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From father to son: a gambling problem – A case study

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Introduction: Gambling addiction is a complex and multifaceted issue influenced by genetic, psychological, and environmental factors. This case study examines the role of family influence in gambling behavior and the recovery process of a 24-year-old high school student. The client reported that his father and grandfather had also struggled with gambling, indicating a potential intergenerational transmission. Research suggests that parental gambling behaviors increase the likelihood of gambling problems in children (Jacobs et al., 1989). *Methods:* The client was assessed using the Gambling Screening Scale (GSS) and DSM-5 criteria for gambling disorder. Cognitive Behavioral Therapy (CBT) was applied as the primary intervention, incorporating psychoeducation, cognitive restructuring, and relapse prevention strategies. Additionally, Motivational Interviewing (MI) techniques were used to enhance the client's commitment to change. Family involvement was encouraged throughout the process to increase awareness and support. The treatment process was monitored over a 12-month follow-up period. *Results:* Initially, the client exhibited high gambling motivation, often triggered by exposure to his father's gambling behavior. Relapses occurred during the early phase of treatment; however, after six months, significant improvements were observed. Increased family awareness, the father's engagement in the therapeutic process, and the client's active participation in recovery contributed to reduced gambling urges. MI techniques helped resolve ambivalence, and the client demonstrated increased self-control and abstinence from gambling. *Conclusion:* This case highlights the impact of familial and genetic factors on gambling addiction and emphasizes the necessity of integrating family-based interventions in treatment. With gambling becoming increasingly widespread, further research is needed to assess the effectiveness of family involvement in recovery programs.

Keywords: gambling addiction, family influence, intergenerational transmission