

Participation in gambling and rates of problem gambling – Scotland 2016

Statistical report

November 2017



Contents

1	Headline findings	3
2	Preface	
	The Gambling Commission	4
	The Scottish Health Survey	4
	Methodology	4
	Problem gambling screening instruments	4
	Reporting procedures	5
3	Statistics	
	Participation	6
	At-risk gambling	11
	Problem gambling	12
4	Appendices	
	Appendix A: Survey questions	13

Headline findings

The headline findings in this report indicate key statistics on participation in gambling and the prevalence of problem gambling in Scotland during 2016:

66.2%

Percentage of people who have spent money on at least one gambling activity in the past 12 months

49.1%

Percentage of people who have spent money on at least one gambling activity in the past 12 months, excluding those who had *only played the National Lottery draws*

1.0%

Proportion of respondents who were identified as problem gamblers
According to **either** the PGSI or the DSM-IV

1.3%

Proportion of gamblers who were identified as problem gamblers
According to **either** the PGSI or the DSM-IV

3.6%

Proportion of respondents who were identified as low or moderate risk gamblers
According to the PGSI

1 Preface

The Gambling Commission

The Gambling Commission was set up under the Gambling Act 2005 to regulate commercial gambling in Great Britain in partnership with licensing authorities. We also regulate the National Lottery under the National Lottery etc. Act 1993.

Further details can be found on our [website](#).

The Scottish Health Survey

Until 2010, gambling behaviour was monitored through the British Gambling Prevalence Survey (BGPS), with studies conducted in 1999, 2007 and 2010. In 2012 survey questions were included in the Health Survey for England 2012 and the Scottish Health Survey 2012 for the first time. The survey has continued to be conducted in Scotland on an annual basis, funded by the Scottish Government.

At the date of publication the Commission had only received headline data tables for 2016 from the Scottish Government, and did not have access to the full survey dataset. The data contained in this report are therefore limited.

Methodology

The following findings are based on a set of questions commissioned by Scottish Government throughout 2016. Data collection took place in the homes of the respondents, the gambling questions were asked via a short paper self-completion questionnaire administered alongside the core Health Survey questionnaire. Participation questions ask respondents about whether they've spent money on a range of gambling activities in the past 12 months. Problem gambling status has been defined using both the Problem Gambling Severity Index (PGSI) and the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV).

Data collection took place throughout 2016, providing an overall sample of 4,323 adults aged 16 and over.

A random sample of 4,496 addresses was selected from the Postcode Address File (PAF), and a two-stage clustered sample design with intermediate geographies randomly selected at the first stage and address points at the second stage, was used. Further boost samples were also utilised in Health Board areas which opted for increased samples or which experienced a shortfall of adult interviews. Where an address was found to have multiple dwelling units, one was selected at random. Where there were multiple households at a dwelling unit, a single household was selected at random. Each individual within a selected household was eligible for inclusion. Where there were more than two children in a household, two were randomly selected for inclusion, to limit the burden on households.

Problem gambling screening instruments

DSM-IV

The DSM-IV screening instrument is based on criteria from the fourth edition of the Diagnostic and Statistical Manual of the American Psychiatric Association (DSM-IV). This contains ten diagnostic criteria ranging from 'chasing losses' to 'committing a crime to fund gambling'. The DSM-IV criteria constitute a tool created for diagnosis by clinicians of pathological gambling, and were not intended for use as a screening instrument among the general population. Therefore, there is no recommended questionnaire version of the DSM-IV. An adapted version of the DSM-IV to use in a survey setting was developed for the BGPS series and was subject to a rigorous development and testing process, including cognitive testing and piloting. Each DSM-IV item is assessed on a four-point scale, ranging from 'never' to 'very often'.

Responses to each item can either be dichotomised to show whether a person meets the criteria or not, or allocated a score and a total score produced (the PGSI uses this latter method, see below). The BGPS series used the dichotomous scoring method and it is this method that is presented in this chapter. A total score between zero and ten is possible. The scoring of each of the DSM-IV items is described in Appendix A.

Among clinicians, a diagnosis of pathological gambling is made if a person meets five out of the ten criteria. Many surveys, when adapting the DSM-IV criteria into a screening instrument for use within a general population survey, have included a further category of 'problem gambler' for those who meet at least three of the DSM-IV criteria. This approach was adopted for the BGPS series and is replicated here.

PGSI

The PGSI was developed by Ferris and Wynne over a three-year period. It was specifically developed for use among the general population rather than within a clinical context. It was developed, tested and validated within a general population survey of over 3,000 Canadian residents. The instrument itself has been subject to critical evaluation and was revised in 2003.

