

OC45: Psychobiological approach to pathological and problematic gambling: A systematic literature review

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Introduction: The recent expansion of gambling opportunities has turned gambling into a more problematic matter. This reality has been described in an increasing number of publications. However, studies involving psychobiological variables are still scarce, being required a synthesis of the actual trends.

Objectives: The objective of this review is to explore the diversity around pathological or problematic gambling and gambling disorder, in order to provide an integrative overview that might systematize the current knowledge in this area, pointing trends and future directions to research and practice.

Materials and Methods: The literature review was conducted on *b-on* databases and involved studies published in the last twenty years. The authors also carried out complementary manual researches of selected journals and reference lists of related studies. The analysis was conducted in NVivo10. More than 400 abstracts were analyzed. The encoder applied an inductive analysis to all relevant papers, building a hierarchical model with the main themes and subcategories that stood out from the literature. A confirmatory analysis was then performed, with the encoder applying the model to the papers. The process was validated by a second expert researcher.

Results and Discussion: This review identified the fragmented state of the field. The outcomes include categories such as terminology, historical development, etiology, prevalence, comorbidity, assessment, treatment, biological markers, biological variables, health and well-being. Based on some research gaps identified, this work offers recommendations to future studies focusing on research methods, and especially to studies considering biological variables that remain under-explored.

Conclusion: Given the limited research in the field, additional research is needed in order to improve knowledge.

References

1. Meyer, C., Bischof, A., Westram, A., Jeske, C., de Brito, S., Glorius, S. ... Rumpf, H. J. (2015). The "Pathological Gambling and Epidemiology" (PAGE) study program: design and fieldwork. *International Journal Methods Psychiatric Research*, 24(1), 11-31.