



***Participation in gambling and rates of
problem gambling – Scotland 2015***
October 2016

**GAMBLING
COMMISSION**

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Headline findings

The headline findings in this report indicate key statistics on participation in gambling and the prevalence of problem gambling in Scotland during 2015:

67.8%

Percentage of people who had played on at least one gambling activity in the past 12 months

49.3%

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

0.7%

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

4.0%

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

Preface

The Gambling Commission

The Gambling Commission (the Commission) was set up under the Gambling Act 2005 (“the Act”) to regulate commercial gambling in Great Britain. The Act came fully into force on 1 September 2007. The Commission regulates commercial gambling in Great Britain, including arcades (excluding unlicensed Family Entertainment Centres), betting, bingo, casinos, gaming machine manufacturers and suppliers, gambling software providers, lottery operators and external lottery managers (excluding small society lotteries), Great Britain based remote gambling and overseas gambling companies (in line with the [Gambling \(Licensing and Advertising\) Act 2014](#)), and the National Lottery¹.

The Commission does not regulate spread betting - this is the responsibility of the Financial Conduct Authority.

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 2010 the decision was taken to include questions about gambling participation and the experience of gambling problems in various national health surveys instead of commissioning a fourth BGPS study. Survey questions were therefore 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 from the Scottish Government, and did not have access to the full survey dataset. The data contained in this report are therefore limited and will be built upon, most notably with regards to further analysis of problem gambling prevalence, in an upcoming combined Health Survey report expected to be released in Spring 2017.

Methodology

The following findings are based on a set of questions commissioned by the Gambling Commission conducted by ScotCen Social Research throughout 2015. Interviews are conducted face to face in the homes of respondents, with gambling questions asked via a short paper self-completion questionnaire administered alongside the core Health Survey questionnaire. Non-response rates for the questions around gambling have been between 10 and 11% since 2012. Participation questions ask respondents about their gambling participation in the past 12 months. Problem gambling status has been defined using both the Problem Gambling Severity Index (PGSI) and the DSM-IV).

Data collection took place throughout 2015, providing an overall sample of 4,449 adults aged 16 and over.

A random sample of 4,437 addresses was selected from the Postcode Address File (PAF), using a multi-stage stratified design. Further boost samples were also utilised in Health Board areas which opted for increased samples or which experienced a shortfall of adult interview. 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.

¹ The National Lottery Commission and Gambling Commission merged on 1 October 2013.

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.

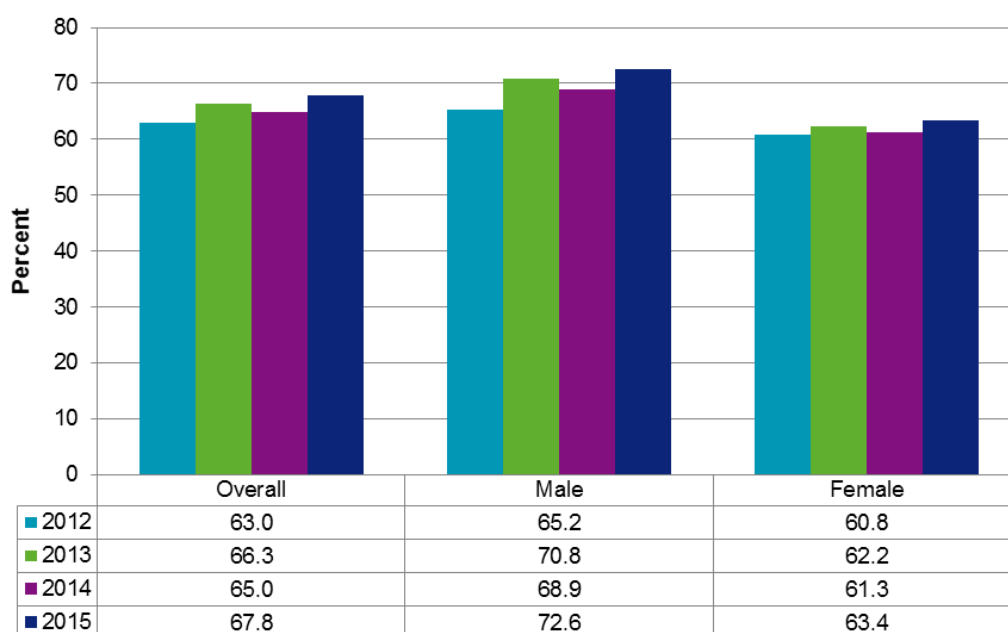
Statistics

Participation

This section reports data on participation in gambling in Scotland in 2015.

