



Problem Gambling Severity Index (PGSI)

Instructions:

Answer the following questions when thinking about your gambling behaviour over the past 12 months.

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

Developer Reference:

Ferris, J., & Wynne, H. (2001). The Canadian Problem Gambling Index (Final report). Ottawa, Ontario, Canada: Canadian Centre on Substance Abuse

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