

DSM-IV PG Questionnaire

The following list of ten questions are used to make a diagnosis of Pathological Gambling. This list is typically used by mental health professionals to determine, based on the what the patient is saying, how many of the criteria fit. It can be difficult for a person to make a "self-diagnoses" because someone can manipulate the questions in a manner that is not accurate. Conclusions about whether a person is or is not a Pathological Gambler CAN NOT be based only on their score. In addition, there is an exclusionary diagnosis, Bipolar Disorder. This means that if someone has Bipolar Disorder than making a diagnosis of Pathological Gambling would be dependent on additional assessment information. This has been adapted from the American Psychiatric Association (APA) and is available with expanded information in the book: Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition (DSM IV™)

DSM IV CHECKLIST (312.31)

1. Are you preoccupied with gambling (e.g., preoccupied with reliving past gambling experiences, handicapping or planning the next venture, or thinking of ways to get money with which to gamble)?
2. Do you need to gamble with increasing amounts of money in order to achieve the desired excitement?
3. Have you made repeated unsuccessful efforts to control, cut back, or stop gambling?
4. Are you restless or irritable when attempting to cut down or stop gambling?
5. Do you gamble as a way of escaping from problems or of relieving feelings of helplessness, guilt, anxiety, or depression?
6. After losing money gambling, do you often return another day to get even?
7. Do you lie to family members, therapists, or to others to conceal the extent of involvement with gambling?
8. Have you committed illegal acts such as forgery, fraud, theft, or embezzlement to finance gambling?
9. Have you jeopardized or lost a significant relationship, job or educational or career opportunity because of gambling?
10. Do you rely on others to provide money to relieve a desperate financial situation caused by gambling?

DSM-IV Diagnostic Criteria

Based on careful research and clinical experience, the authors of this symptom list decided that five or more positive, or "yes" responses indicates a diagnosis of Pathological gambling. However, there was a lot of discussion about the number of symptoms needed and some of the authors felt strongly that four symptoms was sufficient.

People who endorse 1-4 symptoms may be Problem gamblers rather than Pathological gamblers, however the authors of this list of symptoms did not discuss the number of symptoms that are indicative of problem gambling so this needs to be evaluated in person by a clinician.