Overall participation in gambling in Scotland is 68%, with 73% of men and 63% of women reporting gambling participation in the past 12 months. This compares to an overall gambling rate of 65% in 2014; 69% for men and 61% of women.

Figure 1: Overall gambling participation by sex (%)



When respondents who have only played the National Lottery draws are excluded, the overall gambling participation rate falls to 49%, which equates to 54% of men and 45% of women. The online gambling rate (those who had only played the National Lottery draws are excluded) has increased slightly from 10% in 2014 to 12% in 2015, with this being higher in men (19%) than in women (6%)².

The National Lottery draws are the most popular form of gambling in Scotland, participation is 53.4% (56% of men, 51% of women). This compares to 50.9% in 2014. This is followed by scratchcards (25%) and other lotteries (18%). Participation has increased in the majority of activities since 2014, with the greatest increases seen in other lotteries (18.4% in 2015 compared to 15.0% in 2014), bingo (7.4% compared to 4.8%) and the National Lottery draws.

The only activities to have seen a decrease in participation since 2014 are betting exchange (1.0% in 2015 compared to 1.2% in 2014) and other forms of gambling (1.6% compared to 2.0%). Participation in football pools has remained stable at 0.2%.

² This is lower than was reported by the Commission in their quarterly participation data, where participation in online gambling in Great Britain was 16%. However, it is important to note that this data was collected under a different methodology, during a telephone survey during which respondents from across Great Britain were asked about their *past four week* participation.

