

Expression of Interest in joining the Advisory Panel for a GambleAware funded research project on self-directed tools and strategies to reduce gambling

Overview

We are looking for six people to join an Advisory Panel for a new study starting in October this year and running until December 2025. The study is being conducted by The Behavioural Insights Team (BIT) and Bournemouth University, and focuses on individuals' experiences of using different tools and strategies to reduce or stop their gambling.

Panel members will need to attend four meetings during the project and provide occasional feedback on key plans and documents.

We are looking for panel members who:

- Are aged 18 years+
- Live in Great Britain
- And either:
 - Have experience of gambling and have attempted to reduce or stop gambling (currently or in the past);
 - OR have been negatively affected by someone else's gambling.

As a panel member, you will help us design research materials, interpret findings, and ensure that our final report is clear and accessible to everyone. Training and guidance will be provided.

If you're interested, please read on for more details, or contact us at selfdirectedtools@bi.team to discuss further.

The closing date for expressions of interest is 23rd September.

What is this study about?

This study is interested in understanding individuals' experiences of using different tools and strategies to help them reduce or stop gambling, such as gambling management tools, self-exclusion, or online education. We are especially interested in the experiences of people

from groups at risk of marginalisation (this could include but is not limited to women, individuals from the Black and Ethnic minorities, members of the LGBTQ+ community, people experiencing mental health challenges or disabilities, those facing digital exclusion).

At the end of the study, we will provide recommendations to organisations like GambleAware to help improve the support they offer to people who want to reduce or stop gambling.

How can I get involved?

We are forming an Advisory Panel to help guide this research project. The panel will attend four meetings, each lasting between 2-4 hours and scheduled around member's availability. Ideally, two meetings will be in person at BIT's office in London, but this will depend on panel members' availability. We will provide information before each meeting so you have time to prepare.

During the meetings, you will help decide the focus of the research, design the research materials, interpret the findings, and discuss how to share the results. We may also ask for your thoughts and feedback via email or WhatsApp outside of the meetings.

If you wish to remain anonymous, we will not include your name or any identifying information in our report. However, if you would like to be recognised for your contribution, we can include your name.

We expect the time commitment to be about 30 hours between October 2024 and December 2025.

Please note that no prior research experience is needed to join the panel

What do I need in order to take part?

We are looking for people who:

- Are 18 years or older
- Live in Great Britain and plan to stay for the duration of the project
- Have experience of attempting to reduce or stop gambling using self-help online tools, information and support, or other informal strategies OR have been affected by someone else's gambling
- Are willing to draw on personal experiences of gambling and share with other Panel members
- Can work well in a group and be respectful and open to other people's ideas and experiences

Although not required to join the panel, we are especially interested in hearing from people who consider themselves part of a group at risk of marginalisation (as mentioned above).

Logistic requirements:

- You can spend around 30 hours supporting our research over the next 12 months at agreed times.

- Ideally, you can travel to London for two in-person meetings. We will cover travel costs. However, we may hold all meetings online based on members' availability.
- You have a stable internet connection and a device with a microphone and webcam for online meetings.
- You have an email account and can open text-based attachments like Word documents.
- You have access to a quiet, private space to join meetings.

Will I be paid for my time?

Yes, if you are chosen for the Advisory Panel, you will receive £750 for your participation. If your involvement takes longer than the planned 30 hours, we will increase your payment, however, if you do not attend all sessions or respond to our requests, you may not receive the full amount. Travel expenses will also be covered in addition to the payment for participation.

Next steps

Thank you for reading this. If you are interested in this opportunity please email selfdirectedtools@bi.team by 11th September. The team will get back in touch with you to discuss the opportunity further.