HEALTH AND PSYCHOSOCIAL CORRELATES
OF OLDER ADULT PROBLEM GAMBLING

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HEALTH AND PSYCHOSOCIAL CORRELATES  
OF OLDER ADULT PROBLEM GAMBLING  

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2003
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INTRODUCTION

Over the past two decades, the expansion of gambling opportunities in North America has been accompanied by an increase in gambling participation and prevalence of gambling disorders.\(^1,2\) The most severe form of disordered gambling is pathological gambling, a condition characterized by a lack of control over gambling behavior, tolerance to amounts wagered, and forgoing other activities to gamble.\(^3\) Problem gambling refers to gambling in a manner that causes mild to moderate problems but that does not meet criteria for a diagnosis of pathological gambling. Prevalence surveys suggest that approximately 2.5 million North American adults (1.9%) suffer from pathological gambling, and that 5.3 million (3.9%) are problem gamblers.\(^1,4\)

Increased legalization and availability of gambling appears to have led to increased gambling participation among older adults.\(^5,6\) The percentage of adults aged 65 or older who have ever gambled increased from 35% in 1975\(^7\) to 80% in 1998.\(^5\) Past-year gambling rates increased from 23% in 1975\(^7\) to 50% in 1998.\(^5\) Despite this increase in gambling participation, a recent national population survey\(^5\) found relatively low prevalence rates of lifetime and past-year problem and pathological gambling among older adults. In terms of lifetime rates, 0.4% of adults aged 65 or older were pathological gamblers, and 0.7% were problem gamblers. Past-year rates were 0.2% for pathological gambling and 0.6% for problem gambling.\(^5\)

Compared with general population surveys, some regional studies have found considerably higher prevalence rates of gambling disorders among older adults. For
example, McNeilly and Burke⁸ found that 3% of 224 adults aged 65 years and older surveyed in community settings and 11% of 91 adults aged 65 years and older surveyed in gambling settings were classified as pathological gamblers. An additional 1% of the community group and 6% of the gambling setting group were problem gamblers. Bazargan et al.⁹ interviewed 80 independently living African Americans aged 60 years and older who lived in Los Angeles and who frequented senior centers that provided trips to gambling sites in Nevada. They found that 17% were pathological gamblers. In Connecticut, Ladd and colleagues¹⁰ interviewed 492 adults aged 65 and older in senior centers (n=360) and bingo events (n=132), and found lifetime prevalence rates of problem and pathological gambling of 10% in the senior center sample, and 13% in the bingo sample. In the largest study of gambling in older adults conducted to date, Moore¹¹ used a stratified home sampling procedure to survey 1,512 Oregon adults aged 62 and older. They found lifetime rates of pathological gambling to be 1.1%, and problem gambling to be 2.3%. These regional studies suggest that disordered gambling is a clinically significant problem among older adults, at least in some areas, and that the magnitude of this problem may be largely dependent upon how the population at risk is defined.

Problem and pathological gambling are associated with health and psychosocial difficulties. For instance, problem and pathological gamblers incur substantial debt,¹² and experience family conflict.¹²-¹⁴ Disordered gambling is also associated with psychiatric comorbidities, including substance abuse,¹⁵-¹⁸ depression,¹⁹-²¹ and anxiety.¹⁹,²⁰,²² Health consequences associated with gambling disorders include cardiovascular symptoms, gastrointestinal distress, musculoskeletal
problems, and sexual dysfunction.\textsuperscript{23-25} The only known study on health correlates of older adult gambling found that 83\% of 389 casino-related deaths in Atlantic City were sudden cardiac deaths, and that most of the victims were elderly retired men.\textsuperscript{26} Whether older adult problem gamblers suffer from more severe familial, psychiatric, and health complications than their non-problem gambling counterparts has not been evaluated.

In 1996, Congress formed the National Gambling Impact Study Commission (NGISC) to examine the personal and societal effects associated with gambling. In the final report, the NGISC\textsuperscript{27} recommended that older adults are a major sub-population upon whom research should be focused. However, only three reports of characteristics of older adult problem gamblers are currently available.\textsuperscript{28-30} The first of these studies\textsuperscript{28} was a case report. The others\textsuperscript{29,30} compared characteristics of older adult treatment-seeking pathological gamblers with younger treatment-seeking pathological gamblers. To date, however, no known study has systematically evaluated health, psychiatric, alcohol, family/social, employment, and legal difficulties in older adult problem gamblers compared to non-problem gamblers. Because problem, non-pathological gambling is more prevalent than pathological gambling, we included this group in evaluating these differences.

METHOD

Participants. Participants (n=96) were recruited from senior centers and medical clinics throughout Connecticut between November 2000 and August 2002. Study recruitment occurred via two mechanisms. Screening procedures were
instituted at the participating sites, in which individuals in waiting rooms/common areas were asked to voluntarily complete a past-two month version of the South Oaks Gambling Screen (SOGS), a reliable and valid instrument that assesses gambling problems (see section on Assessments). A total of 72 eligible individuals were recruited via this mechanism. Concurrent with screening procedures, advertisements were displayed at each of the participating sites, soliciting volunteers for the study. One set of advertisements was directed specifically toward gamblers, e.g., “People over age 60 who like to gamble needed for a health survey,” and another set was more general and stated, “People over age 60 needed for a health survey.” A total of 24 eligible individuals were recruited via this mechanism.

Inclusion criteria for problem gamblers included: age 60 or older, score ≥ 3 on the past 2-month version of the SOGS, report ≥ 3 gambling episodes per month for the past 2 months, and spent ≥ $60/month on gambling in the past 2 months. Inclusion criteria for non-problem gambling controls included: age 60 or older, score of 0 on the lifetime version of the SOGS (indicative of no lifetime or current gambling problems), report no more than five gambling days in the past year, report a lifetime history of gambling of no more than one gambling day per month, and report that the maximum amount spent on gambling on any one day was ≤ $20. In addition to reporting no problem gambling behaviors, non-problem gamblers also matched a problem gambler with respect to gender, race, age (± 3 years), and recruitment site. Exclusion criteria for both groups were: current, active major psychiatric disorder (e.g., bipolar disorder, psychosis), or severe cognitive impairment (score < 21 on the Mini-Mental Status Exam). Less than 10% of the individuals who were eligible based on the SOGS screen
refused to participate in the study, which was approved by the University of Connecticut Health Center Institutional Review Board. All participants signed written informed consent.

Assessments

**South Oaks Gambling Screen (SOGS).** The SOGS\textsuperscript{31} is a widely used, reliable and valid instrument for assessing gambling problems. Internal consistency of the lifetime version is 0.97, and test-retest reliability is 0.71.\textsuperscript{31} A score of 3 or 4 is indicative of problem gambling, and a score of 5 or higher is indicative of probable pathological gambling. A score of 0 to 2 indicates no gambling problems. Both lifetime and past 2-month versions were administered. Among problem gamblers in this study, Cronbach’s alphas for the lifetime and past 2-month versions were 0.81 and 0.78, respectively. Non-problem gamblers were not included in these analyses because, by definition, they scored all 0’s.

**National Opinion Research Center DSM-IV Screen for Gambling Problems (NODS).** Participants also completed the lifetime and past-year versions of the NODS,\textsuperscript{5} an instrument based on Diagnostic and Statistical Manual criteria for pathological gambling.\textsuperscript{3} A score of 5 or higher is indicative of pathological gambling, while a score of 3 or 4 is indicative of problem gambling. Test-retest reliability of this instrument for the lifetime and past-year versions is 0.99 and 0.98, respectively.\textsuperscript{5} It is also highly correlated with other indices of problem gambling.\textsuperscript{33} Among problem
gamblers, Cronbach’s alphas for the lifetime and past-year versions were 0.89 and 0.90, respectively.

**Addiction Severity Index (ASI).** The ASI\textsuperscript{34} is a semi-structured interview that assesses severity of medical, psychiatric, employment, family/social, legal, alcohol, and drug problems experienced in the past month. It also collects information regarding lifetime and current substance abuse treatment, as well as a history of psychiatric treatments received. Composite scores are derived for each of the subscales, which assess recent problems. They range from 0.00 to 1.00, with higher scores indicating more severe problems. The reliability and validity of this instrument has been demonstrated in various substance abusing populations,\textsuperscript{34,35} and it is also has established psychometric properties in general medical settings.\textsuperscript{36} The ASI has been adapted to include an additional section that assesses severity of gambling-related problems. The gambling section has adequate to excellent reliability and validity.\textsuperscript{33,37,38}

**Brief Symptom Inventory (BSI).** The BSI is a 53-item, reliable and valid scale that assesses recent psychiatric symptoms.\textsuperscript{39} A Global Severity Index on this scale reflects the overall level of psychological distress on a scale of 0.00 to 1.00. Nine subscales are also derived: depression, somatization, obsessive-compulsivity, anxiety, interpersonal sensitivity, hostility, phobic anxiety, paranoid ideation, and psychoticism. Higher scores represent increased severity of symptoms. The validity of the BSI is well established, and test-retest reliability ranges from 0.68 to 0.91.\textsuperscript{39}
Short Form 36 Health Survey (SF-36). Participants also completed the SF-36, a 36-item instrument used to assess general health and psychosocial functioning. The SF-36 has been validated in the elderly and includes two summary measures—physical health and mental health. The physical health summary measure is composed of general health, physical functioning, role-physical, and bodily pain subscales, while the mental health summary measure is composed of mental health, vitality, social functioning, and role-emotional subscales. Scores on each of the summary measures and subscales range from 0 to 100, with lower scores indicating increased severity.

