

# Gambling-related harms: Identification, assessment and management

[H] Relapse prevention

*NICE guideline NG248*

*Evidence review underpinning recommendations 1.6.1 to 1.6.5  
and a recommendation for research in the NICE guideline*

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# Relapse prevention

## Review question

What is the effectiveness of interventions and approaches (for example, building recovery capital, mutual aid, peer support and mentoring programmes) for preventing relapse in people who have previously participated in harmful gambling?

## Introduction

In people who have previously experienced igambling that harms but who have stopped gambling, there are often concerns that they may relapse and become harmed again. Interventions to prevent relapse may therefore be utilised to try to ensure their ongoing recovery and these can take a wide variety of forms, from psychological therapies focussed on relapse prevention to emotional support (for example, peer support and mentoring) to practical advice (for example, financial counselling). The aim is often to build 'recovery capital', which are the resources a person can employ to sustain their recovery.

The aim of this review is to determine if there are any interventions or approaches which are effective at reducing relapse in people who have experienced gambling that harms.

## Summary of the protocol

See Table 1 for a summary of the Population, Intervention, Comparison and Outcome (PICO) characteristics of this review.

**Table 1: Summary of the protocol (PICO table)**

<b>Population</b>	<b>Inclusion:</b> People aged ≥ 18years old, who have previously participated in harmful gambling.
<b>Intervention</b>	<ul style="list-style-type: none"> <li>• After care interventions including supportive counselling or therapy, cognitive therapy, mindfulness, and CBT booster sessions.</li> <li>• Peer support and mentoring programmes for relapse prevention.</li> <li>• Couple and family therapies (adapted couple therapy, congruence couple therapy, family therapy, marital therapy, integrative behavioural couple therapy, marriage counselling, structured family interventions, systemic therapies)</li> <li>• Financial counselling interventions (financial counselling, management, planning, or limit setting)</li> <li>• Self-exclusion programmes and access restriction such as GamBan and banking applications.</li> <li>• Reactive support mechanisms, such as a post residential helpline or other post treatment interventions.</li> <li>• Relapse prevention programmes such as education, recovery colleges, volunteering, meaningful occupation and broader health and wellbeing interventions.</li> </ul>
<b>Comparison</b>	Interventions compared with each other or: <ul style="list-style-type: none"> <li>• Treatment as usual</li> <li>• Placebo or sham treatment</li> <li>• No treatment (including wait-list controls)</li> </ul>

<b>Outcome</b>	<p><b>Critical</b></p> <ul style="list-style-type: none"> <li>• Recovery wisdom (measured using the Recovery Index for Gambling Disorder)</li> <li>• Recovery capital (measured using validated tools such as the Life in Recovery Scale)</li> <li>• Gambling severity (assessed using validated scales such as the Problem Gambling Severity Index, dichotomous measures of abstinence and objective, quantifiable measures such as gambling frequency or time or money spent on gambling).</li> <li>• Psychological wellbeing (measured using scales such as the Warwick-Edinburgh Well Being Scale, the CORE-10 score and Psychoclops).</li> <li>• Personal, social and life functioning (measured using person centred, validated scales such as the Work and Social Adjustment Scale)</li> <li>• Adverse events such as suicide, self-harm, or unplanned acute mental health hospital admission.</li> </ul> <p><b>Important</b></p> <ul style="list-style-type: none"> <li>• Physical and mental health related quality of life (measured using scales such as EQ-5D and SF-12).</li> </ul> <p><i>CBT: Cognitive behavioural therapy; CORE-10: Clinical outcomes in routine evaluation 10; EQ-5D: EuroQol health related quality of life (5 domains); SF-12: 12-item short form survey</i></p>

For further details see the review protocol in appendix A.

## Methods and process

This evidence review was developed using the methods and process described in [Developing NICE guidelines: the manual](#). Methods specific to this review question are described in the review protocol in appendix A and Supplement 1: methods.

Declarations of interest were recorded according to [NICE's conflicts of interest policy](#).

## Effectiveness evidence

### Included studies

Two randomised controlled trials (RCTs) were included for this review (Echeburua 2000, Hodgins 2007).

The included studies are summarised in Table 2. One study was a 3-arm RCT that compared a relapse prevention programme delivered to individuals with the same relapse prevention programme delivered in a group setting with a control group who received no treatment (Echeburua 2000). The other study compared a series of relapse prevention booklets delivered through repeated mailing with the same booklets delivered through a single mailing (Hodgins 2007).

One RCT was conducted in Spain (Echeburua 2000) and the other study was conducted in Canada (Hodgins 2007).

Data on the following outcomes were identified through analysis of the included effectiveness studies: gambling severity; psychological wellbeing; and personal, social and life functioning.

No meta-analyses were conducted for the outcomes of included studies due to heterogeneity of interventions and outcome measures.

See the literature search strategy in appendix B and study selection flow chart in appendix C.

## Excluded studies

Studies not included in this review are listed, and reasons for their exclusion are provided in appendix J.

## Summary of included studies

Summaries of the studies that were included in this review are presented in Table 2.

**Table 2: Summary of included studies**

Study	Population	Intervention	Comparison	Outcomes
Echeburua 2000  RCT  Spain  Unclear funding source	<p>N=69 people experiencing harmful gambling</p> <ul style="list-style-type: none"> <li>n=23 individual relapse prevention</li> <li>n=23 group relapse prevention</li> <li>n=23 no treatment</li> </ul> <p>Age in years [Mean (SD)]: 36 (13.7)</p> <ul style="list-style-type: none"> <li>Age by treatment group, not reported.</li> </ul> <p>Sex (n): M=60, F=9</p> <ul style="list-style-type: none"> <li>Sex by treatment group, not reported.</li> </ul> <p>Gambling symptom severity scale and score [Mean (SD)]: SOGS, 10.5 (2.5)</p> <ul style="list-style-type: none"> <li>Gambling symptom</li> </ul>	<p><u>Both groups</u></p> <p>Programme designed to identify high-risk situations for relapse and provide adequate strategies for coping with problematic situations. Includes an educational intervention about factors which may contribute to relapse, and an individualized exposure programme for high-risk situations.</p> <p><u>Individual relapse prevention</u></p> <p>Programme delivered individually to participants.</p> <p><u>Group relapse prevention</u></p> <p>Programmes delivered in 2-hour sessions. 4-7 people per group.</p>	<p><u>No treatment</u></p> <p>No further details reported.</p>	<ul style="list-style-type: none"> <li>Gambling severity</li> <li>Psychological wellbeing</li> <li>Personal, social and life functioning</li> </ul>



Study	Population	Intervention	Comparison	Outcomes
	severity by treatment group, not reported.			
Hodgins 2007  RCT  Canada  Unclear funding source	<p>N=169 people experiencing harmful gambling</p> <ul style="list-style-type: none"> <li>• n=85 single mailing</li> <li>• n=84 repeated mailing</li> </ul> <p>Age in years [Mean (SD)]: 32 (11.2).</p> <ul style="list-style-type: none"> <li>• Age by treatment group, not reported.</li> </ul> <p>Sex (n): M=98, F=71</p> <p>Sex by treatment group, not reported.</p> <p>Gambling symptom severity scale and score [Mean (SD)]: SOGS, 11.3 (3.3)</p> <ul style="list-style-type: none"> <li>• Gambling symptom severity by treatment group, not reported.</li> </ul>	<p><u>Repeated mailing</u></p> <p>Total of 8 relapse prevention booklets developed on relapse and effective coping strategies. The first booklet was mailed immediately post-assessment and then each subsequent booklet was mailed out at scheduled intervals with the final booklet sent 11 months post-assessment.</p> <p>Topics included dealing with gambling urges, negative emotions as a cause of relapse, “getting back on the wagon” after a relapse, lifestyle balance, financial issues, stages of change, and dealing with comorbid emotional and addiction problems.</p>	<p><u>Single mailing</u></p> <p>All 8 relapse prevention booklets were mailed immediately after-initial assessment only. Content the same as in ‘Repeated mailing’ intervention .</p>	<ul style="list-style-type: none"> <li>• Gambling severity</li> </ul>

F: Female; M: Male; N/n: Number; RCT: Randomised controlled trial; SD: Standard deviation; SOGS: South oaks Gambling Screen

See the full evidence tables in appendix D. No meta-analysis was conducted (and so there are no forest plots in appendix E).

## Summary of the evidence

One study compared the effectiveness of 2 interventions to a no treatment control group and to each other: a relapse prevention programme delivered to individuals; the same relapse prevention programme delivered in a group setting; and a control group that received no treatment (Echeburua 2000, unclear funding source). Across the 3 comparisons, an important decrease (benefit) was found for anxiety scores in participants receiving either individual relapse prevention therapy or group relapse prevention therapy when compared to no treatment at 12-months follow-up and for a subjective indicator of gambling severity when participants receiving group relapse prevention were compared to those receiving no

treatment at 12-months follow-up. Additionally, an important benefit was found in number of relapses plus dropouts when participants receiving individual relapse prevention therapy were compared to participants receiving no treatment at 3-months follow-up, 6-months follow-up and 12-months follow-up. Similarly, an important benefit was found in number of relapses plus dropouts when participants receiving group relapse prevention therapy were compared to participants receiving no treatment at 3-months follow-up and 6-months follow-up. No other important differences were detected between the comparisons for the remaining outcomes at any time point. Evidence was judged to be very low to low quality for all outcomes.

One study investigated the effectiveness of a series of relapse prevention booklets delivered through repeated mailing with the same booklets delivered through a single mailing (Hodgins 2007, unclear funding source). No significant difference was found at 12-months follow-up for gambling severity. Evidence was judged to be low quality for all outcomes.

There was no evidence identified for the following interventions: after care interventions; peer support and mentoring programmes; couple and family therapies; financial counselling interventions; self-exclusion programmes and access restriction; and active support mechanisms. There was no evidence identified for the following outcomes: recovery wisdom; recovery capital; adverse events; and physical and mental health related quality of life.

See appendix F for full GRADE tables.

## **Economic evidence**

### **Included studies**

A single economic search was undertaken for all topics included in the scope of this guideline, but no economic studies were identified which were applicable to this review question. See the literature search strategy in appendix B and economic study selection flow chart in appendix G.

### **Excluded studies**

No economic studies were reviewed at full text and excluded from this review.

### **Economic model**

No economic modelling was conducted for this review question although it was highlighted as a high priority area for conducting de novo economic modelling, as no recommendations on specific interventions were made due to the limited amount and quality of the clinical evidence.

## **The committee's discussion and interpretation of the evidence**

### **The outcomes that matter most**

Recovery wisdom (a measure of internally held beliefs about gambling-related harms and attitudes reflecting personal growth and change), recovery capital (a measure of the resources, both internal and external, which a person can utilise to support their recovery) and gambling severity were prioritised by the committee as critical outcomes because changes in these would most accurately capture the clinical effectiveness of relapse prevention interventions, in terms of the person's recovery and gambling behaviour. However, the committee also discussed that the definition of relapse differs between people experiencing gambling that harms. While some people wish to achieve total abstinence, others want to reduce the harms experienced by gambling. This goal might not be reflected in the measures of recovery and gambling severity, so the committee also included

psychological wellbeing and personal, social and life functioning as a means of demonstrating the impact on a person's overall wellbeing.

The committee also discussed that the shame and distress caused by relapse often prevents people from seeking help when they experience it and can lead to a variety of adverse events (such as self-harm and suicide), and so this was also included as a critical outcome.

Physical and mental health related quality of life was also identified as an important outcome by the committee because people who have achieved abstinence from gambling and avoided relapse are likely to have an improved quality of life, compared to people who relapse.

### **The quality of the evidence**

The quality of the evidence for quantitative outcomes was assessed with GRADE and was rated as very low to low. Findings were downgraded due to risk of bias (for example, poor reporting of randomisation procedures and high rates of attrition from the study). Studies were also downgraded for imprecision when 95% confidence intervals crossed 1 or more decision-making thresholds. The evidence was not downgraded for inconsistency or indirectness. See appendix F for full GRADE tables with quality ratings of all outcomes.

### **Benefits and harms**

The committee discussed the nature of relapse in treatment for gambling-related harms and agreed that it was often distressing for people as they may feel that the treatment had failed, or that there was no possibility of recovery. The committee therefore made a recommendation based on their knowledge and experience to emphasise the potential serious consequences of relapse, which can include self-harm and suicide.

The committee then made a recommendation, based on their knowledge and experience and on some evidence from the qualitative review on improving gambling treatment services (evidence review K) about discussing relapse with people, and the information about relapse that they agreed would be helpful and would engender hope.

The committee discussed that 1 of the included studies identified an important benefit in anxiety symptoms at 12 months follow-up when comparing individual relapse prevention or group relapse prevention programmes to no treatment, as well as an important benefit in gambling severity measures at 12 months when comparing group relapse prevention to no treatment. However, no important difference was noted in gambling severity measures at other time periods (immediately post-treatment, 1 month follow-up, 3 months follow-up or 6 months follow-up), or in depressive symptoms at 12-months follow-up. Additionally, the evidence was all judged to be of very low to low quality. There was no difference between the individual or group relapse prevention interventions when they were compared to each other for any outcome. The committee concluded that there was some evidence of benefit from both the individual and group interventions compared to no intervention, demonstrating that some components of the intervention may have been useful. They noted that the group and individual interventions had both included identifying high-risk situations for relapse, providing adequate strategies for coping with problematic situations, and an educational intervention about factors which may contribute to relapse, and an individualized exposure programme for high-risk situations. The committee therefore recommended that relapse prevention interventions should be considered but did not agree that the evidence from this study was sufficient to allow them to make recommendations for specific interventions. Instead, they recommended that relapse prevention could include a variety of different interventions depending on the person's needs and preferences – and this could include additional sessions of CBT, lower intensity support such as peer support, or more practical support with the legacy harms from gambling. The committee noted that their recommendations on psychological treatment advised that relapse prevention should be a

component of CBT treatment, but that sometimes after a course of treatment had ended it was often useful if people were offered some follow-up support and the chance to enter treatment rapidly if they were concerned about the possibility of early relapse.

The committee agreed, based on their knowledge and experience, that not all people would need relapse prevention treatment, and that it would be appropriate to base the use of relapse prevention on people's needs and preferences, but also to consider it in people who had not responded well to initial treatment, and people who had relapsed, or were thought to be at a higher risk of relapse. The committee agreed that this additional treatment and support could take a variety of forms based on people's preferences, ranging from additional treatment sessions, access to peer support groups, or support with ongoing harms.

The second study included in the evidence review found no difference between the repeated mailing or single mailing and although the relapse prevention leaflets may have led to benefits, the lack of a control group that either did not receive an intervention or received a different type of intervention meant this could not be demonstrated. The committee therefore agreed that they were unable to make specific recommendations on this intervention for relapse prevention.

All committee members agreed that preventing relapse is an important part of long-term care treatment for people experiencing gambling that harms, and that it was disappointing that there was so little evidence. Therefore, they made a research recommendation to increase the amount of evidence on effective long-term relapse prevention interventions. The research recommendation is described in appendix K.

### **Cost effectiveness and resource use**

No economic evidence was identified for this review question. In addition, no economic modelling was conducted, although this topic was highlighted as a high priority area for de novo economic modelling, because current available evidence on interventions and approaches for preventing relapse in people who have previously experienced gambling that harms was very limited and of low quality. For this reason the committee made no recommendations on specific relapse prevention interventions for people that have experienced gambling that harms. However, they acknowledged that effective approaches to relapse prevention, including additional treatment or support (such as peer support or support groups and support with ongoing harms) for this population, especially those for whom the agreed outcomes have not been achieved through the original intervention, those who may be at high risk of relapse or who have lapsed or relapsed, are likely to be highly cost-effective, despite the resource implications they entail, as they are anticipated to prevent negative outcomes (relapse) and thus to lead to cost-savings. Given the importance of providing relapse preventing interventions to this population, the associated resource implications and the lack of robust evidence in this area, the committee made a research recommendation in this area and included assessment of cost-effectiveness.

### **Other factors the committee took into account**

The funding sources for the studies included in this evidence review were reported as:

- Unclear funding source: Echeburua 2000, Hodgins 2007

The committee discussed the funding for the included studies. They agreed that Echeburua 2000 did not appear to be directly funded by the gambling industry, although it was not possible to confirm this. The Alberta Gaming Research Institute receives funding from the gambling industry via a voluntary donation, although it was not possible to quantify this contribution. As the committee did not make any recommendations based on these studies they considered their funding source to be less relevant.

### **Recommendations supported by this evidence review**

This evidence review supports recommendations 1.6.1 to 1.6.5 and a research recommendation on the effectiveness of relapse prevention interventions.

## References – included studies

### Effectiveness

#### **Echeburua 2000**

Echeburua, E., Fernandez-Montalvo, J., Baez, C. (2000) Relapse prevention in the treatment of slot-machine pathological gambling: Long-term outcome. *Behavior Therapy* 31(2): 351-364

#### **Hodgins 2007**

Hodgins, David C., Currie, Shawn R., el-Guebaly, Nady et al. (2007) Does providing extended relapse prevention bibliotherapy to problem gamblers improve outcome? *Journal of gambling studies* 23(1): 41-54

# Appendices

## Appendix A Review protocols

**Review protocol for review question: What is the effectiveness of interventions and approaches (for example, building recovery capital, mutual aid, peer support and mentoring programmes) for preventing relapse in people who have previously participated in harmful gambling?**

**Table 3: Review protocol**

ID	Field	Content
0.	PROSPERO registration number	CRD42022341256
1.	Review title	Relapse prevention interventions
2.	Review question	What is the effectiveness of interventions and approaches (for example, building recovery capital, mutual aid, peer support and mentoring programmes) for preventing relapse in people who have previously participated in harmful gambling?
3.	Objective	To establish the effectiveness of interventions for preventing relapse in people who have previously participated in harmful gambling
4.	Searches	<p>The following databases will be searched:</p> <ul style="list-style-type: none"> <li>• Applied Social Science Index and Abstracts (ASSIA)</li> <li>• Cumulative Index to Nursing and Allied Health Literature (CINAHL)</li> <li>• Cochrane Central Register of Controlled Trials (CENTRAL)</li> <li>• Cochrane Database of Systematic Reviews (CDSR)</li> <li>• Embase</li> <li>• Emcare</li> <li>• Epistemonikos</li> <li>• Health Management Information Consortium (HMIC)</li> <li>• International Health Technology Assessment (IHTA)</li> <li>• Medline and Medline In-Process</li> </ul>

ID	Field	Content
		<ul style="list-style-type: none"> <li>• PsycInfo</li> <li>• Social Care Online</li> <li>• Social Policy and Practice</li> <li>• Social Sciences Citation Index</li> </ul> <p>Searches will be restricted by:</p> <ul style="list-style-type: none"> <li>• Date: 2000 onwards (see rationale under Section 10)</li> <li>• English language</li> <li>• Human studies</li> </ul> <p>Other searches:</p> <p>Inclusion lists of systematic reviews</p> <ul style="list-style-type: none"> <li>• Kings Fund reports</li> <li>• Campbell Collaboration</li> <li>• Gov.uk</li> <li>• National Grey Literature Collection</li> <li>• Be Gamble Aware</li> <li>• GamCare</li> <li>• Gambling Research Exchange Ontario</li> <li>• Gambling Commission</li> <li>• Advisory Board for Safer Gambling</li> <li>• Gambling Watch UK</li> <li>• Australian Gambling Research Centre</li> <li>• Gambling Compliance</li> <li>• Gambling and Addictions Research Centre</li> <li>• Responsible Gambling Council</li> <li>• Victorian Responsible Gambling Foundation</li> </ul>



ID	Field	Content
		<p>With the agreement of the guideline committee the searches will be re-run 6 weeks before final submission of the review and further studies retrieved for inclusion.</p> <p>The full search strategies will be published in the final review.</p>
5.	Condition or domain being studied	Relapse prevention interventions and approaches for people who previously participated in harmful gambling
6.	Population	<p>Inclusion: People aged <math>\geq 18</math> years old, who have previously participated in harmful gambling.</p> <p>Exclusion:</p> <ul style="list-style-type: none"> <li>• Children and young people <math>&lt;18</math> years old.</li> <li>• People aged <math>\geq 18</math> years old who are currently participating in harmful gambling</li> <li>• Gambling behaviour which only occurred during manic episodes of people with bipolar disorder</li> </ul>
7.	Intervention	<ul style="list-style-type: none"> <li>• After care interventions including supportive counselling or therapy, cognitive therapy, mindfulness and CBT booster sessions.</li> <li>• Peer support and mentoring programmes for relapse prevention.</li> <li>• Couple and family therapies (adapted couple therapy, congruence couple therapy, family therapy, marital therapy, integrative behavioural couple therapy, marriage counselling, structured family interventions, systemic therapies)</li> <li>• Financial counselling interventions (financial counselling, management, planning, or limit setting)</li> <li>• Self-exclusion programmes and access restriction such as Gamban and banking applications.</li> <li>• Reactive support mechanisms, such as a post residential helpline or other post treatment interventions.</li> <li>• Relapse prevention programmes such as education, recovery colleges, volunteering, meaningful occupation and broader health and wellbeing interventions.</li> </ul>
8.	Comparator	<p>Interventions compared with each other or:</p> <ul style="list-style-type: none"> <li>• Treatment as usual</li> <li>• Placebo or sham treatment</li> <li>• No treatment (including wait-list controls)</li> </ul>

ID	Field	Content
9.	Types of study to be included	<p>Include published full-text papers:</p> <ul style="list-style-type: none"> <li>• Systematic reviews of RCTs</li> <li>• Experimental studies using a randomly assigned control group design</li> <li>• Experimental studies using a non-randomly assigned control group design with match comparison or another method of controlling for confounding variables.</li> </ul>
10.	Other exclusion criteria	<p>Inclusion:</p> <ul style="list-style-type: none"> <li>• Full text papers</li> </ul> <p>Exclusion:</p> <ul style="list-style-type: none"> <li>• Articles published before 2000</li> <li>• Population-level gambling disorder interventions</li> <li>• Studies using qualitative methods only</li> <li>• Non-English language articles</li> <li>• Conference proceedings</li> <li>• Abstract only</li> <li>• Books and book chapters</li> </ul>
11.	Context	<p>Recommendations will apply in all settings where NHS-commissioned healthcare is provided for people who participate and have previously participated in harmful gambling.</p>
12.	Primary outcomes (critical outcomes)	<ul style="list-style-type: none"> <li>• Recovery wisdom (measured using the Recovery Index for Gambling Disorder)</li> <li>• Recovery capital (measured using validated tools such as the Life in Recovery Scale)</li> <li>• Gambling severity (assessed using validated scales such as the Problem Gambling Severity Index, dichotomous measures of abstinence and objective, quantifiable measures such as gambling frequency or time or money spent on gambling).</li> <li>• Psychological wellbeing (measured using scales such as the Warwick-Edinburgh Well Being Scale, the CORE-10 score and Psychclops).</li> <li>• Personal, social and life functioning (measured using person centred, validated scales such as the Work and Social Adjustment Scale)</li> <li>• Adverse events such as suicide, self-harm, or unplanned acute mental health hospital admission.</li> </ul>

ID	Field	Content
13.	Secondary outcomes (important outcomes)	<ul style="list-style-type: none"> <li>Physical and mental health related quality of life (measured using scales such as EQ-5D and SF-12).</li> </ul>
14.	Data extraction (selection and coding)	<ul style="list-style-type: none"> <li>All references identified by the searches and from other sources will be uploaded into EPPI-Reviewer 5 and de-duplicated.</li> <li>Titles and abstracts of the retrieved citations will be screened to identify studies that potentially meet the inclusion criteria outlined in the review protocol.</li> <li>Dual or duplicate screening will be undertaken for 10% of items (90% agreement is required and disagreements will be resolved via discussion with the senior systematic reviewer).</li> <li>Full versions of the selected studies will be obtained for assessment. Studies that fail to meet the inclusion criteria once the full version has been checked will be excluded at this stage. Each study excluded after checking the full version will be listed along with the reason for its exclusion.</li> <li>The included and excluded studies lists will be circulated to the Topic Group for their comments. Resolution of disputes will be by discussion between the senior reviewer, Topic Advisor and Chair.</li> <li>A standardised form will be used to extract the following data from included studies: study details (reference, country where study was carried out, type and dates), participant characteristics, inclusion and exclusion criteria, details of the interventions if relevant, setting and follow-up, relevant outcome data and source of funding. This will be quality assessed by the senior reviewer.</li> </ul>
15.	Risk of bias (quality) assessment	<p>Quality assessment of individual studies will be performed according to Developing NICE guidelines: the manual, using the following checklists:</p> <ul style="list-style-type: none"> <li>Cochrane RoB (2.0) for randomised controlled trials</li> <li>Cochrane ROBINS-I for non-randomised controlled trials</li> <li>ROBIS for systematic reviews</li> </ul> <p>The quality assessment will be performed by one reviewer and this will be quality assessed by a senior reviewer.</p>
16.	Strategy for data synthesis	<p>Depending on the availability of the evidence, the findings will be summarised narratively or quantitatively. Where possible, meta-analyses will be conducted using Cochrane Review Manager software. A fixed effect meta-analysis will be conducted and data will be presented as risk ratios or odds ratios for dichotomous outcomes, and mean differences or standardised mean differences for continuous outcomes. Heterogeneity in the effect estimates of the individual studies will be assessed using the I<sup>2</sup> statistic. Alongside visual inspection of the point estimates and confidence intervals, I<sup>2</sup> values of greater than 50% and 80% will be considered as significant and very significant</p>

