

The Impacts of Gambling

Problem gambling can lead to a wide variety of harms and consequences



Injury

In 2004 problem gambling was a factor in 6.3% of suicides in Nova Scotia.¹

In Canada, problem gambling leads to approximately 200 suicides a year.¹

One study found that 30% of pathological gamblers had previously attempted suicide.²



Crime

Gambling is linked to increased property offenses, fraud, embezzlement, theft, and larceny.³

Gambling is also associated with aggravated assault.⁵

Counties with casinos were found to have an 8% higher crime rate than counties without casinos.⁴



Social Impacts

Gambling can be a contributor to divorce and the breakdown of social networks.⁵

In 2007, 14.8% of problem gamblers in Nova Scotia reported income loss or job loss.⁶

In Nova Scotia, 23% of problem gamblers reported relationship problems and feelings of isolation.⁶



Impacts on Physical Health

Approximately 65% of problem gamblers report feelings of withdrawal from gambling.

i.e. insomnia, loss of appetite, physical weakness, heart racing, muscle aches, and chills.⁷

Problem gambling can contribute to back pain, neck pain, headaches, lack of sleep, irritable bowel syndrome, and hypertension.⁵

Impacts on Mental Health

In 2007, 39 % of problem gamblers in Nova Scotia reported feelings of depression.⁸

25%-63% of problem gamblers meet criteria⁹ for a substance use disorder in their lifetime.

Emotional outbursts, anxiety, loss of appetite, and loss of interest in sex are also reported by problem gamblers¹⁰

References

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