Figure 2: Gambling participation by sex³

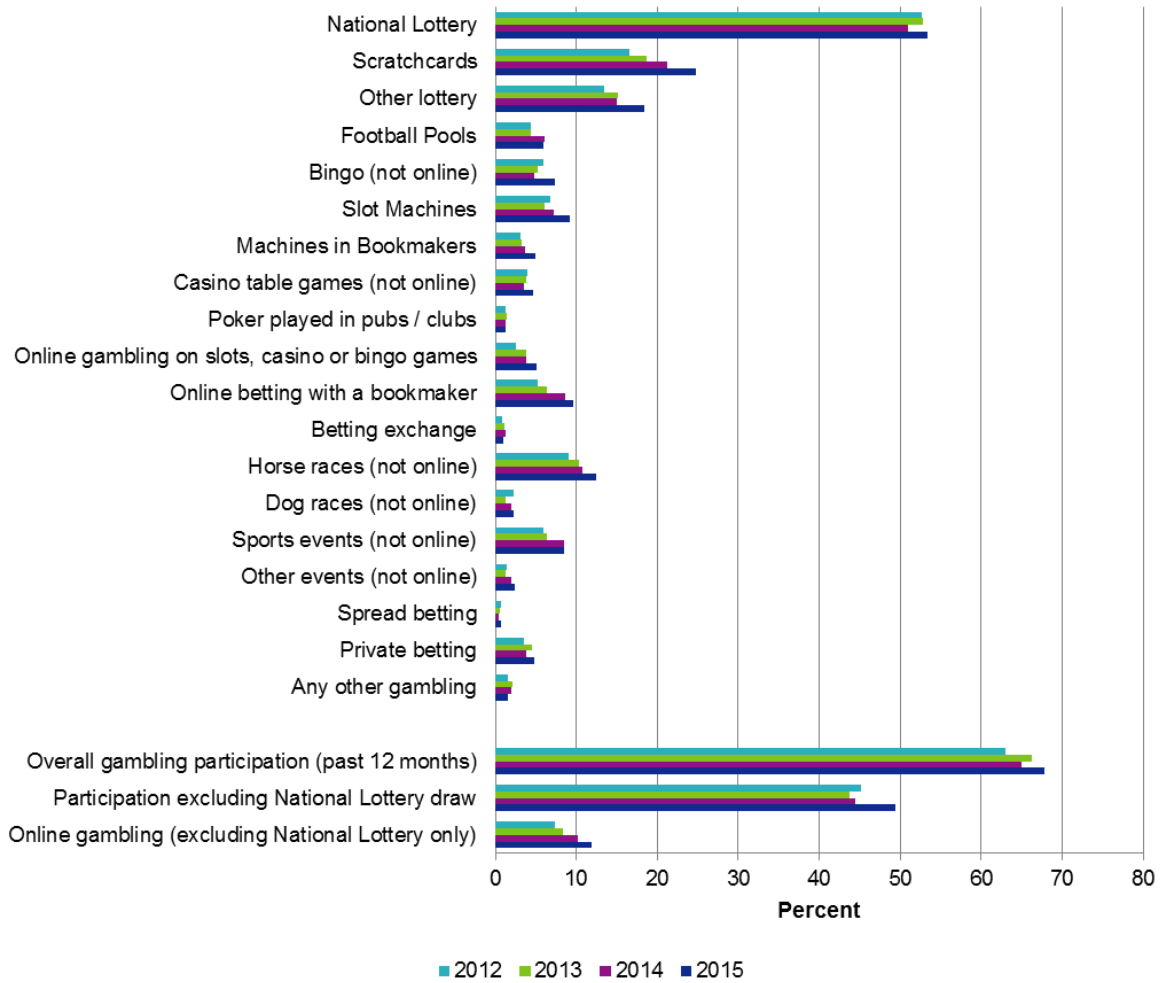
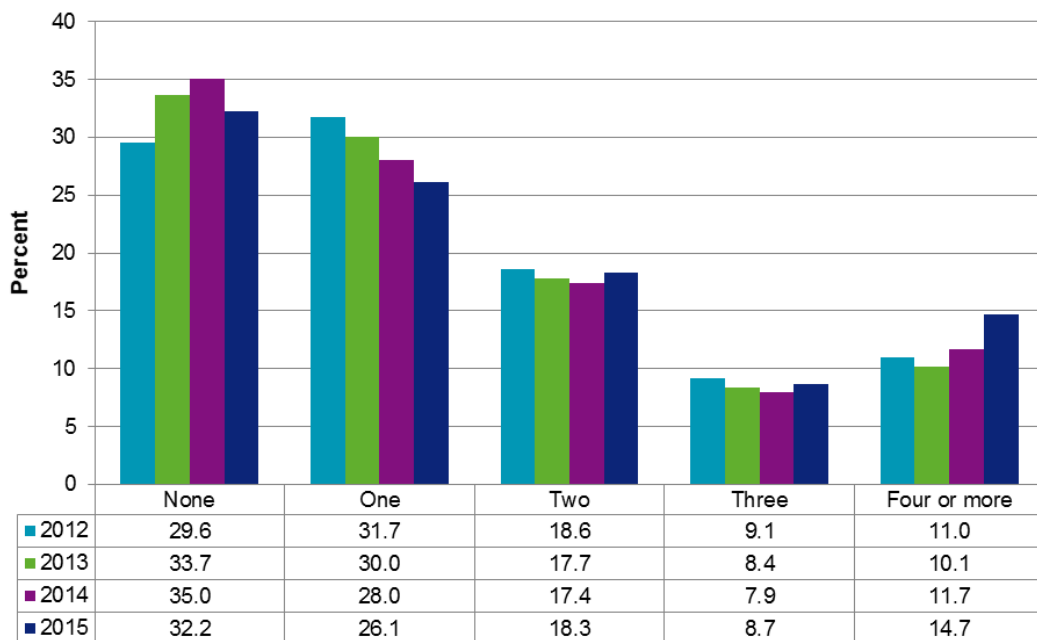


Figure 3: Number of activities



³ Respondents give multiple responses where they participate in more than one activity

The proportion of gamblers participating in four or more activities increased to 15% in 2015, from 12% in 2014. This equates to 21% of male gamblers and 9% of female gamblers.

Overall, participation in any form of gambling activity was more common among those aged 45-54 (74%) and least common among those aged 75 and over. However, when those who have only participated in the National Lottery draws are excluded gambling is highest among 25-34 year olds (63%). This age group had the highest participation rates for most activities, however in some activities participation by those aged 16-24 was higher than in other age groups, such as betting on sports events not online (16%), football pools (13%) and bingo (not online).

