

Take the Quiz

Answer the following questions about your gambling activity in the last year and gauge your risk level for a gambling disorder. Please note this is not a medical diagnosis.

1. During the past 12 months, have you:

- | | | |
|-----|----|---|
| YES | NO | a. Purchased a lottery, Powerball, or Mega Millions ticket |
| YES | NO | b. Purchased an instant scratch-off ticket |
| YES | NO | c. Played Bingo |
| YES | NO | d. Wagered on sports |
| YES | NO | e. Bet on horse racing at a track/off-track betting location |
| YES | NO | f. Played table games at a casino (e.g. blackjack, roulette, craps, baccarat) |
| YES | NO | g. Played daily fantasy sports |
| YES | NO | h. Played games of skill for money (e.g. puzzles, trivia, board games) |
| YES | NO | i. Traded cryptocurrencies (e.g. Bitcoin, Ethereum, Ripple) |
| YES | NO | j. Played a slot machine |
| YES | NO | k. Traded high-risk stocks (e.g. options, margins, futures) |
| YES | NO | l. Bet on esports |
| YES | NO | m. Purchased skins or loot boxes in video games |
| YES | NO | n. Spent real money on sports betting apps (e.g. DraftKings, FanDuel) |

2. Have you ever become restless, irritable or anxious when trying to stop/cut down on any of those activities?

YES NO

3. Have you tried to keep your family or friends from knowing how much you spent on any of those activities?

YES NO

4. Had you had such financial trouble as a result of any of those activities that you had to get help with living expenses from family, friends, or welfare?

YES NO

If yes to 2-4: It may be helpful to complete a brief follow-up assessment to better understand your gambling habits and whether they may be impacting your well-being. Free and confidential support is available through Lake-Geauga Recovery Centers if you would like to talk with someone.

If no to 2-4: There are no immediate gambling-related concerns indicated. If you're interested in learning more, Lake-Geauga Recovery Centers offers free and confidential resources. Go to lgrc.us to learn more about responsible gambling.



This survey is from the Brief Biosocial Gambling Screening tool and does not formally diagnose. For more information, please call 440-255-0678.