Data analysis. Demographic characteristics were compared between non-problem gamblers and problem gamblers using independent samples t-tests for continuous variables and \( \chi^2 \) for categorical variables. Non-normally distributed data were transformed using logarithmic or square root transformations. Data that could not be normalized were analyzed using Mann-Whitney U tests.

Differences in ASI composite scores were evaluated using multivariate general linear models, with age, gender, and gambling status (problem gambler vs. non-problem gambler) entered as independent variables and ASI composite scores as dependent variables. Gender and gambling status were entered as fixed factors, and age as a continuous variable. For composite scores that differed significantly between the problem gambling and non-problem gambling groups, subsequent analyses evaluated differences between the groups on individual items that comprised these domains. These post-hoc tests evaluating differences in specific variables are thus
protected against multiple comparisons.\textsuperscript{42} Because age may be associated with health and psychosocial functioning, it was entered as a covariate whenever possible (for continuous variables). While we present age-adjusted values, results were similar if not age-adjusted. Similar analyses were conducted for BSI and SF-36 scores. Data analyses were conducted using SPSS, and the alpha value was 0.05, two-tailed.

RESULTS

Demographic characteristics. Table 1 shows demographic characteristics of the problem gamblers and non-problem gamblers. A higher proportion of non-problem gamblers were married or living with a partner compared to problem gamblers, but no other demographic differences were noted between the groups.

Gambling variables (data not shown). On average, problem gamblers began gambling at 26.6 ± 2.5 years of age, and experienced gambling problems for 7.3 ± 4.7 years. In the month prior to the interview, problem gamblers spent on average of 10.5 ± 1.2 days and a median of $414 (IQ range: $123, $825) gambling. Current and lifetime gambling debt were $2,503 ± $1,220 and $37,225 ± $19,500, respectively. According to the NODS, 40% met lifetime diagnostic criteria for pathological gambling, and 15% met past-year NODS diagnostic criteria. The remainder of the group never met diagnostic criteria for pathological gambling, although all were problem gamblers. In the two months before the interview, slots (71%), lottery (67%),
and scratch tickets/pull tabs (46%) were the most common forms of gambling.

In contrast, only 27% of the non-problem gambling group reported any gambling days in the month prior to the interview. They gambled an average of 0.79 ± 0.86 days and spent a median of $0 gambling. None reported any symptoms of problem or pathological gambling on the NODS or SOGS.

**ASI Scores.** Age-adjusted means and standard errors for ASI composite scores are shown in Table 2. Legal and drug composite scores were 0 for the vast majority of participants, and therefore not included in the analysis. The multivariate analysis showed a significant effect of problem gambling status on ASI composite scores, \( F(6,86) = 24.29, p < .001 \), when gambling, medical, alcohol, family/social, psychiatric, and employment composite scores were included in the model. Significant between-group effects emerged for all but the employment domain. Age was also significantly associated with some domains, \( F(6,86) = 4.14, p < .001 \), but gender, and the interaction of gender and gambling status were not.

Table 2 also shows age-adjusted medical, alcohol, family/social, and psychiatric variables. With regard to medical variables, problem gamblers were more likely to have a chronic medical problem that interfered with their life, and they experienced more days of medical problems in the past month compared to non-problem gamblers. A greater proportion of problem gamblers than non-problem gamblers reported that they had an alcohol problem at some point during their lives, and problem gamblers spent more days drinking alcohol and more money per month on alcohol than their non-problem gambling counterparts in the month prior to the
interview. In terms of family/social variables, a greater proportion of problem
gamblers than non-problem gamblers reported being troubled by family problems and
having a serious conflict with a family member in the past month. Regarding
psychiatric variables, more problem gamblers experienced serious depression and
anxiety. Problem gamblers were also more likely to have received outpatient
treatment and a prescription for a psychiatric condition in their lifetimes compared to
non-problem gamblers.

[INSERT TABLE 2 ABOUT HERE]

BSI scores. In terms of recent psychiatric symptoms, the groups differed on
the global severity index, with problem gamblers reporting more psychological
distress than non-problem gamblers (0.37 ± 0.05 vs. 0.21 ± 0.05, $F(1,91) = 4.99$,
$p < .05$). Neither age, gender, nor the interaction of age and gender were significant.
Because these overall indices of psychological distress differed between the groups,
we examined differences on the individual subscales. Problem gamblers scored higher
than non-problem gamblers on depression, anxiety, paranoid ideation, and
psychoticism subscales, $F(1,91) = 5.68, 3.90, 5.89$, and $9.56$, respectively, $p$'s < .05.
Figure 1 shows age-adjusted mean scores on the BSI subscales.

[INSERT FIGURE 1 ABOUT HERE]
SF-36 scores. On the SF-36, problem gambling status emerged as a significant predictor in the MANCOVA with the two summary scores as dependent variable $F(2,90) = 5.63, p < .01$. Neither age nor gender was significant in this analysis, and the interaction between gender and gambling status was also not significant, $p > .40$.

Physical health summary scores differed between the groups, $F(1,91) = 11.37, p < .001$. Age-adjusted physical health summary score means were $49.07 \pm 1.70$ for problem gamblers and $57.18 \pm 1.70$ for non-problem gamblers. For mental health summary scores, age-adjusted means were $52.32 \pm 1.79$ and $51.75 \pm 1.79$, respectively. As shown in Figure 2, problem gamblers scored lower (indicative of poorer functioning) than non-problem gamblers on five subscales: vitality, physical functioning, role-physical, general health, and social functioning, $F(1,94) = 17.09, 19.58, 5.24, 7.32, 5.80$, respectively, $p$'s < .05.

DISCUSSION

Using a case-control design, the results of this study suggest that older adult problem gamblers suffer from a range of health and psychosocial problems compared with age-, gender-, race-, and recruitment site-matched non-problem gamblers. Problem gamblers had more severe medical, alcohol, family/social, and psychiatric problems, and scored lower on measures of general health, overall physical health, vitality, physical functioning, role-physical, and social functioning. These results are
discussed along with recommendations for preventing and treating problem gambling in older adults.

Gambling histories of this group of older adult problem gamblers were indicative of moderate to severe disordered gambling. These gamblers spent about a fourth of what older adult treatment-seeking pathological gamblers spend on gambling per month, but they gambled on the same number of days. Forty percent of problem gamblers met lifetime diagnostic criteria for pathological gambling, and 15% met past-year criteria. Therefore, the majority of older adult gamblers in this study had the less severe form of the disorder—problem gambling.

A greater proportion of problem gamblers than non-problem gamblers were divorced or separated. This result is consistent with previous reports of marital problems in adults with a gambling disorder. Problem gamblers were also more likely to be troubled by family problems, and to report having a serious conflict with a family member in the past month. Earlier studies have similarly observed that families of adult problem and pathological gamblers are less cohesive compared to families of non- or infrequent gamblers. Taken together, these data suggest that problem gambling may be associated with adverse familial consequences in older adults.

Problem gamblers evidenced poorer mental health on the ASI psychiatric section and the BSI. These results are consistent with previous reports of elevated rates of depression and anxiety in adults with gambling disorders, and they suggest that the less severe form of disordered gambling is associated with significant psychiatric symptoms in older adults. The only other study that administered the BSI
to older adult problem gamblers found that gambling was associated with anxiety and obsessive-compulsive symptoms in 80 independently living, elderly African-Americans.\textsuperscript{9}

Using data drawn from both the ASI and SF-36, problem gamblers also experienced more severe health problems than their non-problem gambling counterparts. Almost twice as many problem gamblers than non-problem gamblers had a chronic medical condition that interfered with their lives, and they scored lower on measures of physical health. These results are consistent with a previous study in which pathological gamblers from the general adult population scored lower on SF-36 indices of physical functioning, absence of bodily pain, and general health relative to the U.S. general population.\textsuperscript{43} One possible explanation for these results is that excessive gambling may contribute to an inactive or unhealthy lifestyle. Alternatively, because many older adults have physically limiting rheumatic or musculoskeletal disorders,\textsuperscript{44} they may be attracted to gambling insofar as it provides a form of entertainment that does not require much physical activity. As a consequence, older adults with physical disabilities may be at increased risk for developing a gambling disorder. Additional research is needed to examine the proximate causes underlying gambling-related health consequences, and the temporal relation between disordered gambling and physical and mental health problems among older adults.

