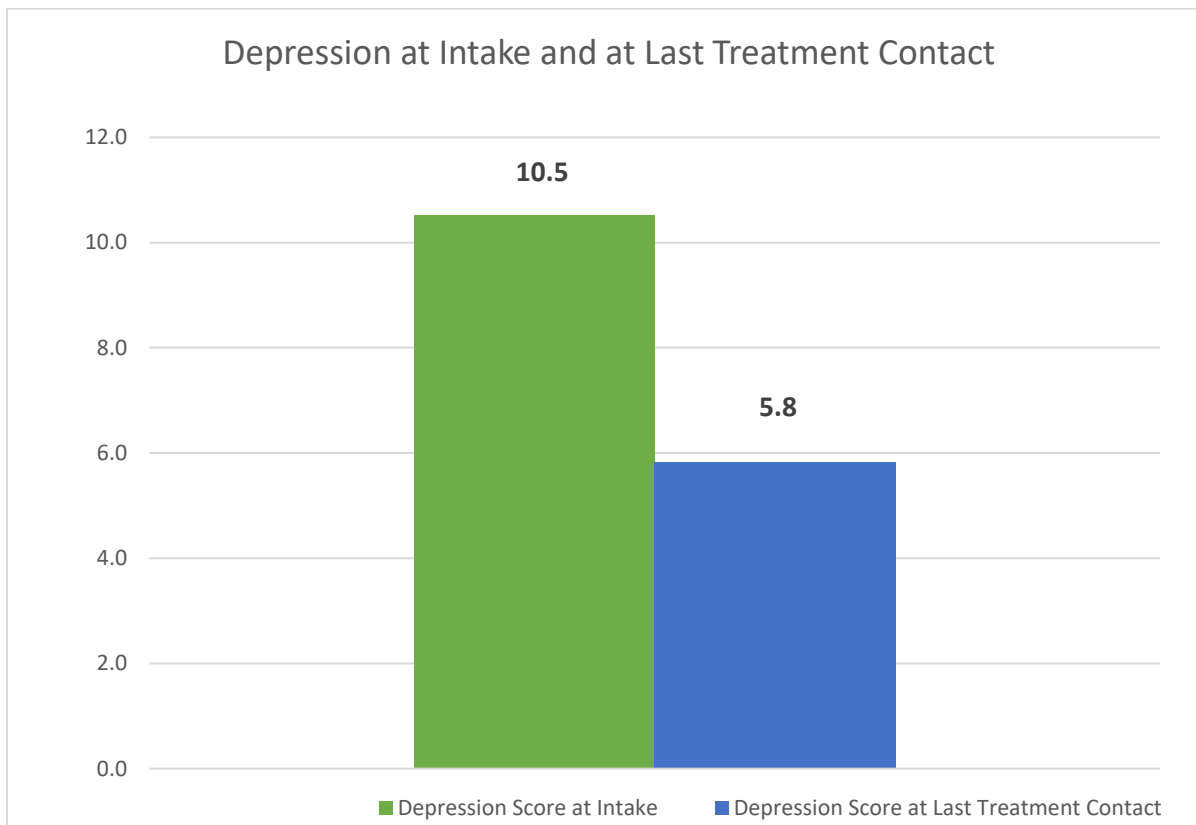


CalGETS Fast Facts

Problem Gamblers in CalGETS Treatment: Depression

February 2019



Problem gamblers who entered CalGETS outpatient treatment between July 1, 2017 and June 30, 2018 were asked a series of questions to screen for depression at each treatment contact.

During CalGETS treatment, problem gamblers' average PHQ-9 depression score improved from 10.5 (moderate depression) at intake to 5.8 (mild depression) at last treatment contact.

Researchers consider this change to be a clinically significant improvement in psychological functioning.

Sources – *Outpatient Gamblers*: CalGETS Fiscal Year 2017-18 dataset, prepared for the California Department of Public Health, Office of Problem Gambling by the University of California Los Angeles Gambling Studies Program. Of the 853 clients who had PHQ-9 scores at intake, 769 had scores at both intake and at last treatment session. *Clinically Significant Improvement*: Jacobson, N. S., & Truax, P. (1991). Clinical significance: a statistical approach to defining meaningful change in psychotherapy research. *Journal of consulting and clinical psychology*, 59(1), 12.