Table 1: Gambling participation by age⁴

Gambling activity	16-24	25-34	35-44	45-54	55-64	65-74	75+
Lotteries and related products							
National Lottery draw	28.6	53.7	62.6	62.1	62.3	53.5	40.2
Scratchcards	30.2	39.2	29.9	25.7	20.2	13.0	10.5
Other lotteries	12.8	17.6	20.4	23.6	18.6	17.8	14.6
Machines/games							
Football pools	13.3	11.3	5.5	2.4	4.2	1.4	2.1
Bingo (not online)	9.3	9.2	6.9	6.3	7.0	6.7	5.9
Slot machines	14.4	17.1	12.1	7.7	4.9	2.5	1.0
Machines in a bookmakers	9.0	12.7	4.8	2.7	1.9	0.6	0.9
Casino table games (not online)	10.5	11.6	3.8	1.6	2.3	0.7	0.4
Poker played in pubs or clubs	1.6	2.8	2.6	0.6	0.2	0.3	0.2
Online gambling on slots, casino or bingo games	8.1	13.0	6.0	1.8	2.6	1.3	0.2
Betting activities							
Online betting with a bookmaker	14.3	21.0	14.4	5.1	4.1	2.5	2.0
Betting exchange	2.0	1.7	1.3	0.3	0.6	0.4	0.3
Horse races (not online)	10.8	17.3	16.7	10.1	12.7	9.4	6.7
Dog races (not online)	2.5	3.8	2.6	1.9	2.3	1.0	0.8
Sports events (not online)	16.0	14.0	11.6	5.5	5.1	2.6	1.3
Other events (not online)	4.2	3.3	3.9	2.0	1.0	1.1	0.9
Spread-betting	1.2	2.3	0.4	0.3	0.2	-	0.2
Private betting	9.3	10.2	5.8	2.2	2.3	1.7	0.9
Other gambling activity							
Any other gambling	3.2	2.0	2.6	0.6	1.1	0.5	1.0
<i>Any gambling activity</i>	57.4	73.0	72.3	73.8	71.7	64.9	49.5
<i>Any gambling (excluding National Lottery draw only)</i>	52.2	62.9	57.4	49.0	44.7	38.5	29.2
<i>Any online gambling (excluding National Lottery draw only)</i>	18.3	25.5	17.3	5.9	5.8	3.7	1.9

⁴ Reporting conventions:
'-' No observations (zero values)

At-risk gambling

4% of all respondents were identified as low or moderate risk gamblers. When looking specifically at those who had gambled in the past 12 months the rate is 6%.