Problem gamblers also reported more alcohol use than non-problem gamblers. However, because only 25\% of problem gamblers regularly drank any alcohol in the past month, recent alcohol use was unlikely to have affected current health or psychosocial variables. Because alcohol use is associated with cigarette smoking,\textsuperscript{45}
we also examined smoking histories of the participants. Problem gamblers were more
likely to currently smoke cigarettes (29.2% vs. 6.3%; \( \chi^2(1) = 7.15, p < .01 \)), and to
have ever smoked cigarettes (77.1% vs. 47.9%; \( \chi^2(1) = 7.51, p < .01 \)) compared with
non-problem gamblers. Thus, cigarette smoking may have confounded the relation
between problem gambling and poorer health outcomes. To assess this possibility, a
multivariate analysis of ASI scores was repeated including smoking status as an
independent variable. Smoking status was associated with alcohol (\( p < .05 \)), but not
medical (\( p > .31 \)), or any other ASI composite scores (all \( p's > .19 \)). Moreover, when
smoking status was included in the multivariate analysis of SF-36 scores, it was not
associated with any of the scores (all \( p's > .35 \)), and the significant effect of problem
gambling on the physical health summary score remained. Thus, while problem
gamblers were more likely to have smoked or to currently smoke cigarettes, smoking
status was not associated with any of the health variables assessed in this study.

Some limitations of the study may affect the generalizability of these results.
First, all of the participants were drawn from Connecticut. Whether or not the results
are generalizable to older adults in the U.S. population at large remains to be
determined. Second, the sample was predominantly Caucasian, so it is unclear if
health and psychosocial correlates among non-Caucasian older adult problem
gamblers are comparable in terms of types and severity of consequences. Third, the
case-control design of the study precludes us from understanding the temporal
relationships between gambling and health and psychosocial correlates. As a result,
whether gambling causes these health or psychosocial problems or if gambling is a
result of these problems cannot be determined. Long-term, prospective studies of
gambling disorders in older adults are needed to determine the temporal relationships between these variables.

In spite of these limitations, this is the first known study to systematically evaluate health and psychosocial correlates of older adult problem gamblers compared to non-problem gamblers. Several differences emerged between problem gamblers and non-problem gamblers, suggesting poorer functioning across a range of domains. Importantly, these results demonstrate that gambling-related consequences are not limited to older adults who meet diagnostic criteria for pathological gambling, but that older adult problem, non-pathological gamblers also suffer from serious health and psychosocial problems.

With respect to prevention, increased awareness of problem gambling in senior centers, as well as in casinos, would be useful in alerting older adults to the possible harmful consequences associated with disordered gambling. Heightened awareness and screening efforts among geriatric medical and mental health clinicians may help identify older adult problem gamblers at an early stage of the disorder, and special attention should be given to older adults who are being evaluated for other mental health problems. Because older adults tend not to seek treatment for addictive disorders in specialized mental health settings, primary care settings may be an ideal setting in which to implement screening and initial treatment interventions. Additional research is needed to characterize ethnic and geographic variations in problem gambling and gambling-related consequences, and to develop and test the efficacy of prevention and treatment interventions for older adult problem gambling.
REFERENCES


Table 1. Demographic characteristics. Values represent means and standard errors, unless otherwise noted.

<table>
<thead>
<tr>
<th>Variable</th>
<th>Non-Problem Gamblers</th>
<th>Problem Gamblers</th>
<th>Statistical Tests</th>
</tr>
</thead>
<tbody>
<tr>
<td>N</td>
<td>48</td>
<td>48</td>
<td></td>
</tr>
<tr>
<td>Age (years)</td>
<td>68.9 (1.1)</td>
<td>67.9 (1.0)</td>
<td></td>
</tr>
<tr>
<td>Gender (% men)</td>
<td>54.2%</td>
<td>54.2%</td>
<td></td>
</tr>
<tr>
<td>Education (years)</td>
<td>13.7 (0.43)</td>
<td>13.5 (0.42)</td>
<td></td>
</tr>
<tr>
<td>Yearly Income ($)</td>
<td>33,353 (3,068)</td>
<td>33,825 (3,401)</td>
<td></td>
</tr>
<tr>
<td>Marital Status</td>
<td></td>
<td></td>
<td>$\chi^2(1) = 4.18, p &lt; .05$</td>
</tr>
<tr>
<td>Never Married</td>
<td>6.3%</td>
<td>16.7%</td>
<td></td>
</tr>
<tr>
<td>Married or Living with Partner</td>
<td>64.6%</td>
<td>41.7%</td>
<td></td>
</tr>
<tr>
<td>Divorced or Separated</td>
<td>12.5%</td>
<td>22.9%</td>
<td></td>
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<tr>
<td>Widowed</td>
<td>16.6%</td>
<td>18.7%</td>
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</tr>
<tr>
<td>Ethnicity</td>
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<td>n.s.</td>
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<tr>
<td>Caucasian</td>
<td>97.9%</td>
<td>97.9%</td>
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<tr>
<td>Other</td>
<td>2.1%</td>
<td>2.1%</td>
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<tr>
<td>Employment</td>
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<tr>
<td>Full-time</td>
<td>16.6%</td>
<td>12.5%</td>
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<tr>
<td>Part-time</td>
<td>25.0%</td>
<td>20.8%</td>
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<tr>
<td>Retired</td>
<td>54.2%</td>
<td>64.6%</td>
<td></td>
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<tr>
<td>Other</td>
<td>4.2%</td>
<td>2.1%</td>
<td></td>
</tr>
<tr>
<td>Gambling Severity</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>SOGS-lifetime score</td>
<td>0.03 (0.46)</td>
<td>6.7 (0.46)</td>
<td>$F(1,91) = 105.45, p &lt; .001$</td>
</tr>
<tr>
<td>SOGS-past 2 months score</td>
<td>0.03 (0.30)</td>
<td>3.9 (0.30)</td>
<td>$F(1,91) = 83.16, p &lt; .001$</td>
</tr>
<tr>
<td>NODS-lifetime score</td>
<td>0.52 (0.30)</td>
<td>3.5 (0.30)</td>
<td>$F(1,91) = 47.74, p &lt; .001$</td>
</tr>
<tr>
<td>NODS-past year score</td>
<td>0.51 (0.28)</td>
<td>2.3 (0.28)</td>
<td>$F(1,91) = 19.88, p &lt; .001$</td>
</tr>
</tbody>
</table>
Table 2. ASI composite scores and medical, alcohol, family/social, and psychiatric variables. Values represent age-adjusted means and standard errors, unless otherwise noted.

