

GHSI-10

The Gambling Harms Severity Index (10 item version)

Please see gamblingharms.org for updates

Context of use: Intended for individual, service-level or 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; and ethical behaviour. The final three questions are higher order harms, which are related to serious issues with finances, mental health, and close relationships. All the questions focus on aspects that can change over time, rather than harms that become "permanent" (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.

Safeguarding: This version is for consultation use. Due to the sensitivity of some topics, such as suicide, please ensure that appropriate safeguarding procedures (as defined by your institution) are in place when asking these questions. For online and screening uses, please use the 7-item version of the GHSI (GHSI-7), which avoids the most sensitive questions.

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: The instrument can be used to derive a score, analogous to other measures of gambling-related harm. 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.

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/>

Many people face challenges with gambling, and support is available.

Over the last 3 months, in relation to 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, shameful or anxious.				
...Physical wellbeing. Such as eating poorly, losing sleep or being less physically active.				
...Day to day finances. Such as issues with paying bills, borrowing money or using up savings.				
...Hobbies, work and study. Such as losing focus, getting things wrong or missing work.				
...Family and loved ones. Such as tensions or being less involved with loved ones.				
...Social life and community connection. Such as feeling judged, stigmatised, lonely or cut off.				
...Secrecy. Such as hiding losses from loved ones or borrowing money without asking.				
...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.				
<p>[FINAL QUESTION BELOW NOT FOR ONLINE USE: For consultation only, please have safeguarding procedures in place]</p>				
<p>Is there anything else about your gambling journey or its impacts that you'd like to share?</p>				