The PGSI consists of nine items ranging from 'chasing losses' to 'gambling causing health problems' to 'feeling guilty about gambling'. Each item is assessed on a four-point scale: never, sometimes, most of the time, almost always. Responses to each item are given the following scores: never = zero; sometimes = one; most of the time = two; almost always = three. When scores to each item are summed, a total score ranging from zero to 27 is possible. A PGSI score of eight or more represents a problem gambler. This is the threshold recommended by the developers of the PGSI and the threshold used in this report. The PGSI was also developed to give further information on sub-threshold problem gamblers. PGSI scores between three and seven are indicative of 'moderate risk' gambling and a score of one or two is indicative of 'low risk' gambling.

Reporting procedure

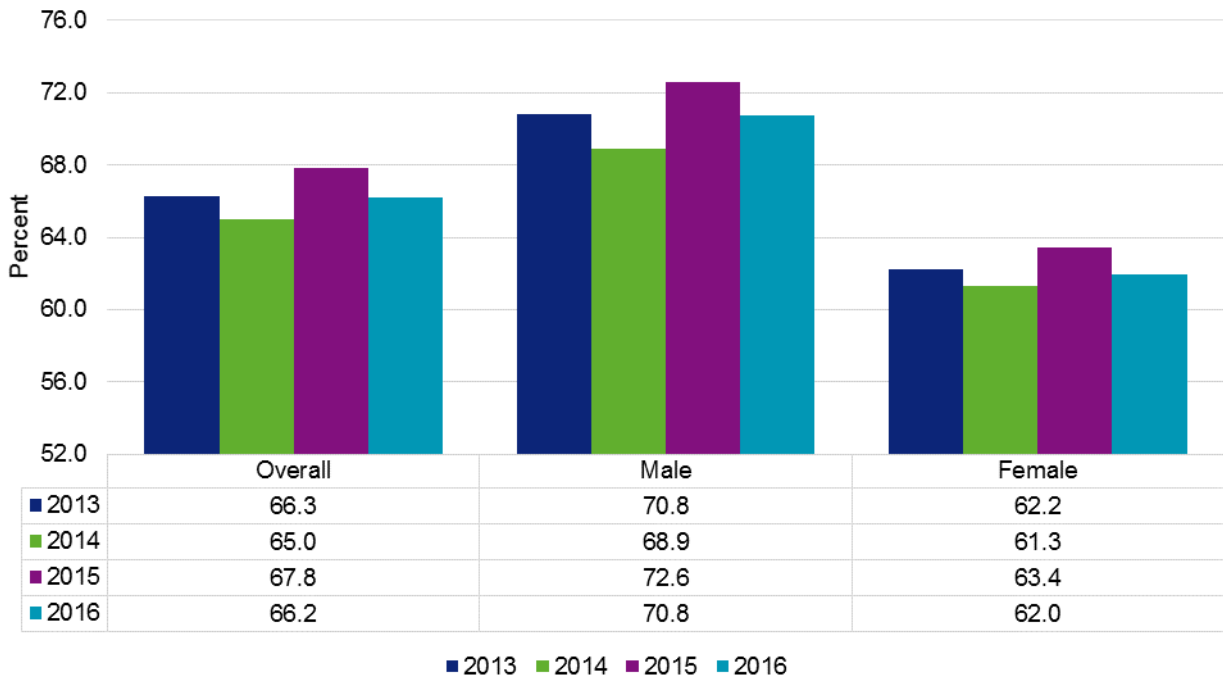
The report contains data from 2016 and in places from 2015, 2014 and 2013. Any comparisons made between the years are purely observational changes only. Significance testing has not been carried out due to the selection of sampling points not being truly random.

Statistics

Participation

In 2016, 66.2% of adults aged 16+ had spent money on gambling in the past 12 months; a similar rate to that observed in previous years. 70.8% of men had spent money on gambling in the past 12 months compared to 62.0% of women. This compares to an overall participation rate of 67.8% in 2015; 72.6% for men and 63.4% for women.

Figure 1: Overall gambling participation by sex (2013-2016)



