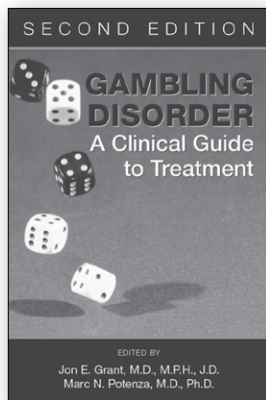


BOOK REVIEWS

Gambling Disorder. A Clinical Guide to Treatment. Second Edition



Edited by Jon E. Grant and Marc N. Potenza; American Psychiatric Association Publishing; 2022; ISBN 9781615373031; pp 281; \$68 (paperback).

The opportunities to gamble have been growing and expanding over the last several decades. Casino gambling is just a part of a large industry, as online or internet gambling has been rapidly expanding—"In 2019, it was estimated that the global online gambling market was valued at \$46 billion and projected to more than double, to reach \$94 billion by 2024" (p 68). The mental health issues related to gambling have become more widespread and, as a consequence, more studied. The official DSM nomenclature changed the name of the disorder from "pathological gambling" to "gambling disorder" in its fifth edition in 2013.¹ Gambling disorder is considered to be "a common disorder

that is associated with significant comorbidity (decreased self-esteem, comorbid substance use disorders, financial and legal difficulties, stress on relationships and families, and suicidality)" (p xi). Our understanding of various aspects of this disorder and its treatment has increased over the last 2 decades.

Two prominent gambling disorder researchers, Jon Grant and Marc Potenza, published the first edition of their clinical guide to treatment of pathological gambling 17 years ago. They felt that, considering the increase of knowledge of gambling, an updated version of their previous text was warranted and thus gathered a group of gambling researchers and clinicians to put together the second edition of their clinical guide.

The book includes an introduction, 12 chapters, and 5 appendices. The chapters cover a variety of topics—epidemiology; clinical characteristics; gambling in older adults; gender differences; online gambling and gambling-gaming convergence; legal and forensic aspects; cognitive and behavioral underpinnings; neurobiology; screening and assessment instruments; understanding youth gambling problems: prevention and treatment strategies; psychosocial treatments; and pharmacologic treatments. The 5 appendices present A) DSM-5 diagnostic criteria for gambling disorder;

B) Early Intervention Gambling Health Test (EIGHT), C) Gambling Symptoms Assessment Scale (G-SAS), D) South Oaks Gambling Screen (SOGS), and E) Yale-Brown Obsessive Compulsive Scale Modified for Pathological Gambling (PG-YBOCS).

The chapters are fairly informative and practical (with some exceptions, eg, neurobiology) and include a wealth of information. The chapter on epidemiology notes that approximately 1% of the U.S. population suffers from gambling disorder but points out difficulties associated with reporting the prevalence and incidence of gambling disorder. "Gambling disorder is a conditional disorder. That is, it can only be present among people who have gambled. This is similar to other psychiatric disorders such as PTSD, which can only be found in individuals who have experienced trauma" (p 5). Interestingly, gambling disorder is less prevalent among White patients than among Black patients (1.2% vs. 2.2%). The discussion of clinical characteristics includes age of onset, course, suicidal ideations and behaviors, phenomenology, illegal behavior, psychiatric comorbidity (eg, substance use disorders, anxiety, depression, impulse control disorders), and gambling disorder subtypes. Of important note: people with gambling disorder "tend to consider suicide and attempt suicide at rates much higher than in the general population" (p 19). I found very interesting, and possibly clinically useful, the 5 gambling disorder subtypes: subcultural gambling, neurotic gambling, impulsive gambling, psychopathic gambling, and symptomatic gambling.

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The chapter on gambling among older adults points out that this growing segment of the US population has become a key target of the gambling industry. “Retirement from employment, declining social networks, and decreased purpose in life motivate some older adults to gamble as a replacement for diminished social interaction and occupational fulfillment” (p 45). The authors of this chapter also point out that “many forms of gambling, such as slot machines and EGMs [Electronic Gaming Machines] are relatively passive forms of entertainment requiring little cognitive ability” (p 44) and thus are preferred by older adults. Older adults also have more leisure time, fewer financial responsibilities, and more disposable income, which all could encourage or allow for gambling. The chapter on gender differences points out that pathological gambling is more prevalent among men, who also start gambling earlier.

The online gambling and online gambling-gaming convergence chapter discusses the industry efforts to converge video gaming and gambling. Examples of this convergence include “video games that realistically simulate gambling without money being directly involved (aside from being used to purchase virtual currency), such as social casino games; video games that include options to acquire monetized items (eg, skins) that enable unregulated gambling on external platforms; gambling operators promoting gambling using video games on social media; and the presence of gambling within competitive gaming events and online broadcasts” (p 73). Another strategy is the

creation of “loot boxes”—“a game reward system that can be purchased with real money (but sometimes only with virtual credits), usually repeatedly, to obtain a random selection of virtual items” (p 74). Other new technologies include, for instance, fantasy sports and e-sports betting. All these new strategies and technologies bring in people who would otherwise not gamble.

