

GAMBLING SELF CHANGE.

FACE A BRIGHTER FUTURE
WITHOUT GAMBLING.

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.

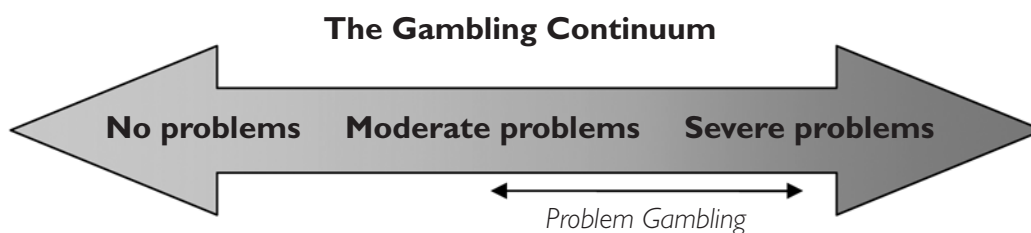
The EIGHT Screen

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 following
questions as truthfully as you can 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

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Gambling as:

Entertainment
Hobby
Social activity

Can be seen as:

Chasing losses
Guilt
Arguments
Concealment of gambling
Some depression
High expenditures

Can present as:

Depression
Suicidal thoughts
Divorce
Debt and poverty
Crime

*Adapted from Productivity Commission 1999.
Australia's Gambling Industries, Report No. 10.*

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

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.

Gambling Helpline 1800 858 858

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CONTACT DETAILS

Gambling Support Program, GPO Box 125, Hobart TAS 7001
1800 858 858 gambling@dhhs.tas.gov.au www.gamblingsupport.org