<table>
<thead>
<tr>
<th></th>
<th>Non-Problem Gamblers</th>
<th>Problem Gamblers</th>
<th>Statistical Tests</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ASI Composite Scores</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gambling</td>
<td>0.02 (0.02)</td>
<td>0.33 (0.02)</td>
<td>$F(1,91) = 138.41, p &lt; .001$</td>
</tr>
<tr>
<td>Medical</td>
<td>0.27 (0.04)</td>
<td>0.39 (0.04)</td>
<td>$F(1,91) = 3.75, p &lt; .05$</td>
</tr>
<tr>
<td>Alcohol</td>
<td>0.02 (0.01)</td>
<td>0.06 (0.01)</td>
<td>$F(1,91) = 5.09, p &lt; .05$</td>
</tr>
<tr>
<td>Family/Social</td>
<td>0.03 (0.01)</td>
<td>0.08 (0.02)</td>
<td>$F(1,91) = 6.38, p &lt; .05$</td>
</tr>
<tr>
<td>Psychiatric</td>
<td>0.09 (0.03)</td>
<td>0.20 (0.03)</td>
<td>$F(1,91) = 7.41, p &lt; .01$</td>
</tr>
<tr>
<td>Employment</td>
<td>0.39 (0.04)</td>
<td>0.44 (0.03)</td>
<td>n.s.</td>
</tr>
<tr>
<td><strong>Medical variables</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Have a chronic medical problem that interferes with life</td>
<td>29.2%</td>
<td>52.1%</td>
<td>$\chi^2(1) = 4.32, p &lt; .05$</td>
</tr>
<tr>
<td>Days experienced medical problems in past month</td>
<td>3.8 (1.7)</td>
<td>9.8 (1.6)</td>
<td>$F(1,91) = 6.52, p &lt; .05$</td>
</tr>
<tr>
<td><strong>Alcohol variables</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Age first drank alcohol</td>
<td>19.4 (1.5)</td>
<td>20.8 (1.5)</td>
<td>n.s.</td>
</tr>
<tr>
<td>Ever had a problem with alcohol</td>
<td>4.2%</td>
<td>20.8%</td>
<td>$\chi^2(1) = 4.67, p &lt; .05$</td>
</tr>
<tr>
<td>Currently drink alcohol on a regular basis</td>
<td>12.5%</td>
<td>25.0%</td>
<td>n.s.</td>
</tr>
<tr>
<td>Days drank alcohol in past month</td>
<td>2.50 (1.2)</td>
<td>6.08 (1.2)</td>
<td>$F(1,91) = 4.12, p &lt; .05$</td>
</tr>
<tr>
<td>Money spent on alcohol in past month</td>
<td>$1.08 (2.6)$</td>
<td>$11.44 (2.6)$</td>
<td>$F(1,91) = 7.73, p &lt; .01$</td>
</tr>
<tr>
<td><strong>Family/Social variables</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Troubled by family problems in past month</td>
<td>6.3%</td>
<td>31.3%</td>
<td>$\chi^2(1) = 8.27, p &lt; .01$</td>
</tr>
<tr>
<td>Had serious conflict with family member in past month</td>
<td>0.0%</td>
<td>14.6%</td>
<td>$\chi^2(1) = 5.55, p &lt; .05$</td>
</tr>
<tr>
<td><strong>Psychiatric variables</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Days experienced psychiatric problems in past month</td>
<td>2.2 (1.3)</td>
<td>3.9 (1.3)</td>
<td>n.s.</td>
</tr>
<tr>
<td>Ever experienced serious depression</td>
<td>29.1%</td>
<td>56.2%</td>
<td>$\chi^2(1) = 6.13, p &lt; .05$</td>
</tr>
<tr>
<td>Ever experienced serious anxiety</td>
<td>25.0%</td>
<td>58.3%</td>
<td>$\chi^2(1) = 9.64, p &lt; .01$</td>
</tr>
<tr>
<td>Ever experienced serious thoughts of suicide</td>
<td>8.3%</td>
<td>18.8%</td>
<td>n.s.</td>
</tr>
<tr>
<td>Ever attempted suicide</td>
<td>4.2%</td>
<td>4.2%</td>
<td>n.s.</td>
</tr>
<tr>
<td>Ever prescribed medication for psychiatric problems</td>
<td>14.6%</td>
<td>41.7%</td>
<td>$\chi^2(1) = 7.42, p &lt; .01$</td>
</tr>
<tr>
<td>Ever received outpatient treatment for psychiatric problems</td>
<td>18.7%</td>
<td>46.8%</td>
<td>$\chi^2(1) = 13.89, p &lt; .05$</td>
</tr>
<tr>
<td>Currently receiving outpatient treatment for psychiatric problems</td>
<td>12.5%</td>
<td>20.8%</td>
<td>n.s.</td>
</tr>
</tbody>
</table>
Figure 1. Age-adjusted mean scores and standard errors on the Brief Symptom Inventory subscales. 
*Note.* Higher scores represent increased severity.

*p < .05.  **p < .01.*
Figure 2. Age-adjusted mean scores and standard errors on the Short Form 36 Health Survey subscales.

Note. Lower scores represent increased severity.

- Non-Problem Gamblers
- Problem Gamblers

*p < .05  **p < .01  ***p < .001
**LIFETIME SOGS**

1. Please indicate which of the following types of gambling you have done in your lifetime. For each type, mark one box only for how frequently you ever did that type of gambling.

<table>
<thead>
<tr>
<th>Type</th>
<th>Never</th>
<th>1-10 times in my life</th>
<th>More than 10 times, but less than weekly</th>
<th>Weekly or more than once a week, but not daily</th>
<th>Daily</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. Played cards for money (include blackjack)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>b. Bet on horses, dogs, or other animals (inc. off-track betting, at the track, or with a bookie)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>c. Bet on sports (pools, with a bookie, jai alai)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>d. Played dice games (including craps, over and under, or other dice games) for money</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>e. Played roulette</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>f. Bought daily numbers, lotto, or lottery tickets</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>g. Bought scratch tickets or pull tabs</td>
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<td></td>
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<td></td>
</tr>
<tr>
<td>h. Played bingo for money</td>
<td></td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>i. Purchased high-risk stocks or commodities</td>
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<tr>
<td>j. Played slot machines, poker machines, or other electronic machines</td>
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<td></td>
</tr>
<tr>
<td>k. Played video lottery terminals</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>l. Bowled, shot pool, played golf, or played some other game of skill for money</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>m. Gambled on the internet</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

2a. What is your most problematic form of gambling? _________________

2b. If more than one problematic form, what is your next most problematic type of gambling? _________________

3. When you gamble how often do you go back another day to win back money you lost?

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Never</th>
<th>Less than half the time I lost</th>
<th>Most of the time I lost</th>
<th>Every time I lost</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

4. Have you ever claimed to be winning money gambling when you were actually losing?

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Never</th>
<th>Yes, less than half the time I lost</th>
<th>Yes, most of the time I lost</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
5. Do you feel you have ever had a problem with gambling?  
   No  Yes, in the  Yes, now
   past but not now

6. Have you ever gambled more than you intended to?............  0  1

7. Have people ever criticized your gambling?.......................  0  1

8. Have you felt guilty about the way you gambled or what happened to you while gambling?.................................  0  1

9. Have you ever felt like you would like to stop gambling but didn’t think you could?...........................................  0  1

10. Have you hidden betting slips, lottery tickets, gambling money, or other signs of gambling from your spouse, children, or other important people in your life?.................................  0  1

11. Have you gotten in any arguments about money that have centered on your gambling?...........................................  0  1

12. Have you borrowed from someone and not paid them back as a result of your gambling?...........................................  0  1

13. Have you lost time from work (or school) due to gambling?.................................................................  0  1

14. Did you ever borrow money to gamble or to pay gambling debts from the following? (check “yes” or “no” for each):

   a. from household money................................. ( ) ( )
   b. from your spouse/partner............................... ( ) ( )
   c. from other relatives or in-laws........................ ( ) ( )
   d. from banks, loan companies, or credit unions........... ( ) ( )
   e. from credit cards........................................ ( ) ( )
   f. from loan sharks........................................... ( ) ( )
   g. you cashed in stocks, bonds, or other securities........... ( ) ( )
   h. you sold personal or family property...................... ( ) ( )
   i. you borrowed on your checking account (passed bad checks)... ( ) ( )
**SOGS PAST TWO MONTHS**

1. Please indicate which of the following types of gambling you have done in the past 2 months. For each type, mark one box only for how frequently you ever did that type of gambling.

<table>
<thead>
<tr>
<th></th>
<th>Not at all in the past 2 months</th>
<th>Once in the past 2 months</th>
<th>Between 2 and 6 times in the past 2 months</th>
<th>More than 7x but never daily</th>
<th>Daily</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. Played cards for money (include blackjack)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>b. Bet on horses, dogs, or other animals (inc. off-track betting, at the track, or with a bookie)</td>
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<td>c. Bet on sports (pools, with a bookie, jai alai)</td>
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<td>d. Played dice games (including craps, over and under, or other dice games) for money</td>
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<td>e. Played roulette</td>
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<tr>
<td>i. Purchased high-risk stocks or commodities</td>
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<td>j. Played slot machines, poker machines, or other electronic machines</td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>k. Played video lottery terminals</td>
<td></td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>l. Bowled, shot pool, played golf, or played some other game of skill for money</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>m. Gambled on the internet type:</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

2a. What is your most problematic form of gambling?

2b. If more than one problematic form, what is your next most problematic type of gambling?

