

Brief Biosocial Gambling Screen

1. Have you ever gambled at least 5 times in any one year of your life?

YES NO

2. During the past 12 months, have you become restless, irritable or anxious when trying to stop/cut down on gambling?

YES NO

3. During the past 12 months, have you tried to keep your family or friends from knowing how much you gambled?

YES NO

4. During the past 12 months, did you have such financial trouble as a result of your gambling that you had to get help with living expenses from family, friends or welfare?

YES NO

Low Risk: An individual has answered “no” to all questions.

- Provide individuals with their score, give feedback on their risk level and give literature regarding Gambling Disorder in case their behavior worsens or they have affected family/friends with whom they want to share.

Moderate Risk: An individual has responded, “yes,” to question 1, but have said “no” to all other questions.

- Give the low risk intervention. Additionally, the clinician should discuss with the participant the continuum of gambling behaviors (e.g., recreational, at risk, problem, disorder), risk factors associated with moderate and problem gambling (e.g., medical issues), and guidelines to reduce risk for gambling problems.

High Risk: An individual has responded, “yes” to question 1 *and* has said, “yes” to at least *one* other question.

- Combine low and moderate risk intervention. Additionally, review risk factors for problem gambling and options for further assistance including self-help materials, referral for further evaluation and referral to Gambler’s Anonymous or a recovery support specialist.

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1-800-GAMBLER

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