

## Appendix 1 – Research Data

### 1. Focus Groups

As part of the research, we held a series of six focus groups with a total of 79 young people across England, Scotland and Wales. The focus groups were held between November 2018 and August 2019. Please contact [AMansfield@rsph.org.uk](mailto:AMansfield@rsph.org.uk) with any requests for further detail on the composition of the focus groups.

### Location of focus group participants

Nation	Number of participants
England	30
Scotland	22
Wales	27

### Age of focus group participants

Age	Number of participants
11	4
12	4
13	6
14	6
15	7
16	6
17	7

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18	7
19	6
20	6
21	6
22	5
23	5
24	4

## Gender of focus group participants

Gender	Number of participants
Male	44
Female	35

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## 2. Survey

The survey was conducted through Survey Monkey and promoted through social media channels between September and November 2019. The survey was responded to by 1,025 young people who met the relevant inclusion criteria.

All data included in the tables has been rounded to the nearest percentage point. Please contact [AMansfield@rsph.org.uk](mailto:AMansfield@rsph.org.uk) with any requests for further detail on responses to our survey.

### Section 1 – Demographics

#### What is your gender?

Male	82%
Female	14%
Prefer not to say	2%
Prefer to self-describe	2%

#### How old are you?

11-14	25%
15-17	45%
18-21	19%
22-24	11%

#### What is your ethnicity?

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<b>Asian/Asian British</b>	5%
<b>Black/African/Caribbean/Black British</b>	1%
<b>Mixed/Multiple Ethnic Groups</b>	3%
<b>Other Ethnic Group</b>	2%
<b>White</b>	87%
<b>Prefer not to say</b>	2%

## Which part of the UK do you live in?

<b>London</b>	9%
<b>Midlands or East of England</b>	24%
<b>Northern England</b>	19%
<b>Scotland</b>	10%
<b>Southern England (not London)</b>	23%
<b>Wales</b>	4%
<b>Not sure</b>	4%
<b>Other</b>	8%

## What type of area do you live in?

<b>Rural</b>	22%
<b>Urban</b>	48%
<b>Suburban</b>	31%

## Section 2 – Views on Gambling

Looking at the activities below, to what extent do you agree or disagree that they should be classified as gambling?

	Strongly Agree	Agree	Not sure	Disagree	Strongly Disagree
Buying a loot box on a mobile or video game	32%	26%	11%	18%	14%
Taking part in a gambling-related feature on a mobile or video game	34%	31%	14%	14%	8%
Taking part in skin betting related to a video game	30%	30%	20%	14%	7%
Playing bingo	19%	38%	20%	18%	5%
Buying a scratchcard	42%	39%	8%	8%	3%
Buying a lottery ticket	45%	37%	6%	8%	4%
Having a bet with a friend on the outcome of a sports event	16%	36%	13%	27%	8%
Placing a bet at a high street bookmaker	64%	21%	7%	4%	4%
Placing a bet either online or using an app	67%	23%	3%	2%	4%
Betting at the casino	82%	10%	2%	2%	3%

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**Have you done any of these activities in the last week? Please tick as many boxes as appropriate.**

<b>None of the above</b>	56%
<b>Taken part in a gambling-related feature on a mobile or video game (for example the Diamond Resort Casino on Grand Theft V)</b>	25%
<b>Bought a loot box on a mobile or video game (for example a FIFA pack)</b>	21%
<b>Taken part in skin betting related to a video game (for example trying to win a skin for your character on Fortnite)</b>	12%
<b>Had a bet with a friend on the outcome of a sports event</b>	10%
<b>Bought a scratchcard</b>	7%
<b>Played bingo</b>	4%
<b>Bought a lottery ticket</b>	4%
<b>Other</b>	4%
<b>Placed a bet either online or using an app</b>	4%
<b>Placed a bet at a high street bookmaker</b>	1%
<b>Gambled at a casino</b>	<1%

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**Are there any that you do at least once a week on a regular basis? Please tick as many boxes as appropriate.**

