Assessing and Screening for Problem Gambling & Gambling Disorder
Introductions

Robby Fuqua, LCSW

- Morneau Shepell manages 1-800-GAMBLER for the state of Illinois
- We provide crisis counseling and referral services to state funded or private practitioners for problem gamblers and their loved ones.
- Contact: 773-984-4818
  rfuqua@morneaushepell.com
Responsible Gambling Services

- Helplines
- Retailer Training
- Prevention Programming
- Provider Training
- GameSense™ & RG Information Centers
- Research & White Papers
Objectives

Learn the nine diagnosable characteristics for gambling disorder in the DSM V

Learn three levels of the severity spectrum for gambling disorder in the DSM V

Learn about four screening tools to detect problem gambling behaviors

Learn about two assessment tools in diagnosing gambling disorder

Know the two themes of the Lie/Bet Questionnaire
“Risking something of value on an activity or event in which the outcome is uncertain in hopes of winning something of material value”
American Society of Addiction Medicine
Levels of Care

Outpatient → Intensive Outpatient/Partial Hospitalization → Clinically Managed/Medically Monitored Residential Services → Medically Managed Intensive Inpatient
ASAM Dimensions

1. Acute Intoxication/ Withdrawal Potential
2. Biomedical Conditions/ Complications
3. Emotional/Behavioral Conditions & Complications
4. Readiness To Change
5. Relapse, Continued Use or Continued Problem Potential
6. Recovery Environment
DSM V
## What used to be

**DSM IV-TR**

### Impulse Control Disorders

- Intermittent Explosive Disorder
- Kleptomania
- Pathological Gambling
- Pyromania
- Trichotillomania

### Common Characteristics

Failure or extreme difficulty in controlling impulses despite negative consequences.
DSM V Reclassification

- Gambling Disorder
  - Classified with Substance-Related and Addictive Disorders

- Reflection of research indicating that Gambling Disorder is similar to substance related disorders in **clinical expression, brain origin, comorbidity, physiology & treatment.**
Gambling disorder diagnosis
Four or more

- **Preoccupation** – Thinking a lot about gambling
- **Increased Tolerance** – Needs to gamble more than before
- **Tried to stop** – Cannot stop gambling
- **Withdrawal** – Irritable when not gambling
- **Escape** – Gambles to get away from it all
- **Chasing** – Often returns to try and win back losses
- **Lying** – Dishonest about amount & frequency gambling
- **Loss of Control** – Continues gambling despite consequences
- **Receiving Bailouts** – Borrows money to gamble or pay debt
Severity
The diagnosis on a spectrum
Poll Question #1

There must be at least 5 characteristics indicated from the DSM V in order to provide an official gambling disorder diagnosis.

A. True
B. False
Screening & Assessing
Defining Tools

Screening

- Cannot use for diagnosis
- Determines need for further evaluation
- Determines possibility that a condition is present

Assessment

- Provides a diagnosis
- Determines severity
General Goals of Screening & Assessment

- Crisis Management
- Evaluate acuity

- Conduct psychosocial assessment
- Determine level of motivation

- Referral to appropriate care
- Development of treatment plan
The purpose

- Define problem
- Presence of threat
- Evaluate acuity
- Psycho-social summary
- Establish motivation
- Determine appropriate level of treatment
- Create initial treatment plan
The Tool Box

To uncover the hidden:

1. GA 20 Questions
2. Gam-Anon 20 Questions
3. SOGS (Adult & Teen)
4. Lie/Bet Questionnaire
5. NODS Clip
6. NODS Self Assessment
7. Brief Bio Social Gambling Screen (self administered)

The DSM V and NODS can determine a diagnosis.
Poll Question #2

Which of the following is true regarding the purpose(s) of using screening tools:

A. Determines possibility that a condition is present
B. Determines need for further evaluation
C. Both A & B
D. None of the above
South Oaks Gambling Screen (SOGS)
Blume & Leiseur

- 1st validated screen for compulsive gambling
- Copyrighted to protect the items, but can be used by clinicians
- Completed by self, interviewer, or concerned other
- 20 minutes to administer and score
South Oaks Gambling Screen (SOGS)
Blume & Leiseur

