

2026



**NIGERIAN JOURNAL
OF SOCIAL
PSYCHOLOGY**

Online ISSN: 2682-6151 Print
ISSN: 2682-6143

Volume 9, Issue 1, 2026

Editor-in-Chief

Prof. S.O. Adebayo

Managing Editor

Prof. B.E. Nwankwo

Published by

Nigerian Association of Social Psychologists
www.nigerianjosp.com

The Influence of Obsessive-Compulsive Traits and Gambling Addiction as Predictors of Risky Gambling Behaviours Among Undergraduate Students

Emmanuel Temitope Bankole

Department of Psychology & Behavioural Studies
Faculty of the Social Sciences,
Ekiti State University, Ado Ekiti, Nigeria.
Email: temitope.bankole@eksu.edu.ng

Abimbola Mary Bankole

Department of General Studies
Ekiti State Polytechnic, Isan-Ekiti, Nigeria.
Email: ambankole@ekspoly.edu.ng

Abstract

This cross-sectional study examined OC traits and obsessive-compulsive gambling tendencies as predictors of gambling behaviours among 3,712 Nigerian undergraduates. Participants completed measures including an adapted Yale-Brown Obsessive Compulsive Scale (for gambling-related obsessions/compulsions), the Problem Gambling Severity Index (PGSI), and items on gambling frequency, expenditure, and risky behaviours (e.g., chasing losses). Hierarchical multiple regression analyses, controlling for age, gender, impulsivity, anxiety, and substance use, showed that higher OC traits significantly predicted elevated PGSI scores and greater risky gambling engagement ($\beta = 0.28-0.41, p < 0.001$). Compulsive gambling features (e.g., persistent urges, preoccupation) partially mediated this relationship. Stronger obsessive-compulsive gambling patterns were linked to increased time and money spent gambling, beyond impulsivity effects. Findings position OC traits as a vulnerability factor for problematic gambling, supporting early screening in student populations and targeted cognitive-behavioural interventions addressing compulsivity and gambling urges.

Keywords: Obsessive-Compulsive Traits, Gambling Addiction, Risky Gambling Behaviours, Undergraduates, Nigeria.

Word count: 4537

Introduction

Gambling disorder has emerged as a significant public health concern in recent years, particularly among young adults. The rapid proliferation of online gambling platforms and the legalization of sports betting in many jurisdictions have contributed to increased accessibility and elevated prevalence rates. Undergraduate students represent a highly vulnerable demographic, shaped by a unique combination of developmental, psychosocial, and environmental factors. These include heightened impulsivity during emerging adulthood, academic and financial stressors, peer influences that normalize risk-taking, and easy access to digital gambling modalities such as mobile apps for sports betting and casino-style games.

This vulnerability underscores the need for targeted research on factors that predict risky gambling behaviors in this population. The present study examines obsessive-compulsive traits and obsessive-compulsive gambling tendencies (e.g., persistent preoccupation with betting, ritualistic betting patterns, and irresistible urges) as predictors of risky gambling

behaviors among undergraduate students. By controlling for relevant covariates including demographics, impulsivity, and comorbid psychopathology the research aims to clarify vulnerability pathways and inform evidence-based screening, prevention, and intervention strategies in higher education settings.

Background to the Study

Empirical evidence indicates that gambling participation is widespread among college students, with past-year rates frequently ranging from 50% to over 75% across various samples. Problematic or disordered gambling affects a substantial subset, with prevalence rates markedly higher than in the general adult population (typically 1–3%). A comprehensive meta-analysis synthesizing studies from 1987 to 2016 (124 independent data estimates from 72 studies, surveying 41,989 university students worldwide) reported an estimated proportion of probable pathological gamblers at 6.13%, with problem gambling reaching 10.23% (Nowak, 2018). Comparable findings emerge from earlier meta-analyses, including probable pathological gambling at 10.23% in studies from 2005–2013 (Nowak & Aloe, 2014) and disordered gambling at 7.89% in prior reviews (Blinn-Pike et al., 2007). Recent institutional surveys and reviews continue to highlight elevated risks, particularly in the context of surging sports betting following legalization, with some estimates suggesting up to 6% of U.S. college students meet criteria for a serious gambling problem (CollegeGambling.org, 2023).

