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Evaluating the efficacy of Expressive Arts- based intervention on Rehabilitation for people with Gambling problem in Hong Kong: A Randomized- controlled Trail

Mandy S.M. WU¹, Rainbow T.H. Ho²*

¹Tung Wah Group of Hospitals Even Centre

²The Centre on Behavioural Health, University of Hong Kong

mandy.wu@tungwah.org.hk

Tung Wah Group of Hospitals Even Centre initiated a project utilizing Expressive Arts-based Intervention on rehabilitation for people with gambling problems. This study aims to explore the efficacy of an Expressive Arts-based programme in reducing gambling desires and actual behaviours, enhancing gambling-related self-efficacy, self-control, and managing stress among people with gambling problem.

This study adopted a mixed-method, non-blind, 2-arm randomized controlled study, relying on both quantitative and qualitative data, collected from self-administered assessments at 3 separate time points and focus group interviews respectively. 82 adults with symptoms of gambling disorder were invited to join the Expressive Arts-based intervention programme and this evaluation study, and 68 effective sets of data were garnered for analysis. By comparing with control group, according to Bonferroni corrected post-hoc tests, the intervention group showed significantly greater improvement in self-control, lower level of gambling-induced stress and cravings-related distress at T2 (3 months after intervention), lower in problem gambling severity at T1 (post-intervention), as well as a higher level of confidence in abstinence of gambling activities at both T1 and T2. Interviewees reflected that awareness of emotions, emotion expressions and broadened perspective towards gambling issues in the Expressive Arts-based intervention programme were helpful to restrain them from gambling.