The chapter on legal aspects raises the interesting issue of suing casinos based on a theory of negligence. Would it be possible to sue the creators of some video gambling games? The chapter on cognitive and behavioral underpinning reviews operant conditioning and reinforcement-based theories of gambling, such as reinforcement schedules, early big win hypothesis, and classical conditioning. It also covers structural features of gambling games, such as near misses (gambler almost wins a bet), losses disguised as wins, pace of play, maximum bet size or prize levels, audiovisual stimuli, and slot machines immersion. The chapter also includes cognitive theories of gambling (eg, illusion of control, gambling expectations, gambler’s fallacy), gambling motives, and personality and gambling. It is a fascinating read that provides a lot of insight into gambling. The chapter on screening and assessment instruments is a thorough review of various instruments, and some of them are included in the appendices. This chapter also has its own appendix of all discussed instruments, their content areas, number of items, administration time and method, and scoring instructions. The chapter on youth gambling problems emphasizes the

need for prevention measures in this population.

The last 2 chapter focus on treatment. The summary of psychosocial treatments is probably more interesting to clinicians as it includes a plethora of approaches, starting with self-directed ones such as bibliotherapy and online interventions; and continuing in review of brief approaches such as motivational interviewing, gambler helplines, personalized feedback, and mindfulness-based interventions. The chapter further reviews cognitive therapy, cognitive-behavioral therapy, Gamblers Anonymous, voluntary self-exclusion, and couples therapy. Interesting also is discussion of unresolved treatment issues such as guided vs unguided self-directed treatment, treatment in the context of concurrent disorders, group vs individual treatment, and whether the goal of treatment should be abstinence or moderation. The pharmacologic treatment options discussed in the last chapter include antidepressants, opioid antagonists, glutamate modulators, and mood stabilizing agents. The authors of this chapter state that they find the most robust benefit for opioid antagonists (eg, naltrexone) among the medications used for gambling disorder. “There has been no negative study of an opioid antagonist in gambling disorder compared just with placebo and analyzed with those who actually took medication at the proper dose. In addition, opioid antagonists may preferentially work for gamblers who report urges to gamble and even for those with a family history of alcoholism” (p 241). The text also points out the limitations of treatment research.

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This is a volume to be recommended to anybody interested in gambling disorder and in gambling as a phenomenon. The chapters are well written, comprehensive, insightful, and informative. Some parts are fascinating, especially the one about developing newer and

more sophisticated methods to skim money from gamblers. The book would be useful for both beginning and experienced clinicians, and policy makers.

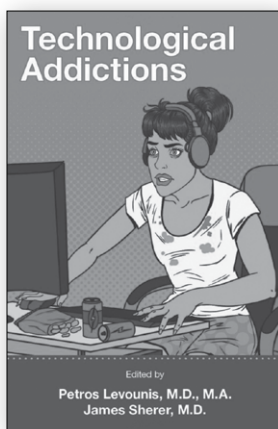
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DISCLOSURE: Dr. Balon is a member of the American Psychiatric Association Publishing Editorial Board.

REFERENCES

1. Diagnostic and statistical manual of mental disorders, 5th ed. American Psychiatric Association; 2013.

Technological Addictions



Edited by Petros Levounis and James Sherer; American Psychiatric Association Publishing; 2022; ISBN 9781615372935; pp 206; \$56 (paperback).

There are 2 sides to every coin. Modern technologies have brought us many good things, but, unquestionably, many not-so-good ones. One of the disquieting emerging attributes of modern technologies—here the internet and social media—is that these technologies and their derivatives could be as addictive as many highly addictive substances. In addition, in our socially isolated world, many people sitting at home at their computers may get addicted

to more than 1 of these technologies. I believe that our world is more socially isolated—not just because of the recent pandemic, but mainly because these new technologies, despite some of them being called “social media,” are perpetuating more social isolation, especially among young people. That, together with the addictive potential of these technologies, creates a vicious circle similar to the world of other addictions.

As these technologies and especially their adverse effects are still emerging (eg, the emergence of Facebook’s negative effects on young people), we do not have enough comprehensive information about their adverse effects, namely addiction to new technologies. Dr. Levounis together with Dr. Sherer put together this small, edited volume—the first of its kind—to give us what is known so far about technological addictions.

