



## BRIEF GAMBLING SCREEN

To address the need for a quick, evidence-based screen for gambling disorders, researchers from the Division on Addiction, Cambridge Health Alliance, a teaching affiliate of Harvard Medical School analyzed the largest national survey including questions about gambling behaviors searching for the most popular responses by people with gambling problems. Based on this data the researchers developed the Brief Biosocial Gambling Screen (BBGS), a three-question brief screening instrument that helps a person decide whether to seek a more formal evaluation or treatment of their gambling behavior. Clinicians can also use this with their clients to determine if a more comprehensive screen is necessary.

Questions include:

During the past 12 months, have you become restless, irritable, or anxious when trying to stop/cut down on gambling?

During the past 12 months, have you tried to keep your family or friends from knowing how much you gamble?

During the past 12 months, did you have such financial trouble as a result of your gambling that you had to get help with living expenses from family, friends, or welfare?

Individuals respond by:

Answering YES or NO to three questions listed above.

Scoring:

A “yes” response to any single item indicates potential gambling-related problems and the need for additional evaluation.

Interpretation:

- 0 : You are not struggling with issues related to gambling.
- 1-3: May be struggling with issues related to gambling.

