**Gambling Assessment**

**This assessment is taken from the Problem Gambling Severity Index (PGSI)**

The PGSI is a reliable, standardised measure, based on common signs and consequences of problematic gambling.

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| **When you think of the past 12 months, how often...** |
| 1. Have you bet more than you could really afford to lose?
 |
| [ ]  Never (0) | [ ]  Sometimes (1) | [ ]  Most of the time (2) | [ ]  Almost always (3) |
| 1. Have you needed to gamble with larger amounts of money to get the same feeling of excitement?
 |
| [ ]  Never (0) | [ ]  Sometimes (1) | [ ]  Most of the time (2) | [ ]  Almost always (3) |
| 1. When you gambled, did you go back another day to try and win back the money you lost?
 |
| [ ]  Never (0) | [ ]  Sometimes (1) | [ ]  Most of the time (2) | [ ]  Almost always (3) |
| 1. Have you borrowed money or sold anything to get money to gamble?
 |
| [ ]  Never (0) | [ ]  Sometimes (1) | [ ]  Most of the time (2) | [ ]  Almost always (3) |
| 1. Have you felt that you might have a problem with gambling?
 |
| [ ]  Never (0) | [ ]  Sometimes (1) | [ ]  Most of the time (2) | [ ]  Almost always (3) |
| 1. Has your gambling caused you any health problems, including a feeling of stress or anxiety?
 |
| [ ]  Never (0) | [ ]  Sometimes (1) | [ ]  Most of the time (2) | [ ]  Almost always (3) |
| 1. Have you felt people criticized your betting or told you that you had a gambling problem, regardless of whether or not you thought it was true?
 |
| [ ]  Never (0) | [ ]  Sometimes (1) | [ ]  Most of the time (2) | [ ]  Almost always (3) |
| 1. Has your gambling caused any financial problems for you or your household?
 |
| [ ]  Never (0) | [ ]  Sometimes (1) | [ ]  Most of the time (2) | [ ]  Almost always (3) |
| 1. Have you felt guilty about the way you gamble, or what happens when you gamble?
 |
| [ ]  Never (0) | [ ]  Sometimes (1) | [ ]  Most of the time (2) | [ ]  Almost always (3) |

**Total Score:** Choose an item.

**Use the total score to reference the severity index below.**

**PGSI Scores**

|  |  |  |
| --- | --- | --- |
| **PGSI Score** | *Category* | **What this means for you** |
| **0** | *Non-problem gambler* | You experience no issues with your gambling. You gamble for social and recreational reasons without any negative consequences for you or your loved ones. |
| **1-2** | *Low-risk gambler* | You experience few, if any, issues with your gambling. However, you may want to keep a check on this and limit your gambling. |
| **3-7** | *Moderate risk gambler* | You could be starting to experience some issues with your gambling. Now might be a good time to think about reducing your gambling or stopping altogether. |
| **8 -27** | *Problem gambler* | You are experiencing issues with your gambling on a regular basis. High scores usually mean loss of control over gambling and serious problems. You may feel that now is the time to take action. The good news is that help and support with gambling is available. |

*Ferris, J., & Wynne, H. (2001). The Canadian problem gambling index: Final report. Ottawa: Canadian Centre on Substance Abuse*