

PGSI Quiz

GAMBLING SELF-ASSESSMENT

HOW DO YOU RATE?

Thinking over the last 12 months check of each box that applies to you.

Item #	Question	NEVER	SOMETIMES	OFTEN	ALMOST ALWAYS
1.	Have you bet more than you could really afford to lose?	0	1	2	3
2.	Have you needed to gamble with larger amounts of money to get the same feeling of excitement?	0	1	2	3
3.	When you gambled, did you go back another day to try to win back the money you lost?	0	1	2	3
4.	Have you borrowed money or sold anything to get money to gamble?	0	1	2	3
5.	Have you felt that you might have a problem with gambling?	0	1	2	3
6.	Has gambling caused you any health problems, including stress or anxiety?	0	1	2	3
7.	Have people criticize your betting or told you that they think you might have a gambling problem, regardless of whether or not you thought it was true?	0	1	2	3
8.	Has gambling caused or contributed to any financial problems for you or your household?	0	1	2	3
9.	Have you felt guilty about the way you gamble or what happens when you gamble?	0	1	2	3

TOTAL SCORE: The higher your score the greater the risk that your gambling is a problem.

0 = Non-problem gambling.

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

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

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

The Problem Gambling Severity Index (PGSI) is the standardized tool to measure at risk gambling behaviour.

For more information:

MNO Gaming-Gambling Awareness Program (G-GAP)

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