None of the above	72%
Taking part in a gambling-related feature on a mobile or video game (for example the Diamond Resort Casino on Grand Theft Auto V)	15%
Buy a loot box on a mobile or video game (for example a FIFA pack)	10%
Taking part in skin betting related to a video game (for example trying to win a skin for your character on Fortnite)	7%
Have a bet with a friend on the outcome of a sports event	3%
Buy a scratchcard	2%
Place a bet either online or using an app	2%
Buy a lottery ticket	2%
Other (please specify)	1%
Play bingo	1%
Place a bet at a high street bookmaker	<1%
Gamble at a casino	<1%

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**If you have ever done any of these activities, which did you do first? Please tick just one box.**

<b>Bought a loot box on a mobile or video game (for example a FIFA pack)</b>	42%
<b>None of the above</b>	18%
<b>Taken part in a gambling-related feature on a mobile or video game (for example the Diamond Resort Casino on Grand Theft Auto V)</b>	12%
<b>Taken part in skin betting related to a video game (for example trying to win a skin for your character on Fortnite)</b>	7%
<b>Bought a scratchcard</b>	7%
<b>Had a bet with a friend on the outcome of a sports event</b>	6%
<b>Played bingo</b>	5%
<b>Bought a lottery ticket</b>	3%
<b>Placed a bet either online or using an app</b>	1%
<b>Gambled at a casino</b>	<1%
<b>Placed a bet at a high street bookmaker</b>	<1%



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**From the options below, which do you think represents the demographic group most likely to gamble? Please tick just one box.**

Young men (aged approximately between 20-40)	58%
Teenage men (aged approximately between 13-19)	25%
Middle-aged men (aged approximately between 41-60)	25%
Young women (aged approximately between 20-40)	7%
<b>Middle-aged women (aged approximately between 41-60)</b>	7%
<b>Older men (aged approximately 61 and over)</b>	5%
<b>Other</b>	4%
<b>Older women (aged approximately 61 and over)</b>	3%
<b>Teenage women (aged approximately between 13-19)</b>	2%

**What do you think are the key factors that would lead to a young person gambling? Please tick up to five boxes.**

<b>The excitement of taking a risk</b>	72%
<b>Doing it as part of a mobile or video game</b>	55%
<b>To win money to buy things they can’t afford</b>	51%
<b>Looking for an opportunity to transform their life</b>	40%
<b>Not knowing that what they are doing is classed as gambling</b>	39%
<b>Looking for a distraction from their problems</b>	38%
<b>To add some excitement to an event</b>	36%
<b>Wanting to bond/fit in with friends and family members who gamble</b>	27%
<b>As a competitive way to get one over friends and family</b>	26%
<b>To pay regular bills and outgoings</b>	15%
<b>Other</b>	4%

## In which of the following financial situations do you think a young person would be most likely to gamble?

Having a lot of disposable income	54%
Having some disposable income	21%
Not sure	12%
Being in debt	10%
Having no disposable income	3%

## Section 3 – Gaming and Gambling

**In the past month, have you taken part in any of the activities below?  
Please tick as many boxes as appropriate.**

None of the above	54%
Taken part in a gambling-related feature on a video or mobile game (for example the Diamond Resort Casino on Grand Theft Auto V)	28%
Bought a loot box on a video or mobile game (for example a FIFA pack)	27%
Taken part in skin betting related to a video game (for example trying to win a skin for your character on Fortnite)	13%

**If yes, which game(s) were you using?**

Other	61%
Grand Theft Auto	43%
Fortnite	16%
FIFA	15%
PlayerUnknown’s Battlegrounds	9%

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## What were your main reasons for doing this?

Purely for fun	80%
Other	16%
To help you reach a certain level so that you can continue with your game	15%
Wanting to be good at the game you are playing	15%
Not wanting to feel like you have a worse character/team than your friends	11%
So that you have a better chance of winning than your friends	9%

## How did you pay for this activity?

Own debit card	42%
Other (please specify)	33%
Pocket money	27%
Own savings	20%
Parent’s credit/debit card	7%

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<b>Own credit card</b>	5%
<b>Borrowed from family or friend</b>	2%

**Have you since taken part in any of the following activities for the first time? Please tick as many boxes as appropriate.**

