



## Take the Quiz. Gauge The Risk.

See if your relationship with activities like card games, fantasy lineups, or online gaming could be putting you at risk.

\*Please note this is not a medical diagnosis.



How often have you skipped hanging out with friends who do not gamble/bet to hang out with friends who gamble/bet?

- Not in the past 12 months       Many times  
 Sometimes                               All of the time



How often have you felt that you might have a problem with gambling/betting?

- Not in the past 12 months       Many times  
 Sometimes                               All of the time



How often have you hidden gambling/betting from family members or teachers?

- Not in the past 12 months       Many times  
 Sometimes                               All of the time

Turn the card over to see the results.



Learn more and take  
the quiz at  
[ChangeTheGameOhio.org](https://ChangeTheGameOhio.org)



## Quiz Results

The results are comprised of the sum of your answers, with a score ranging from zero to nine.

**Not in the past 12 months = 0 pts**

**Sometimes = 1 pt**

**Many times = 2 pts**

**All of the time = 3 pts**

Individuals who score a four or more on the index could be at risk of developing a gambling disorder.

\*This quiz is not a substitute for a clinical diagnosis.



Access resources at  
**ChangeTheGameOhio.org** or call  
**1-800-589-9966** 24/7 for free  
and confidential support.

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