

betway

NODS Self-Assessment Diagnostic Screen

Version: 1.1

Introduction

The NORC DSM-IV Screen for Gambling Problems (NODS) screen was developed by the National Opinion Research Centre (NORC) at the University of Chicago and is recognised as a reliable and standardised diagnostic tool designed to assist individuals in self-evaluating gambling behaviour in order to modify behaviour or to seek help. It is based on research on the common signs and consequences of problematic gambling.

If you feel that you may be at risk of having or developing a gambling dependency then it is worthwhile to complete the NODS Self-Assessment questionnaire below to give you an objective answer.

Questionnaire

1. Have there ever been periods lasting 2 weeks or longer when you spent a lot of time thinking about ways of getting money to gamble with?
2. Have there ever 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?
3. Have you ever tried to stop, cut down, or control your gambling?
4. On one or more of the times when you tried to stop, cut down, or control your gambling, were you restless or irritable?
5. Have you ever tried but not succeeded in stopping, cutting down, or controlling your gambling?
6. Has this happened three or more times?
7. Have you ever gambled to relieve uncomfortable feelings such as guilt, anxiety, helplessness, or depression?
8. Have you ever gambled as a way to escape from personal problems?
9. Has there ever been a period when, if you lost money gambling one day, you would often return another day to get even?
10. Have you ever lied to family members, friends, or others about how much you gamble or how much money you lost on gambling?

11. Has this happened three or more times?
12. Have you ever written a bad cheque or taken money that didn't belong to you from family members or anyone else in order to pay for your gambling?
13. Has your gambling ever caused serious or repeated problems in your relationships with any of your family members or friends?
14. Has your gambling ever caused you to lose a job, have trouble with your job, or miss out on an important job or career opportunity?
15. Have you ever 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?

Once you have answered all of the above questions count how many times you answered Yes. The more you answered Yes, the more likely you are to have a serious gambling problem.

We advise you consider assistance from the below recognised organisation:

Gamblers Anonymous

<http://www.gamblersanonymous.org>

1414@sicad.min-saude.pt