Problem Gambling Severity Index

This self-assessment is based on the Canadian Problem Gambling Index. It will give you a good idea of whether you need to take corrective action.

Thinking about the last 12 months…

Have you bet more than you could really afford to lose?
  0 Never. 1 Sometimes. 2 Most of the time. 3 Almost always.

Still thinking about the last 12 months, have you needed to gamble with larger amounts of money to get the same feeling of excitement?
  0 Never. 1 Sometimes. 2 Most of the time. 3 Almost always.

When you gambled, did you go back another day to try to win back the money you lost?
  0 Never. 1 Sometimes. 2 Most of the time. 3 Almost always.

Have you borrowed money or sold anything to get money to gamble?
  0 Never. 1 Sometimes. 2 Most of the time. 3 Almost always.

Have you felt that you might have a problem with gambling?
  0 Never. 1 Sometimes. 2 Most of the time. 3 Almost always.

Has gambling caused you any health problems, including stress or anxiety?
  0 Never. 1 Sometimes. 2 Most of the time. 3 Almost always.

Have people criticized your betting or told you that you had a gambling problem, regardless of whether or not you thought it was true?
  0 Never. 1 Sometimes. 2 Most of the time. 3 Almost always.

Has your gambling caused any financial problems for you or your household?
  0 Never. 1 Sometimes. 2 Most of the time. 3 Almost always.

Have you felt guilty about the way you gamble or what happens when you gamble?
  0 Never. 1 Sometimes. 2 Most of the time. 3 Almost always.

TOTAL SCORE

Total your score. The higher your score, the greater the risk that your gambling is a problem.

Score of 0 = Non-problem gambling.
Score of 1 or 2 = Low level of problems with few or no identified negative consequences.
Score of 3 to 7 = Moderate level of problems leading to some negative consequences.
Score of 8 or more = Problem gambling with negative consequences and a possible loss of control.