

## The Gambling Harms Severity Index: Recovery Version, 10 item version (GHSI-Recovery v0.5)

**Preliminary Testing Version. Do not share.**

Please see [gamblingharms.org](https://gamblingharms.org) for updates.

**Context of use:** Intended for monitoring of recovery from gambling harms over time. GHSI-Recovery should only be administered post-intervention or at follow-up stages, for those who have been identified as experiencing gambling harms and have received formal support.

To measure harms (rather than recovery), please use the GHSI. See: <https://gamblingharms.org/>.

**Content of questions:** The questions and response codes are designed to measure all the main components of recovery from gambling-related harm. The first six questions cover recovery from core components of harm: mental wellbeing; physical wellbeing; financial harms; impacts to work/study/hobbies; family life; and social life. The final four questions address the mechanisms of recovery and are related to support, control, insight, and ownership. All the questions focus on aspects that can change over time, rather than harms that became "permanent" (e.g. bankruptcy, divorce, etc), and are hence not subject to recovery. Items are positively worded to focus on change and growth. The wording is co-designed to be non-stigmatising, and reduce known biases such as denial.

**Instructions:** Do not change the wording or the timeframe of the questions. The three-month timeframe will still capture changes over somewhat shorter or longer periods and should not be altered. Any alterations will invalidate the instrument.

**Safeguarding:** This version is for consultation use. Due to the sensitivity of free-text responses please ensure that appropriate safeguarding procedures (as defined by your institution) are in place when asking these questions.

**Licensing:** The instrument is free to use for non-commercial purposes. Nonetheless, please do register your usage with [james.close@plymouth.ac.uk](mailto:james.close@plymouth.ac.uk), so that we can provide you with any necessary updates or information.

**Scoring:** The instrument can be used to derive a score. A simple score can be derived by adding up the score numbers (i.e. the numbers below the response codes). However, please ensure ALL items are completed. Higher scores indicate greater recovery from gambling harms.

For more sophisticated scoring, including health utility weights and cross-conversion with other measures of gambling-related harm, these features will be forthcoming at:

<https://gamblingharms.org/>

Over the last 3 months, in relation to gambling, how often have you...	Never (0)	Some of the time (1)	A lot of the time (2)	Nearly all of the time (3)
...Felt calmer, more able to manage your emotions, and more like yourself again?				
...Felt healthier, such as sleeping well, having more energy, or staying active?				
... Felt more in control of your finances, such as managing debt and being able to pay for essentials?				
...Engaged in work, activities or hobbies that give you enjoyment, satisfaction or keep you occupied?				
...Felt less tension in your relationships, and helped build (or rebuild) trust and openness with family, close relationships or new friends.				
...Felt more connected to the people in your social life, work or community, such as feeling less isolated or stigmatised, or a greater sense of belonging?				
...Felt that you had support available when needed, either from formal services such as counselling or else from friends or family.				
... Felt more in control of gambling, such as avoiding triggering environments, having a support plan, or limiting your gambling?				
... Understood gambling better, such as why people gamble, how to stop, and the impacts it has on people and those around them?				
...Taken ownership of gambling behaviours, such as feelings of accountability, control, or feeling like yourself again?				
<b>[FINAL QUESTION BELOW NOT FOR ONLINE USE: For consultation only, please have safeguarding procedures in place]</b>				
Is there anything else about your gambling journey or its impacts that you'd like to share?				