

# Gambling

## Eight gambling screen

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

## Scoring Guide

If you answer YES to 4 or more questions gambling may be causing you problems in your life.

EIGHT Screen (Early Intervention Gambling Health Test)

Developed by Dr Sean Sullivan

Abacus Counselling & Training Services Ltd

[www.acts.co.nz](http://www.acts.co.nz)