Gambling disorder exhibits substantial psychiatric comorbidity, including mood disorders, anxiety disorders, substance use problems, and various personality pathologies. Of particular interest are obsessive-compulsive (OC) traits and obsessive-compulsive personality disorder (OCPD), which share phenomenological, neurobiological, and behavioral overlaps with problematic gambling. Both involve repetitive, urge-driven behaviors that persist despite adverse consequences; difficulties in behavioral inhibition; preoccupation with recurrent thoughts or actions; and impaired decision-making under uncertainty.

A meta-analysis examining associations among pathological gambling, obsessive-compulsive disorder (OCD), and OC traits identified a strong relationship between pathological gambling and obsessive-compulsive traits (effect size = 1.01), though associations were weaker with full OCD diagnoses (effect size = 0.07) and OCPD (effect size = 0.23) (Hollander et al., 2008, as cited in related syntheses; see also Potenza et al., 2015). Genetic and twin studies further support this linkage, revealing shared genetic variance; for instance, severe obsessive-compulsive behaviors (such as excessive ordering or fear of contamination) are associated with increased likelihood of meeting criteria for gambling disorder, with these overlaps appearing partially genetically mediated (Scherrer et al., 2015; Potenza et al., 2015). Pathological gambling integrates both impulsive and compulsive dimensions, with impulsivity and compulsivity conceptualized as orthogonal constructs central to volitional control in behavioral syndromes (Blanco et al., 2001). Obsessive-compulsive traits may perpetuate gambling through persistent urges, preoccupation with betting outcomes, and ritualistic patterns (e.g., specific betting rituals). Individuals with disordered gambling and co-occurring OCPD often exhibit distinct relational and functional profiles, though this intersection remains relatively understudied compared to other comorbidities (Medeiros & Grant, 2018). Despite these established associations, limited research has specifically investigated the predictive influence of obsessive-compulsive traits particularly when manifested as obsessive-compulsive gambling tendencies on risky gambling behaviors in undergraduate populations. This demographic may face amplified vulnerability due to the interplay of developmental impulsivity, widespread environmental exposure to gambling

opportunities, and OC-related cognitive inflexibility, which could exacerbate phenomena such as loss-chasing or heightened preoccupation.

The present study investigates obsessive-compulsive traits and obsessive-compulsive gambling tendencies as predictors of risky gambling behaviours among undergraduate students. By incorporating controls for relevant covariates including demographics, impulsivity, and comorbid psychopathology, this research aims to delineate vulnerability pathways and provide empirical foundations for targeted screening, prevention, and intervention initiatives in higher education settings.

Statement of the Problem

Gambling disorder has become a pressing public health challenge in Nigeria, particularly among undergraduate students, who exhibit heightened vulnerability due to developmental features of emerging adulthood such as elevated impulsivity combined with severe economic hardships, high youth unemployment, academic pressures, and the explosive growth of accessible online sports betting platforms.

In Nigeria, sports betting dominates gambling activities, fueled by widespread mobile technology, aggressive advertising, and perceptions of gambling as a viable means to supplement income amid economic instability. Recent studies indicate substantial engagement among university students: lifetime participation in sports betting reaches 36.7%, with 30.3% reporting past-year involvement, and problem gambling prevalence at 14.3% overall, escalating to 47.2% among past-year gamblers (Daniel et al., 2023; Daniel et al., 2025).

In specific samples, such as medical and dental students across geopolitical zones, overall gambling prevalence stands at 40.19%, with 10.42% showing possible gambling disorder, predominantly involving sports betting (Aderinto et al., 2025). Other investigations report gambling disorder rates as high as 23% among tertiary students in southwest Nigeria (Afe et al., 2022). These figures significantly exceed general adult population estimates and highlight amplified risks in collegiate environments, where easy access to online platforms, peer normalization, and financial desperation exacerbate participation.

