STATISTICAL BULLETIN 2021

Gaming, Gambling and Internet

SICAD
Serviço de Intervenção nos Comportamentos Aditivos e nas Dependências

Title: STATISTICAL BULLETIN 2021 – Gaming, Gambling and Internet

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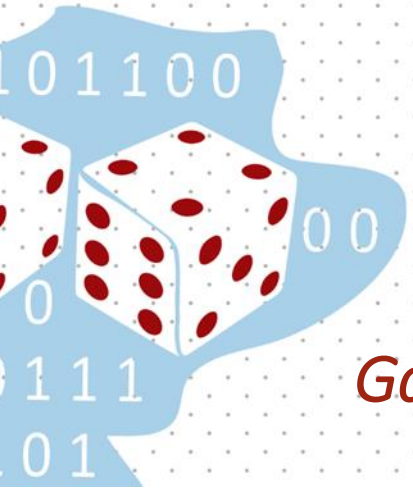
Edition: March, 2023



STATISTICAL BULLETIN 2021

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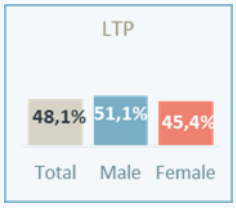
GAMING AND GAMBLING

GENERAL POPULATION

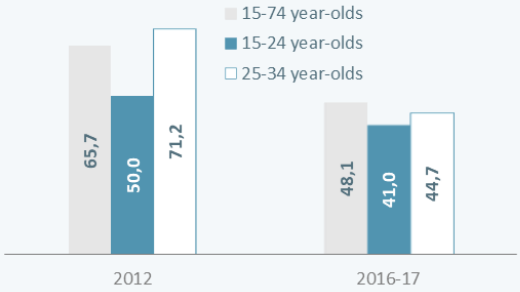
Nacional Survey on Psychoactive Substances Use in the General Population (15-74-year-olds) [1] [2]

Prevalence of gambling (do you use to gamble…) (%)

2016 – 17



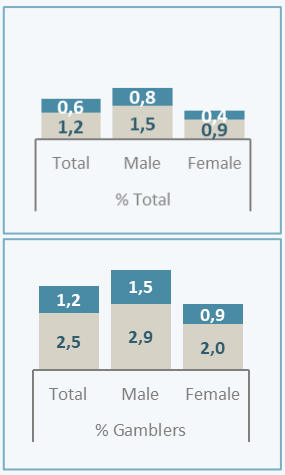
A. G.	LTP
15-24	41,0%
16-34	44,7%
35-44	52,3%
45-54	56,2%
55-64	48,2%
65-74	42,6%

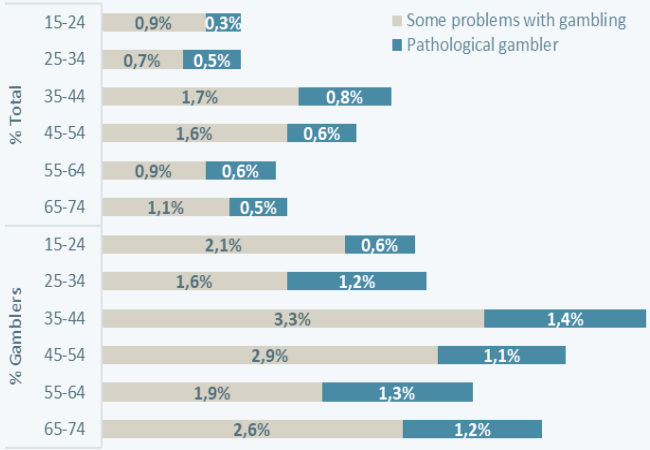


2012 / 2016 – 17

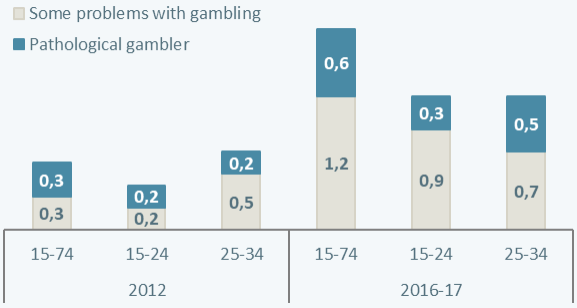
Pathological gambling (SOGS)[1] (%)

