

**Effectiveness study of problem gambling standard and brief interventions:  
Participant information sheet**

**Invitation to participate**

You are invited to take part in this research project. If you agree, you will take part in a series of telephone interviews and may be sent a short work book in the mail. The study will span a 12-month period and we hope to involve a total of 670 Helpline callers.

Participation in this study is entirely voluntary (your choice) and you may withdraw from the process at any time before we have reported the results of the project. If you decide to withdraw part way through the process you do not have to give a reason, and any information you have supplied to us will not be used in the research and will subsequently be destroyed. Withdrawing from the project will not affect your future access to, or counselling at, treatment services.

**What is the purpose of the study?**

The effectiveness of types of help for problem gambling, such as those provided by the Gambling Helpline, has rarely been looked at to see if they actually work. Thus, the purpose of this study is to look at the effectiveness of specific methods of helping people reduce their involvement in gambling, i.e. we want to find out the best way of helping people with gambling problems.

**How are people chosen to be asked to be part of the study?**

People calling the Helpline seeking help for a gambling-related problem are being asked to take part in this research project.

**What happens in the study?**

The project involves participating in one of four tried and tested methods for helping people with gambling problems. This will involve contact with helpline counsellors and, on four occasions, contact with a researcher from the Gambling and Addictions Research Centre, AUT University. It may also require completion of a self-help workbook sent to you in the post. All contacts with helpline counsellors and AUT research staff will be made over the phone. The number of telephone contacts with helpline counsellors will vary from one to five, depending on which of the helping methods you are assigned to. Assignment to the four helping methods will be determined by chance (random assignment).

**What are the discomforts and risks?**

You may feel uncomfortable talking about your gambling involvement. If this is the case, you can withdraw from any interview at any time without being disadvantaged in any way. You can also discuss these feelings with a helpline counsellor or contact one of the problem gambling treatment services listed at the end of this information sheet. There should not be any other discomforts or risks in your participation in this research.

**What are the benefits?**

We hope that the study results will lead to a better understanding of which problem gambling treatment approaches are most effective and helpful for different types of people.

**How will my privacy be protected?**

No material which could personally identify you (e.g. name or telephone number) will be used in any reports of this project.

### **What are the costs of participating in the project? (Including time)**

It will take between 40-60 minutes to complete the initial assessment and assign and administer the subsequent method of help. Participants in two of the helping methods will also be asked to complete a short work book in their own time and participants in one of the helping methods will receive four 10-15 minute telephone calls by a helpline staff member over a 6 month period.

Irrespective of which method of help you are assigned, a researcher from AUT University will contact you four times by telephone over the next 12 months. Each of these contacts will take between 10 to 20 minutes.

### **Where can I access the study findings?**

The study findings will be made available on the websites of the Gambling Helpline and Gambling and Addictions Research Centre, AUT University, at the conclusion of this project ([www.gamblingproblem.co.nz](http://www.gamblingproblem.co.nz) and [www.aut.ac.nz/research/research\\_institutes/niphmhr/gambling\\_and\\_addictions\\_research\\_centre/](http://www.aut.ac.nz/research/research_institutes/niphmhr/gambling_and_addictions_research_centre/), respectively). Alternatively, you may contact the project supervisor (contact details below) for information regarding the study outcomes.

### **Compensation**

In the unlikely event of a physical injury as a result of your participation in this study, you may be covered by ACC under the Injury Prevention, Rehabilitation and Compensation Act. ACC cover is not automatic and your case will need to be assessed by ACC according to the provisions of the 2002 Injury Prevention Rehabilitation and Compensation Act. If your claim is accepted by ACC, you still might not get any compensation. This depends on a number of factors such as whether you are an earner or non-earner. ACC usually provides only partial reimbursement of costs and expenses and there may be no lump sum compensation payable. There is no cover for mental injury unless it is a result of physical injury. If you have ACC cover, generally this will affect your right to sue the investigators. If you have any questions about ACC, contact your nearest ACC office or the investigator.

### **Other information**

If you have any queries or concerns regarding your rights as a participant in this study you may wish to contact a Health and Disability Advocate:

- North Island - Auckland and North: 0800 555 050
- Lower North Island: 0800 423 638
- South Island: 0800 377 766
- Free Fax (NZ wide): 0800 2787 7678 (0800 2 SUPPORT)
- Email (NZ wide): [advocacy@hdc.org.nz](mailto:advocacy@hdc.org.nz)

If you want to talk to somebody about your gambling or somebody else's gambling, please contact:

- Gambling Helpline 0800 645 655
- Maori Gambling Helpline 0800 654 656
- Pasifika Gambling Helpline 0800 654 657
- Problem Gambling Foundation Asian Services 0800 664 262

Any concerns or questions regarding this project should be notified in the first instance to the Project Supervisor, Rebecca Coombes, by telephone 09 921 9999 extn 7725 or email [rebecca.coombes@aut.ac.nz](mailto:rebecca.coombes@aut.ac.nz). Alternatively, you may wish to contact the Principal Investigator, Professor Max Abbott, at: Faculty of Health and Environmental Sciences, AUT University, Private Bag 92009, Auckland; Telephone 09 921 9894; email [max.abbott@aut.ac.nz](mailto:max.abbott@aut.ac.nz).

**This study has received ethical approval from the Multi-region Ethics Committee which reviews National and Multi regional studies. Reference number MEC/09/04/043.**