

A Weekly FAX from the Center for Substance Abuse Research

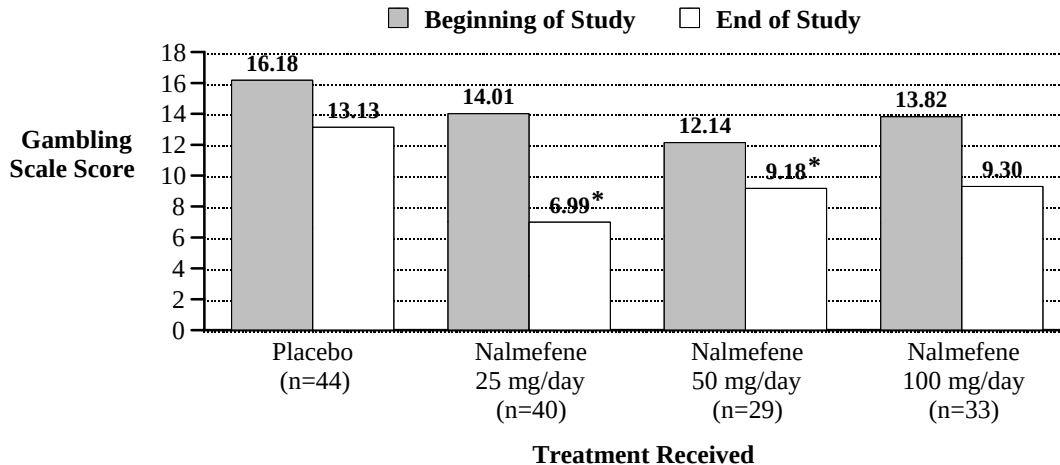
University of Maryland, College Park

Clinical Trial Finds Evidence that Nalmefene Can Treat Pathological Gambling

Nalmefene—a drug traditionally used to treat alcohol dependence—can also reduce the symptoms associated with pathological gambling, according to the results of a multicenter, randomized, double-blind clinical trial. Adults with a primary DSM-IV diagnosis of pathological gambling were recruited through newspaper advertisements and referrals for medication treatment. Eligible subjects were randomly assigned to receive 25 mg/day, 50 mg/day, or 100 mg/day of nalmefene, or a placebo drug. The study found that nalmefene reduced the urge, thought, and behavior symptoms of pathological gambling, as measured by a 10-item scale used to rate gambling symptoms within the last 7 days. At the end of the 16-week study, the 25 mg/day and 50 mg/day groups had gambling outcome scores significantly lower than those of the placebo group while the 100 mg/day group did not. According to the authors, these findings “lend support to the hypothesis that pharmacological manipulation of the opiate system may target core symptoms of pathological gambling” (p. 310).

Change in Gambling Symptoms Among Pathological Gamblers, by Type of Treatment Received

(based on Yale-Brown Obsessive Compulsive Scale Modified for Pathological Gambling Scores)
(N=146)



*Difference between outcome score of group and placebo was statistically significant at $p < 0.02$.

SOURCE: Adapted by CESAR from Grant, J.E.; Potenza, M.N.; Hollander, E.; Cunningham-Williams, R.C.; Nurminen, T.; Smiths, G.; and Kallio, A. “Multicenter Investigation of the Opioid Antagonist Nalmefene in the Treatment of Pathological Gambling,” *American Journal of Psychiatry* 163(2):303-312. For more information, contact Dr. Grant at grant045@umn.edu.

New Job Announcement:

CESAR Seeking PhD-Level Candidate to Analyze Data on Alcohol Use Among College Students

CESAR is seeking a Research Associate to analyze and publish data from an ongoing, longitudinal prospective survey of alcohol use among college students. A PhD-level candidate with post-doctorate experience in public health and/or epidemiology is preferred. If you are interested in working in a supportive and stimulating, university-based team environment, please send a letter of interest and a resume to Dr. Amelia Arria at CESAR, 4321 Hartwick Rd, Ste 501, College Park, MD 20740; 301-403-8342 (fax); cesar@cesar.umd.edu.

•• 301-405-9770 (voice) •• 301-403-8342 (fax) •• CESAR@cesar.umd.edu •• www.cesar.umd.edu ••
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