2016 – 17



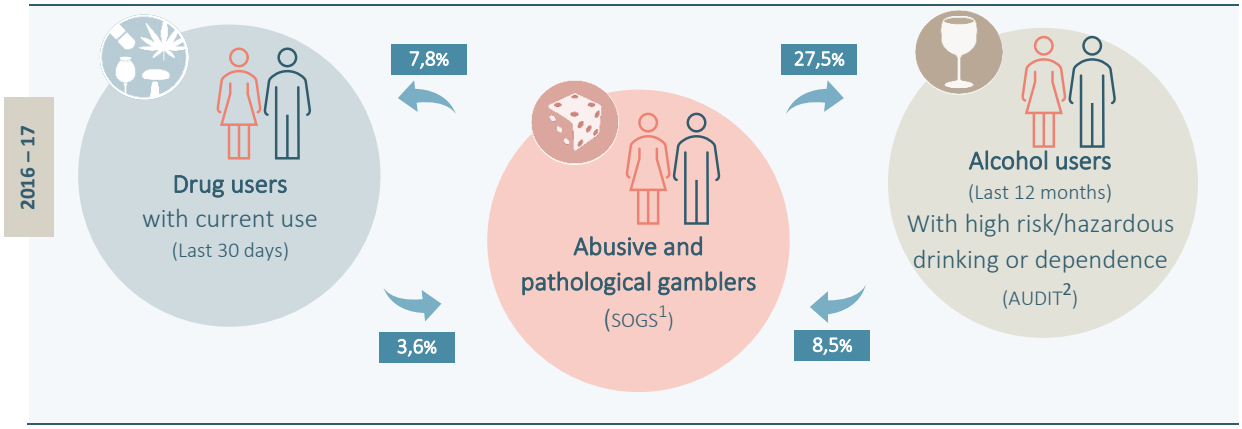


Some problems with gambling ■ Pathological gambler



2012 / 2016 – 17

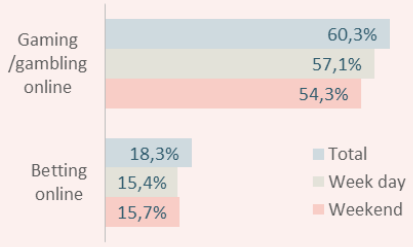
[1] SOGS- *South Oaks Gambling Screen*.



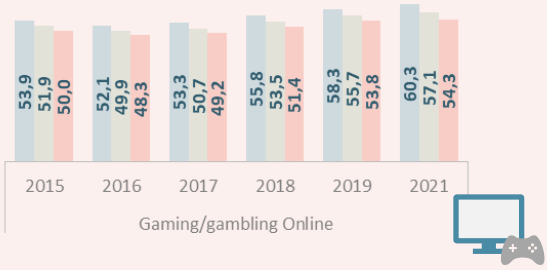
Survey on the Young Participants of the National Defense Day (18-year-olds) [3]

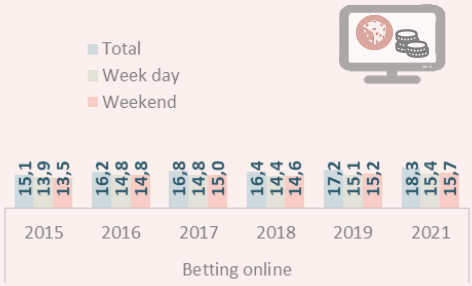
Internet use in gaming / gambling and betting (%)