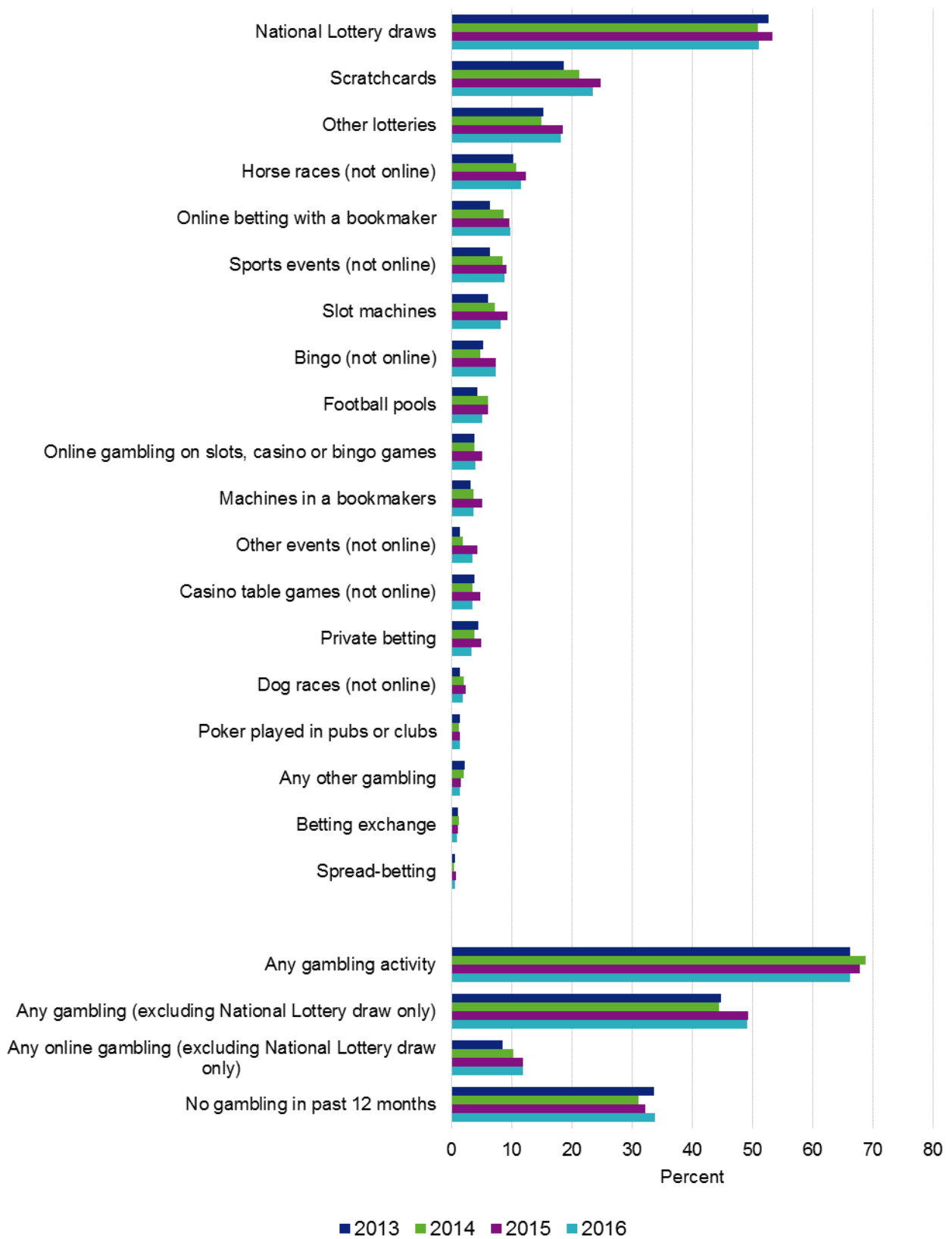
When respondents who have only played the National Lottery draws are excluded, the overall gambling participation rate in 2016 was 49.1% similar to the rate in 2015 (49.3%).

Overall 11.8% of adults aged 16+ had spent money on online gambling or betting in the past 12 months (excluding National Lottery draws). This compares to 11.9% reported in 2015.

Based on observed data, the National Lottery draws were by far the most popular form of gambling in Scotland in 2016 with participation at 51.1%. The next most popular gambling products were scratchcards (23.5%) and other lotteries (18.2%). A similar pattern was also observed in 2015 with participation in National Lottery draws at 53.4%, followed by scratchcards (24.8%) and other lotteries (18.4%).

Participation on machines in bookmakers fell from 5.0% in 2015 to 3.7% in 2016.