3. When you gambled in the past 2 months, how often did you go back another day to win back money you lost?

<table>
<thead>
<tr>
<th></th>
<th>Never 0</th>
<th>Less than half the time I lost 1</th>
<th>Most of the time I lost 2</th>
<th>Every time I lost 3</th>
</tr>
</thead>
</table>

4. In the past 2 months, did you claim to be winning money gambling when you were actually losing?

<table>
<thead>
<tr>
<th></th>
<th>Never</th>
<th>Yes, less than half the time I lost 1</th>
<th>Yes, most of the time I lost 2</th>
</tr>
</thead>
</table>
5. Do you feel you have had a problem with gambling in the past 2 months?  
No  Yes, in the past but not now  Yes, now

2. In the past 2 months, did you gamble more than you intended to?  
No  Yes

3. Have people criticized your gambling in the past 2 months?  
No  Yes

4. Have you felt guilty about the way you gambled or what happened to you while gambling in the past 2 months?  
No  Yes

5. In the past 2 months, have you ever felt like you would like to stop gambling but didn’t think you could?  
No  Yes

6. In the past 2 months, have you hidden betting slips, lottery tickets, gambling money, or other signs of gambling from your spouse, children, or other important people in your life?  
No  Yes

7. In the past 2 months, have you gotten in any arguments about money that have centered on your gambling?  
No  Yes

8. In the past 2 months, have you borrowed from someone and not paid them back as a result of your gambling?  
No  Yes

9. In the past 2 months, have you lost time from work (or school) due to gambling?  
No  Yes

10. In the past 2 months, did you borrow money to gamble or to pay gambling debts from the following? (check “yes” or “no” for each):  

   NO  YES

   a. from household money
   b. from your spouse/partner
   c. from other relatives or in-laws
   d. from banks, loan companies, or credit unions
   e. from credit cards
   f. from loan sharks
   g. you cashed in stocks, bonds, or other securities
   h. you sold personal or family property
   i. you borrowed on your checking account (passed bad checks)
## NODS

### ANSWER THE FOLLOWING QUESTIONS BASED UPON YOUR EXPERIENCES IN YOUR...

<table>
<thead>
<tr>
<th>DSM #</th>
<th>LIFETIME</th>
<th>PAST YEAR</th>
</tr>
</thead>
<tbody>
<tr>
<td>LT PY</td>
<td></td>
<td></td>
</tr>
<tr>
<td>IF 1a OR 1b=YES</td>
<td></td>
<td></td>
</tr>
<tr>
<td>LT PY</td>
<td></td>
<td></td>
</tr>
<tr>
<td>IF 2=YES</td>
<td></td>
<td></td>
</tr>
<tr>
<td>LT PY</td>
<td></td>
<td></td>
</tr>
<tr>
<td>IF 3a AND 3b=YES</td>
<td></td>
<td></td>
</tr>
<tr>
<td>LT PY</td>
<td></td>
<td></td>
</tr>
<tr>
<td>IF 4a AND 4b=YES</td>
<td></td>
<td></td>
</tr>
<tr>
<td>LT PY</td>
<td></td>
<td></td>
</tr>
<tr>
<td>IF 5a OR 5b=YES</td>
<td></td>
<td></td>
</tr>
<tr>
<td>LT PY</td>
<td></td>
<td></td>
</tr>
<tr>
<td>IF 6=YES</td>
<td></td>
<td></td>
</tr>
<tr>
<td>LT PY</td>
<td></td>
<td></td>
</tr>
<tr>
<td>IF 7a AND 7b=YES</td>
<td></td>
<td></td>
</tr>
<tr>
<td>LT PY</td>
<td></td>
<td></td>
</tr>
<tr>
<td>IF 8=YES</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

1a. Have there been periods that have lasted two weeks or longer when you spent a lot of time thinking about your gambling experiences or planning out future gambling ventures or bets?  

1b. Have there been periods that have lasted two weeks or longer when you spent a lot of time thinking about ways of getting money to gamble with?  

2. Have there been periods when you needed to gamble with increasing amounts of money or with larger bets than before in order to get the same feeling of excitement?  

3a Have you tried to stop, cut down, or control your gambling?  

3b. If you have tried to stop, cut down or control your gambling, were you restless or irritable during those times?  

4a Have you tried but not succeeded in stopping, cutting down, or controlling your gambling?  

4b. If you have tried to stop, cut down, or control your gambling, has this happened three or more times?  

5a. Have you gambled as a way to escape from personal problems?  

5b. Have you gambled to relieve uncomfortable feelings such as guilt, anxiety, helplessness, or depression?  

6. Has there ever been a period when, if you lost money gambling one day, you would return another day to get even?  

7a. Have you lied to family members, friends, or others about how much you gamble, or how much money you lost on gambling?  

7b. If you have lied to family members, friends or others about gambling, has this happened three or more times?  

8. Have you written a bad check, or taken something that didn’t belong to you from family members or anyone else in order to pay for your gambling?
<table>
<thead>
<tr>
<th>LT PY</th>
<th>9a. Has your gambling ever caused serious or repeated problems in your relationships with any of your family members or friends?</th>
<th>YES</th>
<th>NO</th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>9b. If you are in school, has your gambling caused you any problems in school, such as missing classes or days of school or your grades dropping?</td>
<td>YES</td>
<td>NO</td>
<td>N/A</td>
<td>YES</td>
</tr>
<tr>
<td></td>
<td>9c. Has your gambling caused you to lose a job, have trouble with your job, or miss out on an important job or career opportunity?</td>
<td>YES</td>
<td>NO</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td>LT PY</td>
<td>10. Have you needed to ask family members or anyone else to loan you money or otherwise bail you out of a desperate money situation that was largely caused by your gambling?</td>
<td>YES</td>
<td>NO</td>
<td>YES</td>
<td>NO</td>
</tr>
</tbody>
</table>
ADDITION SEVERITY INDEX

1. What is the main reason you came to treatment at this time?
   - [ ] 1. Legal difficulties or court ordered
   - [ ] 2. Encouraged/forced into treatment by spouse, family, friends
   - [ ] 3. Work difficulties or forced into treatment by employer
   - [ ] 4. My own decision
   - [ ] 5. Financial problems
   - [ ] 6. Other: ______________________

2. How did you hear about our program?
   - [ ] 1. Newspaper ad ______________________
   - [ ] 2. TV ad ______________________
   - [ ] 3. Radio ad ______________________
   - [ ] 4. Friend ______________________
   - [ ] 5. Flyer (where posted): ______________________
   - [ ] 6. Other (specify): ______________________

MEDICAL STATUS

1. How many times in your life have you been hospitalized overnight for medical problems? ___ ___ times (Include overdoses, & DTs, exclude detox, & routine pregnancy)

2. How long ago was your last hospitalization for a physical problem? ___ ___ years
   What for? (99=Never hospitalized) ______________________

3. Do you have any chronic medical problems that continue to interfere with your life? NO 0 YES 1

4. Are you taking any prescribed medication on a regular basis for a physical problem? NO 0 YES 1

5. Do you receive a pension for a physical disability? NO 0 YES 1

6. How many days have you experienced medical problems in the past 30 days? ___ ___ days

7. How troubled or bothered have you been by these or any medical problems in the past 30 days: 0 1 2 3 4*

8. How important is it for you right now to get treatment for your medical problems? 0 1 2 3 4*

* CLIENT RATING SCALE: 0=not at all 1=slightly 2=moderately 3=considerably 4=extremely 88=DK 99=NA
9. How would you rate the patient’s need for medical treatment? 0
   1  2  3  4

10. Information distorted by patient’s misrepresentation?  NO 0  YES 1
11. Information distorted by patient’s inability to understand? NO 0 YES 1

**THERAPIST RATING SCALE:**
0=no real problem, treatment not indicated  
1=slight problem, treatment probably not necessary  
2=moderate problem, some treatment indicated  
3=considerable problem, treatment absolutely necessary  
4=extreme problem, treatment
### Employment Support Status

1. Years of education completed? *(code 12 for GED, 16 for bachelors degree)*
   - **__ __ years**

2. Training or technical education completed?
   - **__ __ years**

3. Do you have a profession, trade, or skill?
   - **NO**
   - **YES**
     - a. Specify: ________________________________

4. Do you have a valid driver’s license?
   - **NO**
   - **YES**

5. Do you have an automobile for use? *(code 0 if no valid license)*
   - **NO**
   - **YES**

6. How long was your longest full-time job?
   - **__ __ years**

7. Usual Occupation Level (if no usual occupation, code as last job held; if retired, disability, or worker’s comp, code usual occupation before retired, disabled, etc.):
   - **1** Higher executive, bank president, judge, mayor, engineer
   - **2** Business manager, prop. of medium size, R.N., contractor, teacher
   - **3** Administrative, small business owner, store manager
   - **4** Clerical or sales worker, lab technician, truck dispatcher
   - **5** Skilled manual employee, barber, chef, locksmith, trained machinist, L.P.N., painter, policeman, postman, plumber
   - **6** Machine operator, hospital aide, bus driver, housekeeper, security guard, taxi driver, waitress, welder, stock clerk
   - **7** Unskilled employee, street cleaner, janitor, car washer, laundry worker, laborer
   - **8** Student
   - **9** Homemaker
   - **10** Welfare recipient, chronic unemployment

8. Does someone contribute to your support in any way? *(include family and/or friends, exclude spouse, or institutional support)*
   - **NO**
   - **YES**

9. If yes, does this constitute the majority of your support? *(include family and/or friends, exclude spouse, or institutional support)*
   - **NO**
   - **YES**
   - **NA**