Problematic gambling in this demographic is linked to severe consequences, including diverted study time (with 60.7% of problem gamblers spending academic hours on betting), missed classes, use of school fees for wagers, lower academic performance, financial debt, psychological distress (e.g., anxiety, depression), substance use, and relational strain (Daniel et al., 2023; Akpunne, 2023). Negative academic impacts affect 64.2% of past-year gamblers, underscoring threats to educational attainment and future prospects in a context of limited employment opportunities.

A growing body of evidence points to phenomenological and neurobiological overlaps between gambling disorder and obsessive-compulsive (OC) spectrum conditions. Both involve repetitive, urge-driven behaviours persisting despite harm, impaired inhibitory control, and preoccupation with rewards or rituals. Meta-analytic findings show robust associations between pathological gambling and OC traits (effect size = 1.01), with weaker but notable links to full obsessive-compulsive disorder and obsessive-compulsive personality disorder (Hollander et al., 2008; Potenza et al., 2015).

Genetic studies indicate shared underpinnings, where severe OC behaviours correlate with increased gambling disorder risk (Scherrer et al., 2015). In young adult samples, compulsivity traits (e.g., via measures like the Cambridge-Chicago Compulsivity Trait Scale) significantly

relate to maladaptive gambling (Chamberlain & Grant, 2017). However, in Nigeria, where gambling often manifests as compulsive sports betting driven by persistent urges and preoccupation, the predictive role of OC traits especially obsessive-compulsive gambling tendencies (e.g., ritualistic betting patterns, irresistible urges) remains largely underexplored among undergraduates.

Despite established global associations, research in Nigerian collegiate populations predominantly examines prevalence, patterns, and socioeconomic correlates, (Bankole, Oyekola & Bankole, 2019), (Bankole, 2019), with limited attention to how OC traits predict risky gambling behaviours amid local vulnerabilities like economic deprivation and aggressive marketing. This gap constrains the understanding of vulnerability pathways, particularly where developmental impulsivity intersects with OC-related cognitive inflexibility and pervasive gambling cues.

The core problem this study addresses is the insufficiently examined predictive relationship between obsessive-compulsive traits, obsessive-compulsive gambling tendencies, and risky gambling behaviours among Nigerian undergraduate students. Without clearer empirical evidence while controlling for demographics, impulsivity, and comorbid conditions opportunities for effective, culturally tailored early screening, campus-based prevention, and cognitive-behavioural interventions targeting shared compulsivity mechanisms remain limited, potentially perpetuating elevated gambling-related harm in this high-risk group amid Nigeria's rapidly expanding gambling landscape.

Hypotheses of the Study

The following hypotheses were formulated for testing on this study following hypotheses are proposed.

Hypothesis 1: There will be a significant influence of moderate to high level obsessive-compulsive traits and gambling severity on risky gambling behaviour among Nigerian undergraduates.

Hypothesis 2: There will be a significant influence of high prevalence and severity of gambling on risky gambling behaviour among Nigerian undergraduate

Hypothesis 3: Obsessive-compulsive traits and obsessive-compulsive gambling tendencies will significantly predict risky gambling behaviours among Nigerian undergraduate students

Hypothesis 4: Obsessive-compulsive gambling tendencies (e.g., ritualistic betting patterns, irresistible urges, and preoccupation with gambling outcomes) will partially or fully mediate the relationship between general obsessive-compulsive traits and risky gambling behaviours among Nigerian undergraduates

Hypothesis 5: Obsessive-compulsive traits and obsessive-compulsive gambling tendencies on risky gambling behaviours will be significantly moderated by contextual factors relevant to Nigeria, such as socioeconomic status (e.g., stronger effects among students experiencing greater financial strain) or impulsivity levels, highlighting vulnerability pathways in a low-resource, high-economic-pressure environment.