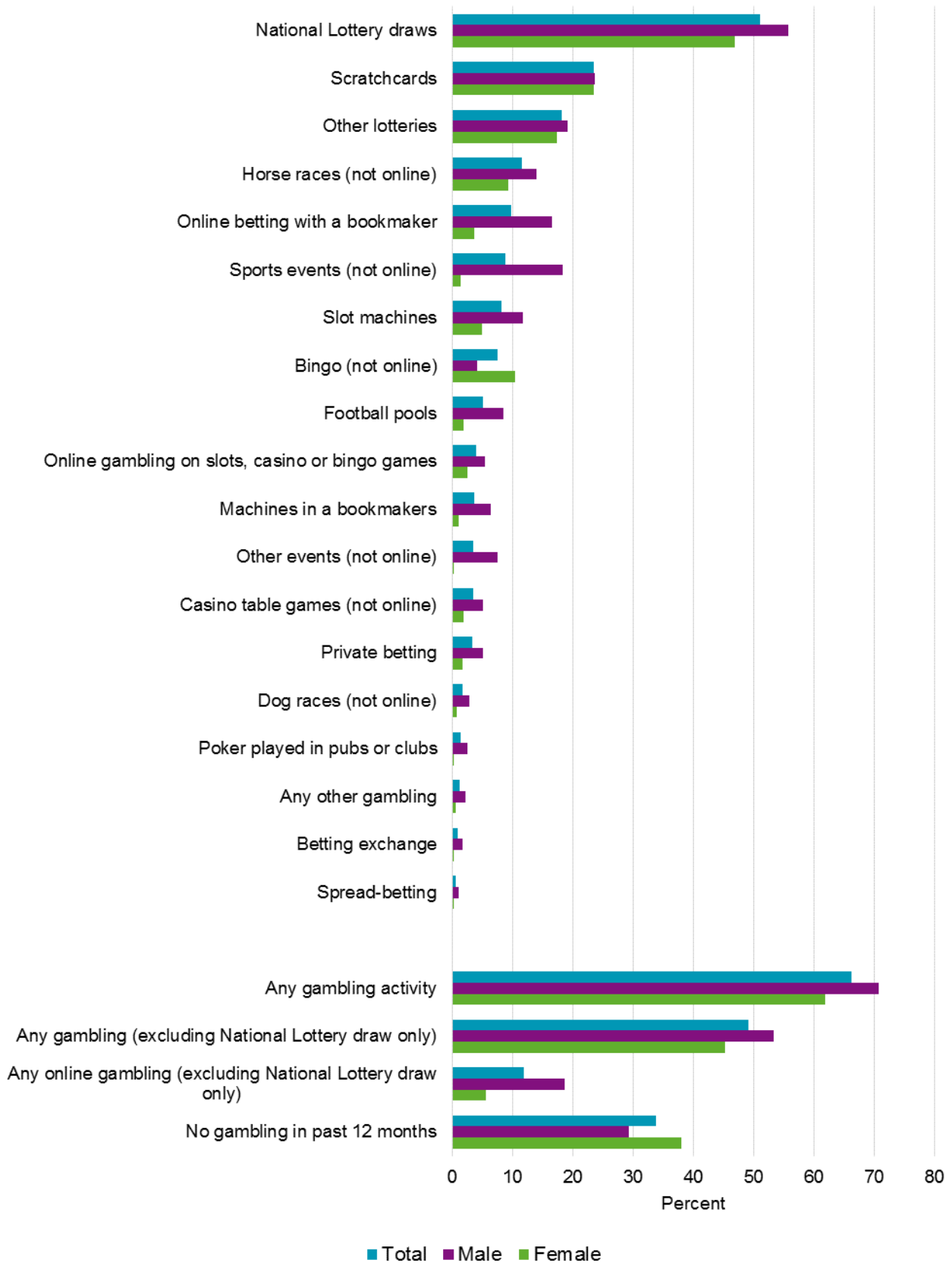
Figure 2: Past 12 month gambling participation by product¹ (2013-2016)



¹ Respondents give multiple responses where they participate in more than one activity

The majority of gambling activities were more popular amongst men than women, however, bingo (not online) was the exception and was more popular amongst women. Scratchcards were also popular amongst women with a similar participation level to men.

Figure 3: Gambling participation by product (2016)²



² Respondents give multiple responses where they participate in more than one activity

In 2016 those aged 35-44 were most likely to have spent money on any form of gambling in the past 12 months (74.8%) with those aged 75 and over and those aged 16-24 least likely to have done so (49.4% and 56.0% respectively).

When those who have only participated in the National Lottery draws are excluded, gambling participation remains highest among 35-44 year olds (59.9%), followed by 25-34 year olds (55.8%). Those in the middle age groups had the highest participation rates for the National Lottery draws and other lotteries. Scratchcards were observed to be most popular amongst the younger age groups (16-44 year olds).

