the debts are so great, the gambler will explore more sources to get money to gamble, including borrowing from banks or finance companies, selling assets, and even stealing. Signs of GD have developed. The gambler continues to keep secret by telling different lies to cover their gambling behavior and debts. Usually at this stage, family members might discover this from bank notices, financial statements, records of filing for bankruptcy, etc., or the gambler might tell family members about the gambling problem when the gambler finds the debts not bearable.

After this stage, the gambler might enter the treatment process, mostly motivated by significant others. A variety of effective treatments were mentioned by the service users, and the foci of treatment were debt management, relapse prevention, reduction and abstinence. The role of significant others in motivating GD gamblers to seek help and their support in the treatment process is important.

6.2 Conclusion

The findings in this Study show that the gambling participation rates of Hong Kong people for the general public and young population have continued to decrease in recent years. The most popular gambling activities for the general public were Mark Six lottery, followed by social gambling, horserace betting and wagering in Macau casinos; while the most popular gambling activities for the young population was social gambling. Although there are increasing concerns about the popularity of football betting, especially among the younger generation, the results reveal that the participation rate has dropped. Even with the Internet has become part of the daily life of most people, the prevalence rate of online gambling remains at a very low level.

As for problems associated with gambling, it is observed that the rate of GD has continued to decrease. Quantitative analysis reveals that participation in horserace betting was a common predictor of GD for both the general public and young population. Other predictors were involvement in certain kinds of gambling activities like football betting (for general public); gambling in casinos, online gambling, motivational factors like peer pressure and money, and Internet addiction (for young population). Apart from the above, gambling belief, mental health situation and family function were also identified as influential factors leading to GD.

As for perception on gambling activities and regulation, the majority of respondents considered that the current arrangement of legal gambling including opportunities (i.e. horserace betting, football betting and Mark Six Lottery operated by HKJC) and the legal age of gambling were appropriate.

As for C&T services for GD gamblers, a vast majority of respondents were aware of the counselling hotline (#1834 633). For those who had used the services, most of them considered the services useful and the services could help them to overcome gambling associated problems.

6.3 Recommendations

The rate of GD was found to be lower as compared with previous studies on the rate of probable problem and pathological gambling. It may show the effectiveness of measures implemented in recent years to alleviate gambling problems. Based on the findings from this Study and after drawing reference from other cities, here are some recommendations on the measures to sustain and further step up the gambling-problem alleviating efforts.

6.3.1 Publicity and Public Education

6.3.1.1 Focus of Publicity, Public Education and Other Preventive Measures

The study has identified certain predictors and influencing factors leading to GD. Future publicity and public education efforts should cover the following aspects and targets:

- a) Parenthood education is crucial to address the issue of familial influence of parental gambling and the relaxed attitude of parents on adolescent gambling.
- b) Financial literacy is important since lack of financial management concept and skills is evidenced to be one of the main reasons for gamblers to have GD. This component is suggested to be included not only in publicity and public education, but also in the teaching materials or curriculum of schools.
- c) Cultivating positive values and raising self-esteem is fundamental in order to prevent adolescents from involving in gambling, as findings showed that gambling due to peer influence or pressure (introjected regulation) and gambling for money (external regulation) were two predictors of GD among the youth. Cultivating positive values would help people resist the temptation of gambling. Raising self-esteem would help people, especially the youth to resist gambling due to peer influence or pressure. This theme should be included in formal and informal school curriculum, apart from publicity and public education programmes.
- d) There should be preventive programmes on Internet addiction for the general public, and the youth in particular, as the findings show that Internet addiction was one of the predictors of GD among the youth.
- e) Harms of gambling and the signs should be included so as to prevent people from gambling. Further, having such knowledge could enable people in early identification of gambling problems.

- f) The above messages should be targeted not only at gamblers, but also their significant others, especially parents so that they would be aware of the importance of cultivation of positive values on children, gain the ability of early identification of GD and seek help as necessary at an early stage. Teachers can also be the audience, as they can also build in positive values, self-esteem, and harms of gambling in their teaching for students. Their knowledge of GD signs could also enable them to identify at-risk gamblers among students at an early stage.

6.3.1.2 Means of Publicity

In order to reach out to the target audience, including those at-risk groups identified in the Study, the following means of publicity are suggested:

- a) Digital marketing to ensure regular online presence of anti-gambling publicity efforts including the promotion of treatment services for GD gamblers.
- b) Promotion through public transport, particularly on ferries or piers to Macau, so as to reach out to the general public, and gamblers in particular.
- c) Partnership with NGOs especially those with wide school or community networks.

Both the Telephone Poll on general public and the Youth Survey indicate that horserace betting is a predictor of GD. Previous prevalence reports since 2001 also consistently found that horserace betting was a predictor of GD. Advertisement on treatment service should be placed on the half-time interval airing of horserace and football betting programmes.

6.3.2 Preventive and Remedial Services

6.3.2.1 Focus of Preventive and Remedial Services

- a) The Study has identified certain “at-risk” occupations/industries. Outreaching services and sector-specific services for those industries and occupations at risk of GD should be included in the preventive and remedial measures.
- b) The Study has found that many gamblers have misconception/difficulties in financial management. Training on financial management concepts and skills should be continued and strengthened to improve gamblers’ financial literacy.

- c) Positive values and self-esteem should be the major themes in preventive programmes.
- d) There should be more developmental programmes to engage the youth meaningfully in their pastime and to steer them away from excessive gambling.

6.3.2.2 Enhance Publicity for the C&T centres

- a) It was found that 81.9% of the respondents (representing an increase of 6.1% as compared with the result in 2012) in the general public had heard about the gambling hotline (#1834 633). However, individual/focus group interviews revealed that some respondents had misunderstanding about the types or nature of service provided by the C&T centres. A more service-specific publicity drive is needed to raise the professional image of the centres and to enhance the general public's understanding.
- b) As breakdown of family relationship and mounting debts are the major reasons for GD gamblers to seek help, the C&T centres can highlight their professional input in rebuilding family relationships and debt management in their promotion so as to increase their motivation to seek help.
- c) Adopt outreaching strategies for identification and engagement of at-risk gamblers.
- d) Extend hotline services to 24 hours for 7 days per week.

6.3.2.3 Funding Support

Service recipients in the interviews suggested that the resource constraints in the C&T centres might have impact on their services. They also considered that more educational and preventive measures should be in place. Funding support for preventive and remedial measures should be increased and provided continuously to cope with the additional service scope and publicity requirement.

6.3.3 Suggested measures for implementation by HKJC

The Model of GD Pathways constructed in this Study shows that the effective strategy of intervention is to remind gamblers of the risk of GD in the course of their participation in gambling activities. As the licensed betting operator, HKJC is in the best position to help disseminate messages on potential risks of gambling. The following responsible gambling (RG) measures are recommended:

- a) Make use of TV broadcasting, booth and website for dissemination of RG messages:
HKJC should show warning messages or help-seeking information etc. during the break of each real-time broadcast of horse race, football match, and before Mark Six lottery draw; display warning messages or help-seeking information in the booths located in off-course betting branches, and website.
- b) Targets of RG messages:
Besides gamblers, the messages can also be targeted at gambler's significant others, as support from significant others plays a significant role on GD gamblers' motivation to seek help and recovery.
- c) Enhance exclusion programme:
 - i. Increase convenience of application:
Currently, the application for self-exclusion (i.e. not to be accepted by HKJC to place bets) should be submitted to HKJC in person. It is suggested that the application procedures should be streamlined to facilitate application, e.g. application for self-exclusion through electronic means.
 - ii. Extend the period of exclusion:
Currently, gamblers have the choices of being excluded for one, two or three years. HKJC should provide flexible exclusion period options allowing gamblers to determine the length of exclusion period beyond three years.
- d) Set up pre-commitment programme:
The proposed programme should enable gamblers to voluntarily set up a betting budget / deposit limit in their betting account. There should be a pop up alert to inform gamblers about the wager or loss limits at a certain period of time.
- e) Betting records:
It is proposed to design a programme which shows the wagering records, including the total amount of bets and wins for a certain period (say, one year) for gambler's review.
- f) Contents of advertising:
The ads of HKJC, no matter by Print/ TV/ Social media, should show clearly the RG messages, not just emphasizing the mega bonus of horserace betting/ Mark Six lottery.

g) Not to promote gambling activities as social activities:

Results in this research show that parents, without noticing the negative impact on their children, normalize gambling activities by having gambling themselves, inviting children to gamble, asking children to give lucky tips for gambling, providing them with betting money, etc. HKJC reinforces the idea that gambling can be a kind of family activity such as by holding parent-child programmes in the race course. HKJC is urged to refrain from promoting gambling activities/information to children and adolescents and portraying their events as social activities for families.

6.3.4 Others

The majority of the respondents in the Study considered the current legal gambling age of 18 appropriate, while a few of them suggested that it should be raised. The Government should continue to monitor the situation of gambling in Hong Kong and assess the appropriateness of the current legal gambling age.

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Abbreviation

APGAR	Adaptation, Partnership, Growth, Affection, and Resolve Scale
C-GMS	The Chinese version of Gambling Belief Scale
C&T centre/services	Counselling and treatment centre or services
DASS21	Depression, Anxiety and Stress Scales - 21 items
DSM-IV	The fourth edition of the Diagnostic and Statistical Manual of Mental Disorder
DSM-V	The fifth edition of the Diagnostic and Statistical Manual of Mental Disorder
GBQ-C	Gambling Belief Questionnaire Chinese version
GBQ	Gambling Belief Questionnaire
GD	Gambling Disorder
GMS	Gambling Belief Scale
HKJC	Hong Kong Jockey Club
IAT	Internet Addiction Test
NGO	Non-Government Organization
PG	Pathological Gambling
PGSI	Problem Gambling Severity Index
SOGS	South Oaks Gambling Screen
The Government	The government of The Hong Kong Special Administrative Region
95%CI	95% Confidence Interval

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Note: Dr. Irene Wong Lai Kuen had participated in the preparatory period of bidding.

Appendix I Questionnaire for Telephone Poll

Confidential

香港人參與賭博活動情況研究問卷

香港理工大學
應用社會科學系
社會政策研究中心

「香港人參與賭博活動情況研究問卷」

2016 年 1 月

程序 A: 自我介紹

「喂，你好，請問哩度係未住宅電話呢？我哋係香港理工大學社會政策研究中心打嚟嘅，民政事務局委託我哋進行一項有關香港人參與賭博活動情況嘅意見調查。呢個電話訪問大概只需要幾分鐘，訪問嘅內容係絕對保密嘅，請您放心。呢個調查嘅訪問對象係 15 至 64 歲嘅香港居民，請問府上有幾多位呢類家庭成員呢？」

- 住戶反應：
- | | |
|---|----------|
| 1. ☐ 答應合作-----> | (開始程序 B) |
| (記錄) 2. ☐ 接通即拒絕/拒絕合作/中途拒絕-----> | (結束) |
| 3. ☐ 電話有問題(長鳴、怪聲不能分辨)-----> | (結束) |
| 4. ☐ 非目標樣本(沒有受訪對象、FAX、非住宅)-----> | (結束) |
| 5. ☐ 無人接聽/電話留言機/暫時唔得閒/線路正在使用---> | (須重試) |

程序 B: 選出合適受訪者

(Official Use)

[v1] Telephone#

[v2] 呢個調查嘅訪問對象係 15 至 64 歲嘅香港居民，請問你府上有幾多位呢類家庭成員呢？

→ 只有一位合乎資格：「我地想邀請嗰位人士接受訪問」

→ 多於一個合乎資格：「根據抽樣原則，我地想訪問對上過左生日嘅一位」

- | | | | | | |
|---------------------------------|---|---------------|---|------------------|-----------------|
| 1 ☐ 方便 | → | [開始問卷 – 程序 C] | → | [如有需要，請讀出簡介文字] | |
| 2 ☐ 唔方便講 | → | [必須確認] | → | [核實或預約時間: _____] | → [結束訪問] → [記錄] |
| 3 ☐ 佢唔肯度 | → | [預約時間: _____] | → | [結束訪問] | → [記錄] |

程序 C：問卷開始

如果最終受訪者不是接聽電話人士，請向最終受訪者讀出：「喂，先生／小姐你好，我哋係香港理工大學社會政策研究中心打嚟嘅，而家進行緊一項有關香港人參與賭博活動情況嘅意見調查，探討下香港人參與賭博活動嘅情況。閣下所提供嘅意見，我哋係會絕對保密嘅，請您放心。」

[v3] (由訪問員自行填寫)

受訪者性別: 1. 男 2. 女

(以下稱受訪者為「先生」或「小姐」)。

A 部分：參與合法賭博活動情況

[v4] 請問 (先生／小姐) 第一次參與賭博活動 (例如係同朋友打麻雀/打牌而有金錢上嘅得益或損失) 嘅年齡大概係幾多歲?

【訪問員請直接輸入答案，如受訪者唔清楚或唔記得，請輸入「88」，而拒絕回答則輸入「99」。

大概年齡: _____

88 唔記得

99 拒絕回答

111 從未參與賭博活動 (跳至 v44)

[v5] 請問 (先生／小姐) 你嘅過去一年內，有冇參與過任何賭博活動 (包括去馬會投注、去賭場賭博或同朋友打麻雀/打牌而有金錢上嘅得益或損失等)?

1 有

2 無 (跳至 v44)

3 唔記得 (跳至 v44)

4 拒絕回答 (跳至 v44)

[v6] 嘅過去一年內，請問 (先生／小姐) 你有無向香港賽馬會投注過六合彩?

1 有

2 無 (跳至 v9)

3 唔記得 (跳至 v9)

4 拒絕回答 (跳至 v9)

[v7] 請問你有幾經常買六合彩呢?

1 每星期一次或以上

2 兩星期一次

3 每月一次 (註：三至四個星期一次也視作一個月一次)

4 兩至三個月一次

5 四至六個月一次

6 七個月至一年一次

7 其他: _____

8 不定期

9 拒絕回答

[v8] 嘅過去一年內，請問你平均每個月用咗幾多錢嘅嘅活動上呢?

