The commons and differences
--An urgent need to localize CBT in Chinese gambling addiction treatment
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Key Findings
1. Geographically, Guangdong Province holds the most burden of gambling addiction, thus in the most urgent need of cognitive behavioral therapy for it.
2. Historically, the localization of CBT in treating gambling addiction is still in poor improvement, including lack of qualified therapists, treating centers, and social support associations.
3. The Chinese approach of CBT localization in gambling addiction should be sped up and considered by its geographical spreading, demographic features, medical construction, and social support.

Introduction
Pathological gambling, or gambling disorder, was more familiar as “gambling addiction” in Chinese society. Based on Baidu Index, active searching for “gambling” from 2021 Mar.01 to 2024 Mar.01 up to 1.620 per day on average, almost 4 times higher than “abstinence of gambling” (“Jie Da” in Chinese). In the mean time, according to the Supreme People's Procuratorate, only online gambling related cases rose up to 19,000 in 2023, 5.9% higher than last year. With a heavy burden in Chinese society, an overall psychological intervention strategy is required.

Methods
Literature Research:
- Retrieval Method;
- Citation Tracking;
Text Analysis;
Data Analysis;

Results
1. Geographically, the heaviest burden of gambling addiction in the Chinese population was accumulated in Guangdong Province, with huge need of abstinence of gambling and abstinence of gambling, as well as cognitive behavioral therapies, as one of the most classical and well-used therapy in foreign countries, in treating it emerging in the same area.

Conclusions
In conclusion, this article presents a comprehensive overview of the application and efficacy of CBT for gambling addiction, drawing comparisons between Chinese and international contexts. The urgent need for localized therapies, particularly CBT, in China cannot be overstated. This necessitates continuous and concerted efforts to tailor therapeutic approaches to better address the unique cultural and social aspects of gambling addiction within the Chinese population.

For the localization of CBT in China, demographic analysis may provide where and what kind of population would be covered by future service covering. The foremost question is to set up an effective method and adjust the appropriate direction of the research population. Since then, we wondering whether data analysis from the mass-media and judicial cases may help to some extent. From both Baidu Index and judicial case analysis from Jufaansi.com, both literal searching of “Dubo (gambling)” “Jie du (abstinence of gambling)” “Renzi Xingwei Liaofa (CBT)” and also judicial cases are concentrated in Guangdong and Zhejiang Province. This can’t be underestimated by the geographic impact of Macao and Hong Kong.

References

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