

防範青少年沉迷賭博 問卷調查2020 研究報告



The Research on the Participation of Teenagers in Gambling 2020 Research Report

主辦單位



贊助單位



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1. 問卷調查背景

這次問卷調查是透過鮑思高青年服務網絡「自由Teen地」和「澳門社會工作局」資助舉辦的「預防青少年沉迷賭博專題服務計劃2020」內進行。參與這個計劃的團體會安排學生或會員參加預防沉迷賭博主題的訓練營。內容除了讓青年人認識沉迷賭博的原因和禍害，還會介紹朋輩間拒絕賭博的技巧，務求讓參加者的“對抗沉迷賭博”能力有所提升。營會中會利用問卷讓參與者作出自我評估，以了解他們對賭博的認知，並讓他們思考賭博是否對自己和家人構成影響。

2. 調查方法和日期

這次調查在2020年1月至12月期間進行，合共舉行37次營會，成功回收問卷983份，回收率為99.9%。

整份問卷分為三個主要部份：第一部分是訪問同學及其家長的賭博情況，第二部分主要問到同學的家庭經濟狀況和跟家人相處的感受。最後一部分是有關同學是否出現賭博問題的分析，此部分共有九個題目，題目源自DSM-V和DSM-IV-MR-J。每個題目中若干選項會以△標示，參加者的評分會按所答題目的△數目多寡分為三個不同層次。

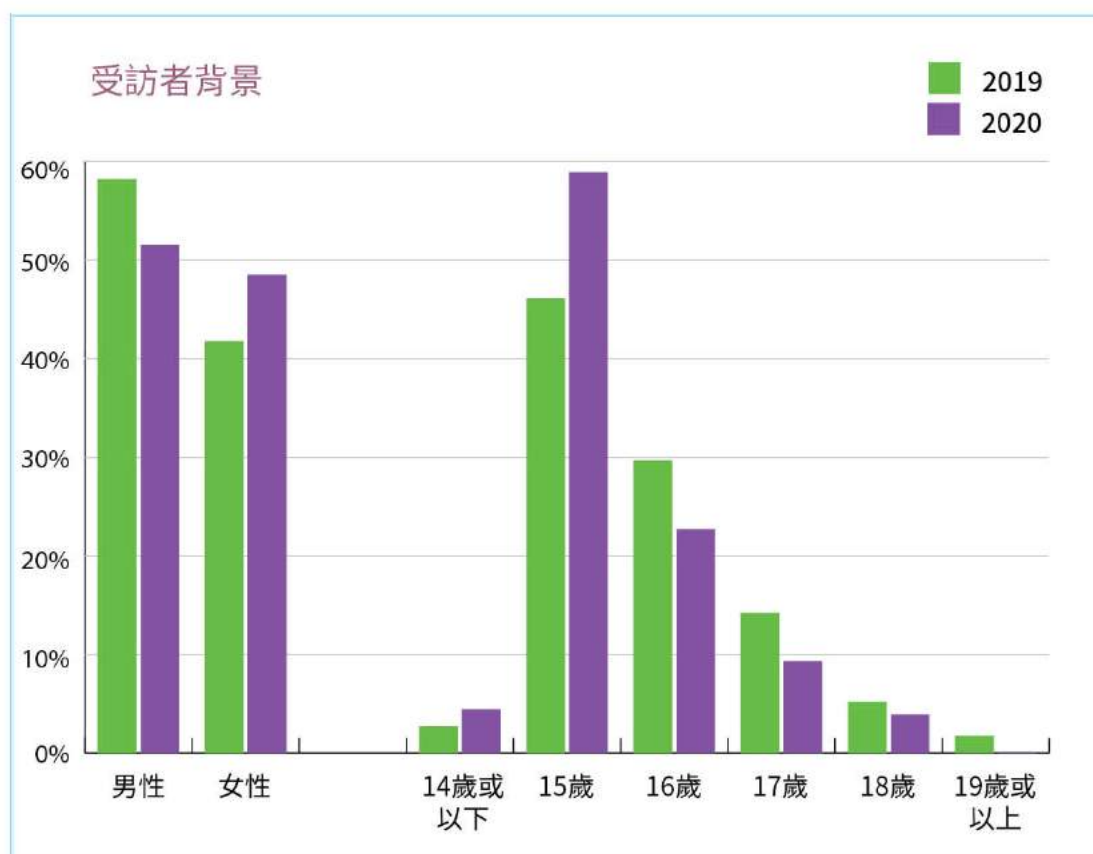
參加者會以不記名方式填寫問卷，並接受賭博問題評估(DSM-V)。參加者會記下自己在評估中的分數，然後機構公佈評分準則和所得分數的界定，讓參加者能了解自己的狀況。

3. 回應者性別及年齡

在這次收回的983份問卷中，共有492名男性和464名女性¹，分別佔回應者51.5%和48.5%。營會的參與者主要來自不同學校，年齡介乎12至20歲之間，當中最多為15歲(佔58.9%)、其次是16-17歲(佔32.0%)，18-20歲有4.7%，跟去年比例相約(參考下圖)。

¹ 27位受訪者沒標示性別。

	2019		2020	
	人數	百分比	人數	百分比
男性	582	58.2%	492	51.5%
女性	418	41.8%	464	48.5%
<hr/>				
14 歲或以下	27	2.7%	43	4.4%
15 歲	465	46.1%	579	58.9%
16 歲	298	29.7%	223	22.7%
17 歲	143	14.2%	91	9.3%
18 歲	52	5.2%	38	3.9%
19 歲或以上	17	1.7%	8	0.8%
	1002	100.0%	982 ²	100.0%



² 1位受訪者沒有回答本題。

4. 青少年賭博失調問卷調查資料分析

這部分我們會以 DSM V 和 IV 的問卷，來分析青少年的賭博問題。問卷內共有九條題目，詳情如下：

在過去一年裡，你是否...

- 1 腦海裡經常充滿關於賭博的事情(例如：持續重溫過往的賭博經驗、預測賭博結果或計劃下一次賭博、構思尋找賭本的方法)。
沒有 1-2次 有時 經常
- 2 需增加金錢來下注，才可以達到所渴望的刺激。
是 不是
- 3 曾多次控制、減少或停止賭博但都未能成功。
是 不是
- 4 當嘗試減少或停止賭博時會感到坐立不安或煩躁。
沒有 1-2次 有時 經常 沒有嘗試減少
- 5 經常於不愉快時(如無助、內疚、焦慮、抑鬱)，便會賭博。
沒有 1-2次 有時 經常
- 6 當賭輸錢後，常於另一日折返再賭，期望追回輸掉的錢。
沒有 少於一半時間 多於一半時間 每次
- 7 你有沒有因為賭而對你家人、朋友等說謊
沒有 1-2次 有時 經常
- 8 你有沒有因為賭博而在未得家人/別人同意下用去這些金錢：
膳食費及活動費/家中的錢/家中以外的錢
沒有 1-2次 有時 經常
- 9 賭博已對你重要的關係和學習造成影響。
沒有 1-2次 有時 經常

答案中每一個△是一分，可分為三個不同程度的影響：

- 0分：表示賭博行為暫時未對學業、家庭和人際關係造成影響。
- 1-3分：表示賭博行為可能嚴重影響學業、家庭和人際關係。
- 4分或以上：表示參加者可能有賭博失調行為。

4.1 描述性統計

4.1.1 賭博的自控和依賴

在過往一年，你腦海裡是否經常充滿關於賭博的事情？

在過往一年，腦海裡是否經常充滿關於賭博的事情，例如是持續回想過往的賭博經驗、預測賭博結果或計劃下一次賭博、構思尋找賭本的方法等。從下表可見，有16.3%受訪者有“一至兩次”這樣的經驗，有5.7%的受訪者“有時”會這樣，而“經常”思考賭博的事情的受訪者有0.6%。顯示有大約兩成的受訪者曾試過(“一至兩次”、“有時”及“經常”)腦海裡充滿關於賭博的事情，情況略多於去年。

由2015年開始本調查由DSM-IV改用DSM-V的版本作為問卷問題設定，此題目除了2015年外，“一至兩次”的選項於2016-2019年也計算分數。比較過去DSM-IV與2016-19年DSM-V的數據，本年調整了計分方式，剔除了“一至兩次”，只計算“有時”及“經常”，使更吻合數據的趨勢狀況。

	2019		2020	
	人數	百分比	人數	百分比
沒有	835	83.3%	759	77.4%
一至兩次	111	11.1%	160	16.3%
△有時	44	4.4%	56	5.7%
△經常	12	1.2%	6	0.6%
	1002 ³	100.0%	981 ⁴	100.0%

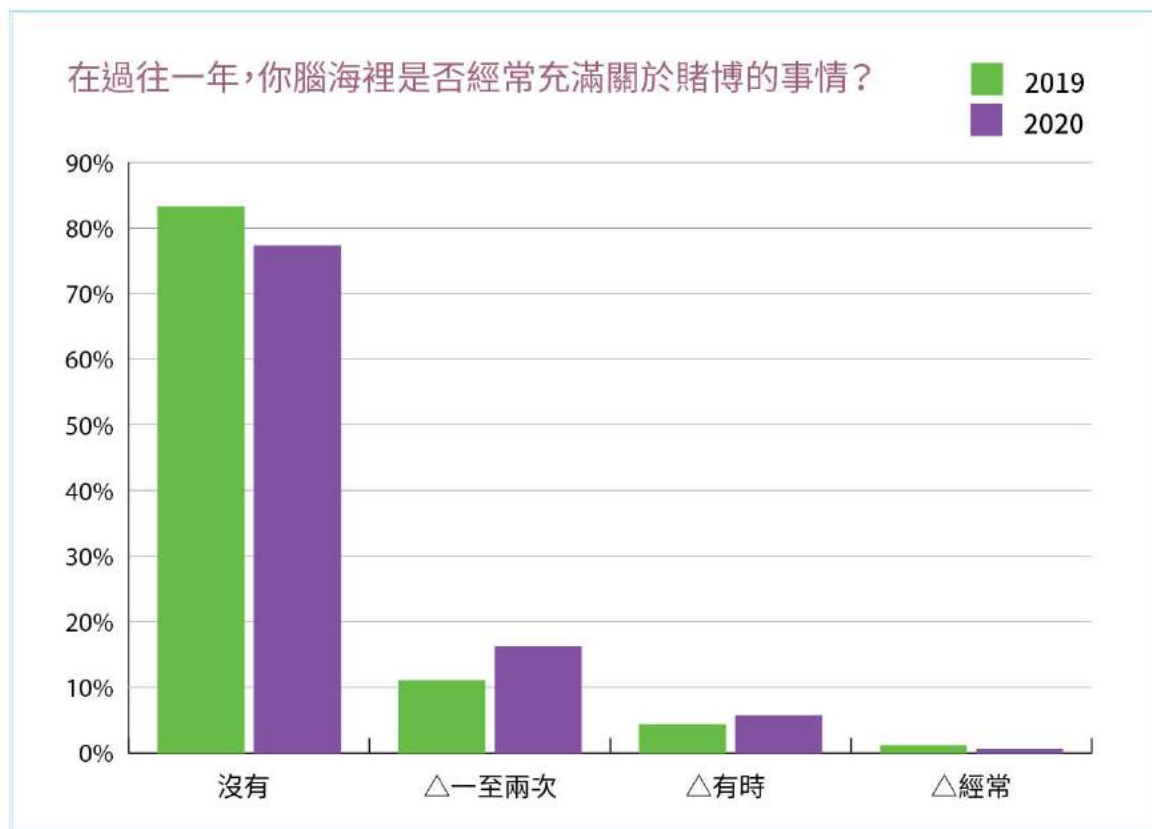
³ 6位受訪者沒有回答本題。

⁴ 2位受訪者沒有回答本題。

防範青少年沉迷賭博問卷調查2020

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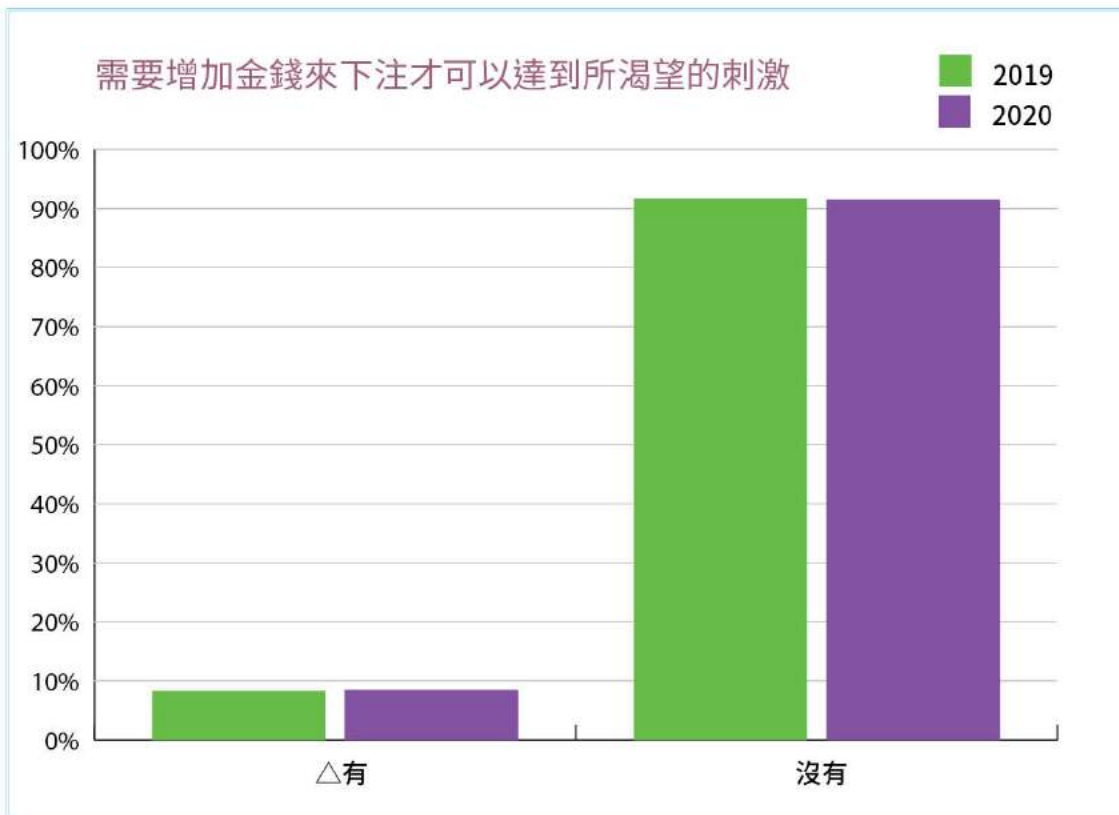
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在過往一年，你需要增加金錢來下注才可以達到所渴望的刺激？

從下表可見，有8.5%的受訪者表示，在過往一年曾經有試過想為刺激，而需要加大賭注。這題目也顯示大約有一成受訪者在賭博自控上出現問題。今年的數字跟去年相約。

	2019		2020	
	人數	百分比	人數	百分比
△是	83	8.3%	83	8.5%
不是	918	91.7%	899	91.5%
	1001 ⁵	100.0%	982 ⁶	100.0%



⁵ 7位受訪者沒有回答本題。

⁶ 1位受訪者沒有回答本題。

防範青少年沉迷賭博問卷調查2020

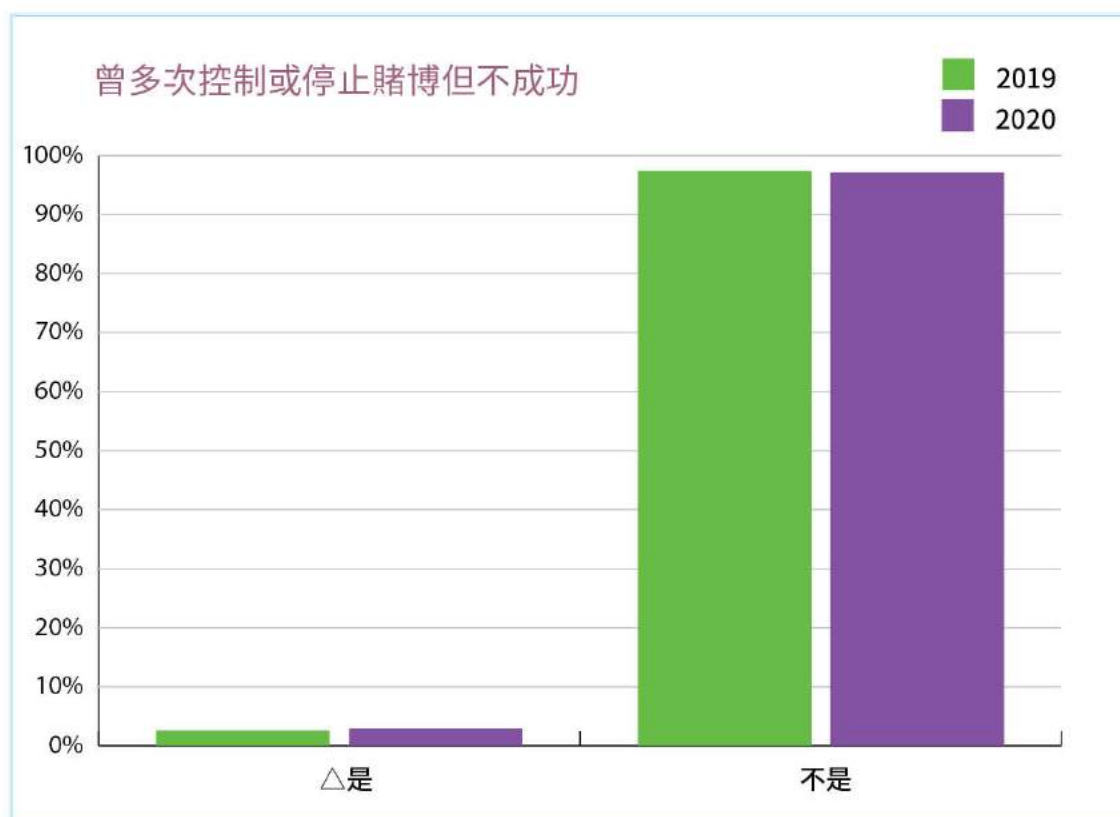
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在過往一年，曾多次控制、減少或停止賭博但都未能成功？

從下表可見，有大約2.9%受訪者曾多次控制、減少或停止賭博但都未能成功。情況跟去年相約。

	2019		2020	
	人數	百分比	人數	百分比
△是	26	2.6%	28	2.9%
不是	975	97.4%	953	97.1%
	1001 ⁷	100.0%	981 ⁸	100.0%



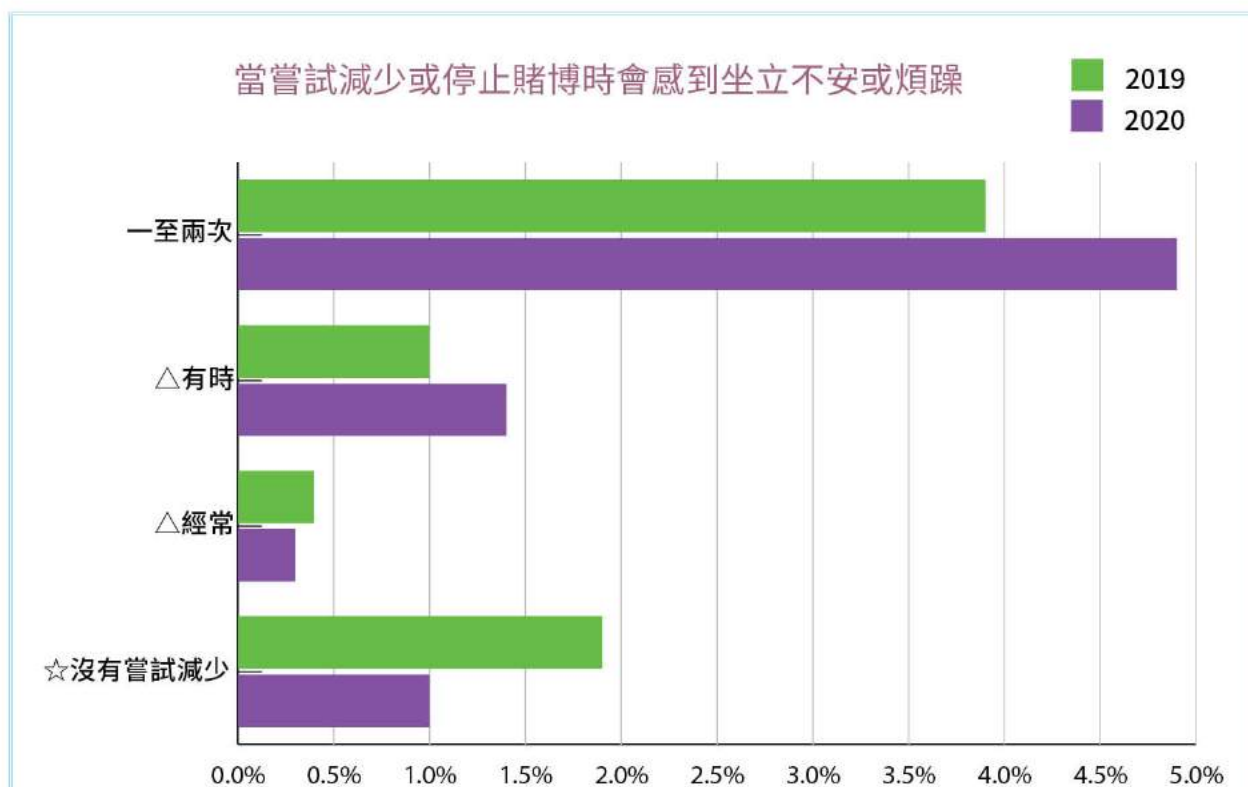
⁷ 7位受訪者沒有回答本題。

⁸ 2位受訪者沒有回答本題。

當嘗試減少或停止賭博時會感到坐立不安或煩躁。

有92.4%受訪者表示，從沒有因為嘗試停止或減少賭博而感到煩躁不安或厭倦，而曾因為嘗試停止或減少賭博而感到不舒服或厭煩有6.6%(4.9%“一至兩次”、1.4%“有時”，0.3%“經常”)。數字跟2019年相約。