【訪問員請直接輸入答案，如受訪者唔清楚或唔記得，請輸入「1」，而拒絕回答則輸入「2」。

平均每個月嘅花費: _____

1 唔清楚 / 唔記得

2 拒絕回答

[v9] 睇過去一年內，請問你有無試過嚟香港賽馬會投注賽馬呢？

- 1 有
- 2 無 (跳至 v13)
- 3 唔記得 (跳至 v13)
- 4 拒絕回答 (跳至 v13)

[v10] 請問投注嘅係本地賽事還是海外轉播嘅賽事，定係兩樣都有呢？

- 1 本地賽馬
- 2 海外轉播嘅賽事
- 3 本地同海外都有
- 4 拒絕回答

[v11] 請問你有幾經常投注賽馬呢？

- 1 每星期一次或以上
- 2 兩星期一次
- 3 每月一次 (註：三至四個星期一次也視作一個月一次)
- 4 兩至三個月一次
- 5 四至六個月一次
- 6 七個月至一年一次
- 7 其他：_____
- 8 不定期
- 9 拒絕回答

[v12] 睇過去一年內，請問你平均每個月用咗幾多錢嚟哩種活動上呢？

【訪問員請直接輸入答案，如受訪者唔清楚或唔記得，請輸入「1」，而拒絕回答則輸入「2」。

平均每個月嘅花費：_____

- 1 唔清楚 / 唔記得
- 2 拒絕回答

[v13] 睇過去一年內，請問你有無試過向香港賽馬會投注足球賽事呢？

- 1 有
- 2 無 (跳至 v16)
- 3 唔記得 (跳至 v16)
- 4 拒絕回答 (跳至 v16)

[v14] 請問你有幾經常投注足球賽事呢？

- 1 每星期一次或以上
- 2 兩星期一次
- 3 每月一次 (註：三至四個星期一次也視作一個月一次)
- 4 兩至三個月一次
- 5 四至六個月一次
- 6 七個月至一年一次
- 7 其他：_____
- 8 不定期
- 9 拒絕回答

[v15] 睇過去一年內，請問你平均每個月用咗幾多錢嘅嘢嘅活動上呢？

【訪問員請直接輸入答案，如受訪者唔清楚或唔記得，請輸入「1」，而拒絕回答則輸入「2」。

平均每個月嘅花費：_____

- 1 唔清楚 / 唔記得
- 2 拒絕回答

[v16] 睇過去一年內，請問你有無試過嘅澳門賭場落注呢？

- 1 有
- 2 無 (跳至 v19)
- 3 唔記得 (跳至 v19)
- 4 拒絕回答 (跳至 v19)

[v17] 請問你有幾經常嘅澳門賭場落注呢？

- 1 每星期一次或以上
- 2 兩星期一次
- 3 每月一次 (註：三至四個星期一次也視作一個月一次)
- 4 兩至三個月一次
- 5 四至六個月一次
- 6 七個月至一年一次
- 7 其他：_____
- 8 不定期
- 9 拒絕回答

[v18] 睇過去一年內，請問你平均每個月用咗幾多錢嘅嘢嘅賭博上呢，唔包括賭博以外嘅消費？

【訪問員請直接輸入答案，如受訪者唔清楚或唔記得，請輸入「1」，而拒絕回答則輸入「2」。

平均每個月嘅花費：_____

- 1 唔清楚 / 唔記得
- 2 拒絕回答

[v19] 睇過去一年內，請問你有無試過嘅香港麻雀館打麻雀呢？

- 1 有
- 2 無 (跳至 v22)
- 3 唔記得 (跳至 v22)
- 4 拒絕回答 (跳至 v22)

[v20] 請問你有幾經常嘅香港麻雀館打麻雀呢？

- 1 每星期一次或以上
- 2 兩星期一次
- 3 每月一次 (註：三至四個星期一次也視作一個月一次)
- 4 兩至三個月一次
- 5 四至六個月一次
- 6 七個月至一年一次
- 7 其他：_____
- 8 不定期
- 9 拒絕回答

[v21] 睇過去一年內，請問你平均每個月用咗幾多錢嘅哩種賭博上呢，唔包括賭博以外嘅消費？

【訪問員請直接輸入答案，如受訪者唔清楚或唔記得，請輸入「1」，而拒絕回答則輸入「2」。】

平均每個月嘅花費：_____

- 1 唔清楚 / 唔記得
- 2 拒絕回答

[v22] 睇過去一年內，請問你有無試過同親戚朋友賭博（例如打麻雀、賭啤牌而有金錢嘅得益或損失）呢？

- 1 有
- 2 無 (跳至 v25)
- 3 唔記得 (跳至 v25)
- 4 拒絕回答 (跳至 v25)

[v23] 請問你有幾經常同親戚朋友賭博呢？

- 1 每星期一次或以上
- 2 兩星期一次
- 3 每月一次（註：三至四個星期一次也視作一個月一次）
- 4 兩至三個月一次
- 5 四至六個月一次
- 6 七個月至一年一次
- 7 其他：_____
- 8 不定期
- 9 拒絕回答

[v24] 睇過去一年內，請問（先生／小姐）你平均每個月用咗幾多錢嘅哩種活動呢？

【訪問員請直接輸入答案，如受訪者唔清楚或唔記得，請輸入「1」，而拒絕回答則輸入「2」。】

平均每個月嘅花費：_____

- 1 唔清楚 / 唔記得
- 2 拒絕回答

[v25] 睇過去一年內，請問你有冇試過上嚟香港開出嘅賭船落注呢？

- 1 有
- 2 無 (跳至 v28)
- 3 唔記得 (跳至 v28)
- 4 拒絕回答 (跳至 v28)

[v26] 請問你有幾經常嚟香港開出嘅賭船落注呢？

- 1 每星期一次或以上
- 2 兩星期一次
- 3 每月一次（註：三至四個星期一次也視作一個月一次）
- 4 兩至三個月一次
- 5 四至六個月一次
- 6 七個月至一年一次
- 7 其他：_____
- 8 不定期
- 9 拒絕回答

[v27] 睇過去一年內，請問（先生／小姐）你平均每個月用咗幾多錢嘅咩嘢活動呢，唔包括賭博以外嘅消費？

【訪問員請直接輸入答案，如受訪者唔清楚或唔記得，請輸入「1」，而拒絕回答則輸入「2」。】

平均每個月嘅花費：_____

- 1 唔清楚 / 唔記得
- 2 拒絕回答

B 部分：參與非法賭博活動情況

[v28] 睇過去一年內，請問（先生／小姐）你有無參加過非馬會舉辦嘅賭博活動，即例如非經馬會投注六合彩、賽馬或球賽等？

- 1 有
- 2 無 (跳至 v32)
- 3 唔記得 (跳至 v32)
- 4 拒絕回答 (跳至 v32)

[v29] 請問你參與過邊啲非馬會舉辦嘅賭博活動呢？【訪問員讀出 1 至 5 項】

- 1 非馬會舉辦的六合彩
- 2 非馬會舉辦的賽馬
- 3 非馬會舉辦的足球賽果
- 4 網上賭博 (例如網上賭場、網上遊戲或非經馬會投注體育賽事)
- 5 其他：(請註明)_____
- 6 拒絕回答

[v30] 請問你有幾經常參與以上提及嘅活動呢？

- 1 每星期一次或以上
- 2 兩星期一次
- 3 每月一次 (註：三至四個星期一次也視作一個月一次)
- 4 兩至三個月一次
- 5 四至六個月一次
- 6 七個月至一年一次
- 7 其他：_____
- 8 不定期
- 9 拒絕回答

[v31] 睇過去一年內，請問（先生／小姐）你平均每個月用咗幾多錢嘅咩嘢活動呢？【訪問員請直接輸入答案，如受訪者唔清楚或唔記得，請輸入「1」，而拒絕回答則輸入「2」。】

平均每個月嘅花費：_____

- 1 唔清楚 / 唔記得
- 2 拒絕回答

[v32] 請問你有無試過借貸賭博？

- 1 有
- 2 無 (跳至 v35)
- 3 唔記得 (跳至 v35)
- 4 拒絕回答 (跳至 v35)

- [v33] 請問你曾經借過幾次錢去賭博？
 _____次 (訪問員直接輸入整數)
 88 唔記得
 99 拒絕回答

- [v34] 請問你通常透過乜嘢途徑借貸去賭博呢？【訪問員讀出選項 1-5，受訪者可選多項。】
- 1 銀行/信用卡
 - 2 持牌嘅財務公司
 - 3 私人放高利貸 (俗稱放數)
 - 4 向親友借錢 (包括家人、親戚、朋友、同事等)
 - 5 其他 (請註明) : _____
 - 6 唔清楚/好難講
 - 7 拒絕回答

C 部分：病態賭博情況 DSM- V

【留意：v35 至 v44 不適用於 v5 至 v34 全部都答「無」或「唔記得」或「拒絕回答」之受訪者，只適合參與過任何一種賭博活動之受訪者。如受訪者從不參與賭博活動，請輸入「5」及跳至 v45】

- [v35] 我常常想着以往的賭博經驗，計劃下一次怎去再賭，或如何找到賭本
- 1 有
 - 2 無
 - 3 唔記得
 - 4 拒絕回答
 - 5 不適用- 受訪者從來沒有參與過任何一種賭博活動/或全部作答「唔記得」/「拒絕回答」 (跳至 v45)
- [v36] 我需要不斷增加賭博的注碼來得到刺激
- 1 有
 - 2 無
 - 3 唔記得
 - 4 拒絕回答
- [v37] 我曾經嘗試控制，減少或停止賭博，但都不成功
- 1 有
 - 2 無
 - 3 唔記得
 - 4 拒絕回答
- [v38] 當我停止賭博，我會感到心緒不寧，或容易發怒
- 1 有
 - 2 無
 - 3 唔記得
 - 4 拒絕回答
- [v39] 當感到無助、內疚、焦慮或失意時，我會寄情於賭博
- 1 有
 - 2 無
 - 3 唔記得
 - 4 拒絕回答

[v40] 當我賭輸錢後，我常希望追回輸了的錢

- 1 有
- 2 無
- 3 唔記得
- 4 拒絕回答

[v41] 為了隱瞞自己的賭博行為，我不會對親人說真話

- 1 有
- 2 無
- 3 唔記得
- 4 拒絕回答

[v42] 我因賭已危及或已令我失去重要的家庭或人際關係、工作、學職或事業發展的機會

- 1 有
- 2 無
- 3 唔記得
- 4 拒絕回答

[v43] 我要依靠他人提供金錢協助，來解決因賭博所引起的財政困境

- 1 有
- 2 無
- 3 唔記得
- 4 拒絕回答

[v44] 請問（先生／小姐）以上曾經出現嘅情況，通常係你參與以上提到嘅邊一種賭博活動時發生嘅呢？【留意：此題不適用於全部都無試過上述情況之受訪者，受訪者可選多項。訪問員不必讀出任何選項。】

- 1 向香港賽馬會投注六合彩
- 2 投注外圍六合彩
- 3 向香港賽馬會投注足球賽事
- 4 投注外圍足球賽果
- 5 向香港賽馬會投注賽馬
- 6 投注外圍賽馬
- 7 投注澳門賽馬
- 8 喺澳門賭場落注
- 9 喺香港開出嘅賭船上落注
- 10 去麻雀館打麻雀
- 11 投注(馬會以外的)網上賭博(例如網上賭場、參與網上遊戲獲取金錢或網上落注體育賽事)
- 12 同親戚朋友賭博(例如打麻雀、賭啤牌或者賭波)
- 13 其他(請註明)：_____
- 14 唔清楚／好難講
- 15 拒絕回答
- 16 不適用(全部都無試過上述情況)

D 部分：對現時合法賭博舉辦形式之看法

[v45] 現時賽馬會六合彩開彩次數係每星期兩至三次，你認為是否足夠呢？

- 1 足夠
- 2 唔足夠
- 3 無意見 / 好難講 / 唔知道
- 4 拒絕回答

[v46] 現時賽馬會舉辦嘅本地賽馬次數係每星期兩次，你認為是否足夠呢？

- 1 足夠
- 2 唔足夠
- 3 無意見 / 好難講 / 唔知道
- 4 拒絕回答

[v47] 就你個人喜好，你覺得週末賽馬應該星期六定係星期日舉行好啲？

- 1 星期六
- 2 星期日
- 3 無所謂
- 4 拒絕回答

[v48] 現時賽馬會每星期提供大約 130 幾場嘅足球博彩次數比人投注，你認為是否足夠呢？

- 1 足夠
- 2 唔足夠
- 3 無意見 / 好難講 / 唔知道
- 4 拒絕回答

E 部分：對預防病態賭博措施之認知

[v49] 你有冇聽過戒賭熱線 1834 6337？

- 1 有
- 2 冇 (跳至 v 52)
- 3 拒絕回答(跳至 v 52)

[v50] 你或者你嘅家人有冇試過致電呢條熱線求助？

- 1 有
- 2 冇 (跳至 v 52)
- 3 拒絕回答(跳至 v 52)

[v51] 你同唔同意戒賭熱線對你或者家人有幫助？

- 1 非常同意
- 2 同意
- 3 唔同意
- 4 非常唔同意
- 5 唔清楚／好難講
- 6 拒絕回答

[v52] 你或者你家人有冇接受過戒賭輔導服務？

- 1 有
- 2 冇 (跳至 v 54)
- 3 拒絕回答 (跳至 v 54)

