

Quarterly News & Updates

Winter | 2025

Welcome to the Division on Addiction's Winter Quarterly Newsletter!


Announcements



We honor Dr. Howard Shaffer as he retires from his position at the Division on Addiction as a distinguished faculty member and the Morris E. Chafetz Associate Professor of Psychiatry in the Field of Behavioral Sciences at Harvard Medical School. Thank you, Dr. Shaffer, for your contributions to the field of addiction science and your commitment to improving the lives of people impacted by addiction. [Click here](#) to read more.

Outreach Corner



 Division on
Addiction


Gambling Disorder Screening Day

Tuesday, March 11th, 2025

www.divisiononaddiction.org/outreach-resources/gdsd/

Upcoming Events



On March 5, Dr. Sarah Nelson will be presenting about “Exploring the Promise and Pitfalls of AI in Gambling and Responsible Gaming Tools” at the Responsible Gaming Conference sponsored by the [International Center for Responsible Gaming](#). [Click here](#) to register and learn more.

[The MA Technical Assistance Center for Problem Gambling Treatment \(M-TAC\)](#) is hosting three upcoming trainings: Introduction to Screening & Assessment for Gambling Disorder Part II (Assessment) on February 28, Introduction to Gambling & Co-occurring Disorders on March 20, and Cultivating Cultural Humility in Practice: A Critical Self-Reflection Journey on March 28. [Click here](#) to register and learn more. We are proud to partner with Health Resources in Action to produce M-TAC trainings and

The Division on Addiction is excited to announce the 12th Gambling Disorder Screening Day on March 11, 2025. We established Gambling Disorder Screening Day in 2014 as a means to spread awareness and reduce stigma associated with Gambling Disorder, all while encouraging and supporting providers to screen their clients. Become a host or supporter, so we can work together to spread awareness, end stigma, and detect gambling-related problems as early as possible! [Click here](#) to learn more about Screening Day and how to participate. Or, consider attending one of our tabling events! On Screening Day, we will be at CHA's Everett Hospital from 11-2 and at the TD Garden during the Boston Bruins game.

resources, which are funded by the Massachusetts Department of Public Health's Office of Problem Gambling Services.

Poll

Do you plan on participating in Gambling Disorder Screening Day this year?

Yes

No



Gambling & Recovery Podcast Science Accelerator Course

Check it out at DivisionOnAddictionCourses.org

Professional Education Corner

We are proud to announce the Gambling & Recovery Podcast Science Accelerator Course. This free online course provides allied health professionals with evidence-

based and lived-experience insight into the experience of gambling-related problems. Learners can earn 3 hours of CE credits. [Click here](#) to learn more and enroll for free! This course was created in collaboration with Jamie Salsburg, Mark Checkwicz, and the After Gambling Podcast. Financial support for the development of this course comes from a research and consulting contract with DraftKings, Inc.

Did You Know?



Because recovery from addiction is such a personal concept, it is not always easy to define. So, do definitions of recovery and the perceived helpfulness of recovery

resources vary depending on the person's relationship with addiction? To answer this, one U.S. study surveyed 6,351 individuals with either a personal history of opioid misuse, a family/friend with a history of opioid misuse, or no history of opioid misuse. Among all groups, the most highly rated definition of recovery was "seeking professional help" and the most helpful recovery resource was "residential rehabilitation programs." However, those with a history of opioid misuse also greatly valued recovery definitions focused on having a sense of purpose in life, more-so than the other two groups who saw greater value in abstinence. This suggests that clinicians working with individuals in recovery should incorporate interventions that focus on a client's strengths and resiliency, such as bolstering positive relationships and engaging in non-substance related activities. Read more about this study at [The BASIS](#).

Research Spotlight



Research Spotlight

Responsible gambling (RG) messages are designed to prevent or minimize gambling-related harm. These include messages about safer gambling strategies, like setting deposit/time limits. RG messaging is widely accessible, appearing in casinos, on the internet, and alongside gambling advertisements. But, does repeated exposure to RG messaging have unintended consequences? [Dr. Seth McCulloch and colleagues](#) recently conducted a study exploring message fatigue, a feeling of boredom resulting from repeated exposure to messages promoting the same health behavior. Using data from an online panel in

the U.S., they identified predictors of RG message fatigue and modeled the effects of this fatigue on participants' intentions to gamble and share RG messages.