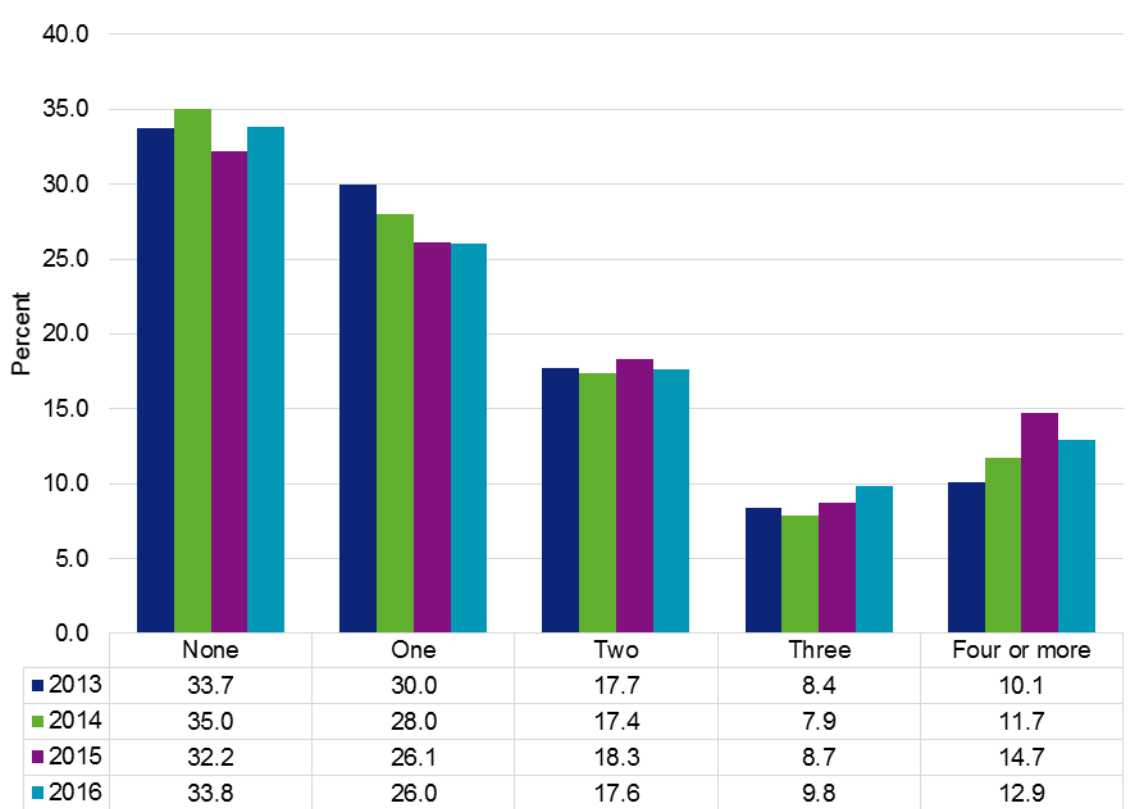
Table 1: Gambling participation by age (2016)

All respondents	16-24	25-34	35-44	45-54	55-64	65-74	75+	Total
Gambling activity								
Lotteries and related products								
National Lottery draws	28.1%	49.5%	59.7%	61.8%	58.7%	51.1%	38.6%	51.1%
Scratchcards	31.2%	31.5%	35.4%	24.5%	15.9%	9.9%	6.9%	23.5%
Other lotteries	14.6%	16.6%	21.9%	18.1%	20.3%	18.4%	16.3%	18.2%
Machines/games								
Football pools	7.3%	8.1%	7.3%	3.1%	3.8%	2.9%	1.6%	5.1%
Bingo (not online)	5.9%	12.4%	5.8%	7.7%	5.9%	7.2%	6.1%	7.4%
Slot machines	12.8%	13.9%	12.8%	7.6%	3.4%	1.9%	0.7%	8.1%
Machines in a bookmakers	6.9%	5.4%	6.8%	3.3%	1.2%	0.2%	0.2%	3.7%
Casino table games (not online)	4.6%	6.9%	5.9%	2.4%	1.7%	0.5%	0.2%	3.4%
Poker played in pubs or clubs	2.8%	2.9%	1.7%	0.4%	0.8%	0.0%	0.2%	1.3%
Online gambling on slots, casino or bingo games	5.1%	6.3%	7.1%	3.7%	1.8%	0.9%	0.4%	3.9%
Betting activities								
Online betting with a bookmaker	13.9%	17.1%	18.1%	6.4%	5.6%	2.3%	0.9%	9.8%
Betting exchange	2.1%	1.2%	1.9%	0.5%	0.2%	0.5%	0.0%	0.9%
Horse races (not online)	12.0%	12.6%	14.8%	12.2%	12.2%	7.3%	5.8%	11.5%
Dog races (not online)	1.0%	3.1%	1.3%	1.9%	1.5%	2.0%	0.9%	1.8%
Sports events (not online)	10.8%	11.6%	10.0%	7.6%	5.0%	1.7%	1.1%	7.3%
Other events (not online)	2.5%	3.7%	3.5%	1.0%	2.4%	0.8%	0.9%	2.2%
Spread-betting	0.4%	0.9%	1.2%	0.6%	0.6%	0.0%	0.1%	0.6%
Private betting	8.9%	5.4%	3.6%	1.9%	1.4%	0.7%	0.4%	3.3%
Other gambling activity								
Any other gambling	0.5%	1.4%	2.9%	1.0%	1.4%	0.6%	0.5%	1.3%
Summary								
<i>Any gambling activity</i>	56.0%	66.8%	74.8%	72.6%	69.8%	63.4%	49.4%	66.2%
<i>Any gambling (excluding National Lottery draws only)</i>	51.8%	55.8%	59.9%	52.8%	45.6%	37.1%	29.9%	49.1%
<i>Any online gambling (excluding National Lottery draws only)</i>	16.6%	19.9%	20.6%	9.6%	6.3%	3.3%	1.3%	11.8%
<i>No gambling in past 12 months</i>	44.0%	33.2%	25.2%	27.4%	30.2%	36.6%	50.6%	33.8%

In 2016, most respondents participated in just one gambling activity (26.0%). The proportion of gamblers participating in four or more activities decreased from 14.7% in 2015 to 12.9% in 2016.

