

RELATIONSHIP BETWEEN GAMBLING BEHAVIOR AND SUICIDE PROBABILITY AND HOPELESSNESS

Büşra Başer Özkoç¹, Ümmü Nur Kaya Tan¹, Ali Erdoğan¹, Sercan Karabulut¹, Buket Cinemre¹, Hüseyin Kara²

¹*Akdeniz University, Faculty of Medicine, Department of Psychiatry, Antalya, Türkiye*

²*Self-employed Psychiatrist, Antalya, Türkiye*

BACKGROUND AND AIM: It is reported that the mental health of individuals with gambling disorder is negatively affected. This study aimed to investigate the frequency of gambling behavior (GB) in society and the relationship between GB and suicide probability and hopelessness.

METHODS: This cross-sectional study was conducted via an online survey and 1057 people were reached through a community-based random sample. South Oaks Gambling Screen (SOGS), Beck Hopelessness Scale (BHS) and Suicide Probability Scale (SPS) were applied to all participants. Ethics committee approval was received on 02.01.2025 with the decision number TBAEK-44.

RESULTS: The mean age of all participants is 37.45±11.34 (min: 18-max: 71) years. 48.0% are female (n=507). 30.7% of the participants (n=325) stated that they played at least one gambling game (casino, lottery, betting, etc.). The rate of pathological gambling, based on the SOGS cutoff score, is 4.9% (n=52). Those who gamble show significantly higher scores

on the BHS and SPS compared to non-gamblers (p<0.001 for both). Pathological gamblers also have higher BHS and SPS scores than non-pathological gamblers (p<0.001 for both). In the multivariate linear regression analysis, factors that predict SOGS scores include a history of legal issues (OR=0.55, p=0.06), smoking history (OR=0.73, p<0.001), SPS score (OR=0.04, p<0.001), family gambling history (OR=0.73, p<0.001), and a history of suicide attempts (OR=1.19, p=0.002).

CONCLUSIONS: As a result of our study, it can be said that individuals with GB have more hopelessness and suicide probability. Similarly, in the literature, it is reported that adults with GB have a high risk of suicide. We think that the risk of suicide is an important problem in individuals with GB. Considering the rapid increase in gambling addiction in recent years, suicide is an important problem in these patients and should be evaluated in detail in each patient.

Keywords: Gambling, suicide, hopelessness, addiction