	2019		2020	
	人數	百分比	人數	百分比
沒有	930	92.8%	905	92.4%
一至兩次	39	3.9%	48	4.9%
△有時	10	1.0%	14	1.4%
△經常	4	0.4%	3	0.3%
☆沒有嘗試減少	19	1.9%	10	1.0%
	1002 ⁹	100%	980 ¹⁰	100%



⁹ 6位受訪者沒有回答本題。

¹⁰ 3位受訪者沒有回答本題。

防範青少年沉迷賭博問卷調查2020

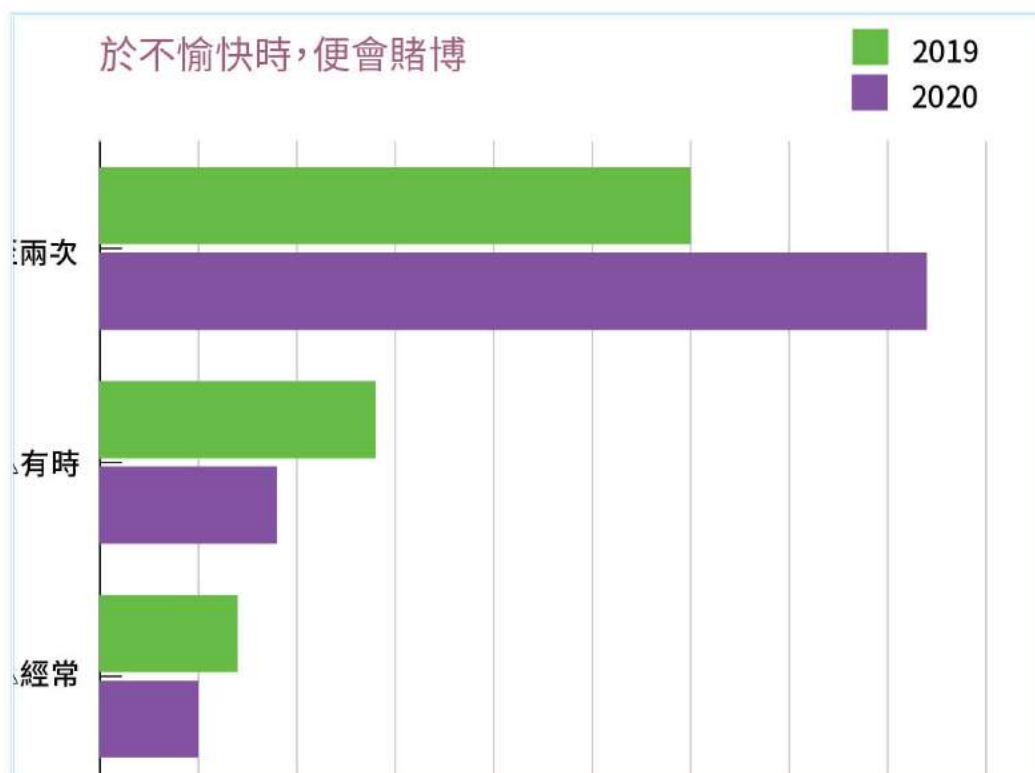
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經常於不愉快時(如無助、內疚、焦慮、抑鬱)，便會賭博。

大多數的受訪者(94.4%)表示沒有在不愉快時去賭博，有大約1.4%的受訪者會“有時”或“經常”這樣做。如跟去年比較，今年情況有所下降。

	2019		2020	
	人數	百分比	人數	百分比
沒有	949	94.9%	927	94.4%
一至兩次	30	3.0%	41	4.2%
△有時	14	1.4%	9	0.9%
△經常	7	0.7%	5	0.5%
	1000 ¹¹	100.0%	982 ¹²	100.0%



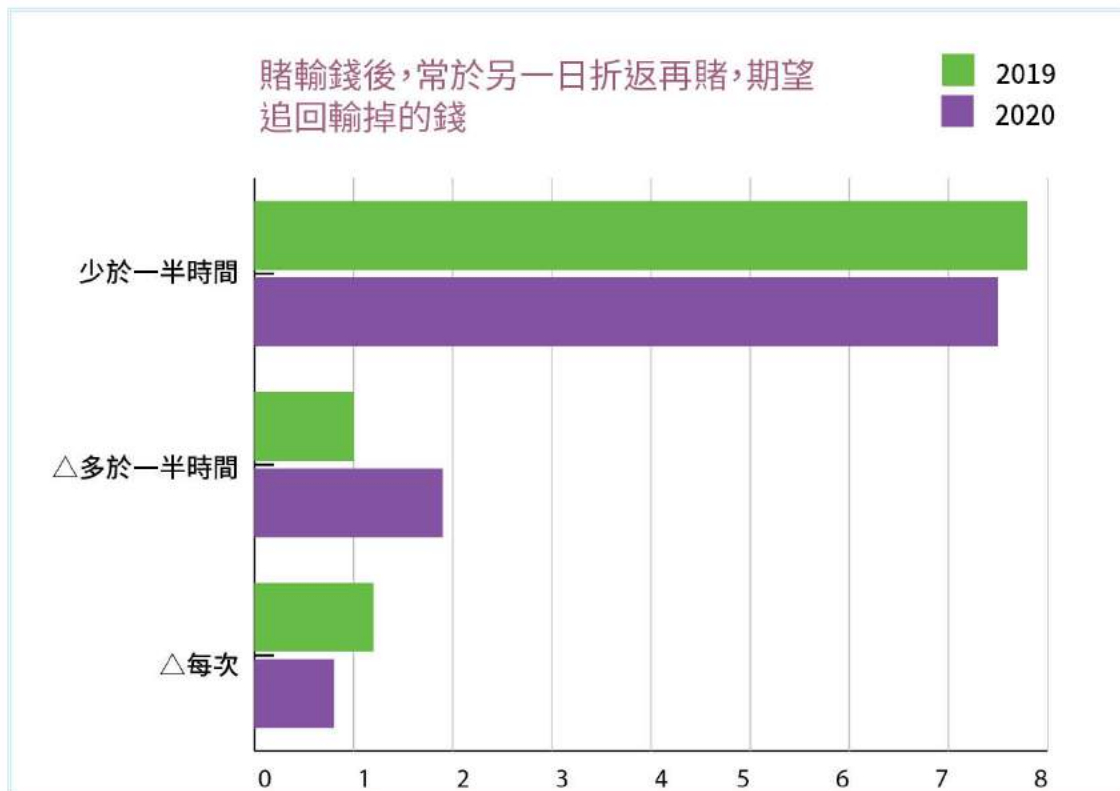
¹⁰ 8位受訪者沒有回答本題。

¹¹ 1位受訪者沒有回答本題。

當賭輸錢後，常於另一日折返再賭，期望追回輸掉的錢。

在輸了錢後，約九成受訪者不會在另一天再參與賭博，以求贏回所失金錢，約有7.5%受訪者表示“少於一半時間”會再去賭。“多於一半時間”或“每次”都會在第二天去賭以求贏回金錢的受訪者則分別有1.9%和0.8%。情況跟2019年相約。

	2019		2020	
	人數	百分比	人數	百分比
沒有	902	90%	880	89.7%
少於一半時間	78	7.8%	74	7.5%
△多於一半時間	10	1.0%	19	1.9%
△每次	12	1.2%	8	0.8%
	1002 ¹³	100.0%	981 ¹⁴	100.0%



¹³ 6位受訪者沒有回答本題。

¹⁴ 2位受訪者沒有回答本題。

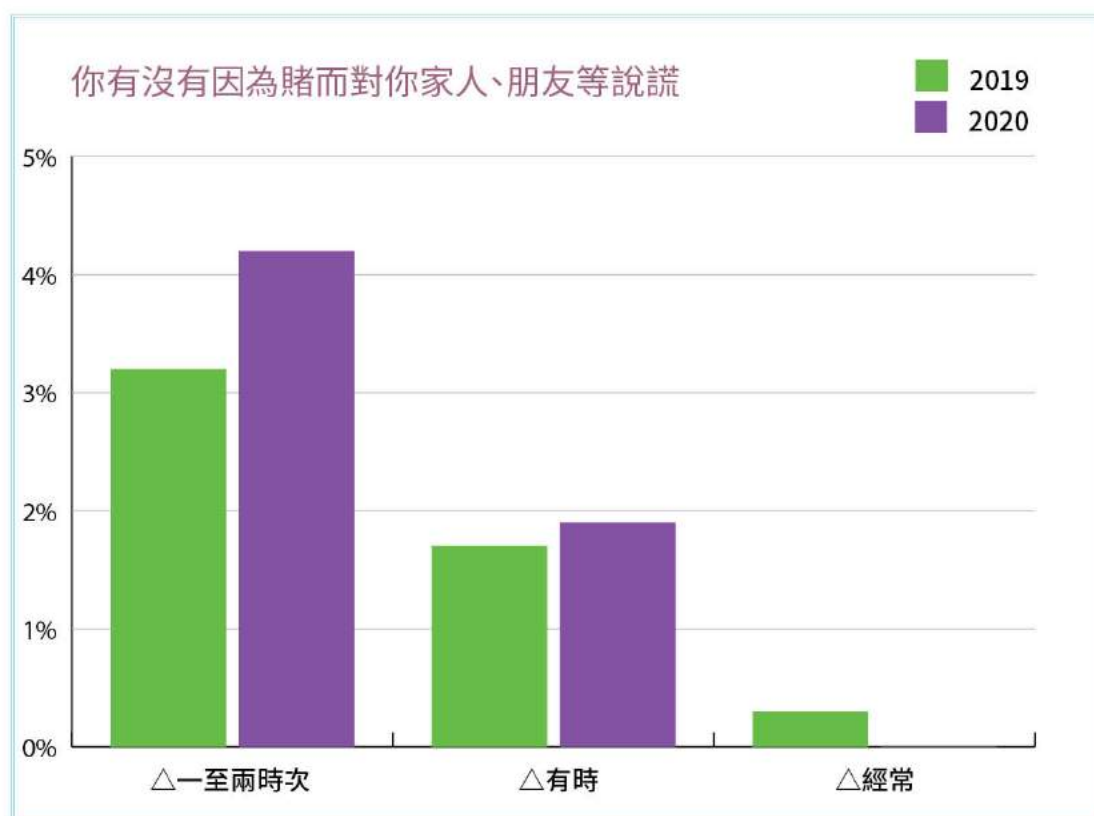
4.1.2 賭博對自己或家庭的影響

你有沒有因為賭而對你家人、朋友等說謊。

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大部份參加者都表示沒有因為賭博而對家人、朋友等說謊(93.9%)，今年有4.2%受訪者表示有“一至兩次”試過這種情況，略高於去年。表示“有時”和“經常”因為賭博而向自己的家人說謊分別為1.9%和0.0%，情況跟去年相約。

	2019		2020	
	人數	百分比	人數	百分比
沒有	949	94.8%	922	93.9%
△一至兩次	32	3.2%	41	4.2%
△有時	17	1.7%	19	1.9%
△經常	3	0.3%	0	0.0%
	1001 ¹⁵	100.0%	982 ¹⁶	100.0%



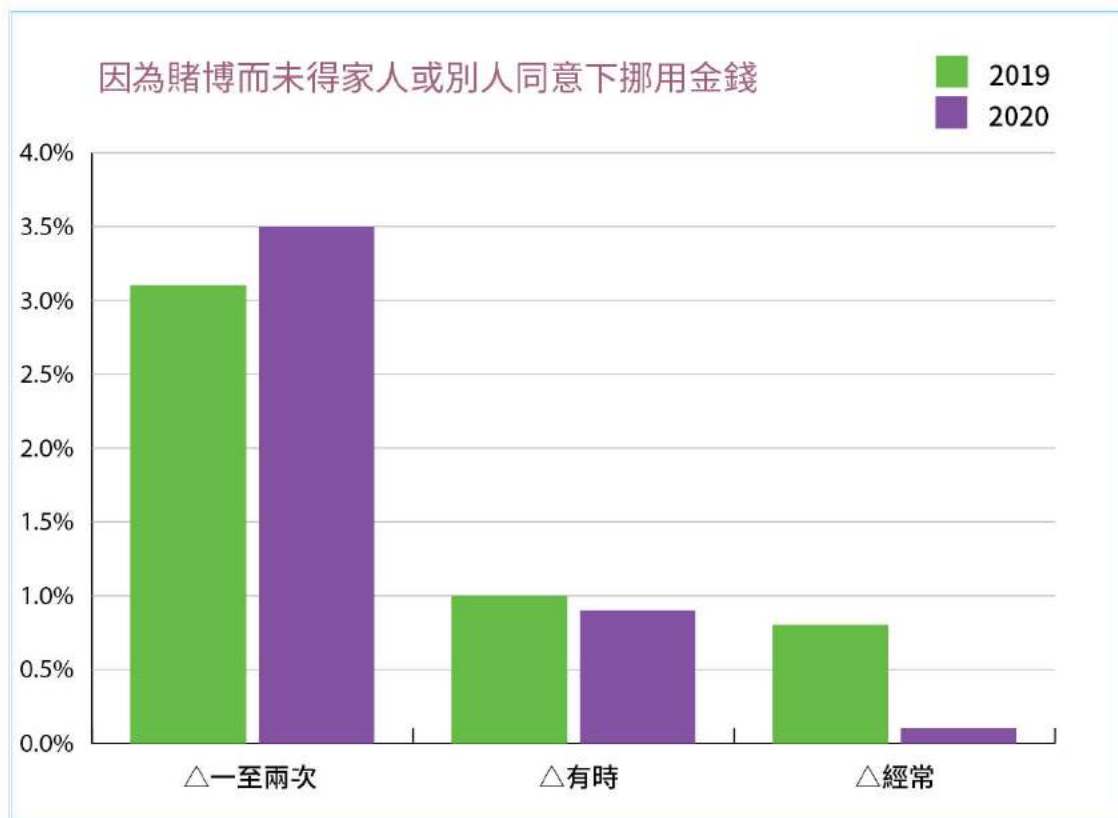
¹⁵ 7位受訪者沒有回答本題。

¹⁶ 1位受訪者沒有回答本題。

你有沒有因為賭博而未得家人或別人同意下用去這些金錢：膳食費及活動費/家中的錢/家中以外的錢。

絕大部份的受訪者都沒有未經批准使用生活費用如膳食費、家中的錢來賭博(95.5%)。3.5%的受訪者表示曾有“一至兩次”未經批准地把生活費用於賭博。“有時”會這樣做、“經常”會這樣做的受訪者分別佔0.9%和0.1%，整體情況跟去年相約。

	2019		2020	
	人數	百分比	人數	百分比
沒有	953	95.1%	938	95.5%
△一至兩次	31	3.1%	34	3.5%
△有時	10	1.0%	9	0.9%
△經常	8	0.8%	1	0.1%
	1002 ¹⁷	100.0%	982 ¹⁸	100.0%



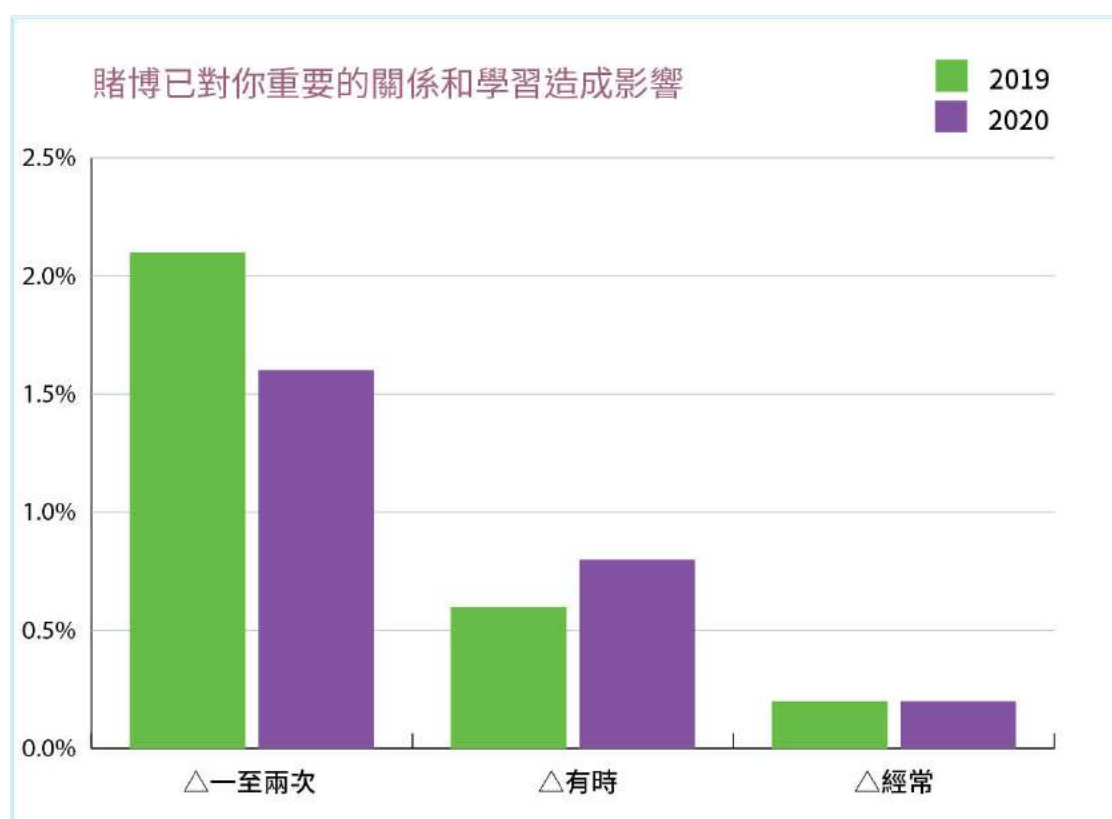
¹⁷ 6位受訪者沒有回答本題。

¹⁸ 1位受訪者沒有回答本題。

賭博已對你重要的關係和學習造成影響。

大部份受訪者都表示，沒有因為賭博而導致重要的關係和學習受到影響(97.4%)，因為賭博而有“一至兩次”和“有時”影響人際關係和學習的，分別佔1.6%和0.8%。數字跟去年相約。

	2019		2020	
	人數	百分比	人數	百分比
沒有	973	97.1%	956	97.4%
△一至兩次	21	2.1%	16	1.6%
△有時	6	0.6%	8	0.8%
△經常	2	0.2%	2	0.2%
	1002 ¹⁹	100.0%	982 ²⁰	100.0%



¹⁹ 6位受訪者沒有回答本題。

²⁰ 1位受訪者沒有回答本題。

4.2 問題賭博整體情況

下表綜合了上述9條DSM-V題目中，受訪者答案取得△的次數。△次數越多，顯示受訪者出現更多問題賭博的特徵，其中有6位受訪者已有六項或以上特徵(0.6%)。

2020	△次數	百份比
0	795	80.9%
1	106	10.8%
2	39	4.0%
3	20	2.1%
4	10	0.9%
5	7	0.7%
6	2	0.2%
7	3	0.3%
8	1	0.1%
總數	983	100%