- 16 Questions
  - #1 includes 12 categories to indicate frequency for several types of gambling (bet on sports, bingo, casinos)
  - #16 includes 11 categories to indicate details on borrowing to pay gambling debts (from who, where, how)
  - Questions 1, 2, 3, 12, 16j and 16k are not counted

- Score Interpretation:
  - (0) No problem with gambling
  - (1-4) Some problems with gambling
  - (5 or more) Probable pathological gambler
SOUTH OAKS GAMBLING SCREEN [SOGS]

Name: ___________________________ Date: ____________

1. Please indicate which of the following types of gambling you have done in your lifetime. For each type, mark one answer: “Not at all,” “Less than Once a Week,” or “Once a Week or More.”

<table>
<thead>
<tr>
<th>PLEASE &quot;X&quot; ONE ANSWER FOR EACH STATEMENT:</th>
<th>NOT AT ALL</th>
<th>LESS THAN ONCE A WEEK</th>
<th>ONCE A WEEK OR MORE</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. Played cards for money</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>b. Bet on horses, dogs, or other animals (at OTB, the track, or with a bookie)</td>
<td></td>
<td></td>
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<tr>
<td>c. Bet on sporting events (gamed cards, with bookie at any race)</td>
<td></td>
<td></td>
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<tr>
<td>d. Played dice games, including craps, over and under or other dice games</td>
<td></td>
<td></td>
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<tr>
<td>e. Went to casinos (legal or otherwise)</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>f. Played the numbers or bet on lotteries</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>g. Played bingo</td>
<td></td>
<td></td>
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<tr>
<td>h. Played the stock and/or commodities market</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>i. Played slot machines, poker machines, or other gambling machines</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>j. Bet on golf, played pool, or some other game of skill for money</td>
<td></td>
<td></td>
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<tr>
<td>k. Played pull tabs or “paper” games other than lotteries</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>l. Some forms of gambling not listed above (please specify):</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

2. What is the largest amount of money you have ever gambled with on any one day?
   __________ Never gambled __________ More than $100.00 up to $1,000.00
   __________ $1.00 or less __________ More than $1,000.00 up to $10,000.00
   __________ More than $1.00 up to $10.00 __________ More than $10,000.00
   __________ More than $10.00 up to $100.00
3. Check which of the following people in your life has (or had) a gambling problem.

   ______ Father
   ______ Mother
   ______ Brother/Sister
   ______ My Spouse/Partner
   ______ My Child(ren)
   ______ Another Relative
   ______ A Friend or Someone Important in My Life

4. When you gamble, how often do you go back again to win back money you have lost?
   ______ Never
   ______ Most of the Times I Lose
   ______ Some of the Time
   ______ Less than half the time I lose
   ______ Every Time I Lose

5. Have you ever claimed to be winning money gambling, but weren't really? In fact, you lost?
   ______ Never
   ______ Yes, less than half the time I lost
   ______ Yes, more than half the time

6. Do you feel you have ever had a problem with betting or money gambling?
   ______ No
   ______ Yes
   ______ Yes, in the past, but not now
   ______ Yes
   ______ No

7. Did you ever gamble more than you intended to?

8. More people criticized your betting or told you that you had a problem, regardless of whether or not you thought they were true?

9. Have you ever felt guilty about the way you gamble, or what happens when you gamble?

10. Have you ever felt like you would like to stop betting money or gambling, but didn’t think you could?

11. Have you ever stolen money or gambling money, IOUs, or other signs of betting or gambling from your spouse, children or other important people in your life?

12. Have you ever argued with people in your life over how you handle money?
13. (If you answered "Yes" to question 1D) Have money arguments ever entered on your gambling?
   ___ Yes ___ No

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 on gambling?
   ___ Yes ___ No

16. If you borrowed money to gamble or to pay gambling debts, who or where did you borrow from (check "Yes" or "No" for each):
   a. From household money ___ Yes ___ No
   b. From your spouse ___ Yes ___ No
   c. From other relatives or in-laws ___ Yes ___ No
   d. From banks, loan companies, or credit unions ___ Yes ___ No
   e. From credit cards ___ Yes ___ No
   f. From loans ___ Yes ___ No
   g. You cashed in stocks, bonds or other securities ___ Yes ___ No
   h. You sold personal or family property ___ Yes ___ No
   i. You borrowed on your checking accounts (passed bad checks) ___ Yes ___ No
   j. You have (had) a credit line with a bookie ___ Yes ___ No
   k. You have (had) a credit line with a casino ___ Yes ___ No

The SOGS may be reproduced as long as the language is used as printed and the scored items are not revised without permission of the author.
SOUTH OAKS GAMBLING SCREEN - SCORE SHEET

Scores on the SOGS are determined by scoring one point for each question that shows the "at risk" response indicated and adding the total points.