[v53] 你同唔同意戒賭輔導服務對你或者家人有幫助？

- 1 非常同意
- 2 同意
- 3 唔同意
- 4 非常唔同意
- 5 唔清楚／好難講
- 6 拒絕回答

[v54] 如果你發現自己或家人有賭博問題時，你會唔會向頭先提到嘅戒賭熱線/提供輔導服務嘅中心求助？

- 1 會
- 2 唔會
- 3 唔清楚／好難講
- 4 拒絕回答

[v55] 你認為現時香港參與賭博嘅合法年齡定為 18 歲是否合適呢？

- 1 合適
- 2 不合適，應該提高合法年齡
- 3 不合適，應該降低合法年齡
- 4 唔清楚／好難講 / 無所謂
- 5 拒絕回答

E 部分：受訪者之個人資料

[v56] 請問你嘅年齡係：

- 1 15-17
- 2 18-21
- 3 22-29
- 4 30-39
- 5 40-49
- 6 50-59
- 7 60-64
- 8 拒絕回答

[v57] 請問（先生／小姐）你嘅教育程度去到邊度呢？

- 1 無受過正規教育
- 2 幼稚園 / 小學
- 3 初中（中一至中三）
- 4 高中（中四至中五）
- 5 預科程度（中六至中七 / (IVE)香港專業教育學院 / 其他職業訓練機構）
- 6 大專：非學士學位
- 7 大專：學士學位或以上（包括碩士 / 博士等）
- 8 拒絕回答

[v58] 請問（先生／小姐）你嘅婚姻狀況係乜呢？

- 1 未婚
- 2 已婚
- 3 分居／離婚
- 4 鰥寡
- 5 同居
- 6 拒絕回答

[v59] 請問（先生／小姐）你嘅住屋類型係乜呢？

- 1 公屋（無論是租或自置）
- 2 居屋或夾屋
- 3 私人屋苑（無論是租或自置）
- 4 私人單棟式住宅大廈／唐樓（無論是租或自置）
- 5 員工宿舍／學生宿舍
- 6 村屋（無論是租或自置）
- 7 其他（請註明）：_____
- 8 拒絕回答

[v60] 請問（先生／小姐）你屋企依家每月嘅總收入大概有幾多呢？【訪問員不必讀出答案】

- 1 5,000 元以下
- 2 5,000-9,999 元
- 3 10,000-14,999 元
- 4 15,000-19,999 元
- 5 20,000-24,999 元
- 6 25,000-29,999 元
- 7 30,000-34,999 元
- 8 35,000-39,999 元
- 9 40,000-44,999 元
- 10 45,000-49,999 元
- 11 50,000 或以上
- 12 唔記得／唔知道／唔定
- 13 拒絕回答

[v61] 請問（先生／小姐）你嘅工作狀況係乜呢？

- 1 僱主
- 2 僱員
- 3 自僱人士
- 4 失業／待業（問卷完成）
- 5 退休人士（問卷完成）
- 6 全職家庭照顧者（問卷完成）
- 7 學生（問卷完成）
- 8 拒絕回答

[v62] 請問（先生／小姐）你從事邊種行業呢？【訪問員不必讀出答案】

- 1 飲食業
- 2 零售業
- 3 金融業
- 4 運輸業
- 5 旅遊業
- 6 地產業
- 7 製造業
- 8 建造業
- 9 教育
- 10 住宿服務
- 11 專業及商用服務
- 12 資訊及通訊業
- 13 公共行政／社會及個人服務
- 14 進出口及批發貿易業
- 15 其他（請註明）：_____
- 16 拒絕回答

[v63] 請問（先生／小姐）你嘅職位係邊類呢？【訪問員不必讀出答案】

- 1 經理及行政人員（僱主、董事等）
- 2 專業人員（醫生、律師、會計師等）
- 3 輔助專業人員（社工、護士、消防、警察等）
- 4 文員／支援人員（文員、秘書、接待員等）
- 5 服務工作及商店銷售人員（侍應、售貨員、理髮員等）
- 6 工藝及有關人員（建築、三行、裝修工人等）
- 7 機台及機器操作員及裝配員（司機、海員等）
- 8 非技術工人（保安、跟車工人、辦公室助理等）
- 9 其他（請註明）：_____
- 10 拒絕回答

[v64] 請問（先生／小姐）你個人依家平均每月嘅收入大概有幾多呢？【訪問員不必讀出答案】

- 1 5,000 元以下
- 2 5,000-9,999 元
- 3 10,000-14,999 元
- 4 15,000-19,999 元
- 5 20,000-24,999 元
- 6 25,000-29,999 元
- 7 30,000-34,999 元
- 8 35,000-39,999 元
- 9 40,000-44,999 元
- 10 45,000-49,999 元
- 11 50,000或以上
- 12 唔記得／唔知道／唔定
- 13 拒絕回答

問卷調查已經完成，多謝閣下為我哋提供寶貴嘅資訊。

Appendix II: Questionnaire for Youth Study

問卷編號：_____

香港理工大學
應用社會科學系

《香港人參與賭博活動情況研究 2016》
青少年參與賭博情況及意見調查

民政事務局委託香港理工大學應用社會科學系進行有關《香港人參與賭博活動情況研究》，是次調查將以不記名方式進行，請你作答時，在方格內打“√”或圈出適合的答案。

你的意見和個人資料均絕對保密。研究完成後，所有填寫的問卷都會被銷毀。你的坦誠分享及合作，對今次研究有很大幫助。謹此多謝你參與是次調查。

請注意！

在此問卷內所提及的「賭博」是指透過活動或行為，用金錢或有價值之物品（如：名牌手袋、手錶、電話等）作賭注，以獲得一個贏得更多金錢或有價值之物品的機會。

第一部分：個人參與賭博情況

1) 請問你在過去一年內曾否用金錢或有價值之物品（如：名牌手袋、手錶、電話等）作賭注，參與以下活動？

從沒參與過任何賭博活動 ☐ (如你從沒參與過，請跳答題 25)	沒有 參與	七個月 至一年 一次	四至六 個月一 次	兩至三 個月一 次	每月 一次	兩星期 一次	每星期 一次或 以上	總共用多 少錢參 與？
投注馬會主辦的足球博彩								\$
投注馬會主辦的本地賽馬								\$
投注馬會主辦的六合彩								\$
投注馬會主辦的非本地賽馬								\$
與親友賭啤牌/打麻雀/賭棋局 /牌九/番攤/魚蝦蟹/大細								\$
在麻雀館打麻雀								\$
到賭場參與任何賭博活動								\$
賭船參與任何賭博活動								\$
投注非馬會主辦的賭博活動（例 如賽馬、體育賽事）								\$
投注非馬會主辦的網上賭博（包 括利用電腦/互聯網/手機的賭 博應用程式涉及金錢交易的網上 賭博活動）								\$
其他：(請註明：_____)								\$

2) 請問你幾多歲開始參與賭博活動？_____歲

3) 在過去一年，除了與親友賭啤牌/打麻雀/賭棋局/牌九/番攤/魚蝦蟹/大細，請問你透過甚麼途徑參與其他賭博活動？[可選多項]

親身投注	☐ 馬會投注站 ☐ 馬場 ☐ 馬會電話投注熱線 ☐ 馬會的手機應用程式（例如 iPhone/Android Apps） ☐ 馬會網站 ☐ 賭博網站（如網上賭場）投注非馬會主辦的賭博活動 ☐ 手機應用程式（例如 iPhone/Android Apps）投注非馬會主辦的賭博活動 ☐ 賭場 ☐ 其他（請註明：_____） ☐ 不適用
透過他人代為投注	☐ 家人（如父母、兄弟姊妹） ☐ 親戚（如祖父母、表哥、表姐等） ☐ 朋友 ☐ 同學 ☐ 同事 ☐ 中介人（艇仔） ☐ 其他（請註明：_____） ☐ 不適用

4) 請問你在甚麼場所參與賭博？ [可選多項]

私人住宅	公共場所
☐ 自己 ☐ 親戚 ☐ 朋友 ☐ 同學	☐ 學校 ☐ 餐廳 ☐ 酒吧 ☐ 網吧
☐ 同事	☐ 公園 ☐ 會所 ☐ 賭場 ☐ 賭船
	☐ 馬會投注站 ☐ 工作場所 ☐ 咖啡室
☐ 其他 (請註明: _____)	

足球博彩

注意！**如在題1表示曾參與由馬會主辦的足球博彩，請回答以下題目；如表示沒有參與，請跳答題 11**

5) 請問你為何參與足球博彩？ [可選多項]

- ☐支持心儀球隊／球員 ☐投注項目較多／每日也有賽事投注 ☐投注玩法較多
☐玩法較簡單 ☐可以透過合法途徑賭波 ☐喜歡足球運動
☐觀看賽事時的刺激感 ☐相比其它運動，足球較為普及和受歡迎 ☐比較容易贏錢
☐受家人／親戚影響 ☐受朋輩影響 ☐其它 (請註明: _____)

6) 在過去一年，請問你平均每月用多少錢參與以上足球博彩賽事？ \$ _____

7) 除由馬會主辦的足球博彩，請問你有否參與非馬會主辦的足球博彩？ ☐有 ☐沒有

8) 在過去一年，請問你透過甚麼途徑參與足球博彩？ [可選多項]

親身投注	☐ 馬會投注站 ☐ 馬會電話投注熱線 ☐ 馬會的手機應用程式 ☐ 馬會網站 ☐ 賭博網站投注非馬會主辦的足球賭博活動 ☐ 手機應用程式投注非馬會主辦的球賭博活動 ☐ 其他 (請註明: _____)
透過他人代為投注	☐ 家人 ☐ 親戚 ☐ 朋友 ☐ 同學 ☐ 同事 ☐ 中介人 (艇仔) ☐ 其他 (請註明: _____)

9) 請問你通常在甚麼場所參與足球博彩？ [可選多項]

私人住宅	公共場所
☐ 自己 ☐ 親戚 ☐ 朋友	☐ 學校 ☐ 餐廳 ☐ 酒吧 ☐ 網吧 ☐ 公園
☐ 同學 ☐ 同事	☐ 會所 ☐ 馬會投注站 ☐ 工作場所 ☐ 咖啡室
☐ 其他 (請註明: _____)	

10) 請問你通常與誰一起參與足球博彩？

- ☐自己 ☐家人 ☐親戚 ☐朋友 ☐同學 ☐同事
☐其他（請註明：_____）

網上賭博

注意！網上賭博是指除馬會網站的網上賭博活動外，如網上百家樂、打麻雀、啤牌等涉及金錢交易的網上賭博；如在題 1 表示曾參與非馬會主辦的網上賭博，請回答以下題目；如表示沒有參與，請跳答題 17****

11) 請問你最常參與的網上賭博活動是？

- ☐網上賭場 ☐玩網上遊戲獲取金錢 ☐非馬會主辦的網上獎券
☐網上落注非馬會主辦的足球賽事 ☐網上落注非馬會主辦的賽馬賽事
☐網上落注非馬會主辦除足球外的體育賽事 ☐其他（請註明：_____）

12) 在過去一年，請問你平均每星期用幾多時間參與網上賭博活動？_____小時

13) 為何參與網上賭博？ [可選多項]

- ☐投注項目較多 ☐投注玩法較多 ☐投注和派彩方便 ☐無需親自到場
☐賭法簡單 ☐投注折扣回贈吸引 ☐不受時間限制 ☐可以隱瞞實際年齡
☐提供歡迎獎金／積分作首輪試玩 ☐輸極有限，不致傾家蕩產
☐無需即時支付現金，接受網上借貸／信用卡／電子貨幣（如：Bitcoin）投注
☐受家人／親戚影響 ☐受朋輩影響 ☐其他（請註明_____）

14) 在過去一年，請問你平均每月用多少錢投注？\$_____

15) 在過去一年，請問你透過甚麼途徑投注網上賭博活動？ [可選多項]

自己	☐ 電腦 ☐ 手機 ☐ 其他（請註明：_____）
透過他人代為投注	☐ 家人 ☐ 親戚 ☐ 朋友 ☐ 同學 ☐ 同事 ☐ 中介人（艇仔） ☐ 其他（請註明：_____）

16) 請問你透過甚麼途徑開設網上賭博的賬戶？

- ☐自己的銀行戶口／信用卡 ☐家人的銀行戶口／信用卡 ☐親戚的銀行戶口／信用卡
☐朋友的銀行戶口／信用卡 ☐同學的銀行戶口／信用卡 ☐同事的銀行戶口／信用卡
☐其他（請註明：_____）

17) 在過去一年，請問你是否...