<b>None of the above</b>	72%
<b>Played bingo</b>	11%
<b>Had a bet with a friend on the outcome of a sports event</b>	11%
<b>Bought a scratchcard</b>	11%
<b>Bought a lottery ticket</b>	8%
<b>Placed a bet online or using an app</b>	4%
<b>Placed a bet at a high street bookmakers</b>	2%
<b>Gambled at a casino</b>	1%

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**Do you believe that the relationship between gambling and gaming is likely to have a positive or negative impact upon young people?**

<b>Negative</b>	54%
<b>Neutral</b>	35%
<b>Not sure</b>	6%
<b>Positive</b>	5%

## Section 4 – Sports and Gambling

### In the past month, have you:

Done none of these things?	81%
Had a bet with a friend or family member on the outcome of a sporting event?	11%
Attended a sporting event where either a stadium or a team has been sponsored by a gambling operator?	10%
Bought a replica sports shirt for a team sponsored by a gambling operator?	5%
Placed a bet on the outcome of a sporting event either online or through an app?	4%
Placed a bet with a high street bookmaker on the outcome of a sporting event?	1%

### If yes, what were your main reasons for deciding to do this?

Purely for fun	82%
To make the game or event more exciting	31%
To fit in with friends or family members who were doing the same thing	11%



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Other	9%
To try and win money to pay bills or outgoings	8%

**How did you pay for that activity? Please tick as many boxes as appropriate?**

Pocket money	43%
Own debit card	39%
Own savings	28%
Parent’s credit/bank card	11%
Own credit card	6%
Other	6%
Borrowed from family or friend	5%

**Have you since taken part in any of the following activities for the first time? Please tick as many boxes as appropriate.**

None of the above	62%
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<b>Bought a loot box on a mobile or video game</b>	22%
<b>Taken part in a gambling-related feature of a mobile or video game</b>	17%
<b>Taken part in skin betting related to a video game</b>	10%
<b>Bought a scratchcard</b>	9%
<b>Bought a lottery ticket</b>	5%
<b>Gone to the casino</b>	4%
<b>Played bingo</b>	2%

**Do you believe that the relationship between gambling and sports is likely to have a positive or negative impact upon young people?**

<b>Negative</b>	55%
<b>Neutral</b>	34%
<b>Not sure</b>	6%
<b>Positive</b>	5%

## Section 5 – Normality of Gambling

**If someone your age told you that they had taken part in the following activities, what your reaction be?**

	That's definitely a normal thing for them to do	That's a fairly normal thing for them to do	Not sure	That's a fairly unusual thing for them to do	That's a very unusual thing for them to do
Bought a loot box on a mobile or video game	46%	44%	4%	4%	1%
Taken part in a gambling-related feature on a mobile or video game	34%	46%	10%	7%	2%
Taken part in skin betting related to a video game	27%	40%	13%	14%	6%
Challenged someone to a bet on the outcome of an event	26%	42%	14%	14%	4%

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	That's definitely a normal thing for them to do	That's a fairly normal thing for them to do	Not sure	That's a fairly unusual thing for them to do	That's a very unusual thing for them to do
Bought a scratchcard	12%	26%	10%	30%	21%
Bought a lottery ticket	11%	24%	8%	29%	27%
Placed a bet online or using a mobile app	7%	28%	13%	33%	19%
Placed a bet at a high street bookmaker	4%	18%	9%	34%	35%

**If an older friend or family member told you that they had taken part in the following activities, what would your reaction be?**

	That's definitely a normal thing for them to do	That's a fairly normal thing for them to do	Not sure	That's a fairly unusual thing for them to do	That's a very unusual thing for them to do
Bought a lottery ticket	49%	33%	6%	7%	5%
Bought a scratchcard	31%	45%	7%	11%	6%
Challenged someone to a bet on the	25%	32%	17%	17%	8%