The book consists of 10 chapters covering video games; cybersex and online pornography; internet gambling; texting, emailing, and other online messaging; internet surfing and information overload; social media; online shopping and auctions;

children and adolescent issues; special consideration for older adults; and new and emerging addictive technologies. The chapters generally feature similar structure, starting with a discussion of culture, psychology and practice/popularization of particular technology, followed by discourses on addiction vs nonpathological use (including possible classification and diagnostic criteria); positive aspects of particular technology; treatment; special consideration; practice questions (usually cases with multiple choices and discussion of correct answers); resources for clinicians, patients and families; and references. Most chapters are succinct, easy to read, and fairly informative about the technologies, though not necessarily about some other issues, such as treatment, because not much is known about them.

The information about some of the specific technologies is fascinating and a bit disquieting. For instance, the discussion of the psychological pull of video games notes that “Video games are designed to put players into a psychological ‘flow state’ in which they are always challenged but never overwhelmed. While in this state, players face a challenge commensurate with their skill level. As their skill increases,

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so does the challenge. Video games dynamically change difficulty based on the player's performance" (p 5). ... Games can be played indefinitely. At a certain point, developers begin to charge for additional loops, and players are willing to pay. To design the most addictive loops, game studios have turned to behavioral sciences. Studios such as Microsoft have hired mental health professionals to ensure a return on the sizable investment to develop a game" (p 6). They actually study the effect of reinforcement schedules on players' habits (p 6).

The chapter on cybersex and pornography also provides a warning about various developments beyond just watching pornography on computers or other devices. It discusses online sexual activities such as finding sexual partners, purchasing sexual products and materials, and namely "teledildonics" and the use of virtual reality to merge human sexuality with the online world.

The chapter on internet gambling presents probably the most comprehensive list of treatment approaches to this addiction, starting with helplines and Gamblers Anonymous, and moving to family therapy, psychotherapy, exclusion lists, contingency management, abstinence, financial planning, and psychopharmacology (naltrexone, sertraline, bupropion). The text emphasizes that "A key consideration in the treatment of both gambling disorder and internet gambling disorder is the matter of deception" (p

61). Patients are often unwilling to be treated and are frequently coerced by their family, employer, or the justice system to seek treatment. "Individuals who endorse problematic gambling behavior may engage in deception by failing to disclose the full extent of their gambling, and their continued desire to engage in gambling may manifest as resistance to treatment" (p 61).

The chapter on texting, emailing, and other online messaging brings the reader's attention to the findings that these means of communication have been linked "to poor academic performance in youth and negative effects on mental health, such as anxiety and dissatisfaction with life" (p 71). Interestingly, this chapter also mentions that the promoted practice of "multitasking" has been shown to lead to decreased productivity, efficiency, and creativity, and that with normal aging, multitasking becomes more difficult (p 83). The following chapter on internet surfing describes how one can get sidetracked while looking for certain information and ultimately veer off the topic. That could develop in a never-ending journey, especially if one gets into discussion on sites such as Reddit or clicking on related sources on Wikipedia.

Interestingly, the chapter on social media notes that "Some have said that social media is inherently self-destructive, but this view is perhaps too simplistic" (p 108). However, it is known that excessive use of social media is correlated with anxiety,

depression, impulsivity, and other pathologies. For some, social media becomes a refuge. On the other hand, social media can provide a lot for marginalized populations. The chapter on online shopping brings in interesting facts on contributing risk factors to online shopping: low self-esteem, low self-regulation, negative emotional state, psychological enjoyment, female gender, social anonymity, and cognitive overload.

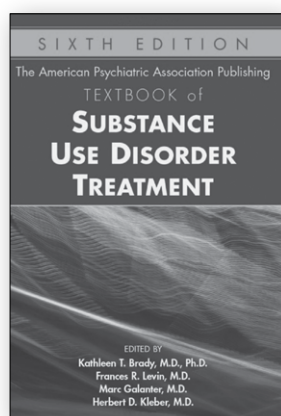
The book provides a lot of interesting information about new technologies, especially for novices in these areas. It is clear that we do not have a full grasp of addiction to these technologies, though we know about many negative consequences. We are also beginning to realize the collateral damage of these technologies. Unfortunately, we also have scarce information about treatment or management of these addictions.

I think that in addition to further clarify classification, diagnosis, and treatment of these addictions, we should start with some preventive measures. We have criticized and sued pharmaceutical companies for the development of some highly addictive drugs (eg, oxycodone), but where are we as far as doing the same for development of addictive technologies by some companies? It would be helpful to start earlier than we did with opioid makers.

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The American Psychiatric Association Publishing Textbook of Substance Use Disorder Treatment. Sixth Edition



Edited by Kathleen Brady, Frances Levin, Marc Galanter, and Herbert Kleber; American Psychiatric Association Publishing; 2021; ISBN 9781615372218; pp 881; \$215 (hardcover).