Figure 4: Prevalence of at-risk gambling

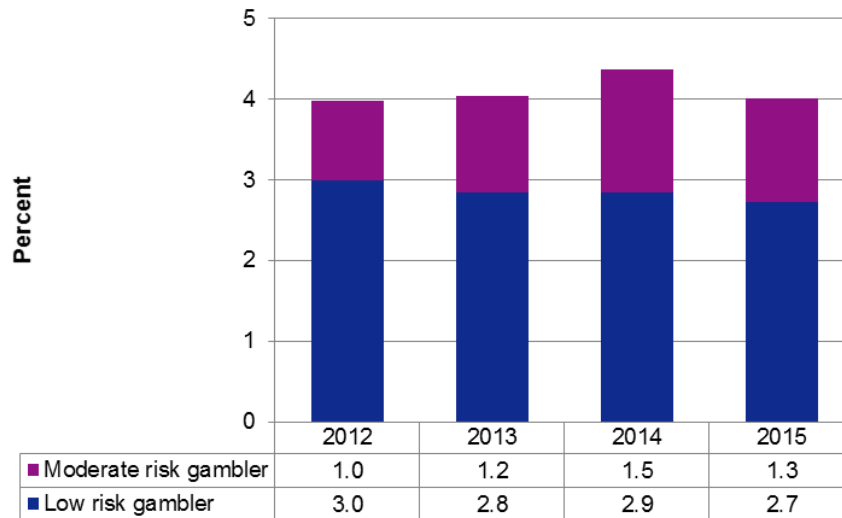


Table 2: Prevalence of at-risk gambling (according to PGSI) by age and sex 2015⁵

PGSI status	16-24	25-34	35-44	45-54	55-64	65-74	75+
All respondents							
Non gambler / non problem gambler	91.2	91.5	95.0	97.4	97.8	98.5	99.1
Low risk gambler	5.8	4.8	2.9	1.9	0.9	1.2	0.7
Moderate risk gambler	2.8	3.4	1.0	0.5	0.3	0.2	-
Problem gambler	0.2	0.3	1.1	0.2	1.0	0.2	0.2
Men							
Non gambler / non problem gambler	84.6	85.2	91.3	94.7	95.8	97.2	97.9
Low risk gambler	10.5	7.9	4.9	3.8	1.8	2.1	1.6
Moderate risk gambler	4.8	6.4	1.5	1.0	0.3	0.4	-
Problem gambler	-	0.5	2.3	0.5	2.0	0.4	0.5
Women							
Non gambler / non problem gambler	98.0	97.5	98.4	99.9	99.7	99.7	100.0
Low risk gambler	0.9	1.8	0.9	0.1	-	0.3	-
Moderate risk gambler	0.7	0.7	0.6	-	0.3	-	-
Problem gambler	0.3	-	-	-	-	-	-

The age group most at risk from problem gambling is those aged 16-24, with 9% of respondents identifying as at low or moderate risk of problem gambling, followed by 8% of 25-34 year olds. This is particularly so in men aged 16-24, where the overall at-risk gambling rate is 15%. In women the risk of problem gambling is highest in those aged 25-34 at 3%.

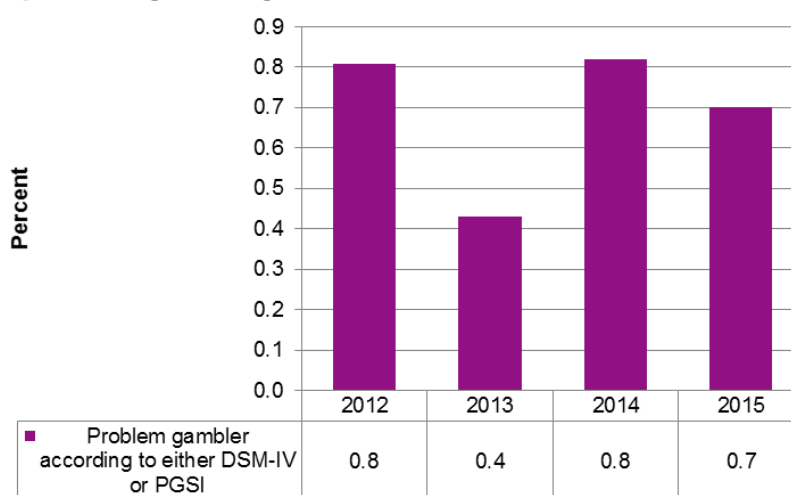
⁵ Reporting conventions:
 ‘-’ No observations (zero values)

Problem gambling

0.7% of those surveyed were identified as problem gambling by either the PGSI or the DSM IV. The problem gambling rate for men is 1.4%, and the rate for women is 0.1%.

Problem gambling rates have decreased since 2014 in the following age groups: 16-24 (0.8% in 2015 compared to 1.5% in 2014), 25-34 (0.8% compared to 1.0%), and 45-54 (0.2% compared to 1.4%). Rates have remained stable at 0.2% in respondents aged 75+. However, problem gambling rates have increased in the remaining age groups: 35-44 (1.4% in 2015 compared to 0.6% in 2014) and 55-64 (1.0% compared to 0.5%).

Figure 5: Prevalence of problem gambling



Across all respondents the groups with the highest percentage of problem gambling rates are males aged 35-44 years (2.9%), followed by males aged 55-64 (2.0%) and males aged 25-34 (1.6%). In women, the age group with the highest prevalence of problem gambling is 16-24 year olds (0.3%).