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	<b>That's definitely a normal thing for them to do</b>	<b>That's a fairly normal thing for them to do</b>	<b>Not sure</b>	<b>That's a fairly unusual thing for them to do</b>	<b>That's a very unusual thing for them to do</b>
<b>outcome of an event</b>					
<b>Placed a bet at a high street bookmaker</b>	21%	34%	15%	18%	11%
<b>Placed a bet online or using a mobile app</b>	14%	37%	12%	26%	12%
<b>Bought a loot box on a mobile or video game</b>	8%	16%	9%	34%	33%
<b>Taken part in gambling-related activity on a mobile or video game</b>	7%	19%	11%	32%	31%
<b>Taken part in skin betting related to a video game</b>	5%	12%	10%	27%	46%

**If someone your age told you that they had taken part in gambling in order to achieve the following aims, what would your reaction be?**

	That's definitely a normal thing for them to do	That's a fairly normal thing for them to do	Not sure	That's a fairly unusual thing for them to do	That's a very unusual thing for them to do
To have friendly competition with friends and family	23%	45%	15%	11%	6%
To make an event more exciting	21%	47%	11%	14%	7%
To try and make money to buy things they want	11%	27%	10%	2%	22%
To bond with friends or family members	8%	25%	19%	24%	23%
To try and make money to pay regular bills and outgoings	3%	7%	9%	28%	53%

## Section 6 – Gambling and Health

**On a scale of 0 (not harmful at all) to 100 (very harmful), how harmful would you consider gambling to be to the health of young people?**

Average Response	62
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**How likely do you think it is that a young person might find the following activities to be addictive?**

	Very likely	Likely	Not sure-	Unlikely	Very unlikely
Buying a loot box on a mobile or video game	50%	29%	9%	8%	3%
Taking part in skin gambling related to a video game	37%	32%	13%	14%	4%
Taking part in a gambling related feature on a mobile or video game	35%	37%	11%	14%	3%

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	Very likely	Likely	Not sure-	Unlikely	Very unlikely
Placing a bet with a bookmaker online or using an app	15%	29%	20%	26%	10%
Placing a bet with a friend on the outcome of an event	8%	29%	16%	36%	11%
Buying a scratchcard	8%	32%	18%	32%	10%
Placing a bet with a high-street bookmaker	8%	25%	21%	30%	17%

**Which of the following circumstances do you think would make you more likely to consider gambling? Please tick as many boxes as appropriate.**

Having lots of disposable money	73%
Being bored	54%
Being with friends	37%
Feeling aimless	37%



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Feeling happy	32%
Feeling sad	25%
Feeling lonely	21%
Being short on money	20%
Worrying about something	18%
Feeling motivated	13%
Having difficulty concentrating	7%
Having difficulty sleeping	7%
Other (please specify)	5%
Being busy	1%

**How do you think that gambling harms would impact upon the likelihood of a young person experiencing the health issues below?**

	Significantly increased risk	Slightly increased risk	No change	Slightly decreased risk	Significantly decreased risk
Debt	66%	28%	2%	1%	2%
Depression	37%	48%	12%	3%	<1%

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	Significantly increased risk	Slightly increased risk	No change	Slightly decreased risk	Significantly decreased risk
Alcohol consumption	34%	39%	25%	1%	1%
Anxiety	30%	43%	18%	6%	2%
Substance misuse	27%	36%	35%	2%	1%
Disrupted sleep	24%	44%	29%	2%	<1%
Smoking	14%	30%	53%	2%	<1%
Disrupted diet (eating more or less)	14%	30%	52%	4%	<1%

**If you were concerned about a friend who was taking part in gambling-related activity, how confident would you be in knowing where to direct them?**

Very confident	10%
Fairly confident	36%
Not sure	16%
Not very confident	22%

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<b>Not at all confident</b>	<b>16%</b>
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## Where would you be most likely to direct a friend to if you felt that they needed support around gambling?

