Gambling Research

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**Introduction**

The repeated behavior and the addiction that cause distress and problem is commonly referred to as gambling disorder. In other words, it is gambling addiction, and it becomes compulsive for some people who don't have strong resistance power. The scholars of psychology have observe various effects of gambling that is the same as the expansion of alcoholism from drugs. Same like the people who are regular in their use and connected with the disorders. Multiple problems arise from gambling like the legal issue, restrictions in finance and the issues in building positive relationships and these are also explained in the NASAC standards. Mostly the individuals having such type of behavior hide their feelings and used the tool of lying in front of their family and friends. While other individuals with such kind of problems demand exciting activities and gatherings.

**Discussion**

**DSM-5 Diagnostic Criteria**

The criteria for the disorder is indicated by the recurrent and persistent practices which lead to clinical significance and distress. It is irritating when the psychologist tried to cut down the gambling, and mostly the actions fail (Fauth et al., 2017). Most of the time gamblers reflected as depressed and hopeless people, and it lies to conceal the extent of involvements with gambling. Someone is jeopardized or loss the job or even the relationship and career goals. The painful attempts are made often by the experts, but all these fail because of the continued involvement and incorporation of ideas.

**Risk Factors**

Three major risk factors are associated with gambling disorder. The first is the mental health which signifies that the presence of specific psychiatric disorders leads to continuous addiction. A person with bipolar disorder engages in high-risk behaviors and hypomanic episodes during the time they behave with others. Those who are highly impulsive are indeed fallen into the category of risk factors (Fauth et al., 2017). Second, personality traits are also connected with high-risk rates. These include the under controlled temperament and repeated the issues despite the fact they are well adjusted in their childhood. Thirdly, family history is associated with this disorder and children of gamblers are often exposed to the wagering and other types of diseases. Home environment also promotes the actions for gambling activities. The scratch-off lottery issues also result in the exposition of gambling in one or the other way.

**Warning Signs**

It is often difficult for people to address the warning signs because they are mostly hidden and cannot be seen easily. The occasional amusement and turning towards the particular addiction is something that is not noted by family members or those who are near to a person. The disruption in the thoughts is also the warning signs because when one fails to focus on the particular issues, he or she fails to enjoy the power of remembering and consume their thoughts positively. Some individuals have certain absences from classroom or workplace environment which may result in the disorder of gambling (Lever & Geurts 2016). Distress for a person at the workplace or any stage of the life learning process can be exposed as a dangerous sign of gambling disorder. Stealing of the money for some reason which is mostly negative also reflected in the gambling.

**Treatment Options**

According to the standards of NASAC, there are various treatment strategies for gambling addiction. Cognitive behavioral therapy is something that shows promising results for the habit. A mental health professional or the psychologist can have the diagnosis of identifying the thoughts and regulation process (Nautiyal et al., 2017). It is followed by the compulsive gambling practice which ensures the keeping up of bets for a while longer and with the hope of chasing a massive jackpot. Other than dreaming for becoming the rich, patients have provided ways of confidence to win and pay all the debts of the past. Further, measures like therapeutic measures are also part of resolving gambling issues like a group and individual counseling session. Family therapy can be beneficial for the entire group of people living under the same roof. Most of the people avoid getting benefits from the advertisement and other resources of the internet.

With the stories of hope, NASAC standards have provided sound strategies and intervention processes to resolve the issues of a person facing severed tensions. Support and treatment is the first step that can contribute to positive thought process of a person with a disorder. Further, the pharmaceutical and medical resources are also used for a variety of ailments including gambling. Substance-related and addictive diseases are connected with the medications, and medical professionals also support these for those who don't want any therapy or counseling session (Nautiyal et al., 2017). The policies and procedures for specification of crises faced by a person with gambling disorder can be useful if these are correctly measured properly. Sometimes the dangerous situation of a client or any person at home might lead to disastrous conditions, and it should be tackled professionally.

**Conclusion**

To conclude the gambling disorder is treatable and it can be countered in professional practice by underlying various procedures and policies designed by NASAC. However, it is clear that patients with such types of disorders should be tackled before the time they indulge in the disease. Early warning signs are the best options for those who know the severity and destruction developed after the disorder is exposed.

**References**

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