

**Brief Group Intervention Based on Acceptance and Commitment Therapy
(ACT) for Problem Gambling: A Pilot Study**

ID: 2025-81

Document Date: February 23, 2025

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Participant Information Sheet and Informed Consent

Study Title

Brief Group Intervention Based on Acceptance and Commitment Therapy (ACT) for Problematic Gambling: A Pilot Study

Promoter

Universidad Europea de Madrid

Principal Investigator

Francisco Montesinos, Ph.D. – David Lobato, Ph.D.

Collaborating Investigator

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Introduction

You are being invited to participate in a research study aimed at Spanish-speaking adults who engage in gambling activities (e.g., sports betting, poker, blackjack, slot machines, roulette) and wish to change this behavior and improve their psychological well-being.

This study has been approved by the Research Ethics Committee of the Hospital Universitario de Getafe and the Spanish Agency of Medicines and Medical Devices, in accordance with current legislation (Royal Decree 1090/2015 and European Regulation 536/2014).

Please read this information carefully. If you have any questions, you may contact:

Dr. Francisco Montesinos: francisco.montesinos@universidadeuropea.es

Dr. David Lobato: david.lobato@universidadeuropea.es

Mr. Rubén Pérez: ruben.perez@universidadeuropea.es

Voluntary Participation

Your participation is entirely voluntary. You may choose not to participate or withdraw at any time without any consequences or impact on future services.

Study Objective

To evaluate the feasibility and acceptability of a brief online group psychological program based on psychological flexibility, aimed at helping individuals dissatisfied with their gambling behavior to manage it more effectively and improve their psychological well-being.

Study Description

The study includes:

1. Initial Assessment: An interview and questionnaires to determine eligibility.

2. Intervention: An 8-session online group therapy based on ACT, led by a licensed psychologist.

3. Follow-up: Completion of questionnaires at baseline, post-intervention, and at 3 and 6 months follow-up.

Study Activities Timeline

Total Duration: Approximately 33 weeks

Weeks 1–9: Initial assessment and 8 weekly group sessions (90 minutes each)

Weeks 21 & 33: Follow-up assessments

Risks and Discomforts

There are no anticipated risks. The intervention is evidence-based and has shown benefits in reducing gambling behavior and improving emotional well-being. All activities are conducted online.

Participant Responsibilities

- Complete all questionnaires honestly and privately
- Submit weekly data on gambling behavior and emotional state
- Attend all sessions in a private setting
- Maintain confidentiality and respect for other participants
- Notify the therapist of any emotional difficulties or absences
- Avoid starting other psychological treatments without prior consultation

Potential Benefits

- Development of skills to manage gambling behavior
- Improved emotional well-being
- Contribution to scientific research and future treatment development

Pregnancy Warning

Participation poses no risk in the event of pregnancy.

Alternative Treatments

If you choose not to participate, you may seek help from public addiction services or associations such as APEAP or AJER.

Insurance

The study promoter has an insurance policy in accordance with Royal Decree 1090/2015 to cover any harm related to participation.

Data Protection

Your data will be anonymized and handled in compliance with Spanish data protection laws (LOPD 3/2018). Only authorized personnel will access your data, and it will not be used to identify you.

Costs and Compensation

Participation is free of charge and conducted online, so no travel or additional expenses are required.

Additional Information

The study is registered at <https://www.clinicaltrials.gov/>. Any relevant new information will be shared with you during the study.

Informed Consent Form

I, _____

☐ Have read the information sheet

☐ Have had the opportunity to ask questions

☐ Have received sufficient information

☐ Have spoken with _____

☐ Understand that participation is voluntary

☐ Understand I can withdraw at any time without explanation or impact on my care

I freely consent to participate in this study.

Participant Signature

Date: ____ / ____ / ____