



Gambling: Have You Asked the Question?

- Dawn Cronin, LSW, NCGC, Gambling Counselor,
Gamblers Choice, Fargo, N.D
- Lisa Vig, LAC, NCGC, Program Director, Gambling Counselor,
Gamblers Choice, Fargo, N.D

This session will help participants with assessment and screening of problem gamblers. You will also learn about unique aspects of this process addiction.

LIE-BET Problem Gambling Screen

- A yes answer to one or the other of the following two questions, or a yes to both questions, should indicate a need for full assessment for problem and pathological gambling. A no to both may indicate no gambling concerns.
- 1. Have you lied to cover up the extent of your gambling?
- 2. Have you bet increasing amounts of money to achieve the level of desired excitement?

▪ Johnson, Nora et al Las Vegas VA Hospital, Nevada

Problem Gambling Assessment Instruments & Screens

- South Oaks Gambling Screen (SOGS)
- National Opinion Research Center DSM Screen for Problem Gambling (NODS)
- G A 's Twenty Questions
- Gamanon Twenty Questions
- 'Lie-Bet' 2 Question Brief Screen
- SOGS-R A- Adolescent Screen
- Mass Adolescent Gambling Screen

South Oaks Gambling Screen

- Valid And Reliable Instrument
- May Be Self Administered
- Most Widely Used Screen
- Available in 25 languages
- Has been revised for use among adolescents
(SOGS-RA)

South Oaks Gambling Screen (SOGS)

1. Indicate type of gambling done in your lifetime. For each type mark one answer: **Not at All**, **Less than Once a Week**, or **Once a Week or More**.

	Not at all	Less than once a wk.	Once a Wk. or More
a. Played cards for money			
b. Bet on horses, dogs, or other animals (OTB, track or Bookie)			
c. Bet on sports (parlay cards, with Bookie at Jai Ali)			
d. Played dice games, including craps, over & under or others			
e. Went to casinos (legal or otherwise)			

South Oaks Gambling Screen (SOGS)

	Not at all	Less than once a wk.	Once a Wk. or More
f. Played the numbers or bet on lotteries			
g. Played Bingo			
h. Played the stock and/or commodities Market			
i. Played slot machines, poker machines or other gambling machines			
j. Bowled, shot pool, played golf, or some other game of skill for money			
k. Played pull tabs or "paper" games other than lotteries			
l. Some other form of gambling not listed			

South Oaks Gambling Screen (SOGS)

2. What is the largest amount of money you have ever gambled with on any one-day?

- Never gambled
- \$1.00 or less
- More than \$1.00 up to \$10.00
- More than \$10.00 up to \$100.00
- More than \$100.00 up to \$1000.00
- More than \$1000.00 up to \$10,000.00
- More than \$10,000.00

South Oaks Gambling Screen (SOGS)

3. has (or had) a gambling problem.

- Father Mother
- Brother/Sister My Spouse/Partner
- My Children Another Relative
- A Friend or Someone Important in My Life

South Oaks Gambling Screen
Scored Questions sogss

4. When you gamble, how often do you go back another day to win back money you lost?

- Never
- Some of the time (less than half the time I lost)
- Most of the time I lost Every time I lost

5. Have you ever claimed to be winning money gambling but weren't really? In fact, you lost?

- Never (or never gamble)
- Yes, less than half the time lost
- Yes, most of the time

South Oaks Gambling Screen

Scored Questions SOGS

6. Do you feel you have ever had a problem with betting money or gambling?
___ No, ___ Yes, in the past but not now, ___ Yes
7. Did you ever gamble more than you intended to?
___ Yes ___ No
8. Have people criticized your betting or told you that you had a gambling problem, regardless of whether or not you thought it was true?
___ Yes ___ No
9. Have you ever felt guilty about the way you gamble, or what happens when you gamble?
___ Yes ___ No

Scored Questions SOGS

10. Have you ever felt like you would like to stop betting money, or gambling but didn't think you could? ___ Yes ___ No
11. Have you ever hidden betting slips, lottery tickets, or gambling money, IOU's or other signs of betting or gambling from your spouse, children or other important people in your life? ___ Yes ___ No
12. Have you ever argued with people you live with over how you handle money? ___ yes ___ no
13. (If you answered yes to 12.) :Have money arguments ever centered on your gambling? ___ Yes ___ No

South Oaks Gambling Screen

Scored Questions SOGS

14. Have you ever borrowed from someone and not paid them back as a result of your gambling? ___ Yes ___ No
15. Have you ever lost time from work (or school) due to betting money, or gambling? ___ Yes ___ No
16. If you borrowed money to gamble or pay gambling debts, who or where did you borrow from? (check yes or no for each)

**16. Who or Where did you borrow From?
(Check Yes or No for each)**

- a. from household money
- b. from spouse
- c. from other relatives or in-laws
- d. from banks, loan companies or credit unions
- f. from loan sharks
- g. cashed in stocks, bonds or other securities
- h. sold personal, or family property
- i. borrowed on checking account (bad checks)
- j. have (had) credit line with bookie
- k. have (had) credit line with a casino

Scoring the SOGS

- Questions 1,2 and 3 not counted:
- 4. Most of the time I lose or every time I lose
 - 5. Yes, less than half the time I lose or yes, most of the time
 - 6. Yes, in the past but not now or yes
 - 7. Thru 11. Each yes is one point
 - 12. Not scored
 - 13. Thru 16. i. Each yes one point
 - 16. j. and k. not scored

SOGS Scoring Key

- 0 = No Problem
- 1-4 = Some Problem
- 3-4 = *Problem Gambler*
- 5 or More = Probable Pathological Gambler

Many gamblers presenting for care score over 10 on the SOGS.