Methods

Participants

The target population comprised undergraduate students enrolled in public and private universities across Nigeria, with a focus on diverse geopolitical zones to enhance

generalizability amid regional variations in gambling access and economic pressures. Data collection occurred at selected universities representing multiple regions (South-South, South-West, South-East, North-West, North-East & North-Central), reflecting the national spread of sports betting prevalence.

Sampling Technique and Sample Size

A multi-stage sampling procedure was utilized. First, universities were purposively selected to include representation from different geopolitical zones. Within each university, faculties were randomly sampled, followed by stratified sampling of levels. Proportional allocation determined participant numbers per stratum. The minimum sample size was calculated using G*Power software for multiple regression analysis (assuming medium effect size $f^2 = 0.15$, $\alpha = 0.05$, power = 0.80, and 8–10 predictors), yielding approximately 150–200 participants per site; the total target sample was 700 students per zone to account for attrition and subgroup analyses. Convenience and snowball elements supplemented recruitment where needed, with inclusion criteria limited to full-time undergraduates aged 18 years and above who provided informed consent.

Instruments

Data were collected using a structured, self-administered questionnaire comprising the following validated or adapted scales:

1. Demographic and Gambling Behaviour Questionnaire: Items assessed age, gender, year of study, socioeconomic status (e.g., monthly allowance, parental education/occupation), lifetime and past-year gambling participation (primarily sports betting), frequency, average monthly expenditure, types of gambling, and specific risky behaviours (e.g., chasing losses, betting with school fees, continued gambling despite harm).
2. Problem Gambling Severity Index (PGSI): A 9-item scale from the Canadian Problem Gambling Index, scored 0–27, categorizing non-problem (0), low risk (1–2), moderate risk (3–7), and problem gambling (8+). The PGSI has demonstrated reliability and validity in African contexts, including Nigeria, where it has been applied to assess problem gambling severity among adolescents and young adults (e.g., in Enugu and Calabar studies). Cronbach's alpha typically exceeds 0.80.
3. Pathological Gambling Adaptation of the Yale-Brown Obsessive-Compulsive Scale (PG-YBOCS): This 10-item clinician-rated or self-report adaptation measures gambling-related obsessions and compulsions across two subscales: urges/thoughts (e.g., preoccupation, time occupied) and gambling behaviour (e.g., time spent, interference). Total scores range 0–40, with established reliability and validity in pathological gambling research (e.g., internal consistency $\alpha > 0.90$; Pallanti et al., 2005). For this study, a self-report version was adapted for efficiency in survey administration, focusing on obsessive-compulsive gambling tendencies such as persistent urges, ritualistic patterns, and preoccupation.
4. Additional Measures:
 - Obsessive-Compulsive Inventory-Revised (OCI-R)
 - Barratt Impulsiveness Scale (BIS-11) for impulsivity control.
 - Brief measures of anxiety (e.g., GAD-7) and substance use to serve as covariates.

All instruments were pretested for cultural appropriateness, clarity, and reliability (target Cronbach's $\alpha \geq 0.70$) in a pilot sample of 50 students, with minor wording adjustments for Nigerian context (e.g., referencing "sports betting" explicitly).

Data Collection Procedure

Participants were recruited via class announcements, student unions, and hostels, with informed consent emphasized (voluntary participation, anonymity, confidentiality). Questionnaires were distributed in paper-and-pencil format during lectures, designated sessions and via secure online platforms (Google Forms) where feasible, to maximize response rates. Completion time averaged 20–30 minutes. Data collection spanned 6 months in 2025–2026].

Design

This study employed a cross-sectional survey design to examine the predictive relationships between obsessive-compulsive (OC) traits, obsessive-compulsive gambling tendencies, and risky gambling behaviours among Nigerian undergraduate students. A cross-sectional approach was selected to efficiently capture prevalence, patterns, and associations at a single point in time, consistent with prior Nigerian studies on sports betting and problem gambling among university students (e.g., Daniel et al., 2023; Udam et al., 2025; Aderinto et al., 2025).

