

UNDERSTANDING GAMBLING AND GAMBLING HARMS IN LGBTQ+ COMMUNITIES

PHASE 1 – FINDINGS FROM A NATIONAL SURVEY

WHAT IS ALREADY KNOWN?

Gambling can lead to serious harm – including debt, stress, and relationship breakdowns. LGBTQ+ people already face higher risks of poor mental health due to stigma and discrimination. But there's very little research into how gambling affects LGBTQ+ communities, making it harder to provide the right kind of help.

WHAT DID WE WANT TO FIND OUT?

We wanted to explore gambling behaviours and related harms within LGBTQ+ communities.

We looked at:

- 1** how common gambling is among LGBTQ+ people and what kinds of harm it may cause;
- 2** what might increase or reduce the risk of gambling harm – including how experiences of discrimination and stigma could affect gambling behaviours;
- 3** how LGBTQ+ people access help or support services for gambling harms.



University of Brighton

GambLGBTQ+

switchboard

connecting you to LGBTQ+ support

GambleAware

Advice | Tools | Support

WHAT DID WE DO?

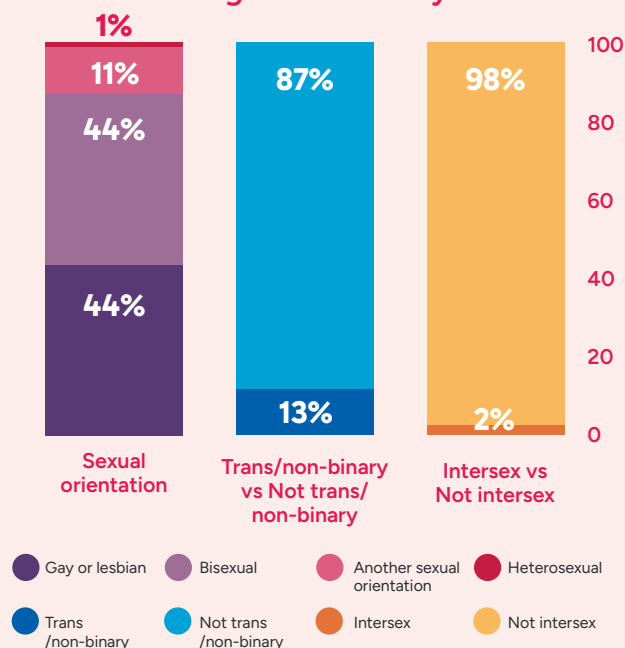


We surveyed 3,038 LGBTQ+ adults in Great Britain using YouGov's online panel. This included: 1,331 (44%) people who identify as gay or lesbian, 1,337 (44%) who identify as bisexual, 339 (11%) with another sexual orientation, 405 (13%) people who are trans or non-binary, and 72 (2%) people who are intersex.



To measure gambling harm, we used a standard questionnaire called the Problem Gambling Severity Index (PGSI). A score of 1-2 suggests a low risk of gambling harms, a PGSI score of 3-7 suggests a moderate risk of gambling harms; and a PGSI score of 8+ indicates 'problem gambling'. Anyone who scores 1 or higher is experiencing some gambling harms.

LGBTQ+ adults by sexual orientation and gender identity

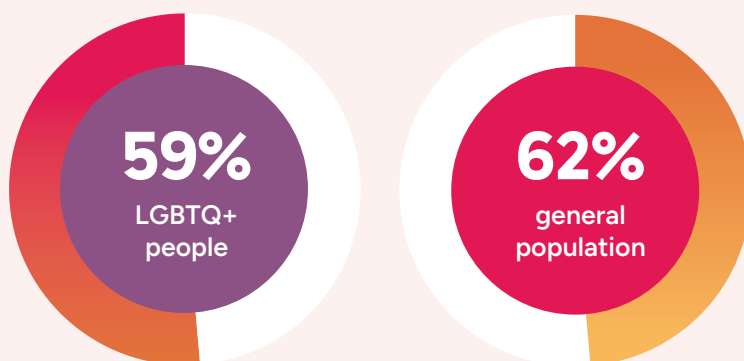


WHAT DID WE FIND?

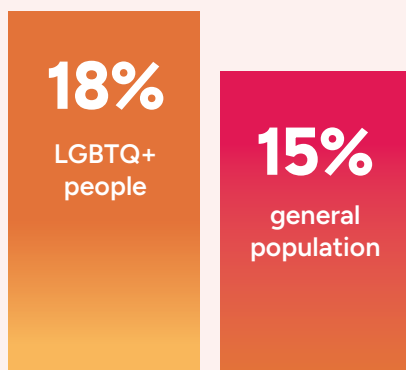


GAMBLING PARTICIPATION

59% of LGBTQ+ people reported gambling in the past year, compared with 62% of heterosexual/cisgender people. 32% of LGBTQ+ people gambled at least weekly. The most common activities were buying National Lottery tickets online (37%) and scratch cards (23%).



reported gambling in the past year



LGBTQ+ individuals were more likely to experience some gambling harm



GAMBLING HARM

LGBTQ+ individuals were more likely to experience some gambling harm (18% scoring PGSI 1+) than the general population (15%), despite participating in gambling less. No differences were found in the PGSI 'problem gambling' category (both 3%).

