

A proposal of classification of pathological gamblers (pp. 5-23)

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The present study has a double objective: to show the results obtained in an empirical comparison of the most relevant theories offered to explain pathological gambling, and, second, to make a proposal of classification of pathological gamblers that provides guidance both for theoretical research and work in the fields of prevention and treatment. To achieve these goals, a revision of the different classifications of pathological gamblers proposed is developed, and the results of the present study carried out with a sample of 127 pathological gamblers (mean age: 41.67; sex: 78.7% men; mean duration of the problem: 5 years) are presented. The results indicate the usefulness of making a distinction among those pathological gamblers who seek physiological activation, those who use the gambling as an escape behaviour, and those whose main motivation to gamble is the financial gain. The study discusses the relevance of this sort of empirical research on basic or theoretical issues in the field of pathological gambling