

## ***Brief Bio-social Gambling Screen (BBGS)***

### **Three questions for identifying gambling problems:**

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

- Yes
- No

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

- Yes
- No

3. During the past 12 months, did you have such financial trouble that you had to get help from family or friends?

- Yes
- No

**BBGS Scoring:** Answering 'Yes' to one or more questions indicates likely pathological gambling.

**Source:** Gebauer, L., LaBrie, R. A., & Shaffer, H. J. (2010). Optimizing DSM-IV classification accuracy: A brief bio-social screen for gambling disorders among the general household population. *Canadian Journal of Psychiatry, 55*(2), 82-90