Table 3: Prevalence of problem gambling (according to either the DSM-IV or PGSI screens) by age and sex 2015⁶⁷

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	99.2	99.2	98.6	99.8	99.0	99.8	99.8	99.3
Problem gambler according to either DSM-IV or PGSI	0.8	0.8	1.4	0.2	1.0	0.2	0.2	0.7
Men								
Non-problem gambler according to either DSM-IV or PGSI	98.7	98.4	97.1	99.5	98.0	99.6	99.5	98.6
Problem gambler according to either DSM-IV or PGSI	1.3	1.6	2.9	0.5	2.0	0.4	0.5	1.4
Women								
Non-problem gambler according to either DSM-IV or PGSI	99.7	99.9	100.0	100.0	100.0	100.0	100.0	99.9
Problem gambler according to either DSM-IV or PGSI	0.3	0.1	-	-	-	-	-	0.1

⁶ 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. A copy of the screening questions can be found in Appendix C.

⁷ 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"/>	<input type="checkbox"/>
Online betting <u>with a bookmaker</u> on any event or sport	<input type="checkbox"/>	<input type="checkbox"/>
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"/>	<input type="checkbox"/>
Betting on horse races <u>in a bookmaker's, by phone or at the track</u>	<input type="checkbox"/>	<input type="checkbox"/>
Betting on dog races <u>in a bookmaker's, by phone or at the track</u>	<input type="checkbox"/>	<input type="checkbox"/>
Betting on sports events <u>in a bookmaker's, by phone or at the venue</u>	<input type="checkbox"/>	<input type="checkbox"/>
Betting on other events <u>in a bookmaker's, by phone or at the venue</u>	<input type="checkbox"/>	<input type="checkbox"/>
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"/>	<input type="checkbox"/>
Private betting, playing cards or games for money with friends, family or colleagues	<input type="checkbox"/>	<input type="checkbox"/>
Another form of gambling in the last 12 months	<input type="checkbox"/>	<input type="checkbox"/>

**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

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		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 type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Tick **ONE** box for each question

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		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 type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

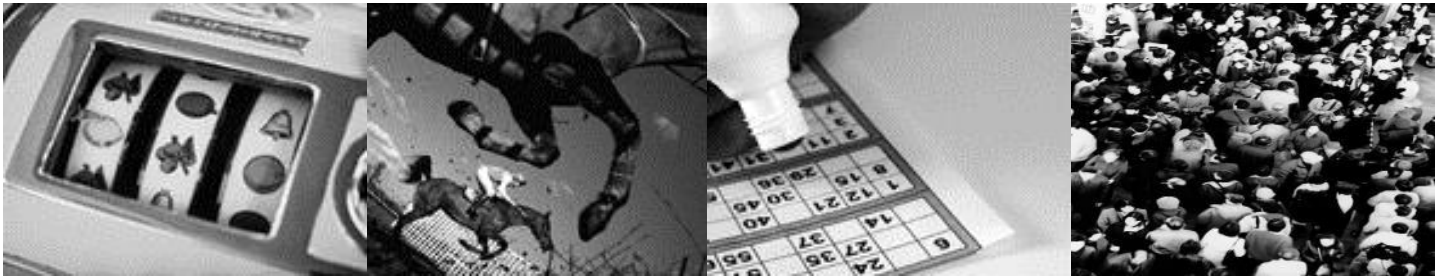
Q23	Have you needed to gamble with more and more money to get the excitement you are looking for?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Q24	Have you felt restless or irritable when trying to cut down gambling?	<input type="checkbox"/>	<input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

In the past 12 months, how often...

Tick **ONE** box for each question

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		Almost always	Most of the time	Sometimes	Never
Q31	...have you bet more than you could really afford to lose?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Q32	...have you needed to gamble with larger amounts of money to get the same excitement?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Q33	...have you gone back to try to win back the money you'd lost?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Q34	...have you borrowed money or sold anything to get money to gamble?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Q35	...have you felt that you might have a problem with gambling?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Q36	...have you felt that gambling has caused you any health problems, including stress or anxiety?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Q38	...have you felt your gambling has caused financial problems for you or your household?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Q39	...have you felt guilty about the way you gamble or what happens when you gamble?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Keeping gambling fair and safe for all

For further information or to register your interest in the Commission please visit our website at:
www.gamblingcommission.gov.uk

Copies of this document are available in alternative formats on request.

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