



FACT SHEET 9: FREQUENCY AND PROBLEM GAMBLING SEVERITY INDEX

# Victorian Population Gambling and Health Study (2018–2019)

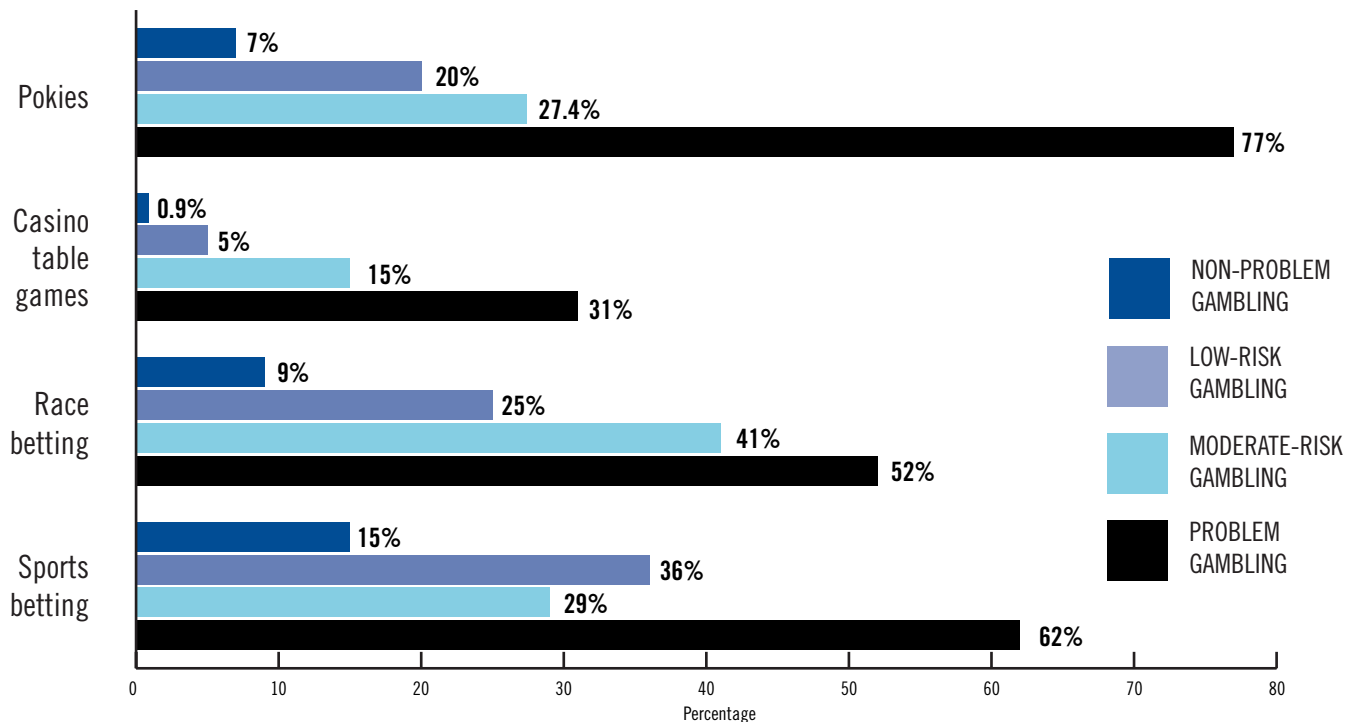
## Frequency and problem gambling

The *Victorian Population Gambling and Health Study 2018–2019* found that the more frequently a person gambles, the more likely they are to experience problem gambling, as defined by the Problem Gambling Severity Index (PGSI).

The PGSI is a questionnaire, or screening tool, used to determine whether an individual is at risk of, or likely to be experiencing, problem gambling. Problem gambling refers to behaviours that lead to negative consequences (harm), which affect the person who gambles, as well as the people around them, including family members, friends and community.

## Main products by frequency

PARTICIPATING IN GAMBLING ACTIVITY MORE THAN ONCE A MONTH



## POKIES

- 7 per cent of Victorian adults in the non-problem category of the PGSI who gamble on the pokies do so more than once a month.
- 20 per cent of those in the low-risk category of the PGSI who gamble on the pokies do so more than once a month.
- 27.4 per cent of those in the moderate-risk category of the PGSI who gamble on the pokies do so more than once a month.
- 77 per cent of those in the problem gambling category of the PGSI who gamble on the pokies do so more than once a month.

## CASINO TABLE GAMES

- 0.9 per cent of Victorian adults in the non-problem category of the PGSI who gamble on casino table games do so more than once a month.
- 5 per cent of those in the low-risk category of the PGSI who gamble on casino table games do so more than once a month.
- 15 per cent of those in the moderate-risk category of the PGSI who gamble on casino table games do so more than once a month.
- 31 per cent of those in the problem gambling category of the PGSI who gamble on casino table games do so more than once a month.

## RACE BETTING

- 9 per cent of Victorian adults in the non-problem category of the PGSI who bet on races do so more than once a month.
- 25 per cent of those in the low-risk category of the PGSI who bet on races do so more than once a month.
- 41 per cent of those in the moderate-risk category of the PGSI who bet on races do so more than once a month.
- 52 per cent of those in the problem gambling category of the PGSI who bet on races do so more than once a month.

## SPORTS BETTING

- 15 per cent of Victorian adults in the non-problem category of the PGSI who bet on sports do so more than once a month.
- 36 per cent of those in the low-risk category of the PGSI who bet on sports do so more than once a month.
- 29 per cent of those in the moderate-risk category of the PGSI who bet on sports do so more than once a month.
- 62 per cent of those in the problem gambling category of the PGSI who bet on sports do so more than once a month.

## PGSI categories

### PROBLEM GAMBLING

People in this category experience severe negative consequences from their gambling. They are likely to gamble heavily and may have lost control. For example, they may often spend over their limit, gamble to win back money and feel stressed about their gambling.

### MODERATE-RISK GAMBLING

People in this category experience less significant negative consequences from their gambling. For example, they may sometimes spend more than they can afford, lose track of time or feel guilty about their gambling.

### LOW-RISK GAMBLING

People in this category experience only minor negative consequences, if any. For example, they may very occasionally spend over their limit or feel guilty about their gambling.

### NON-PROBLEM GAMBLING

People in this category may or may not gamble frequently with heavy involvement in terms of time and money, but they rarely experience negative consequences.