

GHSI-3

The Gambling Harms Severity Index (screening version)

Please see gamblingharms.org for updates

Context of use: Intended for individual, service-level or population-level screening of gambling harms.

Content of questions: The questions and response codes are designed to measure all the main components of gambling-related harm. The three questions cover the core components of gambling related harm: wellbeing, resources, and 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.

For a more thorough version of the scale, that covers additional aspects of harm see the GHSI-7. For a version that covers higher order harms, see the GHSI-10. Both are available at gamblingharms.org.

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: 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.				
...Day to day finances. Such as issues with paying bills, borrowing money or using up savings.				
...Family and loved ones. Such as tensions or being less involved with loved ones.				