ID	Field	Content
		<p>heterogeneity, respectively. Heterogeneity will be explored as appropriate using sensitivity analyses and pre-specified subgroup analyses. If heterogeneity cannot be explained through subgroup analysis then a random effects model will be used for meta-analysis, or the data will not be pooled.</p> <p>The confidence in the findings across all available evidence will be evaluated for each outcome using an adaptation of the 'Grading of Recommendations Assessment, Development and Evaluation (GRADE) toolbox' developed by the international GRADE working group: <a href="http://www.gradeworkinggroup.org">http://www.gradeworkinggroup.org</a>.</p> <p>Importance and imprecision of findings will be assessed against minimally important differences (MIDs). The following MIDs will be used: 0.8 and 1.25 for all relative dichotomous outcomes, for continuous outcomes any published validated MIDs, if none are available then +/- 0.5x control group SD.</p>
17.	Analysis of sub-groups	<p>Evidence will be stratified according to the funding source of included studies:</p> <ul style="list-style-type: none"> <li>• Any industry funding</li> <li>• No industry funding</li> <li>• Unclear funding source</li> </ul> <p>Evidence will be sub-grouped by the following only in the event that there is significant heterogeneity in outcomes:</p> <ul style="list-style-type: none"> <li>• Sex</li> <li>• Age</li> <li>• Ethnicity and/or country</li> <li>• Neuro-diversity (including learning difficulties and disabilities, cognitive impairments and other conditions such as ADHD and autism spectrum conditions)</li> <li>• Co-morbidities (including mental health conditions and other addictions)</li> </ul> <p>Where evidence is stratified or sub-grouped the committee will consider on a case by case basis if separate recommendations should be made for distinct groups. Separate recommendations may be made where there is evidence of a differential effect of interventions in distinct groups. If there is a lack of evidence in one group, the committee will consider, based on their experience, whether it is reasonable to extrapolate and assume the interventions will have similar effects in that group compared</p>

ID	Field	Content																					
		with others.																					
18.	Type and method of review	<table border="1"> <tr> <td><input checked="" type="checkbox"/></td><td>Intervention</td></tr> <tr> <td><input type="checkbox"/></td><td>Diagnostic</td></tr> <tr> <td><input type="checkbox"/></td><td>Prognostic</td></tr> <tr> <td><input type="checkbox"/></td><td>Qualitative</td></tr> <tr> <td><input type="checkbox"/></td><td>Epidemiologic</td></tr> <tr> <td><input type="checkbox"/></td><td>Service Delivery</td></tr> <tr> <td><input type="checkbox"/></td><td>Other (please specify)</td></tr> </table>	<input checked="" type="checkbox"/>	Intervention	<input type="checkbox"/>	Diagnostic	<input type="checkbox"/>	Prognostic	<input type="checkbox"/>	Qualitative	<input type="checkbox"/>	Epidemiologic	<input type="checkbox"/>	Service Delivery	<input type="checkbox"/>	Other (please specify)							
<input checked="" type="checkbox"/>	Intervention																						
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<input type="checkbox"/>	Epidemiologic																						
<input type="checkbox"/>	Service Delivery																						
<input type="checkbox"/>	Other (please specify)																						
19.	Language	English																					
20.	Country	England																					
21.	Anticipated or actual start date	April 2022																					
22.	Anticipated completion date	February 2024																					
23.	Stage of review at time of this submission	<table border="1"> <thead> <tr> <th>Review stage</th><th>Started</th><th>Completed</th></tr> </thead> <tbody> <tr> <td>Preliminary searches</td><td><input checked="" type="checkbox"/></td><td><input checked="" type="checkbox"/></td></tr> <tr> <td>Piloting of the study selection process</td><td><input checked="" type="checkbox"/></td><td><input checked="" type="checkbox"/></td></tr> <tr> <td>Formal screening of search results against eligibility criteria</td><td><input checked="" type="checkbox"/></td><td><input checked="" type="checkbox"/></td></tr> <tr> <td>Data extraction</td><td><input checked="" type="checkbox"/></td><td><input checked="" type="checkbox"/></td></tr> <tr> <td>Risk of bias (quality) assessment</td><td><input checked="" type="checkbox"/></td><td><input checked="" type="checkbox"/></td></tr> <tr> <td>Data analysis</td><td><input checked="" type="checkbox"/></td><td><input checked="" type="checkbox"/></td></tr> </tbody> </table>	Review stage	Started	Completed	Preliminary searches	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Piloting of the study selection process	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Formal screening of search results against eligibility criteria	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Data extraction	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Risk of bias (quality) assessment	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Data analysis	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Review stage	Started	Completed																					
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Risk of bias (quality) assessment	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>																					
Data analysis	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>																					
24.	Named contact	<b>5a Named contact</b>																					

ID	Field	Content
		<p>National Institute for Health and Care Excellence (NICE)</p> <p><b>5b Named contact e-mail</b>  <a href="mailto:Gambling@nice.org.uk">Gambling@nice.org.uk</a></p> <p><b>5c Organisational affiliation of the review</b>  National Institute for Health and Care Excellence (NICE)</p>
25.	Review team members	NICE technical team
26.	Funding sources/sponsor	This systematic review is being completed by NICE, which receives funding from the Department of Health and Social Care.
27.	Conflicts of interest	All guideline committee members and anyone who has direct input into NICE guidelines (including the evidence review team and expert witnesses) must declare any potential conflicts of interest in line with NICE's code of practice for declaring and dealing with conflicts of interest. Any relevant interests, or changes to interests, will also be declared publicly at the start of each guideline committee meeting. Before each meeting, any potential conflicts of interest will be considered by the guideline committee Chair and a senior member of the development team. Any decisions to exclude a person from all or part of a meeting will be documented. Any changes to a member's declaration of interests will be recorded in the minutes of the meeting. Declarations of interests will be published with the final guideline.
28.	Collaborators	Development of this systematic review will be overseen by an advisory committee who will use the review to inform the development of evidence-based recommendations in line with section 3 of <a href="#">Developing NICE guidelines: the manual</a> . Members of the guideline committee are available on the NICE website: <a href="https://www.nice.org.uk/guidance/indevelopment/gid-ng10210">https://www.nice.org.uk/guidance/indevelopment/gid-ng10210</a> .
29.	Other registration details	N/A
30.	Reference/URL for published protocol	<a href="https://www.crd.york.ac.uk/prospero/display_record.php?ID=CRD42022341256">https://www.crd.york.ac.uk/prospero/display_record.php?ID=CRD42022341256</a>
31.	Dissemination plans	<p>NICE may use a range of different methods to raise awareness of the guideline. These include standard approaches such as:</p> <ul style="list-style-type: none"> <li>• notifying registered stakeholders of publication</li> <li>• publicising the guideline through NICE's newsletter and alerts</li> <li>• issuing a press release or briefing as appropriate, posting news articles on the NICE website, using social media channels, and publicising the guideline within NICE.</li> </ul>

ID	Field	Content
32.	Keywords	Gambling; Intervention; Treatment; Recovery; Relapse; Psychosocial; Psychological
33.	Details of existing review of same topic by same authors	N/A
34.	Current review status	<input checked="" type="checkbox"/> Ongoing
		<input type="checkbox"/> Completed but not published
		<input type="checkbox"/> Completed and published
		<input type="checkbox"/> Completed, published and being updated
		<input type="checkbox"/> Discontinued
35.	Additional information	N/A
36.	Details of final publication	<a href="http://www.nice.org.uk">www.nice.org.uk</a>

CORE-10: Clinical outcomes in routine evaluation; EQ-5D: EuroQol health related quality of life (5 domains); GRADE: Grading of Recommendations Assessment, Development and Evaluation; MID: minimally important difference; NHS: National health service; NICE: National Institute for Health and Care Excellence; N/A: Not applicable; PHQ-9: Patient health questionnaire-9; PROSPERO: International prospective register of systematic reviews; RCT: randomised controlled trial; RoB: risk of bias; ROBINS-I: risk of bias In non-randomized studies of interventions; ROBIS: risk of bias in systematic reviews; SD: standard deviation SF-12: 12-item short form survey

## Appendix B Literature search strategies

**Literature search strategies for review question: What is the effectiveness of interventions and approaches (for example, building recovery capital, mutual aid, peer support and mentoring programmes) for preventing relapse in people who have previously participated in harmful gambling?**

### Effectiveness searches

Please note that a combined literature search was undertaken to cover this question and the question in evidence review F on psychological and psychosocial treatment of harmful gambling.

### Database: Medline and Medline In-Process

Date of last search: 05/04/2023

#	Searches
1	GAMBLING/
2	gambl*.ti,ab.
3	betting.ti,ab.
4	(bet or bets).ti,ab.
5	wager*.ti,ab.
6	((gaming or gambling or slot or fruit or poker or lottery or lotteries) adj5 (machine? or terminal?)).ti,ab.
7	(pokies or pokey or puggy or fruities).ti,ab.
8	((dice or card? or roulette or blackjack or poker or baccarat or crap or craps or keno or casino? or bingo or bookmaker? or book maker or bookie? or lottery or lotteries or lotto or scratch card? or scratchcard? or raffle or raffles or sweepstak* or amusement arcade? or slot?) adj5 (money or monetization or monetisation or monetary or currency or currencies or cryptocurrency or cryptocurrencies or reward* or win or wins or winning* or loss or losses or lose)).ti,ab.
9	((game or games or gaming or gamer?) adj5 (money or monetization or monetisation or monetary)).ti,ab.
10	(loot box* or lootbox*).ti,ab.
11	or/1-10
12	exp PSYCHOTHERAPY/
13	exp MIND-BODY THERAPIES/
14	(psycho* adj5 (intervention? or treat* or therap*)).ti,ab.
15	((cogniti* or behavio*) adj5 (intervention? or treat* or therap* or technique?)).ti,ab.
16	CBT.ti,ab.
17	(aversi* adj3 (therap* or treat* or learn*)).ti,ab.
18	(psychotherap* or psychodynamic? or psychoanal*).ti,ab.
19	exp COUNSELING/
20	counsel*.ti,ab.
21	(motivat* adj3 interview*).ti,ab.
22	HARM REDUCTION/
23	(harm* adj3 (reduc* or minimi*)).ti,ab.
24	exp PSYCHODRAMA/
25	(psychodrama* or psycho drama*).ti,ab.
26	(drama* adj3 therap*).ti,ab.
27	dramatherap*.ti,ab.
28	(addict* adj5 (intervention? or treat* or therap* or rehab*)).ti,ab.
29	(trauma* adj5 (intervention? or treat* or therap* or rehab*)).ti,ab.
30	(eye? adj3 mov* adj5 (desensiti* or de-sensiti* or process* or reprocess* or therap* or program* or reprogram*)).ti,ab.
31	EMDR.ti,ab.
32	hypno*.ti,ab.
33	ELECTRIC STIMULATION/
34	ELECTRIC STIMULATION THERAPY/
35	TRANSCRANIAL MAGNETIC STIMULATION/
36	TRANSCRANIAL DIRECT CURRENT STIMULATION/
37	DEEP BRAIN STIMULATION/
38	(stimulat* adj5 (intervention? or treat* or therap* or rehab*)).ti,ab.
39	((neurolo* or brain? or transcranial*) adj3 stimulat*).ti,ab.
40	neuromodulat*.ti,ab.
41	TMS.ti,ab.
42	(cognit* adj3 bias* adj3 modif*).ti,ab.
43	((resident* or inpatient) adj5 (intervention? or treat* or therap* or rehab*)).ti,ab.
44	retreat?.ti,ab.
45	SELF-MANAGEMENT/



#	Searches
46	SELF CARE/
47	SELF-HELP GROUPS/
48	(self adj5 (help* or care or manag* or direct* or guid*)).ti,ab.
49	INTERNET-BASED INTERVENTION/
50	((digital* or computer* or online or web or internet or tele* or mobile or phone? or app?) adj5 intervention?).ti,ab.
51	HOTLINES/
52	(hotline? or helpline? or help line?).ti,ab.
53	(web adj3 (service? or support*)).ti,ab.
54	(personali* adj3 (feedback or feed back or intervention?)).ti,ab.
55	gamif*.ti,ab.
56	((psychosocial* or psycho social*) adj5 (intervention? or treat* or therap* or rehab*)).ti,ab.
57	SOCIAL SKILLS/
58	ASSERTIVENESS/
59	((life or social*) adj3 skill? adj5 (intervention? or treat* or therap* or rehab* or train*)).ti,ab.
60	((assertive* or function* or communicat*) adj5 (intervention? or treat* or therap* or rehab* or train*)).ti,ab.
61	((parent? or parental or mother? or father? or son? or daughter? or sibling? or brother? or sister? or grandparent? or grandfather? or grandmother? or family or families or relatives or cousin? or uncle? or aunt? or auntie? or caregiver? or carer? or friend? or spouse? or husband? or wife or wives or couple or couples or partner or partners or boyfriend? or girlfriend?) adj5 (intervention? or treat* or therap* or rehab* or train* or model?)).ti,ab.
62	((affected or significant) adj3 other? adj5 (intervention? or treat* or therap* or rehab* or train* or model?)).ti,ab.
63	(loved one* adj5 (intervention? or treat* or therap* or rehab* or train* or model?)).ti,ab.
64	COMMUNITY SUPPORT/
65	SOCIAL SUPPORT/
66	((communit* or neighbo*r* or religious* or social* or cultur* or ethnic*) adj5 support*).ti,ab.
67	(support* adj5 (organization? or organisation? or program* or group?)).ti,ab.
68	(peer? adj3 (support* or intervention*)).ti,ab.
69	(SMART adj3 recover*).ti,ab.
70	SECONDARY PREVENTION/
71	((prevent* or avoid*) adj5 (relaps* or recur* or dropout or drop* out or second*)).ti,ab.
72	(recover* adj3 capital*).ti,ab.
73	(mutual* adj3 aid*).ti,ab.
74	AFTERCARE/
75	((after* or followup or follow* up) adj3 care).ti,ab.
76	aftercare.ti,ab.
77	((followup or follow* up) adj3 treat*).ti,ab.
78	(support* adj5 therap*).ti,ab.
79	MINDFULNESS/
80	mindful*.ti,ab.
81	(self adj3 (compass* or forgiv*)).ti,ab.
82	MENTORING/
83	MENTORS/
84	mentor*.ti,ab.
85	((marital* or marriage?) adj5 therap*).ti,ab.
86	(systemic* adj5 (intervention? or treat* or therap* or rehab* or model?)).ti,ab.
87	BANKING, PERSONAL/
88	BUDGETS/
89	((financ* or bank* or money or spend* or cash or budget*) adj5 (intervention? or manag* or plan* or train* or educat* or limit* or restrict*)).ti,ab.
90	((self or volunt*) adj5 exclu*).ti,ab.
91	(access* adj3 restrict*).ti,ab.
92	Gamban.ti,ab.
93	((financ* or bank* or money or spend* or cash or budget*) adj5 (digital* or computer* or online or web or internet or tele* or mobile or phone? or app?)).ti,ab.
94	(support* adj5 (react* or mechanism? or intervention? or model*)).ti,ab.
95	(post adj5 (resident* or treat* or intervention? or therap* or rehab*)).ti,ab.
96	(postresident* or posttreat* or postintervention? or posttherap* or postrehab*).ti,ab.
97	(relaps* adj5 (program* or educat* or train* or learn* or teach* or volunteer* or occupation* or work* or job? or employ* or intervention?)).ti,ab.
98	(recover* adj3 college?).ti,ab.
99	((animal? or equine or art or anger or acceptance or commitment? or implosive or virtual reality or relaxation or dance or emotion* or gestalt or horticultur* or mental?ation or music* or narrativ* or play or reality or schema or socioenvironmental or socio environmental or milieu or mind body or laugh*) adj3 therap*).ti,ab.
100	(chronotherapy* or bibliotherapy* or logotherapy*).ti,ab.
101	(cognitive adj3 (restructur* or remediat* or refram*)).ti,ab.
102	(feedback adj3 (psycholog* or sensory or neuro*)).ti,ab.
103	(biofeedback or neurofeedback).ti,ab.
104	((autogenic or sensitivity or desensiti?ation or sensiti?ation) adj3 train*).ti,ab.
105	meditat*.ti,ab.
106	(cris?s adj3 intervention?).ti,ab.
107	(transaction* adj3 analys*).ti,ab.
108	role play*.ti,ab.

#	Searches
109	(breath* adj3 (exercis* or therap*)).ti,ab.
110	(qigong or tai ji or tai chi or yoga).ti,ab.
111	(mental* adj3 (heal? or healing)).ti,ab.
112	(therap* adj3 touch*).ti,ab.
113	(node? adj3 link* adj3 map*).ti,ab.
114	or/12-113
115	11 and 114
116	limit 115 to english language
117	limit 116 to yr="2000 -Current"
118	LETTER/
119	EDITORIAL/
120	NEWS/
121	exp HISTORICAL ARTICLE/
122	ANECDOTES AS TOPIC/
123	COMMENT/
124	CASE REPORT/
125	(letter or comment*).ti.
126	or/118-125
127	RANDOMIZED CONTROLLED TRIAL/ or random*.ti,ab.
128	126 not 127
129	ANIMALS/ not HUMANS/
130	exp ANIMALS, LABORATORY/
131	exp ANIMAL EXPERIMENTATION/
132	exp MODELS, ANIMAL/
133	exp RODENTIA/
134	(rat or rats or mouse or mice).ti.
135	or/128-134
136	117 not 135
137	META-ANALYSIS/
138	META-ANALYSIS AS TOPIC/
139	(meta analy* or metanaly* or metaanaly*).ti,ab.
140	((systematic* or evidence*) adj2 (review* or overview*)).ti,ab.
141	(reference list* or bibliograph* or hand search* or manual search* or relevant journals).ab.
142	(search strategy or search criteria or systematic search or study selection or data extraction).ab.
143	(search* adj4 literature).ab.
144	(medline or pubmed or cochrane or embase or psychlit or psyclit or psychinfo or psycinfo or cinahl or science citation index or bids or cancerlit).ab.
145	cochrane.jw.
146	or/137-145
147	randomized controlled trial.pt.
148	controlled clinical trial.pt.
149	pragmatic clinical trial.pt.
150	randomi#ed.ab.
151	placebo.ab.
152	randomly.ab.
153	CLINICAL TRIALS AS TOPIC/
154	trial.ti.
155	or/147-154
156	exp EPIDEMIOLOGIC STUDIES/ or exp CLINICAL TRIAL/ or COMPARATIVE STUDY/
157	(control and study).mp.
158	program.mp.
159	or/156-158
160	(ANIMALS/ not HUMANS/) or COMMENT/ or EDITORIAL/ or exp REVIEW/ or META ANALYSIS/ or CONSENSUS/ or exp GUIDELINE/
161	hi.fs. or case report.mp.
162	or/160-161
163	159 not 162
164	136 and 146
165	136 and 155
166	136 and 163
167	or/164-166

## Database: Embase

Date of last search: 05/04/2023

#	Searches
1	GAMBLING/
2	PATHOLOGICAL GAMBLING/
3	gamb!* .ti,ab.

#	Searches
4	betting.ti,ab.
5	(bet or bets).ti,ab.
6	wager*.ti,ab.
7	((gaming or gambling or slot or fruit or poker or lottery or lotteries) adj5 (machine? or terminal?)).ti,ab.
8	(pokies or pokey or puggy or fruities).ti,ab.
9	((dice or card? or roulette or blackjack or poker or baccarat or crap or craps or keno or casino? or bingo or bookmaker? or book maker or bookie? or lottery or lotteries or lotto or scratch card? or scratchcard? or raffle or raffles or sweepstak* or amusement arcade? or slot?) adj5 (money or monetization or monetisation or monetary or currency or currencies or cryptocurrency or cryptocurrencies or reward* or win or wins or winning* or loss or losses or lose)).ti,ab.
10	((game or games or gaming or gamer?) adj5 (money or monetization or monetisation or monetary)).ti,ab.
11	(loot box* or lootbox*).ti,ab.
12	or/1-11
13	exp PSYCHOTHERAPY/
14	exp ALTERNATIVE MEDICINE/
15	(psycho* adj5 (intervention? or treat* or therap*)).ti,ab.
16	((cogniti* or behavio*) adj5 (intervention? or treat* or therap* or technique?)).ti,ab.
17	CBT.ti,ab.
18	(aversi* adj3 (therap* or treat* or learn*)).ti,ab.
19	(psychotherap* or psychodynamic? or psychoanal*).ti,ab.
20	exp COUNSELING/
21	counsel*.ti,ab.
22	(motivat* adj3 interview*).ti,ab.
23	HARM REDUCTION/
24	(harm* adj3 (reduc* or minimi*)).ti,ab.
25	(psychodrama* or psycho drama*).ti,ab.
26	(drama* adj3 therap*).ti,ab.
27	dramatherap*.ti,ab.
28	(addict* adj5 (intervention? or treat* or therap* or rehab*)).ti,ab.
29	(trauma* adj5 (intervention? or treat* or therap* or rehab*)).ti,ab.
30	(eye? adj3 mov* adj5 (desensiti* or de-sensiti* or process* or reprocess* or therap* or program* or reprogram*)).ti,ab.
31	EMDR.ti,ab.
32	hypno*.ti,ab.
33	ELECTROSTIMULATION/
34	ELECTROTHERAPY/
35	exp TRANSCRANIAL MAGNETIC STIMULATION/
36	TRANSCRANIAL DIRECT CURRENT STIMULATION/
37	BRAIN DEPTH STIMULATION/
38	(stimulat* adj5 (intervention? or treat* or therap* or rehab*)).ti,ab.
39	((neurolo* or brain? or transcranial*) adj3 stimulat*).ti,ab.
40	neuromodulat*.ti,ab.
41	TMS.ti,ab.
42	(cognit* adj3 bias* adj3 modif*).ti,ab.
43	((resident* or inpatient) adj5 (intervention? or treat* or therap* or rehab*)).ti,ab.
44	retreat?.ti,ab.
45	SELF CARE/
46	SELF HELP/
47	(self adj5 (help* or care or manag* or direct* or guid*)).ti,ab.
48	WEB-BASED INTERVENTION/
49	((digital* or computer* or online or web or internet or tele* or mobile or phone? or app?) adj5 intervention?).ti,ab.
50	HOTLINE/
51	(hotline? or helpline? or help line?).ti,ab.
52	(web adj3 (service? or support*)).ti,ab.
53	(personali* adj3 (feedback or feed back or intervention?)).ti,ab.
54	gamif*.ti,ab.
55	PSYCHOSOCIAL CARE/
56	((psychosocial* or psycho social*) adj5 (intervention? or treat* or therap* or rehab*)).ti,ab.
57	SOCIAL COMPETENCE/
58	ASSERTIVENESS/
59	((life or social*) adj3 skill? adj5 (intervention? or treat* or therap* or rehab* or train*)).ti,ab.
60	((assertive* or function* or communicat*) adj5 (intervention? or treat* or therap* or rehab* or train*)).ti,ab.
61	((parent? or parental or mother? or father? or son? or daughter? or sibling? or brother? or sister? or grandparent? or grandfather? or grandmother? or family or families or relatives or cousin? or uncle? or aunt? or auntie? or caregiver? or carer? or friend? or spouse? or husband? or wife or wives or couple or couples or partner or partners or boyfriend? or girlfriend?) adj5 (intervention? or treat* or therap* or rehab* or train* or model?)).ti,ab.
62	((affected or significant) adj3 other? adj5 (intervention? or treat* or therap* or rehab* or train* or model?)).ti,ab.
63	(loved one* adj5 (intervention? or treat* or therap* or rehab* or train* or model?)).ti,ab.
64	SOCIAL SUPPORT/
65	((communit* or neighbo*r* or religious* or social* or cultur* or ethnic*) adj5 support*).ti,ab.
66	exp SUPPORT GROUP/
67	(support* adj5 (organization? or organisation? or program* or group?)).ti,ab.

