

# Gambling Self Change

## Fact Sheet 4: Test your gambling behaviours

### If you're concerned about your gambling – take the test

Most people don't have a problem with gambling. That's the good news.

The other good news is that most gambling problems can be resolved.

The simple test on this Fact Sheet will give you a pretty good idea if you may have a problem or not.

#### What this test will and won't do

This test has been designed to help regular gamblers find out if they have a problem with gambling, and if they do, to what extent. However, it only indicates broad areas of potential problems. It cannot measure all the harm that can flow from any one problem.

Tick "yes" or "no" to each of the questions. When you look at the results of the test as they apply to you, decide if you need to take further action.

#### The Eight Screen

Many people in Australia participate in gambling, whether it's Lotto, track racing, the pokies or at the casino. Sometimes however it can affect our health.

To check your gambling health, 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

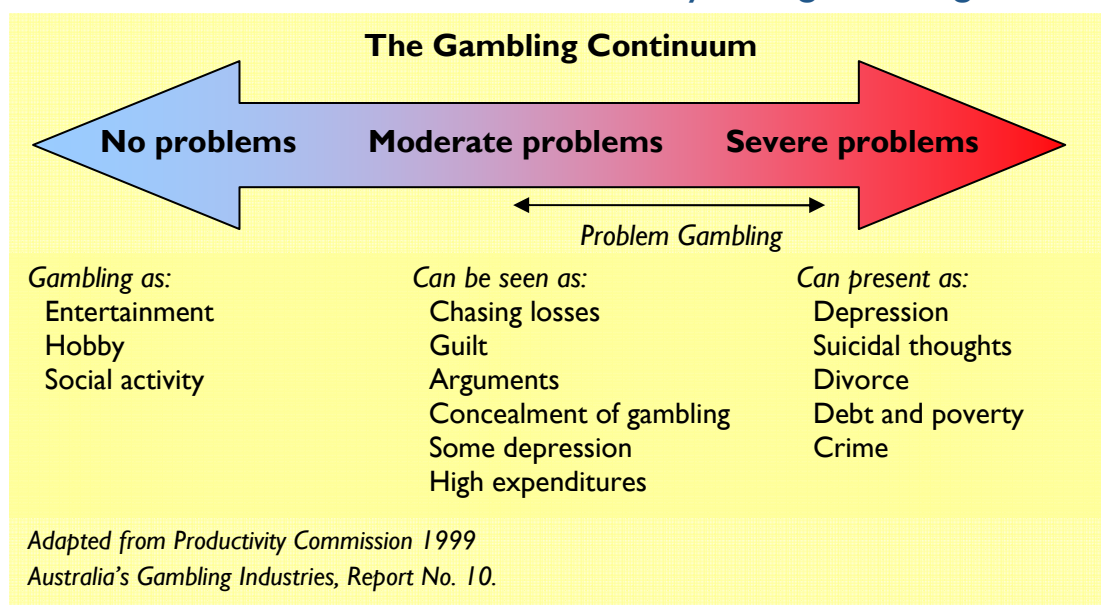
yes, that's true  no, I haven't

8. Yes, I have tried to win money to pay debts

yes, that's true  no, I haven't

A score of four or more 'yes' answers is thought to indicate some problems may be emerging in a person's gambling. The gambling continuum provides a guide to understanding

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the range of potential risks.

If you scored four or more 'yes' answers or wish to discuss concerns you may have around gambling, phone Gambling Helpline Tasmania or Break Even Services on 1800 858 858.

A score is just one indicator of risk – other signs are what you know and how you feel.

- Some people with a low score still report they feel bad. If you answered 'yes' to even one question, you can decide if it is significant by looking at its effect on you, your family and friends.
- In individual cases, just one 'yes' may indicate that something is out of control. If it is significant enough, you may need outside help to get back in control.
- If you have a mid-level score (more than four yes answers) you may already have a moderate gambling problem.

To get a better sense of where you are right now, see where you fit on the Gambling Continuum.

Problems can appear anywhere on the continuum. They can become serious at any stage.

It's up to you to decide how seriously you need to take your results. You may decide you can handle the issues yourself. Or you may decide it would be more practical to seek professional help from the Break Even Network.

### **Those with a high number of 'yes' answers often need outside help.**

The test used above is adapted from *EIGHT Screen (Early Intervention Gambling Health Test)* Developed by Dr Sean Sullivan for the Problem Gambling Foundation of New Zealand and the Department of General Practice and Primary Health Care at the Auckland School of Medicine.

### **Other fact sheets in this series:**

- 1 Gambling a problem? Help is at hand
- 2 If you don't need help- read this
- 3 Coping with the effects of someone else's gambling
- 4 Test your gambling behaviours
- 5 Helpful hints for family and friends
- 6 About Responsible Gambling

**Gambling Helpline 1800 858 858**

### CONTACT DETAILS

Gambling Support Program, GPO Box 125, Hobart, Tas 7000

03 6233 2790 [gambling@dhhs.tas.gov.au](mailto:gambling@dhhs.tas.gov.au) [www.dhhs.tas.gov.au/gambling](http://www.dhhs.tas.gov.au/gambling)



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