In 2016, around one third (33.8%) of respondents did not participate in any gambling activities.

Figure 4: Number of activities (2013-2016)



At-risk gambling

Based on observed data, there has been a steady decline in rates of low or moderate risk gamblers in Scotland since 2014. In 2016, 3.6% of all respondents in Scotland were identified as low or moderate risk gamblers: this compares to 4.0% reported in 2015 and 4.3% reported in 2014. This equates to 4.9% of all gamblers in 2016 and 5.5% of all gamblers in 2015.

Figure 5: Prevalence of at-risk gambling – all respondents (2013-2016)

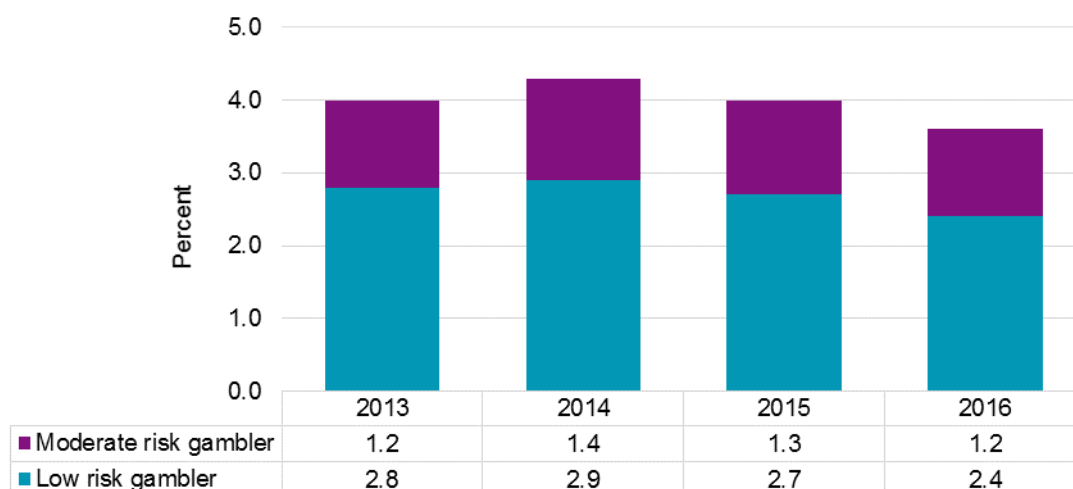


Table 2: Prevalence of at-risk gambling (according to PGSI) by age and sex (2016)³

All respondents	16-24	25-34	35-44	45-54	55-64	65-74	75+	Total
Non-problem gambler/ non-gambler	95.3%	92.9%	92.9%	97.0%	97.3%	99.2%	99.7%	96.0%
Low risk gambler	3.6%	4.0%	3.9%	1.5%	1.6%	0.3%	0.3%	2.4%
Moderate risk gambler	0.4%	2.7%	2.6%	0.6%	0.6%	0.5%	-	1.2%
Problem gambler	0.7%	0.4%	0.6%	0.9%	0.5%	0.0%	-	0.5%
Men								
Non-problem gambler/ non-gambler	92.7%	88.6%	87.1%	95.5%	94.5%	98.3%	100.0%	93.1%
Low risk gambler	5.0%	6.0%	7.6%	2.0%	3.2%	0.6%	-	3.9%
Moderate risk gambler	0.8%	4.5%	4.1%	0.6%	1.1%	1.1%	-	2.0%
Problem gambler	1.4%	0.9%	1.2%	1.8%	1.1%	-	-	1.0%
Women								
Non-problem gambler/ non-gambler	98.0%	97.1%	99.1%	98.3%	99.8%	100.0%	99.4%	98.7%
Low risk gambler	2.0%	2.0%	-	1.0%	0.2%	-	0.6%	0.9%
Moderate risk gambler	-	0.9%	0.9%	0.6%	-	-	-	0.4%
Problem gambler	-	-	-	-	-	-	-	-

In 2016, observed rates showed that those aged 25-34 and 35-44, were most likely to be identified as low or moderate risk according to the PGSI screen (6.7% and 6.5% respectively). This was particularly so amongst men aged 25-34 and 35-44, where the overall rate of at-risk gambling was 10.5% and 11.7% respectively). Amongst women, rates of at-risk gambling were highest amongst those aged 25-34 at 2.9%.