2021



Gender	Online gaming / gambling	Online betting
M	83,7%	31,0%
F	35,9%	5,2%

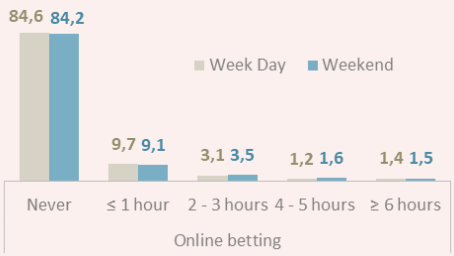


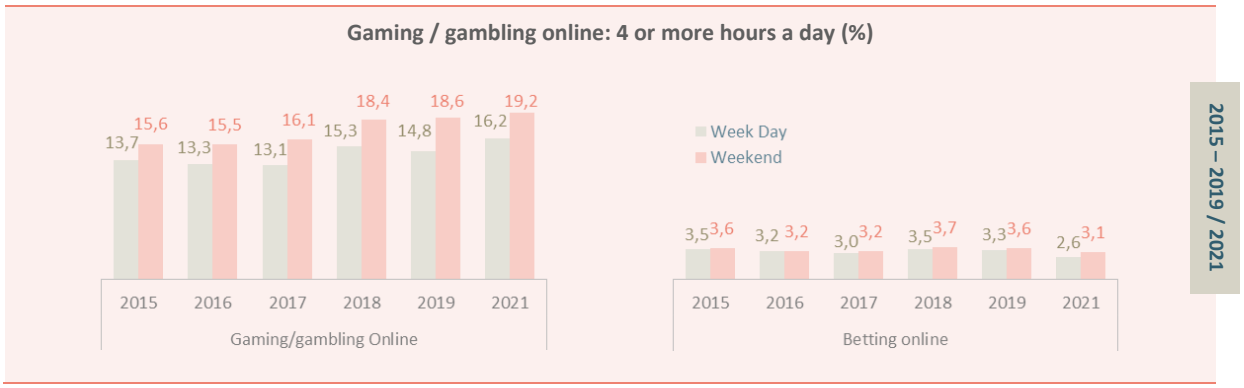


2015 – 2019 / 2021

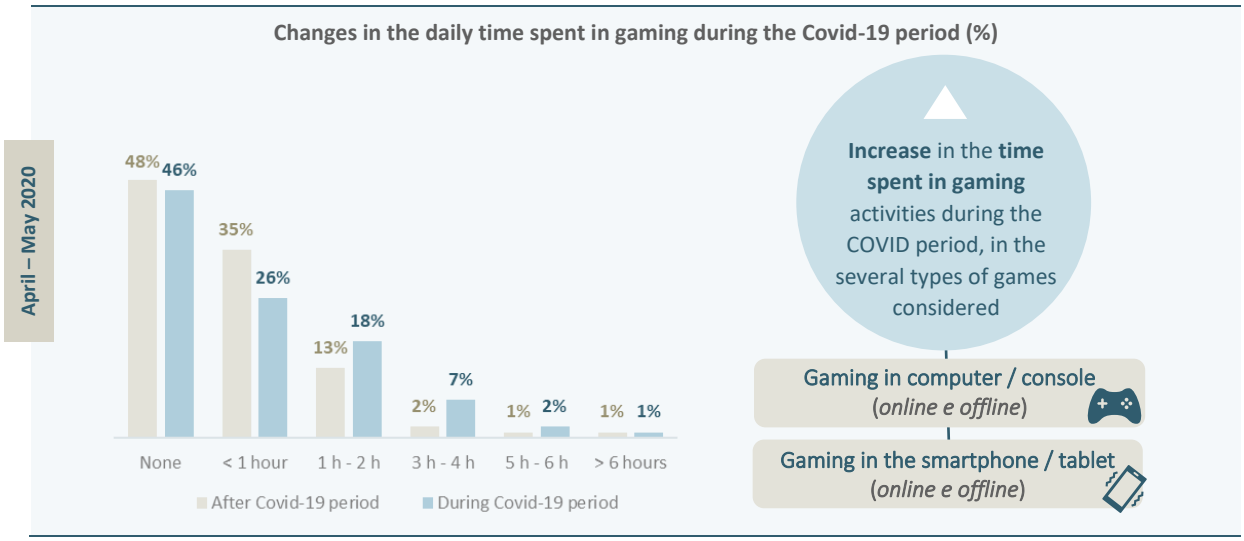
Internet use in gaming / gambling: n.er of hours a day (%)

2021



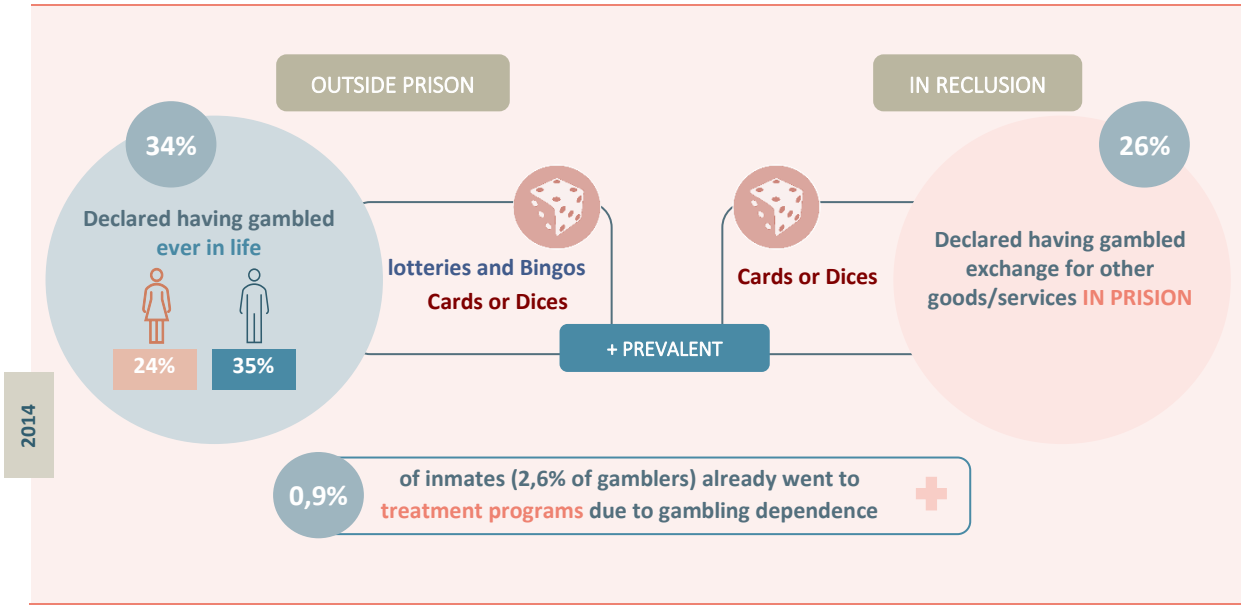


Addictive Behaviours in Times of Covid-19 Portugal (≥ 18-year-olds) [4]



PRISON SETTING

National Survey on Addictive Behaviours in Prison Settings (≥16-year-olds) [5]