#	Searches
68	(peer? adj3 (support* or intervention*)),ti,ab.
69	(SMART adj3 recover*).ti,ab.
70	SECONDARY PREVENTION/
71	((prevent* or avoid*) adj5 (relaps* or recur* or dropout or drop* out or second*)),ti,ab.
72	(recover* adj3 capital*).ti,ab.
73	(mutual* adj3 aid*).ti,ab.
74	AFTERCARE/
75	((after* or followup or follow* up) adj3 care).ti,ab.
76	aftercare.ti,ab.
77	((followup or follow* up) adj3 treat*).ti,ab.
78	(support* adj5 therap*).ti,ab.
79	mindful*.ti,ab.
80	(self adj3 (compass* or forgiv*)),ti,ab.
81	MENTORING/
82	MENTOR/
83	mentor*.ti,ab.
84	((marital* or marriage?) adj5 therap*).ti,ab.
85	(systemic* adj5 (intervention? or treat* or therap* or rehab* or model?)).ti,ab.
86	BANK ACCOUNT/
87	BUDGET/
88	((financ* or bank* or money or spend* or cash or budget*) adj5 (intervention? or manag* or plan* or train* or educat* or limit* or restrict*)),ti,ab.
89	((self or volunt*) adj5 exclu*).ti,ab.
90	(access* adj3 restrict*).ti,ab.
91	Gamban.ti,ab.
92	((financ* or bank* or money or spend* or cash or budget*) adj5 (digital* or computer* or online or web or internet or tele* or mobile or phone? or app?)).ti,ab.
93	(support* adj5 (react* or mechanism? or intervention? or model*)),ti,ab.
94	(post adj5 (resident* or treat* or intervention? or therap* or rehab*)),ti,ab.
95	(postresident* or posttreat* or postintervention? or posttherap* or postrehab*).ti,ab.
96	(relaps* adj5 (program* or educat* or train* or learn* or teach* or volunteer* or occupation* or work* or job? or employ* or intervention?)).ti,ab.
97	(recover* adj3 college?).ti,ab.
98	((animal? or equine or art or anger or acceptance or commitment? or implosive or virtual reality or relaxation or dance or emotion* or gestalt or horticultur* or mentali?ation or music* or narrativ* or play or reality or schema or socioenvironmental or socio environmental or milieu or mind body or laugh*) adj3 therap*).ti,ab.
99	(chronotherapy* or bibliotherapy* or logotherapy*).ti,ab.
100	(cognitive adj3 (restructur* or remediat* or refram*)),ti,ab.
101	(feedback adj3 (psycholog* or sensory or neuro*)),ti,ab.
102	(biofeedback or neurofeedback).ti,ab.
103	((autogenic or sensitivity or desensiti?ation or sensiti?ation) adj3 train*).ti,ab.
104	exp MEDITATION/
105	meditat*.ti,ab.
106	CRISIS INTERVENTION/
107	(cris?s adj3 intervention?).ti,ab.
108	(transaction* adj3 analys*).ti,ab.
109	role play*.ti,ab.
110	exp BREATHING EXERCISE/
111	(breath* adj3 (exercis* or therap*)),ti,ab.
112	TAI CHI/
113	exp YOGA/
114	(qigong or tai ji or tai chi or yoga).ti,ab.
115	(mental* adj3 (heal? or healing)).ti,ab.
116	(therap* adj3 touch*).ti,ab.
117	(node? adj3 link* adj3 map*).ti,ab.
118	or/13-117
119	12 and 118
120	limit 119 to english language
121	limit 120 to yr="2000 -Current"
122	letter.pt. or LETTER/
123	note.pt.
124	editorial.pt.
125	CASE REPORT/ or CASE STUDY/
126	(letter or comment*).ti.
127	or/122-126
128	RANDOMIZED CONTROLLED TRIAL/ or random*.ti,ab.
129	127 not 128
130	ANIMAL/ not HUMAN/
131	NONHUMAN/
132	exp ANIMAL EXPERIMENT/
133	exp EXPERIMENTAL ANIMAL/

#	Searches
134	ANIMAL MODEL/
135	exp RODENT/
136	(rat or rats or mouse or mice).ti.
137	or/129-136
138	121 not 137
139	SYSTEMATIC REVIEW/
140	META-ANALYSIS/
141	(meta analy* or metanaly* or metaanaly*).ti,ab.
142	((systematic or evidence) adj2 (review* or overview*)).ti,ab.
143	(reference list* or bibliograph* or hand search* or manual search* or relevant journals).ab.
144	(search strategy or search criteria or systematic search or study selection or data extraction).ab.
145	(search* adj4 literature).ab.
146	(medline or pubmed or cochrane or embase or psychlit or psyclit or psychinfo or psycinfo or cinahl or science citation index or bids or cancerlit).ab.
147	((pool* or combined) adj2 (data or trials or studies or results)).ab.
148	cochrane.jw.
149	or/139-148
150	random*.ti,ab.
151	factorial*.ti,ab.
152	(crossover* or cross over*).ti,ab.
153	((doubl* or singl*) adj blind*).ti,ab.
154	(assign* or allocat* or volunteer* or placebo*).ti,ab.
155	CROSSOVER PROCEDURE/
156	SINGLE BLIND PROCEDURE/
157	RANDOMIZED CONTROLLED TRIAL/
158	DOUBLE BLIND PROCEDURE/
159	or/150-158
160	EPIDEMIOLOGY/ or CONTROLLED STUDY/ or exp CASE CONTROL STUDY/ or PROSPECTIVE STUDY/ or RETROSPECTIVE STUDY/ or COHORT ANALYSIS/ or FOLLOW UP/ or CROSS-SECTIONAL STUDY/ or exp CLINICAL TRIAL/ or COMPARATIVE STUDY/
161	(control and study).mp.
162	program.mp.
163	or/160-162
164	(ANIMAL/ not HUMAN/) or EDITORIAL/ or REVIEW/ or META-ANALYSIS/ or CONSENSUS/ or PRACTICE GUIDELINE/
165	hi.fs. or case report.mp.
166	or/164-165
167	163 not 166
168	138 and 149
169	138 and 159
170	138 and 167
171	or/168-170

## Database: Emcare

Date of last search: 05/04/2023

#	Searches
1	GAMBLING/
2	PATHOLOGICAL GAMBLING/
3	gamb*.ti,ab.
4	betting.ti,ab.
5	(bet or bets).ti,ab.
6	wager*.ti,ab.
7	((gaming or gambling or slot or fruit or poker or lottery or lotteries) adj5 (machine? or terminal?)).ti,ab.
8	(pokies or pokey or puggy or fruities).ti,ab.
9	((dice or card? or roulette or blackjack or poker or baccarat or crap or craps or keno or casino? or bingo or bookmaker? or book maker or bookie? or lottery or lotteries or lotto or scratch card? or scratchcard? or raffle or raffles or sweepstak* or amusement arcade? or slot?) adj5 (money or monetization or monetisation or monetary or currency or currencies or cryptocurrency or cryptocurrencies or reward* or win or wins or winning* or loss or losses or lose)).ti,ab.
10	((game or games or gaming or gamer?) adj5 (money or monetization or monetisation or monetary)).ti,ab.
11	(loot box* or lootbox*).ti,ab.
12	or/1-11
13	exp PSYCHOTHERAPY/
14	exp ALTERNATIVE MEDICINE/
15	(psycho* adj5 (intervention? or treat* or therap*)).ti,ab.
16	((cogniti* or behavio*) adj5 (intervention? or treat* or therap* or technique?)).ti,ab.
17	CBT.ti,ab.
18	(aversi* adj3 (therap* or treat* or learn*)).ti,ab.
19	(psychotherap* or psychodynamic? or psychoanal*).ti,ab.

#	Searches
20	exp COUNSELING/
21	counsel*.ti,ab.
22	(motivat* adj3 interview*).ti,ab.
23	HARM REDUCTION/
24	(harm* adj3 (reduc* or minimi*)).ti,ab.
25	(psychodrama* or psycho drama*).ti,ab.
26	(drama* adj3 therap*).ti,ab.
27	dramatherap*.ti,ab.
28	(addict* adj5 (intervention? or treat* or therap* or rehab*)).ti,ab.
29	(trauma* adj5 (intervention? or treat* or therap* or rehab*)).ti,ab.
30	(eye? adj3 mov* adj5 (desensiti* or de-sensiti* or process* or reprocess* or therap* or program* or reprogram*)).ti,ab.
31	EMDR.ti,ab.
32	hypno*.ti,ab.
33	ELECTROSTIMULATION/
34	ELECTROTHERAPY/
35	exp TRANSCRANIAL MAGNETIC STIMULATION/
36	TRANSCRANIAL DIRECT CURRENT STIMULATION/
37	BRAIN DEPTH STIMULATION/
38	(stimulat* adj5 (intervention? or treat* or therap* or rehab*)).ti,ab.
39	((neurolo* or brain? or transcranial*) adj3 stimulat*).ti,ab.
40	neuromodulat*.ti,ab.
41	TMS.ti,ab.
42	(cognit* adj3 bias* adj3 modif*).ti,ab.
43	((resident* or inpatient) adj5 (intervention? or treat* or therap* or rehab*)).ti,ab.
44	retreat?.ti,ab.
45	SELF CARE/
46	SELF HELP/
47	(self adj5 (help* or care or manag* or direct* or guid*)).ti,ab.
48	WEB-BASED INTERVENTION/
49	((digital* or computer* or online or web or internet or tele* or mobile or phone? or app?) adj5 intervention?).ti,ab.
50	HOTLINE/
51	(hotline? or helpline? or help line?).ti,ab.
52	(web adj3 (service? or support*)).ti,ab.
53	(personali* adj3 (feedback or feed back or intervention?).ti,ab.
54	gamif*.ti,ab.
55	PSYCHOSOCIAL CARE/
56	((psychosocial* or psycho social*) adj5 (intervention? or treat* or therap* or rehab*)).ti,ab.
57	SOCIAL COMPETENCE/
58	ASSERTIVENESS/
59	((life or social*) adj3 skill? adj5 (intervention? or treat* or therap* or rehab* or train*)).ti,ab.
60	((assertive* or function* or communicat*) adj5 (intervention? or treat* or therap* or rehab* or train*)).ti,ab.
61	((parent? or parental or mother? or father? or son? or daughter? or sibling? or brother? or sister? or grandparent? or grandfather? or grandmother? or family or families or relatives or cousin? or uncle? or aunt? or auntie? or caregiver? or carer? or friend? or spouse? or husband? or wife or wives or couple or couples or partner or partners or boyfriend? or girlfriend?) adj5 (intervention? or treat* or therap* or rehab* or train* or model?).ti,ab.
62	((affected or significant) adj3 other? adj5 (intervention? or treat* or therap* or rehab* or train* or model?).ti,ab.
63	(loved one* adj5 (intervention? or treat* or therap* or rehab* or train* or model?).ti,ab.
64	SOCIAL SUPPORT/
65	((communit* or neighbo*r* or religious* or social* or cultur* or ethnic*) adj5 support*).ti,ab.
66	exp SUPPORT GROUP/
67	(support* adj5 (organization? or organisation? or program* or group?).ti,ab.
68	(peer? adj3 (support* or intervention*).ti,ab.
69	(SMART adj3 recover*).ti,ab.
70	SECONDARY PREVENTION/
71	((prevent* or avoid*) adj5 (relaps* or recur* or dropout or drop* out or second*).ti,ab.
72	(recover* adj3 capital*).ti,ab.
73	(mutual* adj3 aid*).ti,ab.
74	AFTERCARE/
75	((after* or followup or follow* up) adj3 care).ti,ab.
76	aftercare.ti,ab.
77	((followup or follow* up) adj3 treat*).ti,ab.
78	(support* adj5 therap*).ti,ab.
79	mindful*.ti,ab.
80	(self adj3 (compass* or forgiv*).ti,ab.
81	MENTORING/
82	MENTOR/
83	mentor*.ti,ab.
84	((marital* or marriage?) adj5 therap*).ti,ab.
85	(systemic* adj5 (intervention? or treat* or therap* or rehab* or model?).ti,ab.
86	BANK ACCOUNT/

#	Searches
87	BUDGET/
88	((financ* or bank* or money or spend* or cash or budget*) adj5 (intervention? or manag* or plan* or train* or educat* or limit* or restrict*)).ti,ab.
89	((self or volunt*) adj5 exclu*).ti,ab.
90	(access* adj3 restrict*).ti,ab.
91	Gamban.ti,ab.
92	((financ* or bank* or money or spend* or cash or budget*) adj5 (digital* or computer* or online or web or internet or tele* or mobile or phone? or app?)).ti,ab.
93	(support* adj5 (react* or mechanism? or intervention? or model*)).ti,ab.
94	(post adj5 (resident* or treat* or intervention? or therap* or rehab*)).ti,ab.
95	(postresident* or posttreat* or postintervention? or posttherap* or postrehab*).ti,ab.
96	(relaps* adj5 (program* or educat* or train* or learn* or teach* or volunteer* or occupation* or work* or job? or employ* or intervention?)).ti,ab.
97	(recover* adj3 college?).ti,ab.
98	((animal? or equine or art or anger or acceptance or commitment? or implosive or virtual reality or relaxation or dance or emotion* or gestalt or horticultur* or mental?ation or music* or narrativ* or play or reality or schema or socioenvironmental or socio environmental or milieu or mind body or laugh*) adj3 therap*).ti,ab.
99	(chronotherapy* or bibliotherapy* or logotherapy*).ti,ab.
100	(cognitive adj3 (restructur* or remediat* or refram*)).ti,ab.
101	(feedback adj3 (psycholog* or sensory or neuro*)).ti,ab.
102	(biofeedback or neurofeedback).ti,ab.
103	((autogenic or sensitivity or desensiti?ation or sensiti?ation) adj3 train*).ti,ab.
104	exp MEDITATION/
105	meditat*.ti,ab.
106	CRISIS INTERVENTION/
107	(cris?s adj3 intervention?).ti,ab.
108	(transaction* adj3 analys*).ti,ab.
109	role play*.ti,ab.
110	exp BREATHING EXERCISE/
111	(breath* adj3 (exercis* or therap*)).ti,ab.
112	TAI CHI/
113	exp YOGA/
114	(qigong or tai ji or tai chi or yoga).ti,ab.
115	(mental* adj3 (heal? or healing)).ti,ab.
116	(therap* adj3 touch*).ti,ab.
117	(node? adj3 link* adj3 map*).ti,ab.
118	or/13-117
119	12 and 118
120	limit 119 to english language
121	limit 120 to yr="2000 -Current"
122	letter.pt. or LETTER/
123	note.pt.
124	editorial.pt.
125	CASE REPORT/ or CASE STUDY/
126	(letter or comment*).ti.
127	or/122-126
128	RANDOMIZED CONTROLLED TRIAL/ or random*.ti,ab.
129	127 not 128
130	ANIMAL/ not HUMAN/
131	NONHUMAN/
132	exp ANIMAL EXPERIMENT/
133	exp EXPERIMENTAL ANIMAL/
134	ANIMAL MODEL/
135	exp RODENT/
136	(rat or rats or mouse or mice).ti.
137	or/129-136
138	121 not 137
139	SYSTEMATIC REVIEW/
140	META-ANALYSIS/
141	(meta analy* or metanaly* or metaanaly*).ti,ab.
142	((systematic or evidence) adj2 (review* or overview*)).ti,ab.
143	(reference list* or bibliograph* or hand search* or manual search* or relevant journals).ab.
144	(search strategy or search criteria or systematic search or study selection or data extraction).ab.
145	(search* adj4 literature).ab.
146	(medline or pubmed or cochrane or embase or psychlit or psychlit or psychinfo or psycinfo or cinahl or science citation index or bids or cancerlit).ab.
147	((pool* or combined) adj2 (data or trials or studies or results)).ab.
148	cochrane.jw.
149	or/139-148
150	random*.ti,ab.
151	factorial*.ti,ab.



#	Searches
152	(crossover* or cross over*).ti,ab.
153	((doubl* or singl*) adj blind*).ti,ab.
154	(assign* or allocat* or volunteer* or placebo*).ti,ab.
155	CROSSOVER PROCEDURE/
156	SINGLE BLIND PROCEDURE/
157	RANDOMIZED CONTROLLED TRIAL/
158	DOUBLE BLIND PROCEDURE/
159	or/150-158
160	EPIDEMIOLOGY/ or CONTROLLED STUDY/ or exp CASE CONTROL STUDY/ or PROSPECTIVE STUDY/ or RETROSPECTIVE STUDY/ or COHORT ANALYSIS/ or FOLLOW UP/ or CROSS-SECTIONAL STUDY/ or exp CLINICAL TRIAL/ or COMPARATIVE STUDY/
161	(control and study).mp.
162	program.mp.
163	or/160-162
164	(ANIMAL/ not HUMAN/) or EDITORIAL/ or REVIEW/ or META-ANALYSIS/ or CONSENSUS/ or PRACTICE GUIDELINE/
165	[hi.fs. or case report.mp.]
166	or/164-165
167	163 not 166
168	138 and 149
169	138 and 159
170	138 and 167
171	or/168-170

## Database: PsycInfo

Date of last search: 05/04/2023

#	Searches
1	GAMBLING/
2	GAMBLING DISORDER/
3	gambl*.ti,ab.
4	betting.ti,ab.
5	(bet or bets).ti,ab.
6	wager*.ti,ab.
7	((gaming or gambling or slot or fruit or poker or lottery or lotteries) adj5 (machine? or terminal?)).ti,ab.
8	(pokies or pokey or puggy or fruities).ti,ab.
9	((dice or card? or roulette or blackjack or poker or baccarat or crap or craps or keno or casino? or bingo or bookmaker? or book maker or bookie? or lottery or lotteries or lotto or scratch card? or scratchcard? or raffle or raffles or sweepstak* or amusement arcade? or slot?) adj5 (money or monetization or monetisation or monetary or currency or currencies or cryptocurrency or cryptocurrencies or reward* or win or wins or winning* or loss or losses or lose)).ti,ab.
10	((game or games or gaming or gamer?) adj5 (money or monetization or monetisation or monetary)).ti,ab.
11	(loot box* or lootbox*).ti,ab.
12	or/1-11
13	exp PSYCHOTHERAPY/
14	exp ADDICTION TREATMENT/
15	exp COGNITIVE BEHAVIOR THERAPY/
16	exp COGNITIVE TECHNIQUES/
17	exp CREATIVE ARTS THERAPY/
18	exp MAINTENANCE THERAPY/
19	exp RELAXATION THERAPY/
20	SOCIOTHERAPY/
21	TRAUMA-INFORMED CARE/
22	exp ALTERNATIVE MEDICINE/
23	MIND BODY THERAPY/
24	(psycho* adj5 (intervention? or treat* or therap*)).ti,ab.
25	((cogniti* or behavio*) adj5 (intervention? or treat* or therap* or technique?)).ti,ab.
26	CBT.ti,ab.
27	(aversi* adj3 (therap* or treat* or learn*)).ti,ab.
28	(psychotherap* or psychodynamic? or psychoanal*).ti,ab.
29	exp COUNSELING/
30	counsel*.ti,ab.
31	(motivat* adj3 interview*).ti,ab.
32	HARM REDUCTION/
33	(harm* adj3 (reduc* or minimi*)).ti,ab.
34	(psychodrama* or psycho drama*).ti,ab.
35	(drama* adj3 therap*).ti,ab.
36	dramatherap*.ti,ab.
37	(addict* adj5 (intervention? or treat* or therap* or rehab*)).ti,ab.
38	(trauma* adj5 (intervention? or treat* or therap* or rehab*)).ti,ab.



#	Searches
39	(eye? adj3 mov* adj5 (desensiti* or de-sensiti* or process* or reprocess* or therap* or program* or reprogram*)).ti,ab.
40	EMDR.ti,ab.
41	exp HYPNOSIS/
42	hypno*.ti,ab.
43	ELECTRICAL STIMULATION/
44	exp ELECTRICAL BRAIN STIMULATION/
45	TRANSCRANIAL MAGNETIC STIMULATION/
46	(stimulat* adj5 (intervention? or treat* or therap* or rehab*)).ti,ab.
47	((neurolo* or brain? or transcranial*) adj3 stimulat*).ti,ab.
48	neuromodulat*.ti,ab.
49	TMS.ti,ab.
50	(cognit* adj3 bias* adj3 modif*).ti,ab.
51	((resident* or inpatient) adj5 (intervention? or treat* or therap* or rehab*)).ti,ab.
52	retreat?.ti,ab.
53	SELF-HELP TECHNIQUES/
54	exp SELF MANAGEMENT/
55	SELF-CARE/
56	(self adj5 (help* or care or manag* or direct* or guid*)).ti,ab.
57	DIGITAL INTERVENTIONS/
58	((digital* or computer* or online or web or internet or tele* or mobile or phone? or app?) adj5 intervention?).ti,ab.
59	HOT LINE SERVICES/
60	(hotline? or helpline? or help line?).ti,ab.
61	(web adj3 (service? or support*)).ti,ab.
62	(personali* adj3 (feedback or feed back or intervention?)).ti,ab.
63	gamif*.ti,ab.
64	((psychosocial* or psycho social*) adj5 (intervention? or treat* or therap* or rehab*)).ti,ab.
65	SOCIAL SKILLS TRAINING/
66	ASSERTIVENESS TRAINING/
67	((life or social*) adj3 skill? adj5 (intervention? or treat* or therap* or rehab* or train*)).ti,ab.
68	((assertive* or function* or communicat*) adj5 (intervention? or treat* or therap* or rehab* or train*)).ti,ab.
69	((parent? or parental or mother? or father? or son? or daughter? or sibling? or brother? or sister? or grandparent? or grandfather? or grandmother? or family or families or relatives or cousin? or uncle? or aunt? or auntie? or caregiver? or carer? or friend? or spouse? or husband? or wife or wives or couple or couples or partner or partners or boyfriend? or girlfriend?) adj5 (intervention? or treat* or therap* or rehab* or train* or model?)).ti,ab.
70	((affected or significant) adj3 other? adj5 (intervention? or treat* or therap* or rehab* or train* or model?)).ti,ab.
71	(loved one* adj5 (intervention? or treat* or therap* or rehab* or train* or model?)).ti,ab.
72	SOCIAL SUPPORT/
73	SUPPORT GROUPS/
74	((communit* or neighbo*r* or religious* or social* or cultur* or ethnic*) adj5 support*).ti,ab.
75	(support* adj5 (organization? or organisation? or program* or group?)).ti,ab.
76	(peer? adj3 (support* or intervention*)).ti,ab.
77	(SMART adj3 recover*).ti,ab.
78	RELAPSE PREVENTION/
79	((prevent* or avoid*) adj5 (relaps* or recur* or dropout or drop* out or second*)).ti,ab.
80	(recover* adj3 capital*).ti,ab.
81	(mutual* adj3 aid*).ti,ab.
82	AFTERCARE/
83	((after* or followup or follow* up) adj3 care).ti,ab.
84	aftercare.ti,ab.
85	POSTTREATMENT FOLLOWUP/
86	((followup or follow* up) adj3 treat*).ti,ab.
87	(support* adj5 therap*).ti,ab.
88	MINDFULNESS/
89	MINDFULNESS-BASED INTERVENTIONS/
90	mindful*.ti,ab.
91	SELF COMPASSION/
92	(self adj3 (compass* or forgiv*)).ti,ab.
93	MENTOR/
94	mentor*.ti,ab.
95	((marital* or marriage?) adj5 therap*).ti,ab.
96	(systemic* adj5 (intervention? or treat* or therap* or rehab* or model?)).ti,ab.
97	BANKING/
98	PERSONAL FINANCE/
99	BUDGETS/
100	((financ* or bank* or money or spend* or cash or budget*) adj5 (intervention? or manag* or plan* or train* or educat* or limit* or restrict*)).ti,ab.
101	((self or volunt*) adj5 exclu*).ti,ab.
102	(access* adj3 restrict*).ti,ab.
103	Gamban.ti,ab.
104	((financ* or bank* or money or spend* or cash or budget*) adj5 (digital* or computer* or online or web or internet or tele* or mobile or phone? or app?)).ti,ab.

#	Searches
105	(support* adj5 (react* or mechanism? or intervention? or model*)).ti,ab.
106	(post adj5 (resident* or treat* or intervention? or therap* or rehab*)).ti,ab.
107	(postresident* or posttreat* or postintervention? or posttherap* or postrehab*).ti,ab.
108	(relaps* adj5 (program* or educat* or train* or learn* or teach* or volunteer* or occupation* or work* or job? or employ* or intervention?)).ti,ab.
109	(recover* adj3 college?).ti,ab.
110	((animal? or equine or art or anger or acceptance or commitment? or implosive or virtual reality or relaxation or dance or emotion* or gestalt or horticultur* or mentali?ation or music* or narrativ* or play or reality or schema or socioenvironmental or socio environmental or milieu or mind body or laugh*) adj3 therap*).ti,ab.
111	(chronotherapy* or bibliotherapy* or logotherapy*).ti,ab.
112	(cognitive adj3 (restructur* or remediat* or refram*)).ti,ab.
113	(feedback adj3 (psycholog* or sensory or neuro*)).ti,ab.
114	(biofeedback or neurofeedback).ti,ab.
115	((autogenic or sensitivity or desensiti?ation or sensiti?ation) adj3 train*).ti,ab.
116	MEDITATION/
117	meditat*.ti,ab.
118	CRISIS INTERVENTION/
119	(cris?s adj3 intervention?).ti,ab.
120	(transaction* adj3 analys*).ti,ab.
121	ROLE PLAYING/
122	ROLE PLAYING GAMES/
123	role play*.ti,ab.
124	(breath* adj3 (exercis* or therap*)).ti,ab.
125	YOGA/
126	(qigong or tai ji or tai chi or yoga).ti,ab.
127	(mental* adj3 (heal? or healing)).ti,ab.
128	(therap* adj3 touch*).ti,ab.
129	(node? adj3 link* adj3 map*).ti,ab.
130	or/13-129
131	12 and 130
132	limit 131 to english language
133	limit 132 to yr="2000 -Current"
134	(meta analysis or "systematic review").md. or META ANALYSIS/ or "SYSTEMATIC REVIEW"/
135	(meta analy* or metanaly* or metaanaly*).ti,ab.
136	((systematic* or evidence*) adj2 (review* or overview*)).ti,ab.
137	(reference list* or bibliograph* or hand search* or manual search* or relevant journals).ab.
138	(search strategy or search criteria or systematic search or study selection or data extraction).ab.
139	(search* adj4 literature).ab.
140	cochrane.jw.
141	((pool* or combined) adj2 (data or trials or studies or results)).ab.
142	(medline or pubmed or cochrane or embase or psychlit or psyclit or cinahl or science citation index or bids or cancerlit).ab.
143	or/134-142
144	clinical trial.md. or Clinical trials/ or Randomized controlled trials/ or Randomized clinical trials/ or (assign* or allocat* or crossover* or cross over* or ((doubl* or singl*) adj blind*) or factorial* or placebo* or random* or volunteer* or trial?).ti,ab.
145	EPIDEMIOLOGY/ or PROSPECTIVE STUDIES/ or RETROSPECTIVE STUDIES/ or COHORT ANALYSIS/ or FOLLOWUP STUDIES/ or exp CLINICAL TRIALS/
146	(control and study).mp.
147	program.mp.
148	or/145-147
149	133 and 143
150	133 and 144
151	133 and 148
152	or/149-151
153	limit 152 to ("0100 journal" or "0110 peer-reviewed journal")

## Database: Health Management Information Consortium (HMIC)

Date of last search: 05/04/2023

#	Searches
1	GAMBLING/
2	GAMBLERS/
3	GAMBLING MACHINES/
4	AMUSEMENT ARCADES/
5	CASINOS/
6	BOOKMAKERS/
7	LOTTERIES/
8	NATIONAL LOTTERY/
9	gambli*.ti,ab.