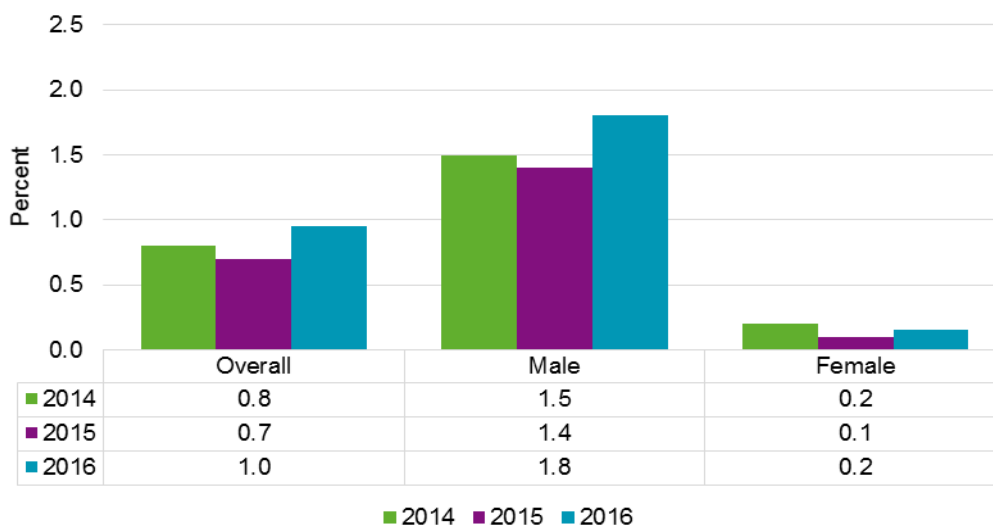
³ Reporting conventions:

‘-’ No observations (zero values)

Problem gambling

In 2016, 1.0% of those surveyed were classified as problem gamblers according to either the PGSI or the DSM-IV screening instruments. 1.8% of men were classified as problem gamblers, compared to 0.2% of women. This equates to 1.3% of all gamblers in 2016 and 1.0% of all gamblers in 2015.

Figure 6: Prevalence of problem gambling – all respondents (2014-2016)



In 2016, across all age and gender groups, rates of problem gambling were observed to be highest amongst males aged 25-34 (3.4%). Amongst women, the age groups with the highest prevalence of problem gambling was 25-34 year olds (0.5%) and 35-44 year olds (0.5%).

Table 3: Prevalence of problem gambling (according to either the DSM-IV or PGSI screens) by age and sex (2016)^{4,5}

DSM-IV and PGSI scores	16-24	25-34	35-44	45-54	55-64	65-74	75+	Total
All respondents								
Non-problem gambler according to either DSM-IV or PGSI	99.3%	98.0%	98.3%	99.1%	99.5%	99.8	100.0%	99.0%
Problem gambler according to either DSM-IV or PGSI	0.7%	2.0%	1.7%	0.9%	0.5%	0.2%	-	1.0%
Men								
Non-problem gambler according to either DSM-IV or PGSI	98.6%	96.6%	97.1%	98.2%	98.9%	99.6%	100.0%	98.2%
Problem gambler according to either DSM-IV or PGSI	1.4%	3.4%	2.9%	1.8%	1.1%	0.4%	-	1.8%
Women								
Non-problem gambler according to either DSM-IV or PGSI	100.0%	99.5%	99.5%	100.0%	100.0%	100.0%	100.0%	99.8%
Problem gambler according to either DSM-IV or PGSI	-	0.5%	0.5%	-	-	-	-	0.2%

⁴ Problem gambling status has been defined according to **either** the DSM-IV or the PGSI. As there are many different ways to measure problem gambling in population based surveys, surveys measuring problem gambling in Britain have tended to include two different instruments, as they capture a slightly different range of people and problems.

⁵ Reporting conventions:

‘-’ No observations (zero values)

Appendix A: Survey questions

EVERYONE PLEASE ANSWER

Q19 Have you spent any money on any of the following activities **in the last 12 months?**
Please tick **ONE box** for each activity

