Brief Bio-social Gambling Screen (BBGS)

Three questions for identifying gambling problems:

1. During the past 12 months, have you become restless, irritable or anxious when trying to stop/cut down on gambling?
☐ Yes
☐ No

2. During the past 12 months, have you tried to keep your family or friends from knowing how much you gambled?
☐ Yes
☐ No

3. During the past 12 months, did you have such financial trouble that you had to get help from family or friends?
☐ Yes
☐ No

BBGS Scoring: Answering 'Yes' to one or more questions indicates likely compulsive gambling. Refer for further assessment. Contact 1-800-333-HOPE (4673) or www.northstarpg.org for referral.

Source: Gebauer, L., LaBrie, R. A., & Shaffer, H. J. (2010). Optimizing DSM-IV classification accuracy: A brief bio-social screen for gambling disorders among the general household population. *Canadian Journal of Psychiatry, 55*(2), 82-90