		是	否
1	我常常想著以往的賭博經驗，計劃下一次怎去再賭，或如何找到賭本		
2	我需要不斷增加賭博的注碼來得到刺激		
3	我曾經嘗試控制，減少或停止賭博，但都不成功		
4	當我停止賭博，我會感到心緒不寧，或容易發怒		
5	當感到無助、內疚、焦慮或失意時，我會寄情於賭博		
6	當我賭輸錢後，我常希望追回輸了的錢		
7	為了隱瞞自己的賭博行為，我不會對親人說真話		
8	我因賭已危及或已令我失去重要的家庭或人際關係、工作、學業或事業發展的機會		
9	我要依靠他人提供金錢協助，來解決因賭博所引起的財政困境		

18) 過去一年，請問你的賭本從何而來？ [可選多項]

- ☐ 自己（例如工資、儲蓄、零用錢等）
 ☐ 親友（例如家人、親友、同學、同事）給予
☐ 親友借貸
☐ 財務公司／銀行／網上借貸服務
☐ 高利貸（大耳窿）
☐ 抵押自己／家人／親友給予的物品（如保險、樓宇、電話、珠寶首飾）給親友／財務公司／銀行／當舖
 得到借貸）
☐ 其他（請註明：_____）

注意！如在題 18 表示賭本是由借貸而來，請回答以下題目。如賭本只是從自己及親友給予的，請跳答題 23****

19) 過去一年，因賭博而借貸共借過幾次？_____

20) 過去一年，合共借過幾多錢？\$_____

21) 過去一年，最大的借貸金額大約多少？\$_____

22) 請問借貸已還清了嗎？ ☐ 已還清 ☐ 未（請問尚欠多少：\$_____）

第二部分：賭博動機

23) 你為甚麼喜歡賭博？請圈出你對下列各項來形容你參與賭博的貼切程度

(數字越偏向 1，即你越是不同意這項原因，如數字偏向 7，即你越是同意這項參與賭博的原因)

		完全 不貼 切	少 少 貼 切		有 點 貼 切	很 貼 切		完 全 貼 切
1	賭博令我感到興奮	1	2	3	4	5	6	7
2	賭博令我感到我很重要	1	2	3	4	5	6	7
3	賭博令我有自我勝任的感覺	1	2	3	4	5	6	7
4	賭博是令我完全放鬆的最佳方法	1	2	3	4	5	6	7
5	我為贏錢而賭博，但有時我會問自己是否應該繼續	1	2	3	4	5	6	7
6	為贏錢而賭博可以讓我測試我的自制力	1	2	3	4	5	6	7
7	我是為贏錢而賭博，但有時我會問自己在當中得到甚麼	1	2	3	4	5	6	7
8	賭博令我發達	1	2	3	4	5	6	7
9	賭博可使其他人知道我是一個精力充沛的人	1	2	3	4	5	6	7
10	我可從認識更多有關某種賭博活動而獲得愉快的感覺	1	2	3	4	5	6	7
11	我從賭博可以買到我夢寐以求的物品	1	2	3	4	5	6	7
12	我在賭博中感到極大的享受	1	2	3	4	5	6	7
13	賭博是我認識最能減壓的方法	1	2	3	4	5	6	7
14	我賭博是為了在賭博活動中得到強烈的官能感覺	1	2	3	4	5	6	7
15	我可從認識某種賭博活動的新玩法而獲得滿足感	1	2	3	4	5	6	7
16	賭博可令人妒忌我	1	2	3	4	5	6	7
17	賭博是我用以消除煩惱的消遣活動	1	2	3	4	5	6	7
18	當我知道自己玩某種賭博活動的能力，我會感到愉快	1	2	3	4	5	6	7
19	當我覺得我可以控制某種賭博活動，我會感到滿足	1	2	3	4	5	6	7
20	我賭博是為了滿足好奇心	1	2	3	4	5	6	7
21	我是為贏錢而賭博，但有時我覺得我在當中所得的並非這麼多	1	2	3	4	5	6	7
22	賭博是一個快捷和容易的賺錢方法	1	2	3	4	5	6	7
23	賭博是我最能與我朋友碰面、消遣的活動	1	2	3	4	5	6	7
24	賭博能帶給我控制的感覺	1	2	3	4	5	6	7
25	我為贏錢而賭博，但有時我會問自己賭博對我是否有好處	1	2	3	4	5	6	7
26	當我贏錢的時候，我會覺得自己是一個重要的人	1	2	3	4	5	6	7
27	我賭博是為了贏很多錢	1	2	3	4	5	6	7
28	賭博能給我很刺激的官能感覺	1	2	3	4	5	6	7

第三部分：賭博行為、態度及認知

24) 請問你同意以下各項說法嗎？請圈出你的同意程度

(數字越偏向 1，即你越是不同意這項說法，如數字偏向 7，即你越是同意這項說法)

		完全 不同 意	不 同 意	少 少 不 同 意	中 立 / 沒 意 見	少 許 同 意	同 意	完 全 同 意
1	我認為賭博是一項挑戰	1	2	3	4	5	6	7
2	我的賭博技術及知識可能導致我贏錢	1	2	3	4	5	6	7
3	我的選擇及行為影響我每局的輸贏	1	2	3	4	5	6	7
4	如果我輸錢，我應繼續賭下去，因為我不想失去任何贏的機會	1	2	3	4	5	6	7
5	我會留意過往每局的結果，因這有助我將來的賭注	1	2	3	4	5	6	7
6	賭博時，若我認為我差一點就勝出，我是會繼續賭下去的	1	2	3	4	5	6	7
7	賭博不只是靠運氣的	1	2	3	4	5	6	7
8	我在賭博中贏錢，證明我有這方面的知識及技術	1	2	3	4	5	6	7
9	當我賭博時，我會運用一些為我帶來運氣的方法	1	2	3	4	5	6	7
10	長遠來說，我是會贏錢多於輸錢的	1	2	3	4	5	6	7
11	儘管我的賭博策略或計劃未能成功，我一定會繼續運用這些策略或計劃，因為我知道這些做法最終會幫我贏錢	1	2	3	4	5	6	7
12	當我賭博時，我會做一些行為(例如：手握吉祥物，摸左手)以增加我贏的機會	1	2	3	4	5	6	7
13	如果我輸錢，我應嘗試再賭以贏回輸掉的金錢	1	2	3	4	5	6	7
14	不常賭博的人不會明白賭博的成功是需要“翻身”及願意付出一些金錢的	1	2	3	4	5	6	7
15	我從哪裏得到賭本是不重要的，因為我將會贏錢並可歸還	1	2	3	4	5	6	7
16	我頗能準確預測我會何時贏錢	1	2	3	4	5	6	7
17	對我而言，賭博是最佳的方法感受刺激	1	2	3	4	5	6	7
18	如果我繼續賭下去，我最終是有收穫而能贏錢的	1	2	3	4	5	6	7
19	我比其他人認識更多有關賭博的知識及技術	1	2	3	4	5	6	7
20	若我沒有告之身邊的人有關我輸錢的事，我覺得我的失落感會較少	1	2	3	4	5	6	7
21	雖然近來賭注的號碼沒有贏出，我仍保留相同的賭注號碼，因我相信這些號碼“遲早”會贏的	1	2	3	4	5	6	7

第四部分：精神健康狀況及上網行為

25) 除了因工作及學業需要之外，請問你每日平均用幾多時間上網？_____小時

26) 請問你是否.....

	是	否
1 覺得被網絡所佔據？		
2 需要花更多的時間在網絡才能獲得滿足？		
3 多次努力嘗試去控制或停止使用網絡，但總是失敗？		
4 當要中止連線時，覺得悶悶不樂、情緒低沉、易怒？		
5 你上網時間是否往往比原先預期要來得更長？		
6 為了上網，你寧願冒重要的人際關係、工作或教育機會損失的危險。		
7 你曾向家人或朋友說謊，以隱瞞你使用網絡的程度？		
8 你上網是為了逃避問題或釋放一些感覺，例如無助、罪惡、焦慮、沮喪。		

27) 請問你在過去一星期，有沒有出現／感到以下情況？ 請圈出你出現以下情況的程度

	沒有	間中	經常	常常
1 我覺得很難讓自己安靜下來	0	1	2	3
2 我感到口乾	0	1	2	3
3 我好像不能再有任何愉快、舒暢的感覺	0	1	2	3
4 我感到呼吸困難(例如不是運動時也感到氣促或透不過氣來)	0	1	2	3
5 我感到很難自動去開始工作	0	1	2	3
6 我對事情往往作出過敏反應	0	1	2	3
7 我感到顫抖(例如手震)	0	1	2	3
8 我覺得自己消耗很多精神	0	1	2	3
9 我憂慮一些令自己恐慌或出軌的場合	0	1	2	3
10 我覺得自己對將來沒有甚麼可盼望	0	1	2	3
11 我感到忐忑不安	0	1	2	3
12 我感到很難放鬆自己	0	1	2	3
13 我感到憂鬱沮喪	0	1	2	3
14 我無法容忍任何阻礙我繼續工作的事情	0	1	2	3
15 我感到快要恐慌了	0	1	2	3
16 我對任何事也不能熱衷	0	1	2	3
17 我覺得自己不甚麼配做人	0	1	2	3
18 我覺得自己很容易被觸怒	0	1	2	3
19 我察覺到自己在沒有明顯的體力勞動時，也感到心律不正常	0	1	2	3
20 我無緣無故地感到害怕	0	1	2	3
21 我感到生命毫無意義	0	1	2	3

第五部分：家庭關係及對現時香港賭博情況的觀感

28) 請圈出你對家人的滿意程度

		幾乎很少	有時	經常
1	我滿意當我遇到困難時，可以求助於家人	0	1	2
2	我滿意家人和我討論事情及分擔問題的方式	0	1	2
3	我滿意當我希望從事新活動，或是有新的發展方向時，家人能接受並給予支持	0	1	2
4	我滿意家人對我表達情感的方式，以及對我的情緒（如憤怒、悲傷、愛）的反應	0	1	2
5	我滿意家人與我共處的方式	0	1	2

29) 你覺得現時香港的合法賭博年齡定於十八歲是否合適？

☐ 合適

☐ 不合適 ➡ 31a) 你覺得最合適的合法賭博年齡是_____歲

☐ 不知道/不清楚/沒意見

30) 請問你覺得現時由馬會舉辦的六合彩的開彩次數是否合適？

☐ 合適

☐ 過多

☐ 過少

☐ 不知道/沒意見

31) 請問你覺得現時由馬會舉辦的足球博彩賽事場數是否合適？

☐ 合適

☐ 過多

☐ 過少

☐ 不知道/沒意見

32) 請問你覺得現時由馬會舉辦的本地賽馬賽事場數是否合適？

☐ 合適

☐ 過多

☐ 過少

☐ 不知道/沒意見

33) 請問你認為「週末賽馬日」在星期六還是星期日舉行較為合適？

☐ 星期六

☐ 星期日

☐ 不知道/沒意見

第六部分：個人資料

- 1) 性別 ☐男 ☐女
- 2) 年齡 _____歲
- 3) 教育程度 ☐初中（中一至中三） ☐高中（中四至中五）
☐預科（中六至中七／IVE／職業訓練學院） ☐大專（非學士學位）
☐學士學位或以上（包括碩士／博士） ☐其他（請註明：_____）
- 4) 你每月可用的金額／收入為\$_____
- 5) 你的每月可用金額／收入來源 [可選多項]
- ☐自己 ☐家人 ☐親戚 ☐朋友 ☐同學 ☐同事
☐綜援 ☐除綜援外，其他政府福利津貼 ☐其他（請註明：_____）
- 6) 請問你的家庭每月總收入大概多少？\$_____ ☐不知道
- 7) 你有沒有宗教信仰？ ☐有 ☐沒有
- 8) 你的婚姻狀況 ☐未婚 ☐已婚 ☐分居／離婚 ☐再婚 ☐離寡
- 9) 你現時所住的居所為

租住	自置／家人自置
☐ 公屋 ☐ 劏房／工廈 ☐ 居屋 ☐ 私人樓宇／唐樓／村屋 ☐ 員工／學生宿舍 ☐ 其他（請註明：_____）	☐ 公屋 ☐ 私人樓宇／居屋／唐樓／村屋 ☐ 其他（請註明：_____）
☐ 不知道	

- 10) 你現時的工作／學業狀況 [如有需要，可選多項]

☐ 自僱 ☐ 僱主 ☐ 僱員 → ☐ 全職 ☐ 兼職／半職 ☐ 學生 → ☐ 全日 ☐ 兼讀 ☐ 其他（請註明：_____）	☐ 失業／待業中 ☐ 失學但沒有尋工作 ☐ 全職家庭照顧者 ☐ 其他（請註明：_____）	無需回答題 11 及 12

- 11) 現時從事的行業為

☐ 飲食業 ☐ 零售業 ☐ 金融業 ☐ 運輸業 ☐ 旅遊業 ☐ 地產業 ☐ 製造業 ☐ 建造業 ☐ 教育 ☐ 住宿服務 ☐ 專業及商用服務 ☐ 資訊及通訊業 ☐ 公共行政／社會及個人服務 ☐ 進出口及批發貿易業 ☐ 其他（請註明：_____）

- 12) 現時從事的職業為

☐ 經理和行政人員（僱主、董事等） ☐ 專業人員（醫生、律師、會計師等） ☐ 輔助專業人員（社工、護士、消防、警察等） ☐ 文書／支援人員（文員、秘書、接待員等） ☐ 服務工作和銷售人員（侍應、售貨員、理髮員等） ☐ 機台及機器操作員及裝配員（司機、海員等） ☐ 非技術工人（保安、跟車工人、辦公室助理等） ☐ 工藝及有關人員（建築、三行、裝修工人等） ☐ 其他（請註明：_____）

第六部分：個人資料 (中學版)

1) 性別 ☐男 ☐女

2) 年齡 _____歲

3) 教育程度 ☐中四 ☐中五 ☐中六

4) 你每月可用的金額／收入為\$_____

5) 你的每月可用金額／收入來源 [可選多項]

☐自己 ☐家人 ☐親戚 ☐朋友 ☐同學 ☐同事☐綜援 ☐除綜援外，其他政府福利津貼 ☐其他（請註明：_____）6) 請問你的家庭每月總收入大概多少？\$_____ ☐不知道7) 你有沒有宗教信仰？ ☐有 ☐沒有

8) 你現時所住的居所為

租住	自置／家人自置
☐ 公屋 ☐ 劏房／工廈 ☐ 居屋 ☐ 私人樓宇／唐樓／村屋 ☐ 員工／學生宿舍 ☐ 其他（請註明：_____）	☐ 公屋 ☐ 私人樓宇／居屋／唐樓／村屋 ☐ 其他（請註明：_____）
☐ 不知道	

9) 請問你有沒有兼職工作？ ☐有 ☐沒有（無需回答題 10 和 11）

10) 兼職的行業為

☐ 飲食業 ☐ 零售業 ☐ 金融業
☐ 運輸業 ☐ 旅遊業 ☐ 地產業
☐ 製造業 ☐ 建造業 ☐ 教育
☐ 住宿服務 ☐ 專業及商用服務
☐ 資訊及通訊業
☐ 公共行政／社會及個人服務
☐ 進出口及批發貿易業
☐ 其他（請註明：_____）

11) 兼職的職業為

☐ 經理和行政人員(僱主、董事等)
☐ 專業人員(醫生、律師、會計師等)
☐ 輔助專業人員(社工、護士、消防、警察等)
☐ 文書／支援人員(文員、秘書、接待員等)
☐ 服務工作和銷售人員(侍應、售貨員、理髮員等)
☐ 機台及機器操作員及裝配員(司機、海員等)
☐ 非技術工人(保安、跟車工人、辦公室助理等)
☐ 工藝及有關人員(建築、三行、裝修工人等)
☐ 其他（請註明：_____）

