

Let's talk about gambling

Two questions about gambling



Two questions about gambling

1. What games of chance have you played in the last 12 months?

- Lottery games (Lotto, Viking Lotto, Eurojackpot, Jokeri)
- Scratchcards (e.g. Casino, Ässä, Luontoarpa)
- Veikkaus Vakio
- Veikkaus daily drawn games (e.g. Keno, Kaikki tai ei mitään, Synttärit)
- Poker (casino, gambling arcade)
- Horse betting and pari-mutuel betting (e.g. Toto75, Toto86)
- Sports betting (e.g. pitkäveto, tulosveto)
- Online instant games, elnstant (e.g. Onnennimet, Fruttis, Nokka pokka, Onnensanat)
- Draw games of high event frequency (e.g. Syke, Pore, eBingo, [virtuaalivedot?](#))
- Slot machines (in stores, kiosks and gambling halls)
- Other casino games (e.g. Blackjack, casino slot machines, not poker)
- Online casino games (e.g. roulette, Blackjack as well as slot machines, not poker)
- Online poker

_____ How many of the game format did you choose?

2. How often do you gamble?

- Fewer than 2 times per month
- 2–3 times per month
- Once in a week
- Several times a week
- Daily or almost daily

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You should ask about gambling from all clients in the substance abuse and mental health services because these clients belong to at-risk group. Also it worth asking about gambling if you suspect the client gambling a lot or she/he has financial problems or otherwise difficult life-situation or factors increasing susceptibility to gambling problem like low self-esteem, ADHD, gambling problem among family.

A person's gambling risk level can be assessed based on how often they gamble, how many formats of games they play as well as how harmful the games they play are. Of these factors, the most impactful harm factor is how often the person gambles.

Ask about a person's gambling habits

Of assistance you can use the form on the adjacent page.

- **What games of chance have you played in the last 12 months?**
- **How often do you gamble?**

Provide feedback

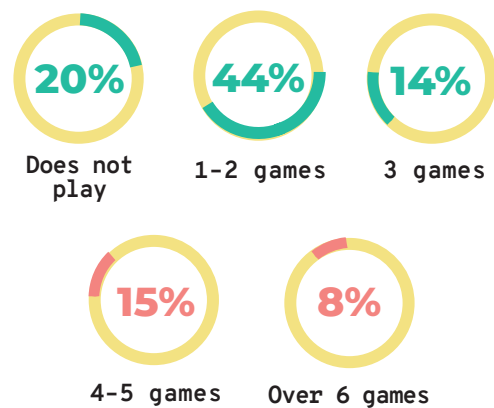
How often does your client gamble?

Most Finns gamble once in a week or more even seldom. The more often you gamble, the more likely you will be harmfully impacted by your gambling.



Does your client gamble several formats games?

Most Finns play three different games of chance at most in a year. The more formats of games you play the more likely harm will be caused by gambling.



Does your client play harmful games?

The harmful impact that a game has is affected by its tempo, maximum bet size, and the size of its jackpot. The games listed below are more likely to have more harmful effects than other games:

- sports betting
- online scratchcards
- online instant games, eInstants
- slot machines
- casino games such as roulette or Blackjack
- online casino games
- online poker

Three questions to identify a gambling problem

Three questions to identify a gambling problem (BBGS)

- During the past 12 months, have you become restless irritable or anxious when trying to stop/cut down on gambling?
- During the past 12 months, have you tried to keep your family or friends from knowing how much you gambled?
- 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?

Answering 'Yes' to even one of these questions indicates likely gambling problem.

Pay also attention to the following factors:

- How much money does your client spend on gambling in a week? And in a year? Is it much for her/him?
- Does your client have a habit to try to win back the money she/he lost? Does this lead to an increased amount of gambling?
- How much time does your client spend on gambling in a week? And in a month? Does she/he have enough time for other matters?



Further information:

- “How to talk about gambling” video: tinyurl.com/bring-up-gambling
- Help and support for people with gambling problems peluuri.fi/en
- Information for professionals thl.fi/en/web/alcohol-tobacco-and-addictions/gambling
- thl.fi/pelihaitat

References: Raisamo&Salonen: Suomalaisten rahapelaaminen 2015. THL 2015.
Gebauer, LaBrie& Shaffer: Optimizing DSM-IV-TR classification accuracy: a brief biosocial screen for detecting current gambling disorders among gamblers in the general household population. *Canadian Journal of Psychiatry*, 55(2), 82-90.2010.