#	Searches
10	betting.ti,ab.
11	(bet or bets).ti,ab.
12	wager*.ti,ab.
13	((gaming or gambling or slot or fruit or poker or lottery or lotteries) adj5 (machine? or terminal?)).ti,ab.
14	(pokies or pokey or puggy or fruities).ti,ab.
15	((dice or card? or roulette or blackjack or poker or baccarat or crap or craps or keno or casino? or bingo or bookmaker? or book maker or bookie? or lottery or lotteries or lotto or scratch card? or scratchcard? or raffle or raffles or sweepstak* or amusement arcade? or slot?) adj5 (money or monetization or monetisation or monetary or currency or currencies or cryptocurrency or cryptocurrencies or reward* or win or wins or winning* or loss or losses or lose)).ti,ab.
16	((game or games or gaming or gamer?) adj5 (money or monetization or monetisation or monetary)).ti,ab.
17	(loot box* or lootbox*).ti,ab.
18	or/1-17
19	exp PSYCHOTHERAPY/
20	exp COMPLEMENTARY MEDICINE/
21	(psycho* adj5 (intervention? or treat* or therap*)).ti,ab.
22	((cogniti* or behavio*) adj5 (intervention? or treat* or therap* or technique?)).ti,ab.
23	CBT.ti,ab.
24	(aversi* adj3 (therap* or treat* or learn*)).ti,ab.
25	(psychotherap* or psychodynamic? or psychoanal*).ti,ab.
26	exp COUNSELLING/
27	COUNSELLING SERVICES/
28	counsel*.ti,ab.
29	(motivat* adj3 interview*).ti,ab.
30	HARM REDUCTION/
31	(harm* adj3 (reduc* or minimi*)).ti,ab.
32	(psychodrama* or psycho drama*).ti,ab.
33	(drama* adj3 therap*).ti,ab.
34	dramatherap*.ti,ab.
35	(addict* adj5 (intervention? or treat* or therap* or rehab*)).ti,ab.
36	(trauma* adj5 (intervention? or treat* or therap* or rehab*)).ti,ab.
37	(eye? adj3 mov* adj5 (desensiti* or de-sensiti* or process* or reprocess* or therap* or program* or reprogram*)).ti,ab.
38	EMDR.ti,ab.
39	HYPNOSIS/
40	hypno*.ti,ab.
41	ELECTROTHERAPY/
42	(stimulat* adj5 (intervention? or treat* or therap* or rehab*)).ti,ab.
43	((neurolo* or brain? or transcranial*) adj3 stimulat*).ti,ab.
44	neuromodulat*.ti,ab.
45	TMS.ti,ab.
46	(cognit* adj3 bias* adj3 modif*).ti,ab.
47	((resident* or inpatient) adj5 (intervention? or treat* or therap* or rehab*)).ti,ab.
48	retreat?.ti,ab.
49	SELF MANAGEMENT/
50	exp SELF CARE/
51	SELF HELP/
52	SELF HELP ORGANISATIONS/
53	SELF HELP HEALTH ORGANISATIONS/
54	SELF HELP GROUPS/
55	SELF HELP CLUBS/
56	(self adj5 (help* or care or manag* or direct* or guid*)).ti,ab.
57	((digital* or computer* or online or web or internet or tele* or mobile or phone? or app?) adj5 intervention?).ti,ab.
58	(hotline? or helpline? or help line?).ti,ab.
59	(web adj3 (service? or support*)).ti,ab.
60	(personali* adj3 (feedback or feed back or intervention?)).ti,ab.
61	gamif*.ti,ab.
62	((psychosocial* or psycho social*) adj5 (intervention? or treat* or therap* or rehab*)).ti,ab.
63	SOCIAL SKILLS TRAINING/
64	ASSERTIVENESS TRAINING/
65	((life or social*) adj3 skill? adj5 (intervention? or treat* or therap* or rehab* or train*)).ti,ab.
66	((assertive* or function* or communicat*) adj5 (intervention? or treat* or therap* or rehab* or train*)).ti,ab.
67	((parent? or parental or mother? or father? or son? or daughter? or sibling? or brother? or sister? or grandparent? or grandfather? or grandmother? or family or families or relatives or cousin? or uncle? or aunt? or auntie? or caregiver? or carer? or friend? or spouse? or husband? or wife or wives or couple or couples or partner or partners or boyfriend? or girlfriend?) adj5 (intervention? or treat* or therap* or rehab* or train* or model?)).ti,ab.
68	((affected or significant) adj3 other? adj5 (intervention? or treat* or therap* or rehab* or train* or model?)).ti,ab.
69	(loved one* adj5 (intervention? or treat* or therap* or rehab* or train* or model?)).ti,ab.
70	SOCIAL SUPPORT/
71	SUPPORT GROUPS/
72	((communit* or neighbo*r* or religious* or social* or cultur* or ethnic*) adj5 support*).ti,ab.
73	(support* adj5 (organization? or organisation? or program* or group?)).ti,ab.

#	Searches
74	(peer? adj3 (support* or intervention*)),ti,ab.
75	(SMART adj3 recover*).ti,ab.
76	((prevent* or avoid*) adj5 (relaps* or recur* or dropout or drop* out or second*)),ti,ab.
77	(recover* adj3 capital*).ti,ab.
78	(mutual* adj3 aid*).ti,ab.
79	AFTER CARE/
80	MEDICAL AFTER CARE/
81	PSYCHIATRIC AFTER CARE/
82	((after* or followup or follow* up) adj3 care).ti,ab.
83	aftercare.ti,ab.
84	((followup or follow* up) adj3 treat*).ti,ab.
85	(support* adj5 therap*).ti,ab.
86	mindful*.ti,ab.
87	(self adj3 (compass* or forgiv*)),ti,ab.
88	MENTORING/
89	mentor*.ti,ab.
90	((marital* or marriage?) adj5 therap*).ti,ab.
91	(systemic* adj5 (intervention? or treat* or therap* or rehab* or model?)),ti,ab.
92	PERSONAL FINANCE/
93	BUDGETS/
94	FAMILY BUDGETS/
95	INDIVIDUAL BUDGETS/
96	((financ* or bank* or money or spend* or cash or budget*) adj5 (intervention? or manag* or plan* or train* or educat* or limit* or restrict*)),ti,ab.
97	((self or volunt*) adj5 exclu*).ti,ab.
98	(access* adj3 restrict*).ti,ab.
99	Gamban.ti,ab.
100	((financ* or bank* or money or spend* or cash or budget*) adj5 (digital* or computer* or online or web or internet or tele* or mobile or phone? or app?)),ti,ab.
101	(support* adj5 (react* or mechanism? or intervention? or model*)),ti,ab.
102	(post adj5 (resident* or treat* or intervention? or therap* or rehab*)),ti,ab.
103	(postresident* or posttreat* or postintervention? or posttherap* or postrehab*).ti,ab.
104	(relaps* adj5 (program* or educat* or train* or learn* or teach* or volunteer* or occupation* or work* or job? or employ* or intervention?)),ti,ab.
105	(recover* adj3 college?).ti,ab.
106	((animal? or equine or art or anger or acceptance or commitment? or implosive or virtual reality or relaxation or dance or emotion* or gestalt or horticultur* or mentali?ation or music* or narrativ* or play or reality or schema or socioenvironmental or socio environmental or milieu or mind body or laugh*) adj3 therap*).ti,ab.
107	(chronotherapy* or bibliotherapy* or logotherapy*).ti,ab.
108	(cognitive adj3 (restructur* or remediat* or refram*)),ti,ab.
109	(feedback adj3 (psycholog* or sensory or neuro*)),ti,ab.
110	(biofeedback or neurofeedback).ti,ab.
111	((autogenic or sensitivity or desensiti?ation or sensiti?ation) adj3 train*).ti,ab.
112	meditat*.ti,ab.
113	(cris?s adj3 intervention?).ti,ab.
114	(transaction* adj3 analys*).ti,ab.
115	role play*.ti,ab.
116	BREATHING EXERCISES/
117	(breath* adj3 (exercis* or therap*)),ti,ab.
118	(qigong or tai ji or tai chi or yoga).ti,ab.
119	(mental* adj3 (heal? or healing)).ti,ab.
120	(therap* adj3 touch*).ti,ab.
121	(node? adj3 link* adj3 map*).ti,ab.
122	or/19-121
123	18 and 122
124	limit 123 to yr="2000 -Current"

## Database: Social Policy and Practice

Date of last search: 05/04/2023

#	Searches
1	gambl*.ti,ab.
2	betting.ti,ab.
3	(bet or bets).ti,ab.
4	wager*.ti,ab.
5	((gaming or gambling or slot or fruit or poker or lottery or lotteries) adj5 (machine? or terminal?)),ti,ab.
6	(pokies or pokey or puggy or fruities).ti,ab.
7	((dice or card? or roulette or blackjack or poker or baccarat or crap or craps or keno or casino? or bingo or bookmaker? or book maker or bookie? or lottery or lotteries or lotto or scratch card? or scratchcard? or raffle or raffles or sweepstak* or amusement arcade? or slot?) adj5 (money or monetization or monetisation or monetary or currency or currencies or

#	Searches
	cryptocurrency or cryptocurrencies or reward* or win or wins or winning* or loss or losses or lose)).ti,ab.
8	((game or games or gaming or gamer?) adj5 (money or monetization or monetisation or monetary)).ti,ab.
9	(loot box* or lootbox*).ti,ab.
10	or/1-9
11	(psycho* adj5 (intervention? or treat* or therap*)).ti,ab.
12	((cogniti* or behavio*) adj5 (intervention? or treat* or therap* or technique?)).ti,ab.
13	CBT.ti,ab.
14	(aversi* adj3 (therap* or treat* or learn*)).ti,ab.
15	(psychotherap* or psychodynamic? or psychoanal*).ti,ab.
16	counsel*.ti,ab.
17	(motivat* adj3 interview*).ti,ab.
18	(harm* adj3 (reduc* or minimi*)).ti,ab.
19	(psychodrama* or psycho drama*).ti,ab.
20	(drama* adj3 therap*).ti,ab.
21	dramatherap*.ti,ab.
22	(addict* adj5 (intervention? or treat* or therap* or rehab*)).ti,ab.
23	(trauma* adj5 (intervention? or treat* or therap* or rehab*)).ti,ab.
24	(eye? adj3 mov* adj5 (desensiti* or de-sensiti* or process* or reprocess* or therap* or program* or reprogram*)).ti,ab.
25	EMDR.ti,ab.
26	hypno*.ti,ab.
27	(stimulat* adj5 (intervention? or treat* or therap* or rehab*)).ti,ab.
28	((neurolo* or brain? or transcranial*) adj3 stimulat*).ti,ab.
29	neuromodulat*.ti,ab.
30	TMS.ti,ab.
31	(cognit* adj3 bias* adj3 modif*).ti,ab.
32	((resident* or inpatient) adj5 (intervention? or treat* or therap* or rehab*)).ti,ab.
33	retreat?.ti,ab.
34	(self adj5 (help* or care or manag* or direct* or guid*)).ti,ab.
35	((digital* or computer* or online or web or internet or tele* or mobile or phone? or app?) adj5 intervention?).ti,ab.
36	(hotline? or helpline? or help line?).ti,ab.
37	(web adj3 (service? or support*)).ti,ab.
38	(personali* adj3 (feedback or feed back or intervention?)).ti,ab.
39	gamif*.ti,ab.
40	((psychosocial* or psycho social*) adj5 (intervention? or treat* or therap* or rehab*)).ti,ab.
41	((life or social*) adj3 skill? adj5 (intervention? or treat* or therap* or rehab* or train*)).ti,ab.
42	((assertive* or function* or communicat*) adj5 (intervention? or treat* or therap* or rehab* or train*)).ti,ab.
43	((parent? or parental or mother? or father? or son? or daughter? or sibling? or brother? or sister? or grandparent? or grandfather? or grandmother? or family or families or relatives or cousin? or uncle? or aunt? or auntie? or caregiver? or carer? or friend? or spouse? or husband? or wife or wives or couple or couples or partner or partners or boyfriend? or girlfriend?) adj5 (intervention? or treat* or therap* or rehab* or train* or model?)).ti,ab.
44	((affected or significant) adj3 other? adj5 (intervention? or treat* or therap* or rehab* or train* or model?)).ti,ab.
45	(loved one* adj5 (intervention? or treat* or therap* or rehab* or train* or model?)).ti,ab.
46	((communit* or neighbo*r* or religious* or social* or cultur* or ethnic*) adj5 support*).ti,ab.
47	(support* adj5 (organization? or organisation? or program* or group?)).ti,ab.
48	(peer? adj3 (support* or intervention*)).ti,ab.
49	(SMART adj3 recover*).ti,ab.
50	((prevent* or avoid*) adj5 (relaps* or recur* or dropout or drop* out or second*)).ti,ab.
51	(recover* adj3 capital*).ti,ab.
52	(mutual* adj3 aid*).ti,ab.
53	((after* or followup or follow* up) adj3 care).ti,ab.
54	aftercare.ti,ab.
55	((followup or follow* up) adj3 treat*).ti,ab.
56	(support* adj5 therap*).ti,ab.
57	mindful*.ti,ab.
58	(self adj3 (compass* or forgiv*)).ti,ab.
59	mentor*.ti,ab.
60	((marital* or marriage?) adj5 therap*).ti,ab.
61	(systemic* adj5 (intervention? or treat* or therap* or rehab* or model?)).ti,ab.
62	((financ* or bank* or money or spend* or cash or budget*) adj5 (intervention? or manag* or plan* or train* or educat* or limit* or restrict*)).ti,ab.
63	((self or volunt*) adj5 exclu*).ti,ab.
64	(access* adj3 restrict*).ti,ab.
65	Gamban.ti,ab.
66	((financ* or bank* or money or spend* or cash or budget*) adj5 (digital* or computer* or online or web or internet or tele* or mobile or phone? or app?)).ti,ab.
67	(support* adj5 (react* or mechanism? or intervention? or model*)).ti,ab.
68	(post adj5 (resident* or treat* or intervention? or therap* or rehab*)).ti,ab.
69	(postresident* or posttreat* or postintervention? or posttherap* or postrehab*).ti,ab.
70	(relaps* adj5 (program* or educat* or train* or learn* or teach* or volunteer* or occupation* or work* or job? or employ* or intervention?)).ti,ab.
71	(recover* adj3 college?).ti,ab.

#	Searches
72	((animal? or equine or art or anger or acceptance or commitment? or implosive or virtual reality or relaxation or dance or emotion* or gestalt or horticultur* or mental?ation or music* or narrativ* or play or reality or schema or socioenvironmental or socio environmental or milieu or mind body or laugh*) adj3 therap*).ti,ab.
73	(chronotherapy* or bibliotherapy* or logotherap*).ti,ab.
74	(cognitive adj3 (restructur* or remediat* or refram*)).ti,ab.
75	(feedback adj3 (psycholog* or sensory or neuro*)).ti,ab.
76	(biofeedback or neurofeedback).ti,ab.
77	((autogenic or sensitivity or desensiti?ation or sensiti?ation) adj3 train*).ti,ab.
78	meditat*.ti,ab.
79	(cris?s adj3 intervention?).ti,ab.
80	(transaction* adj3 analys*).ti,ab.
81	role play*.ti,ab.
82	(breath* adj3 (exercis* or therap*)).ti,ab.
83	(qigong or tai ji or tai chi or yoga).ti,ab.
84	(mental* adj3 (heal? or healing)).ti,ab.
85	(therap* adj3 touch*).ti,ab.
86	(node? adj3 link* adj3 map*).ti,ab.
87	or/11-86
88	10 and 87
89	limit 88 to yr="2000 -Current"

**Database: Cochrane Central Register of Controlled Trials (CENTRAL); and Cochrane Database of Systematic Reviews (CDSR)**

**Date of last search: 05/04/2023**

#	Searches
#1	MeSH descriptor: [Gambling] this term only
#2	gambl*:ti,ab
#3	betting:ti,ab
#4	(bet or bets):ti,ab
#5	wager*:ti,ab
#6	((gaming or gambling or slot or fruit or poker or lottery or lotteries) near/5 (machine* or terminal*)):ti,ab
#7	(pokies or pokey or puggy or fruities):ti,ab
#8	((dice or card or cards or roulette or blackjack or poker or baccarat or crap or craps or keno or casino* or bingo or bookmaker* or "book maker" or bookie* or lottery or lotteries or lotto or "scratch card*" or scratchcard* or raffle or raffles or sweepstak* or "amusement arcade*" or slot or slots) near/5 (money or monetization or monetisation or monetary or currency or currencies or cryptocurrency or cryptocurrencies or reward* or win or wins or winning* or loss or losses or lose)):ti,ab
#9	((game or games or gaming or gamer*) near/5 (money or monetization or monetisation or monetary)):ti,ab
#10	("loot box*" or lootbox*):ti,ab
#11	#1 or #2 or #3 or #4 or #5 or #6 or #7 or #8 or #9 or #10
#12	MeSH descriptor: [Psychotherapy] explode all trees
#13	MeSH descriptor: [Mind-Body Therapies] explode all trees
#14	(psycho* near/5 (intervention* or treat* or therap*)):ti,ab
#15	((cogniti* or behavio*) near/5 (intervention* or treat* or therap* or technique*)):ti,ab
#16	CBT:ti,ab
#17	(aversi* near/3 (therap* or treat* or learn*)):ti,ab
#18	(psychotherap* or psychodynamic* or psychoanal*):ti,ab
#19	MeSH descriptor: [Counseling] explode all trees
#20	counsel*:ti,ab
#21	(motivat* near/3 interview*):ti,ab
#22	MeSH descriptor: [Harm Reduction] this term only
#23	(harm* near/3 (reduc* or minimi*)):ti,ab
#24	MeSH descriptor: [Psychodrama] explode all trees
#25	(psychodrama* or "psycho drama*"):ti,ab
#26	(drama* near/3 therap*):ti,ab
#27	dramatherap*:ti,ab
#28	(addict* near/5 (intervention* or treat* or therap* or rehab*)):ti,ab
#29	(trauma* near/5 (intervention* or treat* or therap* or rehab*)):ti,ab
#30	(eye* near/3 mov* near/5 (desensiti* or de-sensiti* or process* or reprocess* or therap* or program* or reprogram*)):ti,ab
#31	EMDR:ti,ab
#32	hypno*:ti,ab
#33	MeSH descriptor: [Electric Stimulation] this term only
#34	MeSH descriptor: [Electric Stimulation Therapy] this term only
#35	MeSH descriptor: [Transcranial Magnetic Stimulation] this term only
#36	MeSH descriptor: [Transcranial Direct Current Stimulation] this term only
#37	MeSH descriptor: [Deep Brain Stimulation] this term only
#38	(stimulat* near/5 (intervention* or treat* or therap* or rehab*)):ti,ab



#	Searches
#39	((neurolo* or brain* or transcranial*) near/3 stimulat*):ti,ab
#40	neuromodulat*:ti,ab
#41	TMS:ti,ab
#42	(cognit* near/3 bias* near/3 modif*):ti,ab
#43	((resident* or inpatient) near/5 (intervention* or treat* or therap* or rehab*)):ti,ab
#44	(retreat or retreats):ti,ab
#45	MeSH descriptor: [Self-Management] this term only
#46	MeSH descriptor: [Self Care] this term only
#47	MeSH descriptor: [Self-Help Groups] this term only
#48	(self near/5 (help* or care or manag* or direct* or guid*)):ti,ab
#49	MeSH descriptor: [Internet-Based Intervention] this term only
#50	((digital* or computer* or online or web or internet or tele* or mobile or phone* or app or apps) near/5 intervention*):ti,ab
#51	MeSH descriptor: [Hotlines] this term only
#52	(hotline* or helpline* or "help line*"):ti,ab
#53	(web near/3 (service* or support*)):ti,ab
#54	(personali* near/3 (feedback or "feed back" or intervention*)):ti,ab
#55	gamif*:ti,ab
#56	((psychosocial* or "psycho social*") near/5 (intervention* or treat* or therap* or rehab*)):ti,ab
#57	MeSH descriptor: [Social Skills] this term only
#58	MeSH descriptor: [Assertiveness] this term only
#59	((life or social*) near/3 skill* near/5 (intervention* or treat* or therap* or rehab* or train*)):ti,ab
#60	((assertive* or function* or communicat*) near/5 (intervention* or treat* or therap* or rehab* or train*)):ti,ab
#61	((parent or parents or parental or mother or mothers or father or fathers or son or sons or daughter* or sibling* or brother* or sister* or grandparent* or grandfather* or grandmother* or family or families or relatives or cousin* or uncle* or aunt or aunts or auntie* or caregiver* or carer* or friend* or spouse* or husband* or wife or wives or couple or couples or partner or partners or boyfriend* or girlfriend*) near/5 (intervention* or treat* or therap* or rehab* or train* or model*)):ti,ab
#62	((affected or significant) near/3 other* near/5 (intervention* or treat* or therap* or rehab* or train* or model*)):ti,ab
#63	("loved one*" near/5 (intervention* or treat* or therap* or rehab* or train* or model*)):ti,ab
#64	MeSH descriptor: [Community Support] this term only
#65	MeSH descriptor: [Social Support] this term only
#66	((communit* or neighbor* or neighbour* or religious* or social* or cultur* or ethnic*) near/5 support*):ti,ab
#67	(support* near/5 (organization* or organisation* or program* or group*)):ti,ab
#68	(peer* near/3 (support* or intervention*)):ti,ab
#69	(SMART near/3 recover*):ti,ab
#70	MeSH descriptor: [Secondary Prevention] this term only
#71	((prevent* or avoid*) near/5 (relaps* or recur* or dropout or "drop* out" or second*)):ti,ab
#72	(recover* near/3 capital*):ti,ab
#73	(mutual* near/3 aid*):ti,ab
#74	MeSH descriptor: [Aftercare] this term only
#75	((after* or followup or "follow* up") near/3 care):ti,ab
#76	aftercare:ti,ab
#77	((followup or "follow* up") near/3 treat*):ti,ab
#78	(support* near/5 therap*):ti,ab
#79	MeSH descriptor: [Mindfulness] this term only
#80	mindful*:ti,ab
#81	(self near/3 (compass* or forgiv*)):ti,ab
#82	MeSH descriptor: [Mentoring] this term only
#83	MeSH descriptor: [Mentors] this term only
#84	mentor*:ti,ab
#85	((marital* or marriage*) near/5 therap*):ti,ab
#86	(systemic* near/5 (intervention* or treat* or therap* or rehab* or model*)):ti,ab
#87	MeSH descriptor: [Banking, Personal] this term only
#88	MeSH descriptor: [Budgets] this term only
#89	((financ* or bank* or money or spend* or cash or budget*) near/5 (intervention* or manag* or plan* or train* or educat* or limit* or restrict*)):ti,ab
#90	((self or volunt*) near/5 exclu*):ti,ab
#91	(access* near/3 restrict*):ti,ab
#92	Gamban:ti,ab
#93	((financ* or bank* or money or spend* or cash or budget*) near/5 (digital* or computer* or online or web or internet or tele* or mobile or phone* or app or apps)):ti,ab
#94	(support* near/5 (react* or mechanism* or intervention* or model*)):ti,ab
#95	(post near/5 (resident* or treat* or intervention* or therap* or rehab*)):ti,ab
#96	(postresident* or posttreat* or postintervention* or posttherap* or postrehab*):ti,ab
#97	(relaps* near/5 (program* or educat* or train* or learn* or teach* or volunteer* or occupation* or work* or job* or employ* or intervention*)):ti,ab
#98	(recover* near/3 college*):ti,ab
#99	((animal* or equine or art or anger or acceptance or commitment* or implosive or "virtual reality" or relaxation or dance or emotion* or gestalt or horticultur* or mentalisation or mentalization or music* or narrativ* or play or reality or schema or socioenvironmental or "socio environmental" or milieu or "mind body" or laugh*) near/3 therap*):ti,ab

#100	(chronotherapy* or bibliotherapy* or logotherapy*):ti,ab
#101	(cognitive near/3 (restructur* or remediat* or refram*)):ti,ab
#102	(feedback near/3 (psycholog* or sensory or neuro*)):ti,ab
#103	(biofeedback or neurofeedback):ti,ab
#104	((autogenic or sensitivity or desensitisation or desensitization or sensitisation or sensitization) near/3 train*):ti,ab
#105	meditat*:ti,ab
#106	((crisis or crises) near/3 intervention*):ti,ab
#107	(transaction* near/3 analys*):ti,ab
#108	"role play*":ti,ab
#109	(breath* near/3 (exercis* or therap*)):ti,ab
#110	(qigong or "tai ji" or "tai chi" or yoga):ti,ab
#111	(mental* near/3 (heal or heals or healing)):ti,ab
#112	(therap* near/3 touch*):ti,ab
#113	(node* near/3 link* near/3 map*):ti,ab
#114	#12 or #13 or #14 or #15 or #16 or #17 or #18 or #19 or #20 or #21 or #22 or #23 or #24 or #25 or #26 or #27 or #28 or #29 or #30 or #31 or #32 or #33 or #34 or #35 or #36 or #37 or #38 or #39 or #40 or #41 or #42 or #43 or #44 or #45 or #46 or #47 or #48 or #49 or #50 or #51 or #52 or #53 or #54 or #55 or #56 or #57 or #58 or #59 or #60 or #61 or #62 or #63 or #64 or #65 or #66 or #67 or #68 or #69 or #70 or #71 or #72 or #73 or #74 or #75 or #76 or #77 or #78 or #79 or #80 or #81 or #82 or #83 or #84 or #85 or #86 or #87 or #88 or #89 or #90 or #91 or #92 or #93 or #94 or #95 or #96 or #97 or #98 or #99 or #100 or #101 or #102 or #103 or #104 or #105 or #106 or #107 or #108 or #109 or #110 or #111 or #112 or #113
#115	#11 and #114
#116	#11 and #114 with Cochrane Library publication date Between Jan 2000 and Jun 2022

**Database: International Health Technology Assessment Database (INAHTA)**

**Date of last search: 05/04/2023**

#	Searches
	All:(gamble or gambler or gamblers or gambling or gambled or betting or bet or bets or wager or wagers)
	AND Publication Year: 2000-2022

## Database: Epistemonikos

**Date of last search: 05/04/2023**

#	Searches
	<p>title:((gambl* OR betting OR bet OR bets OR wager* OR "gaming machine*" OR "slot machine*" OR "fruit machine*" OR "poker machine*" OR "lottery machine*" OR "lotteries machine*" OR "gaming terminal*" OR "slot terminal*" OR "fruit terminal*" OR "poker terminal*" OR "lottery terminal*" OR "lotteries terminal*" OR pokies OR pokey OR puggy OR fruities) AND (psycho* or therap* or psychotherap* or cognitive or behaviour* or behavior* or CBT or aversi* or counsel* or "motivational interview*" or "harm reduction" or Psychodrama or dramatherap* or "eye movement" or EMDR or hypno or "electric stimulat*" or electrostimulat* or electrotherapy or transcranial* or "brain stimulation" or neuromodulat* or TMS or "cognitive bias modification" or retreat or retreats or "self help" or "self care" or "self manage*" or "self directed" or "se guided" or "web based" or "internet based" or "phone based" or app or apps or hotline* or helpline* or "help line*" or "we support*" or "personali* feedback" or "personali* feed back" or gamif* or psychosocial or "psycho social" or "social skill" or "social skills" or assertiveness or "community support" or "social support" or "support program*" or "support group*" or "peer support" or "SMART recovery" or "relapse prevention" or "prevent* relapse" or "secondary prevention" or "recovery capital" or "mutual aid" or "after care" or aftercare or "followup treatment" or "follow up treatment" or "support therapy" or mindfulness or "self compassion" or mentor* or "systemic* intervention*" or finance* or banking or budget* or "self exclu" or "voluntary exclu*" or "restrict* access" or Gamban or "support mechanism*" or "support model*" or "post resident*" or postresident* or "post treatment" or posttreatment or "relapse program*" or "recovery college*" or "cognitive restructur*" or biofeedback or neurofeedback or "autogenic training" or meditate or meditation or "crisis intervention*" or "transaction analysis" or "role play" or "role playing" or "breathing exercise*" or qigong or "tai ji" or "tai chi" or yoga or "therapeutic touch" or "node link mapping")) Publication year: 2000-2022</p>