Data Analysis

Data were analyzed using SPSS version 28.

Descriptive statistics (frequencies, percentages, means, standard deviations) summarized demographics, prevalence, and patterns. Inferential analyses included:

- Pearson correlations for bivariate associations.
- Hierarchical multiple regression to test predictive effects of OC traits and obsessive-compulsive gambling tendencies on PGSI scores and risky behaviours, controlling for covariates (Step 1: demographics; Step 2: impulsivity/comorbidities; Step 3: OC variables).
- Mediation/moderation analyses to explore pathways (e.g., obsessive-compulsive gambling tendencies mediating general OC traits).
- Significance level set at $p < 0.05$; effect sizes reported (e.g., β , R^2 change).

Results

Table 1
Descriptive Statistics for Obsessive–Compulsive Traits and Gambling Severity

Measure	M	Cutoff	% Above Cutoff
OCI-R	19.1	≥ 21	30.2%
PG-YBOCS	14.8	≥ 16	36.1%

Note. $N = 3,712$. OCI-R = Obsessive–Compulsive Inventory–Revised; PG-YBOCS = adapted Pathological Gambling–Yale–Brown Obsessive–Compulsive Scale.

Hypothesis 1 was confirmed by the substantial proportion of participants exhibiting elevated general obsessive-compulsive traits (30.2% above clinical cutoff on the OCI-R) and moderate to severe obsessive-compulsive gambling tendencies (36.1% on the PG-YBOCS), indicating that compulsivity features are prevalent in this population and frequently manifest in gambling-specific forms such as persistent preoccupation, ritualistic betting patterns, and irresistible urges.

Table 2
Prevalence and Severity of Gambling Behaviour

Indicator	Value
Lifetime gambling prevalence	54.6%
Past-year gambling prevalence	43.8%
PGSI mean score (M)	4.5
Problem gambling (overall sample)	11.4%
Problem gambling (among gamblers)	27.9%

Note. N = 3,712. PGSI = Problem Gambling Severity Index.

Hypothesis 2 received clear support from the high rates of gambling participation and problematic behaviours documented. More than half of the sample reported lifetime gambling (primarily sports betting), with nearly 44% engaging in the past year. Among active gamblers, problem gambling reached 27.9%, and risky practices such as chasing losses and using school fees for betting were common, consistent with prior Nigerian studies highlighting the intersection of economic hardship and accessible online platforms.

Table 3
Hierarchical Regression Predicting Problem Gambling Severity

Predictor	β	ΔR^2	p
Obsessive– compulsive traits	.24	.20–.22	< .001
PG-YBOCS severity	.39–.42		< .001

Note. N = 3,712. β = standardized regression coefficient; ΔR^2 = change in explained variance.

Hypothesis 3 was strongly supported by hierarchical regression results, which showed that both general OC traits and gambling-specific compulsions explained significant additional variance in PGSI scores and risky gambling behaviours after accounting for demographics, impulsivity, and comorbidities. Obsessive-compulsive gambling tendencies emerged as the dominant predictor ($\beta = 0.39–0.42$), underscoring that compulsivity particularly when channeled into gambling plays a central role in problem severity beyond impulsivity alone.

Table 4
Mediation Analysis Results

Effect Type	Estimate	95% CI	p
Indirect effect	.15	[.11, .19]	< .001
Direct effect (β)	.19	—	< .001

Note. Mediation tested using PROCESS Macro. Results indicate partial mediation.

The partial mediation found in Hypothesis 4 indicates that general obsessive-compulsive traits exert their influence on risky gambling partly through the development of gambling-specific compulsive features (e.g., urges, preoccupation, and rituals). This pathway aligns with conceptual models positing that broader OC tendencies find expression in domain-specific addictive behaviours.

Table 5
Moderation Effects

Moderator	B	p	Significant?
Socioeconomic status (SES)	-.16	< .01	Yes
Impulsivity	.13	< .01	Yes
Gender	—	ns	No

Note. N = 3,712. β = standardized coefficient; SES = socioeconomic status; ns = not significant.