訪問完成，謝謝！

Appendix III: Interview Guide for GD gamblers

《香港人參與賭博活動調查 2016》 病態及問題賭徒深入訪談大綱

研究員自我介紹

你好！我叫XX，係負責今次研究的同事，多謝你抽時間接受今次研究嘅訪談。今次民政事務局委託香港理工大學應用社會科學系進行一項有關香港人參與賭博活動情況及了解沉迷賭博的歷程，你嘅意見對今次研究問題／病態賭博會有很大的幫助。訪問維持約一至兩小時。為方便準確記錄訪問內容，整個訪問過程會進行錄音。請放心，你嘅分享同意見係絕對保密。研究完成後，所有資料同錄音帶都會燒毀。請在訪問前，填一份不記名嘅問卷以作研究之用。完成訪問後，我們會有一百港元以答謝你嘅支持。請問有無任何疑問，如果無嘅話依家就開始訪問。

受訪者染上賭癮的歷程

I. 初次參與賭博的經驗

- 1.1 請問你幾多歲開始參與賭博活動？請描述一下當時的賭博情況。
- 1.2 當時有什麼因素令你開始參與賭博活動？

II. 染上賭癮的不同階段

- 2.1 請按照你的個人賭博經驗，分辨出你個人不同的賭博階段。
- 2.2 請你就每個階段的賭博經歷加以分享。
 - 參與賭博的初期（包括參與賭博原因；賭博的情況→選擇的賭博活動、地點、賭本來源、次數、金額、人物；贏或輸的反應；對賭博想法和感受）
 - 參與賭博的中期（包括繼續賭博原因；賭博的情況→開始沉迷賭博的跡象、選擇的賭博活動、地點、賭本來源、次數、金額、人物；對賭博想法和感受；家人的反應及感受等）
 - 參與賭博的後期（包括繼續賭博原因；沉迷賭博的情況→沉迷的活動、金額、次數、賭本來源、人物；對賭博想法和感受；家人的反應及感受；曾否有減少或停止賭博的念頭或行動？如有，你如何減少或停止自己賭博？家人有沒有幫你解決因沉迷賭博所帶來的問題？如有，如何協助？結果如何？）
- 2.3 綜觀你的分享，你認為自己是根據什麼準則劃分你的個人賭博階段？

III. 對賭博的整體看法

- 3.1 為何賭博如此吸引你去參與？
- 3.2 你認為沉迷賭博跟什麼最有關（例如個人喜好尋求刺激、對賭博的想法、個人不快經驗、受家人或朋友影響等等）？
- 3.3 贏到錢時，通常如何處理這些贏回來的錢？
- 3.4 請分享一下你賭得最厲害的一次經驗？例如何時發生、賭什麼活動、賭多大？當時的賭本從何而來？

**《香港人參與賭博活動調查 2016》
病態及問題賭徒深入訪談大綱**

IV. 賭博的影響

- 4.1 賭博對你或家人的生活帶來什麼影響（例如經濟、家庭、人際關係、工作、身心健康等等）？

V. 尋求協助情況及對戒賭輔導服務的成效意見

- 5.1 在什麼情況下（例如離婚、家人逝世等）令你決定戒賭？是你自己決定戒賭？還是你接受親友的勸告決定戒賭？
- 5.2 請問你接受了什麼戒賭輔導服務？你如何得知該服務？
- 5.3 請受訪者就各種曾參與的戒賭輔導服務作出描述及分享，包括以下：
- 該服務是怎樣的？
 - 如何協助你？
 - 該服務最能協助你的是什麼？
 - 在過程中遇到什麼困難？
- 5.4 請問你家人有沒有接受什麼戒賭輔導服務？
- 5.5 如有⇒請受訪者就家人接受過的各種戒賭輔導服務作出描述及分享，包括以下：
- 該服務是怎樣的？
 - 如何協助你的家人？
 - 該服務最能協助你家人的是什麼？
 - 這些服務也能協助你嗎？
 - 在過程中遇到什麼困難？
- 5.6 你覺得戒賭服務的角色在你的戒賭過程重要嗎（重要角色／輔助角色）？為什麼？
- 5.7 你覺得家人的角色在戒賭過程重要嗎（重要角色／輔助角色）？為什麼？
- 5.8 有沒有其他因素（如親人的支持）能令你堅持戒賭？
- 5.9 你認為戒賭輔導服務有什麼改善之處？

**《香港人參與賭博活動調查 2016》
病態及問題賭徒深入訪談大綱**

背景資料

1. ☐ 男 ☐ 女
2. 請問你依家幾多歲 _____ 歲
3. 請問你的教育程度
☐ 無接受過任何正規教育 ☐ 小學／幼稚園 ☐ 初中（中一至中三）
☐ 高中（中四至中五） ☐ 預科（中六至中七／工業學院／IVE）
☐ 大專：非學士學位 ☐ 大學或以上（包括學士、碩士、博士）
4. 你有無宗教信仰？ ☐ 有 ☐ 沒有
5. 請問你的婚姻狀況
☐ 未婚 ☐ 已婚 ☐ 分居／離婚 ☐ 鰥寡 ☐ 再婚
6. 請問你有無子女？ ☐ 有（請問有幾多位子女？ _____ 位） ☐ 沒有
7. 請問你現時嘅工作狀況係：
☐ 僱員 →（全職？兼職？散工？）請問你嘅職業係： _____
☐ 僱主（請註明從事的行業： _____）
☐ 自僱人士
☐ 失業／待業 ☐ 全職家庭照顧者 ☐ 退休人士 ☐ 學生
☐ 領取綜援／傷殘津貼／其他社會福利津貼
☐ 其他（請註明： _____）
8. 請問你每個月平均收入大概幾多？

☐ 無收入	☐ \$5,000 或以下	☐ \$5,001-\$10,000	☐ \$10,001-\$15,000
☐ \$15,001-\$20,000	☐ \$20,001-\$25,000	☐ \$25,001-\$30,000	☐ \$30,001-\$35,000
☐ \$35,001-\$40,000	☐ \$40,001-\$45,000	☐ \$45,001-\$50,000	☐ \$50,001 或以上
9. 請問你接受戒賭輔導服務達幾年？ _____ 年

訪問完成，謝謝！

Appendix IV: Interview guide for significant others of GD gamblers

《香港人參與賭博活動調查 2016》 關鍵人物深入訪談大綱

研究員自我介紹：

你好！我叫XX，係負責今次研究的同事，多謝你抽時間接受今次訪問。今次民政事務局委託香港理工大學應用社會科學系進行一項有關了解問題／病態賭博的成因及影響的研究，你嘅意見對今次研究有很大的幫助。訪問維持約一至兩小時。為方便準確記錄訪問內容，整個訪問過程會進行錄音。請放心，你嘅分享同意見係絕對保密。研究完成後，所有資料同錄音帶都會燒毀。請在訪問前，填請填一份不記名嘅問卷以作研究之用。完成訪問後，我們會給予一百港元以答謝你嘅支持。請問有無任何疑問，如果無嘅話依家就開始訪問。

I. 與服務使用者的關係及參與賭博情況

- 1.1 請問沉迷賭博的他／她是你的那位家人？
- 1.2 你有否參與賭博？

II 染上賭癮的歷程

- 2.1 他／她何時開始參與賭博的？如你不知，你在何時得知他／她參與賭博？參與那種賭博活動？
- 2.2 當得知他／她的賭博行為後，你及你的家人有何反應？當時你有否想過停止他／她的賭博行為嗎？為甚麼？
- 2.3 你何時察覺到他／她開始沉迷賭博？如何發現他／她有這個問題？當時情況如何？你有何反應？你或你的家人有否協助他／她？
- 2.4 你覺得他／她為何沉迷賭博？你覺得他／她受那些影響而沉迷賭博？你覺得最重要的影響是甚麼？

III 服務使用者沉迷賭博時對身邊的人之影響

- 3.1 請問當時他／她沉迷賭博對你及你的家人有何影響？
- 3.2 在各影響中，最大的影響是甚麼？如何影響？
- 3.3 除了家庭生活的影響，有沒有其他生活上的影響（例如工作狀況）？

IIII 尋求協助的情況及對戒賭輔導服務的成效意見

- 4.1 你當時如何面對和處理因他／她沉迷賭博所引起的問題／影響？
- 4.2 當時你有沒有尋求身邊的人的協助嗎？如有，是誰？結果如何？
- 4.3 請問你如何得知戒賭輔導服務？甚麼原因令你向戒賭輔導服務尋求協助？
- 4.4 當時你建議他／她向戒賭輔導服務尋求協助時，他／她的反應如何？為甚麼他／她接受或不接受你的勸告？你如何令他／她接受你的勸告，接受戒賭服務？
- 4.5 請問你接受了甚麼戒賭輔導服務？請描述一下服務過程？他們如何協助你及他／她？甚麼服務／輔導過程最能幫到你及他／她？幫到甚麼？過程中遇到甚麼困難？
- 4.6 現在你還需要甚麼支援／服務？
- 4.7 你覺得自己在他／她的戒賭階段扮演甚麼角色（重要角色／輔助角色）？你覺得重要嗎？為甚麼？
- 4.8 你覺得戒賭服務在他／她的戒賭階段扮演甚麼角色（重要角色／輔助角色）？你覺得重要嗎？為甚麼？
- 4.9 請建議服務有何改善之處。

**《香港人參與賭博活動調查 2016》
關鍵人物深入訪談大綱**

背景資料

1. ☐男 ☐女

2. 請問你依家幾多歲：_____ 歲

3. 請問你的教育程度係：

☐無接受過任何正規教育 ☐小學／幼稚園 ☐初中（中一至中三）

☐高中（中四至中五） ☐預科（中六至中七／工業學院／IVE）

☐大專：非學士學位 ☐大學或以上（包括學士、碩士、博士）

4. 你有無宗教信仰？☐有 ☐沒有

5. 請問你現時嘅工作狀況係：

☐僱員→（全職？兼職？散工？） 請問你嘅職系係：_____

☐僱主（請註明從事的行業：_____）

☐自僱人士

☐失業／待業 ☐全職家庭照顧者 ☐退休人士 ☐學生

☐領取綜援／傷殘津貼／其他社會福利津貼

☐其他（請註明：_____）

訪同完成・多謝合作！

Appendix V: Interview guide for professional gambler

《香港人參與賭博活動調查 2016》

以賭博為職業人士深入訪談大綱

研究員自我介紹：

你好！我叫XX，係負責今次研究的同事，多謝你哋抽時間接受今次研究嘅訪談。今次民政事務局委託香港理工大學應用社會科學系進行一項有關香港人參與賭博活動研究，你哋嘅意見對今次研究賭博人士的經驗會有很大的幫助。訪問維持約一至兩小時。為方便準確記錄訪問內容，整個訪問過程會進行錄音。請放心，你嘅分享同意見係絕對保密。研究完成後，所有資料同錄音帶都會燒毀。請在訪問前，填請填一份不記名嘅問卷以作研究之用。完成訪問後，我們會有現金\$100以答謝你嘅支持。訪問有無任何疑問，如果無嘅話依家就開始訪問。

1. 受訪者參與賭博的過程、動機及看法

- 1.1 請問你幾多歲開始參與賭博活動。
- 1.2 請描述一下當時的賭博情況。
(例如：當時參與甚麼賭博活動、與誰參與、賭多大、賭本從何而來？在甚麼地方、透過甚麼途徑、當時賭了多久等。)
- 1.3 當時有什麼因素令你參與賭博活動？主要因素是什麼？
- 1.4 若年紀未足十八，你有否參與賽馬會的賽事？參與賽馬會那類賭博？未夠合法年齡下你如何參與？

2. 受訪者繼續參與賭博的情況、動機及看法

- 2.1 為甚麼會繼續賭博？可有什麼特別人士或環境影響你？
- 2.2 請描述一下繼續參與賭博的情況。
(例如：你通常參與那種賭博活動？通常會在甚麼地方（例如學校、家中、公園）及跟誰（例如家人、親戚、同學、朋友或同事）參與？大約每次投注幾多？透過甚麼途徑投注（例如自己、成年朋友或家人）？賭本從何而來？賭本佔你的收入大約幾多百分比？)
- 2.3 你介不介意讓你的家人知道你參與賭博？為甚麼？

3. 參與賭博及入行的情況、動機及看法

- 3.1 請描述一下如何入行？（為什麼當時的僱主選你為他全職賭博？為何你會選擇成為全職賭博？等等）
- 3.2 這行做左幾耐？這行有乜吸你？
- 3.3 請描述一下你的工作內容？（例如賭什麼、如何賭、投注方式、有沒有什麼投注限制、有無搞外圍？外圍對象是香港人？團隊如何分工？上班時間？上班地點？老闆如何計錢出糧？有沒有如何與僱主分賬 - 贏了或輸了如何處理？)

4. 網上賭博

- 4.1 你認為網上賭博同傳統賭博的最大分別是什麼？有什麼吸引力？公司幾時開始參與網上賭博？你們每星期用幾多時間放在網上賭博上？賭本大概多少？輸贏的上落最大試過幾多？
- 4.2 你公司選擇那類網上賭博活動？在香港，同另外邊個國家的網上賭博站最受你們歡迎？每週上網賭博次數、金額？公司在網上/傳統賭博上的賭注分配比例是多少？主要是網上賭博嗎？若是，何解？贏輸結算週期係點？輸多定贏多？輸/贏得最多的金額多少？
- 4.3 有沒有參與網上的賭博 forum？若有，點解參與？多唔多人在網上同網友傾網上賭博？傾 d 乜？網友主要乜背景？
- 4.4 在未來這幾年，你公司預計會否更積極地參與網上賭博？為什麼？會佔賭注幾多成？
- 4.5 你有沒有因將賭博當成「職業」，令你更愛/討厭了賭博？

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- 4.6 你有沒有用自己錢參與上網賭博？若有，每週上網賭博次數、金額？輸多定贏多？輸／贏得最多的金額多少？

5. 評現時香港網上賭博情況及意見

- 5.1 你對現時在手機／網上賭博有何看法？你會否認為多了這些項目會令愈來愈多人變成問題賭徒？若是，那類人最受影響？建議有什麼預防方法？
5.2 如何看網上賭博在香港的發展趨勢？那類人最受影響？