答案中每一個△是1分，可分為三個不同程度的影響：

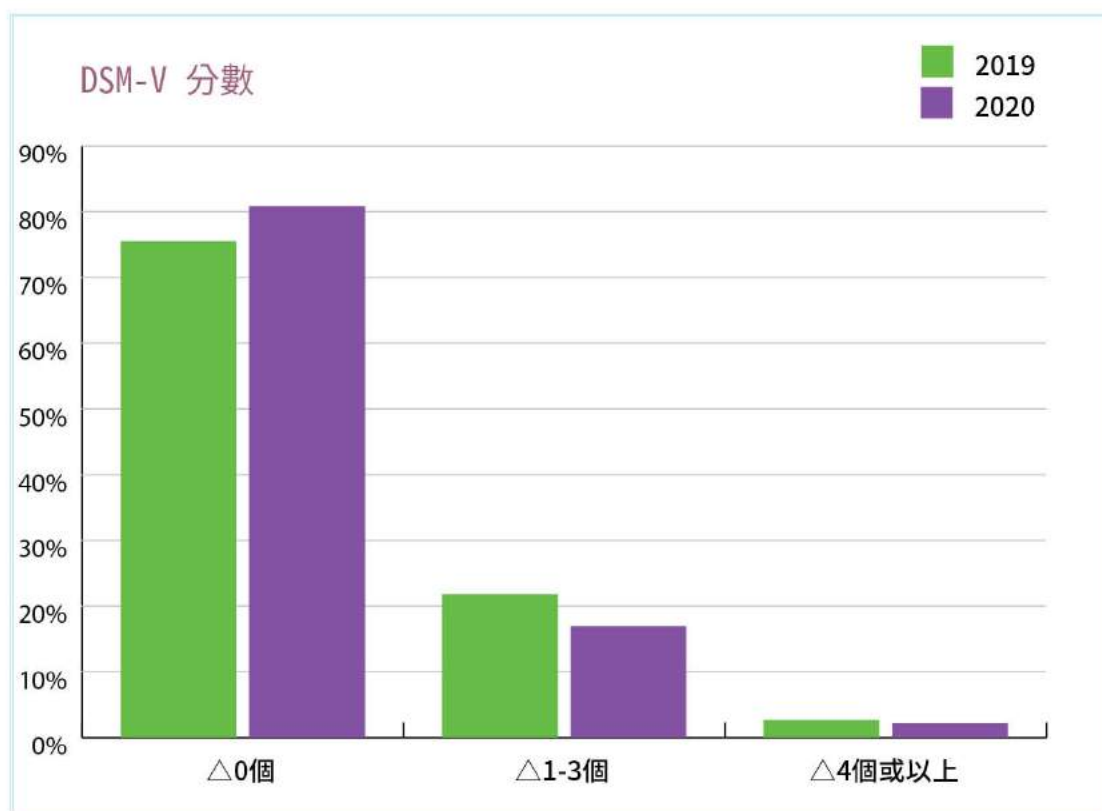
- 0分 ：表示賭博行為暫時未對學業、家庭和人際關係造成影響。
- 1-3分 ：表示賭博行為可能嚴重影響學業、家庭和人際關係。
- 4分或以上 ：表示參加者可能有賭博失調行為。

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下表列出最後得分為0分的參加者共795人(80.9%)，顯示大部份參加者暫時未受賭博影響其生活和行為。1-3分的參加者為165人，佔16.9%；而4分以上的參加者有23人，佔2.2%。這個結果顯示約兩成青少年有機會因賭博對學業、家庭和人際關係出現問題，而2.2%青少年更可能有賭博失調行為。整體分數較去年為佳。

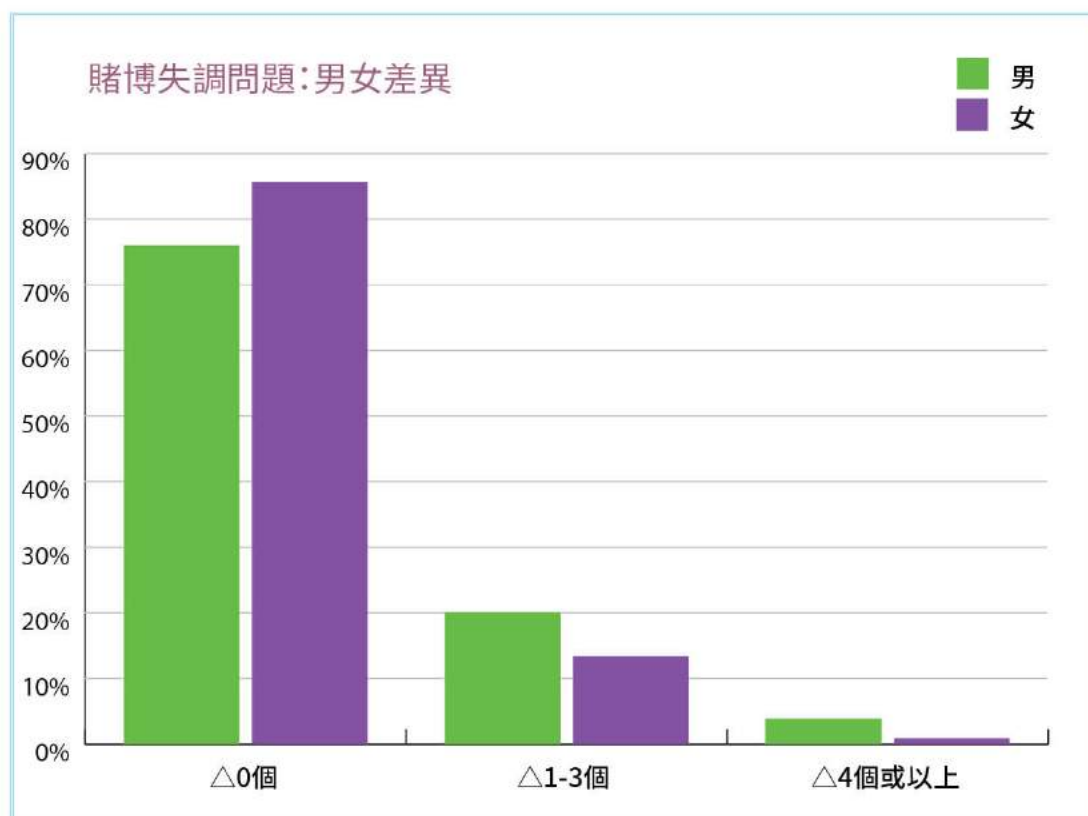
	2019		2020	
	人數	百分比	人數	百分比
△0個	761	75.5%	795	80.9%
△1-3個	220	21.8%	165	16.9%
△4個或以上	27	2.7%	23	2.2%



4.3 比較兩性受訪者的賭博問題

如果比較兩性在 DSM-V 問卷上的分數，可以明確看見賭博問題在男性方面比較嚴重²¹。△1-3個的參加者男性比例為20.1%，而女性只有13.4%。有△4個以上的情況，男性受訪者有3.9%，而女性只有0.9%，兩組數字都顯示，男性的問題賭博情況比女性更為嚴重。女性受訪者雖然整體上賭博問題較低，但仍有0.9%的女同學受賭博問題困擾。

2020	男	女
△0個	374 (76.0%)	398 (85.7%)
△1-3個	99 (20.1%)	62 (13.4%)
△4個或以上	19 (3.9%)	4 (0.9%)



²¹ Chi-sq測試的結果指兩者有差異， $p < 0.001$ 。

男性受訪者的DSM-V分數

從男性受訪者的列表中可見，最後得分為0分的參加者共374人(76.0%)，顯示大部份參加者暫時未受賭博影響其生活和行為。1-3分的參加者為99人，佔20.1%；而4分以上的參加者亦有19人，佔3.9%。結果顯示有兩成多男性青少年有機會因賭博對學業、家庭和人際關係出現問題；而3.9%更可能有問題賭博行為。1-3分的數字略低於去年，而4分或以上的數字跟去年大致相同。

	2019	2020
△0個	418 (71.8%)	374 (76.0%)
△1-3個	141 (24.2%)	99 (20.1%)
△4個或以上	23 (4.0%)	19 (3.9%)

女性受訪者的DSM-V分數

從女性受訪者的列表中可見，最後得分為0分的參加者共398(85.7%)，顯示大部份參加者暫時未受賭博影響其生活和行為。1-3分的參加者為62人，佔13.4%；而4分以上的參加者亦有4人，佔0.9%。1-3分的數字略低於去年，而4分或以上的數字跟去年大致相同。

	2019	2020
△0個	336 (80.4%)	398 (85.7%)
△1-3個	78 (18.7%)	62 (13.4%)
△4個或以上	4 (1.0%)	4 (0.9%)

從下表可見，女性受訪者的賭博自控能力和賭博問題都較男性為少。在男性受訪者中，最常出現的問題是「需要增加金錢來下注才可以達到所渴望的刺激」(10.6%)和「腦海裡經常充滿關於賭博的事情」(8.5%)。此外，也有8.3%男性受訪者表示曾試過因為賭而對家人、朋友等說謊，6.3%曾試過未得家人或別人同意下用膳食費及活動費/家中的錢/家中以外的錢去賭博，可見賭博問題對男同學已有不少影響。

女性受訪者最常出現的問題跟男性受訪者大致相近。最常出現的問題是「需要增加金錢來下注才可以達到所渴望的刺激」(6.5%)和「腦海裡經常充滿關於賭博的事情」(4.1%)。大體而言，賭博對女性日常生活的影響一般較男性為低。

對賭博的自控和依賴

	男	女
• 腦海裡經常充滿關於賭博的事情	42 (8.5%)	19 (4.1%)
• 需要增加金錢來下注才可以達到所渴望的刺激	52 (10.6%)	30 (6.5%)
• 曾多次控制、減少或停止賭博但都未能成功	20 (4.1%)	8 (1.7%)
• 當嘗試減少或停止賭博時會感到坐立不安或煩躁	13 (2.6%)	4 (0.9%)
• 經常於不愉快時(如無助、內疚、焦慮、抑鬱)，便會賭博。	11 (2.2%)	3 (0.6%)
• 當賭輸錢後，常於另一日折返再賭，期望追回輸掉的錢。	21 (4.3%)	4 (0.9%)

賭博做成影響

	男	女
• 曾試過因為賭而對你家人、朋友等說謊	41 (8.3%)	18 (3.9%)
• 你曾試過未得家人或別人同意下用膳食費及活動費/家中的錢/家中以外的錢去賭博	31 (6.3%)	12 (2.6%)
• 你曾試過因為賭博而引至與家人/朋友或他人爭執/不上學	21 (4.3%)	5 (1.1%)

5. 青少年參與賭博的情況

5.1 青少年及家人參與賭博的項目(多選)

跟以往的調查相似，青少年最多參與的賭博項目為撲克牌(21.9%)和麻雀(17.2%)，可見青少年賭博活動仍然以社交賭博為主。跟去年相比，可能本年因疫情關係沒有大型賽事舉行，參與賭波的人數較去年有明顯下降。捕魚機佔第3位，為6.1%。本年度網上賭博和六合彩的百分比分別排第4和第5位，達4.4%和3.1%。除了傳統的賭博活動外，今年的問卷加入了夾公仔機，並有33.3%回應者表示曾經參與。

青少年參與賭博情況

博彩項目	2019	2020
賭馬/賭狗	7 (0.7%)	5 (0.5%)
即發彩票	28 (2.8%)	20 (2.0%)
賭波(例如足球、籃球)	51 (5.1%)	28 (2.8%)
進入賭場/幸運博彩(如百家樂、牌九、輪盤)	10 (1.0%)	4 (0.4%)
白鴿票	2 (0.2%)	2 (0.2%)
角子老虎機	9 (0.9%)	6 (0.6%)
六合彩	65 (6.4%)	30 (3.1%)
麻雀	167 (16.6%)	169 (17.2%)
撲克牌 (例如21點、鬥地主、鋤大Dee)	249 (24.7%)	215 (21.9%)
網上賭博	67 (6.6%)	43 (4.4%)
捕魚機	84 (8.3%)	60 (6.1%)
夾公仔機	----	327 (33.3%)

家長最多參與的項目分別為麻雀(32.1%)和六合彩(26.1%)，情況跟去年大致相同。排第三和第四是撲克牌(17.7%)和進入賭場(12.8%)。跟子女相同的情況是，今年參與賭波的人數亦有所回落，從去年的11.8%跌至8.9%。今年新增項目夾公仔機，曾參與的家長為11%。

家長參與賭博情況

博彩項目	2019	2020
賭馬/賭狗	51 (5.1%)	42 (4.3%)
即發彩票	88 (8.7%)	63 (6.4%)
賭波(例如足球、籃球)	119 (11.8%)	87 (8.9%)
進入賭場/幸運博彩(如百家樂、牌九、輪盤)	192 (19.0%)	126 (12.8%)
白鴿票	22 (2.2%)	16 (1.6%)
角子老虎機	94 (9.3%)	55 (5.6%)
六合彩	406 (40.3%)	257 (26.1%)
麻雀	300 (29.8%)	316 (32.1%)
撲克牌 (例如21點、鬥地主、鋤大Dee)	190 (18.8%)	174 (17.7%)
網上賭博	40 (4.0%)	32 (3.3%)
捕魚機	14 (1.4%)	18 (1.8%)
夾公仔機	---	108 (11.0%)

家長參與項目和同學參與項目的關係

如進一步分析較多家長和同學參與的幾項活動，包括賭波、六合彩、麻雀、撲克牌和網上賭博等，都會看見如家長有參與該項活動，同學參與同一賭博活動的比例會較高。這情況以社交賭博最為顯著。

下表顯示，在家長有打麻雀的家庭中，有近四成(37.0%)同學曾打麻雀。而家長沒有打麻雀的家庭中只有7.8%同學曾於去年打麻雀。而賭撲克牌也有類似的情況。賭撲克的家庭中，有56.9%同學曾賭撲克，而沒有賭撲克的家庭中，曾賭撲克的同學只有14.3%。這兩個結果，反映了不少社交賭博活動都可能由家庭開始。

2020	家長有打麻雀	家長沒有打麻雀
同學有打麻雀	117 (37.0%)	52 (7.8%)
同學沒有打麻雀	199 (63.0%)	615 (92.2%)
	316 (100.0%)	667(100.0%)

2020	家長有賭撲克	家長沒有賭撲克
同學有賭撲克	99 (56.9%)	116 (14.3%)
同學沒有賭撲克	75 (43.1%)	693 (85.7%)
	174 (100.0%)	809 (100.0%)

即使在非社交賭博的活動，例如賭波、六合彩和網上賭博也有類似的情況，如家長有參與投注六合彩，同學參與比例亦較高(7.0% vs 1.7%)。可見家人的賭博情況，是青少年會否參與賭博的關鍵。

2020	家長有賭波	家長沒有賭波
同學有賭波	8 (9.2%)	20 (2.2%)
同學沒有投注賭波	79 (90.8%)	876 (97.8%)
	87 (100.0%)	896 (100.0%)

2020	家長有投注六合彩	家長沒有投注六合彩
同學有投注六合彩	18 (7.0%)	12 (1.7%)
同學沒有投注六合彩	239 (93.0%)	714 (98.3%)
	257 (100.0%)	726 (100.0%)

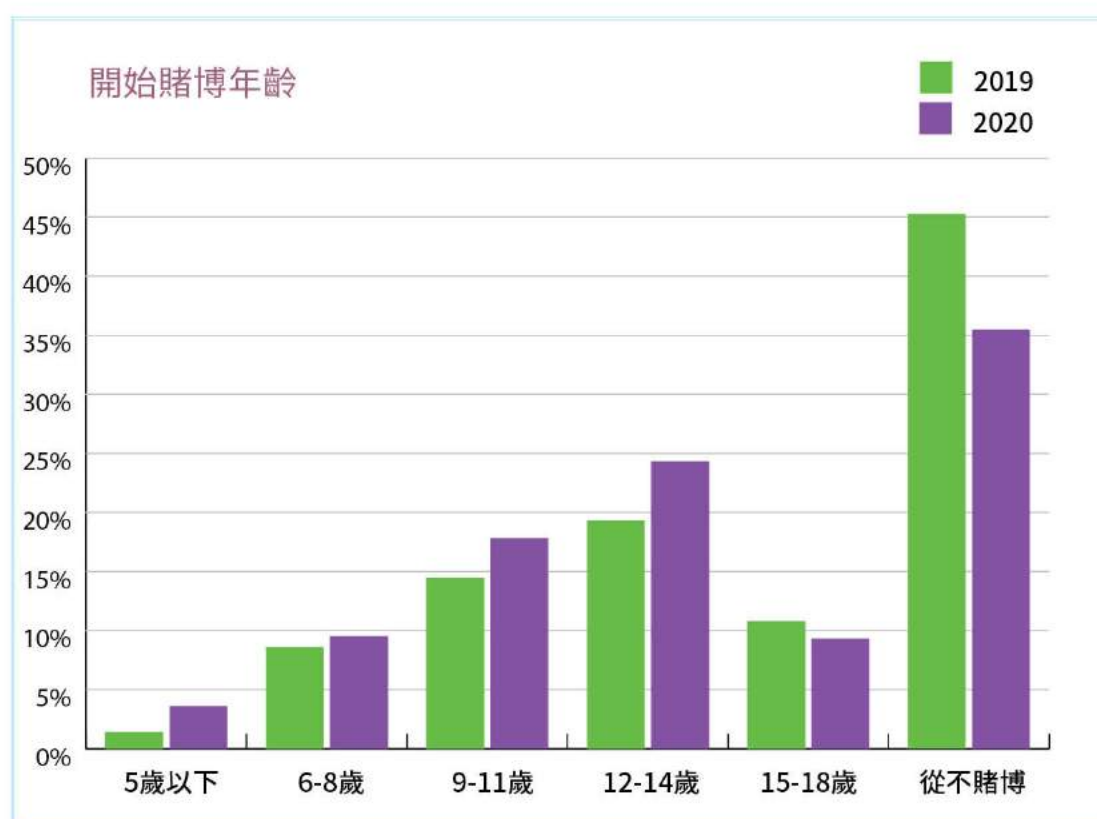
2020	家長有網上賭博	家長沒有網上賭博
同學有網上賭博	7 (21.9%)	36 (3.8%)
同學沒有網上賭博	25 (78.1%)	915 (96.2%)
	32 (100.0%)	951 (100.0%)

5.2 首次參與博彩的年齡和原因

初次賭博的年齡

從下表可見，有超過一半參加者曾經參與賭博(64.5%)，9歲以下便首次賭博的有13.1%，較以往為高。最多是“12-14歲”開始賭博(24.3%)，其次是“9-11歲”(17.8%)。可見大部份受訪青少年都是在高小至初中期間首次參與賭博，情況跟去年大致相同。但總體來說，“從不賭博”的比例較去年減少接近10%，而除了在“15-18歲”期間首次賭博的有輕微減少外，各年齡組群的比例也有所增加，情況值得關注。

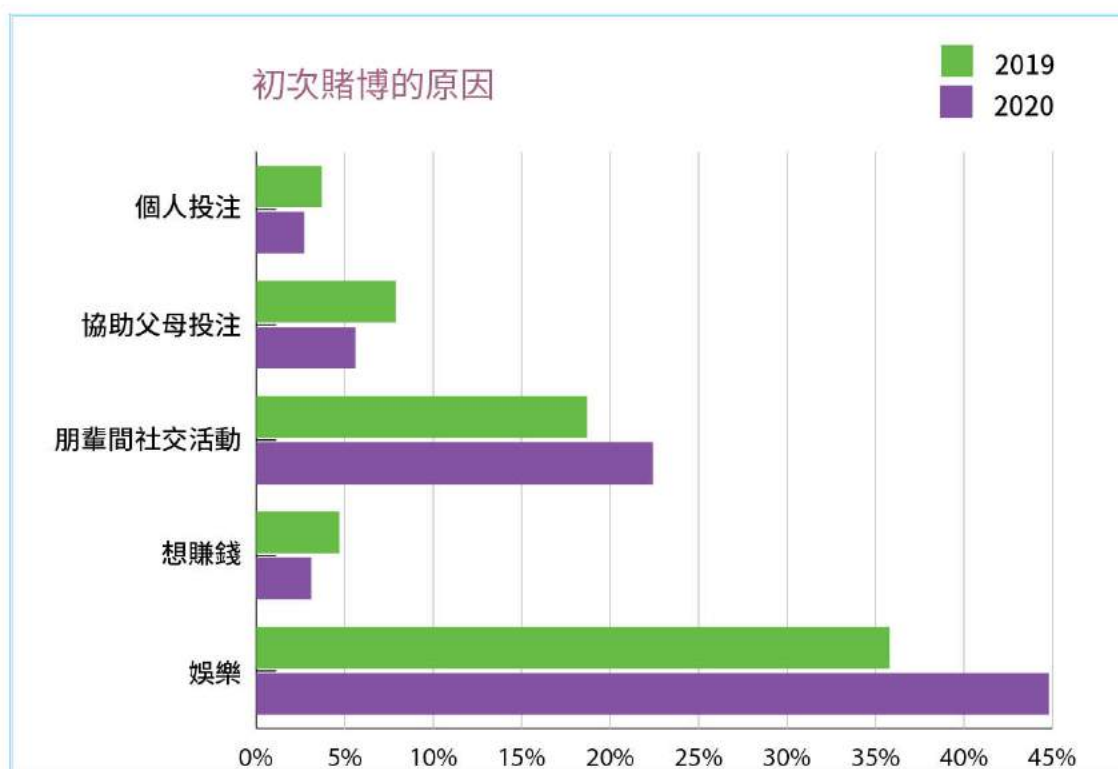
	2019		2020	
	人數	百分比	人數	百分比
5歲以下	14	1.4%	35	3.6%
6-8歲	86	8.6%	93	9.5%
9-11歲	145	14.5%	174	17.8%
12-14歲	193	19.3%	237	24.3%
15-18歲	108	10.8%	91	9.3%
從不賭博	453	45.3%	347	35.5%