10. Usual employment pattern, past 3 years (full time/part time includes under the table work):
    - **1** Full time (40 hrs/wk)
    - **2** Part-time (reg. hours)
    - **3** Part-time (irregular)
    - **4** Student
    - **5** Service
    - **6** Retired/Disability
    - **7** Unemployed
    - **8** In controlled environment
    - **9** Student
    - **10** Homemaker
    - **11** Welfare recipient, chronic unemployment
11. How many days were you paid for working in the past 30 days?
   (Include under the table work)
   ___ ___ days

12. How many people depend on you for the majority of their food, shelter, and support?
   ___ ___ people

   How much money did you receive from the following sources in the past 30 days?
   13. Employment, net income (include under the table, exclude tax returns) $_______
   14. Unemployment compensation (includes worker’s comp) $_______
   15. Public assistance $_______
   16. Pension, benefits, social security, disability $_______
   17. Mate, family, friends (money from personal expenses) $_______
   18. Illegal sources (including illegal gambling) $_______
   19. Gambling wins (legal) $_______

20. How many days have you experienced employment problems in the past 30 days?
    ___ ___ days

21. How troubled or bothered have you been by employment problems in the past 30 days?
    0 1 2 3 4*

22. How important to you now is getting counseling for employment problems?
    0 1 2 3 4*

23. How would you rate the patient’s need for employment counseling?
    0 1 2 3 4

24. Information distorted by patient’s misrepresentation?
    NO0
    YES1

25. Information distorted by patient’s inability to understand?
    NO0
    YES1
GAMBLING

1. At what age did you first gamble (including lotto, sports bets, bingo etc.)? __ __ years

2. At what age did you first start gambling regularly? __ __ years

3. For how many years in your lifetime have you experienced gambling problems? That is, in your entire lifetime, how many years have you gambled in such a way that your gambling caused financial, legal, employment or personal problems. __ __ years

4. How many days ago did you last gamble? __ __ days

5. How long was your last period of voluntary abstinence from gambling? (00 = never abstinent) __ __ months

6. How many months ago did this abstinence end? (00 = still abstinent) __ __ months

7. How many times in your life have you felt that your life was in danger due to your gambling? In other words, how many times have you attempted suicide because of your gambling problems or was your life in serious danger due to gambling or gambling-related debt? __ __ times

8. At what age were you first involved in illegal activities to support gambling? __ __ years

9. At what age did you first try to stop gambling with or without help? __ __ years

10. At what age did you first receive gambling treatment? __ __ years

11. How many times in your life have you been treated for gambling problems? __ __ times

12. Have you ever been to Gamblers Anonymous? NO _ YES _

13. If yes, for how many years have you attended GA? __ __ years

14. How many days in the past 30 have you gambled, that is made any bets at all, if even just buying a lottery ticket? __ __ days

15. How many days in the past 30 have you gambled more money than you intended? __ __ days

16. How much would you say you spent during the past 30 days on gambling? Include all the money you spent on all forms of gambling. $ __ __ __ __
17. How many days in the past 30 have you been treated in an outpatient setting for gambling? __ __ days
   (Include GA attendance)

18. How many days in the past 30 have you experienced gambling problems (however they define gambling problems – days gambled, bills couldn’t pay, arguments, etc.)?
   __ __ days

19. How troubled or bothered have you been in the past 30 days by gambling problems?
   0 1 2 3 4*

20. How important to you now is getting treatment for these gambling problems?
   0 1 2 3 4*

21. How would you rate the patient’s need for treatment for gambling problems?
   0 1 2 3

22. Information distorted by patient’s misrepresentation? NO_0 YES_1

23. Information distorted by patient’s inability to understand NO_0 YES_1
**DRUG/ALCOHOL USE**

How old were you when you first tried each of the following drugs without a prescription? How many days in the past 30 have you used each of the following drugs without a prescription? For how long have you used each of these drugs at least once a week?

<table>
<thead>
<tr>
<th>Substance</th>
<th>a. Age First Tried</th>
<th>b. Days in Past 30</th>
<th>c. Years of Lifetime Regular Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Smoked cigarettes</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Smoked cigarettes daily</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. Alcohol: any use at all</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. Alcohol, to intoxication/feel effects</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. Heroin</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6. Methadone (non-prescribed)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7. Other opiates/analgesics (e.g., vicodin, oxycontin)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8. Barbiturates (e.g., downers, seconal)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9. Benzos, other sedatives, hyp/tranq (e.g., valium, xanax, atavan)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10. Cocaine</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11. Amphetamines (e.g., ecstasy, speed)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12. Cannabis</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13. Hallucinogens</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>14. Inhalants</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15. More than one substance per day (incl. alcohol)</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*(Code 99 99 99 if no lifetime use)*

16. Which substance is the major problem?  
*(Please code as above or 00-No problem; 15-Alcohol & Drug (dual addiction); 16-Polydrug; when not clear ask patient).*

17. How long was your last period of voluntary abstinence from this major substance (exclude inpatient treatment, exclude prison time)? *(00=never abstinent)*

18. How many months ago did this abstinence end? *(000=still abstinent, 999= never abstinent)*

19. Longest abstinence from drug of choice? *(00=never abstinent)*

20. What age did you first try to stop using drugs/alcohol, with or without help?  

21. At what age was your first drug or alcohol treatment? *(code 99 if never)*
22. Have you ever been to Alcoholics Anonymous, CA, or NA?  

\[ \begin{array}{ll} \text{NO} & \text{YES} \end{array} \]

23. If yes, for how many years have you attended AA/CA/NA?  

\[ \underline{\_\_\_\_} \text{ years} \]

24. How many times in your life have you:

- Had alcohol d.t.’s? \[ \underline{\_\_\_\_} \]
- Overdosed on drugs? \[ \underline{\_\_\_\_} \]
- Overdosed on cocaine? \[ \underline{\_\_\_\_} \]
- Overdosed on opiates? \[ \underline{\_\_\_\_} \]

25. How many times in your life have you been treated for:

- Alcohol abuse? \[ \underline{\_\_\_\_} \]
- Drug abuse? \[ \underline{\_\_\_\_} \]
- Cocaine abuse? \[ \underline{\_\_\_\_} \]
- Opiate abuse? \[ \underline{\_\_\_\_} \]

26. How many of these times were detox only for:

\[ \begin{array}{ll} \text{Alcohol?} & \underline{\_\_\_\_} \\
\text{Drug?} & \underline{\_\_\_\_} \\
\text{Cocaine?} & \underline{\_\_\_\_} \\
\text{Opiate?} & \underline{\_\_\_\_} \end{array} \]

27. How much would you say you spent during the past 30 days on:

\[ \begin{array}{ll} \text{Alcohol?} & \underline{\_\_\_\_} \\
\text{Drugs?} & \underline{\_\_\_\_} \\
\text{Cocaine?} & \underline{\_\_\_\_} \\
\text{Opiates?} & \underline{\_\_\_\_} \end{array} \]

28. How many days in the past 30 have you been treated in an outpatient setting for:

(Include NA, AA, CA)

\[ \begin{array}{ll} \text{Alcohol} & \underline{\_\_\_\_} \text{ days} \\
\text{Drug} & \underline{\_\_\_\_} \text{ days} \\
\text{Cocaine} & \underline{\_\_\_\_} \text{ days} \\
\text{Opioid} & \underline{\_\_\_\_} \text{ days} \end{array} \]

29. How many days in the past 30 have you experienced:

\[ \begin{array}{ll} \text{Alcohol problems} & \underline{\_\_\_\_} \text{ days} \\
\text{Drug problems} & \underline{\_\_\_\_} \text{ days} \\
\text{Cocaine problems} & \underline{\_\_\_\_} \text{ days} \\
\text{Opioid problems} & \underline{\_\_\_\_} \text{ days} \end{array} \]
30. How troubled or bothered have you been in the past 30 days by these?

Alcohol problems 0 1 2 3 4*
Drug problems 0 1 2 3 4*
Cocaine problems 0 1 2 3 4*
Opioid problems 0 1 2 3 4*

31. How important to you now is getting treatment for these?

Alcohol problems 0 1 2 3 4*
Drug problems 0 1 2 3 4*
Cocaine problems 0 1 2 3 4*
Opioid problems 0 1 2 3 4*

32. How would you rate the patient’s need for treatment for:

Alcohol problems 0 1 2 3 4*
Drug problems 0 1 2 3 4*
Cocaine problems 0 1 2 3 4*
Opioid problems 0 1 2 3 4*

33. Information distorted by patient’s misrepresentation?

NO  YES

34. Information distorted by patient’s inability to understand

NO  YES
LEGAL STATUS

1. Was this admission prompted or suggested by the criminal justice system, probation/parole officer?  
   NO_{0} YES_{1}

2. Are you on probation or parole?  
   NO_{0} YES_{1}

3-19. How many times in your life have you been arrested and charged for the following?  
3-19a. Was it Gambling Related (either charge, if more than one)?

