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Gambling Problem Self-assessment Questionnaire

This form is not a diagnostic instrument and is only to be used within the context of your medical treatment and by you if you are more than 18 years old. Share your checklist responses and assessment with your physician or other health care provider. If you are having thoughts of self-harming or are feeling suicidal contact a friend, family or your GP immediately. If you have already taken an overdose or injured yourself badly, **dial 000**.

Questions: Tick "Yes" or "No" for each response.		Yes	No
1	Have you ever spent ten days in a row thinking about gambling, including planning future gambling ventures, devising betting strategies, or figuring out how to raise money?		
2	Have you ever increased your bet size to "test your luck" or to recapture a loss?		
3	When you tried to quit or reduce your gambling activities, did you feel irritable, depressed, or bored?		
4	Have emotional lows caused you to want to stop or reduce gambling, at least three times in your life?		
5	Do you gamble to escape personal problems or to seek relief from uncomfortable feelings such as guilt, anxiety, helplessness, or depression?		
6	After a losing gambling session, have you ever decided to stay longer to try to recapture your lost money?		
7	Have you ever lied about how often you gamble or how much you lost?		
8	To raise money for gambling, have you ever written a non-sufficient funds (NSF) check, stolen money, or pawned property?		
9	Has gambling created personal problems, hurt your relationships with family or friends, or negatively affected your work performance?		
10	Has gambling ever created a debt so large that you needed to ask family members, friends, a lending institution, a bankruptcy trustee, a credit counselor, or anyone else to give or lend you money?		
11	Has gambling ever affected your reputation?		
12	Do you, or have you ever, gambled more than you planned to?		

Scoring: If you answered "yes" to at least 6 out of the 12 questions, you may have gambling problems. For a proper diagnosis and treatment plan speak to a professional healthcare provider (e.g., local doctor or psychologist)