初次賭博的原因(多選)

受訪者初次參與賭博的原因，主要是娛樂(44.8%)和朋輩間的社交活動(22.4%)，這結果反映最初讓青少年參與賭博的會是朋輩（朋友和同學）和家人，一如以往，娛樂和社交賭博是青少年賭博的最主要原因。

	2019		2020	
	人數	百分比	人數	百分比
個人投注	37	3.7%	27	2.7%
協助父母投注	80	7.9%	55	5.6%
朋輩間社交活動	188	18.7%	220	22.4%
想賺錢	47	4.7%	30	3.1%
娛樂	361	35.8%	440	44.8%



5.3 過往一年的賭博習慣

青少年的主要賭博伙伴(多選)

跟過去兩年的調查相約，青少年的主要賭博伙伴是朋友(41.1%)，其次是家人(28.9%)和同學(14.4%)。情況跟去年大致相同。獨自進行賭博活動的受訪者佔大約一成半(14.0%)。

	2019		2020	
	人數	百分比	人數	百分比
家人	256	25.4%	284	28.9%
朋友	332	32.9%	404	41.1%
同學	147	14.6%	142	14.4%
自己一個	104	10.3%	138	14.0%

每月花在賭錢的時間

有約54.0%的受訪同學表示過去一年沒有參與賭博活動。平均每月賭博“一小時以下”的佔29.0%。而每月花“1-5小時”和“6-10小時”參與涉及金錢的賭博活動的參與者分別是13.4%和1.6%。每個月花11小時以上賭博的受訪者佔1.9%。這些數字都反映本年度的受訪者每月花在賭博的時間較去年為多。

	2019		2020	
	人數	百分比	人數	百分比
一小時以下	246	24.4%	285	29.0%
1-5小時	90	8.9%	132	13.4%
6-10小時	14	1.4%	16	1.6%
11-15小時	3	0.3%	3	0.3%
15小時以上	16	1.6%	16	1.6%
過往一年沒有賭博	639	63.4%	531	54.0%

每月花費在賭博的金錢

本年有55.6%受訪者完全沒有把錢花在博彩活動上，有39.2%的青少年每月平均花費\$500以下在賭博上。每月平均花費\$500或以上進行賭博的參加者約5.2%。

	2019		2020		
	人數	百分比	人數	百分比	
沒有賭錢	666	66.1%	沒有賭錢	546	55.6%
\$1-\$200	260	25.8%	\$1-\$500	385	39.2%
\$201-\$400	38	3.8%	\$501-\$1,000	28	2.8%
\$401-\$600	12	1.2%	\$1,001-\$3,000	15	1.5%
\$601-\$800	2	0.2%	\$3,001-\$10,000	6	0.6%
\$801-\$1,000	4	0.4%	\$10,000以上	3	0.3%
\$1,000以上	26	2.6%			

賭博的金錢來源

大部分參與者賭博的金錢來自“零用錢”(41.1%)，其餘為“家人提供”(18.6%)、和“個人儲蓄”(18.2%)。

	2019		2020	
	人數	百分比	人數	百分比
零用錢	310	30.8%	404	41.1%
家人提供	127	12.6%	183	18.6%
個人儲蓄	108	10.7%	179	18.2%
兼職工資	56	5.6%	29	3.0%
向別人借	10	1.0%	3	0.3%
非自己擁有的家中金錢	7	0.7%	4	0.4%

6. 受訪者家庭狀況及家庭與賭博失調的關係

6.1 受訪者家庭狀況

受訪者家庭經濟情況

在問卷的第二部份，我們訪問有關受訪者的家庭社會經濟情況，以瞭解當中跟賭博失調有沒有關連。下表列出受訪者感受到的家庭經濟情況。大部份受訪者認為家庭經濟屬小康(68.1%)，認為家庭經濟屬中產或以上的受訪者，佔18.9%；認為家境一般或貧窮的，佔13.0%。

2020	人數	百份比
富裕	10	1.0%
中產	173	17.9%
小康	660	68.1%
一般	103	10.6%
貧窮	23	2.4%

近半受訪者並不太清楚家庭收入情況(53.8%)，表示月入高於四萬的家庭佔17.7%。

2020	人數	百份比
<10,000	8	0.8%
10,000-19,999	37	3.8%
20,000-29,999	57	5.8%
30,000-39,999	59	6.0%
>40,000	173	17.7%
不清楚	527	53.8%
拒絕作答	118	12.1%

父母教育及工作狀況

從下表可見，受訪者父母的教育程度分佈相當接近，大部份受訪者父母的教育程度為中學(父：47.6%，母：50.0%)，其次為大學或以上(父：29.5%，母：27.8%)。

2020	父親		母親	
	人數	百份比	人數	百份比
小學或沒受正式教育	146	15.3%	118	12.3%
中學	456	47.7%	480	50.0%
大專	72	7.5%	95	9.9%
大學或以上	282	29.5%	267	27.8%

家長的教育程度，對子女的賭博情況亦有一定相關性。從下表可見，父母教育背景為小學/中學程度的家庭，相對父母教育程度為大專和大學的家庭，有較多子女有賭博失調的情況。然而，從下表可見，父母為大專教育程度的子女，相對問題賭博的風險為三組之中最低。

父親教育程度	小學/中學	大專	大學
△0個	469 (77.9%)	64 (88.9%)	235 (84.2%)
△1-3個	116 (19.3%)	7 (9.7%)	41 (14.7%)
△4個或以上	17 (2.8%)	1(1.4%)	3(1.1%)
	602 (100%)	72 (100%)	279 (100%)

母親教育程度	小學/中學	大專	大學
△0個	469 (78.5%)	83 (87.3%)	222 (83.1%)
△1-3個	111 (18.5%)	11 (11.6%)	41 (15.4%)
△4個或以上	18 (3.0%)	1 (1.1%)	4 (1.5%)
	598 (100%)	95 (100%)	267 (100%)

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從下表可見，受訪者父母大部份為在職人士(父：78.6%，母：72.8%)，在家照顧家庭的母親佔兩成左右(18%)。

2020	父親		母親	
	人數	百份比	人數	百份比
在職	761	78.6%	708	72.8%
打理家務	20	2.1%	175	18.0%
退休	43	4.4%	10	1.0%
失業	14	1.5%	15	1.6%
不清楚/ 不作答	130	13.4%	64	6.6%

從下表可見，受訪者父親以技術人員(18.6%)為主。而家長從事跟博彩投注相關的行業，分別為父親15.5%和母親26.1%，亦是母親最主要的職業。

2020	父親		母親	
	人數	百份比	人數	百份比
專業人員	60	6.1%	62	6.3%
服務業人員	62	6.3%	100	10.2%
文職人員	66	6.7%	146	14.9%
公務員	159	16.2%	82	8.3%
自僱人士	101	10.3%	50	5.1%
技術人員	183	18.6%	37	3.8%
非技術工人	33	3.4%	20	2.0%
直接博彩投注相關的從業員	152	15.5%	257	26.1%

受訪家庭的婚姻狀況

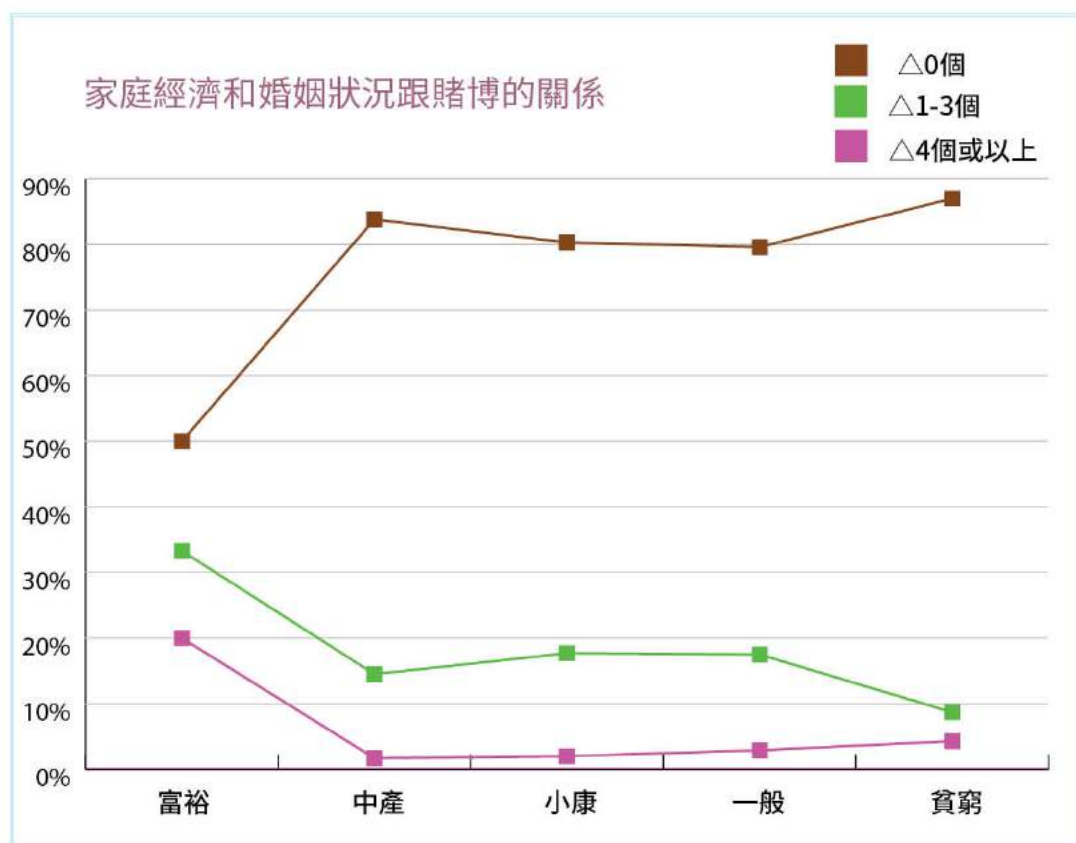
從下表可見，八成以上受訪者父母仍處於婚姻中(同住)，分居及已離婚的家庭佔大約一成五。

2020	人數	百份比
婚姻中（同住）	788	80.8%
分居	49	5.0%
離婚	102	10.5%
其他	36	3.7%

6.2 家庭經濟和婚姻狀況跟賭博的關係

從下表可見，認為家庭較“貧窮”和較“富裕”的受訪者，相對其他組別有較多賭博失調(△4個或以上)的情況。認為家庭較“貧窮”的受訪者較多沒有賭博問題(87.0%)。而認為家庭較“富裕”的受訪者，無論是初步受賭博問題影響(△1-3個)，以及有賭博失調問題(△4個或以上)的受訪者，比例都較其餘三組為高。

	富裕	中產	小康	一般	貧窮
△0個	5 (50.0%)	145 (83.8%)	530 (80.3%)	82 (79.6%)	20 (87.0%)
△1-3個	3 (30.0%)	25 (14.5%)	117 (17.7%)	18 (17.5%)	2 (8.7%)
△4個或以上	2 (20.0%)	3 (1.7%)	13 (2.0%)	3 (2.9%)	1 (4.3%)
	10 (100%)	173 (100%)	660 (100%)	103 (100%)	23 (100%)



從下表可見，家長的婚姻狀況對賭博失調的影響並不顯著。沒有賭博問題的百分比，在80.5%-83.7%之間。

	婚姻中	分居	離婚	其他
△0個	634 (80.5%)	41 (83.7%)	83 (81.4%)	25 (83.3%)
△1-3個	134 (17.0%)	7(14.3%)	19 (18.6%)	12 (16.7%)
△4個或以上	20 (2.5%)	1 (2.0%)	0(0.0%)	0 (0.0%)
	788 (100%)	49 (100%)	102 (100%)	36 (100%)

6.3 家人對受訪者賭博的看法

家人對我參與賭博的反應(多選)

從下表可見，家人對受訪者參與賭博的反應差異很大。有接近四成的受訪者表示家人大多沒有太大反應(38.1%)，只有一成家長會勸他少賭(11.4%)。由此可見，家長對青少年賭博的態度亦較為模糊，積極干預教導的家長只有大約一成。家人不知道受訪者賭佔超過一成(11.1%)，情況值得關注。

	2019		2020	
	人數	百份比	人數	百份比
要我戒賭	27	2.7%	25	2.5%
勸我少賭	63	6.3%	112	11.4%
給我鼓勵	21	2.1%	17	1.7%
沒太大反應	279	27.7%	375	38.1%
擔心我輸錢	37	3.7%	39	4.0%
參入賭本	15	1.5%	13	1.3%
避而不談	10	1.0%	10	1.0%
不知道我賭	141	14.0%	109	11.1%

從下表可見，表示父母對自己賭博沒太大反應的受訪者，有較多出現賭博失調和受賭博困擾的情況。由此可見父母如何處理子女的賭博問題，對於子女會否出現賭博失調甚有影響。

2019	父母沒太大反應	沒選父母沒太大反應
△0個	172 (61.6%)	589 (80.8%)
△1-3個	99 (35.5%)	121 (16.6%)
△4個或以上	8 (2.9%)	19 (2.6%)

2020	父母沒太大反應	沒選父母沒太大反應
△0個	294 (78.4%)	501 (82.4%)
△1-3個	71 (18.9%)	94 (15.5%)
△4個或以上	10 (2.7%)	13 (2.1%)

有超過一成受訪者表示家人並不知道自己參與賭博(11.1%)。在他們當中，有3.7%的DSM-V分數為4分以上，而1-3分的受訪者亦佔33.9%。兩個數值均較平均為高，可見在家長不知情的情況下，部分子女已受到賭博影響。

2019	父母不知道我賭	沒選父母不知道我賭
△0個	71 (50.4%)	690 (79.6%)
△1-3個	59 (41.8%)	161 (18.6%)
△4個或以上	11 (7.8%)	16 (1.8%)

2020	父母不知道我賭	沒選父母不知道我賭
△0個	68 (62.4%)	727 (83.2%)
△1-3個	37 (33.9%)	128 (14.6%)
△4個或以上	4 (3.7%)	19 (2.2%)

你認為家人的賭博情況是否嚴重？

由同學自己判別家人賭博的情況，從結果可見，有17.7%同學覺得家人賭博問題嚴重(15.3%)和非常嚴重(2.4%)，較去年為多。不知道家人賭博情況佔1%。

	2019		2020	
	人數	百份比	人數	百份比
完全不嚴重	534	53.0%	316	32.4%
不嚴重	249	24.7%	309	31.5%
一般	156	15.5%	171	17.4%
嚴重	38	3.8%	150	15.3%
非常嚴重	12	1.2%	24	2.4%
不知道	19	1.8%	1	1.0%

6.4 受訪者跟家人相處的感受

這次調查採納了家庭關懷度指數值APGAR Index問卷，以加強分析受訪者家庭關係跟賭博失調情況的相關性。家庭關懷度指數由五個部份組成，包括適應度、合作度、成長度、情感度和親密度。

從下表可見，受訪者大體在跟家人相處上都有正面的感受(各項目平均數高於2.5)。其中得分最高是在「很滿意家人與我共度時光的方式」(2.98)及「從事新的活動或發展時，家人都能接受且給予支持」(2.96)。

	平均數	SD
當我遇到困難時，可以從家人得到滿意的幫助。	2.82	0.917
我很滿意家人與我討論各種事情以及分擔問題的方式。	2.58	0.951
當我希望從事新的活動或發展時，家人都能接受且給予支持。	2.96	0.900
我很滿意家人對我表達情感的方式及對我情緒的反映。	2.51	0.928
我很滿意家人與我共度時光的方式。	2.98	0.914

(1 = 幾乎從不，2 = 偶然，3 = 有時，4 = 經常)

當我遇到困難時，可以從家人得到滿意的幫助。

	幾乎從不	偶然	有時	經常
人數	74	292	348	266
百分比	7.6%	29.8%	35.5%	27.1%

我很滿意家人與我討論各種事情以及分擔問題的方式。

	幾乎從不	偶然	有時	經常
人數	131	337	319	192
百分比	13.4%	34.3%	32.5%	19.5%

當我希望從事新的活動或發展時，家人都能接受且給予支持。

	幾乎從不	偶然	有時	經常
人數	62	230	372	315
百分比	6.3%	23.4%	37.8%	32.0%

我很滿意家人對我表達情感的方式及對我情緒的反映。

	幾乎從不	偶然	有時	經常
人數	137	364	317	162
百分比	14.0%	37.1%	32.3%	16.5%

我很滿意家人與我共度時光的方式。

	幾乎從不	偶然	有時	經常
人數	62	233	348	337
百分比	6.3%	23.8%	35.5%	34.4%

綜合上述各表可見：

- 六成以上受訪者(62.6%)表示，有時或經常在遇到困難時，可以從家人得到滿意的幫助。但有7.6%受訪者表示幾乎從來沒有這情況。
- 有超過一半受訪者(52.0%)表示有時或經常很滿意家人與我討論各種事情以及分擔問題的方式。但有13.4%受訪者表示幾乎從來沒有這情況。
- 近七成受訪者(69.8%)表示，有時或經常在從事新的活動或發展時，家人都能接受且給予支持。但有6.3%受訪者表示幾乎從來沒有這情況。
- 有接近一半受訪者(48.8%)表示有時或經常很滿意家人對我表達情感的方式及對我情緒的反映。但有14.0%受訪者表示幾乎從來沒有這情況。
- 近七成受訪者(69.9%)表示有時或經常很滿意家人與我共度時光的方式。但有6.3%受訪者表示幾乎從來沒有這情況。

6.5 家庭關懷指數跟賭博失調的關係

把以上五個題目換算成分數，計算出家庭關懷指數如下表。得分為0-3分顯示家庭功能有較為嚴重障礙，4-6分為家庭功能中度障礙，7分以上家庭功能運作良好。下表顯示有一成在家庭功能上有較嚴重障礙。

	2020	
	人數	百分比
家庭功能有較嚴重障礙(0-3分)	118	12.1%
家庭功能有中度障礙(4-6分)	556	56.7%
家庭功能運作良好(7分以上)	306	31.2%

從下表可見，家庭功能運作良好的一組受訪者，在賭博失調的問題比例上較其餘兩組為低，統計上亦具有顯著的差異。可見如果家庭功能運作良好，子女得到家人的關心、支持和理解，有助減少賭博失調問題。

APGAR Index跟DSM-V的關係

	0-3分	4-6分	7-10分
△0個	85 (72.0%)	447 (80.4%)	260 (85.0%)
△1-3個	27 (22.9%)	95 (17.1%)	43 (14.0%)
△4個或以上	6 (5.1%)	14 (2.5%)	3 (1.0%)
	118 (100%)	556 (100%)	306 (100%)

6.6 家長從事跟博彩投注相關的行業，會否令子女更易出現賭博失調？

以下兩表總結了父親和母親從事博彩投注相關行業，跟DSM-V分數的關係。從下表可見，無論父親是否從事博彩投注相關行業，同學的問題賭博情況並沒有顯著分別。

父親從事博彩投注相關行業	是	否
△0個	127 (83.5%)	668 (80.4%)
△1-3個	22 (14.5%)	143 (17.2%)
△4個或以上	3 (2.0%)	20 (2.4%)
	152 (100%)	831 (100%)

然而，下表顯示如果母親從事博彩投注相關行業，同學有賭博問題的比例明顯比母親不是從事博彩投注相關行業為高。

母親從事博彩投注相關行業	是	否
△0個	201 (78.2%)	594 (81.8%)
△1-3個	45 (17.5%)	120 (16.5%)
△4個或以上	11 (4.3%)	12 (1.7%)
	257 (100%)	726 (100%)

6.7 父母輪更工作的影響

以下兩表分析父母輪更工作對問題賭博的影響。從兩表可見，無論父母是否從事需要輪更的工作，對問題賭博的情況，在統計上並沒有顯著的影響。但母親從事輪更工作，同學有賭博失調問題的比例明顯高於平均值。

父親從事輪更工作	是	否
△0個	263 (80.9%)	432 (80.3%)
△1-3個	53 (16.3%)	92 (17.1%)
△4個或以上	9 (2.8%)	14 (2.6%)
	325 (100%)	538 (100%)

母親從事輪更工作	是	否
△0個	248 (80.0%)	338 (83.4%)
△1-3個	51 (16.5%)	59 (14.6%)
△4個或以上	11 (3.5%)	8 (2.0%)
	310 (100%)	405 (100%)

7. 結果討論

青少年的問題賭博情況

青少年在對賭博的自控力和依賴性跟去年的結果相約。有時和經常在腦海裡充滿賭博事情的比例從5.6%上升至6.3%。渴望增加注碼以獲得更大刺激、嘗試減少賭博卻未成功、又或是減少賭博會引致煩躁不安或厭倦的比例，跟去年大致相同。