<b>A support organisation</b>	<b>35%</b>
<b>Parent</b>	<b>23%</b>
<b>Addiction clinic</b>	<b>17%</b>
<b>Teacher</b>	<b>10%</b>
<b>GP</b>	<b>8%</b>
<b>Other</b>	<b>7%</b>

## What do you think should be the main focus of any educational initiatives to raise awareness of gambling harms?

<b>Better understanding of the health and wellbeing impact of gambling harms</b>	<b>53%</b>
<b>Better understanding of the financial impact of gambling harms</b>	<b>37%</b>

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<b>Other</b>	<b>7%</b>
<b>Neither of the above</b>	<b>3%</b>

## Section 7 – Calls to Action

**To what extent would you support the following measures to help young people avoid gambling harms?**

	Strongly support	Support	Not sure	Oppose	Strongly oppose
Self-imposed limits on the amount of money someone can spend on loot boxes or packs in a week or month	46%	26%	12%	9%	7%
Gambling harms to be covered in school as part of the PSHE curriculum	43%	43%	9%	4%	2%
Parents and teachers being provided with support to spot the signs of gambling harms	42%	43%	9%	5%	1%

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	<b>Strongly support</b>	<b>Support</b>	<b>Not sure</b>	<b>Oppose</b>	<b>Strongly oppose</b>
<b>A pop-up warning around gambling harms when buying a loot box or a pack</b>	41%	31%	11%	8%	9%
<b>Purchasing loot boxes and packs on a mobile or video game to be classified as gambling</b>	40%	16%	12%	14%	17%
<b>Gambling using credit cards to be banned</b>	40%	22%	16%	13%	9%
<b>Education programmes in schools to raise awareness of gambling harms</b>	37%	46%	10%	5%	2%
<b>School visits from individuals who have experienced gambling harms</b>	36%	35%	16%	9%	4%

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	<b>Strongly support</b>	<b>Support</b>	<b>Not sure</b>	<b>Oppose</b>	<b>Strongly oppose</b>
<b>Anyone purchasing loot boxes or packs to be asked to prove that they are aged 18 or above</b>	31%	14%	11%	17%	28%
<b>A high-profile media campaign raising awareness of the impact of gambling harms</b>	30%	38%	17%	9%	6%
<b>E-learning programmes for young people to build awareness of gambling harms</b>	28%	43%	18%	8%	3%
<b>Delivery of programmes raising awareness of gambling harms by sports clubs that are sponsored by gambling operators</b>	24%	34%	30%	8%	4%

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	<b>Strongly support</b>	<b>Support</b>	<b>Not sure</b>	<b>Oppose</b>	<b>Strongly oppose</b>
<b>A ban on gambling operators sponsoring sports teams or sporting events</b>	21%	16%	26%	23%	14%
<b>Scratchcard and lottery displays to be ended in shops and supermarkets</b>	15%	17%	21%	28%	19%
<b>Theatre productions in schools on the impact of gambling harms</b>	13%	18%	25%	26%	18%



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## Section 8 – Age and activity

In the report a number of comparisons were made around the differences in the perspectives held and the nature of gambling and gambling-like activity undertaken by the different age groups include in our research. These comparisons were based on the statistics set out below.

### Have you done any of these activities in the past week?

	Bought a loot box on a mobile or video game	Taken part in skin betting
11-14	27%	14%
15-17	20%	13%
18-21	17%	9%
22-24	13%	7%

### To what extent would you support the following measures to help young people avoid gambling harms?

Buying a loot box and packs on a mobile or video game to be classified as gambling

	Strongly Support	Support	Not Sure	Oppose	Strongly Oppose
11-14	25%	15%	12%	20%	28%
15-17	34%	20%	14%	15%	17%
18-21	53%	15%	11%	9%	12%
22-24	75%	6%	8%	8%	4%

## How do you think that gambling harms would impact upon the likelihood of a young person experiencing the health issues below?

### Anxiety

	Significantly increased risk	Slightly increased risk	No change	Slightly decreased risk	Significantly decreased risk
11-14	26%	45%	21%	6%	1%
15-17	28%	42%	22%	6%	3%
18-21	31%	48%	12%	7%	2%
22-24	46%	40%	10%	4%	<1%

### Alcohol Consumption

	Significantly increased risk	Slightly increased risk	No change	Slightly decreased risk	Significantly decreased risk
11-14	35%	35%	31%	<1%	<1%
15-17	29%	42%	26%	2%	1%
18-21	41%	36%	21%	1%	1%
22-24	46%	36%	18%	<1%	<1%

Looking at the activities below, to what extent do you agree or disagree that they should be classified as gambling?

