

Supplemental Table 1.*Demographic Information and Descriptive Statistics by Treatment Group*

	CMBT <i>n</i> =23	GA <i>n</i> =23	<i>p</i>
Demographic			
Gender – Female (%)	7 (30.4%)	7 (30.4%)	1.00
Age (in years)	47.57 ± 11.67	38.78 ± 10.13	0.009
Race/Ethnicity			0.549
White	20 (87.0%)	20 (87.0%)	
Black	2 (8.7%)	2 (8.7%)	
Asian	1 (4.3%)	0 (0.0%)	
Education			0.856
Some high school	2 (8.7%)	2 (8.7%)	
High school/GED	6 (26.1%)	8 (34.8%)	
Some college	11 (47.8%)	10 (43.5%)	
Bachelor's	3 (13.0%)	3 (13.0%)	
Graduate school	1 (4.3%)	0 (0.0%)	
Baseline Gambling Involvement			
Average Days Gambled in past 90 days	16.6 ± 9.5	14.1 ± 8.6	0.339
Average \$ Gambled per day in past 90 days	\$3,315 ± 5057	\$3,917 ± 5816	0.637
GA meetings attended	0.70 ± 2.55	0.39 ± 1.67	0.640
Readiness to Change (URICA)	7.74 ± 3.05	8.43 ± 1.41	1.00
Problem Gambling (SOGS)	10.9 ± 2.3	12.2 ± 2.5	0.156

Note. CMBT = Cognitive Motivational Behavior Therapy, GA = Gamblers Anonymous, SOGS = South Oaks Gambling Screen, URICA = University of Rhode Island Readiness to Change Assessment. Means and standard deviations presented for continuous data and frequencies are presented with frequency followed by percentage in parentheses.

Supplemental Table 2.

Estimated marginal means based on levels of readiness to change.

	Readiness to Change					
	-1 SD (URICA score = 7.84)		Ave (URICA score = 9.96)		+1 SD (URICA score = 12.17)	
	CMBT	GA	CMBT	GA	CMBT	GA
SOGS						
Baseline	11.10 ± 0.947	10.09 ± 1.548	10.97 ± 0.778	11.94 ± 0.779	10.84 ± 1.043	13.78 ± 1.228
Post	5.46 ± 0.962	7.39 ± 1.606	4.77 ± 0.788	7.03 ± 0.841	4.09 ± 1.046	6.67 ± 1.318
3-month	4.23 ± 0.962	8.13 ± 1.617	3.44 ± 0.788	5.89 ± 0.873	2.65 ± 1.046	3.66 ± 1.354
6-month	3.26 ± 0.968	8.06 ± 1.719	3.12 ± 0.801	6.00 ± 0.919	2.99 ± 1.060	3.94 ± 1.355
% Money Gambled*						
Post	30.07 ± 14.2	128.99 ± 23.4	20.54 ± 11.6	70.48 ± 12.2	11.00 ± 15.4	11.96 ± 19.4
3-month	31.83 ± 14.2	146.23 ± 23.8	18.33 ± 11.6	80.61 ± 12.9	4.83 ± 15.4	14.99 ± 20.0
6-month	21.87 ± 14.3	138.44 ± 25.3	21.43 ± 11.8	77.17 ± 13.6	20.98 ± 15.6	15.89 ± 20.0

Note. *Baseline % money gambled would be at 100% regardless of condition or URICA. Estimated marginal means are based derived

from linear models using the *lmer* and *emmeans* packages in R. CMBT = Cognitive Motivational Behavior Therapy, GA = Gamblers

Anonymous, SOGS = South Oaks Gambling Screen, URICA = University of Rhode Island Readiness to Change Assessment, AUD =

Alcohol Use Disorder, SUD = Substance Use Disorder

Supplemental Table 3.

Estimated marginal means based on number of meetings attended in GA for those referred to GA.

	GA Meeting Attendance (GA group only)		
	No meetings	3 meetings	12 meetings
SOGS			
Baseline	10.71 ± 1.07	11.19 ± 0.89	12.64 ± 1.12
Post	7.88 ± 1.07	7.38 ± 0.89	5.89 ± 1.12
3-month	6.78 ± 1.15	6.24 ± 0.95	4.61 ± 1.13
6-month	7.03 ± 1.24	6.40 ± 1.025	4.50 ± 1.13
% Money Gambled*			
Post	88.6% ± 23.6	75.4% ± 19.6	35.9% ± 25.1
3-month	110.3% ± 24.9	92.8% ± 20.6	40.2% ± 25.3
6-month	110.8% ± 26.3	91.9% ± 21.8	35.2% ± 25.3
Days Gambled			
Baseline	10.97 ± 2.57	12.11 ± 2.13	15.52 ± 2.72
Post	8.66 ± 2.57	7.34 ± 2.13	3.37 ± 2.72
3-month	7.97 ± 2.71	6.95 ± 2.25	3.88 ± 2.75
6-month	11.20 ± 2.87	9.57 ± 2.37	4.67 ± 2.75

Note. *Baseline % money gambled would be at 100% regardless of condition or URICA. Estimated marginal means and their

associated standard errors are based derived from linear models using the *lmer* and *emmeans* packages in R. CMBT = Cognitive

Motivational Behavior Therapy, GA = Gamblers Anonymous, SOGS = South Oaks Gambling Screen, URICA = University of Rhode

Island Readiness to Change Assessment, AUD = Alcohol Use Disorder, SUD = Substance Use Disorder