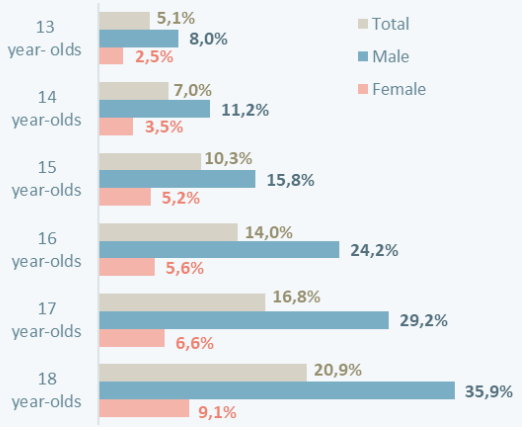


SCHOOL SETTING

Study on Alcohol, Tobacco and Drugs use and Other Addictive Behaviours and Dependencies (13-18 year-olds) ● Continental Portugal [6]

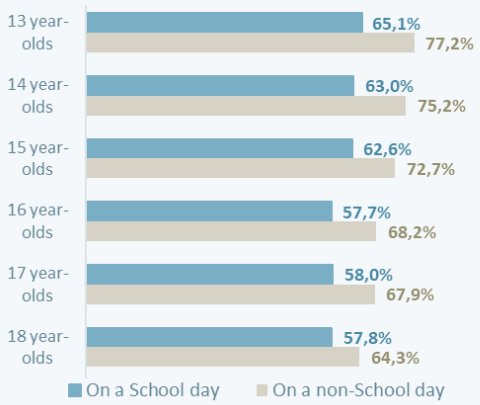
2019

Gambling prevalence in the last 12 months (%)

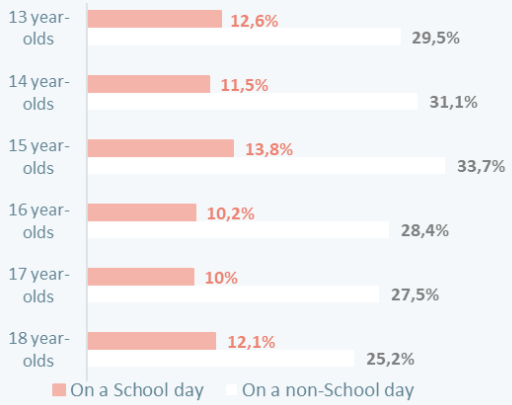


2019

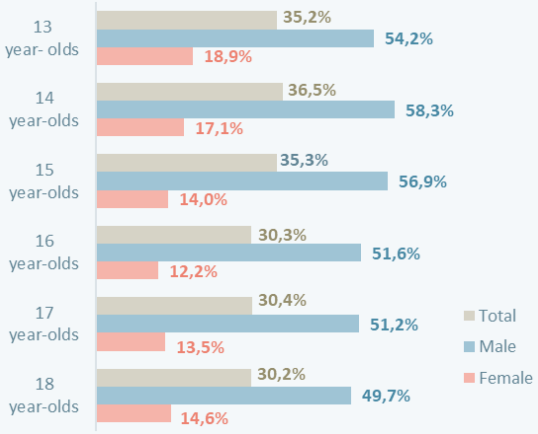
Gaming* prevalence in the last 30 days,
On school days and non-school days (%)



Gaming* prevalence in the last 30 days,
4 or more hours a day
On school days and non-school days (%)



4 or more days of gaming* in the last 7 days (%)



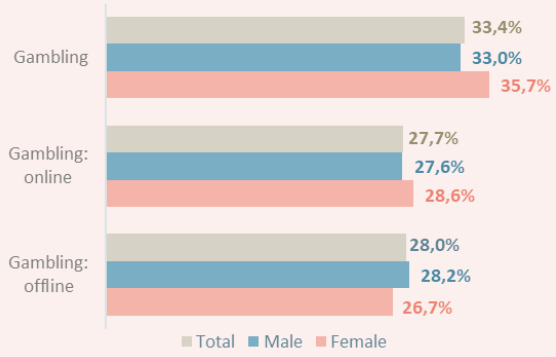
* *Online* and *offline*.

CUSTODIAL FACILITIES FOR YOUNG OFFENDERS SETTING

Survey on Addictive Behaviours in Young Offenders in Custodial Facilities (14–20-year-olds) [7]

Gambling prevalence in the last 12 months (%)

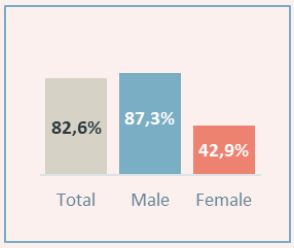
2015



Age Group	Gambling (GB)	GB: *Online*	GB: *Offline*
14-15	40,0%	25,0%	37,5%
16-17	32,3%	28,6%	25,8%
18-20	32,6%	26,5%	28,0%

Gaming* prevalence in the last 12 months (%)

2015



Age Group	Gaming in the last 12 months
14-15	93,8%
16-17	81,5%
18-20	80,4%

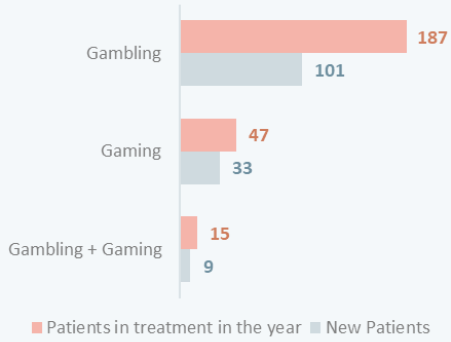
* *Online* and *offline*.