跟2019年相似，今年表示曾經輸了錢在第二天要再賭去贏回的人數約有一成。在2019年有5.1%參加者曾經透過賭博來逃避個人問題或避免不快樂，今年曾經在不愉快時去賭博的受訪者有5.6%，跟去年相約。整體而言，青少年對賭博的自控力和依賴性情況比去年有所減低，但跌幅並不顯著。

在賭博造成的影響上，今年情況也跟去年相約。6.1%受訪者曾因為賭博而對家人、朋友等說謊(2019年是5.2%)。4.5%受訪者曾未經批准挪用金錢去賭博，情況跟去年相約(2019年是4.9%)。2.6%受訪者表示因賭博對自己重視的關係和學習造成影響，略低於去年的2.9%。

本年度DSM-V問卷得分為0分(賭博行為暫時未對學業、家庭和人際關係造成影響)為80.9%。1-3分(賭博行為可能嚴重影響學業、家庭和人際關係)佔16.9%，而4分或以上(可能有賭博失調行為)為2.2%。如以2019年調整後的數據作比對(因應DSM-V問卷第一題题目的分數計算方式作出了調整，整體的百分比也有所調整)，2019年1-3分的百分比為16.2%，4分或以上為2.1%。整體而言，青少年有賭博失調危機的情況跟去年相約。

從2009年至今，1-3分的人數由13%(2009)反覆升至2015年最高的23%，及後漸漸回落至近年的16%左右。而4分以上的情況維持於1-3%水平。這些數字顯示青少年賭博失調的潛在風險仍然不容忽視。

在兩性差異上，一如往年，男性受訪者的DSM-V分數較女性為高。有超過兩成男性DSM-V分數達1-3分，4分以上佔3.9%。而女性受訪者則分別為13.4%和0.9%。男同學的賭博問題，相較女同學嚴重。從2013年至今，這情況都一直持續。

研究指出，賭博失調對青少年的影響包括增加犯罪行為(Gupta, Derevensky, & Marget, 2004)、與家人關係變差(Politzer, Yesalis & Hudak, 1992)，學業成績下降，工作表現轉差、缺乏動力，甚至濫用藥物等。在這次調查中，有8.3%男受訪者因為賭博而向家人朋友說謊、6.3%挪用膳食費或家中金錢來賭博，有4.3%同學試過因為賭博而引至與家人/朋友或他人爭執/不上學，都顯示已有不少青少年，特別是男性，因為賭博問題而受到影響。

青少年賭博活動情況

不少外國研究都指出，病態賭徒很多時都是在兒童階段參與賭博，加上參與賭博機會愈來愈多，導致病態賭徒年輕化(Griffiths & Wood, 2000)。也就是說，參與賭博年紀越小，日後成為問題賭徒的可能性越大。這次調查中顯示，青少年最常開始參與賭博的年齡是9至14歲。雖然大部份受訪者都只花500元以下在賭博上(39.2%)，但值得留意是有2.4%受訪者表示每月會花費1,000元以上在賭博上。

跟去年相同，最多青少年參與的博彩活動為撲克牌(21.9%)和麻雀(17.2%)等社交賭博活動，其次為捕魚機(6.1%)。值得注意的是參與網上賭博和六合彩人數比率從去年的6.6%和6.4%，回落至 4.4%和 3.1%。捕魚機自加入成為本研究的博彩項目以來均成為頭四位的熱門參與項目。可見新興的博彩項目在年青人的社群來說影響力不容忽視。今年新加入的夾公仔機，就有33.3%受訪者曾經參與。由於這些活動較傳統賭博有著明顯差異，青少年較少把它視為賭博活動，從而更容易對此掉以輕心。

參與者初次參與賭博的原因，主要是作為娛樂(44.8%)和朋輩間的社交活動(22.4%)，這結果反映最初讓青少年參與賭博的是朋輩(朋友和同學)和家人，一如以往，娛樂和社交賭博是青少年賭博的最主要原因。

家庭經濟背景跟子女問題賭博的相關性

在國際間有多個研究表明，社會經濟地位較低家庭的子女，一般在問題賭博上的風險，會比社會經濟地位較高家庭的子女為高。在這次研究中再次出現一個情況，認為家庭較富裕的受訪者，相對其他組別有較多賭博失調的情況。認為家庭較富裕的受訪者，無論是初步受賭博問題影響以及有賭博失調問題的，比例都較為高。這個現象可能是因為較富裕家庭的子女，有較多零用錢或其他金錢來源，讓他們有更多機會參與賭博活動。

要更有效地預防賭博問題，家長亦需要得到足夠的支援。這次研究顯示，家長教育程度較低的家庭，相對有較多子女有賭博失調問題，反映家長教育程度較低，可能未必懂得有效地處理子女賭博問題。故此，協助家長學習正確的理財知識和財務管理技巧，教導子女如何管理財務，會有助家長提升教導子女和監管子女賭博行為的技巧，改善子女賭博的問題。

家庭對子女的影響

不少研究都顯示家庭因素例如家庭環境都跟青少年賭博有關。研究指出一般人都在家裡學習如何賭博，繼而在社交場合加以練習(NGISC, 1999)。香港中文大學在2010年發表的報告顯示，有可能增加青少年成為病態賭徒機會的因素包括：缺乏父母支持和灌輸正確理財生活、賭博朋友多、父母有賭博習慣、缺乏自我控制能力、和其他外在壓力事件等。

跟過去的研究結果相同，家長最常參與的賭博活動為打麻雀和六合彩。但可能因為新冠肺炎疫情的影響，本年進入賭場參與幸運博彩的由去年的第三位(19.0%)下跌至第四位(12.8%)。從結果可見，若父母參與該類賭博活動較多，子女參與的比例亦較高。例如在家長有打麻雀的家庭中，有接近四成子女都有參與。而沒有打麻雀的家庭中，子女的參與度只有一成以下。家長參與賭波活動，有接近一成的子女也有參與(9.2%)。相反，如家長沒有賭波，參與賭波的青少年只有2.2%。而一如往年，有接近三成受訪者的主要賭博對象是家人(28.9%)。由此可見，家人參與賭博活動會增加青少年參與這些活動的可能性。如要減少賭博對青少年的影響，家長必須要以身作則減少賭博，並不要以賭博作為家庭娛樂。否則只會事倍功半。

有部分家庭對青少年參與賭博並沒有適當地教導。例如有近兩成青少年賭博的金錢都是由家人提供(18.6%)。而會作出勸喻或訓斥的家長只有一成多(13.9%)。近四成家長都不會有太大反應或避而不談(39.1%)。這顯示不少父母對賭博有習以為常的傾向。

一如去年，父母對子女賭博沒太大反應，以及父母不知道子女賭博的家庭，都有較多子女有機會因賭博對學業、家庭和人際關係而出現問題；也有更多子女出現賭博失調的行為。可見父母對子女賭博的態度和溝通，跟子女的賭博情況，有著顯著的關係。如父母對青少年參與賭博有較正面的態度，青少年會有較大機會參與賭博和出現賭博失調。所以，積極推動家庭教育，鼓勵父母向子女灌輸正確理財觀念等，都是預防青少年賭博問題的重要工作。

本年度再次使用家庭關懷指數(APGAR)來加強分析家庭對子女賭博的影響。這次研究結果顯示，家庭功能有較嚴重障礙的組別，佔受訪者12%；家庭功能運作良好組別有三成左右。家庭功能運作良好的一組受訪者，在賭博失調的問題比例上較其餘兩組為低，統計上具有顯著的差異。可見如果家庭功能運作良好，子女得到家人的關心、支持和理解，有助減少賭博失調問題。

本年度首次探討家長從事跟博彩投注相關的行業，以及輪班工作對子女賭博失調是否有影響。研究結果未有太大定論，父親從事博彩相關行業與否，對子女的賭博失調並沒有明顯的影響。但母親從事博彩相關工作的子女，相對賭博失調問題情況較多。需要繼續收集相關數據作進一步的分析。

結論

總結而言，本年度的調查顯示青少年賭博問題情況較去年有所改善。面對青少年賭博問題，政府和社會服務機構應從多方面入手去減低青少年賭博問題的風險。不少青少年對賭博活動都抱有較正面的看法，他們傾向認為這些博彩活動是正當娛樂或社交活動，部份人甚至以賭博作為賺錢的途徑。

基本工作包括要打破「小賭怡情」的神話，讓青少年明白小賭是大賭的起點、甚至「輸錢皆因贏錢起」。其次是要減低青少年參與賭博的機會，例如家長加強教導和監管，並以身作則去減少賭博。政府亦應研究堵塞網上賭博的問題，以減少青少年在網上參與賭博的機會。最後，亦應加強教育青少年正確的賭博知識、拒絕參與賭博的技巧和正確理財概念，讓青少年能作出合適選擇，減低出現賭博失調的機會。

這次研究亦進一步肯定，在青少年賭博失調問題上，家庭扮演著極為重要的角色。父母跟子女的溝通關懷，能有效地減低子女出現賭博失調的風險。而父母從事輪班和賭業相關工作，父及母的結果有所不同。父親從事輪班和賭業相關工作，子女的賭博問題並沒有明顯的分別，但如果母親從事博彩投注相關行業，同學有賭博問題的比例明顯比母親不是從事博彩投注相關行業為高。故現階段並未有太確切的證據，肯定跟子女的賭博情況有關。則未來值得進一步分析，以釐清當中有沒有關係。

1. Research Background

Gambling Disorder refers to any gambling behavior that causes problems for an adolescent and other people in his or her life, such as family and friends (Ferris & Wynne, 2001). It can affect one or more areas of an adolescent's life. Prevention of youngsters' gambling disorder is one of the major tasks of Bosco Youth Service Network. Through the "Youth Gambling Prevention Project 2020" sponsored by Social Welfare Bureau (SWB) Macau, Bosco Youth Services Network arranges students from different schools and institutes to participate in a day camp, which aims to enhance their abilities to resist gambling and to reduce the risks of adolescent gambling disorder.

Through various activities, students may learn about the causes and dangers of gambling disorder, the skills to cope with social gambling, and the measures to prevent gambling disorder. Students are required to fill in a self-assessment, which is designed for them to examine their attitudes toward gambling and review the impacts of their gambling activities on their school life and interpersonal relationship.

2. Research Method

We conducted this survey in more than 30 day-camps from January to December 2020. In addition, we distributed a standardized questionnaire to students, and 983 completed questionnaires were returned, giving a response rate of 99.9%, on which we carried out the data analysis.

The self-administered questionnaire included the following sections:

1. A gambling behavior section asked participants about whether they and their family members had gambled during the previous 12 months, their gambling motives, choices of games, amount of money wagered, and time of playing. Among those questions, the section asked them who taught them to make their first bet and if their parents and peers are gambling with them.

2. A section asked for their parents' socioeconomic background, including their income, educational level, work experience, and marital status. We also included a family APGAR¹ index to examine the participants' family function.

3. The Diagnostic and Statistical Manual – 5th Edition (DSM-V) – Multiple Responses Format assessed participants' severity of gambling problems. Students with an endorsement of more than four categories of the criteria can be diagnosed as gambling disorder, and an identification of one to three categories suggests risk of problem gambling. We will inform participants about their assessment results so they can better understand their situations.

¹ APGAR – Adaptation, Partnership, Growth, Affection, Resolve.

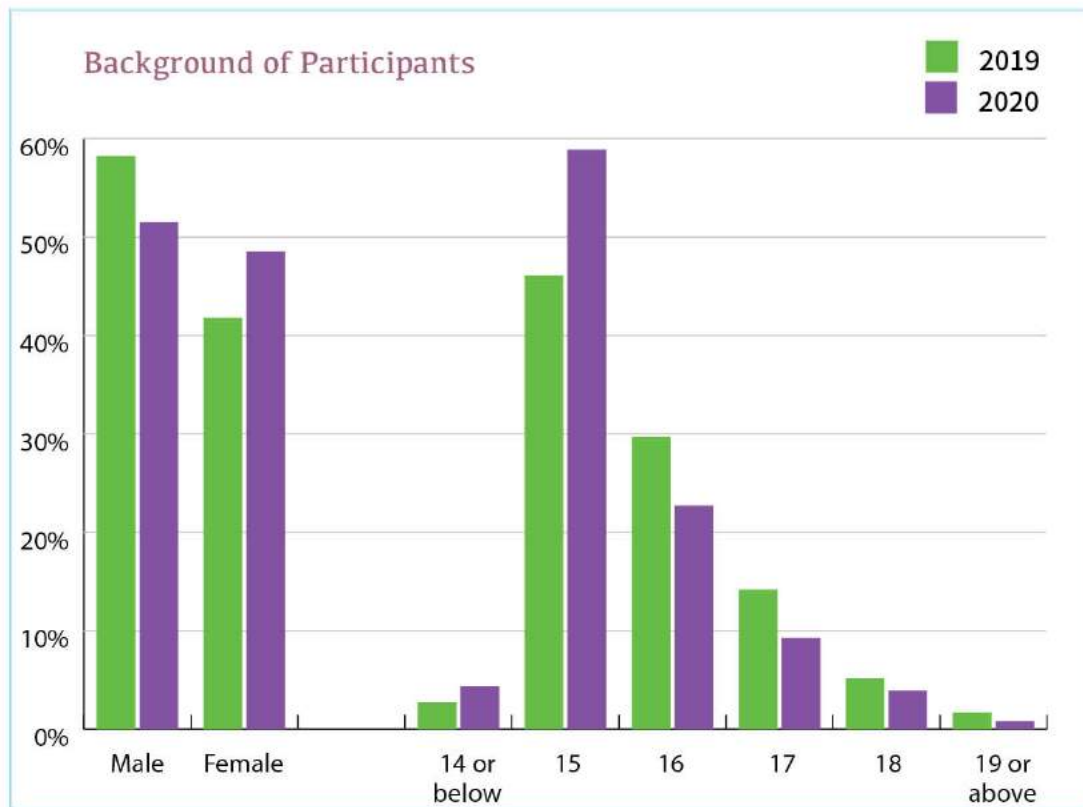
3. Participants

We collected 983 questionnaires from the day camps. All survey participants were students from different schools in Macau. They were aged from 12 to 20 years: 492 (51.5%) were boys, and 464 (48.5%) were girls². The following table shows that most of them were 15 years old (58.9%). The second group of respondents contained students aged 16-17 (32.0%). Only 4.7% of them were aged 18 or above.

	2019		2020	
	Frequency	%	Frequency	%
Male	582	58.2%	492	51.5%
Female	418	41.8%	464	48.5%
14 or below	27	2.7%	43	4.4%
15	465	46.1%	579	58.9%
16	298	29.7%	223	22.7%
17	143	14.2%	91	9.3%
18	52	5.2%	38	3.9%
19 or above	17	1.7%	8	0.8%
	1002	100%	982 ³	100%

² 27 respondents did not answer this question.

³ 1 respondent did not answer this question.



4. Problematic Gambling Behaviors of Youngsters

We assessed the respondent's gambling disorder by the symptoms identified in DSM- V—that is, persistent and recurrent problematic gambling behavior leading to clinically significant impairment or distress, as indicated by the individual exhibiting four (or more) of the following in a 12-month period. The nine questions are as follows:

- 1 Are you often preoccupied with gambling (e.g., having persistent thoughts of reliving past gambling experiences, handicapping or planning the next venture, thinking of ways to get money with which to gamble)?
 No 1-2 times Often Always
- 2 Do you need to gamble with increasing amounts of money in order to achieve the desired excitement?
 yes No
- 3 Have you made repeated unsuccessful efforts to control, cut back on, or stop gambling?
 yes No
- 4 Are you restless or irritable when attempting to cut back on or stop gambling?
 No 1-2 times Often Always No attempt is made
- 5 Do you often gamble when feeling distressed (e.g., helpless, guilty, anxious, depressed)?
 No 1-2 times Often Always
- 6 After losing money gambling, do you often return another day to get even ("chasing" one's losses)?
 No Occasionally Often Always
- 7 Do you lie to conceal your extent of involvement with gambling?
 No 1-2 times Often Always
- 8 Have you ever taken money from any of the following without permission to spend on gambling: Dinner money or fare money? Money from family? Money from things you've sold? Money from outside the family? Somewhere else?
 No 1-2 times Often Always

9 Have you jeopardized or lost a significant relationship, job, or educational or career opportunity because of gambling?

No 1-2 times Often Always

Each scores 1 mark, and there are three different levels of influence:

0 mark : Gambling behavior did not have any influence on the respondent's significant relationship or education.

1-3 marks : Gambling behavior may have an influence on the respondent's significant relationship or education.

4 marks or above : The respondent may have gambling disorder.

4.1 Descriptive Statistics

4.1.1 Self-Control and Reliance on gambling

Preoccupied with gambling

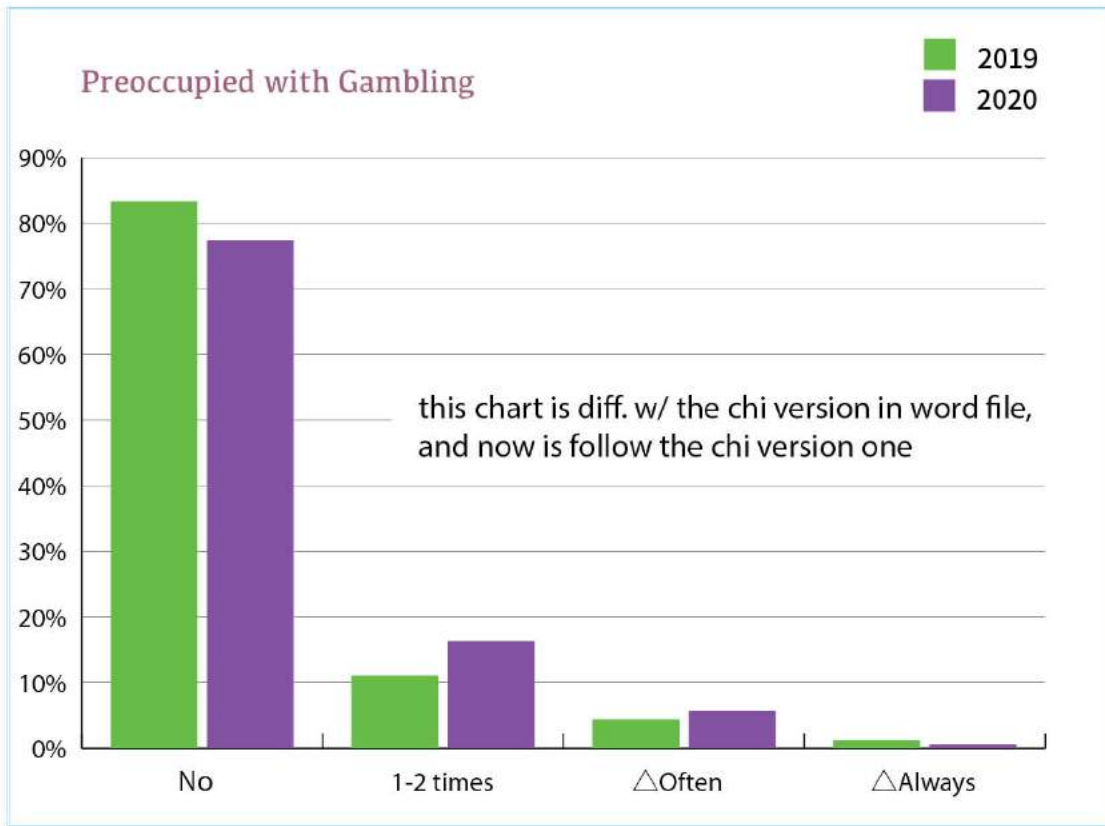
In the past 12 months, has the respondent been preoccupied with frequent gambling, such as having persistent thoughts of reliving past gambling experiences, handicapping or planning the next venture, and thinking of ways to get money with which to gamble. The following table shows that 16.3% of respondents have this experience (1-2 times), 5.7% often have this preoccupation, and 0.6% of respondents are always preoccupied with gambling. The figures are slightly higher than those of last year.

In 2015, this question changed from DSM-IV to DSM-V accordingly. Except for 2015, the “1-2 times” score was also counted in 2016-2019. After comparing the data of the DSM-IV and 2016-19 DSM-V, the scoring method was adjusted this year, by excluding “1-2 times”, and only count “Often” and “Always” to make it more consistent with the data trend.

	2019		2020	
	Frequency	%	Frequency	%
No	835	83.3%	759	77.4%
1-2 times	111	11.1%	160	16.3%
△Often	44	4.4%	56	5.7%
△Always	12	1.2%	6	0.6%
	1002 ⁴	100.0%	981 ⁵	100.0%

⁴ 6 respondents did not answer this question.