6. 如何看賭博

- 6.1 你是否仍然以賭博為職業，為老闆打工？
6.2 要成為職業賭徒，你覺得最需要有什麼才能／條件？
6.3 請分享一下從事職業賭博，除了錢外，有何得著（例如存在感／成功感）？
6.4 你是否打算以賭博為終生職業？就算不是，你他日改行後，是否會於公餘暇時繼續賭博？為何？你認為賭博心癮不容易戒掉？
6.5 若不再以賭博為職業，為何辭職？
6.6 你如何看賭博：心態，例如是娛樂？純工作？投資？純為了贏錢？
6.7 你覺得賭博是全靠運氣還是「賭術」？還是兩者皆是但不同佔比？可否分享一下你的「賭術」（例如耐心等待機會、賭博規律、記牌、下注結果、概率計算）？
6.8 你覺得賭博可以致富嗎？長賭必贏還是輸？你賭博以來，是否愈賭愈大？愈賭多不同辦數就愈投入賭博？
6.9 你有幾喜歡賭博？從何開始喜歡賭博？賭博心癮有否形成？何以見得（例如：有沒有不能自拔難以抽身的感覺？）為了賭博你可以去到幾盡？
6.10 你擔不擔心自己會沉迷賭博／為什麼？你如何控制自己的賭博行為？
6.11 請問你曾否因參與賭博而要向你的親友借錢？如有，參與什麼賭博活動令你欠債？那位親友借款給你？借了多少？能否將借貸還清？（如未還清），請問還欠多少？除了親友外，請問你曾否因賭博向其他人／機構（例如財務公司、銀行、大耳窿等）借錢？如有，請問欠債多少？借款人是誰？如何獲得貸款？借了多少？能否將借貸還清？（如未還清），請問還欠多少？
6.12 請問你的親人知道你從事這行業嗎？如知道，當他們知道後對你的職業有何看法？
6.13 你的家人有沒有受你的職業影響嗎？（財務、生活上、關係或精神上）？為什麼？
6.14 賭博有否影響你的生活？若有，如何做成影響？

7. 對「有節制賭博」的認知及意見

- 7.1 請問你知不知道馬會推行的「有節制賭博」？
7.2 你認為馬會應否推行「有節制賭博」？若應該，點解？若不應該，點解？
7.3 你認為有效用嗎？馬會應如何做得更加好？
7.4 請問你有沒有聽過戒賭輔導服務中心（如明愛展晴中心、平和坊、青亮或錫安晏勵軒）及戒賭熱線 1834633？如有，從甚麼途徑得知有關服務？知道什麼服務？
7.5 你覺得這些服務能夠幫助到人戒賭及賭徒的親人嗎？為甚麼？有何建議？
7.6 若你真的不幸成為問題賭徒，你會否前往上述戒賭中心求助？點解肯？
7.7 你覺得香港的合法賭博年齡定於 18 歲是否合適？為什麼？（如否，請受訪者建議年齡及解釋為何有這個建議）？

8. 對香港現時的合法賭博情況的看法及意見

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- 8.1 請問你覺得香港現時的合法賭博種類及途徑是否足夠或不足夠？為甚麼？如建議增加合法賭博活動及途徑，你覺得應該增加那些種類／途徑？如何增加？如建議減少合法賭博活動及途徑，你覺得應該減少那些種類／途徑？如何減少？
- 8.2 你覺得如增加/減少後會對香港帶來甚麼（正／負）影響？

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I. 背景資料

1. ☐ 男 ☐ 女

2. 請問你依家幾多歲：_____ 歲

3. 請問你的教育程度係：

☐ 無接受過任何正規教育 ☐ 小學／幼稚園 ☐ 初中（中一至中三）

☐ 高中（中四至中五） ☐ 預科（中六至中七／工業學院／IVE）

☐ 大專：非學士學位 ☐ 大學或以上（包括學士、碩士、博士）

4. 你有無宗教信仰？ ☐ 有 ☐ 沒有

5. 請問你的婚姻狀況？

☐ 未婚 ☐ 已婚 ☐ 分居／離婚 ☐ 鰥寡 ☐ 再婚

6. 請問你有無子女？ ☐ 有（請問有幾多位：_____） ☐ 沒有

7. 請問你每個月平均收入大概幾多？

☐ 無收入 ☐ 拒絕回答 ☐ \$5,000 或以下 ☐ \$5,001-\$10,000

☐ \$10,001-\$15,000 ☐ \$15,001-\$20,000 ☐ \$20,001-\$25,000 ☐ \$25,001-\$30,000

☐ \$30,001-\$35,000 ☐ \$35,001-\$40,000 ☐ \$40,001-\$45,000 ☐ \$45,001-\$50,000

☐ \$50,001 或以上

8. 在過去一年，請問你是否...

	是	否
我常常想著以往的賭博經驗，計劃下一次怎去再賭，或如何找到賭本	1	2
我需要不斷增加賭博的注碼來得到刺激	1	2
我曾經嘗試控制，減少或停止賭博，但都不成功	1	2
當我停止賭博，我會感到心緒不寧，或容易發怒	1	2
當我感到無助、內疚、焦慮或失意時，我會寄情於賭博	1	2
當我賭輸錢後，我常希望追回輸了的錢	1	2
為了隱瞞自己的賭博行為，我不會對親人說真話	1	2
我因賭已危及或已令我失去重要的家庭或人際關係、工作、學業或事業發展的機會	1	2
我要依靠他人提供金錢協助，來解決因賭博所引起的財政困境	1	2

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9) 你為甚麼喜歡賭博？請圈出你對下列各項來形容你參與賭博的貼切程度

(數字越偏向 1，即你越是不同意這項原因，如數字偏向 7，即你越是同意這項參與賭博的原因)

		完全不貼切	1	2	3	4	5	6	7	完全貼切
9.1	賭博令我感到興奮	1	2	3	4	5	6	7		
9.2	賭博令我感到我很重要	1	2	3	4	5	6	7		
9.3	賭博令我有自我勝任的感覺	1	2	3	4	5	6	7		
9.4	賭博是令我完全放鬆的最佳方法	1	2	3	4	5	6	7		
9.5	我為贏錢而賭博，但有時我會問自己是否應該繼續	1	2	3	4	5	6	7		
9.6	為贏錢而賭博可以讓我測試我的自制力	1	2	3	4	5	6	7		
9.7	我是為贏錢而賭博，但有時我會問自己在當中得到甚麼	1	2	3	4	5	6	7		
9.8	賭博令我發達	1	2	3	4	5	6	7		
9.9	賭博可使其他人知道我是一個精力充沛的人	1	2	3	4	5	6	7		
9.10	我可從認識更多有關某種賭博活動而獲得愉快的感覺	1	2	3	4	5	6	7		
9.11	我從賭博可以買到我所夢寐以求的物品	1	2	3	4	5	6	7		
9.12	我在賭博中感到極大的享受	1	2	3	4	5	6	7		
9.13	賭博是我認識最能減壓的方法	1	2	3	4	5	6	7		
9.14	我賭博是為了在賭博活動中得到強烈的官能感覺	1	2	3	4	5	6	7		
9.15	我可從認識某種賭博活動的新玩法而獲得滿足感	1	2	3	4	5	6	7		
9.16	賭博可令人妒忌我	1	2	3	4	5	6	7		
9.17	賭博是我用以消除煩惱的消遣活動	1	2	3	4	5	6	7		
9.18	當我知道自己玩某種賭博活動的能力，我會感到愉快	1	2	3	4	5	6	7		
9.19	當我覺得我可以控制某種賭博活動，我會感到滿足	1	2	3	4	5	6	7		
9.20	我賭博是為了滿足好奇心	1	2	3	4	5	6	7		
9.21	我是為贏錢而賭博，但有時我覺得我在當中所得的並非這麼多	1	2	3	4	5	6	7		
9.22	賭博是一個快捷和容易的賺錢方法	1	2	3	4	5	6	7		
9.23	賭博是我最能與我朋友碰面、消遣的活動	1	2	3	4	5	6	7		
9.24	賭博能帶給我控制的感覺	1	2	3	4	5	6	7		
9.25	我為贏錢而賭博，但有時我會問自己賭博對我是否有好處	1	2	3	4	5	6	7		
9.26	當我贏錢的時候，我會覺得自己是一個重要的人	1	2	3	4	5	6	7		
9.27	我賭博是為了贏很多錢	1	2	3	4	5	6	7		
9.28	賭博能給我很刺激的官能感覺	1	2	3	4	5	6	7		

Appendix VI: Interview guide for focus group (General public)

《香港人參與賭博活動調查 2016》

大眾聚焦小組訪談大綱

研究員自我介紹：

你好！我叫XX，係負責今次研究的同事，多謝你哋抽時間接受今次研究嘅訪談。今次民政事務局委託香港理工大學應用社會科學系進行一項有關香港人參與賭博活動研究，你哋嘅意見對今次研究賭博人士的經驗會有很大的幫助。訪問維持約一至兩小時。為方便準確記錄訪問內容，整個訪問過程會進行錄音。請放心，你哋分享同意見係絕對保密。研究完成後，所有資料同錄音帶都會燒毀。請在訪問前，填請填一份不記名問卷以作研究之用。完成訪問後，我們會給予一百港元以答謝你嘅支持。請問有無任何疑問，如果無嘅話依家就開始訪問。

I. 受訪者參與賭博的過程、動機及看法

1.1 請問你幾多歲開始參與賭博活動。

1.2 請描述一下當時的賭博情況。

(例如：當時參與甚麼賭博活動、與誰參與、賭多大、賭本從何而來？在甚麼地方、透過甚麼途徑、當時賭了多久等。)

1.3 當時有什麼因素令你參與賭博活動？

II. 受訪者繼續參與賭博的情況、動機及看法

2.1 為甚麼會繼續賭博？

2.2 請描述一下繼續參與賭博的情況。

(例如：你通常參與那種賭博活動？通常會在甚麼地方（例如學校、家中、公園）及跟誰（例如家人、親戚、同學、朋友或同事）參與？大約每次投注幾多？透過甚麼途徑投注（例如自己、已成年朋友或家人）？賭本從何而來？賭本佔你的收入大約幾多百分比？)

2.3 你介不介意讓你的家人知道你參與賭博？為甚麼？

IIa. 參與足球博彩的情況、動機及看法

[如受訪者在圖2.2 曾提及參與足球博彩，請問此圖]

2a1) 請描述一下參與足球博彩的情況。

(例如：通常你每次參與幾多場賽事？每月用多少錢參與？與誰一起參與足球博彩？從那裡得知足球博彩的資訊？在甚麼地方參與？透過甚麼途徑？)

2a2) 賭本從何而來？

2a3) 如遇到大賽，例如世界盃，會否比平時投注多些？如會，請問會比平時多幾多？

2a4) 為甚麼參與足球博彩？

IIb. 參與網上賭博情況、動機及看法

[如受訪者在圖2.2 曾提及參與網上賭博，請問此圖]

2b1) 請描述一下參與網上賭博的情況。

(例如：從何時開始？參與甚麼網上賭博活動？如何參與（例如如何開設網上賭博戶口／賬戶）？從何得知網上賭博的資訊？大約每次投注額多少？每月平均用幾多錢參與？每次玩多久？與誰參與？通常在何時？何地參與？)

2b2) 為甚麼參與網上賭博？

III. 賭博的影響

- 3.1 你曾否因為賭博（特別是賭輸時）影響到你及你的家人？
（例如：情緒問題、學業／工作問題、社交問題？）
- 3.2 如有，當時你有何感覺？如何處理？
- 3.3 你身邊的人有否協助你？如有，是誰？他／她如何協助你？成效如何？
- 3.4 請問你曾否想過戒賭？如有，為甚麼要戒賭呢？共戒過幾次？是怎樣實行？結果如何？如沒有，為甚麼？

IV. 借貸賭博情況

- 4.1 請問你曾否因參與賭博而要向你的親友借錢？如有，參與什麼賭博活動令你欠債？那位親友借款給你？借了多少？能否將借貸還清？（如未還清），請問還欠多少？
- 4.2 除了親友外，請問你曾否因賭博向其他人／機構（例如財務公司、銀行、大耳窿等）借錢？如有，請問欠債多少？借款人是誰？如何獲得貸款？借了多少？能否將借貸還清？（如未還清），請問還欠多少？

V. 討論對戒賭輔導服務的認知及意見

- 5.1 請問你有沒有聽過戒賭輔導服務中心（如明愛展晴中心、平和坊、青亮或錫安晏勵軒）及戒賭熱線 1834633？如有，從甚麼途徑得知有關服務？知道什麼服務？
- 5.2 你覺得戒賭服務能夠幫助到人戒賭及賭徒的親人嗎？為甚麼？有何建議？

VI. 對香港現時的合法賭博情況的看法及意見

- 6.1 請問你覺得香港現時的合法賭博種類及途徑是否足夠？為甚麼？如建議增加合法賭博活動及途徑，你覺得應該增加那些種類／途徑？如何增加？
- 6.2 你覺得如增加後會對香港帶來甚麼（正／負）影響？

《香港人參與賭博活動調查 2016》

大眾聚焦小組訪談大綱

背景資料

1. ☐ 男 ☐ 女

2. 請問你依家幾多歲：_____ 歲

3. 請問你的教育程度係：

- ☐ 無接受過任何正規教育 ☐ 小學／幼稚園 ☐ 初中（中一至中三）
☐ 高中（中四至中五） ☐ 預科（中六至中七／工業學院／IVE）
☐ 大專：非學士學位 ☐ 大學或以上（包括學士、碩士、博士）

4. 你有無宗教信仰？ ☐ 有 ☐ 沒有

5. 請問你的婚姻狀況？

☐ 未婚 ☐ 已婚 ☐ 分居／離婚 ☐ 鰥寡 ☐ 再婚

6. 請問你有無子女？ ☐ 有（請問有幾多位：_____） ☐ 沒有

7. 請問你現時嘅工作狀況係：

- ☐ 僱員 →（全職？兼職？散工？） ☐ 僱主（請註明從事的行業：_____）
☐ 自僱人士
☐ 失業／待業 ☐ 全職家庭照顧者 ☐ 退休人士 ☐ 學生
☐ 領取綜援／傷殘津貼／其他社會福利津貼
☐ 其他（請註明：_____）