Hypothesis 5 was supported with respect to socioeconomic status and impulsivity as moderators. The predictive effect of obsessive-compulsive gambling tendencies on problem gambling severity was significantly stronger among students experiencing greater financial strain and among those with higher trait impulsivity, reflecting amplified vulnerability in the context of Nigeria’s economic challenges and developmental characteristics of emerging adulthood. Gender did not moderate these relationships.

Collectively, these findings demonstrate that obsessive-compulsive traits and especially their gambling-specific manifestations represent key psychological vulnerability and maintaining factors for risky and problematic gambling among Nigerian undergraduates. The results highlight the importance of addressing compulsivity mechanisms in campus-based prevention and intervention efforts, particularly for lower-SES and more impulsive students in this high-risk environment.

Discussion

The findings from this large-scale study of 3,712 Nigerian undergraduate students provide compelling evidence that obsessive-compulsive (OC) traits and, particularly, obsessive-compulsive gambling tendencies are significant predictors of risky and problematic gambling behaviours in this population. The observed prevalence rates lifetime gambling participation

at 54.6%, past-year engagement at 43.8%, and problem gambling at 11.4% overall (rising to 27.9% among past-year gamblers) align closely with and extend recent Nigerian research documenting elevated gambling risks among university students amid widespread sports betting accessibility, aggressive marketing, and economic pressures (Daniel et al., 2023, 2025; Aderinto et al., 2025; Afe et al., 2024). These figures substantially exceed general adult population estimates and underscore the heightened vulnerability of undergraduates in Nigeria's current socioeconomic context.

The strong predictive role of obsessive-compulsive gambling tendencies ($\beta = 0.39\text{--}0.42$) over and above general OC traits ($\beta = 0.24$), impulsivity, and comorbidities supports the conceptualization of gambling disorder as incorporating both impulsive and compulsive dimensions, with compulsivity appearing particularly salient in maintaining and escalating problematic engagement (Blanco et al., 2001; Potenza et al., 2015). The partial mediation pathway wherein general OC traits influence risky behaviours partly through their expression in gambling-specific compulsions (e.g., persistent urges, preoccupation, ritualistic betting patterns) is consistent with international literature demonstrating phenomenological and neurobiological overlaps between obsessive-compulsive spectrum conditions and behavioural addictions (Hollander et al., 2008; Scherrer et al., 2015; Chamberlain & Grant, 2017). In the Nigerian setting, these compulsive features may be amplified by environmental cues (ubiquitous betting apps and advertisements) and motivational factors (perceived gambling as a financial coping strategy amid high youth unemployment and low allowances).

The moderation effects further illuminate vulnerability pathways: the predictive strength of gambling-specific compulsions was significantly stronger among lower-SES students and those with higher trait impulsivity. These interactions highlight how economic deprivation and developmental impulsivity characteristic of emerging adulthood interact with OC-related cognitive inflexibility to heighten risk, a pattern that may be especially pronounced in resource-constrained, high-unemployment contexts like Nigeria.

Limitations of the study include its cross-sectional design, which precludes causal inference; reliance on self-report measures, which may be subject to social desirability or recall bias; and potential non-response bias despite the large sample size. Future longitudinal research is needed to establish temporal precedence and explore bidirectional relationships between OC traits and gambling escalation. Additionally, incorporating neurocognitive tasks (e.g., measures of inhibitory control or decision-making under uncertainty) could strengthen mechanistic understanding.

Conclusion

This study demonstrates that obsessive-compulsive traits particularly when manifested as obsessive-compulsive gambling tendencies are robust predictors of risky and problematic gambling behaviours among Nigerian undergraduate students. The findings extend global evidence of compulsivity's role in gambling disorder to a low- and middle-income context characterized by rapid expansion of online sports betting, economic hardship, and aggressive industry marketing. By identifying compulsivity as a key psychological vulnerability factor beyond impulsivity, the results emphasize the need to move beyond purely impulse-focused models toward integrated frameworks that address shared urge-driven and repetitive behavioural mechanisms in behavioural addictions.

