

Self directed tools and strategies research project

Information sheet

We would like to invite you to take part in one interview to learn more about your views and experiences about the different gambling tools and strategies that people use to help manage, reduce or stop their gambling. We would like to hear your experiences from the perspective of someone who has been negatively affected by someone else's gambling.

Who are the researchers?

The research is being done jointly by the Behavioural Insights Team (BIT) and Bournemouth University. BIT is an organisation conducting research and evaluations and making recommendations for how to improve services across a wide range of organisations.

Why are we doing this research?

The research has been commissioned by GambleAware, a leading charity providing support for those affected by gambling harm. We will use our findings to identify ideas and recommendations for how GambleAware and other stakeholders can better support the uptake and use of self-directed tools and strategies.

What will I be asked to do?

Taking part is voluntary.

As a participant you will have some interest in, or experience of knowing someone who has tried to manage, reduce or stop their gambling.

We will conduct one interview with you, which will take place online and last up to 45 minutes. It will be recorded to make sure we can capture everything you say. However, you have the option to turn your video off. We will ask questions about the

experiences of the person you know who has tried to manage their gambling, as well as your thoughts on gambling support and treatment more broadly.

We will provide you with a voucher worth £40 after the interview.

Next steps

Thank you for reading this. If you are interested in this opportunity or have further questions please email selfdirectedtools@bi.team.