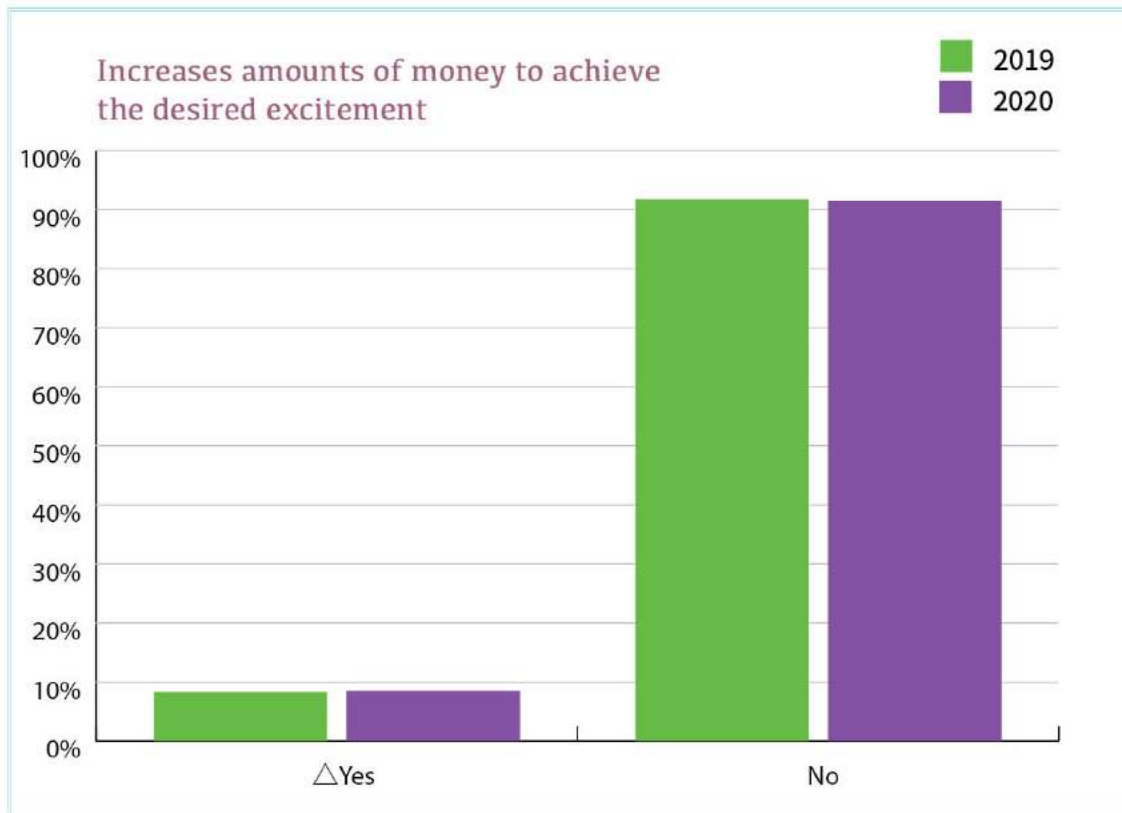
⁵ 2 respondents did not answer this question



Increases amounts of money to achieve the desired excitement

The following table shows that 8.5% of respondents need to gamble with increasing amounts of money to achieve the desired excitement. This situation reflects that about 10% of respondents have problems controlling their gambling behavior. The figure of 2020 is similar to that of 2019.

	2019		2020	
	Frequency	%	Frequency	%
△Yes	83	8.3%	83	8.5%
No	918	91.7%	899	91.5%
	1001 ⁶	100.0%	982 ⁷	100.0%



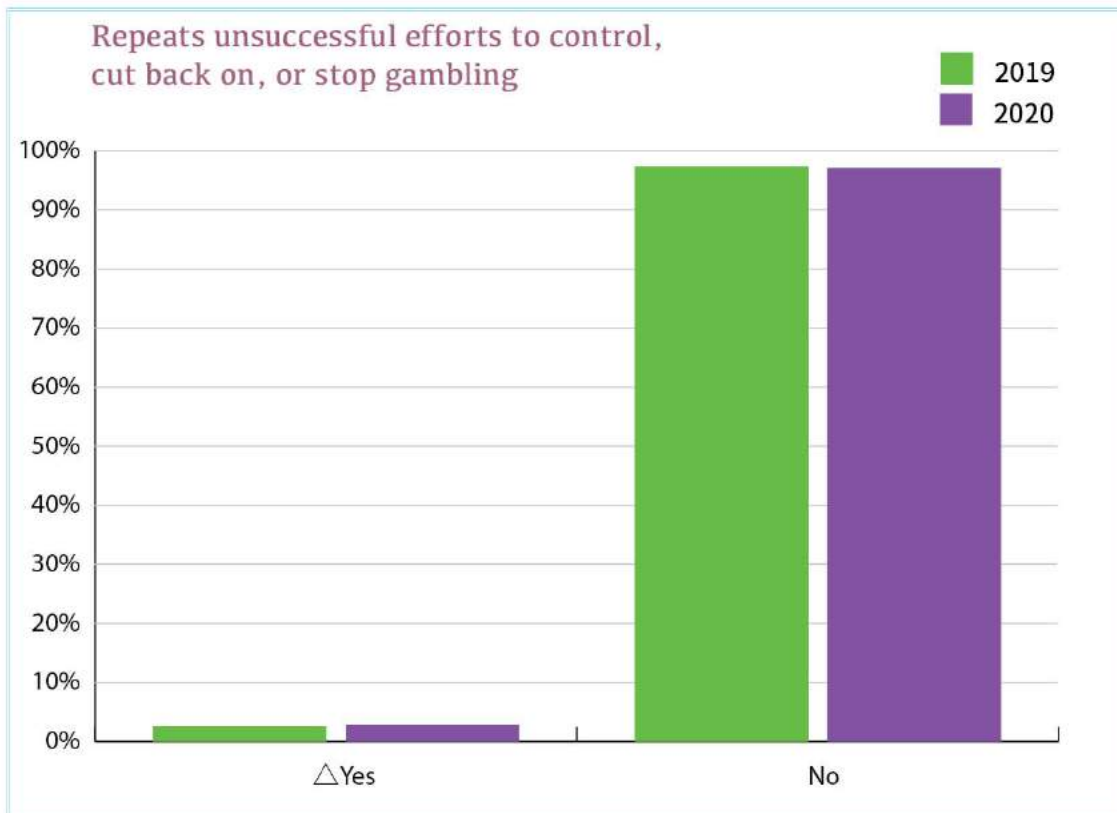
⁶ 7 respondents did not answer this question.

⁷ 1 respondent did not answer this question.

Repeats unsuccessful efforts to control, cut back on, or stop gambling

As shown in the upcoming table, 2.9% of respondents have made repeated unsuccessful efforts to control, cut back on, or stop gambling. The figures are similar to those in 2019.

	2019		2020	
	Frequency	%	Frequency	%
△ Yes	26	2.6%	28	2.9%
No	975	97.4%	953	97.1%
	1001 ⁸	100.0%	981 ⁹	100.0%



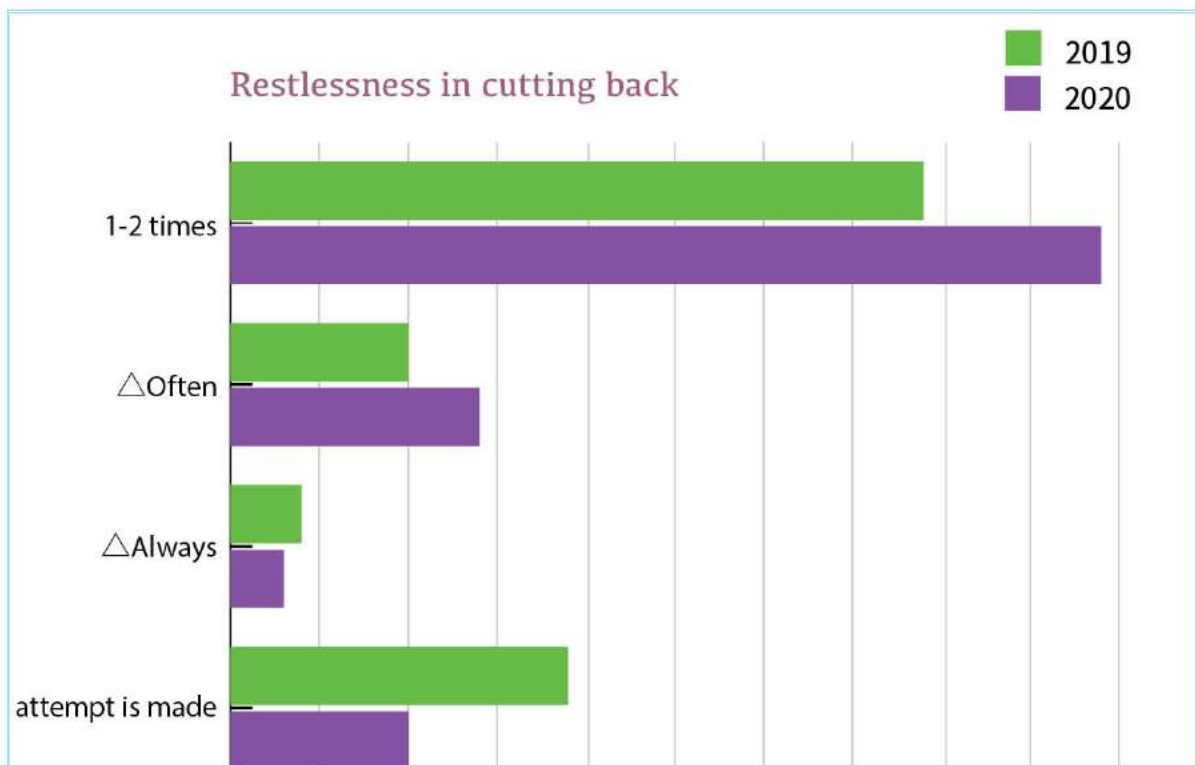
⁸ 7 respondents did not answer this question.

⁹ 2 respondents did not answer this question.

Expresses restlessness or irritability in cutting back on or stopping gambling

92.4% of respondents said they did not feel restless or irritable when attempting to cut back on or stop gambling. 1.0% of respondents have made no attempt to cut back on or stop gambling, while 6.6% of respondents feel restless or irritable when attempting to cut back on or stop gambling. The figures are similar to those of last year.

	2019		2020	
	Frequency	%	Frequency	%
No	930	92.8%	905	92.4%
1-2 times	39	3.9%	48	4.9%
△Often	10	1.0%	14	1.4%
△Always	4	0.4%	3	0.3%
☆ No attempt is made	19	1.9%	10	1.0%
	1002 ¹⁰	100.0%	980 ¹¹	100.0%



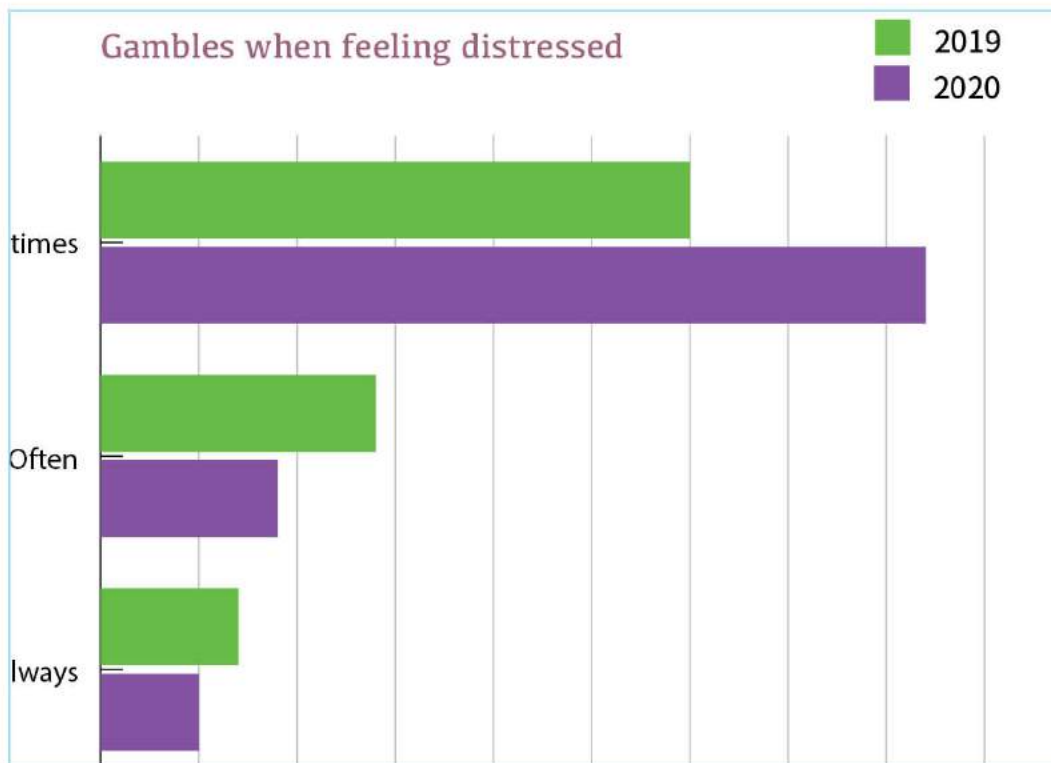
¹⁰ 6 respondents did not answer this question.

¹¹ 3 respondents did not answer this question.

Gambles when feeling distressed

Most respondents will not use gambling as a way to reduce feelings of distress or other negative feelings such as helplessness, guilt, and anxiety (94.4%). Only 1.4% of respondents said they often or always gamble when feeling distressed. The figures are slightly lower than those of last year.

	2019		2020	
	Frequency	%	Frequency	%
No	949	94.9%	927	94.4%
1-2 times	30	3.0%	41	4.2%
△ Often	14	1.4%	9	0.9%
△ Always	7	0.7%	5	0.5%
	1000 ¹²	100.0%	982 ¹³	100.0%



¹² 8 respondents did not answer this question.

¹³ 1 respondent did not answer this question.

Chases one's losses

After losing money gambling, most students will not return another day to get even (89.7%). 7.5% of respondents said they occasionally return another day to get even. 1.9% of respondents admitted they often return another day to get even, and 0.8% of respondents said they always do so. These figures are similar to those in the last year.

	2019		2020	
	Frequency	%	Frequency	%
No	902	90%	880	89.7%
Occasionally	78	7.8%	74	7.5%
△ Often	10	1.0%	19	1.9%
△ Everytime	12	1.2%	8	0.8%
	1002 ¹⁴	100.0%	981 ¹⁵	100.0%



¹⁴ 6 respondents did not answer this question.

¹⁵ 2 respondents did not answer this question.

4.1.2 Influence on self and family

Lies to conceal the extent of involvement with gambling

Most students did not lie to conceal the extent of their involvement with gambling in the last year (93.9%). In 2020, 4.2% of respondents have lied one to two times, and this is higher than the 3.2% of last year. Some students have often lied (1.9%) to conceal the extent of their involvement in gambling. This figure is similar to that of last year.

	2019		2020	
	Frequency	%	Frequency	%
No	949	94.8%	922	93.9%
△ 1-2 times	32	3.2%	41	4.2%
△ Often	17	1.7%	19	1.9%
△ Always	3	0.3%	0	0.0%
	1001 ¹⁶	100.0%	982 ¹⁷	100.0%



¹⁶ 7 respondents did not answer this question.

¹⁷ 1 respondent did not answer this question.

Takes money to spend on gambling without permission

Most respondents have not taken money from family, dinner money or fare money, and money outside of family without permission to spend on gambling (95.5%). 3.5% of respondents have done this misbehavior one to two times. The percentage of students who “often take money to spend on gambling without permission” and “always take money to spend on gambling without permission” are 0.9% and 0.1%, respectively. The results are similar to last year.

	2019		2020	
	Frequency	%	Frequency	%
No	953	95.1%	938	95.5%
△ 1-2 times	31	3.1%	34	3.5%
△ Often	10	1.0%	9	0.9%
△ Always	8	0.8%	1	0.1%
	1002 ¹⁸	100.0%	982 ¹⁹	100.0%



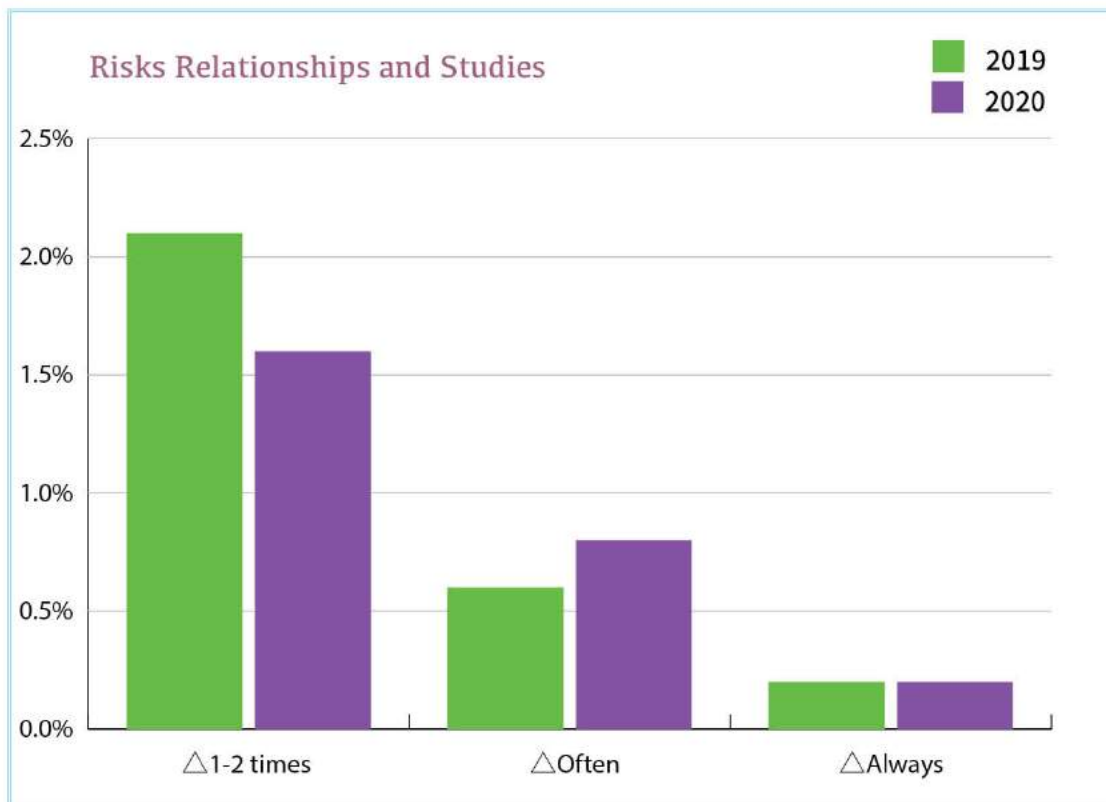
¹⁸ 6 respondents did not answer this question.

¹⁹ 1 respondent did not answer this question.

Risks relationships and studies

Most respondents did not have the experience of losing a significant relationship or education opportunity because of gambling. Some respondents said that gambling has influenced their relationships and studies one to two times (1.6%). 1% of respondents expressed that gambling often or always affects their relationships and studies. The situation is similar to that of last year.

	2019		2020	
	Frequency	%	Frequency	%
No	973	97.1%	956	97.4%
△ 1-2 times	21	2.1%	16	1.6%
△ Often	6	0.6%	8	0.8%
△ Always	2	0.2%	2	0.2%
	1002 ²⁰	100.0%	982 ²¹	100.0%



²⁰ 6 respondents did not answer this question.

²¹ 6 respondents did not answer this question.

4.2 Problematic Gambling Behaviors

The following table summarizes the number of respondents with different scores. Six respondents have 6 to 8 marks (0.6%), which display moderate or serious problematic behaviors.

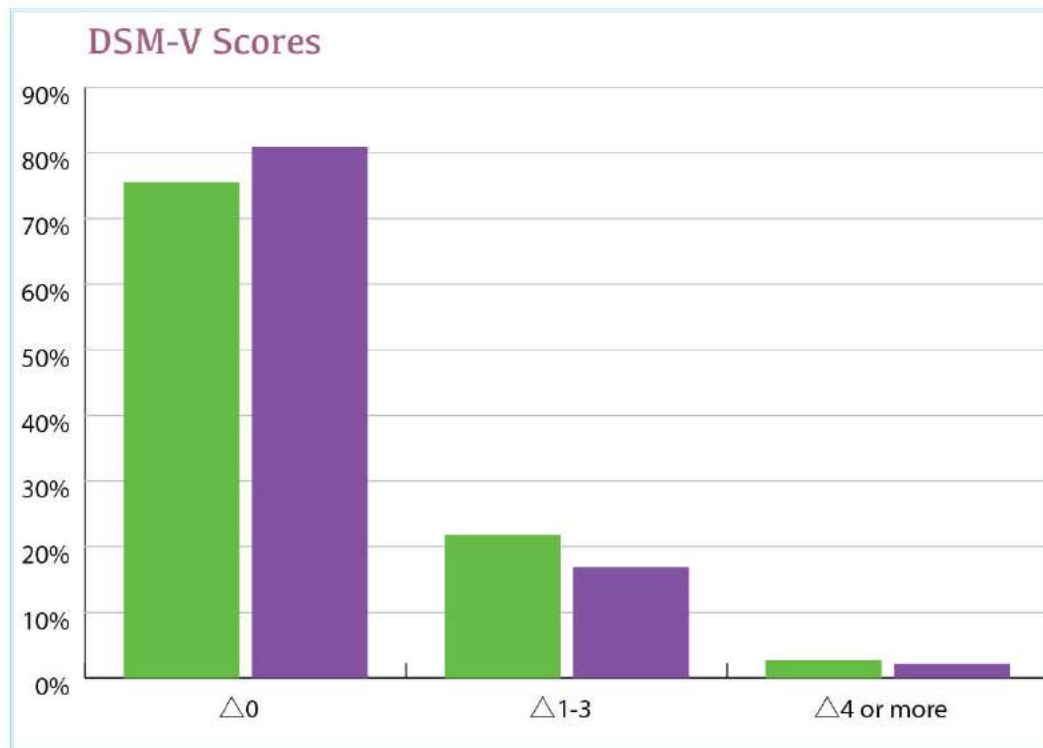
2020	△Frequency	%
0	795	80.9%
1	106	10.8%
2	39	4.0%
3	20	2.1%
4	10	0.9%
5	7	0.7%
6	2	0.2%
7	3	0.3%
8	1	0.1%
Total	983	100%

Each △ scores 1 mark, and there are three different levels of influence:

- 0 mark : Gambling behavior did not have any influence on the respondent’s significant relationship or education.
- 1-3 marks : Gambling behavior may have an influence on the respondent’s significant relationship or education.
- 4 marks or above : The respondent may have gambling disorder.

