



THE UNIVERSITY OF
SYDNEY

'Bet Well' – A digital tool designed for online gambling consumers

Are you interested in learning more and providing feedback to inform the development of a digital tool to encourage people to think about how much they are spending on their gambling?

Professor Sally Gainsbury and the team developed a prototype of a tool for gambling consumers based on research conducted at the University of Sydney's Gambling Treatment and Research Clinic.

In this session, we will provide you with an overview of the current prototype and describe its main features. The aim of the current tool is to support informed decision making through increasing consumer awareness for their gambling expenditures.

Welcome to BetWell

Putting you in charge of your data to make your bets on your terms.

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About BetWell

Bet Well was developed by the team at the Gambling Treatment and Research Clinic based in the Brain and Mind Centre and School of Psychology at the University of Sydney. We provide treatment and outreach and conduct research to minimise gambling-related harms.

Bet Well is based on the premise that gambling is a legal and regulated activity as it has substantial risks, and some people gamble in a way that causes difficulties for themselves and others. It is intended as a resource to put you in charge of your gambling and your spend.

The activities included were designed based on our decades of clinical and research experience as well as extensive consultation with people who bet regularly. This resource aims to assist you to bet on your own terms, based on your own plan and an accurate understanding of your own betting history.

Bet well. be well.

Features

Statements

Store your bet and outcomes history.

Results

Combine statements & build personalised reports.

Skills

Test your expertise.

Strategy

Your financial game plan.

Statement period ?

📅 Last 6 months

Short term predictions
Don't feel like predicting your spending?

Overview
Your spending and net result over the last 6 months

	DEC	JAN	FEB	MAR	APR	MAY
Your spend	\$3,670	\$900	\$300	\$100	\$1,000	\$200

Your net result
-\$310
Overall

You won
\$570
on 6 bets

You lost
\$880
on 16 bets

You spent
\$1,170
on 22 bets

Next month
How much are you comfortable spending in June 2024?

\$ 00.00

You spent
\$300
on betting last month

That is

48hrs Of work **24%** Of your salary

You spent
\$300
on betting last month

This would be
\$3,600
Per year

We invite operators, regulators, clinicians, researchers, consumers, and people with lived experience of gambling harms to provide feedback on this prototype!