



# Problem Gambling Reference Sheet

## Definitions

- **Gambling** is defined as risking something of value on the outcome of an event when the probability of winning is less than certain.
- **Problem Gambling** is persistent and repeated gambling behavior that disrupts personal, family, or professional pursuits.

## Statistics

- Close to 90% of people will gamble in their lifetime
- Of the general adult population, 2-3.5% of them will experience a problem with gambling in their lifetime
- The rate of gambling disorder goes up tremendously when you consider people with a mental health disorder and/or another addiction.

## Signs and Symptoms

1. Needs to gamble with increasing amounts of money in order to achieve the desired excitement.
2. Is restless or irritable when attempting to cut down or stop gambling.
3. Has made repeated unsuccessful efforts to control, cut back, or stop gambling.
4. Is often preoccupied with gambling (e.g., having persistent thoughts of reliving past gambling experiences, handicapping or planning the next venture, thinking of ways to get money with which to gamble).
5. Often gambles when feeling distressed (e.g., helpless, guilty, anxious, depressed).
6. After losing money gambling, often returns another day to get even ("chasing" one's losses).
7. Lies to conceal the extent of involvement with gambling.
8. Has jeopardized or lost a significant relationship, job, or educational or career opportunity because of gambling.
9. Relies on others to provide money to relieve desperate financial situations caused by gambling.