

## Gambling Pathways Questionnaire (GPQ)

The following statements refer to your views about gambling and beliefs about yourself and your life.

Please check **ONE** box that best reflects how much you agree or disagree with each statement

	Strongly DISAGREE				Strongly AGREE	
	1	2	3	4	5	6
	1. I gamble mainly to relieve tension, to “blow off steam.”	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I like doing or saying crazy things just to shock others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Gambling gives me purpose in life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I often say mean and hurtful things when I’m angry.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. When I gamble, I can forget my responsibilities for a while.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. If I want sex, I am willing to pay for it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. A big win at gambling would give my life meaning.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I’ll often take a dare, even if it’s dangerous.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I frequently buy things on impulse, even if I can’t afford them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. When I’m angry, I always feel better if I can hit or throw something.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. If I won at gambling, I wouldn’t feel like such a failure.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. I am often impatient when standing in line or waiting for other people.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. I only follow the rules if I think I could get caught.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. I gamble mainly to cope with the stress and pressures of life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

The next series of statements refer to feelings and behaviors you experienced *before* or *after* gambling became a problem for you. The questions will repeat, but you may have different answers, depending on the time frame. Please check **ONE** box for each statement .

<b><u>“BEFORE gambling became a problem for me...”</u></b>	Strongly DISAGREE				Strongly AGREE	
	1	2	3	4	5	6
	15. I often felt panicky.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. I often felt tense and nervous.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. I worried a lot.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. I often felt sad and down for periods of time (lasting at least two weeks).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

***“SINCE gambling became a problem for me...”***

	Strongly DISAGREE				Strongly AGREE	
	1	2	3	4	5	6
19. I often feel panicky.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. I often feel tense and nervous.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21. I worry a lot.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22. I often feel sad and down for periods of time (lasting at least two weeks).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Next, we would like to ask you about things you experienced as a child or teenager. Please check ONE box that best reflects to what extent you disagree or agree with each statement .**

***“As a child or teenager, I was...”***

	Strongly DISAGREE				Strongly AGREE	
	1	2	3	4	5	6
23. Hit, punched, or kicked at home.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24. Frequently teased or bullied at school.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25. Often called hurtful names like “worthless,” “no good,” or “stupid.”	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
26. Subjected to unwanted or inappropriate sexual contact.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
27. Abandoned emotionally or ignored by my caregivers.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
28. Often left at home alone or without proper clothing, food, heat or other necessities.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
29. Exposed to (witnessed) physical violence against someone else.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Finally, a few more questions about your views on gambling and beliefs about yourself and your life. Please check ONE box that best reflects how much you disagree or agree with each statement .**

	Strongly DISAGREE				Strongly AGREE	
	1	2	3	4	5	6
30. The only time I feel important is when I’m gambling.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
31. I will pick up someone just for sex.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
32. Since childhood, I’ve always been prone to get in trouble.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
33. I would bet on anything just for the excitement.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
34. I gamble to distract myself from problems.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
35. If necessary, I’ll do illegal things unrelated to gambling.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	<b>Strongly DISAGREE</b>				<b>Strongly AGREE</b>	
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
36. People who know me would say my behavior is unpredictable and inconsistent.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
37. If only I could win at gambling, I wouldn't feel so powerless over my life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
38. I often get into physical fights with other people.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
39. If something feels good, I'll do it regardless of the consequences.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
40. Gambling helps me forget bad memories in my life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
41. Sometimes my temper explodes for no good reason.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
42. I've been known to have unprotected sex with someone I don't know well.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
43. Gambling helps me avoid dealing with difficult situations and/or people in my life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
44. It's OK to lie to gain an advantage.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
45. Gambling numbs me out so I don't feel bad emotions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
46. I often manipulate others to get what I want.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
47. I often say or do things without stopping to think.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
48. If someone tells me not to do something, I'll want to do it even more.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## **INSTRUCTIONS**

### **How to Score the GPQ:**

Scoring the GPQ is based on sum totals of high/medium/low responses to instrument's nine sub-scales:

1. Transfer item responses into the spaces provided by sub-scale. For example, if the client marked "4" on question 10, put "4" in that box and add all numbers in that subscale at the end).
2. Total each sub-scale and place the sum in the "SUM" box.
3. Compare sum totals for each specified sub-scale to the threshold numbers provided and place a "1" for each condition (and/or subtract "1" from the subtotal) as directed to identify the number of conditions met for each pathway. [Note: you do not add or subtract to the sum totals but put "1" in each applicable box.] If conditions are met for BOTH Pathways 2 and 3, assign client to Pathway 3. If ONLY conditions for Pathway 2 are met, assign client to Pathway 2. If NEITHER conditions for Pathways 2 or 3 are met, assign client to Pathway 1.
4. Compare your client's sum totals for all subscales to the low/medium/high ranges provided to determine which etiological factors are most important for treatment.

