

Quarterly News & Updates

Winter | 2022

Welcome to the Division on Addiction's quarterly newsletter!

Announcements



It's time to celebrate! This year marks the 30th anniversary of the Division on Addiction! The Division was founded in 1992 under the direction of Dr. Steven Hyman. In 1995, Dr. Howard Shaffer took on the director position. He was succeeded by Dr. Debi LaPlante in 2019. The Division has grown tremendously through the years but continues to conduct groundbreaking research and provide outreach and education to those wanting to increase their addiction knowledge, simultaneously working towards ending addiction stigma. To learn more about the history of the Division on Addiction, click [here](#).



Dr. Matthew Tom, Division Research and Evaluation Scientist, won an [International](#)

Upcoming Events



January 27, 2023 at 12pm:
Promoting and Providing Problem Gambling Services. This training gives insight into how your organization can promote problem gambling services within your community.

To access the full MA Technical Assistance Center for Problem Gambling Treatment (M-TAC) training calendar and find more information, click [here](#). Trainings are open to all who are interested. The Division is proud to partner with Health Resources in Action to produce M-TAC trainings and resources, which are funded by the Massachusetts Department of Public Health's Office of Problem Gambling Services.

Outreach Corner



The Division has produced the

[Center for Responsible Gambling \(ICRG\)](#)

Seed Grant award to develop what he calls “The Blackjack Project.” Dr. Tom and his colleague, Dr. Timothy Edson, will be building their own blackjack engine and bots to simulate how people make blackjack decisions. Their goal is to gather data that they hope will, in the future, be used to detect signs of developing gambling-related problems.

Worldwide Addiction Gambling Education Report ([The WAGER](#)) for nearly 30 years. Now, as part of our M-TAC offerings, we have created a microlearning CEU option. Allied health professionals will have the opportunity to read past WAGERS and learn more about gambling-related research and its implications for treatment and public health. Learners can earn 1 CEU credit hour per module for a total of up to 6 CEU credit hours. [Learn more](#) and enroll for free!

Did You Know?



In 2021, more than 2 million U.S. middle/high school students reported using e-cigarettes. In a recent study, researchers asked high school students their thoughts on an e-cigarette cessation program. Most students wanted to learn about chemicals in e-cigarettes and the impacts they may have on a person’s overall health. Students also felt it would be helpful if the program included information on coping skills, particularly how to relax and overcome stressful situations without resorting to vaping. These findings can help build e-cigarette cessation curriculum that best suit student needs. [Read more](#) at The BASIS.

Research Spotlight

Online gambling and daily fantasy sports (DFS) platforms provide self exclusion services to their players. Self exclusion gives patrons the option to exclude themselves from gambling at a specific website or venue for a predetermined amount of time. But how much is actually known about how players use these services? [Dr. Sarah Nelson and colleagues](#) examined 3+ years of DraftKings player records to understand how DFS players were using self exclusion services and identified predictors of self

Research Spotlight



exclusion. They found that less than 0.5% of the total sample used self exclusion services. Among those who used the services, one-third were repeat self excluders. Compared to non-self excluders, those who engaged in self exclusion entered contests with higher entry fees, played more sports and contest formats, and entered lower-risk contests. When compared to one-time self excluders, repeat excluders chose a shorter initial self exclusion period and engaged with an even wider array of sports and contest formats. These findings are consistent with previous research conducted around internet gambling and land-based gambling, suggesting that there may be some similarities among their player

pools. However, the low engagement with self exclusion indicates a need for gambling operators to increase awareness of this service and other responsible gambling tools. If you'd like a full copy of this article, contact us at info@divisiononaddiction.org.

Dr. Nelson says, "I think one of the most interesting findings for me was the finding that playing more different contest types or across more different sports predicted self exclusion. This provides yet another situation in which diversity of game play or gambling type seems to be associated with risk. Across our work on online gambling and DFS play, we consistently find that individuals who engage with multiple types of gambling or play are more likely to exhibit other signs of potentially problematic gambling or play."

Meet the Team

Dr. Eric R. Louderback
Research & Evaluation Scientist

Dr. Eric R. Louderback joined the Division in 2019. As a Research & Evaluation Scientist at the Division and Instructor at Harvard Medical School, he works on a variety of projects, including collaborating on public health research studies, analyzing big (and small) datasets, writing grants, and [presenting findings at conferences](#). His research has appeared in a variety of peer-reviewed scientific journals, on topics ranging from [quantitative risk assessment models for online gambling](#) to [responsible gambling program evaluation](#) to [data science approaches for analyzing behavior with Open Science-informed methods](#). He is the Section Editor of The WAGER newsletter, a part of the weekly [Brief Addiction Science Information Source \(BASIS\)](#) newsletter, which provides summaries of recent published research in the addiction sciences. In his free time, he loves running, skiing, scuba diving, and spending time with his family and two Ragdoll cats, Maximus and Octavius.



Learn more about our faculty and staff here

New and Notable

Here's a sample of our recent publications.

Louderback, E. R., Gray, H. M., LaPlante, D. A., Abarbanel, B., & Bernhard, B. J. (2022). A comparison of two GameSense implementation approaches: How program awareness and engagement relate to gambling beliefs and behaviors. *Journal of Gambling Studies*, 38(1), 153-183.

<https://doi.org/10.1007/s10899-021-10013-6>

Louderback, E. R., LaPlante, D. A., Abarbanel, B., Kraus, S. W., Bernhard, B. J., & Gray, H. M. (2022). Examining responsible gambling program awareness and engagement trends and relationships with gambling beliefs and behaviors: A three-wave study of customers from a major gambling operator. *Journal of Gambling Studies*, 1-29.

<https://doi.org/10.1007/s10899-022-10109-7>

Shaffer, H. J., & Shaffer, P. M. (In press). Behavioral Addiction. In: Howard S. Friedman (Ed.), *Encyclopedia of Mental Health* (Third ed., Vol. 1). Waltham, MA: Academic Press.

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