

Brief Biosocial Gambling Screen (BBGS)

ID#: _____

PLEASE ANSWER THE FOLLOWING 10 YES/NO QUESTIONS HONESTLY:

- 1. Have there ever been periods lasting two weeks or longer when you spent a lot of time thinking about your gambling experiences, planning out future gambling ventures or bets, or thinking about ways of getting money to gamble with?*
- Yes No
- 2. Have there ever been periods when you needed to gamble with increasing amounts of money or with larger bets than before in order to get the same feeling of excitement?*
- Yes No
- 3. Have you ever felt restless or irritable when trying to stop, cut down, or control your gambling?*
- Yes No
- 4. Have you tried and not succeeded in stopping, cutting down, or controlling your gambling three or more times in your life?*
- Yes No
- 5. Have you ever gambled to escape from personal problems, or to relieve uncomfortable feelings such as guilt, anxiety, helplessness, or depression?*
- Yes No
- 6. Has there ever been a period when, if you lost money gambling one day, you would often return another day to get even?*
- Yes No
- 7. Have you lied to family members, friends, or others about how much you gamble, and/or about how much money you lost on gambling, on at least three occasions?*
- Yes No
- 8. Have you ever written a bad cheque or taken money that didn't belong to you from family members, friends, or anyone else in order to pay for your gambling?*
- Yes No
- 9. Has your gambling ever caused serious or repeated problems in your relationships with any of your family members or friends? Or, has your gambling ever caused you problems at work or your studies?*
- Yes No
- 10. Have you ever needed to ask family members, friends, a lending institution, or anyone else to loan you money or otherwise bail you out of a desperate money situation that was largely caused by your gambling?*
- Yes No

REMINDER: this self-assessment will help you figure out if there is a problem, but only a professional can diagnose if it is a gambling problem, a different problem, or both.

If you answered yes to one or more of the above questions, you should seek help.