

Experiencing harm from another's gambling

Topic summary from the NSW Gambling Survey 2024

This summary highlights key findings about people who experience harm from someone else's gambling, known as affected others, from the NSW Gambling Survey 2024.¹

Gambling harm doesn't just affect people who gamble

Gambling harm extends beyond the individual gambler and affects families, relationships and the wider community. In NSW, 12.7% of residents said they had experienced at least one harm because of someone else's gambling, higher than the 7.8% of people harmed by their own gambling. People affected by another person's gambling are referred to as 'affected others'. The survey measured harm using a public health measure called years lived with disability. This measure estimates how many healthy years of life are lost due to reduced quality of life from stress, financial problems, relationship strain and other impacts. The total years lived with disability for affected others is about one and a half times higher than for gamblers themselves.

Affected others experience a range of psychological and social harms

The most frequently reported harms experienced due to another person's gambling were:

- Reduced enjoyment of time spent with loved ones (7.4% of NSW adults)
- Feelings of anger about the other person's gambling (7.2% of NSW adults)
- Feelings of hopelessness (6.6% of NSW adults)
- Loss of sleep due to stress or worry (5.3% of NSW adults).

Some groups are more likely to experience harm than others

Women experience more harm as affected others than men, with young women without a tertiary degree experiencing the most harm.

Aboriginal and Torres Strait Islander people were disproportionately impacted as affected others, representing 3.4% of the population but experiencing 8.6% of harm to affected others.

Other groups that were more likely to experience harm as affected others included people who were not employed, people who spoke a language other than English at home, and people living in group households or other non-traditional living arrangements.

Research referenced

Browne M, Russell AMT, Dellosa G, Rockloff M and Hing N (2024) NSW Gambling Survey 2024, Central Queensland University. Commissioned by the NSW Responsible Gambling Fund. Report available at: <https://www.gambleaware.nsw.gov.au/resources-and-education/check-out-our-research/published-research/nsw-gambling-survey-2024>

¹ Measured using the 10-item Gambling Harms Scale for Affected Others (GHS-10-AO), calculated as Years of Lived with a Disability due to gambling harm.