<table>
<thead>
<tr>
<th># Times</th>
<th>NO_{0} or YES_{1}</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

3. Shoplifting or vandalism
4. Parole or probation violations
5. Drug charges
6. Used someone else's credit card
7. Written bad checks
8. Embezzlement
9. Forgery
10. Weapon offense
11. Burglary, larceny, B&E
12. Robbery
13. Assault
14. Arson
15. Rape
16. Homicide, manslaughter
17. Prostitution
18. Contempt of court
19. Other: _______________________________

20. How many of these charges resulted in convictions? (*99=Never arrested or charged*)
   ___ ___

21. Disorderly conduct, vagrancy, or public intoxication  
   ___ ___ times

22. Driving while intoxicated  
   ___ ___ times

23. Major driving violations (reckless driving, speeding, no license, etc.)  
   ___ ___ times

24. How many months were you incarcerated in your life?  
   ___ ___ months

25. How long was your last incarceration? (*99=Never incarcerated*)  
   ___ ___ months

26. What was it for? (*Use code 3-19, 21-23, if multiple charges code most severe*)  
   ___ ___
27. Are you presently awaiting legal charges, trial, or sentence?  
   NO_  YES_ 

28. What for? (Code number from above, if multiple, code most severe.)  __ __  
   (99= not awaiting charges) 

29. How many days in the past 30 were you detained or incarcerated?  
   __ __ days 

30. How many days in the past 30 have you engaged in illegal activities  
   for profit (include illegal gambling activities)?  
   __ __ days 

31. How much money did you receive from illegal sources in the last 30 days?  
   __ __ __$ 

31. How serious do you feel your present legal problems are? (Excluding civil problems) 
   0 1 2 3 4* 

32. How important to you is getting counseling or referral for these legal problems?  
   0 1 2 3 4* 

34. How would you rate the patient’s need for legal services or counseling?  
   0 1 2 3 4 

35. Information distorted by patient’s misrepresentation?  
   NO_  YES_ 

36. Information distorted by patient’s inability to understand?  
   NO_  YES_
**Family History**

Have any of your relatives had what you would call a significant gambling, drinking, drug use or psychological problem, a problem that did or should have led to treatment?

<table>
<thead>
<tr>
<th>1. Mother’s Side</th>
<th>2. Father’s Side</th>
</tr>
</thead>
<tbody>
<tr>
<td>aGamb</td>
<td>bAlc</td>
</tr>
<tr>
<td>Grandmother</td>
<td></td>
</tr>
<tr>
<td>Grandfather</td>
<td></td>
</tr>
<tr>
<td>Mother</td>
<td></td>
</tr>
<tr>
<td>Aunt</td>
<td></td>
</tr>
<tr>
<td>Uncle</td>
<td></td>
</tr>
</tbody>
</table>

3. Siblings

| Brother#1 | | | |
| Brother#2 | | | |
| Sister#1 | | | |
| Sister#2 | | | |

**Codings:**

0 = No for all relatives in the category
1 = Yes for any relative within the category
8 = Uncertain or "I don’t know"
9 = Never was a relative from that category

---

**Family/Social Relationships**

1. Marital Status?
   1 = Never married
   2 = Remarried
   3 = Widowed
   4 = Separated
   5 = Divorced
   6 = Married
   7 = Cohabitating

2. How long have you been in this marital status? *(If never married, code 99)*
   ___ ___ years

3. Are you satisfied with this situation?
   No0 Indifferent1 Yes2

4. Usual living arrangements (past 3 years)
   1. With sexual partner and children
   2. With sexual partner alone
   3. With children alone
   4. With parents
   5. With family
   6. With friends
   7. Alone
   8. Controlled environment
   9. No stable arrangements

5. How long have you lived in your current living arrangements?
   ___ ___ years

6. Are you satisfied with your current living arrangements?
   No0 Indifferent1 Yes2

7. Do you live with anyone who:
   a. Has a current gambling problem?
      No0 Yes1
b. Has a current alcohol problem?
   NO0 YES1

c. Uses non-prescribed drugs?
   NO0 YES1

8. With whom do you spend most of your free time: (1=Family 2=Friends 3=Alone)
   1 2 3

   Are you satisfied spending your free time this way?
   No0 Indifferent1 Yes2

9. How many close friends do you have? # _ _ friends

10. How many days in the past 30 have you had serious conflicts with your family?
    _ ___ days

   Would you say you have had close, long lasting, personal relationships with any of the
   following people in your life? Could you rely on any of these people now for financial or
   emotional support?

   0=No for all relatives in the category
   1=Yes for any relative within the category
   8=uncertain or “I don’t know”
   9=never was a relative from that category

   a. Close relationship over lifetime
   b. Current Financial/Emotional Support

   NO YES N/A
   0 1 9
   0 1 9
   0 1 9
   0 1 9
   0 1 9
   0 1 9
   0 1 9
   0 1 9

Have you had significant periods in which you experienced serious problems getting along
with:

   a. Past 30 Days
   b. Over Lifetime

   NO YES N/A
   0 1 9
   0 1 9
   0 1 9
   0 1 9
   0 1 9
   0 1 9
   0 1 9
   0 1 9
   0 1 9
   0 1 9

Did any of these people (18-26) abuse you:

   a. NO YES
   b. WHO?

   (22= stranger, 99= N/A)

26. Emotionally (make you feel bad through harsh words)? 0 1 ___
27. Physically (cause you physical harm)? 0 1 ___
28. Sexually (force sexual advances or sexual acts)? 0 1 ___
29. How many days in the past 30 have you had serious conflicts:
   A. With your family?
      ___ days
   B. With other people (excluding family)?
      ___ days

30. How troubled or bothered have you been in the past 30 days by these:
   A. Family Problems
      0 1 2 3 4*
   B. Social Problems
      0 1 2 3 4*

31. How important to you now is getting treatment or counseling for these:
   A. Family Problems
      0 1 2 3 4*
   B. Social Problems
      0 1 2 3 4*

32. How would you rate the patient’s need for family/social counseling?
    0 1 2 3 4

33. Information distorted by patient’s misrepresentation?  NO  YES
    0 1

34. Information distorted by patient’s inability to understand?  NO  YES
    0 1
PSYCHOLOGICAL PROBLEMS

1. How many times have you been treated for any psychological or emotional problems (count dual diagnosis here and in substance abuse section)?
   a. In a hospital
      ___ ___ times
      When, Why?
   b. As an outpatient or private patient
      ___ ___ times
      When, Why?

2. Do you receive a pension for a psychiatric disability?
   NO 0
   YES 1

   Have you had significant periods (that were not a direct result of gambling or drug/alcohol use), in which you have:

<table>
<thead>
<tr>
<th>Past 30 Days</th>
<th>Over Lifetime</th>
</tr>
</thead>
<tbody>
<tr>
<td>NO</td>
<td>YES</td>
</tr>
</tbody>
</table>

3. Experienced serious depression
4. Experienced serious anxiety or tension
5. Experienced hallucinations
6. Expressed trouble understanding, concentrating, remembering
7. Expressed trouble controlling violent behavior
8. Experienced serious thoughts of suicide
9. Attempted suicide
10. Been prescribed medication for any psychological problem

11. If yes to numbers 8 and/or 9 over lifetime, how long ago?

12. How many days in the past 30 have you had any such psychological or emotional problems? ___ ___ days

13. In the past 30 days, how troubled or bothered have you been by psychological or emotional problems?
   0 1 2 3 4*

14. How important to you now is getting treatment for these psychological problems?
   0 1 2 3 4*

15. How would you rate patient’s need for psychiatric/psychological treatment?
   0 1 2 3 4

16. Information distorted by patient’s misrepresentation?
   NO 0   YES 1

17. Information distorted by patient’s inability to understand? NO 0   YES 1
<table>
<thead>
<tr>
<th></th>
<th>INTERVIEWER RATING OF INDIVIDUAL AT THE TIME OF THE INTERVIEW</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Obviously depressed/withdrawn</td>
</tr>
<tr>
<td>2.</td>
<td>Obviously hostile</td>
</tr>
<tr>
<td>3.</td>
<td>Obviously anxious/nervous</td>
</tr>
<tr>
<td>4.</td>
<td>Having trouble with reality testing, thought disorder, paranoid thinking</td>
</tr>
<tr>
<td>5.</td>
<td>Having trouble comprehending, concentrating, remembering</td>
</tr>
<tr>
<td>6.</td>
<td>Having trouble with suicidal thoughts</td>
</tr>
</tbody>
</table>
# BSI

Below is a list of problems and complaints that people sometimes have. Read each one carefully, and select one of the numbered descriptors that best describes **How much discomfort that problem has caused you during the last week including today**.

