

# **Self-directed tools and strategies research project**

## Information sheet

We would like to invite you to take part in a workshop to discuss the different gambling tools and strategies that people use to help reduce, manage or stop their gambling. This workshop will focus on ideas to improve existing resources or discuss new suggestions.

You need to:

- Be 18 years+
- Live in Great Britain
- Have experience of gambling and have attempted to reduce or stop gambling (currently or in the past)

### **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 the different tools and strategies available to help people reduce or stop their gambling, or use for support as an affected other.

You will be asked to join one 2 hour virtual workshop. During the workshop we will discuss the findings from our earlier stages of the projects and ask you to take part in some exercises to help develop recommendations.

We will provide you with a voucher worth £75 after the workshop.

### **Next steps**

Thank you for reading this. If you are interested in taking part, please fill out our expression of interest form by clicking on this link:

[https://docs.google.com/forms/d/e/1FAIpQLSctS8nI57E1fCJRa\\_srSrLW\\_Lwqlqnfs5YM-k4cWBIZX-TiYg/viewform?usp=dialog](https://docs.google.com/forms/d/e/1FAIpQLSctS8nI57E1fCJRa_srSrLW_Lwqlqnfs5YM-k4cWBIZX-TiYg/viewform?usp=dialog)

If you have further questions please email [selfdirectedtools@bi.team](mailto:selfdirectedtools@bi.team)