**Database: Cumulative Index to Nursing and Allied Health Literature (CINAHL)**

**Date of last search: 05/04/2023**

#	Searches
S1	<p> TI (gambl* or betting or bet or bets or wager* or "gaming machine*" or "slot machine*" or "fruit machine*" or "poker machine*" or "lottery machine*" or "lotteries machine*" or "gaming terminal*" or "slot terminal*" or "fruit terminal*" or "poker terminal*" or "lottery terminal*" or "lotteries terminal*" or pokies or pokey or puggy or fruities) Limiters -  Published Date: 20000101-20221231 </p>
S2	<p> TI (psycho* or therap* or psychotherap* or cognitive or behaviour* or behavior* or CBT or avers* or counsel* or "motivational interview*" or "harm reduction" or Psychodrama or dramatherap* or "eye movement" or EMDR or hypno* or "electric stimulat*" or electrostimulat* or electrotherapy or transcranial*" or "brain stimulation" or neuromodulat* or TMS or "cognitive bias modification" or retreat or retreats or "self help" or "self care" or "self manage*" or "self directed" or "self guided" or "web based" or "internet based" or "phone based" or app or apps or hotline* or helpline* or "help line*" or "web support*" or "personal" feedback" or "personal" feed back" or gamif* or psychosocial or "psycho social" or "social skill" or "social skills" or assertiveness or "community support" or "social support" or "support program*" or "support group*" or "peer support" or "SMART recovery" or "relapse prevention" or "prevent* relapse" or "secondary </p>



#	Searches
	prevention" or "recovery capital" or "mutual aid" or "after care" or aftercare or "followup treatment" or "follow up treatment" or "support therapy" or mindfulness or "self compassion" or mentor* or "systemic* intervention*" or finance* or banking or budget* or "self exclu*" or "voluntary exclu*" or "restrict* access" or Gamban or "support mechanism*" or "support model*" or "post resident*" or postresident* or "post treatment" or posttreatment or "relapse program*" or "recovery college*" or "cognitive restructur*" or biofeedback or neurofeedback or "autogenic training" or meditate or meditation or "crisis intervention*" or "transaction analysis" or "role play" or "role playing" or "breathing exercise*" or qigong or "tai ji" or "tai chi" or yoga or "therapeutic touch" or "node link mapping") Limiters - Published Date: 20000101-20221231
S3	S1 and S2

## Database: Applied Social Science Index and Abstracts (ASSIA)

Date of last search: 05/04/2023

#	Searches
	AB, TI (gambl* or betting or bet or bets or wager* or "gaming machine*" or "slot machine*" or "fruit machine*" or "poker machine*" or "lottery machine*" or "lotteries machine*" or "gaming terminal*" or "slot terminal*" or "fruit terminal*" or "poker terminal*" or "lottery terminal*" or "lotteries terminal*" or pokies or pokey or puggy or fruities)
AND	AB, TI (psycho* or therap* or psychotherap* or cognitive or behaviour* or behavior* or CBT or aversi* or counsel* or "motivational interview*" or "harm reduction" or Psychodrama or dramatherap* or "eye movement" or EMDR or hypno* or "electric stimulat*" or electrostimulat* or electrotherapy or transcranial* or "brain stimulation" or neuromodulat* or TMS or "cognitive bias modification" or retreat or retreats or "self help" or "self care" or "self manage*" or "self directed" or "self guided" or "web based" or "internet based" or "phone based" or app or apps or hotline* or helpline* or "help line*" or "web support*" or "personal* feedback" or "personal* feed back" or gamif* or psychosocial or "psycho social" or "social skill" or "social skills" or assertiveness or "community support" or "social support" or "support program*" or "support group*" or "peer support" or "SMART recovery" or "relapse prevention" or "prevent* relapse" or "secondary prevention" or "recovery capital" or "mutual aid" or "after care" or aftercare or "followup treatment" or "follow up treatment" or "support therapy" or mindfulness or "self compassion" or mentor* or "systemic* intervention*" or finance* or banking or budget* or "self exclu*" or "voluntary exclu*" or "restrict* access" or Gamban or "support mechanism*" or "support model*" or "post resident*" or postresident* or "post treatment" or posttreatment or "relapse program*" or "recovery college*" or "cognitive restructur*" or biofeedback or neurofeedback or "autogenic training" or meditate or meditation or "crisis intervention*" or "transaction analysis" or "role play" or "role playing" or "breathing exercise*" or qigong or "tai ji" or "tai chi" or yoga or "therapeutic touch" or "node link mapping")
AND	Additional limits - Date: From January 01 2000

## Database: Social Care Online

Date of last search: 05/04/2023

#	Searches
	AllFields:'gamble or gambler or gamblers or gambling or gambled or betting or bet or bets or wager or wagers or "gaming machine" or "slot machine" or "fruit machine" or "poker machine" or "lottery machine" or "lotteries machine" or "gaming terminal" or "slot terminal" or "fruit terminal" or "poker terminal" or "lottery terminal" or "lotteries terminal" or pokies or pokey or puggy or fruities'
	AND AllFields:'psychological or therapy or therapies or psychotherapy or cognitive or behavioural or behavioral or CBT or counsel or counselling or "motivational interviewing" or "harm reduction" or Psychodrama or dramatherapy or "eye movement" or EMDR or hypnosis or "electric stimulation" or electrostimulation or electrotherapy or transcranial or "brain stimulation" or neuromodulation or TMS or "cognitive bias modification" or retreat or retreats or "self help" or "self care" or "self management" or "self directed" or "self guided" or "web based" or "internet based" or "phone based" or app or hotline or helpline or "help line" or "web support" or "personalized feedback" or "personalized feed back" or gamification or psychosocial or "psycho social" or "social skill" or assertiveness or "community support" or "social support" or "support program" or "support group" or "peer support" or "SMART recovery" or "relapse prevention" or "prevent relapse" or "secondary prevention" or "recovery capital" or "mutual aid" or "after care" or aftercare or "followup treatment" or "follow up treatment" or mindfulness or "self compassion" or mentor or mentoring or "systemic intervention" or finance or banking or budget or "self exclusion" or "voluntary exclusion" or "restricting access" or Gamban or "support mechanism" or "support model" or "post resident" or postresident or "post treatment" or posttreatment or "relapse program" or "recovery college" or "cognitive restructuring" or biofeedback or neurofeedback or "autogenic training" or meditate or meditation or "crisis intervention" or "transaction analysis" or "role play" or "role playing" or "breathing exercise" or qigong or "tai ji" or "tai chi" or yoga or "therapeutic touch" or "node link mapping"
	AND PublicationYear:'2000 2022'

## Database: Social Sciences Citation Index

Date of last search: 05/04/2023

#	Searches
	(gambl* or betting or bet or bets or wager* or "gaming machine*" or "slot machine*" or "fruit machine*" or "poker machine*" or "lottery machine*" or "lotteries machine*" or "gaming terminal*" or "slot terminal*" or "fruit terminal*" or "poker terminal*" or "lottery terminal*" or "lotteries terminal*" or pokies or pokey or puggy or fruities) and (psycho* or therap* or psychotherap* or cognitive or behavioural or behavioral or CBT or aversi* or counsel* or "motivational interview*" or "harm reduction" or Psychodrama or dramatherap* or "eye movement" or EMDR or hypno* or "electric stimulat*" or electrostimulat* or electrotherapy or transcranial* or "brain stimulation" or neuromodulat* or TMS or "cognitive bias modification" or retreat or retreats or "self help" or "self care" or "self manage*" or "self directed" or "self

#	Searches
	guided" or "web based" or "internet based" or "phone based" or app or apps or hotline* or helpline* or "help line*" or "web support*" or "personali* feedback" or "personali* feed back" or gamif* or psychosocial or "psycho social" or "social skill" or "social skills" or assertiveness or "community support" or "social support" or "support program*" or "support group*" or "peer support" or "SMART recovery" or "relapse prevention" or "prevent* relapse" or "secondary prevention" or "recovery capital" or "mutual aid" or "after care" or aftercare or "followup treatment" or "follow up treatment" or "support therapy" or mindfulness or "self compassion" or mentor* or "systemic* intervention*" or finance* or banking or budget* or "self exclu*" or "voluntary exclu*" or "restrict* access" or Gamban or "support mechanism*" or "support model*" or "post resident*" or postresident* or "post treatment" or posttreatment or "relapse program*" or "recovery college*" or "cognitive restructur*" or biofeedback or neurofeedback or "autogenic training" or meditate or meditation or "crisis intervention*" or "transaction analysis" or "role play" or "role playing" or "breathing exercise*" or qigong or "tai ji" or "tai chi" or yoga or "therapeutic touch" or "node link mapping") (Title) Timespan: 2000-01-01 to 2022-07-01

## Other sources

All websites listed in the protocol were searched and browsed.

Date of last search: 11/04/2023

## Economics searches

Please note that a combined literature search was undertaken to cover the economics aspects of all the review questions in a single search.

## Database: Medline and Medline-in-Process

Date of last search: 04/04/2023

#	Searches
1	GAMBLING/
2	(gambl* not standard gamble).ti,ab.
3	betting.ti,ab.
4	(bet or bets).ti,ab.
5	wager*.ti,ab.
6	((gaming or gambling or slot or fruit or poker or lottery or lotteries) adj5 (machine? or terminal?)).ti,ab.
7	(pokies or pokey or puggy or fruities).ti,ab.
8	((dice or card? or roulette or blackjack or poker or baccarat or crap or craps or keno or casino? or bingo or bookmaker? or book maker or bookie? or lottery or lotteries or lotto or scratch card? or scratchcard? or raffle or raffles or sweepstak* or amusement arcade? or slot?) adj5 (money or monetization or monetisation or monetary or currency or currencies or cryptocurrency or cryptocurrencies or reward* or win or wins or winning* or loss or losses or lose)).ti,ab.
9	((game or games or gaming or gamer?) adj5 (money or monetization or monetisation or monetary)).ti,ab.
10	or/1-9
11	limit 10 to english language
12	limit 11 to yr="2000 -Current"
13	LETTER/
14	EDITORIAL/
15	NEWS/
16	exp HISTORICAL ARTICLE/
17	ANECDOTES AS TOPIC/
18	COMMENT/
19	CASE REPORT/
20	(letter or comment*).ti.
21	or/13-20
22	RANDOMIZED CONTROLLED TRIAL/ or random*.ti,ab.
23	21 not 22
24	ANIMALS/ not HUMANS/
25	exp ANIMALS, LABORATORY/
26	exp ANIMAL EXPERIMENTATION/
27	exp MODELS, ANIMAL/
28	exp RODENTIA/
29	(rat or rats or mouse or mice).ti.
30	or/23-29
31	12 not 30
32	ECONOMICS/
33	VALUE OF LIFE/
34	exp "COSTS AND COST ANALYSIS"/
35	exp ECONOMICS, HOSPITAL/
36	exp ECONOMICS, MEDICAL/
37	exp RESOURCE ALLOCATION/
38	ECONOMICS, NURSING/

#	Searches
39	ECONOMICS, PHARMACEUTICAL/
40	exp "FEES AND CHARGES"/
41	exp BUDGETS/
42	budget*.ti,ab.
43	cost*.ti,ab.
44	(economic* or pharmaco?economic*).ti,ab.
45	(price* or pricing*).ti,ab.
46	(financ* or fee or fees or expenditure* or saving*).ti,ab.
47	(value adj2 (money or monetary)).ti,ab.
48	resourc* allocat*.ti,ab.
49	(fund or funds or funding* or funded).ti,ab.
50	(ration or rations or rationing* or rationed).ti,ab.
51	ec.fs.
52	or/32-51
53	"VALUE OF LIFE"/
54	QUALITY OF LIFE/
55	quality of life.ti,kf.
56	((instrument or instruments) adj3 quality of life).ab.
57	QUALITY-ADJUSTED LIFE YEARS/
58	quality adjusted life.ti,ab,kf.
59	(qaly* or qald* or qale* or qtime* or life year or life years).ti,ab,kf.
60	disability adjusted life.ti,ab,kf.
61	daly*.ti,ab,kf.
62	(sf36 or sf 36 or short form 36 or shortform 36 or short form36 or shortform36 or sf thirtysix or sftthirtysix or sftthirty six or sf thirty six or shortform thirtysix or shortform thirty six or short form thirtysix or short form thirty six).ti,ab,kf.
63	(sf6 or sf 6 or short form 6 or shortform 6 or sf six or sfsix or shortform six or short form six or shortform6 or short form6).ti,ab,kf.
64	(sf8 or sf 8 or sf eight or sfeight or shortform 8 or shortform 8 or shortform8 or short form8 or shortform eight or short form eight).ti,ab,kf.
65	(sf12 or sf 12 or short form 12 or shortform 12 or short form12 or shortform12 or sf twelve or sftwelve or shortform twelve or short form twelve).ti,ab,kf.
66	(sf16 or sf 16 or short form 16 or shortform 16 or short form16 or shortform16 or sf sixteen or sfsixteen or shortform sixteen or short form sixteen).ti,ab,kf.
67	(sf20 or sf 20 or short form 20 or shortform 20 or short form20 or shortform20 or sf twenty or sftwenty or shortform twenty or short form twenty).ti,ab,kf.
68	(hql or hqol or h qol or hrqol or hr qol).ti,ab,kf.
69	(hye or hyes).ti,ab,kf.
70	(health* adj2 year* adj2 equivalent*).ti,ab,kf.
71	(pqol or qls).ti,ab,kf.
72	(quality of wellbeing or quality of well being or index of wellbeing or index of well being or qwb).ti,ab,kf.
73	nottingham health profile*.ti,ab,kf.
74	sickness impact profile.ti,ab,kf.
75	exp HEALTH STATUS INDICATORS/
76	(health adj3 (utilit* or status)).ti,ab,kf.
77	(utilit* adj3 (valu* or measur* or health or life or estimat* or elicit* or disease or score* or weight)).ti,ab,kf.
78	(preference* adj3 (valu* or measur* or health or life or estimat* or elicit* or disease or score* or instrument or instruments)).ti,ab,kf.
79	disutilit*.ti,ab,kf.
80	rosser.ti,ab,kf.
81	willingness to pay.ti,ab,kf.
82	standard gamble*.ti,ab,kf.
83	(time trade off or time tradeoff).ti,ab,kf.
84	tto.ti,ab,kf.
85	(hui or hui1 or hui2 or hui3).ti,ab,kf.
86	(eq or euroqol or euro qol or eq5d or eq 5d or euroqual or euro qual).ti,ab,kf.
87	duke health profile.ti,ab,kf.
88	functional status questionnaire.ti,ab,kf.
89	dartmouth coop functional health assessment*.ti,ab,kf.
90	or/53-89
91	31 and 52
92	31 and 90
93	91 or 92

## Database: Embase

Date of last search: 04/04/2023

#	Searches
1	GAMBLING/
2	PATHOLOGICAL GAMBLING/
3	(gamb* not standard gamble).ti,ab.

#	Searches
4	betting.ti,ab.
5	(bet or bets).ti,ab.
6	wager*.ti,ab.
7	((gaming or gambling or slot or fruit or poker or lottery or lotteries) adj5 (machine? or terminal?)).ti,ab.
8	(pokies or pokey or puggy or fruities).ti,ab.
9	((dice or card? or roulette or blackjack or poker or baccarat or crap or craps or keno or casino? or bingo or bookmaker? or book maker or bookie? or lottery or lotteries or lotto or scratch card? or scratchcard? or raffle or raffles or sweepstak* or amusement arcade? or slot?) adj5 (money or monetization or monetisation or monetary or currency or currencies or cryptocurrency or cryptocurrencies or reward* or win or wins or winning* or loss or losses or lose)).ti,ab.
10	((game or games or gaming or gamer?) adj5 (money or monetization or monetisation or monetary)).ti,ab.
11	or/1-10
12	limit 11 to english language
13	limit 12 to yr="2000 -Current"
14	letter.pt. or LETTER/
15	note.pt.
16	editorial.pt.
17	CASE REPORT/ or CASE STUDY/
18	(letter or comment*).ti.
19	or/14-18
20	RANDOMIZED CONTROLLED TRIAL/ or random*.ti,ab.
21	19 not 20
22	ANIMAL/ not HUMAN/
23	NONHUMAN/
24	exp ANIMAL EXPERIMENT/
25	exp EXPERIMENTAL ANIMAL/
26	ANIMAL MODEL/
27	exp RODENT/
28	(rat or rats or mouse or mice).ti.
29	or/21-28
30	13 not 29
31	HEALTH ECONOMICS/
32	exp ECONOMIC EVALUATION/
33	exp HEALTH CARE COST/
34	exp FEE/
35	BUDGET/
36	FUNDING/
37	RESOURCE ALLOCATION/
38	budget*.ti,ab.
39	cost*.ti,ab.
40	(economic* or pharmaco?economic*).ti,ab.
41	(price* or pricing*).ti,ab.
42	(financ* or fee or fees or expenditure* or saving*).ti,ab.
43	(value adj2 (money or monetary)).ti,ab.
44	resourc* allocat*.ti,ab.
45	(fund or funds or funding* or funded).ti,ab.
46	(ration or rations or rationing* or rationed).ti,ab.
47	or/31-46
48	SOCIOECONOMICS/
49	exp QUALITY OF LIFE/
50	quality of life.ti,kw.
51	((instrument or instruments) adj3 quality of life).ab.
52	QUALITY-ADJUSTED LIFE YEAR/
53	quality adjusted life.ti,ab,kw.
54	(qaly* or qald* or qale* or qtime* or life year or life years).ti,ab,kw.
55	disability adjusted life.ti,ab,kw.
56	daly*.ti,ab,kw.
57	(sf36 or sf 36 or short form 36 or shortform 36 or short form36 or shortform36 or sf thirtysix or sftthirtysix or sfthirty six or sf thirty six or shortform thirtysix or shortform thirty six or short form thirtysix or short form thirty six).ti,ab,kw.
58	(sf6 or sf 6 or short form 6 or shortform 6 or sf six or sfsix or shortform six or short form six or shortform6 or short form6).ti,ab,kw.
59	(sf8 or sf 8 or sf eight or sfeight or shortform 8 or shortform 8 or shortform8 or short form8 or shortform eight or short form eight).ti,ab,kw.
60	(sf12 or sf 12 or short form 12 or shortform 12 or short form12 or shortform12 or sf twelve or sftwelve or shortform twelve or short form twelve).ti,ab,kw.
61	(sf16 or sf 16 or short form 16 or shortform 16 or short form16 or shortform16 or sf sixteen or sfsixteen or shortform sixteen or short form sixteen).ti,ab,kw.
62	(sf20 or sf 20 or short form 20 or shortform 20 or short form20 or shortform20 or sf twenty or sftwenty or shortform twenty or short form twenty).ti,ab,kw.
63	(hql or hqol or h qol or hrqol or hr qol).ti,ab,kw.
64	(hye or hyes).ti,ab,kw.
65	(health* adj2 year* adj2 equivalent*).ti,ab,kw.

#	Searches
66	(pqol or qls).ti,ab,kw.
67	(quality of wellbeing or quality of well being or index of wellbeing or index of well being or qwb).ti,ab,kw.
68	NOTTINGHAM HEALTH PROFILE/
69	nottingham health profile*.ti,ab,kw.
70	SICKNESS IMPACT PROFILE/
71	sickness impact profile.ti,ab,kw.
72	HEALTH STATUS INDICATOR/
73	(health adj3 (utilit* or status)).ti,ab,kw.
74	(utilit* adj3 (valu* or measur* or health or life or estimat* or elicit* or disease or score* or weight)).ti,ab,kw.
75	(preference* adj3 (valu* or measur* or health or life or estimat* or elicit* or disease or score* or instrument or instruments)).ti,ab,kw.
76	disutilit*.ti,ab,kw.
77	rosser.ti,ab,kw.
78	willingness to pay.ti,ab,kw.
79	standard gamble*.ti,ab,kw.
80	(time trade off or time tradeoff).ti,ab,kw.
81	tto.ti,ab,kw.
82	(hui or hui1 or hui2 or hui3).ti,ab,kw.
83	(eq or euroqol or euro qol or eq5d or eq 5d or euroqual or euro qual).ti,ab,kw.
84	duke health profile.ti,ab,kw.
85	functional status questionnaire.ti,ab,kw.
86	dartmouth coop functional health assessment*.ti,ab,kw.
87	or/48-86
88	30 and 47
89	30 and 87
90	88 or 89

## Database: Emcare

Date of last search: 04/04/2023

#	Searches
1	GAMBLING/
2	PATHOLOGICAL GAMBLING/
3	(gambl* not standard gamble).ti,ab.
4	betting.ti,ab.
5	(bet or bets).ti,ab.
6	wager*.ti,ab.
7	((gaming or gambling or slot or fruit or poker or lottery or lotteries) adj5 (machine? or terminal?)).ti,ab.
8	(pokies or pokey or puggy or fruities).ti,ab.
9	((dice or card? or roulette or blackjack or poker or baccarat or crap or craps or keno or casino? or bingo or bookmaker? or book maker or bookie? or lottery or lotteries or lotto or scratch card? or scratchcard? or raffle or raffles or sweepstak* or amusement arcade? or slot?) adj5 (money or monetization or monetisation or monetary or currency or currencies or cryptocurrency or cryptocurrencies or reward* or win or wins or winning* or loss or losses or lose)).ti,ab.
10	((game or games or gaming or gamer?) adj5 (money or monetization or monetisation or monetary)).ti,ab.
11	or/1-10
12	limit 11 to english language
13	limit 12 to yr="2000 -Current"
14	letter.pt. or LETTER/
15	note.pt.
16	editorial.pt.
17	CASE REPORT/ or CASE STUDY/
18	(letter or comment*).ti.
19	or/14-18
20	RANDOMIZED CONTROLLED TRIAL/ or random*.ti,ab.
21	19 not 20
22	ANIMAL/ not HUMAN/
23	NONHUMAN/
24	exp ANIMAL EXPERIMENT/
25	exp EXPERIMENTAL ANIMAL/
26	ANIMAL MODEL/
27	exp RODENT/
28	(rat or rats or mouse or mice).ti.
29	or/21-28
30	13 not 29
31	HEALTH ECONOMICS/
32	exp ECONOMIC EVALUATION/
33	exp HEALTH CARE COST/
34	exp FEE/
35	BUDGET/

#	Searches
36	FUNDING/
37	RESOURCE ALLOCATION/
38	budget*.ti,ab.
39	cost*.ti,ab.
40	(economic* or pharmaco?economic*).ti,ab.
41	(price* or pricing*).ti,ab.
42	(financ* or fee or fees or expenditure* or saving*).ti,ab.
43	(value adj2 (money or monetary)).ti,ab.
44	resourc* allocat*.ti,ab.
45	(fund or funds or funding* or funded).ti,ab.
46	(ration or rations or rationing* or rationed).ti,ab.
47	or/31-46
48	SOCIOECONOMICS/
49	exp QUALITY OF LIFE/
50	quality of life.ti,kw.
51	((instrument or instruments) adj3 quality of life).ab.
52	QUALITY-ADJUSTED LIFE YEAR/
53	quality adjusted life.ti,ab,kw.
54	(qaly* or qald* or qale* or qtime* or life year or life years).ti,ab,kw.
55	disability adjusted life.ti,ab,kw.
56	daly*.ti,ab,kw.
57	(sf36 or sf 36 or short form 36 or shortform 36 or short form36 or shortform36 or sf thirtysix or sftirtysix or sfthirty six or sf thirty six or shortform thirtysix or shortform thirty six or short form thirtysix or short form thirty six).ti,ab,kw.
58	(sf6 or sf 6 or short form 6 or shortform 6 or sf six or sfsix or shortform six or short form six or shortform6 or short form6).ti,ab,kw.
59	(sf8 or sf 8 or sf eight or sfeight or shortform 8 or shortform 8 or shortform8 or short form8 or shortform eight or short form eight).ti,ab,kw.
60	(sf12 or sf 12 or short form 12 or shortform 12 or short form12 or shortform12 or sf twelve or sftwelve or shortform twelve or short form twelve).ti,ab,kw.
61	(sf16 or sf 16 or short form 16 or shortform 16 or short form16 or shortform16 or sf sixteen or sfsixteen or shortform sixteen or short form sixteen).ti,ab,kw.
62	(sf20 or sf 20 or short form 20 or shortform 20 or short form20 or shortform20 or sf twenty or sftwenty or shortform twenty or short form twenty).ti,ab,kw.
63	(hql or hqol or h qol or hrqol or hr qol).ti,ab,kw.
64	(hye or hyes).ti,ab,kw.
65	(health* adj2 year* adj2 equivalent*).ti,ab,kw.
66	(pqol or qls).ti,ab,kw.
67	(quality of wellbeing or quality of well being or index of wellbeing or index of well being or qwb).ti,ab,kw.
68	NOTTINGHAM HEALTH PROFILE/
69	nottingham health profile*.ti,ab,kw.
70	SICKNESS IMPACT PROFILE/
71	sickness impact profile.ti,ab,kw.
72	HEALTH STATUS INDICATOR/
73	(health adj3 (utilit* or status)).ti,ab,kw.
74	(utilit* adj3 (valu* or measur* or health or life or estimat* or elic* or disease or score* or weight)).ti,ab,kw.
75	(preference* adj3 (valu* or measur* or health or life or estimat* or elic* or disease or score* or instrument or instruments)).ti,ab,kw.
76	disutilit*.ti,ab,kw.
77	rosser.ti,ab,kw.
78	willingness to pay.ti,ab,kw.
79	standard gamble*.ti,ab,kw.
80	(time trade off or time tradeoff).ti,ab,kw.
81	tto.ti,ab,kw.
82	(hui or hui1 or hui2 or hui3).ti,ab,kw.
83	(eq or euroqol or euro qol or eq5d or eq 5d or euroqual or euro qual).ti,ab,kw.
84	duke health profile.ti,ab,kw.
85	functional status questionnaire.ti,ab,kw.
86	dartmouth coop functional health assessment*.ti,ab,kw.
87	or/48-86
88	30 and 47
89	30 and 87
90	88 or 89

