

Gambling Screen

Question Gambling Health Test

Developed by Sean Samvann – Goodfellow Unit, Auckland Medical School

Most Australians enjoy gambling, whether it is Lotto, Track racing, the Pokies or at the Casino.

Sometimes however it can affect our health.

To help us check your health, please answer the questions below as truthfully as you are able from your own experience.

1. Sometimes I've felt depressed or anxious after a session of gambling.
 Yes that's true No, I haven't
2. Sometimes I've felt guilty about the way I gamble.
 Yes that's so No, That isn't so
3. When I think about it, gambling has sometimes caused me problems.
 Yes that's so No, that isn't so
4. Sometimes I've found it better not to tell others, especially my family, about the amount of time or money I spend gambling.
 Yes that's true No, I haven't
5. I often find that when I stop gambling I've run out of money.
 Yes that's so No, that isn't so
6. Often I get the urge to return to gambling to win back losses from a past session.
 Yes that's so No, that isn't so
7. Yes, I have received criticism about my gambling in the past.
 Yes that's true No, I haven't
8. Yes, I have tried to win money to pay my debts.
 Yes that's true No, I haven't

Scoring Guide

Affirmed 4 or more questions: Gambling is likely to be affecting a patient's well being and may need further assessment.

Appropriate Intervention

diagnostic and is just indicative. (Some of the patients
past, or may refer to isolated incidents. This would
produce an internet assessment.

- Ascertain the level of the patient's concern about their gambling. If they are concerned talk about how it is affecting their life. Help make an appropriate referral. Consider prescribed anti-depressants as it may help reduce their urge to gamble.
- If their concern is low, talk about how gambling can get out of control, and how winning is usually a random event. Offer some information about gambling that they can take away.
- Remember it may be someone else's gambling that is causing the problems.
- Consider alcohol misuse, depression, anxiety, and suicide ideation.
- Offer support . guilt and shame may prevent them from discussing their gambling with others.
- Frame the issue as a health issue as this will reduce resistance.
- Sowing the seed of gambling being a possible health matter may prevent progression of gambling behaviour even if help is refused.
- Provide ongoing monitoring . problem gambling is often progressive, with high suicidal ideation, depression and anxiety in advanced cases. (Check extent of the answer to question one on the screen.)

Guidelines That May Help

- In offering the screen emphasize that gambling is a common pastime (90% of Australians gamble), but that sometimes it can cause health and social problems . this frames the inquiry as health related rather than an inquiry into lifestyle. Refer instead to the screen suggesting that %gambling is causing you problems that may be affecting your health or well being+.
- The screen is not diagnosis and mistakes can be made . more importantly is how the patients feel that gambling is affecting their lives. The screen results may assist them to focus on the effects that gambling is having on them. (Avoid terms like compulsive or pathological gambling.)

Gambling Help Line 1800 060 757
24 hour free referral and counselling service