Circle the number to the right of the problem.
If you change your mind, cross out your first answer.

**IN THE LAST WEEK, HOW MUCH WERE YOU DISTRESSED BY:**

<table>
<thead>
<tr>
<th>Problem</th>
<th>Not at all</th>
<th>A little bit</th>
<th>Moderately</th>
<th>Quite a bit</th>
<th>Extremely</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Nervousness or shakiness inside</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>2. Faintness or dizziness</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>3. The idea that someone else can control your thoughts</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>4. Feeling others are to blame for most or your troubles</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>5. Trouble remembering things</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>6. Feeling easily annoyed or irritated</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>7. Pains in heart or chest</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>8. Feeling afraid in open space</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>9. Thoughts of ending your life</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>10. Feeling that most people cannot be trusted</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>11. Poor appetite</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>12. Suddenly scared for no reason</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>13. Temper outbursts that you could not control</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>14. Feeling lonely even when you are with people</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>15. Feeling blocked in getting things done</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>16. Feeling lonely</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>17. Feeling blue</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>18. Feeling no interest in things</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>19. Feeling fearful</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>20. Your feelings being easily hurt</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>21. Feeling that people are unfriendly or dislike you</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>22. Feeling inferior to others</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>23. Nausea or upset stomach</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>24. Feeling that you are watched or talked about by others</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>25. Trouble falling asleep</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>
### IN THE LAST WEEK, HOW MUCH WERE YOU DISTRESSED BY:

<table>
<thead>
<tr>
<th></th>
<th></th>
<th>Not at all</th>
<th>A little bit</th>
<th>Moderately</th>
<th>Quite a bit</th>
<th>Extremely</th>
</tr>
</thead>
<tbody>
<tr>
<td>26</td>
<td>Having to check and double check what you do</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>27</td>
<td>Difficulty making decisions</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>28</td>
<td>Feeling afraid to travel on buses, subways or trains</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>29</td>
<td>Trouble getting your breath</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>30</td>
<td>Hot or cold spells</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>31</td>
<td>Having to avoid certain things, places or activities</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>because they frighten you</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>32</td>
<td>Your mind going blank</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>33</td>
<td>Numbness or tingling in parts of your body</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>34</td>
<td>The idea that you should be punished for your sins</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>35</td>
<td>Feeling hopeless about the future</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>36</td>
<td>Trouble concentrating</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>37</td>
<td>Feeling weak in parts of your body</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>38</td>
<td>Feeling tense or keyed up</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>39</td>
<td>Thoughts of death or dying</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>40</td>
<td>Having urges to beat, injure or harm someone</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>41</td>
<td>Having urges to break or smash things</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>42</td>
<td>Feeling very self-conscious with others</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>43</td>
<td>Feeling uneasy in crowds</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>44</td>
<td>Never feeling close to another person</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>45</td>
<td>Spells of terror or panic</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>46</td>
<td>Getting into frequent arguments</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>47</td>
<td>Feeling nervous when you are left alone</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>48</td>
<td>Others not giving you proper credit for your achievements</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>49</td>
<td>Feeling so restless you couldn’t sit still</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>50</td>
<td>Feeling of worthlessness</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>51</td>
<td>Feeling that people will take advantage of you if you let them</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>52</td>
<td>Feelings of guilt</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>53</td>
<td>The idea that something is wrong with your mind</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>
Instructions for Completing the Questionnaire

Please answer every question. Some questions may look like others, but each one is different. Please take the time to read and answer each question carefully by filling in the bubble that best represents your response.

EXAMPLE

This is for your review. Do not answer this question. The questionnaire begins with the section Your Health in General below.

For each question you will be asked to fill in a bubble in each line:

1. How strongly do you agree or disagree with each of the following statements?

- a) I enjoy listening to music.  
  - Strongly agree: ○  
  - Agree: ●  
  - Uncertain: ○  
  - Disagree: ○  
  - Strongly disagree: ○

- b) I enjoy reading magazines.  
  - Strongly agree: ○  
  - Agree: ●  
  - Uncertain: ○  
  - Disagree: ○  
  - Strongly disagree: ○

Please begin answering the questions now.

Your Health in General

1. In general, would you say your health is:

- Excellent: ○  
- Very good: ○  
- Good: ○  
- Fair: ○  
- Poor: ○

2. Compared to one year ago, how would you rate your health in general now?

- Much better now than one year ago: ○
- Somewhat better now than one year ago: ○
- About the same as one year ago: ○
- Somewhat worse now than one year ago: ○
- Much worse now than one year ago: ○

Please turn the page and continue.
3. The following items are about activities you might do during a typical day. Does your health now limit you in these activities? If so, how much?

<table>
<thead>
<tr>
<th></th>
<th>Yes, Limited a lot</th>
<th>Yes, limited a little</th>
<th>No, not limited at all</th>
</tr>
</thead>
<tbody>
<tr>
<td>a) Vigorous activities, such as running, lifting heavy objects, participating in strenuous sports</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>b) Moderate activities, such as moving a table, pushing a vacuum cleaner, bowling, or playing golf</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>c) Lifting or carrying groceries</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>d) Climbing several flights of stairs</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>e) Climbing one flight of stairs</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>f) Bending, kneeling, or stooping</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>g) Walking more than a mile</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>h) Walking several blocks</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>i) Walking one block</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>j) Bathing or dressing yourself</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
</tbody>
</table>

4. During the past 4 weeks, have you had any of the following problems with your work or other regular daily activities as a result of your physical health?

<table>
<thead>
<tr>
<th></th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>a) Cut down on the amount of time you spent on work or other activities</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>b) Accomplished less than you would like</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>c) Were limited in the kind of work or other activities</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>d) Had difficulty performing the work or other activities (for example, it took extra time)</td>
<td>O</td>
<td>O</td>
</tr>
</tbody>
</table>

5. During the past 4 weeks, have you had any of the following problems with your work or other regular daily activities as a result of any emotional problems (such as feeling depressed or anxious)?

<table>
<thead>
<tr>
<th></th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>a) Cut down on the amount of time you spent on work or other activities</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>b) Accomplished less than you would like</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>c) Didn't do work or other activities as carefully as usual</td>
<td>O</td>
<td>O</td>
</tr>
</tbody>
</table>

Please turn the page to continue.
6. During the past 4 weeks, to what extent has your physical health or emotional problems interfered with your normal social activities with family, friends, neighbors, or groups?

Not at all  Slightly  Moderately  Quite a bit  Extremely

7. How much bodily pain have you had during the past 4 weeks?

None  Very mild  Mild  Moderate  Severe  Very severe

8. During the past 4 weeks, how much did pain interfere with your normal work (including both work outside the home and housework)?

Not at all  A little bit  Moderately  Quite a bit  Extremely

9. These questions are about how you feel and how things have been with you during the past 4 weeks. For each question, please give the one answer that comes closest to the way you have been feeling. How much of the time during the past 4 weeks...

<table>
<thead>
<tr>
<th></th>
<th>All of the time</th>
<th>Most of the time</th>
<th>A good bit of the time</th>
<th>Some of the time</th>
<th>A little of the time</th>
<th>None of the time</th>
</tr>
</thead>
<tbody>
<tr>
<td>a) did you feel full of pep?</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
</tr>
<tr>
<td>b) have you been a very nervous person?</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
</tr>
<tr>
<td>c) have you felt so down in the dumps nothing could cheer you up?</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
</tr>
<tr>
<td>d) have you felt calm and peaceful?</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
</tr>
<tr>
<td>e) did you have a lot of energy?</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
</tr>
<tr>
<td>f) have you felt downhearted and blue?</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
</tr>
<tr>
<td>g) did you feel worn out?</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
</tr>
<tr>
<td>h) have you been a happy person?</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
</tr>
<tr>
<td>i) did you feel tired?</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
</tr>
</tbody>
</table>

10. During the past 4 weeks, how much of the time has your physical health or emotional problems interfered with your social activities (like visiting friends, relatives, etc.)?

<table>
<thead>
<tr>
<th></th>
<th>All of the time</th>
<th>Most of the time</th>
<th>Some of the time</th>
<th>A little of the time</th>
<th>None of the time</th>
</tr>
</thead>
<tbody>
<tr>
<td>a) I seem to get sick a little easier than other people</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
</tr>
<tr>
<td>b) I am as healthy as anybody I know</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
</tr>
<tr>
<td>c) I expect my health to get worse</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
</tr>
<tr>
<td>d) My health is excellent</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
<td>o</td>
</tr>
</tbody>
</table>

THANK YOU FOR COMPLETING THIS QUESTIONNAIRE!