TREATMENT[2]

Patients in treatment in the year and New patients – gambling/gaming related problems (n)

outpatient – public network

2021



Gender/ A.G.	Patients in treatment in the year		New Patients in 2021	
	Gambling*	Gaming*	Gambling*	Gaming*
M	84,0%	95,7%	83,2%	93,9%
F	16,0%	4,3%	16,8%	6,1%
≤ 24	13,9%	61,7%	15,8%	66,7%
25 - 34	33,7%	19,1%	32,7%	18,2%
35 - 44	23,5%	10,6%	27,7%	6,1%
45 - 54	16,6%	2,1%	12,9%	3,0%
≥ 55	12,3%	6,4%	10,9%	6,1%

* The % don't include the patients with both gambling and gaming activities.

[2] Patients in outpatient treatment in the Public Network, for gambling/gaming related problems.

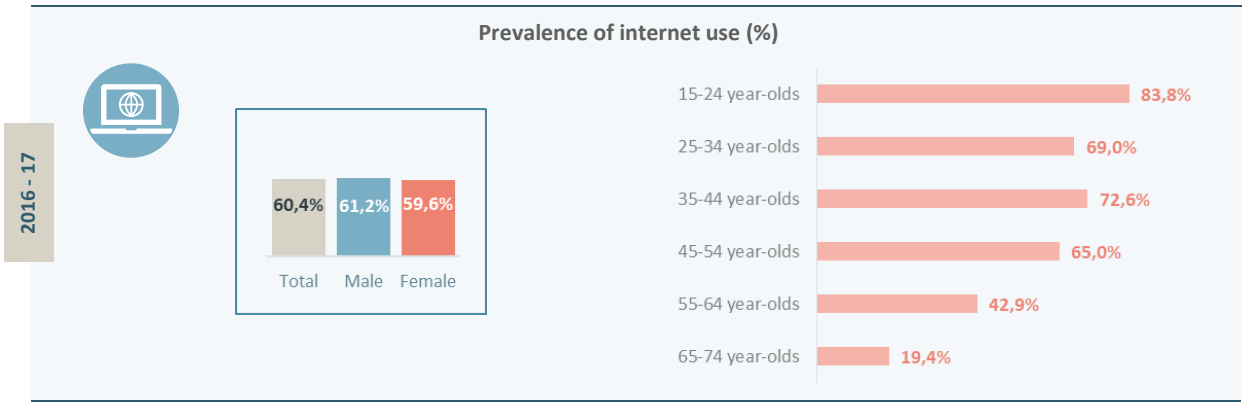
90
21
6
133
24
6
138
21
11
187
47
15
68
16
6
84
16
5
56
7
6
101
33
9
2018
2019
2020
2021
2018
2019
2020
2021
Patients in treatment in the year
New Patients
Gambling
Gaming
Gambling + Gaming

