

Gamble Aware Week

October 19-24

How to know when you're experiencing gambling harm

The Canadian Problem Gambling Index (CPGI) can be used to identify 'problem gambling' and also give indication of the major areas of concern.

Answer the nine questions below with *Never*, *Sometimes*, *Most of the time*, or *Almost always* to the questions. (Ferris et al., 2001)

In the last 12 months how often have you:

1. Bet more than you could really afford to lose?
2. Needed to gamble with larger amounts of money to get the same feeling of excitement?
3. Gone back another day to try and win back the money you lost?
4. Borrowed money or sold anything to get money to gamble?
5. Felt that you might have a problem with gambling?
6. Felt that gambling has caused you health problems, including stress and anxiety?
7. People criticised your betting or told you that you have a gambling problem, whether or not you thought it was true?
8. Felt your gambling has caused financial problems for you or your household?
9. Felt guilty about the way you gamble or what happens when you gamble?

Scoring: 0 = Never, 1 = Sometimes, 2 = Most of the time, 3 = Almost always.

Scores for the nine items are summed, and the results are interpreted as follows:

0 = Non-problem gambling.

1-2 = Low level of problems with few or no identified negative consequences.

3-7 = Moderate level of problems leading to some negative consequences.

8 or more = Problem gambling with negative consequences and a possible loss of control.

If gambling has become a problem, you are not alone. You can call the **Gambler's Help** line on [1800 243 232](tel:1800243232) to speak with one of our counsellors.