This is an excellent reference book. It contains a vast amount of information on substance use disorder and its treatment. It is well researched and finely written. The text covers 53 chapters, divided into 7 major parts. The text begins with a very good introduction to the neurobiology of addiction, and various treatments (both pharmacologic and nonpharmacologic). This is followed by the public health perspective on substance use disorders. The burden of tobacco use upon society is mentioned. There are adequate sections on the substance use phenomena in

special populations, including the elderly, women, and nonbinary persons. The clinical importance of substance use in people with psychiatric comorbidities is covered, with many conditions noted. There are also sections on prevention, drug testing, medical education, and addiction in the workplace.

In general, there are very few things to fault with this edition. One wishes that some areas could have been more detailed. The inclusion of a section on neurobiology was a great contribution, but should have been more thorough. It was also good that both nonmedical and medical treatment options were given a fair description. These days, we often see clinical populations of comorbid psychopathology along with substance use, which makes this section very relevant to the modern clinician. For example, my colleagues often report that more inpatient cases of paranoia are related to stimulant use than functional psychosis. Clinicians frequently report that cannabis-related psychosis is now commonly seen in vulnerable populations. This portion on comorbidity is nicely covered, with a variety of conditions and diagnoses being well described. The specific populations are well delineated and divided into diagnostic groups,

which makes for easy reading. Psychiatric comorbidity in substance use disorders is particularly well-handled in mood disorders, anxiety, and attention deficit disorders. The portion regarding substance use in eating disorders, trauma, and stress is quite good and very relevant to clinical settings.

The inclusion of a section on forensic issues and substance use is very interesting. The overlap of legal problems and substance use disorders is well known to most experienced clinicians. The authors should be commended for including this section, but it doesn't cover enough material to be truly useful. Many legal paradoxes in the realm of substance use were not touched upon. The authors cover liability for the prescribers of controlled drugs, and this is an excellent addition. They provide a good review of issues regarding confidentiality and general concerns of public safety as it applies to controlled substances. This section was interesting, but it would have been wonderful to learn more on the topic. It also would have been good to see information involving the legal ramifications of the religious use of entheogenic substances.

This is a comprehensive and enjoyable textbook. I think that it is an excellent addition to any department library. The challenge of any such volume is the huge amount of material on substance use that needs to be reviewed and concisely assembled in a single volume. This is a very fine text, but can't cover all of its topics in a mere 881 pages. One feels that the authors' intent was to provide details on substance use

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disorder treatment, but then they went into a variety of related topics that overwhelmed the scope of 1 book. I hope that the next edition will be 2 volumes, and complete the

monumental effort that the editors have put forth.

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DISCLOSURE: Dr. Wilcox reports no financial relationships with any companies whose products are mentioned in this article, or with manufacturers of competing products.

BOOKS RECEIVED

The following books will be reviewed by selected individuals;
the courtesy of the sender is acknowledged by this listing.

Study Guide to Psychiatry. A Companion to the American Psychiatric Association Publishing Textbook of Psychiatry. Seventh Edition. By Philip R. Muskin, Anna L. Dickerman, Claire C. Holderness, and Vivian P. Liu; American Psychiatric Association Publishing; 2022; ISBN 9781615373291; pp 509; \$65 (paperback).

Professionalism and Ethics. Q&A Self-Study Guide for Mental Health Professionals. Second Edition. Edited by Laura Weiss Roberts and Gabriel Termuehlen; American Psychiatric Association Publishing; 2022; ISBN 9781615373352; pp 368; \$65 (paperback).

Problem-Focused Psychodynamic Psychotherapy. By Fredric N. Bush; American Psychiatric Association Publishing; 2022; ISBN 9781615373246; pp 162; \$47 (paperback).

Introduction to Psychiatry: Preclinical Foundations and Clinical Essentials. Edited by Audrey M. Walker, Steven C. Schlozman, and Jonathan E. Alpert; Cambridge University Press; 2021; ISBN 9780521279840; pp 512; \$49.99 (paperback).

The Psychiatric Hospitalist: A Career Guide. Edited by Michael D. Jibson; American Psychiatric Association Publishing; 2022; ISBN 9781615371389; pp 296; \$59 (paperback).

Textbook of Women's Reproductive Mental Health. Edited by Lucy A. Hutner, Lisa A. Catapano, Sarah M. Nagle-Yang, Katherine E. Williams, and Lauren M. Osborne; American Psychiatric Association Publishing; 2022; ISBN 9781615373062; pp 754; \$135 (hardcover).

Dulcan's Textbook of Child and Adolescent Psychiatry. Third Edition. Edited by Mina K. Dulcan; American Psychiatric Association Publishing; 2022; ISBN 9781615373277; pp 1156; \$250 (hardcover).