## Database: PsycInfo

Date of last search: 04/04/2023

#	Searches
1	GAMBLING/
2	GAMBLING DISORDER/
3	(gamb* not standard gamble).ti,ab.

#	Searches
4	betting.ti,ab.
5	(bet or bets).ti,ab.
6	wager*.ti,ab.
7	((gaming or gambling or slot or fruit or poker or lottery or lotteries) adj5 (machine? or terminal?)).ti,ab.
8	(pokies or pokey or puggy or fruities).ti,ab.
9	((dice or card? or roulette or blackjack or poker or baccarat or crap or craps or keno or casino? or bingo or bookmaker? or book maker or bookie? or lottery or lotteries or lotto or scratch card? or scratchcard? or raffle or raffles or sweepstak* or amusement arcade? or slot?) adj5 (money or monetization or monetisation or monetary or currency or currencies or cryptocurrency or cryptocurrencies or reward* or win or wins or winning* or loss or losses or lose)).ti,ab.
10	((game or games or gaming or gamer?) adj5 (money or monetization or monetisation or monetary)).ti,ab.
11	or/1-10
12	limit 11 to english language
13	limit 12 to yr="2000 -Current"
14	(letter or editorial or comment reply).dt. or case report/
15	(letter or comment*).ti.
16	or/14-15
17	exp randomized controlled trial/
18	random*.ti,ab.
19	or/17-18
20	16 not 19
21	animal.po.
22	(rat or rats or mouse or mice).ti.
23	or/20-22
24	13 not 23
25	ECONOMICS/
26	HEALTH CARE ECONOMICS/
27	exp "COSTS AND COST ANALYSIS"/
28	RESOURCE ALLOCATION/
29	budget*.ti,ab.
30	cost*.ti,ab.
31	(economic* or pharmaco?economic*).ti,ab.
32	(price* or pricing*).ti,ab.
33	(financ* or fee or fees or expenditure* or saving*).ti,ab.
34	(value adj2 (money or monetary)).ti,ab.
35	resourc* allocat*.ti,ab.
36	(fund or funds or funding* or funded).ti,ab.
37	(ration or rations or rationing* or rationed).ti,ab.
38	or/25-37
39	"QUALITY OF LIFE"/
40	"HEALTH RELATED QUALITY OF LIFE"/
41	quality of life.ti.
42	((instrument or instruments) adj3 quality of life).ab.
43	quality adjusted life.ti,ab.
44	(qaly* or qald* or qale* or qtime* or life year or life years).ti,ab.
45	disability adjusted life.ti,ab.
46	daly*.ti,ab.
47	(sf36 or sf 36 or short form 36 or shortform 36 or short form36 or shortform36 or sf thirtysix or sftthirtysix or sfthirty six or sf thirty six or shortform thirtysix or shortform thirty six or short form thirtysix or short form thirty six).ti,ab.
48	(sf6 or sf 6 or short form 6 or shortform 6 or sf six or sfsix or shortform six or short form six or shortform6 or short form6).ti,ab.
49	(sf8 or sf 8 or sf eight or sfeight or shortform 8 or shortform 8 or shortform8 or short form8 or shortform eight or short form eight).ti,ab.
50	(sf12 or sf 12 or short form 12 or shortform 12 or short form12 or shortform12 or sf twelve or sftwelve or shortform twelve or short form twelve).ti,ab.
51	(sf16 or sf 16 or short form 16 or shortform 16 or short form16 or shortform16 or sf sixteen or sfsixteen or shortform sixteen or short form sixteen).ti,ab.
52	(sf20 or sf 20 or short form 20 or shortform 20 or short form20 or shortform20 or sf twenty or sftwenty or shortform twenty or short form twenty).ti,ab.
53	(hql or hqol or h qol or hrqol or hr qol).ti,ab.
54	(hye or hyes).ti,ab.
55	(health* adj2 year* adj2 equivalent*).ti,ab.
56	(pqol or qls).ti,ab.
57	(quality of wellbeing or quality of well being or index of wellbeing or index of well being or qwb).ti,ab.
58	nottingham health profile*.ti,ab.
59	sickness impact profile.ti,ab.
60	(health adj3 (utilit* or status)).ti,ab.
61	(utilit* adj3 (valu* or measur* or health or life or estimat* or elic* or disease or score* or weight)).ti,ab.
62	(preference* adj3 (valu* or measur* or health or life or estimat* or elic* or disease or score* or instrument or instruments)).ti,ab.
63	disutilit*.ti,ab.
64	rosser.ti,ab.



#	Searches
65	willingness to pay.ti,ab.
66	standard gamble*.ti,ab.
67	(time trade off or time tradeoff).ti,ab.
68	tto.ti,ab.
69	(hui or hui1 or hui2 or hui3).ti,ab.
70	(eq or euroqol or euro qol or eq5d or eq 5d or euroqual or euro qual).ti,ab.
71	duke health profile.ti,ab.
72	functional status questionnaire.ti,ab.
73	dartmouth coop functional health assessment*.ti,ab.
74	or/39-73
75	24 and 38
76	24 and 74
77	75 or 76
78	limit 77 to ("0100 journal" or "0110 peer-reviewed journal")

## Database: Health Management Information Consortium (HMIC)

Date of last search: 04/04/2023

#	Searches
1	GAMBLING/
2	GAMBLERS/
3	GAMBLING MACHINES/
4	AMUSEMENT ARCADES/
5	CASINOS/
6	BOOKMAKERS/
7	LOTTERIES/
8	NATIONAL LOTTERY/
9	(gambl* not standard gamble).ti,ab.
10	betting.ti,ab.
11	(bet or bets).ti,ab.
12	wager*.ti,ab.
13	((gaming or gambling or slot or fruit or poker or lottery or lotteries) adj5 (machine? or terminal?)).ti,ab.
14	(pokies or pokey or puggy or fruities).ti,ab.
15	((dice or card? or roulette or blackjack or poker or baccarat or crap or craps or keno or casino? or bingo or bookmaker? or book maker or bookie? or lottery or lotteries or lotto or scratch card? or scratchcard? or raffle or raffles or sweepstak* or amusement arcade? or slot?) adj5 (money or monetization or monetisation or monetary or currency or currencies or cryptocurrency or cryptocurrencies or reward* or win or wins or winning* or loss or losses or lose)).ti,ab.
16	((game or games or gaming or gamer?) adj5 (money or monetization or monetisation or monetary)).ti,ab.
17	or/1-16
18	limit 17 to yr="2000 -Current"
19	exp ECONOMICS/
20	exp COSTS/
21	exp FEES/
22	exp BUDGETS/
23	RESOURCE ALLOCATION/
24	budget*.ti,ab.
25	cost*.ti,ab.
26	(economic* or pharmaco?economic*).ti,ab.
27	(price* or pricing*).ti,ab.
28	(financ* or fee or fees or expenditure* or saving*).ti,ab.
29	(value adj2 (money or monetary)).ti,ab.
30	resourc* allocat*.ti,ab.
31	(fund or funds or funding* or funded).ti,ab.
32	(ration or rations or rationing* or rationed).ti,ab.
33	or/19-32
34	"QUALITY OF LIFE"/
35	QUALITY-ADJUSTED LIFE YEARS/
36	HEALTH STATUS MEASURES/
37	HEALTH SERVICE INDICATORS/
38	quality of life.ti.
39	((instrument or instruments) adj3 quality of life).ab.
40	quality adjusted life.ti,ab.
41	(qaly* or qald* or qale* or qtime* or life year or life years).ti,ab.
42	disability adjusted life.ti,ab.
43	daly*.ti,ab.
44	(sf36 or sf 36 or short form 36 or shortform 36 or short form36 or shortform36 or sf thirtysix or sfthirtysix or sfthirty six or sf thirty six or shortform thirtysix or shortform thirty six or short form thirtysix or short form thirty six).ti,ab.
45	(sf6 or sf 6 or short form 6 or shortform 6 or sf six or sfsix or shortform six or short form six or shortform6 or short form6).ti,ab.
46	(sf8 or sf 8 or sf eight or sfeight or shortform 8 or shortform 8 or shortform8 or short form8 or shortform eight or short



#	Searches
	form eight).ti,ab.
47	(sf12 or sf 12 or short form 12 or shortform 12 or short form12 or shortform12 or sf twelve or sftwelve or shortform twelve or short form twelve).ti,ab.
48	(sf16 or sf 16 or short form 16 or shortform 16 or short form16 or shortform16 or sf sixteen or sfsixteen or shortform sixteen or short form sixteen).ti,ab.
49	(sf20 or sf 20 or short form 20 or shortform 20 or short form20 or shortform20 or sf twenty or sftwenty or shortform twenty or short form twenty).ti,ab.
50	(hql or hqol or h qol or hrqol or hr qol).ti,ab.
51	(hye or hyes).ti,ab.
52	(health* adj2 year* adj2 equivalent*).ti,ab.
53	(pqol or qls).ti,ab.
54	(quality of wellbeing or quality of well being or index of wellbeing or index of well being or qwb).ti,ab.
55	nottingham health profile*.ti,ab.
56	sickness impact profile.ti,ab.
57	(health adj3 (utilit* or status)).ti,ab.
58	(utilit* adj3 (valu* or measur* or health or life or estimat* or elic* or disease or score* or weight)).ti,ab.
59	(preference* adj3 (valu* or measur* or health or life or estimat* or elic* or disease or score* or instrument or instruments)).ti,ab.
60	disutilit*.ti,ab.
61	rosser.ti,ab.
62	willingness to pay.ti,ab.
63	standard gamble*.ti,ab.
64	(time trade off or time tradeoff).ti,ab.
65	tto.ti,ab.
66	(hui or hui1 or hui2 or hui3).ti,ab.
67	(eq or euroqol or euro qol or eq5d or eq 5d or euroqual or euro qual).ti,ab.
68	duke health profile.ti,ab.
69	functional status questionnaire.ti,ab.
70	dartmouth coop functional health assessment*.ti,ab.
71	or/34-70
72	18 and 33
73	18 and 71
74	72 or 73

## Database: Social Policy and Practice

Date of last search: 04/04/2023

#	Searches
1	(gambl* not standard gamble).ti,ab.
2	betting.ti,ab.
3	(bet or bets).ti,ab.
4	wager*.ti,ab.
5	((gaming or gambling or slot or fruit or poker or lottery or lotteries) adj5 (machine? or terminal?)).ti,ab.
6	(pokies or pokey or puggy or fruities).ti,ab.
7	((dice or card? or roulette or blackjack or poker or baccarat or crap or craps or keno or casino? or bingo or bookmaker? or book maker or bookie? or lottery or lotteries or lotto or scratch card? or scratchcard? or raffle or raffles or sweepstak* or amusement arcade? or slot?) adj5 (money or monetization or monetisation or monetary or currency or currencies or cryptocurrency or cryptocurrencies or reward* or win or wins or winning* or loss or losses or lose)).ti,ab.
8	((game or games or gaming or gamer?) adj5 (money or monetization or monetisation or monetary)).ti,ab.
9	or/1-8
10	limit 9 to yr="2000 -Current"
11	budget*.ti,ab.
12	cost*.ti,ab.
13	(economic* or pharmaco?economic*).ti,ab.
14	(price* or pricing*).ti,ab.
15	(financ* or fee or fees or expenditure* or saving*).ti,ab.
16	(value adj2 (money or monetary)).ti,ab.
17	resourc* allocat*.ti,ab.
18	(fund or funds or funding* or funded).ti,ab.
19	(ration or rations or rationing* or rationed).ti,ab.
20	or/11-19
21	quality of life.ti.
22	((instrument or instruments) adj3 quality of life).ab.
23	quality adjusted life.ti,ab.
24	(qaly* or qald* or qale* or qtime* or life year or life years).ti,ab.
25	disability adjusted life.ti,ab.
26	daly*.ti,ab.
27	(sf36 or sf 36 or short form 36 or shortform 36 or short form36 or shortform36 or sf thirtysix or sftwenty six or sf thirty six or shortform thirtysix or shortform thirty six or short form thirtysix or short form thirty six).ti,ab.
28	(sf6 or sf 6 or short form 6 or shortform 6 or sf six or sfsix or shortform six or short form six or shortform6 or short

#	Searches
	form6).ti,ab.
29	(sf8 or sf 8 or sf eight or sflight or shortform 8 or shortform 8 or shortform8 or short form8 or shortform eight or short form eight).ti,ab.
30	(sf12 or sf 12 or short form 12 or shortform 12 or short form12 or shortform12 or sf twelve or sftwelve or shortform twelve or short form twelve).ti,ab.
31	(sf16 or sf 16 or short form 16 or shortform 16 or short form16 or shortform16 or sf sixteen or sfsixteen or shortform sixteen or short form sixteen).ti,ab.
32	(sf20 or sf 20 or short form 20 or shortform 20 or short form20 or shortform20 or sf twenty or sftwenty or shortform twenty or short form twenty).ti,ab.
33	(hql or hqol or h qol or hrqol or hr qol).ti,ab.
34	(hye or hyes).ti,ab.
35	(health* adj2 year* adj2 equivalent*).ti,ab.
36	(pqol or qls).ti,ab.
37	(quality of wellbeing or quality of well being or index of wellbeing or index of well being or qwb).ti,ab.
38	nottingham health profile*.ti,ab.
39	sickness impact profile.ti,ab.
40	(health adj3 (utilit* or status)).ti,ab.
41	(utilit* adj3 (valu* or measur* or health or life or estimat* or elicit* or disease or score* or weight)).ti,ab.
42	(preference* adj3 (valu* or measur* or health or life or estimat* or elicit* or disease or score* or instrument or instruments)).ti,ab.
43	disutilit*.ti,ab.
44	rosser.ti,ab.
45	willingness to pay.ti,ab.
46	standard gamble*.ti,ab.
47	(time trade off or time tradeoff).ti,ab.
48	tto.ti,ab.
49	(hui or hui1 or hui2 or hui3).ti,ab.
50	(eq or euroqol or euro qol or eq5d or eq 5d or euroqual or euro qual).ti,ab.
51	duke health profile.ti,ab.
52	functional status questionnaire.ti,ab.
53	dartmouth coop functional health assessment*.ti,ab.
54	or/21-53
55	10 and 20
56	10 and 54
57	55 or 56

## Database: Cochrane Central Register of Controlled Trials (CENTRAL)

Date of last search: 04/04/2023

#	Searches
#1	MeSH descriptor: [Gambling] this term only
#2	gambl*.ti,ab
#3	betting.ti,ab
#4	(bet or bets).ti,ab
#5	wager*.ti,ab
#6	((gaming or gambling or slot or fruit or poker or lottery or lotteries) near/5 (machine* or terminal*)):ti,ab
#7	(pokies or pokey or puggy or fruities).ti,ab
#8	((dice or card or cards or roulette or blackjack or poker or baccarat or crap or craps or keno or casino* or bingo or bookmaker* or "book maker" or bookie* or lottery or lotteries or lotto or "scratch card*" or scratchcard* or raffle or raffles or sweepstak* or "amusement arcade*" or slot or slots) near/5 (money or monetization or monetisation or monetary or currency or currencies or cryptocurrency or cryptocurrencies or reward* or win or wins or winning* or loss or losses or lose)):ti,ab
#9	((game or games or gaming or gamer*) near/5 (money or monetization or monetisation or monetary)):ti,ab
#10	#1 or #2 or #3 or #4 or #5 or #6 or #7 or #8 or #9
#11	#1 or #2 or #3 or #4 or #5 or #6 or #7 or #8 or #9 with Cochrane Library publication date Between Jan 2000 and Mar 2022
#12	MeSH descriptor: [Economics] this term only
#13	MeSH descriptor: [Value of Life] this term only
#14	MeSH descriptor: [Costs and Cost Analysis] explode all trees
#15	MeSH descriptor: [Economics, Hospital] explode all trees
#16	MeSH descriptor: [Economics, Medical] explode all trees
#17	MeSH descriptor: [Resource Allocation] explode all trees
#18	MeSH descriptor: [Economics, Nursing] this term only
#19	MeSH descriptor: [Economics, Pharmaceutical] this term only
#20	MeSH descriptor: [Fees and Charges] explode all trees
#21	MeSH descriptor: [Budgets] explode all trees
#22	budget*.ti,ab
#23	cost*.ti,ab
#24	(economic* or pharmaco?economic*).ti,ab
#25	(price* or pricing*).ti,ab

#	Searches
#26	(financ* or fee or fees or expenditure* or saving*):ti,ab
#27	(value near/2 (money or monetary)):ti,ab
#28	resourc* allocat*:ti,ab
#29	(fund or funds or funding* or funded):ti,ab
#30	(ration or rations or rationing* or rationed):ti,ab
#31	#12 or #13 or #14 or #15 or #16 or #17 or #18 or #19 or #20 or #21 or #22 or #23 or #24 or #25 or #26 or #27 or #28 or #29 or #30
#32	MeSH descriptor: [Value of Life] this term only
#33	MeSH descriptor: [Quality of Life] this term only
#34	"quality of life":ti
#35	((instrument or instruments) near/3 "quality of life"):ab
#36	MeSH descriptor: [Quality-Adjusted Life Years] this term only
#37	"quality adjusted life":ti,ab
#38	(qaly* or qald* or qale* or qtime* or "life year" or "life years"):ti,ab
#39	"disability adjusted life":ti,ab
#40	daly*:ti,ab
#41	(sf36 or "sf 36" or "short form 36" or "shortform 36" or "short form36" or shortform36 or "sf thirtysix" or sftthirtysix or "sftthirty six" or "sf thirty six" or "shortform thirtysix" or "shortform thirty six" or "short form thirtysix" or "short form thirty six"):ti,ab
#42	(sf6 or "sf 6" or "short form 6" or "shortform 6" or "sf six" or sfsix or "shortform six" or "short form six" or shortform6 or "short form6"):ti,ab
#43	(sf8 or "sf 8" or "sf eight" or sfeight or "shortform 8" or "shortform 8" or shortform8 or "short form8" or "shortform eight" or "short form eight"):ti,ab
#44	(sf12 or "sf 12" or "short form 12" or "shortform 12" or "short form12" or shortform12 or "sf twelve" or sftwelve or "shortform twelve" or "short form twelve"):ti,ab
#45	(sf16 or "sf 16" or "short form 16" or "shortform 16" or "short form16" or shortform16 or "sf sixteen" or sfsixteen or "shortform sixteen" or "short form sixteen"):ti,ab
#46	(sf20 or "sf 20" or "short form 20" or "shortform 20" or "short form20" or shortform20 or "sf twenty" or sftwenty or "shortform twenty" or "short form twenty"):ti,ab
#47	(hql or hqol or "h qol" or hrqol or "hr qol"):ti,ab
#48	(hye or hyes):ti,ab
#49	(health* near/2 year* near/2 equivalent*):ti,ab
#50	(pqol or qls):ti,ab
#51	(quality of wellbeing or "quality of well being" or "index of wellbeing" or "index of well being" or qwb):ti,ab
#52	"nottingham health profile*":ti,ab
#53	"sickness impact profile":ti,ab
#54	MeSH descriptor: [Health Status Indicators] explode all trees
#55	(health near/3 (utilit* or status)):ti,ab
#56	(utilit* near/3 (valu* or measur* or health or life or estimat* or elicit* or disease or score* or weight)):ti,ab
#57	(preference* near/3 (valu* or measur* or health or life or estimat* or elicit* or disease or score* or instrument or instruments)):ti,ab
#58	disutilit*:ti,ab
#59	rosser:ti,ab
#60	"willingness to pay":ti,ab
#61	"standard gamble*":ti,ab
#62	("time trade off" or "time tradeoff"):ti,ab
#63	tto:ti,ab
#64	(hui or hui1 or hui2 or hui3):ti,ab
#65	(eq or euroqol or "euro qol" or eq5d or "eq 5d" or euroqual or "euro qual"):ti,ab
#66	"duke health profile":ti,ab
#67	"functional status questionnaire":ti,ab
#68	"dartmouth coop functional health assessment*":ti,ab
#69	#32 or #33 or #34 or #35 or #36 or #37 or #38 or #39 or #40 or #41 or #42 or #43 or #44 or #45 or #46 or #47 or #48 or #49 or #50 or #51 or #52 or #53 or #54 or #55 or #56 or #57 or #58 or #59 or #60 or #61 or #62 or #63 or #64 or #65 or #66 or #67 or #68
#70	#11 and #31
#71	#11 and #69
#72	#70 or #71

## Database: International Health Technology Assessment Database (INAHTA)

Date of last search: 04/04/2023

#	Searches
	All:(gamble or gambler or gamblers or gambling or gambled or betting or bet or bets or wager or wagers)
	AND Publication Year: 2000-2022

## Database: NHS Economic Evaluation Database (NHS EED)

Date of last search: 04/04/2023

#	Searches
1	MeSH DESCRIPTOR GAMBLING IN NHSEED
2	(gambl*) TI IN NHSEED
3	(betting) IN NHSEED
4	(bet or bets) IN NHSEED
5	(wager*) IN NHSEED
6	((gaming or gambling or slot or fruit or poker or lottery or lotteries) near5 (machine* or terminal*)) IN NHSEED
7	(pokies or pokey or puggy or fruities) IN NHSEED
8	((dice or card or cards or roulette or blackjack or poker or baccarat or crap or craps or keno or casino* or bingo or bookmaker* or book maker or bookie* or lottery or lotteries or lotto or scratch card* or scratchcard* or raffle or raffles or sweepstak* or amusement arcade* or slot*) near5 (money or monetization or monetisation or monetary or currency or currencies or cryptocurrency or cryptocurrencies or reward* or win or wins or winning* or loss or losses or lose)) IN NHSEED
9	((game or games or gaming or gamer*) near5 (money or monetization or monetisation or monetary)) IN NHSEED
10	#1 OR #2 OR #3 OR #4 OR #5 OR #6 OR #7 OR #8 OR #9

## Database: Cumulative Index to Nursing and Allied Health Literature (CINAHL)

Date of last search: 04/04/2023

#	Searches
S1	TI (gambl* or betting or bet or bets or wager* or "gaming machine*" or "slot machine*" or "fruit machine*" or "poker machine*" or "lottery machine*" or "lotteries machine*" or "gaming terminal*" or "slot terminal*" or "fruit terminal*" or "poker terminal*" or "lottery terminal*" or "lotteries terminal*" or pokies or pokey or puggy or fruities) Limiters - Publication Year: 2000-
S2	TI (budget* OR cost* OR economic* OR pharmaco-economic* OR price* OR pricing* OR financ* OR fee OR fees OR expenditure* OR saving* OR "value for money" OR "monetary value" OR "resourc* allocat*" OR "allocat* resourc*" OR fund OR funds OR funding* OR funded OR ration OR rations OR rationing* OR rationed or "quality of life" or "quality adjusted life" or "disability adjusted life" or "short form or shortform" or "health year equivalent*" or "nottingham health profile*" or "sickness impact profile*" or "health status indicator*" or "health utilit*" or "utilit* valu*" or "utilit* measur*" or "willingness to pay" or "standard gamble*" or "time trade off" or "time tradeoff" or "duke health profile" or "functional status questionnaire" or "dartmouth coop functional health assessment*") Limiters - Publication Year: 2000-
S3	S1 and S2

## Database: Applied Social Science Index and Abstracts (ASSIA)

Date of last search: 04/04/2023

#	Searches
	AB, TI (gambl* or betting or bet or bets or wager* or "gaming machine*" or "slot machine*" or "fruit machine*" or "poker machine*" or "lottery machine*" or "lotteries machine*" or "gaming terminal*" or "slot terminal*" or "fruit terminal*" or "poker terminal*" or "lottery terminal*" or "lotteries terminal*" or pokies or pokey or puggy or fruities)
AND	AB, TI (budget* OR cost* OR economic* OR pharmaco-economic* OR price* OR pricing* OR financ* OR fee OR fees OR expenditure* OR saving* OR "value for money" OR "monetary value" OR "resourc* allocat*" OR "allocat* resourc*" OR fund OR funds OR funding* OR funded OR ration OR rations OR rationing* OR rationed or "quality of life" or "quality adjusted life" or "disability adjusted life" or "short form or shortform" or "health year equivalent*" or "nottingham health profile*" or "sickness impact profile*" or "health status indicator*" or "health utilit*" or "utilit* valu*" or "utilit* measur*" or "willingness to pay" or "standard gamble*" or "time trade off" or "time tradeoff" or "duke health profile" or "functional status questionnaire" or "dartmouth coop functional health assessment*")
AND	Additional limits - Date: From January 2000

## Database: Social Care Online

Date of last search: 04/04/2023

#	Searches
	AllFields: 'gamble or gambler or gamblers or gambling or gambled or betting or bet or bets or wager or wagers or "gaming machine" or "slot machine" or "fruit machine" or "poker machine" or "lottery machine" or "lotteries machine" or "gaming terminal" or "slot terminal" or "fruit terminal" or "poker terminal" or "lottery terminal" or "lotteries terminal" or pokies or pokey or puggy or fruities'
	AND AllFields: 'budget or cost or economic or pharmaco-economic or price or pricing or finance or fee or fees or expenditure or saving or "value for money" or "monetary value" or "allocate resource" or "resource allocation" or fund or funds or funding or funded or ration or rations or rationing or rationed' or "quality of life" or "quality adjusted life" or "disability adjusted life" or "short form or shortform" or "health year equivalent" or "sickness impact profile" or "health status indicator" or "health utility" or "utility value" or "utility measure" or "standard gamble" or "time trade off" or "time tradeoff"
	AND PublicationYear:'2000 2020'

## Database: Social Sciences Citation Index

Date of last search: 04/04/2023

#	Searches
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#	Searches
	(gamb* or betting or bet or bets or wager* or "gaming machine*" or "slot machine*" or "fruit machine*" or "poker machine*" or "lottery machine*" or "lotteries machine*" or "gaming terminal*" or "slot terminal*" or "fruit terminal*" or "poker terminal*" or "lottery terminal*" or "lotteries terminal*" or pokies or pokey or puggy or fruities) and (budget* OR cost* OR economic* OR pharmaco-economic* OR price* OR pricing* OR financ* OR fee OR fees OR expenditure* OR saving* OR "value for money" OR "monetary value" OR "resourc* allocat*" OR "allocat* resourc*" OR fund OR funds OR funding* OR funded OR ration OR rations OR rationing* OR rationed or "quality of life" or "quality adjusted life" or "disability adjusted life" or "short form or shortform" or "health year equivalent*" or "nottingham health profile*" or "sickness impact profile*" or "health status indicator*" or "health utilit*" or "utilit* valu*" or "utilit* measur*" or "willingness to pay" or "standard gamble*" or "time trade off" or "time tradeoff" or "duke health profile" or "functional status questionnaire" or "dartmouth coop functional health assessment*") (Title) Timespan: 2000-01-01 to 2022-03-24

## Other sources

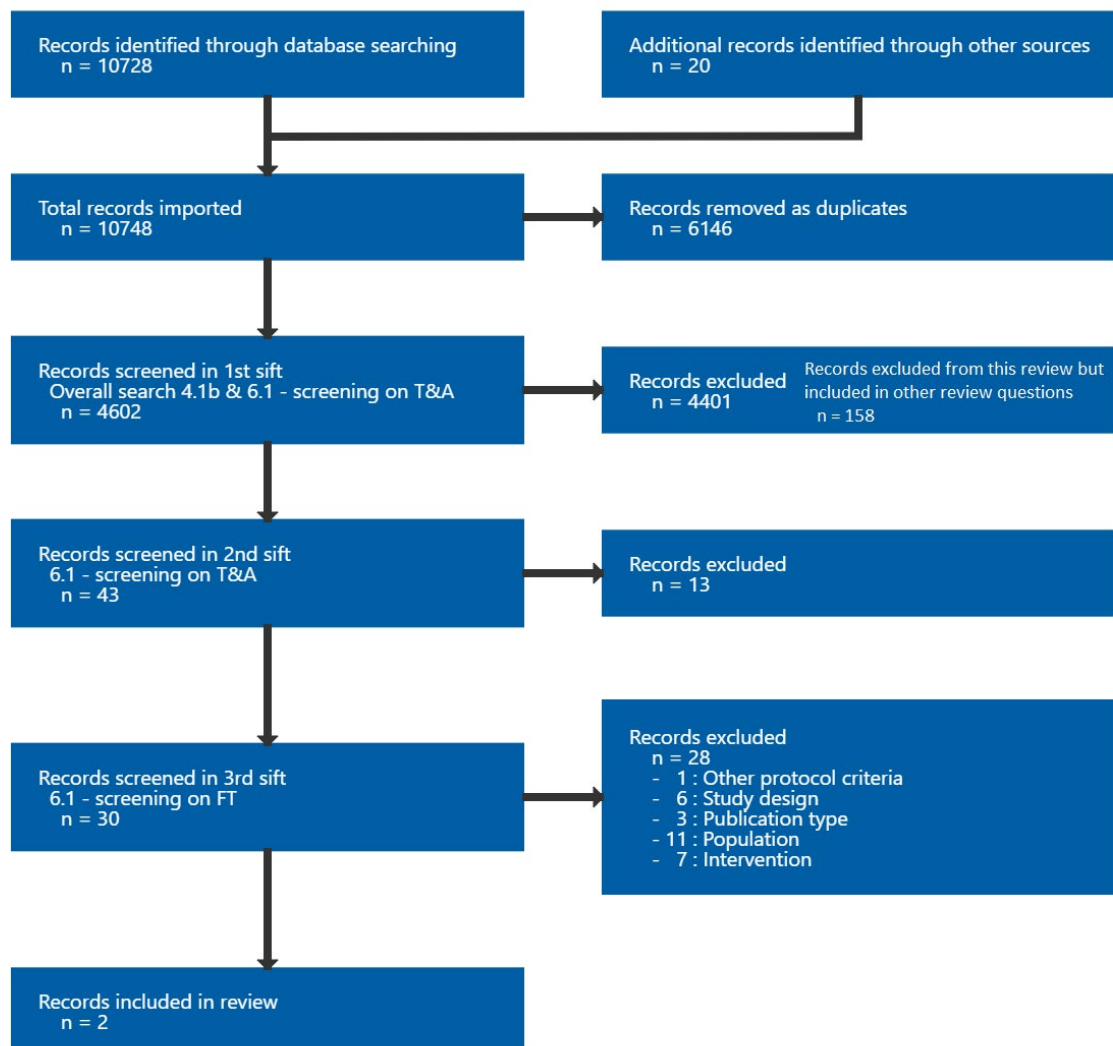
All websites listed in the protocol were searched and browsed.