### **How to Use the GPQ:**

The GPQ is a stand-alone instrument for sub-typing problem gamblers based on etiological factors. It is intended to assist clinicians in better individualizing client treatment plans. The GPQ should be used in conjunction with a clinical measure of problem severity; the measure was developed using the Problem Gambling Severity Index (PGSI) of the Canadian Problem Gambling Index (Ferris & Wynne, 2001). The GPQ provides a clinical snap-shot of the most likely origins of gambling problems, however, it is not an exhaustive test battery. In addition, the GPQ is designed to differentiate among subtypes not to identify all client risk factors. For that reason, we recommend that clinicians supplement the GPQ with other instruments that explore single risk factors of interest in greater depth. We also recommend that clinicians conduct in-depth evaluations on any risk factors in the "high" range on this questionnaire.



**Trait Severity Scales**

<b>Mood Pre &amp; Mood Post</b>	<b>1A</b> & <b>2A</b>	<b>Child Maltreatment</b>	<b>3A</b>
Low	0-8	Low	0-14
Medium	9-14	Medium	15-22
High	≥15	High	≥23
<b>Stress-Coping Motivation</b>	<b>4A</b>	<b>Impulsivity</b>	<b>1B</b>
Low	0-19	Low	0-8
Medium	19-36	Medium	9-18
High	≥37	High	≥19
<b>Meaning Motivation</b>	<b>2B</b>	<b>Risk Taking</b>	<b>1C</b>
Low	0-11	Low	0-8
Medium	12-18	Medium	9-18
High	≥19	High	≥19
<b>Sexual Risk-Taking</b>	<b>2C</b>	<b>Antisocial Traits/Behaviors</b>	<b>3C</b>
Low	0-4	Low	0-18
Medium	5-10	Medium	19-36
High	≥11	High	≥37

**Pathway Scoring:**

The number in **1A** is greater than or equal to **12**, PLACE 1 HERE \_\_\_\_\_

The number in **2A** is greater than or equal to **18**, PLACE 1 HERE \_\_\_\_\_

The number in **3A** is greater than or equal to **18**, PLACE 1 HERE \_\_\_\_\_

The number in **4A** is greater than or equal to **35**, PLACE 1 HERE \_\_\_\_\_

The number in **1B** is greater than or equal to **18**, PLACE 1 HERE \_\_\_\_\_

The number in **2B** is greater than or equal to **22**, PLACE 1 HERE \_\_\_\_\_

**TOTAL**

If **TOTAL (1A+2A+3A+4A+1B+2B)** equals **3** or more, then conditions for Pathway 2 have been met.

**Conditions for Pathway 2 met?**

Yes  No

The number in **1B** is greater than or equal to **18**, PLACE 1 HERE \_\_\_\_\_

The number in **2B** is greater than or equal to **22**, PLACE 1 HERE \_\_\_\_\_

The number in **1C** is greater than or equal to **15**, PLACE 1 HERE \_\_\_\_\_

The number in **2C** is greater than or equal to **9**, PLACE 1 HERE \_\_\_\_\_

The number in **3C** is greater than or equal to **30**, PLACE 1 HERE \_\_\_\_\_

**Sub-Total:** \_\_\_\_\_

If **TOTAL (1B+2B+1C+2C+3C MINUS 1A)** equals **2** or more, then conditions for Pathway 3 have been met.

**Conditions for Pathway 3 met?**

Yes  No

The number in **1A** is greater than or equal to **12**,

**SUBTRACT 1** from Sub-Total

**TOTAL**

**If BOTH conditions for Pathways 2 and 3 are met, assign to Pathway 3.**  
**If NEITHER condition for Pathway 2 or 3 is met, assign to Pathway 1.**

Final Pathway: Pathway 1  Pathway 2  Pathway 3