795 respondents scored 0 (80.9%), which shows that gambling has no influence on their daily life and behavior. 165 respondents scored 1 to 3 marks (16.9%), thus showing that they may have suffered from their gambling behaviors. 2.2% of respondents scored 4 marks or above, which showed that they may have suffered from gambling disorder. The overall situation is better than that of last year.

	2019		2020	
	Frequency	%	Frequency	%
△0	761	75.5%	795	80.9%
△1-3	220	21.8%	165	16.9%
△4 or more	27	2.7%	23	2.2%

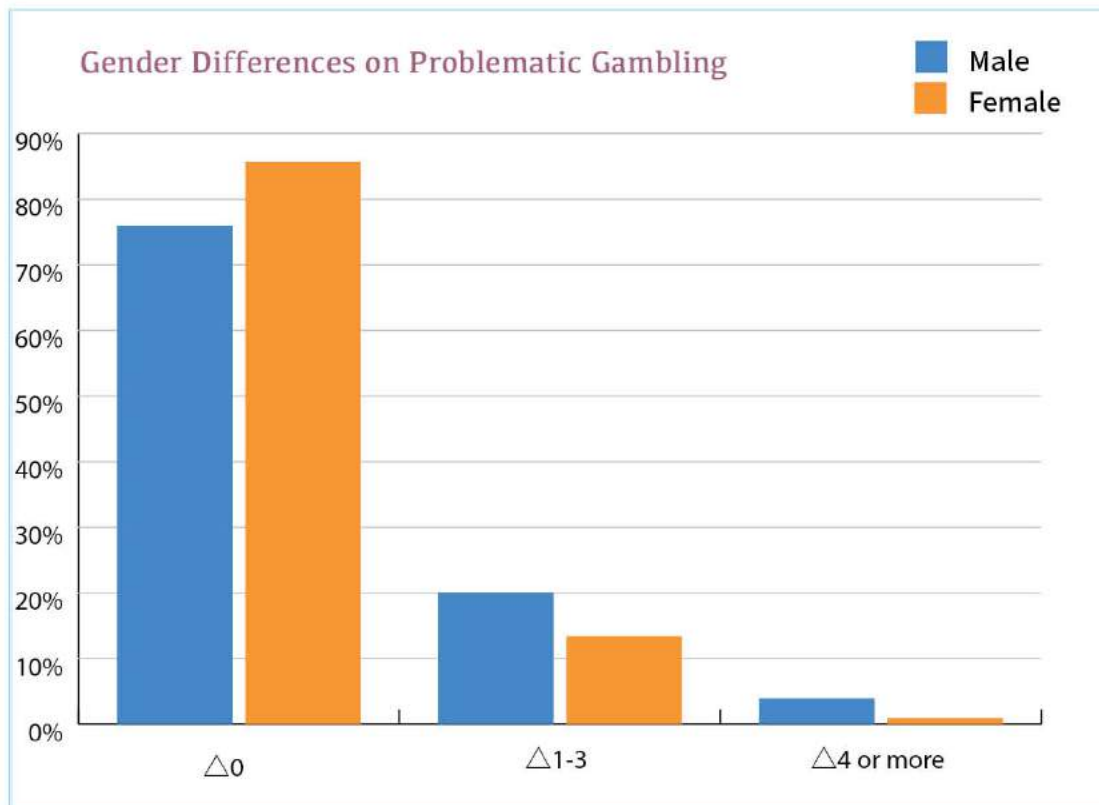


4.3 Gender Differences on Problematic Gambling

It is already well known that gambling and gambling disorders are concentrated in male populations, and here the result confirms there is a much lower risk among girls compared with boys: girls are much less likely to gamble and have gambling disorder if they do gamble. In this study, male respondents displayed more problematic behaviors than female respondents: 20.1% of boys with 1 to 3 marks and only 13.4% of girls with 1 to 3 marks. 3.9% of boys have problematic gambling symptoms, while only 0.9% girls have more than four symptoms. Although girls have lower risk than boys, 0.9% of girls are potential patients of problematic gambling.

The following tables summarize the DSM-V score of male and female respondents, respectively.

2020	Male	Female
△0	374 (76.0%)	398 (85.8%)
△1-3	99 (20.1%)	62 (13.4%)
△4 or more	19 (3.9%)	4 (0.9%)



DSM-V Scores of Male Respondents

In this year, 374 boys scored 0 marks (76.0%), 99 boys scored 1 to 3 marks (20.1%), and 19 boys scored 4 marks or above (3.9%), and there is a significant improvement in 1 to 3 marks category when compared with 2019.

	2019	2020
△0	418 (71.8%)	374 (76.0%)
△1-3	141 (24.2%)	99 (20.1%)
△4 or more	23 (4.0%)	19 (3.9%)

DSM-V Scores of Female Respondents

In this year, 398 girls scored 0 marks (85.7%), 62 girls scored 1 to 3 marks (13.4%), and 4 girls scored 4 marks or above (0.9%), and there is a significant improvement in 1 to 3 marks category when compared with 2019.

	2019	2020
△0	336 (80.4%)	398 (85.7%)
△1-3	78 (18.7%)	62 (13.4%)
△4 or more	4 (1.0%)	4 (0.9%)

The following table shows the differences between male and female gamblers regarding their problematic gambling behaviors. For male respondents, the major gambling problems include “increasing amounts of money to achieve the desired excitement” (10.6%) and “preoccupation with gambling” (8.5%). In addition, 8.3% of respondents have lied to conceal their extent of involvement with gambling, and 6.3% of respondents have taken money to spend on gambling without permission. These statistics show that a number of male respondents suffer from problematic gambling.

The pattern of girls’ gambling problems is similar to that of boys. Major gambling problems include “increasing amounts of money to achieve the desired excitement” (6.5%) and “preoccupation with gambling” (4.1%). 3.9% of female respondents also lies to conceal the extent of involvement with gambling. In general, problematic gambling is less serious among female students.

Self-control over Gambling	Male	Female
• Preoccupied with gambling	42 (8.5%)	19 (4.1%)
• Increases amounts of money to achieve the desired excitement	52 (10.6%)	30 (6.5%)
• Repeats unsuccessful efforts to control	20 (4.1%)	8 (1.7%)
• Expresses restlessness or irritability in cutting back on or stopping gambling	13 (2.6%)	4 (0.9%)
• Gambles when feeling distressed	11 (2.2%)	3 (0.6%)
• Chases one’s losses	21 (4.3%)	4 (0.9%)
Influence of Gambling	Boy	Female
• Lies to conceal the extent of involvement with gambling	41 (8.3%)	18 (3.9%)
• Takes money to spend on gambling without permission	31 (6.3%)	12 (2.6%)
• Risks relationships and studies	21 (4.3%)	5 (1.1%)

5. Adolescent Gambling Behaviors

5.1 Gambling Preferences

For the entire sample of participants, 21.9% wagered on card games, and 17.2% wagered on Mahjong, and this shows that many of them are participating in social gambling activities. As there was no major sporting event as a result of COVID-19 in 2020, participants wagered on sports betting reduced from 5.1% to 2.8%. The third, fourth, and fifth participant preferred gambling activities were: fishing machine (6.1%), online gambling (4.4%), and Mark Six (3.1%) respectively. Besides the traditional games, this year we included a new item “Claw machine”. There were 33.3% of respondents participated in the claw machine game in 2020.

Gambling Preferences of Participants

Gambling Activities	2019	2020
Horse races/greyhound races	7 (0.7%)	5 (0.5%)
Instant lottery	28 (2.8%)	20 (2.0%)
Sports betting	51 (5.1%)	28 (2.8%)
Macau casino gambling	10 (1.0%)	4 (0.4%)
Pacapio (Chinese lottery)	2 (0.2%)	2 (0.2%)
Slot machines	9 (0.9%)	6 (0.6%)
Mark Six	65 (6.4%)	30 (3.1%)
Mahjong	167 (16.6%)	169 (17.2%)
Card games	249 (24.7%)	215 (21.9%)
Online gambling	67 (6.6%)	43 (4.4%)
Fishing machine	84 (8.3%)	60 (6.1%)
Claw machine	-----	327 (33.3%)

The parents mainly wagered on Mahjong (32.1%) and Mark Six (26.1%), and this is similar to their preference in 2019. Their participation in sports betting also reduced from 11.8% to 8.9%. The third and fourth preferred gambling activities were: Card games (17.7%) and Macau casino gambling (12.8%). 11.0% of the parents also played Claw machine in 2020.

Gambling preference of parents

Gambling Activities	2019	2020
Horse races/ greyhound races	51 (5.1%)	42 (4.3%)
Instant lottery	88 (8.7%)	63 (6.4%)
Sports betting	119 (11.8%)	87 (8.9%)
Macau casino gambling	192 (19.0%)	126 (12.8%)
Pacapio (Chinese lottery)	22 (2.2%)	16 (1.6%)
Slot machines	94 (9.3%)	55 (5.6%)
Mark Six	406 (40.3%)	257 (26.1%)
Mahjong	300 (29.8%)	316 (32.1%)
Card games	190 (18.8%)	174 (17.7%)
Online gambling	40 (4.0%)	32 (3.3%)
Fishing machine	14 (1.4%)	18 (1.8%)
Claw machine	-----	108 (11.0%)

The Relationship between Gambling Preference of Parents and Students

The cross-tabulation shows that parents' gambling preference are positively related to the students'. There is a higher proportion of students participating in sports gambling, Mark Six, mahjong, card games, and online gambling if their parents also participate in these activities. This relationship is more significant in social gambling.

The following tables show the relationship between parents and students' gambling preferences in social gambling. In families with parents who wagered in mahjong, 37% of students have experience playing mahjong (only 7.8% of students have played mahjong if their parents did not play). In families with parents playing card games, 56.9% of students have participated in card games, while only 14.3% of students have played card games if their parents did not play.

2020	Parents wagered in Mahjong	Parents did not wager in Mahjong
Student wagered in Mahjong	117 (37.0%)	52 (7.8%)
Student did not wager in Mahjong	199 (63.0%)	615 (92.2%)
Total	316 (100.0%)	667 (100.0%)

2020	Parents wagered in Card Games	Parents did not wager in Card Games
Student wagered in Card Games	99 (56.9%)	116 (14.3%)
Student did not wager in Card Games	75 (43.1%)	693 (85.7%)
Total	174 (100.0%)	809 (100.0%)

Even for nonsocial gambling such as sports gambling, Mark Six, and online gambling, we also found similar patterns. A higher proportion of respondents participate in these activities if their parents also participate in these activities. In other words, the family members' gambling activities have a direct relationship with those of their sons or daughters.

2020	Parents wagered in Sport Gambling	Parents did not wager in Sport Gambling
Student wagered in Sport Gambling	8 (9.2%)	20 (2.2%)
Student did not wager in Sport Gambling	79 (90.8%)	876 (97.8%)
Total	87 (100.0%)	896 (100.0%)

2020	Parents wagered in Mark Six	Parents did not wager in Mark Six
Students wagered in Mark Six	18 (7.0%)	12 (1.7%)
Students did not wager in Mark Six	239 (93.0%)	714 (98.3%)
Total	257 (100.0%)	726 (100.0%)

2020	Parents wagered in Online Gambling	Parents did not wager in Online Gambling
Students wagered in Online Gambling	7 (21.9%)	36 (3.8%)
Students did not wager in Online Gambling	25 (78.1%)	915 (96.2%)
Total	32 (100.0%)	951 (100.0%)

5.2 Gambling Pattern and Partners

Age at Which Gambling Started

For the entire sample of gamblers, 24.3% made their first bet at ages 12-14, 17.8% at ages 9-11, and 9.3% at ages 15-18. 13.1% made their first bet before the age of 8, and this is higher than that of last year. The statistics show that most gamblers made their first bet in senior elementary or junior high school. In this year, the number of participants never gamble dropped significantly from 45.3% to 35.5%, which is a major concern for the society.

	2019		2020	
	Frequency	%	Frequency	%
Below 6	14	1.4%	35	3.6%
6-8	86	8.6%	93	9.5%
9-11	145	14.5%	174	17.8%
12-14	193	19.3%	237	24.3%
15-18	108	10.8%	91	9.3%
Never gamble	453	45.3%	347	35.5%



Reasons for Starting Gambling

Respondents gambled to seek entertainment (44.8%) and to socialize with peers (22.4%). This result shows that the peers and family members play a major role in influencing youngsters' participation in gambling.

	2019		2020	
	Frequency	%	Frequency	%
To try betting	37	3.7%	27	2.7%
To cope with familial gambling	80	7.9%	55	5.6%
To socialize with peers	188	18.7%	220	22.4%
To win money	47	4.7%	30	3.1%
To seek entertainment	361	35.8%	440	44.8%



5.3 Gambling Habits of the past 12 months

Major Gambling Partners

Chinese people have a gambling culture with a long history, and social bonding is one of the reasons for this. People gamble together to maintain or develop kinship, friendship, or business ties. Similar to past years, youngsters' major gambling partners include friends (41.1%), family members (28.9%), and classmates (14.4%). About 14% of respondents gamble alone.

	2019		2020	
	Frequency	%	Frequency	%
Family members	256	25.4%	284	28.9%
Friends	332	32.9%	404	41.1%
Classmates	147	14.6%	142	14.4%
Alone	104	10.3%	138	14.0%

Gambling Frequency

54.0% of respondents did not gamble last year. Many gamblers were infrequent players who bet less than 1 hour per month (29.0%). 13.4% on average played 1-5 hours per month, and 1.6% played 6-10 hours per month. 1.9% gamblers spent more than 11 hours in gambling activities. These figures are higher than those of last year.

	2019		2020	
	Frequency	%	Frequency	%
1 hour or below	246	24.4%	285	29.0%
1-5 hours	90	8.9%	132	13.4%
6-10 hours	14	1.4%	16	1.6%
11-15 hours	3	0.3%	3	0.3%
15 hours or above	16	1.6%	16	1.6%
No gambling last year	639	63.4%	531	54.0%

Spending in Gambling Activities

In 2020, 55.6% of respondents did not wager in gambling activities. 39.2% of youngsters on average spent less than \$500 on gambling activities, while 5.2% spent more than \$500 on gambling activities. We should also pay more attention to the fact that 0.9% of respondents spent more than \$3,000 in gambling activities..

	2019		2020		
	Frequency	%	Frequency	%	
No gambling last year	666	66.1%	No gambling last year	546	55.6%
\$1-\$200	260	25.8%	\$1-\$500	385	39.2%
\$201-\$400	38	3.8%	\$501-\$1000	28	2.8%
\$401-\$600	12	1.2%	\$1001-\$3000	15	1.5%
\$601-\$800	2	0.2%	\$3001-\$10000	6	0.6%
\$801-\$1000	4	0.4%	\$10000 or above	3	0.3%
\$1000 or above	26	2.6%			

Finances for Gambling

Respondents mainly finance their gambling activities using pocket money (41.1%), money from family members (18.6%), and personal savings (18.2%).

	2019		2020	
	Frequency	%	Frequency	%
Pocket money	310	30.8%	404	41.1%
From family members	127	12.6%	183	18.6%
Personal savings	108	10.7%	179	18.2%
Salary from part-time job	56	5.6%	29	3.0%
Borrow from others	10	1.0%	3	0.3%
Money owned by others	7	0.7%	4	0.4%

6. Family Status and Gambling Activities

6.1 Respondents' Family Economic and Social Status

Economic Status

The second part of this questionnaire asked respondents to report their family's economic and social status. The following table shows how respondents perceive the economic status of their family. As shown in the table, 18.9% of them perceive their family as middle-class or wealthy, while 13.0% of them perceive themselves as average or poor.

2020	Frequency	%
Wealthy	10	1.0%
Middle-class	173	17.9%
Well-off	660	68.1%
Average	103	10.6%
Poor	23	2.4%

53.8% of respondents did not have a clear idea about their family's economic status. 17.7% of them believed that their monthly family income is higher than \$40,000.

2020	Frequency	%
<10000	8	0.8%
10000-19999	37	3.8%
20000-29999	57	5.8%
30000-39999	59	6.0%
>40000	173	17.7%
Not know	527	53.8%
Refused to answer	118	12.1%

Educational Background and Work Experience of Parents

The following table shows that the patterns of fathers and mothers' educational background are similar. Most students reported that their parents have completed secondary education (father: 47.8%, mother: 50.0%) and university education (father: 29.5%, mother: 27.8%).

2020	Father		Mother	
	Frequency	%	Frequency	%
Primary school or below	146	15.3%	118	12.3%
Secondary school	456	47.7%	480	50.0%
Tertiary education	72	7.5%	95	9.9%
University or above	282	29.5%	267	27.8%

The results of this study suggest that parents' educational background is one of the predictors for students' gambling behaviors. Students whose parents have lower educational attainment tend to have more problematic gambling behaviors. The results suggest that some parents may not have sufficient knowledge to provide their children suitable guidance.

Father's education level	Primary/Secondary School	Tertiary Education	University or above
△0	469 (77.9%)	64 (88.9%)	235 (84.2%)
△1-3	116 (19.3%)	7 (9.7%)	41 (14.7%)
△4 or above	17 (2.8%)	1 (1.4%)	3 (1.1%)
	602 (100%)	72 (100%)	279 (100%)

Mother's education level	Primary/Secondary School	Tertiary Education	University or above
△0	469 (78.5%)	83 (87.3%)	222 (83.1%)
△1-3	111 (18.5%)	11 (11.6%)	41 (15.4%)
△4 or above	18 (3.0%)	1 (1.1%)	4 (1.5%)
	598 (100%)	95 (100%)	267 (100%)

The following table shows that most parents are working (father: 78.6%, mother: 72.8%). 18% of mothers are housewives.

2020	Father		Mother	
	Frequency	%	Frequency	%
In work	761	78.6%	708	72.8%
Housework	20	2.1%	175	18.0%
Retired	43	4.4%	10	1.0%
Unemployed	14	1.5%	15	1.6%
Not know/ Refused to answer	130	13.4%	64	6.6%

The major occupation types for respondents' father is technical (18.6%). 15.5% of father and 26.1% of mother worked in companies associated with gambling industries, which is the major occupation of respondents' mother.