***Problem Gambling:
Definitions and Problem Gambling***



**DEFINING PROBLEM AND
PATHOLOGICAL GAMBLING**

- **1980 – American Psychiatric Assoc. – DSM III**
 - Disorder of Impulse Control Not Elsewhere Classified
 - 312.31
 - "The essential features are a chronic and progressive failure to resist impulses to gambling and gambling behavior that compromises, disrupts, or damages personal, family, or vocational pursuits.

**DEFINING PROBLEM AND
PATHOLOGICAL GAMBLING**

- **1980 – American Psychiatric Assoc. – DSM III**
 - 1st time pathological gambling included in DSM.
 - No formal testing of diagnostic criteria
 - Due to efforts of Dr. Robert Custer
 - Based on clinical experience of limited number of experienced clinicians
 - 7 Criteria (5 related to money or getting money for gambling)
 - Exclusion Criteria: Not due to Antisocial Personality Disorder

**DEFINING PROBLEM AND
PATHOLOGICAL GAMBLING**

- **1987 – DSM III-R**
 - Basically, rewrote substance dependence criteria for gambling
 - Increased to 8 criteria (4 to meet criteria)

**DEFINING PROBLEM AND
PATHOLOGICAL GAMBLING**

- **1994 – DSM-IV**
 - "The essential feature of Pathological Gambling is persistent and recurrent maladaptive gambling behavior that disrupts personal, family or vocational pursuits."

**DEFINING PROBLEM AND
PATHOLOGICAL GAMBLING**

- **1994 – DSM-IV**
 - Based on empirical trial of multiple items
 - New set of 9 items best differentiated between self-identified pathological gamblers and a group of substance-abusing controls
 - Additional "loss of control" item added based on feedback from gambling treatment professionals

Pathological Gambling: DSM-IV Criteria

■ Preoccupation

- Is preoccupied with gambling (e.g., reliving past gambling experiences, handicapping or planning the next venture, or thinking of ways to get money with which to gamble)

■ Tolerance

- Needs to gamble with increasing amounts of money in order to achieve the desired excitement

■ Withdrawal

- Is restless or irritable when attempting to cut down, or stop gambling

Pathological Gambling: DSM-IV Criteria

■ Escape

- Gambles as a way of escaping from problems or relieving dysphoric mood (feelings of helplessness, guilt, anxiety or depression)

■ Chasing

- After losing money gambling, often returns another day in order to get even

■ Lying

- Lies to family members, therapists, or others to conceal the extent of involvement with gambling

Pathological Gambling: DSM-IV Criteria

■ Loss of control

- Has made repeated unsuccessful efforts to control, cut back, or stop gambling

■ Illegal acts

- Has committed illegal acts (forgery, fraud, theft, or embezzlement) to finance gambling

■ Risked significant relationship

- Has jeopardized or lost a significant relationship, job, education or career opportunity because of gambling

■ Bailout

- Has relied on others to provide money to relieve a desperate financial situation caused by gambling

Pathological Gambling: Barry Test

- Do large men sometimes come around and break your thumbs
- Have you ever lunged across a table and tried to strangle a 73 year old grandmother simply because she said "Bingo"
- Have you ever, after gambling away all your money and pawning all your possessions, asked yourself: "Hey, why do I need TWO kidneys?"

Pathological Gambling: Barry Test

- Have you ever attempted to place a bet on the chariot race in *Ben Hur*?
- If so, did you bet AGAINST Charlton Heston, your reasoning being that, hey, one of these times he has to lose.
- Have you ever wager money that you should have used to feed your children?
- Have you ever wagered your actual children?

Pathological Gambling: Comparison to Substance Abuse

▪ Similarities

- Loss of Control
- Preoccupation
- Negative impact on major life areas
- Tolerance



Pathological Gambling: Comparison to Substance Abuse

■ Similarities

- Withdrawal Symptoms
- Self-help groups
- Biopsychosocial/spiritual disorders
- Family involvement



Pathological Gambling: Comparison to Substance Abuse

■ Differences

- Gambling is not self-limiting
- Behavior not attributable to intoxication
- More intense sense of shame and guilt
- Greater denial and stronger defenses



Pathological Gambling: Comparison to Substance Abuse

■ Differences

- Unpredictable outcome
- Fantasies of success
- No biological test
- Easier to hide



Pathological Gambling: Comparison to Substance Abuse

■ Differences

- Greater financial problems
- Intensity of family anger
- Less public awareness and acceptance



Helpline Numbers:

- North Dakota Mental Health Helpline #211
- Gamblers Choice toll-free #1-877-702-7848