Question 1  Not counted
Question 2  Not counted
Question 3  Not counted
Question 4  Most of the time  / lose or Yes, most of the time
Question 5  Yes, less than half the time I lose or Yes, most of the time
Question 6  Yes, in the past but not now or Yes
Question 7  Yes
Question 8  Yes
Question 9  Yes
Question 10  Yes
Question 11  Yes
Question 12  Not counted
Question 13  Yes
Question 14  Yes
Question 15  Yes
Question 16 a  Yes
Question 16 b  Yes
Question 16 c  Yes
Question 16 d  Yes
Question 16 e  Yes
Question 16 f  Yes
Question 16 g  Yes
Question 16 h  Yes
Question 16 i  Not counted
Question 16 j  Not counted

TOTAL POINTS
0 (minimum score = 20)

INTERPRIETING THE SCORE:
0  No problems with gambling
1-4  Some problems with gambling
5 or more  Probable pathological gambler
## Twenty Questions

<table>
<thead>
<tr>
<th>GA 20?s</th>
<th>Gam Anon 20?s</th>
</tr>
</thead>
<tbody>
<tr>
<td>- GA newcomers asked to respond to 20 questions at 1st meeting</td>
<td>- Significant others of compulsive gamblers answer yes to at least 6 of the 20 questions.</td>
</tr>
<tr>
<td>- Compulsive gamblers answer yes to at least 7 of 20 questions</td>
<td></td>
</tr>
</tbody>
</table>

What are benefits of using this?
GA 20 Questions Example

Gambler's Anonymous 20 Questions

<table>
<thead>
<tr>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Have you ever lost time from work or school due to gambling?</td>
<td></td>
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<tr>
<td>2. Has gambling ever made your home life unhappy?</td>
<td></td>
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<tr>
<td>3. Has gambling affected your reputation?</td>
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<tr>
<td>4. Have you ever felt remorse after gambling?</td>
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<tr>
<td>5. Do you ever gamble to get money with which to pay debts or otherwise solve financial difficulties?</td>
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<tr>
<td>6. Does gambling cause a decrease in your ambition or efficiency?</td>
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<tr>
<td>7. After losing do you feel you must return as soon as possible and win back your losses?</td>
<td></td>
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<tr>
<td>8. After a win, do you have a strong urge to return and win more?</td>
<td></td>
</tr>
<tr>
<td>9. Do you often gamble until your last dollar was gone?</td>
<td></td>
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<tr>
<td>10. Do you ever borrow to finance your gambling?</td>
<td></td>
</tr>
<tr>
<td>11. Have you ever sold anything to finance gambling?</td>
<td></td>
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<tr>
<td>12. Are you reluctant to use “gambling money” for normal expenditures?</td>
<td></td>
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<tr>
<td>13. Does gambling make you careless of the welfare of yourself or your family?</td>
<td></td>
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<tr>
<td>14. Do you ever gamble longer than you had planned?</td>
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<tr>
<td>15. Have you ever gambled to escape worry, trouble, boredom or loneliness?</td>
<td></td>
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<tr>
<td>16. Have you ever committed, or considered committing, an illegal act to finance gambling?</td>
<td></td>
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<tr>
<td>17. Does gambling cause you to have difficulty in sleeping?</td>
<td></td>
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<tr>
<td>18. Do arguments, disappointments or frustrations create within you an urge to gamble?</td>
<td></td>
</tr>
<tr>
<td>19. Have you ever had an urge to celebrate any good fortune by a few hours of gambling?</td>
<td></td>
</tr>
<tr>
<td>20. Have you ever considered self-destruction or suicide as a result of your gambling?</td>
<td></td>
</tr>
</tbody>
</table>

Note: Responses can only be Yes or No.
A score of seven or more “yes” answers may indicate a need to be assessed for problem gambling.