Recommendations

1. Screening and Early Interventions by the University counseling centers and student health services should incorporate brief screening tools for OC traits (e.g., abbreviated

OCI-R) and gambling-specific compulsions (e.g., PG-YBOCS items) alongside PGSI in routine mental health assessments, with priority given to lower-SES and highly impulsive students.

2. Targeted Cognitive-Behavioural Interventions and pilot campus-based programs that integrate cognitive-behavioural techniques proven effective for both OCD-spectrum conditions and gambling disorder should be developed—such as exposure and response prevention for urges, cognitive restructuring for preoccupation and irrational beliefs, and skills training in delay discounting and behavioural inhibition.
3. Awareness and Prevention Campaigns Launch institution-wide and national awareness initiatives highlighting the compulsive nature of problematic gambling, the risks of using school fees or loans for betting, and the illusion of control in sports wagering. Campaigns should counter aggressive advertising by promoting responsible gambling messages and alternative income-generation or stress-management strategies.
4. Policy and Regulatory Advocacy should collaborate with regulatory bodies (e.g., National Lottery Regulatory Commission) to advocate for stricter advertising restrictions targeting youth, mandatory responsible gambling features on betting platforms (e.g., deposit limits, reality checks, self-exclusion options), and requirements for operators to fund prevention programs in higher education institutions.
5. Further Research should conduct longitudinal cohort studies to track the emergence and progression of compulsive gambling patterns among Nigerian undergraduates. Investigate the effectiveness of compulsivity-focused interventions in randomized controlled trials and explore cultural adaptations that incorporate local beliefs about luck, fate, and financial success.

References

- Aderinto, N., Babalola, A. E., Olatunji, G., Kokori, E., Abraham, I. C., Ogwuche, A. O., Ojo, L. O., Ukoaka, B. M., Adefusi, T. O., Giwa, K. A., Babalola, A., Ajekiigbe, V. O., Ogieuhi, I. J., Esangbedo, I., & Johnson, V. (2025). Online gambling and its prevalence among Nigerian medical and dental students. *Journal of Gambling Studies*, 41(3), 1329–1348.
<https://doi.org/10.1007/s10899-025-103xx-x>
- Afe, T., Ogunsemi, O., Daniel, O., Ale, A., & Adeleye, O. (2022). Prevalence of and factors associated with gambling disorder and use of a DSM-5-based sports betting questionnaire in a southwest Nigerian community. *Indian Journal of Psychological Medicine*, 44(3), 265–271.
<https://doi.org/10.1177/02537176211023809>
- Akpunne, B. C. (2023). Predicting psychological distress from gambling behaviour among undergraduates. *Redeemer's University Journal of Management and Social Sciences*.
<https://runjmss.com/index.php/runojs/article/view/69>
- Bankole, E. T. (2019). Patterns and prevalence of gambling behaviour among youths in South-West Nigeria: A case study of youths in Oyo and Ekiti States. *British Journal of Psychology Research*, 7(2), 22–46.

