

## **Problem Gambling Severity Index (PGSI)**

## Instructions:

Answer the following questions when thinking about your gambling behaviour over the past 12 months.

|   |  | Never | Sometimes | Most of the time | Always |
|---|--|-------|-----------|------------------|--------|
| 1 | Have you bet more than you could really afford to lose?  | 0     | 1         | 2                | 3      |
| 2 | Have you needed to gamble with larger amounts of money to get the same feeling of excitement?                            | 0     | 1         | 2                | 3      |
| 3 | Have you gone back on another day to try to win back the money you lost?   | 0     | 1         | 2                | 3      |
| 4 | Have you borrowed money or sold anything to gamble?  | 0     | 1         | 2                | 3      |
| 5 | Have you felt that you might have a problem with gambling?   | 0     | 1         | 2                | 3      |
| 6 | Have people criticised your betting or told you that you had a gambling problem, whether or not you thought it was true? | 0     | 1         | 2                | 3      |
| 7 | Have you felt guilty about the way you gamble or what happens when you gamble?   | 0     | 1         | 2                | 3      |
| 8 | Has gambling caused you any health problems, including stress or anxiety?  | 0     | 1         | 2                | 3      |
| 9 | Has your gambling caused any financial problems for you or your household?   | 0     | 1         | 2                | 3      |

## Developer Reference:

Ferris, J., & Wynne, H. (2001). The Canadian Problem Gambling Index (Final report). Ottawa, Ontario, Canada: Canadian Centre on Substance Abuse

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