2020	Father		Mother	
	Frequency	%	Frequency	%
Professionals	60	6.1%	62	6.3%
Service Personnel	62	6.3%	100	10.2%
Clerical	66	6.7%	146	14.9%
Civil servants	159	16.2%	82	8.3%
Self-employed	101	10.3%	50	5.1%
Technical	183	18.6%	37	3.8%
Unskilled	33	3.4%	20	2.0%
Worked in gambling related industries	152	15.5%	257	26.1%

Parents' Marital Status

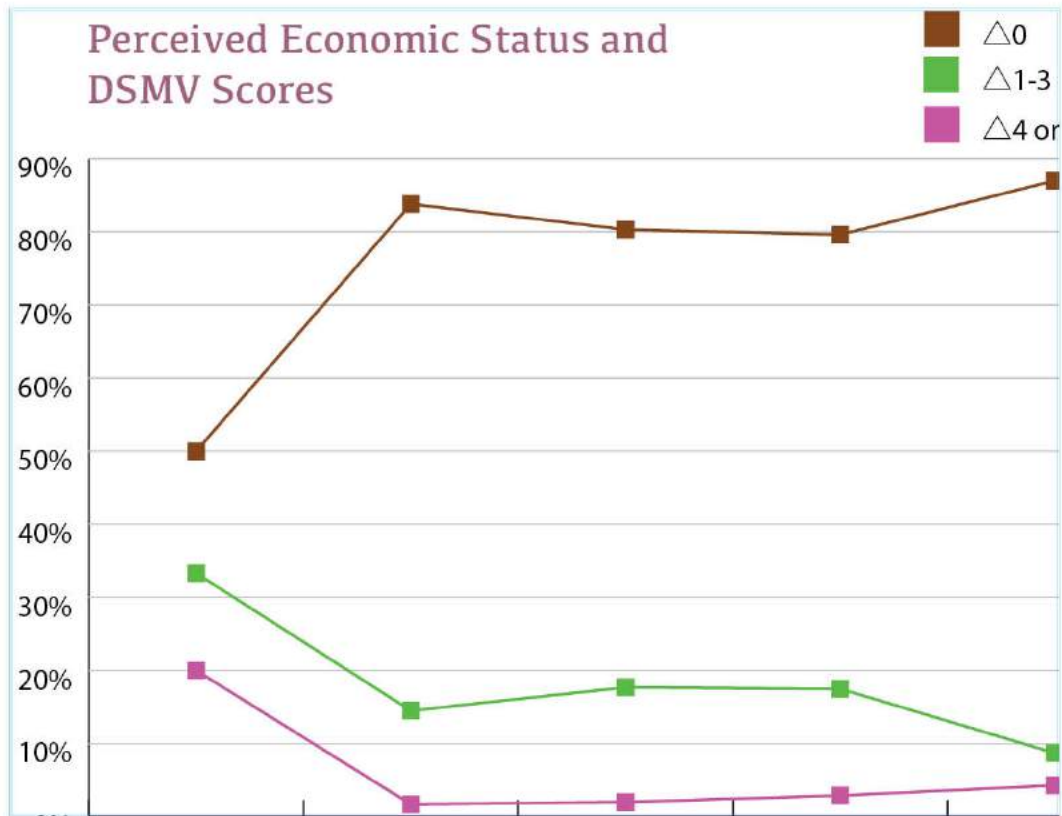
This table shows that 80.8% of respondents' parents are still married. A total 15.5% of respondents' parents are separated and divorced.

2020	Frequency	%
Married	788	80.8%
Separated	49	5.0%
Divorced	102	10.5%
Other	36	3.7%

6.2 Relationship between Family Economic and Marital Status and Gambling Behaviors

The following table shows that respondents who perceive their family as wealthy display a higher proportion of problematic gambling behaviors than the other three groups. Further investigation may be required to investigate the reasons for this relationship.

	Wealthy	Middle-class	Well-off	Average	Poor
△0	5 (50.0%)	145 (83.8%)	530 (80.3%)	82 (79.6%)	20 (87.0%)
△1-3	3 (30.0%)	25 (14.5%)	117 (17.7%)	18 (17.5%)	2 (8.7%)
△4 or above	2 (20.0%)	3 (1.7%)	13 (2.0%)	3 (2.9%)	1 (4.3%)
	10 (100%)	173 (100%)	660 (100%)	103 (100%)	23 (100%)



The following table shows the relationship between parents' marital status and the problematic gambling behaviors of their sons or daughters. The patterns of different marital status are similar to each other, marital status appeared to make no significant difference.

	Married	Separated	Divorced	Others
Δ0	634 (80.5%)	41 (83.7%)	83 (81.4%)	25 (83.3%)
Δ1-3	134 (17.0%)	7 (14.3%)	19 (18.6%)	12 (16.7%)
Δ4 or above	20 (2.5%)	1 (2.0%)	0 (0.0%)	0 (0.0%)
	788 (100%)	49 (100%)	102 (100%)	36 (100%)

6.3 Parents' Attitudes toward Gambling

Parents' Responses

The parents' responses vary. 38.1% of respondents reported that their parents do not have much of a response to their gambling behaviors. Only 11.4% of parents ask them to reduce gambling. The table shows that many parents do not provide clear guidance to their children regarding gambling activities. Also, 11.1% of parents do not know about their children's gambling behaviors.

	2019		2020	
	Frequency	%	Frequency	%
Ask them to stop gambling	27	2.7%	25	2.5%
Ask them to reduce gambling	63	6.3%	112	11.4%
Encourage them to win	21	2.1%	17	1.7%
Not much response	279	27.7%	375	38.1%
Worry them lose money	37	3.7%	39	4.0%
Encourage by providing money	15	1.5%	13	1.3%
Avoid discussing this topic	10	1.0%	10	1.0%
Not know about their gambling behaviors	141	14.0%	109	11.1%

Parents' passive behavior may have negative impacts on youngsters' problematic gambling behaviors. As shown in the following table, in the group where parents do not have much of a response to their children's gambling behaviors, the respondents have a higher proportion of problematic gambling.

2019	Parent not much response	Not select this option
△ 0	172 (61.6%)	589 (80.8%)
△ 1-3	99 (35.5%)	121 (16.6%)
△ 4 or above	8 (2.9%)	19 (2.6%)

2020	Parent not much response	Not select this option
△ 0	294 (78.4%)	501 (82.4%)
△ 1-3	71 (18.9%)	94 (15.5%)
△ 4 or above	10 (2.7%)	13 (2.1%)

11.1% of respondents reported that their parents do not know about their participation in gambling activities. This group of students also displayed a higher proportion of gambling disorder. 3.7% of them scored 4 marks or above, and 33.9% scored 1 to 3 marks. In other words, some students are being affected by gambling even though their parents are unaware.

2019 Parents don't know	Yes	No
△ 0	71 (50.4%)	690 (79.6%)
△ 1-3	59 (41.8%)	161 (18.6%)
△ 4 or above	11 (7.8%)	16 (1.8%)

2020 Parents don't know	Yes	No
△ 0	68 (62.4%)	727 (83.2%)
△ 1-3	37 (33.9%)	128 (14.6%)
△ 4 or above	4 (3.7%)	19 (2.2%)

Do Your Parents Gamble Too Much?

17.7% of students said their parents have serious gambling problems (15.3% agree and 2.4% strongly agree), which are higher than the results of 2019. 1.0% of students reported that they are unaware about their parents' gambling behaviors.

	2019		2020	
	Frequency	%	Frequency	%
Strongly disagree	534	53.0%	316	32.4%
Disagree	249	24.7%	309	31.5%
Neutral	156	15.5%	171	17.4%
Agree	38	3.8%	150	15.3%
Strongly agree	12	1.2%	24	2.4%
Not know	19	1.8%	1	1.0%

6.4 Satisfaction with Family Function

The family APGAR index was first introduced in 1978 to assess family function. The five-item questionnaire was developed on the premise that a family member's perception of family function could be assessed by his/her report satisfaction of five parameters of family function: adaptation, partnership, growth, affection, and resolve.

Most items received a mean higher than 2.5, and this suggested that respondents have a positive attitude toward their family in general. They are more satisfied with how their family share time together (2.98), as well as their family's acceptance and support of their directions (2.96).

	Mean	SD
I am satisfied that I can turn to my family for help when something is troubling me.	2.82	0.917
I am satisfied with the way my family talks over things with me and shares problems with me.	2.58	0.951
I am satisfied that my family accepts and supports my wishes to take on new activities and directions.	2.96	0.900
I am satisfied with the way my family express affections, and responds to my emotions such as anger, sad, and love.	2.51	0.928
I am satisfied with the way my family and I share time together.	2.98	0.914

(1=Almost never, 2=Occasionally, 3=Sometimes, 4 = Always)

I am satisfied that I can turn to my family for help when something is troubling me.

	Almost never	Occasionally	Sometimes	Always
Frequency	74	292	348	266
%	7.6%	29.8%	35.5%	27.1%

I am satisfied with the way my family talks over things with me and shares problems with me.

	Almost never	Occasionally	Sometimes	Always
Frequency	131	337	319	192
%	13.4%	34.3%	32.5%	19.5%

I am satisfied that my family accepts and supports my wishes to take on new activities and directions.

	Almost never	Occasionally	Sometimes	Always
Frequency	62	230	372	315
%	6.3%	23.4%	37.8%	32.0%

I am satisfied with the way my family express affections, and responds to my emotions such as anger, sad, and love.

	Almost never	Occasionally	Sometimes	Always
Frequency	137	364	317	162
%	14.0%	37.1%	32.3%	16.5%

I am satisfied with the way my family and I share time together.

	Almost never	Occasionally	Sometimes	Always
Frequency	62	233	348	337
%	6.3%	23.8%	35.5%	34.4%

According to these tables:

- 62.6% of respondents reported they can turn to their family for help when something is troubling them (sometimes – 35.5%; always – 27.1%). However, 7.6% of respondents said they are almost never satisfied with their family’s support.
- 52.0% of respondents are satisfied with the way their family talks about things with them and shares problems with them. 13.4% of respondents are not satisfied with their family’s communication.
- 69.8% of respondents reported that their family accepts and supports their wishes to take on new activities and directions (sometimes – 37.8%; always – 32.0%). 6.3% of respondents are not satisfied with their family’s support of their directions.
- 48.8% of respondents are satisfied with the way their family expresses affections and responds to their emotions (sometimes – 32.3%; always – 16.5%). 14.0% of respondents are dissatisfied with the way their family expresses and responds to emotions.
- 69.9% of respondents are satisfied with the way their family shares time together (sometimes – 35.5%; always – 34.4%). 6.3% of respondents are dissatisfied with how their family shares time together.

6.5 Family APGAR Index and Gambling Disorder

The original instrument allows three possible responses to each of the five items. Responses to the items are added, and scores may range from 0 to 10 (low to high satisfaction with family function). The sum can be 0 to 10 points, and families can be characterized as a functional family (7-10) or dysfunctional family (< 6). A dysfunctional family can still be classified as mild (> 3 and < 7) and severely dysfunctional (≤ 3). The following table shows that about 30% of respondents perceive that their family functions well, and 12.1% of respondents perceive that their family is severely dysfunctional.

	2020	
	Frequency	%
Severely Dysfunctional (0-3points)	118	12.1%
Mild Dysfunctional (4-6points)	556	56.7%
Functional(7-10points)	306	31.2%

The following table shows that respondents from a functional family display significantly less problematic gambling behaviors than those respondents from a dysfunctional family. In other words, the family's communication and support toward students may have a positive effect on reducing students' gambling problems.

Relationship between APGAR Index and DSM-V

DSM V	APGAR Index		
	0-3marks	4-6 marks	7-10 marks
$\Delta 0$	85 (72.0%)	447 (80.4%)	260 (85.0%)
$\Delta 1-3$	27 (22.9%)	95 (17.1%)	43 (14.0%)
$\Delta 4$ or above	6 (5.1%)	14 (2.5%)	3 (1.0%)
	118 (100%)	556 (100%)	306 (100%)

6.6 The Influence of Parents working in Gambling Industry

The following tables examine the relationship between parent's working in gambling related industry and the scores of DSM-V.

The first table shows that father's working in gambling industry has no significant differences on the distribution of DSM-V scores. However, according to the second table, the percentage of students engaged in problematic gambling is higher for family with mother's working in gambling related industries.

Father work in gambling industry	Yes	No
△0	127 (83.5%)	668 (80.4%)
△1-3	22 (14.5%)	143 (17.2%)
△4 or above	3 (2.0%)	20 (2.4%)
	152(100%)	831(100%)

Mother work in gambling industry	Yes	No
△0	201 (78.2%)	594 (81.8%)
△1-3	45 (17.5%)	120 (16.5%)
△4 or above	11 (4.3%)	12 (1.7%)
	257(100%)	726(100%)

6.7 The influence of Parents working on shift

The following tables examine the relationship between parent's working in position with work-shift and the scores of DSM-V. The results suggested that there is no significant relationship between work-shift arrangement and student's problematic gambling behaviors. But the percentage of students who have gambling disorder is higher than average for family with mother's working on shift.

Father	Yes	No
△0	263 (80.9%)	432 (80.3%)
△1-3	53 (16.3%)	92 (17.1%)
△4 or above	9 (2.8%)	14 (2.6%)
	325 (100%)	538 (100%)

Mother	Yes	No
△0	248 (80.0%)	338 (83.4%)
△1-3	51 (16.5%)	59 (14.6%)
△4 or above	11 (3.5%)	8 (2.0%)
	310 (100%)	405 (100%)

7. Discussion and Conclusion

Gambling Disorder among Youngsters

Youngsters' self-control over their gambling is similar to that of last year. The percentage of respondents who are sometimes or always preoccupied with gambling slightly increased from 5.6% to 6.3%. From this year, 8.5% of respondents need to gamble with increasing amounts of money to achieve the desired excitement. 2.9% of respondents have made repeated unsuccessful efforts to control, cut back on, or stop gambling, and this is similar to that of 2019.

10.2% of respondents have experience chasing their losses, and this is similar to that of last year. Respondents who have use gambling as a way to reduce distress or other negative feelings slightly increased from 5.1% in 2019 to 5.6% in 2020, but there is a decrease from 2.1% to 1.4% in terms of severity this year.

In general, gambling's influence on students' behaviors is similar to last year. Students who lie to conceal the extent of their involvement with gambling increased from 5.2% in 2019 to 6.1% in 2020. 4.5% of students have experience taking money to spend on gambling without permission (4.9% in 2019), and 2.6% of students found that gambling has some negative impacts on their relationships and studies (2.9% in 2019).

795 respondents scored 0 (80.9%), which shows that gambling has no influence on their daily life and behavior. 165 respondents scored 1 to 3 marks (16.9%); thus, they may have suffered from their gambling behaviors. 2.2% of respondents scored 4 marks or above, and this showed that they may have suffered from problematic gambling behaviors. Owing to the adjustment of the score calculation for the first question of the DSM-V questionnaire, the overall percentage has also been adjusted. The adjusted percentage of 1-3 marks in 2019 is 16.2%, and the percentage of marks 4 or above is 2.1%. Therefore, the overall situation of young people's risk of gambling disorder is similar to that of last year.

Since 2009, the number of people with a score of 1-3 has increased from 13% (2009) to the highest of 23% in 2015, and has gradually dropped to around 16% in recent years. The score above 4 is maintained at the level of 1-3%. These figures show that the potential risks of youth gambling disorders cannot be ignored.

For the gender difference, similar to last year's result, male respondents display more problematic behaviors than female respondents. 20.1% of boys had 1 to 3 marks, while only 13.4% female respondents had 1 to 3 marks. 3.9% of boys have problematic gambling symptoms, while only 0.9% girls have more than four symptoms. Our results have shown that a higher percentage of boys have been involved in problem gambling since 2013.

Many researchers have suggested that youngsters' problematic gambling behaviors may be associated with criminal behaviors (Gupta, Derevensky, & Marget, 2004), the deterioration of an interpersonal relationship (Politzer, Yesalis & Hudak, 1992), lower academic performance, weakened job performance, limited motivation, and drug abuse. In this study, 8.3% of male respondents have lied to conceal their extent of involvement with gambling, 6.3% of them have taken money to spend on gambling without permission, and 4.3% reported that gambling has negative impacts on their relationships and studies. These figures show that some boys have already suffered from their gambling activities.

Youngsters' Gambling Activities

Some studies have suggested that people who started their participation as a child have higher chances of suffering from gambling problems. The development of the Internet and its numerous gambling activities has allowed more youngsters to gamble, and this has increased the proportion of young problem gamblers (Griffiths & Wood, 2000). In other words, when youngsters participate in gambling at younger ages, they are more likely to suffer from gambling disorder. This survey found that most young gamblers start their gambling activities from 9 to 14 years old. Although most of them spent less than MOP\$500 on gambling per month (39.2%), 2.4% of respondents reported that they would spend more than MOP\$1000 on gambling.

Similar to the results of previous surveys, the most popular gambling activities among youngsters include social gambling such as card games (21.9%) and mahjong (17.2%). We should note that students' participation of social gambling activities has direct relationship with their parents' participation of these activities. The percentage of students participating in online gambling and Mark Six has reduced from 6.6% to 4.4% and 6.4% to 3.1%, respectively. Fishing machine (6.1%) continued to be top four popular gambling activities among young people since it is added in this survey in 2017. In 2020, we added one item "Claw machine" to the questionnaire. 33.3% students said that they have played claw machine in the past year. In general, students perceived claw machines as a kind of entertainment rather than gambling activities. It can be seen that the influence of emerging gambling related activities in the community of young people cannot be ignored

Entertainment (44.8%) and social activities (22.4%) are the major reasons that participants gamble. These results support the fact that youngsters' peer group and family members play a key role in their gambling participation.

Family Background and Problem Gambling

Many studies have suggested that students from families with lower socioeconomic status have higher risks of problem gambling than those from families with higher socioeconomic status. In this study, one interesting finding is that the respondents who perceive their family to be wealthy display a higher proportion of problematic gambling behaviors than the other groups. The reason for this phenomenon may be that those students from a wealthier family have more spare money to spend on gambling activities.

Sufficient support from parents is a key factor related to preventing problem gambling. In this study, students whose parents had a lower educational level displayed more gambling problems, and this suggests that parents with lower educational levels may not have sufficient knowledge to teach students how to avoid gambling addiction and to manage their personal finances. Thus, providing parents workshops related to personal financial management may help them learn how to provide better guidance to students and reduce their likelihood of problem gambling.

The Influence of family on children

Many studies have supported the fact that parents' gambling attitudes and behaviors have a close relationship to the gambling behaviors of their sons or daughters. Some studies have suggested that students learn how to gamble at home and practice gambling with their peers (NGISC, 1999). According to a report by the Chinese University of Hong Kong (2010), factors elevating the likelihood of pathological gambling included weak social bonding with family and school, social learning of gambling, social strain such as negative relations with family members and peers, and psychological factors pertaining to low self-control and strong sense of uncertainty.

Similar to the past few years, the most popular gambling activities among parents included mahjong and Mark Six. Casino games used to be in the third position dropped to the fourth, which might be caused by the outbreak of COVID-19. The above analysis shows there is a direct relationship between parents' gambling activities and students' gambling activities. For example, 37.0% of students played mahjong in families with parents playing the game, while less than 10% of students played mahjong if their parents did not play it. A similar pattern also appears in sports betting and card games. Thus, parents' participation in gambling activities has a direct influence on their children's attitudes and participation in gambling activities. In order to reduce youngsters' gambling activities, parents should act as role models and avoid using gambling as family entertainment.

Some parents did not provide suitable guidance to students regarding their gambling activities. For example, 18.6% of youngsters' gambling bets came from their parents. 13.9% of parents required them to reduce or cease their gambling, while 39.1% of parents did not response to or avoid talking about their children's participation in gambling. These results suggested that many parents are used to gambling activities in their daily lives.

Similar to the results of last year, in those families whose parents held a mild attitude toward gambling or did not know about their children's participation in gambling, a higher proportion of students displayed problematic gambling behaviors. If gambling was an accepted behavior in their families and was not stigmatized, the development of gambling skills was even encouraged at a young age, and students may have had more of a chance to participate in gambling activities and display problematic gambling behaviors. Thus, family education is also an important component for preventing youngsters' problematic gambling behaviors.

Adolescent gamblers often turn to families when they experience problems. Parents' attitudes and the effectiveness of their communication play key roles in providing support to their sons or daughters. We continued to use the APGAR index to investigate the relationship between family function and adolescent gambling behaviors. The results suggest that students who perceive support and acceptance from their family display significantly less problematic gambling behaviors than those respondents from dysfunctional families. Thus, the family's communication and support to students may have a positive effect on reducing the likelihood of developing some problematic gambling behaviors.

In 2020, we have also investigated the effects of parent's working in gambling related industry and work-shifts. The results were mixed. Father's working in gambling industry has no significant effects on students' participation in gambling activities. However, mother's participation in gambling industry displayed more direct relationship with students' participation of gambling activities. Further studies should be conducted to investigate this phenomenon.

Conclusion

In general, the proportion of adolescent problematic gambling behaviors slightly decreased in 2020. Government and nongovernment organizations could incorporate different measures to reduce the risks and extents of adolescent gambling problems. Youngsters tended to view some gambling activities as positive events. They believed that gambling activities are entertainment, social activities, or even investments.

To reduce their participation in gambling, we need to remind students that many people gradually progress from gambling for fun during adolescence to gambling with small amounts of money, habitual gambling, and then gambling disorders. To minimize the risk of students' participation in gambling, family education is equally important. Parents should be offered prevention and intervention methods so as to assist them in providing appropriate parenting to reduce and prevent gambling among young people. Finally, we should inculcate in students a correct attitude toward gambling, the skills to refuse participation in gambling, and a proper approach to manage money to reduce their likelihood of becoming a problem gambler in the future.

This study also further affirmed that the family plays an extremely important role in young people's gambling disorders. Positive communications and care between parents and children can effectively reduce the risk of gambling disorders in their children. As for the relationship between parents' work on shifts and parents working in gambling related industries, and their children's gambling situation, the results are inconclusive. Father's working in gambling industry and working on shift have no significant differences on the distribution of DSM-V scores. However, the percentage of students engaged in problematic gambling is higher for family with mother's working in gambling related industries. Therefore, there is insufficient evidence to derive a relationship between the parents' working environment or occupation and their children's problematic gambling behavior. Further study and analysis are recommended to clarify the existence of the relationship.

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