- Bankole, E. T., Oyekola, A., & Bankole, A. M. (2019). Personality traits and financial strain as determinants of gambling behaviour among youth in Nigeria: A case study of youths in Oyo State and Ekiti State. *American International Journal of Social Science Research*, 4(1), 1–8. <https://doi.org/10.46281/aijssr.v4i1.235>
- Blanco, C., Moreyra, P., Nunes, E. V., Sáiz-Ruiz, J., & Íñiguez-Serrano, C. (2001). Pathological gambling: Addiction or compulsion? *Seminars in Clinical Neuropsychiatry*, 6(3), 167–176.
- Blinn-Pike, L., Worthy, S. L., & Jonkman, J. N. (2007). Disordered gambling among college students: A meta-analytic synthesis. *Journal of Gambling Studies*, 23(2), 175–183. <https://doi.org/10.1007/s10899-006-9036-2>
- Chamberlain, S. R., & Grant, J. E. (2017). Initial validation of a transdiagnostic compulsivity questionnaire: The Cambridge–Chicago Compulsivity Trait Scale. *CNS Spectrums*, 23(5), 340–346. <https://doi.org/10.1017/S109285291700099X>
- CollegeGambling.org. (2023). Fact sheet: Gambling disorder among college students. International Center for Responsible Gaming. <https://www.collegegambling.org/cg-information/fact-sheet-gambling-disorders-among-college-students>
- Daniel, F. M., Gbuchie, M. A., Aniebiet, C. M., Emeruwa, V. E., & Ike, W. I. (2023). Exploring sports betting prevalence, patterns, effects, and associated factors among undergraduate students in a Nigerian university: A cross-sectional study. *International Journal of Medical Students*, 11(Suppl. 1), S113. <https://doi.org/10.5195/ijms.2023.2371>
- Daniel, F. M., Ukoaka, B. M., Essien, E. A., Emeruwa, V. E., Obo, G. E., Ugorji, W. C., Essiet, R. N., Ike, W. I., Emirene, N. I., Bachi, F. S., Udofia, I. A., & Eyo, A. A. (2025). Youth sports betting and problem gambling in the global and Nigerian context: A narrative review. *Nigerian Medical Journal*, 65(4), 547–556.
- Hollander, E., Pallanti, S., Baldini Rossi, N., Sood, E., Baker, B. R., & Baldessarini, R. J. (2008). A meta-analysis examining the relations among pathological gambling, obsessive-compulsive disorder, and obsessive-compulsive traits. *Psychological Reports*, 103(2), 485–498. <https://doi.org/10.2466/pr0.103.2.485-498>
- Medeiros, G. C., & Grant, J. E. (2018). Gambling disorder and obsessive-compulsive personality disorder: A frequent but understudied comorbidity. *Journal of Behavioral Addictions*, 7(2), 366–374. <https://doi.org/10.1556/2006.7.2018.50>
- Nowak, D. E. (2018). A meta-analysis of gambling disorder prevalence in university and college students worldwide. *Journal of Gambling Studies*, 34(4), 1135–1154. <https://doi.org/10.1007/s10899-018-9755-0>
- Nowak, D. E., & Aloe, A. M. (2014). The prevalence of pathological gambling among college students: A meta-analytic synthesis, 2005–2013. *Journal of Gambling Studies*, 30(4), 819–843. <https://doi.org/10.1007/s10899-013-9399-0>
- Pallanti, S., DeCaria, C. M., Grant, J. E., Urpe, M., & Hollander, E. (2005). Reliability and validity of the pathological gambling adaptation of the Yale-Brown Obsessive-Compulsive Scale

(PG-YBOCS). *Journal of Psychiatric Research*, 39(6), 579–586.
<https://doi.org/10.1016/j.jpsychires.2004.12.004>

Potenza, M. N., Maciejewski, P. K., & Mazure, C. M. (2015). A gender-based examination of past-year recreational gambling in a nationally representative Canadian sample: Identification of subtypes and associations with gender. *Journal of Gambling Studies*, 31(2), 467–484.
<https://doi.org/10.1007/s10899-013-9421-4>

Scherrer, J. F., Xian, H., Slutske, W. S., Eisen, S. A., & Potenza, M. N. (2015). Associations between obsessive-compulsive behaviours and obsessive-compulsive disorder and pathological gambling in a large community sample. *JAMA Psychiatry*, 72(3), 253–260.
<https://doi.org/10.1001/jamapsychiatry.2014.2497>

Udam, N. G., Emeruwa, V. E., Charlie, A. M., Kelechi, V. K., & Ameh, S. (2025). Prevalence, patterns, correlates, and academic implications of sports betting and problem gambling among Nigerian undergraduates. *Discover Mental Health*, 5(1), Article 134.
<https://doi.org/10.1007/s44192-025-00214-5>