



Completed: _____

Gambling Quiz

This self-assessment is based on the Canadian Problem Gambling Index. The higher your score, the greater the risk that your gambling is a problem.

When you think of the past 12 months, how often...

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

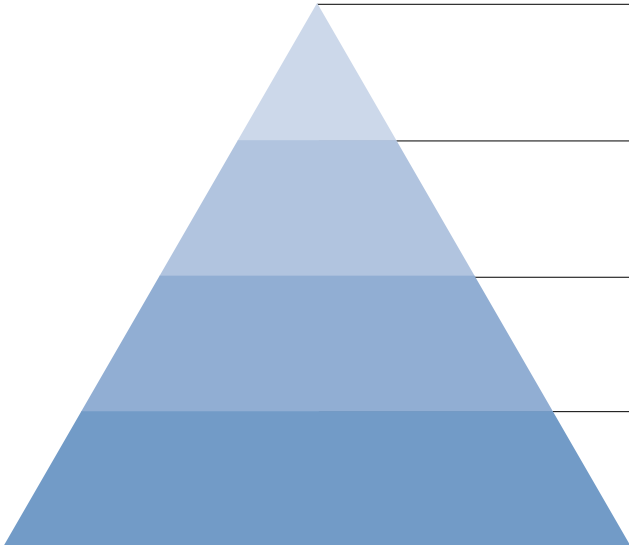
Add up your score: _____



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Here are the explanations of the scores:

PGSI score pyramid	Definition:	Probable life consequences:
	High-risk gambler 8-27	A person scoring in this range may be gambling dependent and is experiencing a substantial level of gambling related problems.
	Moderate-risk gambler 3-7	A person scoring in this range will already be experiencing some problem related to their gambling.
	Low-risk gambler 1-2	Experienced one or two minor problems related to their gambling.
	Non-problem gambler 0	Experienced no problems in the last year

The PGSI score shows whether a person’s gambling should be considered a problem. High scores usually mean serious problems. The chart above is in the shape of a pyramid to show that there are more people with low scores than high scores.

If your score indicates that you might be at risk, there are options available to you:

- Register for anonymous online tools [click here](#)
- Contact the Ontario Problem Gambling Helpline [1-888-230-3505](tel:1-888-230-3505) for other resources and treatment options.

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