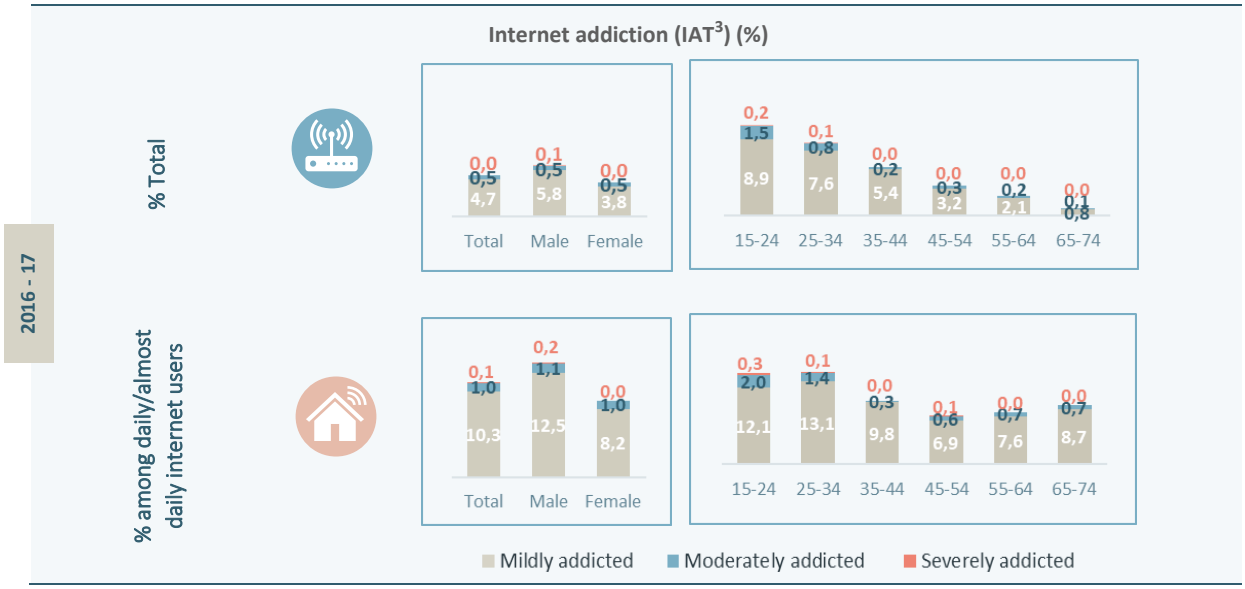
2018 – 2021

INTERNET

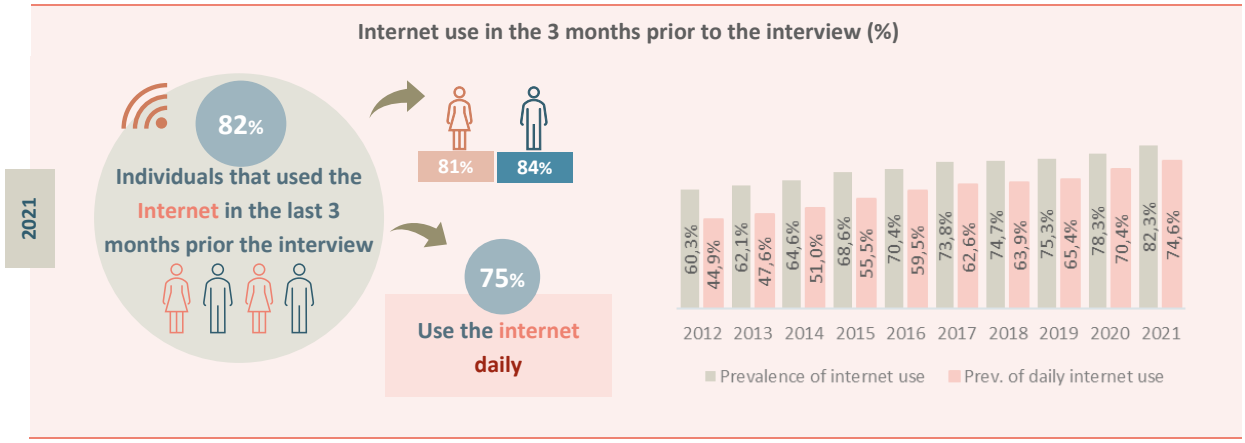
GENERAL POPULATION

Nacional Survey on Psychoactive Substances Use in the General Population (15–74-year-olds) [1] [2]





Survey on Information and Communication Technologies Usage in Households and by Individuals (16–74-year-olds) [8]



[3] IAT- *Internet Addiction Test.*

Internet users used it mainly to:

2021

- 91% Using instant messaging (e.g.: WhatsApp or Messenger)
- 88% Sending /receiving e-mails
- 87% Finding information about goods or services
- 81% Reading online news sites / newspapers / news magazines
- 80% Making calls (including video calls) over the internet
- 80% Participating in Social networks
- 69% Listen to music
- 65% Seeking health-related information
- 64% Using banking services – Internet Banking

Survey on the Young Participants of the National Defense Day (18-year-olds) [3]

2021

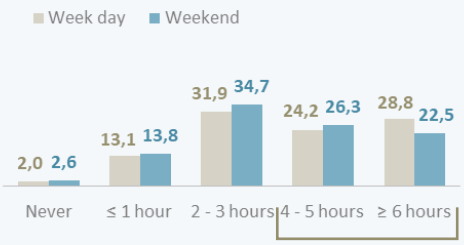
Internet use (%)

34% of youngsters declared they had started using the internet before the age of 10

99% of youngsters use Internet for Social Networks

2021

Social networks use: n.er of hours a day (%)



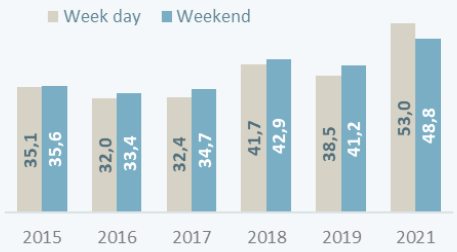
4 or + hours

Social Networks

4 or more hours a day (%)

	Weekend	
42,4%		55,7%
47,3%	Week day	59,0%

Social networks use: 4 or more hours a day (%)



