

The Role of Cognitive Distortions in Gambling and Methamphetamine Use Athleteswith Familial Gambling Histories : a Case Study



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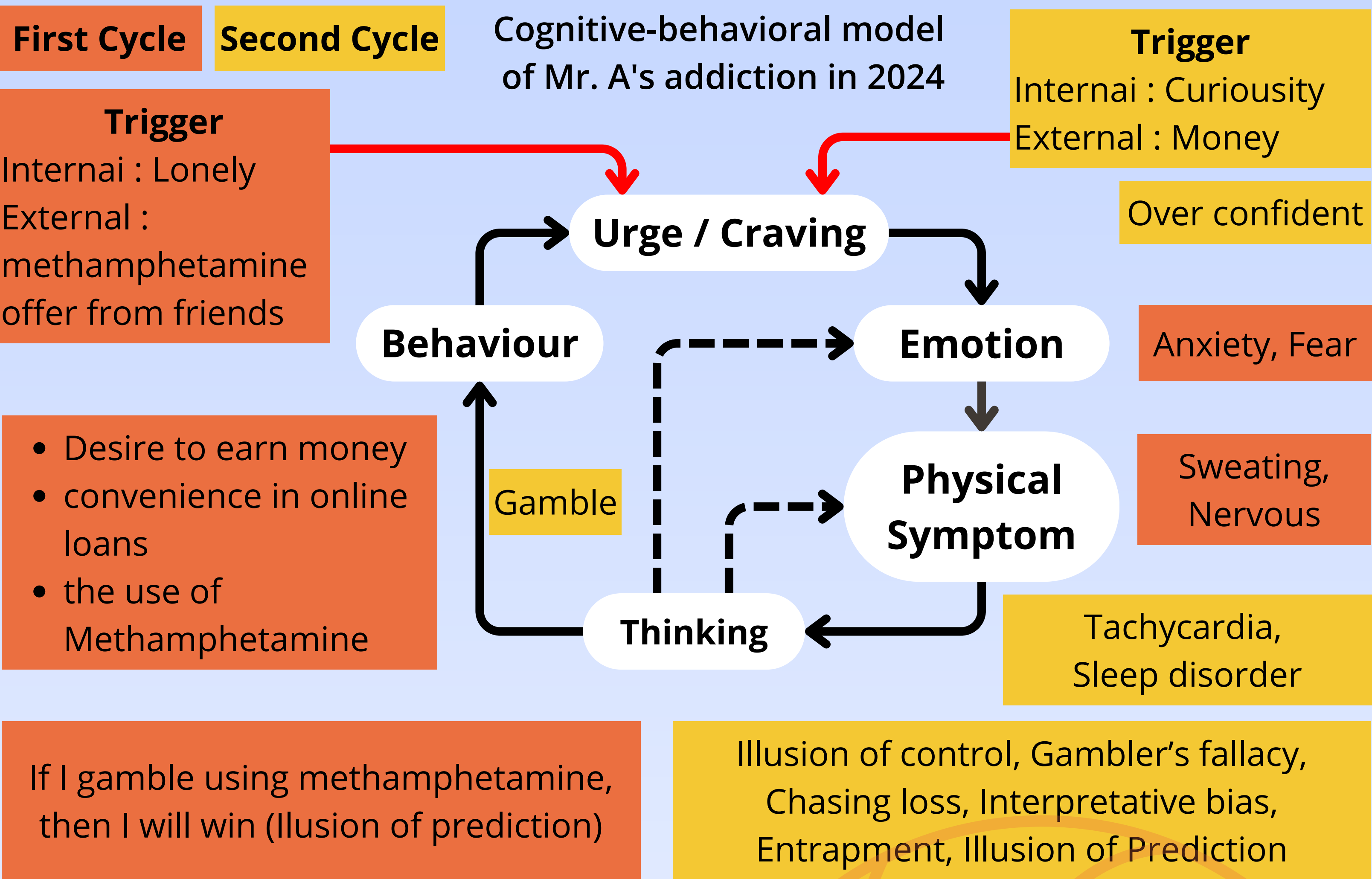
Background

Athletes with familial gambling histories face heightened risks of addiction, especially when exposed early to betting, sports culture normalization, and methamphetamine use. Skill-based gambling further reinforces distorted beliefs about control and prediction, sustaining persistent gambling behaviors.

