

GHSI-AO-7

The Gambling Harms Severity Index for Affected Others (7 item version)

For people affected by the gambling of someone close to them

Please see gamblingharms.org for updates

Context of use: Intended for online surveys and population-level monitoring of changes in gambling harms over time.

Content of questions: The questions and response codes are designed to measure all the main components of gambling-related harm. The first seven questions cover seven components of harm: mental wellbeing; physical wellbeing; financial harms; impacts to work/study/hobbies; family life; social life; ethical behaviour. All the questions focus on aspects that can change over time, rather than harms that become "fixed" (e.g. bankruptcy, divorce, etc), and are hence not subject to recovery. 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 normalising statement is an important part of the scale and should be delivered to all respondents. 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.

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

Scoring: 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 experience of gambling related harms as a result of someone else's gambling.

For more sophisticated scoring, including health utility weights, these features will be forthcoming at:

<https://gamblingharms.org/>

Many people face challenges when someone close to them is gambling in a way that causes harm. Help is available.

Over the last 3 months, in relation to someone else's gambling, how often have you noticed changes in your...	Not at all (0)	Occasionally (e.g. once or twice a month) (1)	Sometimes (e.g. once or twice a week) (2)	Frequently (e.g. most days) (3)
...Mood and feelings. Such as feeling down, stressed, angry or anxious.				
...Physical wellbeing. Such as eating poorly, losing sleep or being less active.				
...Finances. Such as issues with paying bills, borrowing money, using up savings, or unexpected shortfalls.				
...Hobbies, work and study. Such as losing focus, getting things wrong or missing work.				
...Family and loved ones. Such as tensions and emotional distance from the person gambling, or impacts on other family members like children.				
...Social life and community connection. Such as feeling judged, stigmatised, lonely or cut off.				
... Lack of trust. Such as feeling like you are being lied to, or struggling to trust again.				
...Significant financial worries. Such as feeling at risk of losing your home, or worrying about large debts you can't pay.				
...Mental health and safety. Such as thinking about ending your life, or hurting yourself.				
...Relationship stability. Such as talks of relationship breakdown or actual relationship breakdown with family, partners or close friends.				