

# EXAMINING THE MODERATING EFFECT OF EMOTION DYSREGULATION ON THE RELATIONSHIP BETWEEN COPING MOTIVES AND PROBLEM GAMBLING SEVERITY IN SPORTS BETTORS

Puneet Parmar,<sup>1</sup> Jenna Vieira,<sup>1</sup> Sophie Coelho,<sup>2</sup> Matthew T. Keough,<sup>2</sup> Hyoun S. (Andrew) Kim<sup>1,3</sup>

<sup>1</sup> Toronto Metropolitan University, <sup>2</sup> York University, <sup>3</sup> Institute of Mental Health Research at The Royal

## INTRODUCTION

- Previous literature has shown that emotion regulation and gambling motives interact in a manner that predicts problem gambling severity (e.g., Marchica et al., 2020).
- However, little is known about how these variables relate in those who bet on sports - who are a unique subset of those who gamble.
- We examine whether the strategies domain of the DERS-18 moderates the relationship between recreation-escape coping motives and problem gambling severity.

## METHODS

*N*=932 (Mean age=47.67; 22.65% female) participants recruited through online platform Asking Canadians.

### Measures

- Difficulties in Emotion Regulation Scale - 18 (strategies; DERS-18; Victor & Klonsky, 2016)
- Problem Gambling Severity Index (PGSI; Ferris & Wynne, 2011)
- Sports Betting Motivation Scale (recreation-escape; SBMS; Gökce Yüce et al., 2021)

### Analysis

- Moderation analysis using PROCESS v4.1 for SPSS (Hayes, 2017)
  - IV = SBMS recreation-escape subscale; DV = PGSI total score; MV = DERS-18 strategies subscale

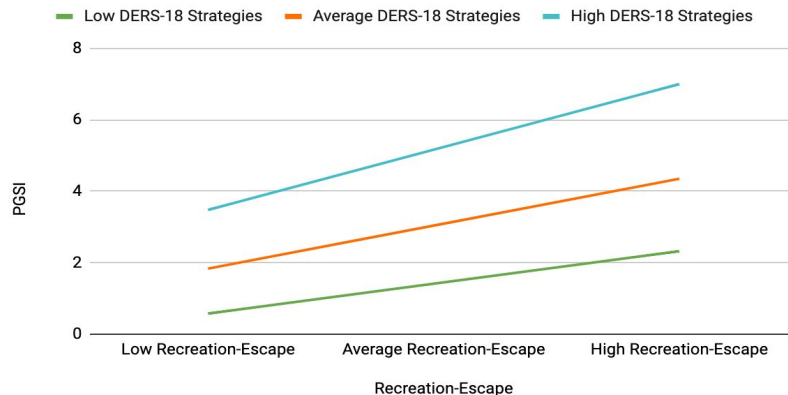
## RESULTS

The overall model was statistically significant:  $F(3,928)=216.34$ ,  $p<0.001$ ,  $R^2=.41$ .

The interaction between the IV and MV was statistically significant ( $b=.17$ ,  $t(928)=4.42$ ,  $p<0.001$ ) at all levels of the DERS-18 strategies domain with stronger effects at higher levels of the strategies domain.

## RESULTS (Continued)

Figure 1. Moderating effect of DERS-18 strategies domain on recreation-escape coping motives and problem gambling severity



## DISCUSSION

- These findings suggest that those who bet on sports with the intention of coping, but experience difficulties with implementing effective strategies to cope with negative emotions, are more likely to experience higher problem gambling severity.
- Providing people with effective coping strategies may reduce the likelihood of using gambling to cope.