

Time out: Prediction of self exclusion from daily fantasy sports

Self-exclusion programs provide individuals with the option to have themselves banned from gambling at a specific website or location for a predetermined period of time.

Major online gambling and daily fantasy sports (DFS) platforms offer self exclusion as a responsible gambling tool, but not much is known about how it is used by subscribers.

The Study

Examined **play patterns** and **self exclusion** across 3+ years of DFS player records (137 self excluders and 85 non-self excluders) to:








Understand how DFS players use self exclusion

Identify DFS activity-related predictors of self exclusion

Available self-exclusion periods ranged from **less than 3 months** to a maximum of **5 years**, with no option for lifetime exclusions.

Key Findings

Self-exclusion status	Prevalence	Characteristics		
Self excluders	< 0.5% of all players	Compared to non-self excluders:		
		 Entered contests with higher entry fees	 Experienced a stable (as opposed to decreasing) pattern of wins in their first 4 weeks of play	 Engaged with a greater variety of contests and sports
Repeat self excluders <i>(used self exclusion 2+ times)</i>	30.7% of self excluders	Compared to one-time self excluders:		
		 Selected a shorter initial self-exclusion period	 Engaged with a greater variety of contests and sports	



Self excluders **did not** engage in *riskier* contests (i.e., more top-heavy payout structure) or experience a higher percentage of overall losses compared to non-self excluders, prior to self exclusion.



Changes in DFS activity in the first 4 weeks of play and 4 weeks of play, prior to self exclusion, **did not predict self exclusion**.

Key Takeaways

Self exclusion is relatively rare in this sample of DFS players.

Increasing awareness and accessibility of self exclusion is likely to be important for enhancing uptake.

Self excluders exhibit higher and more diverse DFS involvement.

Self exclusion can be an indicator of DFS- or gambling-related problems when conducting research on gambling behavior.