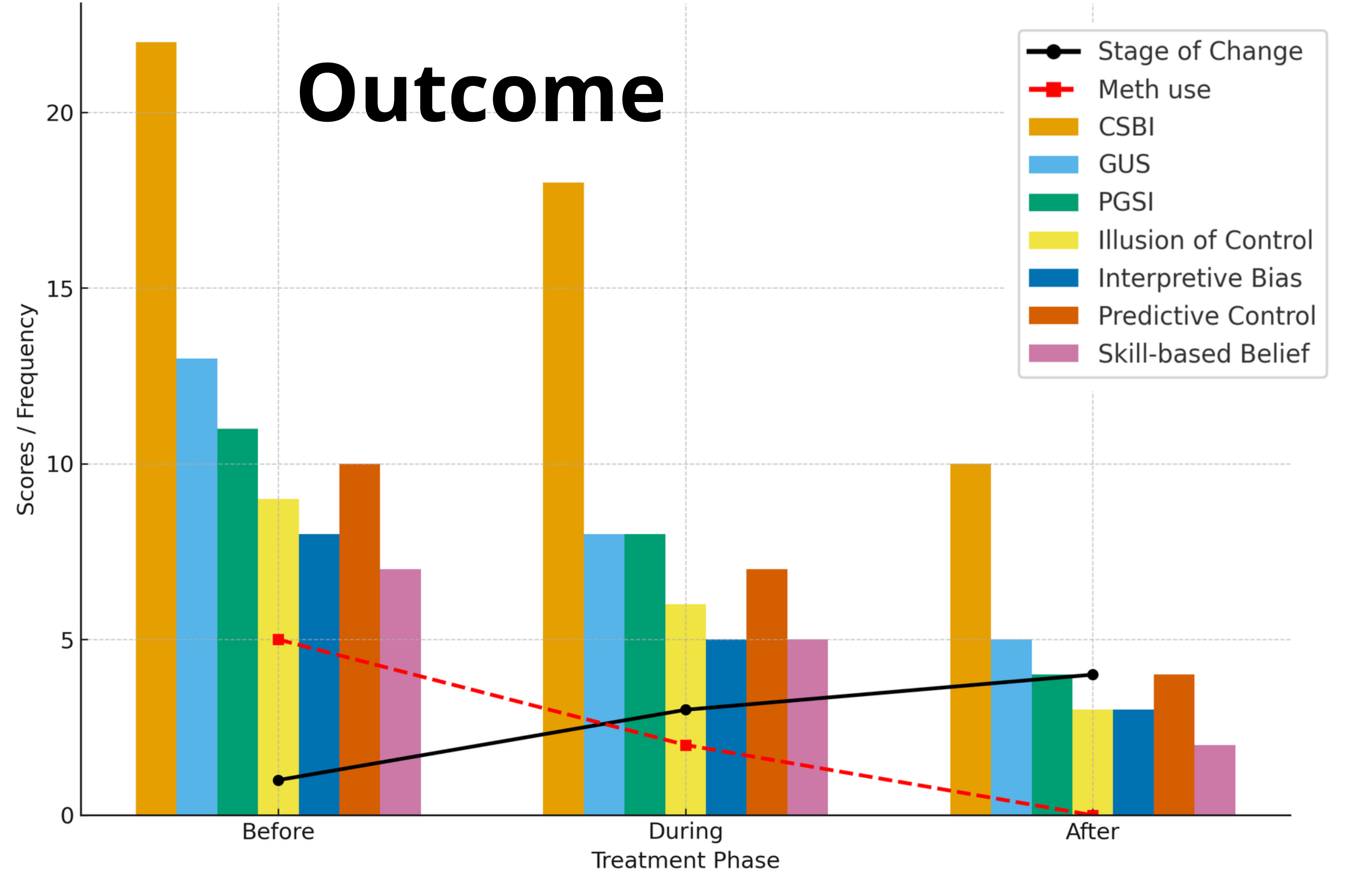
Case Presentation

Mr. A, 24, basketball player and self-employed, online gambling bookies as a family business, Bachelor's Degree in (IT) education. admitted to the hospital for his uncontrollable behavior and been worse since June 2024. having a debt totaling over 1 billion rupiah from friends, digital lending platform, and credit cards.

Gambling History						
Category	2016	2019	2020 - 2021	2022	2023	2024
Type	Offline basketball gambling	Online basketball gambling	Online basketball gambling	Online basketball gambling and Slot gambling	Online basketball gambling and Slot gambling	Slot gambling
Duration	International game only	Favorite team only	Game in general	Online basketball gambling → win/lose→ Slot gambling	• Slot gambling → win→ betting on basketball gambling • Slot gambling→ lost→ slot gambling	All day→ Sleep disorder
Frequency	2 -3 / Month	1-2 /Month	1-2 / week	Online basketball gambling 1/day Slot gambling 3 hours/day	• Slot gambling 5 hours//day • Basketball gambling : seldom	> 8 hours / day
Betting	50 Thousand	100 Thousand	300-500 Thousand	1 Million	3 -5 Million	> 10 Million
Metamphet amine intake				Seldom	Often	Always
Dishonesty				✓	✓	✓
Debt				Close friend	Everyone	Digital lending platform



Combined Outcomes: Instruments, Cognitive Distortions, Stage of Change, and Meth Use



Discussion

CBT has worked sucessfully in disputing cognitive errors, interpretative bias, predictive control. it has strong effect on skill-based gambling. In athletes with comorbid methamphetamine use, CBT leads to reduce gambling urges, severity (PGSI), and distorted beliefs, alongside readiness to change. By addressing core cognitive distortions, CBT helps break the transgenerational cycle of gambling, strengthens self-regulation, and reduce harm in high-risk populations.

Intervension & Management

- Hospitalized
- Pharmacological management: Mood stabilizer, Antianxiety
- Psychotherapy
 - Increasing patient and family knowledge on gambling disorder, teaching emotion regulation skill (distress tolerance)
 - Cognitif Behaviour Therapy



References

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