Regain control of your life. Call the National Gambling Helpline at (877) 770-7687.
Gam Anon 20 Questions Example

Special Terms and Conditions

GAM ANON—20 QUESTIONS
Are you Living with a Compulsive Gambler?

If there is a gambling problem in your home, the GAM ANON family group may be able to help you cope with it. If you are living with a compulsive gambler, you will answer “Yes” to at least six of the following questions:

1. Do you find yourself constantly bothered by bill collectors?
2. Is the person in question often away from home for long, unexplained periods of time?
3. Does this person ever lose time from work due to gambling?
4. Do you feel that this person cannot be trusted with money?
5. Does the person in question thoughtfully promise that he/she will stop gambling, beg, pilfer, for another chance, yet gamble again and again?
6. Does the person ever gamble larger than he/she intended to, until the last dollar is gone?
7. Does this person immediately return to gambling to try to recover losses or to win more?
8. Does this person ever gamble to get money to solve financial difficulties or have unrealistic expectations that gambling will bring the family material comfort and wealth?
9. Does this person borrow money to gamble with or to pay gambling debts?
10. Has this person’s reputation ever suffered due to gambling, even to the extent of committing illegal acts to finance gambling?
11. Have you come to the point of hiding money needed for living expenses, knowing that you and the rest of the family may go without food and clothing if you do not?
12. Do you search this person’s clothing or go through his/her wallet when the opportunity presents itself or otherwise check on his/her activities?
13. Does the person in question hide his/her money?
14. Have you noticed a personality change in the gambler as his/her gambling progresses?
15. Does the person in question consistently lie to cover up or deny his/her gambling activities?
16. Does this person use guilt induction as a method of shifting responsibilities for his/her gambling upon you?
17. Do you attempt to anticipate this person’s moods or try to control his/her life?
18. Does this person ever suffer from remorse or depression due to gambling, sometimes to the point of self-destruction?
19. Has the gambling ever brought you to the point of threatening to break up the family unit?
20. Do you feel that your life together is a nightmare?
The Lie/Bet Questionnaire

Focus on two themes of the diagnosis:

“Have you ever felt the need to bet more and more money?”

“Have you ever had to lie to people important to you about how much you gamble?”
NODS Clip

1. Have you ever tried to stop, cut down, or control your gambling?
2. Have you ever lied to family members, friends or others about how much you gamble or how much money you lost on gambling?
3. Have there ever been periods lasting 2 weeks or longer when you spent a lot of time thinking about your gambling experiences, or planning out future gambling ventures or bets?

An unofficial screening tool based on the assessment tool.
NODS Self-Assessment

10 Questions

Scoring:

• 0: No Problem Gambling Present
• 1-2: Mild/Sub-Clinical Risk for gambling problems
• 3-4: Moderate Risk for gambling problems
• 5-10: Likely a gambling disorder, consistent with the DSM V criteria
NODS Self-Assessment Screening Tool

The NODS-SA is a self-assessment version of the NODS (the NODS Diagnostic Screen for Gambling Disorders). It was designed to assist individuals in evaluating whether to modify or seek help for their gambling behavior.

1. Have you ever gambled to escape from personal problems, to relieve uncomfortable feelings, such as guilt, anxiety, boredom, or depression?
2. Have you ever gambled more than you intended to stop gambling, or more than you intended to stop gambling? (A period of a month or less is sufficient to make a diagnosis of gambling disorder.)
3. Have you gambled in order to get more money to gambler or to spend money that is not available to you?
4. Have you gambled more than you intended to stop gambling or more than you intended to stop gambling?
5. Have you gambled in order to get more money to gambler or to spend money that is not available to you?
6. Have you gambled in order to get more money to gambler or to spend money that is not available to you?
7. Have you gambled in order to get more money to gambler or to spend money that is not available to you?
8. Have you gambled in order to get more money to gambler or to spend money that is not available to you?
9. Have you gambled more than you intended to stop gambling, or more than you intended to stop gambling?
10. Have you gambled more than you intended to stop gambling, or more than you intended to stop gambling?

