

Below is an example of an evaluation framework that captures information about the effectiveness of a problem gambling cognitive therapy intervention (several sessions over the course of few months) to reduce the frequency of problem gambling.

Program Objectives	Evaluation Questions	Indicators	Data Collection Strategy
To teach self-monitoring of gambling behavior	Did the client learn to self-monitor consistently?	Self-monitoring log	Gambling self-monitoring log reviewed weekly
	Were the clients able to identify the cues/triggers that elicit gambling urges?	Cues/triggers identified for treatment plan	Gambling Triggers Worksheet
To reduce number of incidents of problem gambling	Has the client gambled less frequently since participating in this program?	Number of gambling days versus non-gambling days	Gambling self-monitoring log

Source: Alberta Health Services

<https://www.albertahealthservices.ca/assets/info/res/mhr/if-res-mhr-eval-resources-plan-framework.pdf>