Date of last search: 11/04/2023

## Appendix C Effectiveness evidence study selection

**Study selection for: What is the effectiveness of interventions and approaches (for example, building recovery capital, mutual aid, peer support and mentoring programmes) for preventing relapse in people who have previously participated in harmful gambling?**

**Figure 1: Study selection flow chart**



## Appendix D Evidence tables

**Evidence tables for review question: What is the effectiveness of interventions and approaches (for example, building recovery capital, mutual aid, peer support and mentoring programmes) for preventing relapse in people who have previously participated in harmful gambling?**

**Table 4: Evidence tables**

**Echeburua, 2000**

**Bibliographic Reference** Echeburua, E.; Fernandez-Montalvo, J.; Baez, C.; Relapse prevention in the treatment of slot-machine pathological gambling: Long-term outcome; Behavior Therapy; 2000; vol. 31 (no. 2); 351-364

**Study details**

<b>Country/ies where study was carried out</b>	Spain
<b>Study type</b>	Randomised controlled trial (RCT)
<b>Inclusion criteria</b>	Participants had to: <ul style="list-style-type: none"><li>• Be classified as pathological gambler as per DSM-IV</li><li>• Have South Oaks Gambling Score <math>\geq 4</math></li><li>• Mainly gamble using slot machines</li></ul>
<b>Exclusion criteria</b>	Co-morbid pathopsychological diagnoses
<b>Patient characteristics</b>	Age in years (Mean [SD]): 36 (13.7) <ul style="list-style-type: none"><li>• Age by treatment group, not reported.</li></ul> Sex (n): M=60, F=9

	<ul style="list-style-type: none"> <li>Sex by treatment group, not reported.</li> </ul> <p>Gambling symptom severity scale and score [Mean (SD)]: South Oaks Gambling Screen 10.5 (2.5)</p> <ul style="list-style-type: none"> <li>Gambling symptom severity by treatment group, not reported.</li> </ul> <p>Ethnicity: Not reported.</p>
<b>Intervention(s)/control</b>	<p><b>All participants:</b> Prior to randomisation, all participants underwent individual stimulus control and in vivo exposure with response prevention therapy. The aim was to obtain total gambling abstinence before moving onto the RCT therapies.</p> <p><b>Intervention 1: Individual relapse prevention.</b> Programme goals were to train the patient to identify high-risk situations for relapse, provide adequate strategies for coping with problematic situations, educational intervention about some factors which may contribute to relapse (for example alcohol abuse, irrational expectations about gambling, lack of money planning, lack of pleasure activities), and to create an individualized exposure programme for high-risk situations.</p> <p><b>Intervention 2: Group relapse prevention.</b> 2 hours per session. Groups ranged 4 – 7 people, and included the same content as described above.</p> <p><b>Control: No treatment.</b> No further details reported.</p>
<b>Duration of follow-up</b>	12 months.
<b>Sources of funding</b>	Unclear funding source (funded by University of the Basque Country grant)
<b>Sample size</b>	<p>N=69 randomised</p> <p>n=23 individual relapse prevention</p> <p>n=23 group relapse prevention</p> <p>n=23 no treatment</p> <p>N=69 analysed (for relapse rates)</p>



	<p>n=23 individual relapse prevention</p> <p>n=23 group relapse prevention</p> <p>n=23 no treatment</p> <p>N=59 analysed (for personal, social and life functioning)</p> <p>n=21 individual relapse prevention</p> <p>n=20 group relapse prevention</p> <p>n=18 no treatment</p>
<b>Other information</b>	<p>The definition of success used in this study was 'abstinence or the occurrence of only 1 or 2 episodes of gambling during the 12 months following therapy, provided that the total amount of money spent was not greater than a week's worth of gambling in the phase prior to treatment' (page 11).</p>

## Outcomes

### Group relapse prevention versus individual relapse prevention versus no treatment: Gambling severity

Relapses (plus dropouts) - Polarity - Lower values are better

Outcome	Individual relapse prevention, post-treatment, N = 23	Individual relapse prevention, 1 month, N =	Individual relapse prevention, 3-month, N = 23	Individual relapse prevention, 6-month, N =	Individual relapse prevention, 12-month, N = 23	Group relapse prevention, post-treatment, N =	Group relapse prevention, 1 month, N =	Group relapse prevention, 3-month, N = 23	Group relapse prevention, 6-month, N =	Group relapse prevention, 12-month, N = 23	No treatment, post-treatment, N = 23	No treatment, 1 month, N = 23	No treatment, 3-month, N = 23	No treatment, 6-month, N = 23	No treatment, 12-month, N = 23
Number of relapses* and dropouts	n = 0 ; % = 0	n = 1 ; % = 4.35	n = 2 ; % = 8.7	n = 3 ; % = 13.04	n = 4 ; % = 17.39	n = 0 ; % = 100	n = 2 ; % = 8.7	n = 2 ; % = 8.7	n = 3 ; % = 13.04	n = 5 ; % = 21.74	n = 2 ; % = 8.7	n = 6 ; % = 26.09	n = 9 ; % = 39.13	n = 10 ; % = 43.48	n = 11 ; % = 47.83
No of events															

N/n: number; SD: standard deviation

*\*Relapse defined as gambling behaviour of >2 episodes during the 12 months following therapy, or 1-2 episodes and the total amount of money > 1 weeks' worth of gambling in the phase prior to treatment'*

Subjective indicator - Polarity - Lower values are better

Outcome	Individual relapse prevention, Baseline, N = 23	Individual relapse prevention, 12-month, N = 21	Group relapse prevention, Baseline, N = 23	Group relapse prevention, 12-month, N = 20	No treatment, Baseline, N = 23	No treatment, 12-month, N = 18
<b>Subjective indicator</b> Scale 0-20	1.9 (1.6)	1.5 (4.1)	2.2 (1.9)	1.1 (3.5)	1.7 (0.9)	5.3 (8.2)
Mean (SD)						

### Group relapse prevention versus individual relapse prevention versus no treatment: Psychological wellbeing

Beck Depression Inventory (BDI) - Polarity - Lower values are better

State-Trait Anxiety Inventory (STAI) - Polarity - Lower values are better

Outcome	Individual relapse prevention, Baseline, N = 23	Individual relapse prevention, 12-month, N = 21	Group relapse prevention, Baseline, N = 23	Group relapse prevention, 12-month, N = 20	No treatment, Baseline, N = 23	No treatment, 12-month, N = 18
<b>Beck Depression Inventory (BDI)</b> 21 items, scale 0-63	8.3 (4.5)	2.3 (5.2)	8.1 (4.4)	2.6 (5.3)	9.7 (8.1)	6.3 (6.6)
Mean (SD)						
<b>State-Trait Anxiety Inventory (STAI)</b> Scale 0-60	15.3 (12.1)	4.2 (8.9)	14.6 (5.2)	4.2 (8.1)	15.7 (12.5)	11.6 (9.3)
Mean (SD)						

### Group relapse prevention versus individual relapse prevention versus no treatment: Personal, social and life functioning

Inadaptation scale - Polarity - Lower values are better

Outcome	Individual relapse prevention, Baseline, N = 23	Individual relapse prevention, 12-month, N = 21	Group relapse prevention, Baseline, N = 23	Group relapse prevention, 12-month, N = 20	No treatment, Baseline, N = 23	No treatment, 12-month, N = 18
<b>Inadaptation scale</b> Scale 0-30	8.3 (5.8)	3.2 (7.1)	9.1 (5.6)	3.1 (7.1)	8.2 (6.2)	7.1 (10.2)
Mean (SD)						

### Critical appraisal – Cochrane RoB2

Section	Question	Answer
Domain 1: Bias arising from the randomisation process	Risk of bias judgement for the randomisation process	High (No information on randomisation process; no information on allocation concealment; poor reporting of baseline characteristics.)
Domain 2a: Risk of bias due to deviations from the intended interventions (effect of assignment to intervention)	Risk of bias for deviations from the intended interventions (effect of assignment to intervention)	High (Participants probably aware of assigned treatment group; researchers probably aware of assigned treatment group due to nature of intervention and control groups; no information given about deviations from intended intervention as a result of trial context; lack of information given on control group components. Intention to treat analysis performed for relapse rates. No information given about analysis for psychopathological symptoms or subjective gambling severity measurements.)
Domain 3. Bias due to missing outcome data	Risk-of-bias judgement for missing outcome data	Some concerns (Outcome data only available for 71% (49/69) participants; no information given on sensitivity analysis.)
Domain 4. Bias in measurement of the outcome	Risk-of-bias judgement for measurement of the outcome	Low <i>For psychopathological symptoms and subjective gambling severity measurements</i> (Measurements taken at same time points using same procedures; assessment carried out by researcher blinded to intervention group.) High <i>For relapse rates</i> (Mixed definition of success used which included both complete abstinence and 'some' gambling participation.)
Domain 5. Bias in selection of the reported result	Risk-of-bias judgement for selection of the reported result	Some concerns (No information provided on analysis plan.)

Outcome	Individual relapse prevention, Baseline, N = 23	Individual relapse prevention, 12-month, N = 21	Group relapse prevention, Baseline, N = 23	Group relapse prevention, 12-month, N = 20	No treatment, Baseline, N = 23	No treatment, 12-month, N = 18
Overall bias and Directness	Risk of bias judgement		High			
Overall bias and Directness	Overall Directness		Directly applicable			
Overall bias and Directness	Risk of bias variation across outcomes		None			

## Hodgins, 2007

**Bibliographic Reference** Hodgins, David C; Currie, Shawn R; el-Guebaly, Nady; Diskin, Katherine M; Does providing extended relapse prevention bibliotherapy to problem gamblers improve outcome? Journal of gambling studies; 2007; vol. 23 (no. 1); 41-54

## Study details

<b>Country/ies where study was carried out</b>	Canada
<b>Study type</b>	Randomised controlled trial (RCT)
<b>Study dates</b>	Not reported.
<b>Inclusion criteria</b>	<p>Participants had to:</p> <ul style="list-style-type: none"> <li>• Be &gt;17 years old</li> <li>• Meet DSM-IV lifetime criteria for pathological gambling as measured by the NODS</li> <li>• Have the goal of quitting gambling</li> <li>• Have not gambled for a minimum of two weeks</li> <li>• Not be involved in any treatment (including Gamblers Anonymous)</li> <li>• Have a willingness to read short booklets written in English</li> </ul>

	<ul style="list-style-type: none"> <li>• Be willing to have telephone contacts recorded</li> <li>• Be willing to provide follow-up data on gambling</li> <li>• Provide the name of a collateral to help locate them for follow-up interviews and for data validation</li> </ul>
<b>Exclusion criteria</b>	Not reported.
<b>Patient characteristics</b>	<ul style="list-style-type: none"> <li>• Age in years [Mean (SD)]: 32 (11.2). Age by treatment group, not reported.</li> </ul> <p>Sex (n): M=98, F=71</p> <ul style="list-style-type: none"> <li>• Sex by treatment group, not reported.</li> </ul> <p>Gambling symptom severity scale and score [Mean (SD)]: South Oaks Gambling Screen 11.3 (3.3)</p> <ul style="list-style-type: none"> <li>• Gambling symptom severity by treatment group, not reported.</li> </ul> <p>Ethnicity: Not reported, self-identified cultural group (n):</p> <ul style="list-style-type: none"> <li>• Canadian: 166</li> <li>• Other: 13</li> <li>• Native or Metis: 7 <ul style="list-style-type: none"> <li>○ Self-identified cultural group by treatment group, not reported.</li> </ul> </li> </ul>
<b>Intervention(s)/control</b>	<p><b>All participants:</b> Series of 8 relapse prevention booklets developed on relapse and effective coping strategies. Topics included dealing with gambling urges, negative emotions as a cause of relapse, “getting back on the wagon” after a relapse, lifestyle balance, financial issues, stages of change, and dealing with comorbid emotional and addiction problems. Booklets were revised according to feedback from clinicians and pathological gamblers. Booklets were brief and easy to read (10 pages each).</p> <p><b>Intervention: Repeated mailing.</b> First booklet mailed immediately, with subsequent mailings at 1, 2, 3, 5, 7, 9, and 11 months after the initial assessment.</p>

	<b>Control: Single mailing.</b> Booklets was mailed once and immediately.
<b>Duration of follow-up</b>	12 months
<b>Sources of funding</b>	Unclear funding source (funded by Alberta Gaming Research Institute)
<b>Sample size</b>	N=169 n=85 single mailing n=84 repeated mailing

## Outcomes

### Repeated mailing v. single mailing: Gambling severity

South Oaks Gambling Screen - Polarity - Lower values are better

Outcome	Repeated mailing, Baseline, N = 84	Repeated mailing, 12-month, N = 71	Single mailing, Baseline, N = 85	Single mailing, 12-month, N = 67
<b>South Oaks Gambling Screen (SOGS)</b> 16 items, scale 0-20  Mean (SD)	11 (2.9)	7 (4.4)	11.8 (3.5)	7.8 (5.2)

NORC Diagnostic Screen for Gambling Problems - Polarity - Lower values are better

Outcome	Single mailing, Baseline, N = 85	Single mailing, 12-month, N = 68	Repeated mailing, Baseline, N = 84	Repeated mailing, 12-month, N = 72
<b>National Opinion Research Center Diagnostic Screen for Gambling Problems (NODS)</b> 17 items, scale 0-10  Mean (SD)	8.1 (1.7)	4.8 (3.2)	7.8 (1.6)	4.4 (3)

## Critical appraisal – Cochrane RoB2

Section	Question	Answer
Domain 1: Bias arising from the randomisation process	Risk of bias judgement for the randomisation process	Some concerns (No information on randomisation process; no information on allocation concealment; no concerns regarding baseline differences between groups.)
Domain 2a: Risk of bias due to deviations from the intended interventions (effect of assignment to intervention)	Risk of bias for deviations from the intended interventions (effect of assignment to intervention)	Some concerns (No information given on whether participants were aware of assigned treatment group; researchers probably aware of assigned treatment group due to nature of intervention and control groups; no information given about deviations from intended intervention as a result of trial context. Intention to treat analysis performed.)
Domain 3. Bias due to missing outcome data	Risk-of-bias judgement for missing outcome data	Some concerns (Outcome data only available for 82% (138/169) participants; sensitivity analysis performed but results not presented.)
Domain 4. Bias in measurement of the outcome	Risk-of-bias judgement for measurement of the outcome	Some concerns (Measurements taken at same time points using same procedures; no information given on whether assessors were blinded to intervention group.)
Domain 5. Bias in selection of the reported result	Risk-of-bias judgement for selection of the reported result	Some concerns (No information provided on analysis plan.)
Overall bias and Directness	Risk of bias judgement	Some concerns
Overall bias and Directness	Overall Directness	Directly applicable
Overall bias and Directness	Risk of bias variation across outcomes	None

## Appendix E Forest plots

**Forest plots for review question: What is the effectiveness of interventions and approaches (for example, building recovery capital, mutual aid, peer support and mentoring programmes) for preventing relapse in people who have previously participated in harmful gambling?**

No meta-analysis was conducted for this review question and so there are no forest plots.



## Appendix F GRADE tables

**GRADE tables for review question: What is the effectiveness of interventions and approaches (for example, building recovery capital, mutual aid, peer support and mentoring programmes) for preventing relapse in people who have previously participated in harmful gambling?**

**Table 5: Comparison 1: Evidence profile for comparison between an individual relapse prevention programme and no treatment (unclear funding source)**

(unclear funding source)

Quality assessment							No of patients		Effect		Quality	Importance
No of studies	Design	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations	Individual relapse prevention	No treatment	Relative (95% CI)	Absolute		
Gambling severity as measured by number of relapses* and dropouts at post-treatment (Better indicated by lower values)												
1 (Echeburua 2000)	randomised trials	very serious <sup>1</sup>	no serious inconsistency	no serious indirectness	very serious <sup>2</sup>	none	0/23 (0%)	2/23 (8.7%)	RR 0.2 (0.01 to 3.95)	70 fewer per 1000 (from 86 fewer to 257 more)	VERY LOW	CRITICAL
Gambling severity as measured by number of relapses* and dropouts at 1 month follow-up (Better indicated by lower values)												
1 (Echeburua 2000)	randomised trials	very serious <sup>1</sup>	no serious inconsistency	no serious indirectness	very serious <sup>2</sup>	none	1/23 (4.3%)	6/23 (26.1%)	RR 0.17 (0.02 to 1.28)	217 fewer per 1000 (from 256 fewer to 73 more)	VERY LOW	CRITICAL
Gambling severity as measured by number of relapses* and dropouts at 3-months follow-up (Better indicated by lower values)												
1 (Echeburua 2000)	randomised trials	very serious <sup>1</sup>	no serious inconsistency	no serious indirectness	serious <sup>3</sup>	none	2/23 (8.7%)	9/23 (39.1%)	RR 0.22 (0.05 to 0.92)	305 fewer per 1000 (from 31 fewer to 372 fewer)	VERY LOW	CRITICAL
Gambling severity as measured by number of relapses* and dropouts at 6-months follow-up (Better indicated by lower values)												
1 (Echeburua 2000)	randomised trials	very serious <sup>1</sup>	no serious inconsistency	no serious indirectness	serious <sup>3</sup>	none	3/23 (13%)	10/23 (43.5%)	RR 0.3 (0.09 to 0.95)	304 fewer per 1000 (from 22 fewer to 396 fewer)	VERY LOW	CRITICAL
Gambling severity as measured by number of relapses* and dropouts at 12-months follow-up (Better indicated by lower values)												

1 (Echeburua 2000)	randomised trials	very serious <sup>1</sup>	no serious inconsistency	no serious indirectness	serious <sup>3</sup>	none	4/23 (17.4%)	11/23 (47.8%)	RR 0.36 (0.14 to 0.98)	306 fewer per 1000 (from 10 fewer to 411 fewer)	VERY LOW	CRITICAL
<b>Gambling severity as measured by Subjective indicator at 12-months follow-up (Better indicated by lower values)</b>												
1 (Echeburua 2000)	randomised trials	very serious <sup>1</sup>	no serious inconsistency	no serious indirectness	serious <sup>3</sup>	none	21	18	Not estimable	MD 3.8 lower (7.97 lower to 0.37 higher)	VERY LOW	CRITICAL
<b>Psychological wellbeing: Depressive symptoms as measured by BDI at 12-months follow-up (Better indicated by lower values)</b>												
1 (Echeburua 2000)	randomised trials	very serious <sup>1</sup>	no serious inconsistency	no serious indirectness	serious <sup>3</sup>	none	21	18	Not estimable	MD 4 lower (7.77 to 0.23 lower)	VERY LOW	CRITICAL
<b>Psychological wellbeing: Anxiety as measured by STAI at 12-months follow-up (Better indicated by lower values)</b>												
1 (Echeburua 2000)	randomised trials	very serious <sup>1</sup>	no serious inconsistency	no serious indirectness	serious <sup>3</sup>	none	21	18	Not estimable	MD 7.4 lower (13.14 to 1.66 lower)	VERY LOW	CRITICAL
<b>Personal, social and life functioning as measured by Inadaptation scale at 12-months follow-up (Better indicated by lower values)</b>												
1 (Echeburua 2000)	randomised trials	very serious <sup>1</sup>	no serious inconsistency	no serious indirectness	serious <sup>3</sup>	none	21	18	Not estimable	MD 3.9 lower (9.51 lower to 1.71 higher)	VERY LOW	CRITICAL

BDI: Beck depression inventory; CI: Confidence interval; MD: Mean difference; STAI: State-trait anxiety index; RR: Risk ratio

\* Relapses defined as gambling behaviour of >2 episodes during the 12 months following therapy, or 1-2 episodes and the total amount of money > 1 weeks' worth of gambling in the phase prior to treatment.

1 Very serious risk of bias in the evidence contributing to the outcomes as per Cochrane RoB2

2 95% CI crosses 2 MIDs

3 95% CI crosses 1 MID (for subjective indicator +/- 0.45; for BDI +/- 4.05; for STAI +/- 6.25; for inadaptation scale +/- 3.1)

**Table 6: Comparison 2: Evidence profile for comparison between a group relapse prevention programme and no treatment (unclear funding source)**

Quality assessment							No of patients		Effect		Quality	Importance
No of studies	Design	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations	Group relapse prevention	No treatment	Relative (95% CI)	Absolute		
Gambling severity as measured by number of relapses* and dropouts at post-treatment (Better indicated by lower values)												
1 (Echeburua 2000)	randomised trials	very serious <sup>1</sup>	no serious inconsistency	no serious indirectness	very serious <sup>2</sup>	none	0/23 (0%)	2/23 (8.7%)	RR 0.2 (0.01 to 3.95)	70 fewer per 1000 (from 86 fewer to 257 more)	VERY LOW	CRITICAL
Gambling severity as by number of relapses* and dropouts at 1 month follow-up (Better indicated by lower values)												

1 (Echeburua 2000)	randomised trials	very serious <sup>1</sup>	no serious inconsistency	no serious indirectness	very serious <sup>2</sup>	none	2/23 (8.7%)	6/23 (26.1%)	RR 0.33 (0.07 to 1.48)	175 fewer per 1000 (from 243 fewer to 125 more)	VERY LOW	CRITICAL
<b>Gambling severity as measured by number of relapses* and dropouts at 3-months follow-up (Better indicated by lower values)</b>												
1 (Echeburua 2000)	randomised trials	very serious <sup>1</sup>	no serious inconsistency	no serious indirectness	serious <sup>3</sup>	none	2/23 (8.7%)	9/23 (39.1%)	RR 0.22 (0.05 to 0.92)	305 fewer per 1000 (from 31 fewer to 372 fewer)	VERY LOW	CRITICAL
<b>Gambling severity as measured by number of relapses* and dropouts at 6-months follow-up (Better indicated by lower values)</b>												
1 (Echeburua 2000)	randomised trials	very serious <sup>1</sup>	no serious inconsistency	no serious indirectness	serious <sup>3</sup>	none	3/23 (13%)	10/23 (43.5%)	RR 0.3 (0.09 to 0.95)	304 fewer per 1000 (from 22 fewer to 396 fewer)	VERY LOW	CRITICAL
<b>Gambling severity as measured by number of relapses* and dropouts at 12-months follow-up (Better indicated by lower values)</b>												
1 (Echeburua 2000)	randomised trials	very serious <sup>1</sup>	no serious inconsistency	no serious indirectness	serious <sup>3</sup>	none	5/23 (21.7%)	11/23 (47.8%)	RR 0.45 (0.19 to 1.1)	263 fewer per 1000 (from 387 fewer to 48 more)	VERY LOW	CRITICAL
<b>Gambling severity as measured by Subjective indicator at 12-months follow-up (Better indicated by lower values)</b>												
1 (Echeburua 2000)	randomised trials	very serious <sup>1</sup>	no serious inconsistency	no serious indirectness	serious <sup>3</sup>	none	20	18	Not estimable	MD 4.2 lower (8.29 to 0.11 lower)	VERY LOW	CRITICAL
<b>Psychological wellbeing: Depressive symptoms as measured by BDI at 12-months follow-up (Better indicated by lower values)</b>												
1 (Echeburua 2000)	randomised trials	very serious <sup>1</sup>	no serious inconsistency	no serious indirectness	serious <sup>3</sup>	none	20	18	Not estimable	MD 3.7 lower (7.53 lower to 0.13 higher)	VERY LOW	CRITICAL
<b>Psychological wellbeing: Anxiety as measured by STAI at 12-months follow-up (Better indicated by lower values)</b>												
1 (Echeburua 2000)	randomised trials	very serious <sup>1</sup>	no serious inconsistency	no serious indirectness	serious <sup>3</sup>	none	20	18	Not estimable	MD 7.4 lower (12.97 to 1.83 lower)	VERY LOW	CRITICAL
<b>Personal, social and life functioning as measured by Inadaptation scale at 12-months follow-up (Better indicated by lower values)</b>												
1 (Echeburua 2000)	randomised trials	very serious <sup>1</sup>	no serious inconsistency	no serious indirectness	serious <sup>3</sup>	none	20	18	Not estimable	MD 4 lower (9.65 lower to 1.65 higher)	VERY LOW	CRITICAL

BDI: Beck depression inventory; CI: Confidence interval; MD: Mean difference; STAI: State-trait anxiety index; RR: Risk ratio

\* Relapse defined as gambling behaviour of >2 episodes during the 12 months following therapy, or 1-2 episodes and the total amount of money > 1 weeks' worth of gambling in the phase prior to treatment.