2015 – 2019 / 2021

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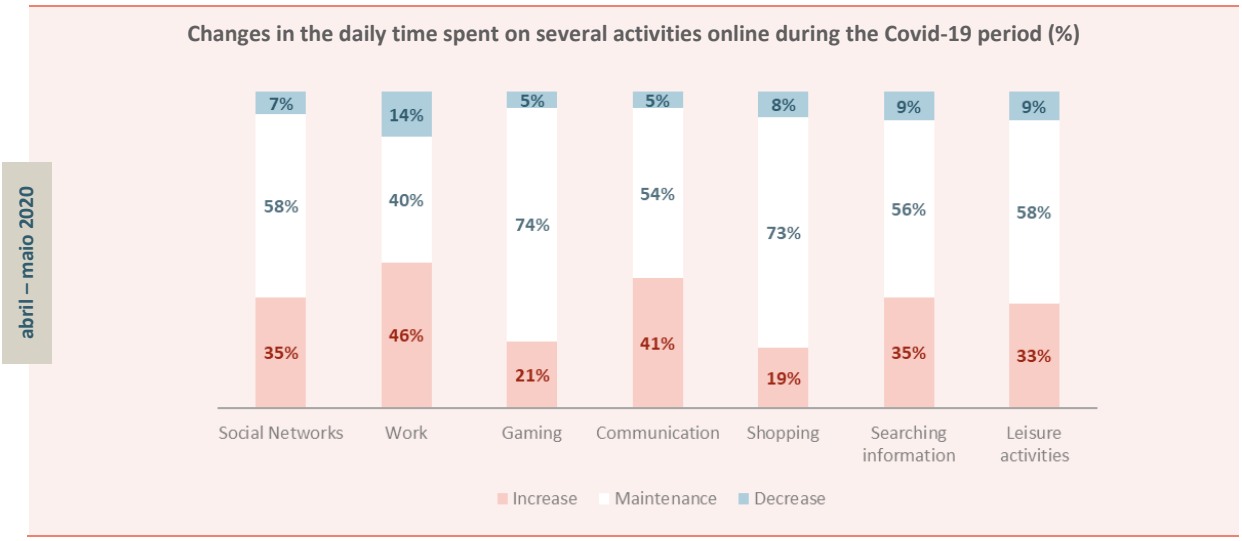

SCHOOL SETTING

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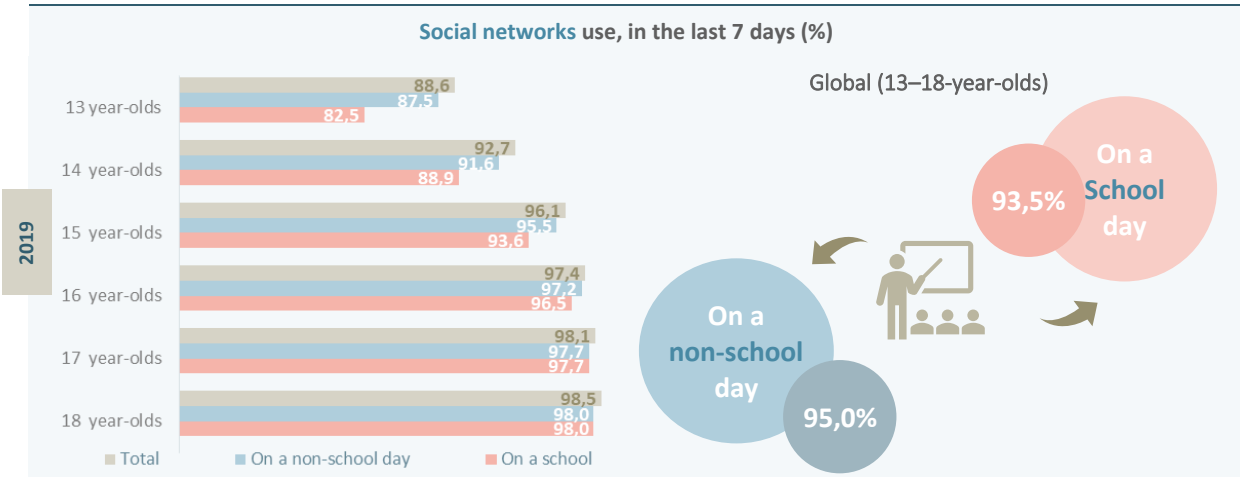
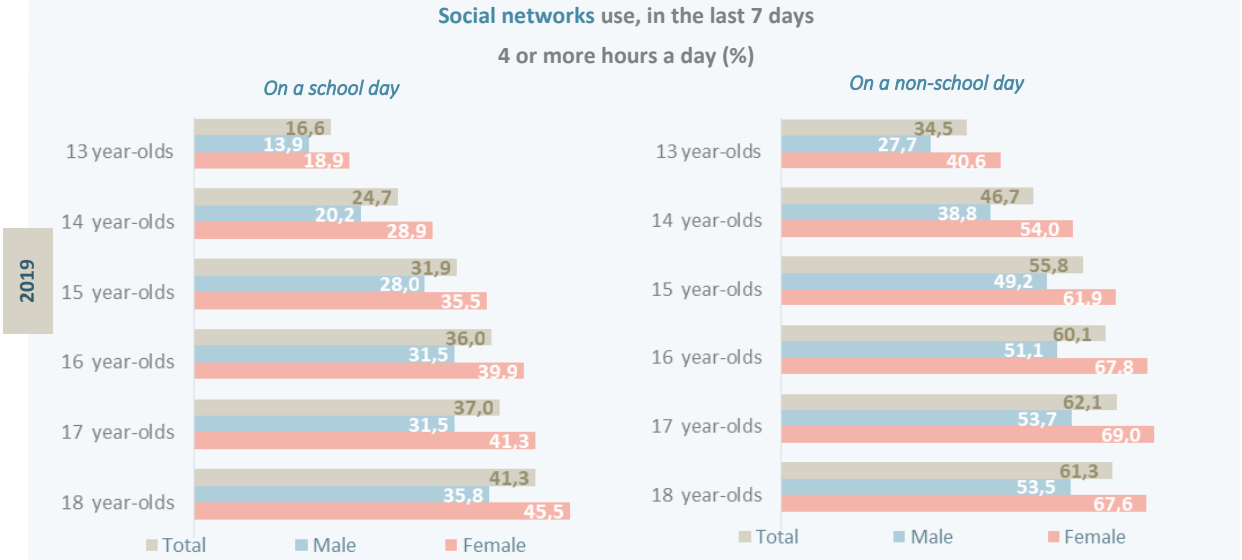
• Continental Portugal [6]