	Tick ONE box	
	Yes	No
Tickets for the National Lottery Draw, including Thunderball and Euromillions and tickets bought online	<input type="checkbox"/> 01	<input type="checkbox"/> 01
Scratchcards (but not online or newspaper or magazine scratchcards)	<input type="checkbox"/> 01	<input type="checkbox"/> 02
Tickets for any <u>other</u> lottery, including charity lotteries	<input type="checkbox"/> 01	<input type="checkbox"/> 02
The football pools	<input type="checkbox"/> 01	<input type="checkbox"/> 02
Bingo cards or tickets, including playing at a bingo hall (not online)	<input type="checkbox"/> 01	<input type="checkbox"/> 02
Fruit or slot machines	<input type="checkbox"/> 01	<input type="checkbox"/> 02
Virtual gaming machines <u>in a bookmakers</u> to bet on virtual roulette, poker, blackjack or other games	<input type="checkbox"/> 01	<input type="checkbox"/> 02
Table games (roulette, cards or dice) <u>in a casino</u>	<input type="checkbox"/> 01	<input type="checkbox"/> 02
Playing poker in a pub tournament/ league or at a club	<input type="checkbox"/> 01	<input type="checkbox"/> 02
Online gambling like playing poker, bingo, instant win/scratchcard games, slot machine style games or casino games <u>for money</u>	<input type="checkbox"/> 01	<input type="checkbox"/> 02
Online betting <u>with a bookmaker</u> on any event or sport	<input type="checkbox"/> 01	<input type="checkbox"/> 02
Betting exchange <i>This is where you lay or back bets against other people using a betting exchange. There is no bookmaker to determine the odds. This is sometimes called 'peer to peer' betting.</i>	<input type="checkbox"/> 01	<input type="checkbox"/> 02
Betting on horse races <u>in a bookmaker's, by phone or at the track</u>	<input type="checkbox"/> 01	<input type="checkbox"/> 02
Betting on dog races <u>in a bookmaker's, by phone or at the track</u>	<input type="checkbox"/> 01	<input type="checkbox"/> 02
Betting on sports events <u>in a bookmaker's, by phone or at the venue</u>	<input type="checkbox"/> 01	<input type="checkbox"/> 02
Betting on other events <u>in a bookmaker's, by phone or at the venue</u>	<input type="checkbox"/> 01	<input type="checkbox"/> 02
Spread-betting <i>In spread-betting you bet that the outcome of an event will be higher or lower than the bookmaker's prediction. The amount you win or lose depends on how right or wrong you are.</i>	<input type="checkbox"/> 01	<input type="checkbox"/> 02
Private betting, playing cards or games for money with friends, family or colleagues	<input type="checkbox"/> 01	<input type="checkbox"/> 02
Another form of gambling in the last 12 months	<input type="checkbox"/> 01	<input type="checkbox"/> 02

**IF YOU TICKED 'YES' FOR ANY OF THE ACTIVITIES AT Q19, PLEASE GO TO Q20
OTHERWISE GO TO Q40.**

Q20 Thinking about all the activities covered in the previous question would you say you spend money on these activities:

- Two or more times a week
- Once a week
- Less than once a week, more than once a month
- Once a month
- Every 2-3 months
- Once or twice a year

For the next set of questions about gambling, please indicate the extent to which each one has applied to you in the last 12 months.

In the last 12 months...

		Tick ONE box <small>318</small>			
		Every time I lost	Most of the time	Some of the time (less than half the time I lost)	Never
Q21	When you gamble, how often do you go back another day to win back money you lost?	<input style="width: 40px; height: 25px;" type="checkbox"/> <small>1</small>	<input style="width: 40px; height: 25px;" type="checkbox"/> <small>2</small>	<input style="width: 40px; height: 25px;" type="checkbox"/> <small>3</small>	<input style="width: 40px; height: 25px;" type="checkbox"/> <small>4</small>

		Tick ONE box for each question <small>318</small>			
		Very often	Fairly often	Occasionally	Never
Q22	How often have you found yourself thinking about gambling (that is reliving past gambling experiences, planning the next time you will play, or thinking of ways to get money to gamble)?	<input style="width: 40px; height: 25px;" type="checkbox"/> <small>1</small>	<input style="width: 40px; height: 25px;" type="checkbox"/> <small>2</small>	<input style="width: 40px; height: 25px;" type="checkbox"/> <small>3</small>	<input style="width: 40px; height: 25px;" type="checkbox"/> <small>4</small>
		_____	_____	_____	_____

Q23	Have you needed to gamble with more and more money to get the excitement you are looking for?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
Q24	Have you felt restless or irritable when trying to cut down gambling?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
Q25	Have you gambled to escape from problems or when you are feeling depressed, anxious or bad about yourself?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
Q26	Have you lied to family, or others, to hide the extent of your gambling?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
Q27	Have you made unsuccessful attempts to control, cut back or stop gambling?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
Q28	Have you committed a crime in order to finance gambling or to pay gambling debts?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
Q29	Have you risked or lost an important relationship, job, educational or work opportunity because of gambling?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
Q30	Have you asked others to provide money to help with a desperate financial situation caused by gambling?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4

In the past 12 months, how often...

Tick **ONE** box for each question
318

		Almost always	Most of the time	Sometimes	Never
Q31	...have you bet more than you could really afford to lose?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
Q32	...have you needed to gamble with larger amounts of money to get the same excitement?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
Q33	...have you gone back to try to win back the money you'd lost?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
Q34	...have you borrowed money or sold anything to get money to gamble?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
Q35	...have you felt that you might have a problem with gambling?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
Q36	...have you felt that gambling has caused you any health problems, including stress or anxiety?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
Q37	...have people criticised your betting, or told you that you have a gambling problem, whether or not you thought it is true?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
Q38	...have you felt your gambling has caused financial problems for you or your household?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
Q39	...have you felt guilty about the way you gamble or what happens when you gamble?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4

November 2017

making gambling fairer and safer

www.gamblingcommission.gov.uk