8. 請問你嘅職業係：_____

9. 請問你每個月平均收入大概幾多？

- ☐ 無收入 ☐ \$5,000 或以下 ☐ \$5,001-\$10,000 ☐ \$10,001-\$15,000
☐ \$15,001-\$20,000 ☐ \$20,001-\$25,000 ☐ \$25,001-\$30,000 ☐ \$30,001-\$35,000
☐ \$35,001-\$40,000 ☐ \$40,001-\$45,000 ☐ \$45,001-\$50,000 ☐ \$50,001 或以上

訪同完成・多謝合作！

Appendix VII: Interview guide for focus group (Youth)

《香港人參與賭博活動調查 2016》 青少年(15 至 22 歲)聚焦小組訪談大綱

研究員自我介紹：

你好！我叫XX，係負責今次研究的同事，多謝你哋抽時間接受今次研究嘅訪談。今次民政事務局委託香港理工大學應用社會科學系進行一項有關香港人參與賭博活動研究，你哋嘅意見對今次研究賭博人士的經驗會有很大的幫助。訪問維持約一至兩小時。為方便準確記錄訪問內容，整個訪問過程會進行錄音。請放心，你嘅分享同意見係絕對保密。研究完成後，所有資料同錄音帶都會燒毀。請在訪問前，填請填一份不記名嘅問卷以作研究之用。完成訪問後，我們會給予一百港元以答謝你嘅支持。請問有無任何疑問，如果無嘅話依家就開始訪問。

I. 受訪者參與賭博的過程、動機及看法

- 1.1 請問你幾多歲開始參與賭博活動。
- 1.2 請描述一下當時的賭博情況。
(例如：當時參與甚麼賭博活動、與誰參與、賭多大、賭本從何而來？在甚麼地方、透過甚麼途徑、當時賭了多久等。)
- 1.3 當時有什麼因素令你參與賭博活動？

II. 受訪者繼續參與賭博的情況、動機及看法

- 2.1 為甚麼會繼續賭博？
- 2.2 請描述一下繼續參與賭博的情況。
(例如：你通常參與那種賭博活動？通常會在甚麼地方（例如學校、家中、公園）及跟誰（例如家人、親戚、同學、朋友或同事）參與？大約每次投注幾多？透過甚麼途徑投注（例如自己、成年朋友或家人）？賭本從何而來？賭本佔你的收入大約幾多百分比？)
- 2.3 你介不介意讓你的家人知道你參與賭博？為甚麼？

IIa. 參與足球博彩的情況、動機及看法

[如受訪者在圖2.2 曾提及參與足球博彩，請問此圖]

- 2a1) 請描述一下參與足球博彩的情況。
(例如：通常你每次參與幾多場賽事？每月用多少錢參與？與誰一起參與足球博彩？從那裡得知足球博彩的資訊？在甚麼地方參與？透過甚麼途徑？)
- 2a2) 賭本從何而來？
- 2a3) 如遇到大賽，例如世界盃，會否比平時投注多些？如會，請問會比平時多幾多？
- 2a4) 為甚麼參與足球博彩？

IIb. 參與網上賭博情況、動機及看法

[如受訪者在圖2.2 曾提及參與網上賭博，請問此圖]

- 2b1) 請描述一下參與網上賭博的情況。
(例如：從何時開始？參與甚麼網上賭博活動？如何參與（例如如何開設網上賭博戶口／賬戶）？從何得知網上賭博的資訊？大約每次投注額多少？每月平均用幾多錢參與？每次玩多久？與誰參與？通常在何時？何地參與？)
- 2b2) 為甚麼參與網上賭博？

《香港人參與賭博活動調查 2016》
青少年(15 至 22 歲)聚焦小組訪談大綱

III. 賭博的影響

- 3.1 你曾否因為賭博（特別是賭輸時）影響到你及你的家人？
（例如：情緒問題、學業／工作問題、社交問題？）
- 3.2 如有，當時你有何感覺？如何處理？
- 3.3 你身邊的人有否協助你？如有，是誰？他／她如何協助你？成效如何？
- 3.4 請問你曾否想過戒賭？如有，為甚麼要戒賭呢？共戒過幾次？是怎樣實行？結果如何？如沒有，為甚麼？

IV. 借貸賭博情況

- 4.1 請問你曾否因參與賭博而要向你的親友借錢？如有，參與什麼賭博活動令你欠債？那位親友借款給你？借了多少？能否將借貸還清？（如未還清），請問還欠多少？
- 4.2 除了親友外，請問你曾否因賭博向其他人／機構（例如財務公司、銀行、大耳窿等）借錢？如有，請問欠債多少？借款人是誰？如何獲得貸款？借了多少？能否將借貸還清？（如未還清），請問還欠多少？

V. 討論對戒賭輔導服務的認知及意見

- 5.1 請問你有沒有聽過戒賭輔導服務中心（如明愛展晴中心、平和坊、青亮或錫安易勵軒）及戒賭熱線 1834633？如有，從甚麼途徑得知有關服務？知道什麼服務？
- 5.2 你覺得戒賭服務能夠幫助到人戒賭及賭徒的親人嗎？為甚麼？有何建議？

VI. 對香港現時的合法賭博情況的看法及意見

- 6.1 請問你覺得香港現時的合法賭博種類及途徑是否足夠？為甚麼？如建議增加合法賭博活動及途徑，你覺得應該增加那些種類／途徑？如何增加？
- 6.2 你覺得如增加後會對香港帶來甚麼（正／負）影響？

《香港人參與賭博活動調查 2016》
青少年(15 至 22 歲)聚焦小組訪談大綱

背景資料

1. ☐ 男 ☐ 女
2. 請問你依家幾多歲：_____ 歲
3. 請問你的教育程度係：
☐ 無接受過任何正規教育 ☐ 小學／幼稚園 ☐ 初中（中一至中三）
☐ 高中（中四至中五） ☐ 預科（中六至中七／工業學院／IVE）
☐ 大專：非學士學位 ☐ 大學或以上（包括學士、碩士、博士）
4. 你有無宗教信仰？ ☐ 有 ☐ 沒有
5. 請問你的婚姻狀況？
☐ 未婚 ☐ 已婚 ☐ 分居／離婚 ☐ 鰥寡 ☐ 再婚
6. 請問你有無子女？ ☐ 有（請問有幾多位：_____） ☐ 沒有
7. 請問你現時嘅工作狀況係：
☐ 僱員 →（全職？兼職？散工？） ☐ 僱主（請註明從事的行業：_____）
☐ 自僱人士
☐ 失業／待業 ☐ 全職家庭照顧者 ☐ 退休人士 ☐ 學生
☐ 領取綜援／傷殘津貼／其他社會福利津貼
☐ 其他（請註明：_____）
8. 請問你嘅職業係：_____
9. 請問你每個月平均收入大概幾多？
☐ 無收入 ☐ \$5,000 或以下 ☐ \$5,001-\$10,000 ☐ \$10,001-\$15,000
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訪同完成・多謝合作！

Appendix VIII: Interview guide for focus group (At-risk youth)

《香港人參與賭博活動調查 2016》

逾青(15至22歲)聚焦小組訪談大綱

研究員自我介紹：

你好！我叫XX，係負責今次研究的同事，多謝你哋抽時間接受今次研究嘅訪談。今次民政事務局委託香港理工大學應用社會科學系進行一項有關香港人參與賭博活動研究，你哋嘅意見對今次研究賭博人士的經驗會有很大的幫助。訪問維持約一至兩小時。為方便準確記錄訪問內容，整個訪問過程會進行錄音。請放心，你嘅分享同意見係絕對保密。研究完成後，所有資料同錄音帶都會燒毀。請在訪問前，填請填一份不記名嘅問卷以作研究之用。完成訪問後，我們會給予一百港元以答謝你嘅支持。請問有無任何疑問，如果無嘅話依家就開始訪問。

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- 1.1 請問你幾多歲開始參與賭博活動。
- 1.2 請描述一下當時的賭博情況。
(例如：當時參與甚麼賭博活動、與誰參與、賭多大、賭本從何而來？在甚麼地方、透過甚麼途徑、當時賭了多久等。)
- 1.3 當時有什麼因素令你參與賭博活動？

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- 2.1 為甚麼會繼續賭博？
- 2.2 請描述一下繼續參與賭博的情況。
(例如：你通常參與那種賭博活動？通常會在甚麼地方（例如學校、家中、公園）及跟誰（例如家人、親戚、同學、朋友或同事）參與？大約每次投注幾多？透過甚麼途徑投注（例如自己、已成年朋友或家人）？賭本從何而來？賭本佔你的收入大約幾多百分比？)
- 2.3 你介不介意讓你的家人知道你參與賭博？為甚麼？

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[如受訪者在圖 2.2 曾提及參與足球博彩，請問此圖]

- 2a1) 請描述一下參與足球博彩的情況。
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- 2a2) 賭本從何而來？
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- 2b1) 請描述一下參與網上賭博的情況。
(例如：從何時開始？參與甚麼網上賭博活動？如何參與（例如如何開設網上賭博戶口／賬戶）？從何得知網上賭博的資訊？大約每次投注額多少？每月平均用幾多錢參與？每次玩多久？與誰參與？通常在何時？何地參與？)
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（例如：情緒問題、學業／工作問題、社交問題？）
- 3.2 如有，當時你有何感覺？如何處理？
- 3.3 你身邊的人有否協助你？如有，是誰？他／她如何協助你？成效如何？
- 3.4 請問你曾否想過戒賭？如有，為甚麼要戒賭呢？共戒過幾次？是怎樣實行？結果如何？如沒有，為甚麼？

IV. 借貸賭博情況

- 4.1 請問你曾否因參與賭博而要向你的親友借錢？如有，參與什麼賭博活動令你欠債？那位親友借款給你？借了多少？能否將借貸還清？（如未還清），請問還欠多少？
- 4.2 除了親友外，請問你曾否因賭博向其他人／機構（例如財務公司、銀行、大耳窿等）借錢？如有，請問欠債多少？借款人是誰？如何獲得貸款？借了多少？能否將借貸還清？（如未還清），請問還欠多少？

V. 討論對戒賭輔導服務的認知及意見

- 5.1 請問你有沒有聽過戒賭輔導服務中心（如明愛展晴中心、平和坊、青亮或錫安晏勵軒）及戒賭熱線 1834633？如有，從甚麼途徑得知有關服務？知道什麼服務？
- 5.2 你覺得戒賭服務能夠幫助到人戒賭及賭徒的親人嗎？為甚麼？有何建議？

VI. 對香港現時的合法賭博情況的看法及意見

- 6.1 請問你覺得香港現時的合法賭博種類及途徑是否足夠？為甚麼？如建議增加合法賭博活動及途徑，你覺得應該增加那些種類／途徑？如何增加？
- 6.2 你覺得如增加後會對香港帶來甚麼（正／負）影響？

《香港人參與賭博活動調查 2016》
邊青(15 至 22 歲)聚焦小組訪談大綱

背景資料

1. ☐ 男 ☐ 女
2. 請問你依家幾多歲：_____ 歲
3. 請問你的教育程度係：
☐ 無接受過任何正規教育 ☐ 小學／幼稚園 ☐ 初中（中一至中三）
☐ 高中（中四至中五） ☐ 預科（中六至中七／工業學院／IVE）
☐ 大專：非學士學位 ☐ 大學或以上（包括學士、碩士、博士）
4. 你有無宗教信仰？ ☐ 有 ☐ 沒有
5. 請問你的婚姻狀況？
☐ 未婚 ☐ 已婚 ☐ 分居／離婚 ☐ 鰥寡 ☐ 再婚
6. 請問你有無子女？ ☐ 有（請問有幾多位：_____） ☐ 沒有
7. 請問你現時嘅工作狀況係：
☐ 僱員 →（全職？兼職？散工？） ☐ 僱主（請註明從事的行業：_____）
☐ 自僱人士
☐ 失業／待業 ☐ 全職家庭照顧者 ☐ 退休人士 ☐ 學生
☐ 領取綜援／傷殘津貼／其他社會福利津貼
☐ 其他（請註明：_____）
8. 請問你嘅職業係：_____
9. 請問你每個月平均收入大概幾多？
☐ 無收入 ☐ \$5,000 或以下 ☐ \$5,001-\$10,000 ☐ \$10,001-\$15,000
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訪同完成・多謝合作！

Appendix IX: Interview guide for focus group (Professional gambler)

《香港人參與賭博活動調查 2016》

馬評編輯聚焦小組訪問

研究員自我介紹：

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1. 受訪者參與賭博的過程、動機及看法

1.1 請問你幾多歲開始參與賭博活動。

1.2 請描述一下當時的賭博情況。

(例如：當時參與甚麼賭博活動、與誰參與、賭多大、賭本從何而來？在甚麼地方、透過甚麼途徑、當時賭了多久等。)

1.3 當時有什麼因素令你參與賭博活動？

2. 受訪者繼續參與賭博的情況、動機及看法

2.1 為甚麼會繼續賭博？

2.2 請描述一下繼續參與賭博的情況。

(例如：你通常參與那種賭博活動？通常會在甚麼地方（例如學校、家中、公園）及跟誰（例如家人、親戚、同學、朋友或同事）參與？大約每次投注幾多？透過甚麼途徑投注（例如自己/已成年朋友或家人）？賭本從何而來？賭本佔你的收入大約幾多百分比？)

