

## Gambling problems - quiz

Is your gambling affecting you or the people close to you? Are you spending more money or time on gambling than you can afford? These are just some of the warning signs that a person may be developing problem gambling habits. Find out if your gambling is becoming a problem with our quick self-assessment quiz.

**1. Have you bet more than you could really afford to lose**

- A. Never
- B. Sometimes.
- C. Most of the time.
- D. Almost always.

**2. Have you needed to gamble with larger amounts of money to get the same feeling of excitement?**

- A. Never
- B. Sometimes.
- C. Most of the time.
- D. Almost always.

**3. Have you gone back on another day to try to win back money you have lost?**

- A. Never
- B. Sometimes.
- C. Most of the time.
- D. Almost always.

**4. Have you borrowed money or sold anything to gamble?**

- A. Never
- B. Sometimes.
- C. Most of the time.
- D. Almost always.

**5. Have you felt you might have a problem with gambling?**

- A. Never
- B. Sometimes.
- C. Most of the time.
- D. Almost always.

**6. Have people criticised your betting or told you that you had a gambling problem, whether or not you thought it was true?**

- A. Never

- B. Sometimes.
- C. Most of the time.
- D. Almost always.

**7. Have you felt guilty about the way you gamble or what happens when you gamble?**

- A. Never
- B. Sometimes.
- C. Most of the time.
- D. Almost always.

**8. Has your gambling caused you any health problems, including stress or anxiety?**

- A. Never
- B. Sometimes.
- C. Most of the time.
- D. Almost always.

**9. Has your gambling caused any financial problems for you or your household?**

- A. Never
- B. Sometimes.
- C. Most of the time.
- D. Almost always.

Calculate score

Your score is:

**Your score is:**

**0:** You experience no issues with gambling. Stay informed about the risks of gambling so it does not become a problem for you in the future.

**1-2 Low-risk gambler:** You experience few, if any, issues with gambling. Keep an eye on your gambling so it does not become a problem in the future.

**3-7 Moderate-risk gambler:** You experience some issues with gambling, which are affecting you or those close to you. Now is the time to take practical steps to make sure your gambling remains under control. Visit [www.problemgambling.vic.gov.au](http://www.problemgambling.vic.gov.au) for information.

**8 + High-risk gambler:** You are at risk of developing a gambling problem. It is important that you get help before your gambling becomes a problem. Call Gambler's Help Services on 1800 858 858 (TTY 1800 777 706) for free and confidential 24-hour information, support and counselling. [www.problemgambling.vic.gov.au](http://www.problemgambling.vic.gov.au)

*This quiz is based on the problem Gambling Severity Index, part of the Canadian Problem Gambling Index and is a reliable measure of problem gambling.*

**This page has been produced in consultation with, and approved by:**

Department of Justice - Problem Gambling Strategy

This Better Health Channel fact sheet has passed through a rigorous approval process. The information provided was accurate at the time of publication and is not intended to take the place of medical advice. Please seek advice from a qualified health care professional.

For the latest updates and more information, visit [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)

**Copyright** © 1999/2010 State of Victoria. Reproduced from the Better Health Channel ([www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)) at no cost with permission of the Victorian Minister for Health. Unauthorised reproduction and other uses comprised in the copyright are prohibited without permission.