

Appendix 1

Gambling Follow-up Scale, Self-Report version

The questions below refer to your gambling or to the areas of your life that may have been affected by it:

1. How often have you gambled in the last 4 weeks?

- 1) Daily
- 2) On average, more than once a week
- 3) On average, once a week
- 4) On average, less than once a week
- 5) Not at all

2. In the last 4 weeks, how long was your longest continuous period of gambling?

- 1) More than 12 hours
- 2) 8–12 hours
- 3) 4–8 hours
- 4) Less than 4 hours
- 5) I have not gambled.

3. In the last 4 weeks, how much money have you lost on gambling, in relation to your income?

- 1) I have gambled despite having no personal income, OR I have taken out loans, OR I have given away personal belongings/savings, OR I have stolen to gamble or to pay gambling debts.
- 2) I have a source of income, and I lost more money than I earned.
- 3) I have a source of income, and I lost more than half or all of the money I earned.
- 4) I have a source of income, and I lost less than half of the money I earned.
- 5) I have had no losses.

4. In the last 4 weeks, how strong have your gambling urges been?

- 1) Irresistible
- 2) Strong, sometimes irresistible
- 3) Strong but rarely irresistible
- 4) Weak
- 5) I have had no gambling urges.

5. How have you felt about your debts in the last 4 weeks?

- 1) I have felt extremely pressured by my debts, and I have been gambling to try to get money to pay my debts or to alleviate my worries about them.
- 2) I have felt extremely pressured by my debts, but I have not gambled, or if I have, it was not motivated by the pressure I felt in relation to my debts.
- 3) I have debts, but I do not worry about them.
- 4) I have no debts.

6. In the last 4 weeks, how much emotional distress (sorrow, anguish, guilt, shame, embarrassment) has gambling caused you?

- 1) An extreme amount
- 2) A considerable amount
- 3) A moderate amount
- 4) A slight amount
- 5) None

7. How would you describe the quality of your family relationships (with the persons you live with, or if you live alone, with relatives whom you are close to) in the last 4 weeks?

- 1) I have had no contact with my family.
- 2) My family has criticized me and made me feel guilty OR I have been isolated most of the time.
- 3) My family still distrusts me, but I have sometimes felt affection and received encouragement from them.
- 4) I have felt affection and received encouragement from my family, but they still criticize me at times.
- 5) I have received a lot of encouragement from my family, they trust me now, and we have had a good time together.

8. In the last 4 weeks, have you had enough money to meet your basic needs and those of your family?

- 1) No; I have had serious financial difficulties.
- 2) In general, I have had not enough money and I have had to borrow money.
- 3) I have had financial difficulties about half of the time, but I have not needed to borrow money.
- 4) In general, I have had enough money but have had some mild financial difficulties.
- 5) Yes; I have had enough money to meet my basic needs and those of my family.

9. How have you spent your free time in the last 4 weeks?

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Development and validation of the Gambling Follow-up Scale, Self-Report version: an outcome measure in the treatment of pathological gambling

For each type of activity, circle the number that indicates the number of times you engaged in that activity.

	Number of times				
Sports					
At the gym or club	0	1	2	3	4 or more

Outdoor activities such as jogging or walking	0	1	2	3	4 or more

Ball games or other team sports	0	1	2	3	4 or more

Other, please specify: _____	0	1	2	3	4 or more
Cultural activities					
Went to the theater, museum or art exhibition	0	1	2	3	4 or more

Listened to music	0	1	2	3	4 or more

Reading (alone, in a book club or in a course)	0	1	2	3	4 or more

Other, please specify: _____	0	1	2	3	4 or more
Group activities					
Attended a meeting of Gamblers Anonymous or other anonymous group, met with a religious or meditation group, or did volunteer work	0	1	2	3	4 or more

Attended church	0	1	2	3	4 or more

Spent time with friends	0	1	2	3	4 or more

Other, please specify: _____	0	1	2	3	4 or more

10. In the last 4 weeks, how much satisfaction did you get out of the activities described in item 9?

- 1) None, or I have done nothing.
- 2) Very little.
- 3) Little.
- 4) A considerable amount
- 5) A great amount

Appendix 2

Gambling Follow-up Scale, Collateral Informant version

The questions below refer to gambling by the family member in question or to the areas of his/her life that may have been affected by it:

1. How often has he/she gambled in the last 4 weeks?

- 1) Daily
- 2) On average, more than once a week
- 3) On average, once a week
- 4) On average, less than once a week
- 5) He/she has not gambled.

2. In the last 4 weeks, how long was his/her longest continuous period of gambling?

- 1) More than 12 hours
- 2) 8–12 hours
- 3) 4–8 hours
- 4) Less than 4 hours
- 5) He/she has not gambled.

3. In the last 4 weeks, how much money has he/she lost on gambling, in relation to his/her income?

- 1) He/she has gambled despite having no personal income, OR he/she has taken out loans, OR he/she has given away personal belongings/savings, OR he/she has stolen to gamble or to pay gambling debts
- 2) He/she has a source of income and has lost more than he/she has earned.
- 3) He/she has a source of income and has lost more than half or all of the money he/she earned.
- 4) He/she has a source of income and has lost less than half of the money he/she earned.
- 5) He/she has had no losses.

4. How would you describe the quality of his/her family relationships (with the persons he/she lives with, or if he/she lives alone, with relatives whom he/she is close to) in the last 4 weeks?

- 1) He/she has had no contact with his/her family.
- 2) He/she has felt that his/her family has criticized him/her and made him/her feel guilty OR he/she has been isolated most of the time.
- 3) His/her family still distrusts him/her, but he/she has sometimes felt affection and received encouragement from them.
- 4) He/she has felt affection and received encouragement from his/her family, but they still criticize him/her at times.
- 5) He/she has received a lot of encouragement from his/her family, they trust him/her now, and they have had a good time together.

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5. In the last 4 weeks, has he/she had enough money to meet his/her basic needs and those of his/her family?

- 1) No; he/she has had serious financial difficulties.
- 2) In general, he/she has had not enough money and has had to borrow money.
- 3) He/she has had financial difficulties about half of the time but has not needed to borrow money.
- 4) In general he/she has had enough money but has had some mild financial difficulties.
- 5) Yes; he/she has had enough money to meet his/her basic needs and those of his/her family.

6. How has he/she spent his/her free time in the last 4 weeks?

For each type of activity, circle the number that indicates the number of times he/she engaged in that activity.

	Number of times				
Sports					
At the gym or club	0	1	2	3	4 or more
Outdoor activities such as jogging or walking	0	1	2	3	4 or more
Ball games or other team sports	0	1	2	3	4 or more
Other, please specify: _____	0	1	2	3	4 or more
Cultural activities					
Went to the theater, museum or art exhibition	0	1	2	3	4 or more
Listened to music	0	1	2	3	4 or more
Reading (alone, in a book club or in a course)	0	1	2	3	4 or more
Other, please specify: _____	0	1	2	3	4 or more
Group activities					
Attended a meeting of Gamblers Anonymous or other anonymous group, met with a religious or meditation group, or did volunteer work	0	1	2	3	4 or more
Attended church	0	1	2	3	4 or more
Spent time with friends	0	1	2	3	4 or more
Other, please specify: _____	0	1	2	3	4 or more