WHAT DID WE FIND?



GAMBLING HARM



LGBTQ+ individuals from ethnic minority backgrounds were three times more likely to experience 'problem gambling' than white LGBTQ+ individuals.

- ▶ Bisexual males were more likely to experience gambling-related harm with 6% scoring in the PGSI 'problem gambling' range compared to 3% in other LGBTQ+ groups.

- ▶ LGBTQ+ individuals from ethnic minority backgrounds were more likely to experience gambling-related harm than white LGBTQ+ individuals, with 9% scoring in the PGSI 'problem gambling' range compared to 3%.
- ▶ Among individuals in the PGSI 'problem gambling' range, 84% hid their gambling; 80% used savings or borrowed money to fund their gambling; 23% experienced relationship breakdowns; 16% engaged in criminal behaviour to fund gambling; 12% experienced violence or abuse.



84%

hid their gambling



80%

used savings or borrowed money to fund their gambling



23%

experienced relationship breakdowns



16%

engaged in criminal behaviour to fund gambling



12%

experienced violence or abuse



REASONS FOR GAMBLING

LGBTQ+ people mainly gamble to try to win money (47%) or for excitement (32%). Gambling to cope with emotional distress was less common (4% overall), but higher among trans and non-binary people (9%).

IMPACT OF OTHERS GAMBLING

11% of participants have a close relationship with someone who gambles and this has negatively affected them causing emotional distress, conflict, and social isolation.

STIGMA, DISCRIMINATION, AND GAMBLING HARM

LGBTQ+ people who report feeling uncomfortable being LGBTQ+ in Great Britain (15%) had a higher risk of experiencing some gambling-related harm (PGSI 1+; 26% vs. 16%).

LGBTQ+ people who had experienced discrimination in the past year were more likely to fall within the PGSI 'problem gambling' range (8% vs. 2%).

Trans and non-binary people are more at risk as they are more likely to report discrimination and feeling uncomfortable being LGBTQ+ in Great Britain.

GAMBLING AND OTHER RISK BEHAVIOURS

Higher levels of depression were linked to higher levels of gambling harms. LGBTQ+ people who smoked or used drugs at least monthly were more likely to experience any level of gambling harm.

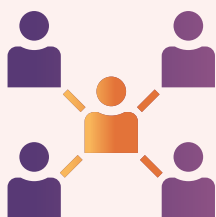
SUPPORT NEEDS AND HELP SEEKING

Among LGBTQ+ people who gamble and have a PGSI score of 1 or higher, 24% said they wanted some kind of advice, support, or treatment for their gambling and 16% had actually sought help in the past 12 months.

WHAT ARE THE KEY FINDINGS AND NEXT STEPS?



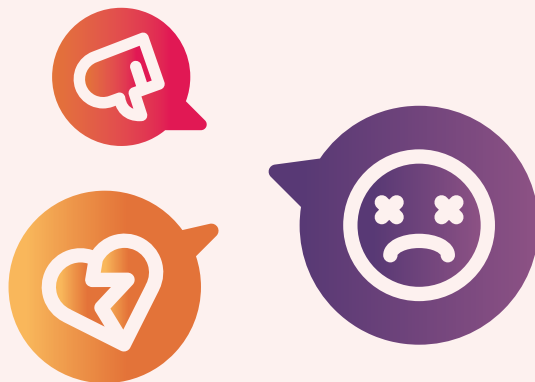
There is an urgent need to raise awareness and make support easier to access for LGBTQ+ people impacted by gambling.



LGBTQ+ people who also belong to other minority groups, such as ethnic minority groups, are at even greater risk of gambling harm.



Support services must be inclusive and designed to meet LGBTQ+ needs.



Experiences of stigma, discrimination, and stress related to being LGBTQ+ may mean some people are more vulnerable to gambling harms.



Future research should collect data on sexual orientation and gender identity to better understand and address gambling harm.

WHERE CAN I LEARN MORE ABOUT THIS RESEARCH?

The full report can be found on our blog:
<https://blogs.brighton.ac.uk/gambling-harms>

You can also visit our blog to find out more about the GambLGBTQ+ project team and other reports and resources.

WHO CARRIED OUT THIS RESEARCH?

The project was a collaboration between the University of Brighton, YouGov, Brighton and Hove LGBT Switchboard, and representatives of LGBTQ+ community including those with lived experience of gambling harms. The project was funded by GambleAware.

SUPPORT IS AVAILABLE

GamCare – Provides National Gambling Helpline and a WhatsApp chat (Free 24-7) with an adviser on **0808 8020 133** or online live chat.