

Brief Biosocial Gambling Screen - BBGS

Overview

Brief screens can help people decide whether to seek formal evaluation of their gambling behavior. The 3-item BBGS is based on the American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders ([DSM-V](#)) criteria for **gambling disorder**.

Scoring

A “**yes**” response to **any single item** indicates potential gambling-related problems and the need for additional evaluation.

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 as a result of your gambling that you had to get help with living expenses from family, friends or welfare?
 Yes No

www.icrg.org

www.divisiononaddiction.org

Call, Text 1-800-GAMBLER or chat www.HelpMyGamblingProblem.org