

PROBLEM GAMBLING SEVERITY INDEX (PGSI)

Thinking about the last 12 months, answer these questions:

Have you bet more than you could really afford to lose?			
0 (Never)	1 (Sometimes)	2 (Most of the time)	3 (Almost always)
Have you needed to gamble with larger amounts of money to get the same feeling of excitement?			
0 (Never)	1 (Sometimes)	2 (Most of the time)	3 (Almost always)
When you gambled, did you go back another day to try to win back the money you lost?			
0 (Never)	1 (Sometimes)	2 (Most of the time)	3 (Almost always)
Have you borrowed money or sold anything to get money to gamble?			
0 (Never)	1 (Sometimes)	2 (Most of the time)	3 (Almost always)
Have you felt that you might have a problem with gambling?			
0 (Never)	1 (Sometimes)	2 (Most of the time)	3 (Almost always)
Has gambling caused you any health problems, including stress or anxiety?			
0 (Never)	1 (Sometimes)	2 (Most of the time)	3 (Almost always)
Have people criticized your betting or told you that you had a gambling problem, regardless of whether or not you thought it was true?			
0 (Never)	1 (Sometimes)	2 (Most of the time)	3 (Almost always)
Has your gambling caused any financial problems for you or your household?			
0 (Never)	1 (Sometimes)	2 (Most of the time)	3 (Almost always)
Have you felt guilty about the way you gamble or what happens when you gamble?			
0 (Never)	1 (Sometimes)	2 (Most of the time)	3 (Almost always)

Total your score.

Total Score:

The higher your score, the greater the risk that your gambling is a problem.

Score of 0 = Non-problem gambling.

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

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

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

211 serves as Maine's Problem Gambling Helpline.

Dial **211** or text your zip code to **898-211**