1 Very serious risk of bias in the evidence contributing to the outcomes as per Cochrane RoB2

2 95% CI crosses 2 MIDs

3 95% CI crosses 1 MID (for subjective indicator +/- 0.45; for BDI +/- 4.05; for STAI +/- 6.25; for inadaptation scale +/- 3.1)

**Table 7: Comparison 3: Evidence profile for comparison between a group relapse prevention programme and an individual relapse prevention programme (unclear funding source)**

Quality assessment	No of patients	Effect	Quality	Importance
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No of studies	Design	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations	Individual relapse prevention	Group relapse prevention	Relative (95% CI)	Absolute		
<b>Gambling severity as measured by number of relapses* and dropouts at post-treatment (Better indicated by lower values)</b>												
1 (Echeburua 2000)	randomised trials	very serious <sup>1</sup>	no serious inconsistency	no serious indirectness	no serious imprecision	none	0/23 (0%)	0/23 (0%)	RR 1.0 (1.0 to 1.0)	0 fewer per 1000 (from 0 fewer to 0 more)	LOW	CRITICAL
<b>Gambling severity as measured by number of relapses* and dropouts at 1 month follow-up (Better indicated by lower values)</b>												
1 (Echeburua 2000)	randomised trials	very serious <sup>1</sup>	no serious inconsistency	no serious indirectness	very serious <sup>2</sup>	none	1/23 (4.3%)	2/23 (8.7%)	RR 0.5 (0.05 to 5.14)	43 fewer per 1000 (from 83 fewer to 360 more)	VERY LOW	CRITICAL
<b>Gambling severity as measured by number of relapses* and dropouts at 3-months follow-up (Better indicated by lower values)</b>												
1 (Echeburua 2000)	randomised trials	very serious <sup>1</sup>	no serious inconsistency	no serious indirectness	very serious <sup>2</sup>	none	2/23 (8.7%)	2/23 (8.7%)	RR 1 (0.15 to 6.51)	0 fewer per 1000 (from 74 fewer to 479 more)	VERY LOW	CRITICAL
<b>Gambling severity as measured by number of relapses* and dropouts at 6-months follow-up (Better indicated by lower values)</b>												
1 (Echeburua 2000)	randomised trials	very serious <sup>1</sup>	no serious inconsistency	no serious indirectness	very serious <sup>2</sup>	none	3/23 (13%)	3/23 (13%)	RR 1 (0.22 to 4.45)	0 fewer per 1000 (from 102 fewer to 450 more)	VERY LOW	CRITICAL
<b>Gambling severity as measured by number of relapses* and dropouts at 12-months follow-up (Better indicated by lower values)</b>												
1 (Echeburua 2000)	randomised trials	very serious <sup>1</sup>	no serious inconsistency	no serious indirectness	very serious <sup>2</sup>	none	4/23 (17.4%)	5/23 (21.7%)	RR 0.8 (0.25 to 2.61)	43 fewer per 1000 (from 163 fewer to 350 more)	VERY LOW	CRITICAL
<b>Gambling severity as measured by Subjective indicator at 12-months follow-up (Better indicated by lower values)</b>												
1 (Echeburua 2000)	randomised trials	very serious <sup>1</sup>	no serious inconsistency	no serious indirectness	very serious <sup>2</sup>	none	21	20	Not estimable	MD 0.4 higher (1.93 lower to 2.73 higher)	VERY LOW	CRITICAL
<b>Psychological wellbeing: Depressive symptoms as measured by BDI at 12-months follow-up (Better indicated by lower values)</b>												
1 (Echeburua 2000)	randomised trials	very serious <sup>1</sup>	no serious inconsistency	no serious indirectness	no serious imprecision	none	21	20	Not estimable	MD 0.3 lower (3.52 lower to 2.92 higher)	LOW	CRITICAL
<b>Psychological wellbeing: Anxiety as measured by STAI at 12-months follow-up (Better indicated by lower values)</b>												
1 (Echeburua 2000)	randomised trials	very serious <sup>1</sup>	no serious inconsistency	no serious indirectness	no serious imprecision	none	21	20	Not estimable	MD 0 higher (5.2 lower to 5.2 higher)	LOW	CRITICAL
<b>Personal, social and life functioning as measured by Inadaptation scale at 12-months follow-up (Better indicated by lower values)</b>												
1 (Echeburua 2000)	randomised trials	very serious <sup>1</sup>	no serious inconsistency	no serious indirectness	very serious <sup>2</sup>	none	21	20	Not estimable	MD 0.1 higher (4.25 lower to 4.45 higher)	VERY LOW	CRITICAL

BDI: Beck depression inventory; CI: Confidence interval; MD: Mean difference; STAI: State-trait anxiety index; RR: Risk ratio

\* Relapse defined as gambling behaviour of >2 episodes during the 12 months following therapy, or 1-2 episodes and the total amount of money > 1 weeks' worth of gambling in the phase prior to treatment.

1 Very serious risk of bias in the evidence contributing to the outcome as per Cochrane RoB2

2 95% CI crosses 2 MIDs (for subjective indicator +/- 0.45; for inadaptation scale +/- 3.1)

**Table 8: Comparison 4: Evidence profile for comparison between repeated mailing and single mailing (unclear funding source)**

Quality assessment							No of patients		Effect		Quality	Importance
No of studies	Design	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations	Repeated mailing	Single mailing	Relative (95% CI)	Absolute		
Gambling severity as measured by South Oaks Gambling Screen at 12-months follow-up (Better indicated by lower values)												
1 (Hodgins 2007)	randomised trials	serious <sup>1</sup>	no serious inconsistency	no serious indirectness	serious <sup>2</sup>	none	71	67	Not estimable	MD 0.8 lower (2.41 lower to 0.81 higher)	LOW	CRITICAL
Gambling severity as measured by NORC Diagnostic Screen for Gambling Problems at 12-months follow-up (Better indicated by lower values)												
1 (Hodgins 2007)	randomised trials	serious <sup>1</sup>	no serious inconsistency	no serious indirectness	serious <sup>2</sup>	none	72	68	Not estimable	MD 0.4 lower (1.45 lower to 0.65 higher)	LOW	CRITICAL

NODS: National Opinion Research Center Diagnostic Screen for Gambling Problems; SOGS: South Oaks Gambling Screen

1 Serious risk of bias in the evidence contributing to the outcomes as per Cochrane RoB2

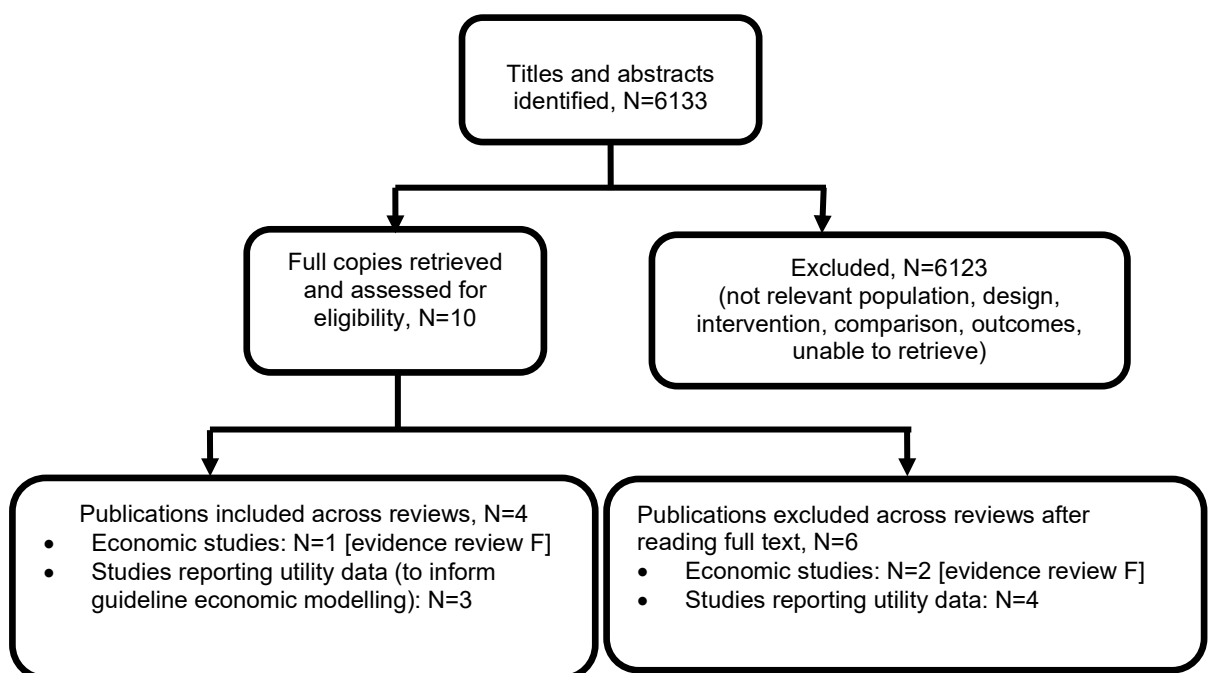
2 95% CI crosses 1 MID (for SOGS +/- 1.75; for NODS +/- 0.85)

## Appendix G Economic evidence study selection

**Study selection for: What is the effectiveness of interventions and approaches (for example, building recovery capital, mutual aid, peer support and mentoring programmes) for preventing relapse in people who have previously participated in harmful gambling?**

A global health economics search was undertaken for all areas covered in the guideline. Figure 2 shows the flow diagram of the selection process for economic evaluations of interventions and strategies associated with the care of people experiencing harmful gambling, their families, friends and others close to them, and studies reporting gambling-related health state utility data.

**Figure 2: Study selection flow chart**



## **Appendix H Economic evidence tables**

**Economic evidence tables for review question: What is the effectiveness of interventions and approaches (for example, building recovery capital, mutual aid, peer support and mentoring programmes) for preventing relapse in people who have previously participated in harmful gambling?**

No evidence was identified which was applicable to this review question.

## **Appendix I Economic model**

**Economic model for review question: What is the effectiveness of interventions and approaches (for example, building recovery capital, mutual aid, peer support and mentoring programmes) for preventing relapse in people who have previously participated in harmful gambling?**

No economic analysis was conducted for this review question.



## Appendix J Excluded studies

**Excluded studies for review question: What is the effectiveness of interventions and approaches (for example, building recovery capital, mutual aid, peer support and mentoring programmes) for preventing relapse in people who have previously participated in harmful gambling?**

### Excluded effectiveness studies

**Table 9: Excluded studies and reasons for their exclusion**

Study	Exclusion reason
<a href="#">Amandine, L.; Marie-Laure, T.; Henri-Jean, A. (2017) Online psychotherapy among problem poker gamblers: 3 years of follow up.</a> Journal of Behavioral Addictions 6(supplement1): 3	- Publication type Conference abstract
<a href="#">Andersson, Gerhard, Rozental, Alexander, Shafran, Roz et al. (2018) Long-term effects of internet-supported cognitive behaviour therapy.</a> Expert review of neurotherapeutics 18(1): 21-28	- Population Mixed population included in systematic review. People with a range of addictions. Only 2/14 studies included people experiencing harmful gambling, with results not presented separately for target population. Included studies checked for relevance to protocol – and none were identified.
<a href="#">Cowlshaw, S, Merkouris, S, Dowling, N et al. (2012) Psychological therapies for pathological and problem gambling.</a> Cochrane Database of Systematic Reviews	- Population Unclear population included in systematic review. No information on whether participants are currently experiencing harmful gambling or are in active treatment. Included studies checked for relevance to protocol – and none were identified.
<a href="#">Dale, Elizabeth, Kelly, Peter J, Lee, K S Kylie et al. (2019) Systematic review of addiction recovery mutual support groups and Indigenous people of Australia, New Zealand, Canada, the United States of America and Hawaii.</a> Addictive behaviors 98: 106038	- Population Mixed population included in systematic review. People with a range of addictions. No studies included people who have previously experienced harmful gambling.
<a href="#">DiClemente, Carlo C, Corno, Catherine M, Graydon, Meagan M et al. (2017) Motivational interviewing, enhancement, and brief interventions over the last decade: A review of reviews of efficacy and effectiveness.</a> Psychology of addictive behaviors : journal of the Society of Psychologists in Addictive Behaviors 31(8): 862-887	- Population Mixed population included in systematic review. People with a range of addictions. Only 1/38 studies included people experiencing harmful gambling, with results not presented separately for target population. Included studies checked for relevance to protocol – and none were identified.
<a href="#">Dowling, Nicki; Smith, David; Thomas, Trang (2007) A comparison of individual and group cognitive-behavioural treatment for female pathological gambling.</a> Behaviour research and therapy 45(9): 2192-202	- Population Only participants currently experiencing harmful gambling.
<a href="#">Drks (2017) Evaluation of the effectiveness of "Check dein Spiel" (CDS), an Internet-based intervention for</a>	- Study design Trial registration

Study	Exclusion reason
<a href="https://trialssearch.who.int/Trial2.aspx?TrialID=DRKS00011569">pathological gambling. https://trialssearch.who.int/Trial2.aspx?TrialID=DRKS00011569</a>	
<a href="#">Echeburua, Enrique; Gomez, Montserrat; Freixa, Montserrat (2011) Cognitive-behavioural treatment of pathological gambling in individuals with chronic schizophrenia: a pilot study. Behaviour research and therapy 49(11): 808-14</a>	- Population Only participants currently experiencing harmful gambling.
<a href="#">Hakansson, A. and Akesson, G. (2022) Multi-operator Self-exclusion as a Harm Reduction Measure in Problem Gambling: Retrospective Clinical Study on Gambling Relapse Despite Self-exclusion. JMIR Mental Health 9(8): e37837</a>	- Study design Retrospective cross-sectional study
<a href="#">Hayer, T. and Kalke, J. (2022) Effects of player protection measures in online gambling: A systematic review. Journal of Behavioral Addictions 11(supplement1): 211</a>	- Publication type Conference abstract
<a href="#">Hing, N., Russell, A., Tolchard, B. et al. (2015) Are There Distinctive Outcomes from Self-Exclusion? An Exploratory Study Comparing Gamblers Who Have Self-Excluded, Received Counselling, or Both. International Journal of Mental Health and Addiction 13(4): 481-496</a>	- Population Unclear whether participants were currently experiencing harmful gambling or in active treatment
<a href="#">Hopfgartner, Niklas, Auer, Michael, Helic, Denis et al. (2023) The Efficacy of Voluntary Self-Exclusions in Reducing Gambling Among a Real-World Sample of British Online Casino Players. Journal of gambling studies</a>	- Population Participants who are currently actively participating in online gambling with no measurement of harmful gambling or mention of treatment.
<a href="#">Hubert, P., Calado, F., Bento, B. et al. (2022) Impact of CBT based treatment and therapeutical contract on problem gambler treatment. Journal of Behavioral Addictions 11(supplement1): 76</a>	- Publication type Conference abstract
<a href="#">Hutchison, P.; Cox, S.; Frings, D. (2018) Helping you helps me: Giving and receiving social support in recovery groups for problem gamblers. Group Dynamics 22(4): 187-199</a>	- Study design No comparison group.
<a href="#">Kotter, Roxana, Kraplin, Anja, Pittig, Andre et al. (2019) A Systematic Review of Land-Based Self-Exclusion Programs: Demographics, Gambling Behavior, Gambling Problems, Mental Symptoms, and Mental Health. Journal of gambling studies 35(2): 367-394</a>	- Study design Mixed study designs included in systematic review. No studies with experimental design included.
<a href="#">Ladouceur, Robert; Sylvain, Caroline; Gosselin, Patrick (2007) Self-exclusion program: a longitudinal evaluation study. Journal of gambling studies 23(1): 85-94</a>	- Study design No comparison group
<a href="#">Leibetseder, M., Laireiter, A.-R., Vierhauser, M. et al. (2011) Efficacy and effectiveness of psychological and psycho-pharmacological treatments in pathological gambling – A meta-analysis. Sucht 57(4): 275-285</a>	- Other protocol criteria German language paper
<a href="#">Lucas, I., Granero, R., Fernandez-Aranda, F. et al. (2022) Gambling disorder duration and cognitive behavioural therapy outcome considering gambling preference and sex. Journal of psychiatric research 158: 341-349</a>	- Intervention Intervention designed as a treatment for people currently experiencing harmful gambling, rather than relapse prevention.
<a href="#">Maynard, B.R., Wilson, A.N., Labuzienski, E. et al. (2018) Mindfulness-Based Approaches in the Treatment of Disordered Gambling: A Systematic Review and Meta-Analysis. Research on Social Work Practice 28(3):</a>	- Intervention Only interventions designed as a treatment for people currently experiencing harmful gambling, rather

Study	Exclusion reason
348-362	than relapse prevention, included in systematic review
<a href="#">Mena-Moreno, Teresa, Munguia, Lucero, Granero, Roser et al. (2022) e-Estesia: A Serious Game for Reducing Arousal, Improving Emotional Regulation and Increasing Wellbeing in Individuals with Gambling Disorder.</a> Journal of clinical medicine 11(22)	- Intervention Intervention designed as a treatment for people experiencing harmful gambling, rather than relapse prevention.
<a href="#">Nelson, SE, LaPlante, DA, Peller, AJ et al. (2008) Real limits in the virtual world: self-limiting behavior of Internet gamblers.</a> Journal of Gambling Studies 24(4): 463-477	- Intervention Self-limiting (restricting the amount of money spent) intervention, not self-exclusion.
<a href="#">Park, J.J., King, D.L., Wilkinson-Meyers, L. et al. (2022) Content and Effectiveness of Web-Based Treatments for Online Behavioral Addictions: Systematic Review.</a> JMIR Mental Health 9(9): e36662	- Population Mixed population included in systematic review. People with a range of online behavioural addictions. Only 3/12 studies included people who have previously experienced harmful gambling, with results not presented separately for target population. Included studies checked for relevance to protocol – and none were identified.
<a href="#">Pfund, Rory A, King, Shelby A, Forman, David P et al. (2023) Effects of cognitive behavioral techniques for gambling on recovery defined by gambling, psychological functioning, and quality of life: A systematic review and meta-analysis.</a> Psychology of addictive behaviors : journal of the Society of Psychologists in Addictive Behaviors	- Intervention Only interventions designed as a treatment for people currently experiencing harmful gambling, rather than relapse prevention, included in systematic review.
<a href="#">Rodda, Simone N (2021) A Systematic Review of Internet Delivered Interventions for Gambling: Prevention, Harm Reduction and Early Intervention.</a> Journal of gambling studies	- Intervention Mixed interventions included in systematic review. Interventions designed for prevention, harm reduction and early intervention for harmful gambling, with results not presented separately for target interventions. Included studies checked for relevance to protocol – and none were identified.
<a href="#">Sagoe, Dominic, Griffiths, Mark D, Erevik, Eilin Kristine et al. (2021) Internet-based treatment of gambling problems: A systematic review and meta-analysis of randomized controlled trials.</a> Journal of behavioral addictions 10(3): 546-565	- Population Only participants currently experiencing harmful gambling.
<a href="#">Stea, J.N. and Hodgins, D.C. (2011) A critical review of treatment approaches for gambling disorders.</a> Current Drug Abuse Reviews 4(2): 67-80	- Study design Narrative review
<a href="#">Turner, Nigel E, Shi, Jing, Robinson, Janine et al. (2021) Efficacy of a Voluntary Self-exclusion Reinstatement Tutorial for Problem Gamblers.</a> Journal of gambling studies 37(4): 1245-1262	- Intervention Tutorial for gamblers who have previously self-excluded but who choose to be reinstated and return to gambling.
<a href="#">Verdejo-Garcia, Antonio; Alcazar-Corcoles, Miguel A; Albein-Urios, Natalia (2019) Neuropsychological Interventions for Decision-Making in Addiction: a Systematic Review.</a> Neuropsychology review 29(1): 79-92	- Population No studies in the systematic review included people who have previously experienced harmful gambling. Instead, mixed populations of people with a range of addictions.

### **Excluded economic studies**

No economic evidence was identified and excluded from this review.

## Appendix K Research recommendations – full details

**Research recommendations for review question: What is the effectiveness and cost-effectiveness of interventions and approaches (for example, building recovery capital, mutual aid, peer support and mentoring programmes) for preventing relapse in people who have previously participated in harmful gambling?**

### K.1.1 Research recommendation

What is the effectiveness and cost-effectiveness of interventions and approaches (for example, building recovery capital, mutual aid, peer support and mentoring programmes) for preventing relapse in people who have previously experienced gambling that harms?

### K.1.2 Why this is important

The occurrence of relapse in people who have previously experienced gambling that harms can lead to fear of stigma and distress, which may in turn lead to suicide or self-harm. As no evidence was identified for the effectiveness of relapse prevention interventions in these people, it is important that research is carried out to identify the effectiveness of specific relapse prevention interventions.

### K.1.3 Rationale for research recommendation

**Table 10: Research recommendation rationale**

<b>Importance to ‘patients’ or the population</b>	There is a lack of clinical effectiveness evidence on relapse prevention interventions for people who have previously experienced gambling that harms. This facet of gambling that harms management underpins recovery and minimises long-term harms.
<b>Relevance to NICE guidance</b>	Relapse prevention has been considered in this guideline as both a stand-alone intervention and as part of an active treatment programme. There is a lack of data available for people who have previously experienced in gambling that harms.
<b>Relevance to the NHS</b>	The outcome would affect what long term relapse prevention interventions and services would be provided by the NHS.
<b>National priorities</b>	High.
<b>Current evidence base</b>	Minimal studies conducted in people who have previously experienced gambling that harms; minimal studies investigating relapse prevention interventions without an active treatment component.
<b>Equality considerations</b>	No specific equalities considerations relating to relapse have been identified. However research in this area should address that certain subgroups may be of higher risk of harm from gambling compared to others (for example, young men or people living in lower socio-economic areas). Some subgroups may also have more difficulties accessing treatment services (for example, people with

	neurodevelopmental disabilities and acquired cognitive impairments, people from LGBT+ communities, and people living in lower socio-economic areas).
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LGBT+: Lesbian, gay, bisexual, transgender plus; NHS: National Health Service

#### K.1.4 Modified PICO table

**Table 11: Research recommendation modified PICO table**

<b>Population</b>	People aged 18 years and over, who have previously experienced gambling that harms.
<b>Intervention</b>	<ul style="list-style-type: none"> <li>• After care interventions</li> <li>• Peer support and mentoring programmes for relapse prevention</li> <li>• Couple and family therapies</li> <li>• Financial counselling interventions</li> <li>• Self-exclusion programmes and access restriction</li> <li>• Reactive support mechanisms</li> <li>• Relapse prevention programmes</li> </ul>
<b>Comparator</b>	Interventions compared with: <ul style="list-style-type: none"> <li>• Each other</li> <li>• Treatment as usual</li> <li>• Placebo or sham treatment</li> <li>• No treatment (including wait-list controls)</li> </ul>
<b>Outcomes</b>	<p><b>Critical:</b></p> <ul style="list-style-type: none"> <li>• Recovery wisdom (measured using the Recovery Index for Gambling Disorder).</li> <li>• Recovery capital (measured using validated tools such as the Life in Recovery Scale).</li> <li>• Gambling severity (assessed using validated scales such as the Problem Gambling Severity Index, dichotomous measures of abstinence and objective, quantifiable measures such as gambling frequency or time or money spent on gambling).</li> <li>• Psychological wellbeing (measured using scales such as the Warwick-Edinburgh Well Being Scale, the CORE-10 score and Psychoclops).</li> <li>• Personal, social and life functioning (measured using person centred, validated scales such as the Work and Social Adjustment Scale).</li> <li>• Adverse events such as suicide, self-harm, or unplanned acute mental health hospital admission.</li> <li>• Cost-effectiveness (including resource use measurements and QALY estimations using a validated preference-based measure such as the EQ-5D or SF-6D).</li> </ul> <p><b>Important:</b></p> <ul style="list-style-type: none"> <li>• Physical and mental health related quality of life (measured using scales such as EQ-5D and SF-12).</li> </ul>

<b>Study design</b>	<ul style="list-style-type: none"> <li>• Randomised controlled trial, or</li> <li>• Prospective non-randomised controlled trial</li> </ul>
<b>Timeframe</b>	Long term (≥12 months)
<b>Additional information</b>	None

*CORE-10: Clinical outcomes in routine evaluation 10; EQ-5D: EuroQol health related quality of life (5 domains); SF-6D: Short form survey 6 dimension; SF-12: 12-item short form survey; QALY: Quality-adjusted life-year*