

DSM-IV Checklist (312.31) (American Psychiatric Association, 2000)

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 Scoring

Based on careful research and clinical experience, the authors of this symptom list concluded that five or more positive, or "yes" responses indicate 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 were sufficient. Researchers commonly endorse 1-4 symptoms as indicative of problem gambling rather than pathological gambling.

References:

American Psychiatric Association. (2000). *DSM IV-TR: Diagnostic and statistical manual of mental disorders--Text revision* (Fourth ed.). Washington, D.C.: American Psychiatric Association.