

P-11 - QUALITY OF LIFE IN PATHOLOGICAL GAMBLING

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Objective: Pathological Gambling is a disorder of impulse-control, and has a progressive course that usually results in an economical disaster and impairment of family life, and social relations.

Aims: Therefore we studied the question if the quality of life is impaired in pathological gamblers.

Methods: In 42 subjects who suffered actually (N=24), or were remitted (N=18) from pathological gambling, quality of life was assessed by means of the Wisconsin-Quality-of-Life-Questionnaire. Gambling Behavior was assessed by the South-Oaks-Gambling Screen, and symptoms of depression by the Beck-Depression-Inventory.

Results: Pathological gamblers rated their overall quality of life as moderately low. Interestingly the impairment of quality of life by symptoms (of depression) was substantially higher than the impairment by the economical situation. Compared to actively gambling subjects, remitted gamblers had a better quality of life in nearly all domains of life.

Conclusion: The quality of life of pathological gamblers is poor, and is better if the disorder is in remission. The economic situation is seen less dramatic by the gambler, maybe because of denial. Thus, psychiatric complaints may be a stronger motivation for treatment than the economic disaster.