

SPGeTTI Project

What is SPGeTTI all about?

We are seeking people who have a gambling problem, or think that their gambling may be causing harm to them or others such as family, friends or work mates. We are particularly focused on gambling activity that involves using pokie machines. This Study is funded by the Ministry of Health.

About the Study

We have designed this app to work over 30 days (one month) as a way to support you make the changes you want to make about stopping or reducing your gambling. There are two parts to the app. The first part involves the app sending you regular tips and prompts. The second part works by using the GPS on your phone. Using the GPS the app recognises when you are in or near places that have pokie machines and sends a few small messages to help give you some timely tips to help you stick to your goals.

What do you need to do?

This is a research study which means we don't know if this is helpful or not. It is possibly you may not notice any differences or you may gain new knowledge and skills that may help you with your goals. To participate we are asking that you:

- Try and keep the app on for 30 days
- Answer a few questions at different times during the 30 days
- Keep your location (GPS) on

For more information

- Please see the Participant Information Sheet.
- Visit our website: <http://www.spgetti.auckland.ac.nz/about-the-study>
- Do you want you ask some questions first? Please use our contact page: <http://www.spgetti.auckland.ac.nz/contact-us>

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