Self-Assessment Screening Tool

1. Have you ever gambled to escape from personal problems, to relieve uncomfortable feelings, such as guilt, anxiety, boredom, or depression?
2. Have you ever gambled in order to get more money to gambler or to spend money that is not available to you?
3. Have you gambled in order to get more money to gambler or to spend money that is not available to you?
4. Have you gambled in order to get more money to gambler or to spend money that is not available to you?
5. Have you gambled more than you intended to stop gambling, or more than you intended to stop gambling?
6. Have you gambled more than you intended to stop gambling, or more than you intended to stop gambling?
7. Have you gambled more than you intended to stop gambling, or more than you intended to stop gambling?
8. Have you gambled more than you intended to stop gambling, or more than you intended to stop gambling?
9. Have you gambled more than you intended to stop gambling, or more than you intended to stop gambling?
10. Have you gambled more than you intended to stop gambling, or more than you intended to stop gambling?
**Brief Biosocial Gambling Screen (BBGS)**

* A “yes” answer to any of the questions means the person is at risk for developing a gambling problem.

<table>
<thead>
<tr>
<th>Question</th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. During the past 12 months, have you become restless, irritable or anxious when trying to stop/cut down on gambling?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. During the past 12 months, have you tried to keep your family or friends from knowing how much you gambled?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. 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?</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

www.ncrg.org
www.divisiononaddiction.org
National Opinion Research Center DSM Screen for Gambling Problems (NODS)

- Developed from 1999 Impact Commission by Dr. Rachel Volberg
- 34 Yes/No Questions
- Based on DSM IV TR – Pathological Gambling Diagnosis
- Typologies: Type B, Type C, Type D (possible pathological gambler), Type D (probable pathological gambler)

Used for: Lifetime and/or Past Year
Poll Question #3

The two themes of the Lie/Bet Questionnaire are losing control and lying.

A. True
B. False
Suicide Rates & Problem Gambling

“Five percent of all suicides are related to compulsive gambling, as are 17 percent of emergency room admissions” (Kronk, 2017)

“A 2003 study in the Journal of Clinical Psychology found that four of every 10 compulsive gamblers in a gambling treatment program had, at least, one prior suicide attempt” (Kronk, 2017)

“A December 1997 journal article in Suicide and Life Threatening Behavior found that in cities where gambling is legal (Atlantic City, Las Vegas and Reno), the suicide rate was up to four times that of comparable, non-legal gambling cities. Las Vegas, at that time, had the highest suicide rate in the nation” (Kronk, 2017)

“Of all the addictions, gamblers have the highest suicide rate. A 1995 study noted that almost 7 of 10 compulsive gamblers had contemplated suicide and 1 out of 6 had made an a previous attempt.” (Kronk, 2017)
Suicide Potential Assessment

- Treat co-morbid depression
- Understand the connection between risk-taking and impulsivity
- Remind yourself it’s a hidden disease

Especially vulnerable when the gambler gets caught or the finances are desperate.
The Significance of Money

Risks of relapse

Risk of suicide

It’s the drug!
For every problem gambler, 8-10 significant others are impacted.

Savings, credit rating, home equity, material possessions

Financially comfortable > winning > financial devastation

The family can be held liable for debts.

Threats from loan sharks, bookies, creditors, and utilities

Loss of retirement or college tuition fund for children.

Debt can last for many years after gambling stops
# Bio-Psycho-Social Assessment

<table>
<thead>
<tr>
<th>Section</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Chief Complaint</strong></td>
<td></td>
</tr>
<tr>
<td><strong>History of Present Illness</strong></td>
<td>Course of Gambling History, Phase, Types of Gambling, Periods of Abstinence, Reasons for Gambling</td>
</tr>
<tr>
<td><strong>Past History</strong></td>
<td>Gambling Specific</td>
</tr>
<tr>
<td><strong>Mental Status Exam</strong></td>
<td>Co-Morbid Disorders</td>
</tr>
<tr>
<td><strong>Family History</strong></td>
<td>Gambling/Addiction Family Use</td>
</tr>
<tr>
<td><strong>Social History</strong></td>
<td>Sexual; Peer Relations; Vocational</td>
</tr>
</tbody>
</table>
Review

DSM V

Screening & Assessment Tools

Suicide and Gambling Disorder

Money and Gambling Disorder
Thank you