

## Psychological and Behavioral Profile of Individuals Prone to Gambling Addiction

Tapalova Olga<sup>1</sup>, Suyundykova Nurgul<sup>1</sup>, Zhiyenbayeva Nadezhda<sup>1</sup>,  
Seitimbetova Karina<sup>1</sup>, Tapalov Sultan<sup>2</sup>, Zhiyenbayeva Zarema<sup>3</sup>

<sup>1</sup>*Abai Kazakh National Pedagogical University, Kazakhstan*

<sup>2</sup>*Kazakh-Chinese pipeline, Kazakhstan*

<sup>3</sup>*JSC Kaz Trans Oil, Kazakhstan*

### Abstract

This study aims to examine the psychological and behavioral factors associated with individuals prone to gambling addiction, specifically focusing on predispositions, personality traits, and behavioral patterns underlying pathological gambling. It employs both quantitative and qualitative methods, including the Minnesota Multiphasic Personality Inventory (MMPI), a semi-structured questionnaire, the Gambling Symptom Assessment Scale (G-SAS), a humorous phrase test, the Massachusetts Gambling Screen, Rokeach's Value Survey, and the Buss-Perry Aggression Questionnaire. Participants comprised university students and young professionals in Kazakhstan who frequent computer gaming clubs, place bets in bookmakers, and engage in online casino activities, as well as patients from the Republican Mental Health Center diagnosed with gambling-related disorders.

In this presentation, we will discuss a series of findings, including a broadly diminished personality framework—evidenced by elevated scores on the psychasthenia and hypochondria scales and indicative of pronounced anxiety somatization—as well as pathopsychological analyses revealing autoaggressive tendencies and maladaptive traits, pointing to a heightened risk for severe psychopathological manifestations. Additionally, we will examine the role of continuous gameplay as a central risk factor for gambling dependence, thereby highlighting the behavioral underpinnings of this disorder.

Based on a motivational interview, practical recommendations were developed to address problematic and pathological gambling.

This research was funded by the Committee of Science of the Ministry of Science and Higher Education of the Republic of Kazakhstan (Grant № BR24992927) “Integrative Study of Gambling Addiction in Kazakhstan and Multidisciplinary Strategies for Its Minimization”.

**Keywords:** behavioral patterns, behavioral disorder, gambling addiction, personality traits, risk factors