They found that having worked in the gambling industry was negatively associated with message fatigue. However, having a gambling problem and gambling more often were positively associated with message fatigue, making these groups less receptive to RG messaging. Additionally, message fatigue was positively associated with psychological resistance and anger towards RG messaging (i.e., reactance) and inattention to RG messaging. These feelings were negatively associated with a person's intentions to share RG messages with others (e.g., if they felt more reactance to the messages, they had less intentions to share the messages). Reactance was more strongly associated with gambling and sharing intentions, compared to inattention. Viewers' negative feelings about the messaging could explain these findings. After being exposed to the messaging, viewers might choose to ignore its content as a way to cope with their negative feelings. These findings suggest that to combat message fatigue, advertisers could make the messages more unique – differentiating them from typical messaging in some way. To reduce reactance, messaging could take a friendlier approach that reinforces aspects of positive play (e.g., setting budgets and understanding the odds), rather than using aggressive language that demands something of the viewer (e.g., 'When the fun stops, stop.'). Dr. McCulloch and colleagues also suggest areas for future research. If you'd like a full copy of this article, contact us at

Dr. McCulloch says “I decided to conduct this study because message fatigue is a variable that has gained a lot of traction in recent health communication research, but it hasn't been studied at all by gambling researchers. I thought it was important to spread awareness of the impact that message fatigue can have for responsible gambling initiatives because of how widespread responsible gambling messages are. Going forward, it is important for message designers to consider the potential impact that fatigue can have and preemptively incorporate anti-fatiguing qualities (e.g., message novelty) into their designs.”



Meet the Team

Sarah Nelson, PhD
Director of Research

Dr. Sarah Nelson joined the Division in 2003, after earning her PhD in social psychology from the University of Oregon (go Ducks!). She became Director of Research in 2019. Dr. Nelson is involved in a variety of projects about gambling, impaired

driving, and mental health and addiction among Tribal youth and communities. Her gambling work has focused on both predicting the development of gambling problems through [analysis of online gambling records](#), and evaluating gambling interventions such as [voluntary self exclusion](#). Her impaired driving work examines the [co-occurrence of mental health issues and substance use and recidivism among impaired drivers](#) and has led to the development of a [mental health screening tool](#) for use in impaired driver programs and DUI courts. She is also a Project Lead for the research component of a Native American Research Centers for Health (NARCH) center grant evaluating the implementation of a [culturally-grounded mental health curriculum](#) in communities throughout seven Tribal nations in the inland northwest. In addition to these projects, Dr. Nelson has an interest in research methods. She has created and taught research methods courses, but also attempts to interweave most of her presentations about her work with concepts related to research methods and critical evaluation of research. When she is not working, she enjoys running stupidly long distances through the woods and hanging out with her husband and two sons while they talk about, watch, or play soccer.

Learn more about our faculty and staff
here.

Our Latest Publications

Blaszczynski, A., Ladouceur, R., Shaffer, H. J., (2024). Cashless gambling: Potential money laundering and responsible gambling initiatives. *The Journal of Gambling Business and Economics* 17(1) 99-116.

<https://doi.org/10.5750/jgbe.v17i1.2193>

Louderback, E.R., McCulloch, S.P. & LaPlante, D.A. (2024). Cryptocurrency trading, day trading, and gambling behavior: Examining the moderating effects of financially focused self-concept and gambling motives. *Journal of Gambling Studies*.

<https://doi.org/10.1007/s10899-024-10343-1>

Louderback, E. R., Tom, M. A., Edson, T. C., & LaPlante, D. A. (2024). The stability of gambling expenditure distributions over time and associations with the use of gambling self-regulatory tools. *International Journal of Mental Health and Addiction*, 1-23.

<https://doi.org/10.1007/s11469-024-01399-6>

Request full-text copies by emailing info@divisiononaddiction.org

Browse our research library here.

www.divisiononaddiction.org | www.basionline.org

www.thetransparencyproject.org | www.divisiononaddictioncourses.org



CHA Division on Addiction | 350 Main Street Suite 630 | Malden, MA 02148 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!