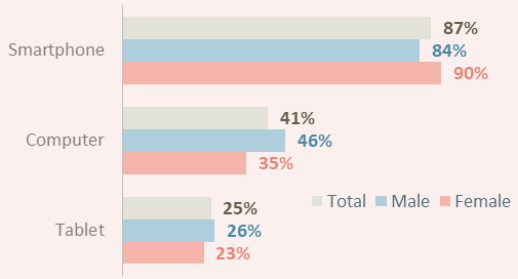




EU kids online (9–17-year-olds) [9]

2018

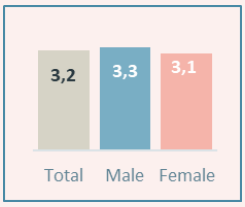
Frequent use of devices for internet access

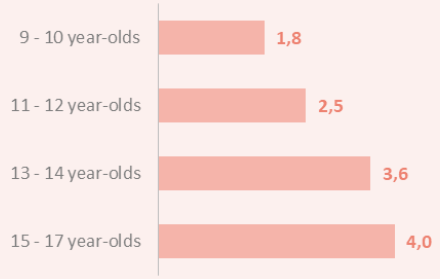


A.G.	Smartphone	Computer	Tablet
9 - 10	57%	22%	36%
11 - 12	83%	34%	28%
13 - 14	94%	46%	25%
15 - 17	95%	49%	17%

2018

Estimated average time spent on internet (number of hours)





2018

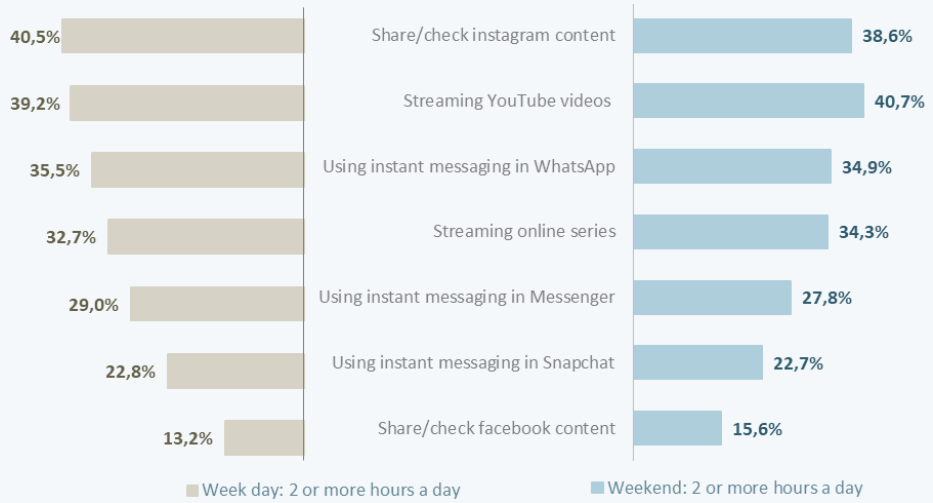
Main online activities

- 80% Listen to music
- 78% Watch videos
- 75% Communicating with family and friends
- 73% Participating in Social Networks
- 73% Gaming

Health Behaviour in School – Aged Children ● Portugal (8th e 10th grades students) [10]

2018

Time spent on the internet: 2h or more per day



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REPÚBLICA PORTUGUESA
SAÚDE

SNS SERVIÇO NACIONAL DE SAÚDE

SICAD Serviço de Intervenção nos Comportamentos Aditivos e nas Dependências

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