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**Taking part in a gambling-related feature on a mobile or video game**

	<b>Strongly Agree</b>	<b>Agree</b>	<b>Not Sure</b>	<b>Disagree</b>	<b>Strongly Disagree</b>
<b>11-14</b>	18%	34%	21%	17%	10%
<b>15-17</b>	30%	32%	14%	16%	8%
<b>18-21</b>	50%	27%	9%	8%	6%
<b>22-24</b>	53%	25%	7%	7%	7%

**Skin betting related to a video game**

	<b>Strongly Agree</b>	<b>Agree</b>	<b>Not Sure</b>	<b>Disagree</b>	<b>Strongly Disagree</b>
<b>11-14</b>	15%	28%	25%	19%	13%
<b>15-17</b>	25%	33%	21%	15%	6%
<b>18-21</b>	49%	26%	14%	9%	2%
<b>22-24</b>	50%	25%	13%	6%	6%

**Playing bingo**

	<b>Strongly Agree</b>	<b>Agree</b>	<b>Not Sure</b>	<b>Disagree</b>	<b>Strongly Disagree</b>
<b>11-14</b>	15%	34%	24%	21%	5%
<b>15-17</b>	15%	38%	19%	23%	4%
<b>18-21</b>	25%	40%	20%	9%	5%
<b>22-24</b>	31%	38%	16%	7%	7%

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**Buying a scratchcard**

	<b>Strongly Agree</b>	<b>Agree</b>	<b>Not Sure</b>	<b>Disagree</b>	<b>Strongly Disagree</b>
<b>11-14</b>	36%	39%	11%	10%	5%
<b>15-17</b>	36%	43%	9%	9%	2%
<b>18-21</b>	56%	35%	3%	5%	1%
<b>22-24</b>	59%	25%	4%	6%	6%

**Buying a lottery ticket**

	<b>Strongly Agree</b>	<b>Agree</b>	<b>Not Sure</b>	<b>Disagree</b>	<b>Strongly Disagree</b>
<b>11-14</b>	35%	43%	6%	10%	7%
<b>15-17</b>	41%	40%	6%	10%	2%
<b>18-21</b>	57%	30%	6%	5%	2%
<b>22-24</b>	57%	28%	6%	3%	6%

**Having a bet with a friend on the outcome of sports event**

	<b>Strongly Agree</b>	<b>Agree</b>	<b>Not Sure</b>	<b>Disagree</b>	<b>Strongly Disagree</b>
<b>11-14</b>	14%	30%	17%	34%	6%
<b>15-17</b>	12%	37%	11%	30%	10%

Skins in the Game – A high stakes relationship between gambling and young people’s health and wellbeing?

<b>18-21</b>	20%	39%	15%	5%	2%
<b>22-24</b>	26%	41%	10%	7%	10%

**Placing a bet at a high street bookmaker**

	<b>Strongly Agree</b>	<b>Agree</b>	<b>Not Sure</b>	<b>Disagree</b>	<b>Strongly Disagree</b>
<b>11-14</b>	46%	30%	8%	8%	6%
<b>15-17</b>	63%	21%	10%	4%	3%
<b>18-21</b>	76%	18%	4%	1%	1%
<b>22-24</b>	85%	6%	1%	1%	6%

**Placing a bet online or using an app**

	<b>Strongly Agree</b>	<b>Agree</b>	<b>Not Sure</b>	<b>Disagree</b>	<b>Strongly Disagree</b>
<b>11-14</b>	55%	26%	6%	7%	5%
<b>15-17</b>	62%	29%	3%	2%	4%
<b>18-21</b>	81%	17%	1%	<1%	2%
<b>22-24</b>	87%	4%	3%	<1%	6%

**Betting at the casino**

	<b>Strongly Agree</b>	<b>Agree</b>	<b>Not Sure</b>	<b>Disagree</b>	<b>Strongly Disagree</b>
<b>11-14</b>	79%	9%	1%	4%	7%

Skins in the Game – A high stakes relationship between gambling and young people’s health and wellbeing?

<b>15-17</b>	81%	12%	3%	1%	2%
<b>18-21</b>	87%	10%	1%	1%	2%
<b>22-24</b>	90%	3%	1%	<1%	6%