

# When regular gambling and screen time become too much



A tool has been developed in Canada to measure whether you are suffering 'gambling related harm'. The tool, the Canadian Problem Gambling Index, can also highlight areas to be concerned about.

Answer the nine questions below with Never, Sometimes, Most of the time, or Almost always to the questions.

In the last 12 months how often have you:	Never	Sometimes	Most of the time	Almost always	Score
1 Bet more than you could really afford to lose?					
2 Needed to gamble with larger amounts of money to get the same feeling of excitement?					
3 Gone back another day to try and win back the money you lost?					
4 Borrowed money or sold anything to get money to gamble?					
5 Felt that you might have a problem with gambling?					
6 Felt that gambling has caused you health problems, including stress and anxiety?					
7 Heard people criticise your betting or tell you that you have a gambling problem, whether or not you thought it was true?					
8 Felt your gambling has caused financial problems for you or your household?					
9 Felt guilty about the way you gamble or what happens when you gamble?					
				<b>Total</b>	

Scoring: 0 = Never, 1 = Sometimes, 2 = Most of the time, 3 = Almost always

Scores for the nine items are summed, and the results are interpreted as follows:

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

If gambling has become a problem, you are not alone. You can call the **Gambling Helpline** on **1800 858 858** to speak with a counsellor. Or check out these self-help resources [HERE](#)