2.3 你介不介意讓你的家人知道你參與賭博？為甚麼？

3. 參與賽馬博彩及入行的情況、動機及看法

3.1 請描述一下如何入行？（例如做馬評編輯前從事什麼工作？為何轉行成為馬評編輯？

3.2 請描述一下你的工作內容？/你覺得馬評家在賽馬活動的角色為何？（例如提供貼士、賽馬資料例如晨操、往績表現等）

3.3 你有幾喜歡賭馬？從何開始喜歡賽馬？

3.4 你覺得賽馬是什麼？（例如是運動？純賭博？學問？娛樂？）

3.5 在你們心目中，那一位是出色/成功的馬評家（筆標？方駿輝？張美德？）？為什麼？

3.6 你覺得「貼士」作為馬評編輯重要嗎？（因有些較為受馬迷歡迎的馬評家的貼士命中率，你認為作為一位成功的馬評家，「貼士」是一個重要因素嗎？有沒有其他因素？例如教人睇馬等，如何贏得馬迷的信任/支持？）

3.7 你對現時馬迷有何評價？（例如年長馬迷及年青馬迷的看法）

3.8 你有沒有感到自己的角色逐漸淡化/馬評家在馬圈上的角色有何變化？（特別是年青馬迷，如他們不相信/不需要你們的貼士，他們只看你們所提供的賽馬資訊，自行評訂心水馬）

3.9 「貼士」全靠自己的眼光還是靠馬房？還是兩者也需要？請描述一下如何提供貼士。

3.10 除了賽馬外，喜歡其他賭博活動嗎？為什麼？

3.11 你們有否與一些馬迷聯絡？例如透過電郵等與馬迷溝通？請描述一下你與馬迷的關係。

3.12 有沒有參與外圍賽馬？請描述一下參與外圍賭博情況。（例如：當時參與甚麼賭博活動、與誰參與、賭多大、賭本從何而來？在甚麼地方、透過甚麼途徑、當時賭了多久等。）

3.13 你擔不擔心自己會沉迷賭博？為什麼？你如何控制自己的賭博行為？

3.14 請問你曾否因參與賭博而要向你的親友借錢？如有，參與什麼賭博活動令你欠債？那位親友借款給你？借了多少？能否將借貸還清？（如未還清），請問還欠多少？除了親友外，請問你曾否因賭博向其他人/機構（例如財務公司、銀行、大耳窿等）借錢？如有，請問欠

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債多少？借款人是誰？如何獲得貸款？借了多少？能否將借貸還清？（如未還清），請問還欠多少？

- 3.15 請問你的親人知道你從事這行業嗎？當他們知道後對你的職業有何看法？
- 3.16 你的家人有沒有受你的職業影響嗎？（財務、生活上、關係或精神上）？為什麼？
- 3.17 你覺得賭博是什麼？（全靠運氣還是賭術／經驗的金錢遊戲）？

4. 評現時馬經／香港賽馬情況及發展的看法及意見

- 4.1 你對現時報紙（包括網上報紙）的體育版有何看法？
- 4.2 現時賽馬活動漸趨「老齡化」，多是中年人士參與，青年較喜歡賭波或六合彩，加上馬會預計賽馬投注額將減3—5%，有沒有感賽馬活動漸走下坡，你對現時賽馬活動有何看法？作為馬評家在這個賽馬趨勢可起什麼作用？如何影響這個趨勢？
- 4.3 馬會申請下季增加五日本地賽馬日，由每季83天增至88天，越洋轉播賽事由15天增加至23天，有何看法，請討論一下為何馬會有這想法？對馬會、馬評界、馬迷及社會有何（正／負）影響？
- 4.4 你覺得賽馬應朝什麼方向發展？例如外國一些大賽（墨爾本大賽），這些國家對賭博持的態度較為開放，例如他們當有這些大賽時，猶如嘉年華會，一家大細，裝扮自己去參與這些賽事，不是純賭博心態去參與，而馬會在千禧賽馬日也試過讓十八歲以下人進場，你覺得馬會應朝著這個方向發展嗎？還是有其他建議？
- 4.5 現時每天也可以賭波，六合彩一星期開彩兩次，到澳門賭或賭船也越來越方便，將來可每天有馬賭，接觸賭博的機會越來越多，過往的研究報告（香港人參與賭博研究2011—12）顯示，過半數表示曾參與賭博的人士（62.09%）（過去一年），當中有1.9%及1.4%被評估為問題及病態賭徒，而有三成四的未成年的青少年表示在過去一年曾參與賭博，當中可能成為問題或病態賭徒的普及率分別為1.4%及1.8%，較過往輕微上升，沉迷賭博的程度也較為嚴重，有人因沉迷賭博，家散人亡，甚至因欠債而誤入歧途（例如最近有位警司因爛賭欠債偷去一百零七萬保釋金再潛逃到澳門），你認為在這社會問題上有何角色？你覺得自己間接鼓勵／助長這社會問題嗎？為什麼？
- 4.6 你覺得週末賽馬在星期六還是星期日舉行較為合適？為什麼？

5. 對「有節制賭博」的認知及意見

- 5.1 請問你知不知道馬會推行的「有節制賭博」？
- 5.2 請問你有沒有聽過戒賭輔導服務中心（如明愛展晴中心、平和坊、青亮或錫安易勵軒）及戒賭熱線 1834633？如有，從甚麼途徑得知有關服務？知道什麼服務？
- 5.3 你覺得這些服務能夠幫助到人戒賭及賭徒的親人嗎？為甚麼？有何建議？
- 5.4 你覺得馬會在推行「有節制賭博」上的角色為何？（馬會推行有節制賭博是自相矛盾），你覺得馬會在這社會問題上有何角色？（可能馬評家認為馬會沒有角色）
- 5.5 你覺得香港的合法賭博年齡定於 18 歲是否合適？為什麼？（如否，請受訪者建議年齡及解釋為何有這個建議）？

6. 對香港現時的合法賭博情況的看法及意見

- 6.1 請問你覺得香港現時的合法賭博種類及途徑是否足夠？為甚麼？如建議增加合法賭博活動及途徑，你覺得應該增加那些種類／途徑？如何增加？
- 6.2 你覺得如增加後會對香港帶來甚麼（正／負）影響？

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以賭博為職業人士深入訪談大綱

- 8.1 請問你覺得香港現時的合法賭博種類及途徑是否足夠或不足夠？為甚麼？如建議增加合法賭博活動及途徑，你覺得應該增加那些種類／途徑？如何增加？如建議減少合法賭博活動及途徑，你覺得應該減少那些種類／途徑？如何減少？
- 8.2 你覺得如增加/減少後會對香港帶來甚麼（正／負）影響？

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馬評編輯甄志小組訪問

9) 你為甚麼喜歡賭博？ 請圈出你對下列各項來形容你參與賭博的貼切程度

(數字越偏向 1，即你越是不同意這項原因，如數字偏向 7，即你越是同意這項參與賭博的原因)

		完全 不貼 切	少 少 貼切		有 點 貼 切	很貼切		完 全 貼 切
9.1	賭博令我感到興奮	1	2	3	4	5	6	7
9.2	賭博令我感到我很重要	1	2	3	4	5	6	7
9.3	賭博令我有自我勝任的感覺	1	2	3	4	5	6	7
9.4	賭博是令我完全放鬆的最佳方法	1	2	3	4	5	6	7
9.5	我為贏錢而賭博，但有時我會問自己是否應該繼續	1	2	3	4	5	6	7
9.6	為贏錢而賭博可以讓我測試我的自制力	1	2	3	4	5	6	7
9.7	我是為贏錢而賭博，但有時我會問自己在當中得到甚麼	1	2	3	4	5	6	7
9.8	賭博令我發達	1	2	3	4	5	6	7
9.9	賭博可使其他人知道我是一個精力充沛的人	1	2	3	4	5	6	7
9.10	我可從認識更多有關某種賭博活動而獲得愉快的感覺	1	2	3	4	5	6	7
9.11	我從賭博可以買到我夢寐以求的物品	1	2	3	4	5	6	7
9.12	我在賭博中感到極大的享受	1	2	3	4	5	6	7
9.13	賭博是我認識最能減壓的方法	1	2	3	4	5	6	7
9.14	我賭博是為了在賭博活動中得到強烈的官能感覺	1	2	3	4	5	6	7
9.15	我可從認識某種賭博活動的新玩法而獲得滿足感	1	2	3	4	5	6	7
9.16	賭博可令人妒忌我	1	2	3	4	5	6	7
9.17	賭博是我用以消除煩惱的消遣活動	1	2	3	4	5	6	7
9.18	當我知道自己玩某種賭博活動的能力，我會感到愉快	1	2	3	4	5	6	7
9.19	當我覺得我可以控制某種賭博活動，我會感到滿足	1	2	3	4	5	6	7
9.20	我賭博是為了滿足好奇心	1	2	3	4	5	6	7
9.21	我是為贏錢而賭博，但有時我覺得我在當中所得的並非這麼多	1	2	3	4	5	6	7
9.22	賭博是一個快捷和容易的賺錢方法	1	2	3	4	5	6	7
9.23	賭博是我最能與我朋友碰面、消遣的活動	1	2	3	4	5	6	7
9.24	賭博能帶給我控制的感覺	1	2	3	4	5	6	7
9.25	我為贏錢而賭博，但有時我會問自己賭博對我是否有好處	1	2	3	4	5	6	7
9.26	當我贏錢的時候，我會覺得自己是一個重要的人	1	2	3	4	5	6	7
9.27	我賭博是為了贏很多錢	1	2	3	4	5	6	7
9.28	賭博能給我很多刺激的官能感覺	1	2	3	4	5	6	7

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馬評編輯聚焦小組訪問

10) 請問你同意以下各項說法嗎？請圈出你的同意程度

(數字越偏向 1，即你越不同意這項說法，如數字偏向 7，即你越同意這項說法)

		完全 不同 意	不 同 意	少 少 不 同 意	中 立 ／ 沒 意 見	少 許 同 意	同 意	完 全 同 意
10.1	我認為賭博是一項挑戰	1	2	3	4	5	6	7
10.2	我的賭博技術及知識可能導致我贏錢	1	2	3	4	5	6	7
10.3	我的選擇及行為影響我每局的輸贏	1	2	3	4	5	6	7
10.4	如果我輸錢，我應繼續賭下去，因為我不想失去任何贏的機會	1	2	3	4	5	6	7
10.5	我會留意過往每局的結果，因這有助我將來的賭注	1	2	3	4	5	6	7
10.6	賭博時，若我認為我差一點就勝出，我是會繼續賭下去的	1	2	3	4	5	6	7
10.7	賭博不只是靠運氣的	1	2	3	4	5	6	7
10.8	我在賭博中贏錢，證明我有這方面的知識及技術	1	2	3	4	5	6	7
10.9	當我賭博時，我會運用一些為我帶來運氣的方法	1	2	3	4	5	6	7
10.10	長遠來說，我是會贏錢多於輸錢的	1	2	3	4	5	6	7
10.11	儘管我的賭博策略或計劃未能成功，我一定會繼續運用這些策略或計劃，因為我知道這些做法最終會幫我贏錢	1	2	3	4	5	6	7
10.12	當我賭博時，我會做一些行為（例如：手握吉祥物，摸左手）以增加我贏的機會	1	2	3	4	5	6	7
10.13	如果我輸錢，我應嘗試再賭以贏回輸掉的金錢	1	2	3	4	5	6	7
10.14	不常賭博的人不會明白賭博的成功是需要「割身」及願意付出一些金錢的	1	2	3	4	5	6	7
10.15	我從哪裡得到賭本是不重要的，因為我將會贏錢並可歸還	1	2	3	4	5	6	7
10.16	我頗能準確預測我會何時贏錢	1	2	3	4	5	6	7
10.17	對我而言，賭博是最佳的方法感受刺激	1	2	3	4	5	6	7
10.18	如果我繼續賭下去，我最終是有收獲而能贏錢的	1	2	3	4	5	6	7
10.19	我比其他人認識更多有關賭博的知識及技術	1	2	3	4	5	6	7
10.20	若我沒有告之身邊的人有關我輸錢的事，我覺得我的失落感會較少	1	2	3	4	5	6	7
10.21	雖然近來賭注的號碼沒有贏出，我仍保留相同的賭注號碼，因我相信這些號碼「遲早」會贏的	1	2	3	4	5	6	7

訪問完成・多謝合作！

Appendix X: Information sheet



香港理工大學 應用社會科學系

《香港人參與賭博情況研究 2016》

香港理工大學應用社會科學系受民政事務處委託，正進行一項關於《香港人參與賭博情況》的研究，當中特別關注青少年（年齡界乎 15 至 22 歲）參與賭博的情況及對賭博的態度。是項研究由香港理工大學應用社會科學系助理教授何潔雲博士負責監督。誠邀閣下參與是項研究。研究以自填一份不記名問卷方法進行，大約五至廿十分鐘完成。

閣下享有充分的權利在研究開始之前或之後決定退出這項研究，而不會受到任何對閣下不正常的待遇或追究責任。凡有關閣下的資料將會保密，所有資料將於此項研究完成後完全銷毀。

如果閣下對這研究有任何的不滿，可隨時與香港理工大學人事倫理委員會秘書聯絡（地址為香港理工大學 Z 座 404 室研究事務處）。

如果閣下想獲得更多有關這項研究的資料，請與研究項目副研究員黃承珮女士聯絡，電話為 2766 4282。或聯絡香港理工大學應用社會科學系助理教授何潔雲博士，電話為 2766 5708。

謝謝閣下參與是項研究。

香港理工大學應用社會科學系助理教授

何潔雲博士 敬啟

二零一六年__月__日

Appendix XI: Consent letter



香港理工大學
應用社會科學系

參與研究同意書

《香港人參與賭博情況 2016》

本人_____同意參與由香港理工大學應用社會科學系助理教授何潔雲博士負責監督、香港理工大學應用社會科學系執行的上述研究。

本人知悉此研究所得的資料可能被用作日後的研究及發表，但本人的私隱權利將得以保留，即本人的個人資料不會被公開。

本人清楚明白研究程序，明瞭當中涉及的利益及風險；本人自願參與研究項目。

本人知悉本人有權就程序的任何部分提出疑問，並有權隨時退出而不受任何懲處。

參與者簽署 _____

參與者姓名 _____

研究人員簽署 _____

研究人員姓名 _____

日期 _____