Questionnaire Pack:

Gambling Personality and Behaviour

**Demographic questions**

Please provide the following information:

Sex at birth: Male Female Third Gender/Non-Binary Prefer not to say

Gender Identity: Male Female Third Gender/Non-Binary Prefer not to say

Age: 0-99

Ethnicity: White/White British

Asian/Asian British

Black, Black British, Caribbean, African

Mixed or multiple ethnic groups

Other ethnic group

On average how many days per month do you participate in any type of gambling? 0-28+

**Gambling Pathways Questionnaire - Modified (22 items)**

Answered via 6 point likert scale assessing level of agreement to each item, ranging from ‘Strongly Disagree’ to ‘Strongly Agree’

The following statements refer to your views about gambling and beliefs about yourself and your life.

2. I like doing or saying crazy things just to shock others.

7. A big win at gambling would give my life meaning.

8. I’ll often take a dare, even if it’s dangerous.

11. If I won at gambling, I wouldn't feel like such a failure.

13. I only follow the rules if I think I could get caught

14. I gamble mainly to cope with the stress and pressures of life.

The next series of statements refer to feelings and behaviours you experienced **before you started gambling regularly.**

15. Before I gambled regularly, I often felt panicky.

16. Before I gambled regularly, I often felt tense and nervous.

The next series of statements refer to feelings and behaviours you experienced **after you started gambling regularly.**

19. Since I started gambling regularly, I often feel panicky.

20. SinceI started gambling regularly, I often feel tense and nervous.

Finally, a few more questions about your views on gambling and beliefs about yourself and your life.

32. Since childhood, I’ve always been prone to get in trouble.

33. I would bet on anything just for the excitement.

34. I gamble to distract myself from problems.

35. If necessary, I’ll do illegal things unrelated to gambling.

36. People who know me would say my behaviour is unpredictable and inconsistent.

37. If only I could win at gambling, I wouldn’t feel so powerless over my life.

39. If something feels good, I’ll do it regardless of the consequences.

40. Gambling helps me forget bad memories in my life.

45. Gambling numbs me out so I don’t feel bad emotions.

46. I often manipulate others to get what I want.

47. I often say or do things without stopping to think.

48. If someone tells me not to do something, I’ll want to do it even more.

**Meaning in Life Questionnaire:**

MLQ Please take a moment to think about what makes your life feel important to you. Please respond to the following statements as truthfully and accurately as you can, and also please remember that these are very subjective questions and that there are no right or wrong answers.

Answered via 7 point likert scale assessing level of agreement to each item, ranging from ‘Absolutely Untrue, Mostly Untrue, Somewhat Untrue, Can’t Say True or False, Somewhat True, Mostly True, Absolutely True’.

1. I understand my life’s meaning.

2. I am looking for something that makes my life feel meaningful.

3. I am always looking to find my life’s purpose.

4. My life has a clear sense of purpose.

5. I have a good sense of what makes my life meaningful.

6. I have discovered a satisfying life purpose.

7. I am always searching for something that makes my life feel significant.

8. I am seeking a purpose or mission for my life.

9. My life has no clear purpose.

10. I am searching for meaning in my life.

**Environmental Reward Observation Scale**

These questions will ask about your enjoyment of activities **other than gambling**. Please answer the questions below, bearing in mind that this covers **all of the ways that you spend your time, excluding gambling.**

Answered via 4 point likert scale assessing level of agreement to each item, ranging from ‘Strongly Disagree’ to ‘Strongly Agree’

1. A lot of activities in my life are pleasurable.

2. Lately I have found that many experiences make me unhappy.

3. In general I am very satisfied with the way I spend my time.

4. It is easy for me to find enjoyment in my life.

5. Other people seem to have more fulfilling lives.

6. Activities that used to be pleasurable no longer are gratifying.

7. I wish that I could find more hobbies that would bring me a sense of pleasure.

8. I am satisfied with my accomplishments.

9. My life is boring.

10. The activities I engage in usually have positive consequences.

**Problem Gambling Severity Index:**

These next questions will focus on gambling attitudes and behaviour: Please answer these questions only in regards to the **last 12 months.**

Answered via 4 point likert scale assessing frequency of item events within the last 12 months, ranging from: ‘Never, Sometimes, Most of the Time, Almost Always’.

1. How often have you bet more than you could really afford to lose?

2. How often have you needed to gamble with larger amounts of money to get the same feeling of excitement?

3. How often have you gone back another day to try to win back the money you lost?

4. How often have you borrowed money or sold anything to get money to gamble?

5. How often have you felt that you might have a problem with gambling?

6. How often have people criticised your betting or told you that you had a gambling problem, regardless of whether or not you thought it was true?

7. How often have you felt guilty about the way you gamble or what happens when you gamble?

8. How often has your gambling caused you any health problems, including stress or anxiety?

9. How often has your gambling caused any financial problems for you or

your household?