



Paper questionnaire booklet for adults (aged 18+)

Who should complete the questionnaire?

Up to two people in your household can complete a paper questionnaire as long as they are aged 18 or over. If you have already completed the web survey please do not complete this paper questionnaire.

How to fill in this questionnaire

1. Most questions can be answered by putting a tick in the box next to the answer that applies to you, like this:



Example

2. Some questions will ask you to **"tick all that apply"** Please tick as many boxes that apply to you when you see this instruction.
3. Please read each question carefully and try to answer every question. If you change your mind about an answer you have given, completely block out the box you have ticked like this and then put a tick in your preferred box.



Example

4. Please use black or blue ink to complete the questionnaire.
5. Sometimes you are asked to write in a number or the answer in your own words. Please enter numbers as figures rather than words.



Example, write in number

6. Follow the  **GO TO instructions**

All answers you provide will be entirely confidential.

Please return your questionnaire using the pre-paid envelope provided.

If you prefer you can complete the questionnaire online at:
survey.natcen.ac.uk/GSGB23

You will be asked to enter a unique access code that can be found on the letter that came with this questionnaire.

Where can I get more information?

Website: natcen.ac.uk/GSGB
Email: GSGB@natcen.ac.uk
Telephone: 0800 652 4570

SN: 1001 - 1009
CKL: 1010
BATCH: 1011 - 1015
CARD: 1016 - 1017
SPARE: 1018 - 1049



Q1

In the past 4 weeks, which of the following activities, if any, did you do?
Please tick **ONE** box for each activity

	YES	NO	
a Spend time with friends and/or family face to face	☐ 1	☐ 2	1050
b Listen to music and/or podcasts	☐ 1	☐ 2	1051
c Watch TV and /or streaming services	☐ 1	☐ 2	1052
d Watch live sports (including at a venue or on TV)	☐ 1	☐ 2	1053
e Play computer and/or video games	☐ 1	☐ 2	1054
f Play board and/or card games	☐ 1	☐ 2	1055
g Go out for a meal	☐ 1	☐ 2	1056
h Visit a coffee shop	☐ 1	☐ 2	1057
i Go to pubs/bars/clubs	☐ 1	☐ 2	1058
j Go shopping for leisure (excluding supermarket/grocery shopping)	☐ 1	☐ 2	1059
k Play sports or do exercise	☐ 1	☐ 2	1060
l Go to the cinema, visit museums or art galleries	☐ 1	☐ 2	1061
m Go to the theatre, watch live music or other performance events	☐ 1	☐ 2	1062
n Help in the community (e.g. volunteering/befriending)	☐ 1	☐ 2	1063



Q2

In the past 4 weeks, how often, if at all, have you used the internet for any of the following?

Tick **ONE** box on each line

	Not in the past 4 weeks	About once	About once a fortnight	About once a week	A few times a week	Everyday
a Communication e.g. via instant messaging, video or voice calls (e.g. via WhatsApp/Skype/FaceTime)	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
b Using social media (to post or browse)	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
c Watching livestream videos (e.g. on YouTube/TikTok/Twitch)	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
d Watching video content (not live) (e.g. Instagram Reels, TikTok, YouTube)	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
e Watching TV/films via online streaming services (e.g. Netflix/Amazon Prime/ BBC iPlayer)	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
f Listening to/downloading music/podcasts	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
g Online shopping	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
h Online banking	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
i Finding out information including news or weather	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
j Playing games online (e.g. puzzle games/video games)	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6
k Something else	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6

Q3

Have you spent money on any of the following activities, **including online and in-person**, in the last 12 months?

Tick one box on each line

	Yes	No	
a Tickets for National Lottery draws - Lotto, Euromillions, Thunderball, Hotpicks, Set for Life	☐ 1	☐ 2	1100
b Tickets for other charity lotteries, including the Health Lottery, Postcode Lottery and other lotteries	☐ 1	☐ 2	1101
c National Lottery scratchcards	☐ 1	☐ 2	1102
d Other scratchcards bought in-person	☐ 1	☐ 2	1103
e National Lottery online instant win games	☐ 1	☐ 2	1104
f Other online instant win games	☐ 1	☐ 2	1105
g Betting on sports and racing online / via an App , including virtual sports/races and e-sports	☐ 1	☐ 2	1106
h Betting on sports and racing in-person , e.g. at a bookmakers, including virtual sports/races and e-sports	☐ 1	☐ 2	1107
i Betting on the outcome of events such as TV shows, elections online / via an App	☐ 1	☐ 2	1108
j Betting on the outcome of events such as TV shows, elections in-person , e.g. at a bookmakers	☐ 1	☐ 2	1109
k Bingo played online/via an App	☐ 1	☐ 2	1110
l Bingo played at a venue e.g. a bingo hall, social club	☐ 1	☐ 2	1111
m Casino games played online / via an App e.g. Poker, Roulette, Blackjack	☐ 1	☐ 2	1112
n Casino games played at a casino e.g. Poker, Roulette, Blackjack	☐ 1	☐ 2	1113
o Casino games (e.g. Poker, Roulette, Blackjack) played on a machine / terminal in a venue e.g. casino, bookmakers, club, pub	☐ 1	☐ 2	1114
p Fruit/slot machines played in-person	☐ 1	☐ 2	1115
q Fruit/slot games played online / via an App	☐ 1	☐ 2	1116
r Football pools	☐ 1	☐ 2	1117
s Private betting with e.g. friends, family, colleagues	☐ 1	☐ 2	1118
t Another form of gambling in the last 12 months	☐ 1	☐ 2	1119

IF YOU TICKED 'YES' FOR ANY OF THE ACTIVITIES ABOVE PLEASE GO TO Q4 ON THE NEXT PAGE
OTHERWISE GO TO Q27 ON PAGE 14



Q4

Thinking about the last time you spent money on gambling (i.e. lotteries, scratchcards, betting, bingo, casino games, or fruit/slot machines) how did you feel?

Circle one number between 0 and 10.

Hated it										Loved it
0	1	2	3	4	5	6	7	8	9	10

1120-1121

Q5

The following question lists reasons that other people who gamble have given about why they take part in the gambling activities listed earlier in the questionnaire. For each one, please state how often these are reasons why you take part in some of these activities

Tick **ONE** box on each line

I take part in these activities...	Always	Often	Sometimes	Never	
a ...for the chance of winning big money	☐ 1	☐ 2	☐ 3	☐ 4	1122
b ... because it's fun	☐ 1	☐ 2	☐ 3	☐ 4	1123
c ...as a hobby or a pastime	☐ 1	☐ 2	☐ 3	☐ 4	1124
d ...to escape boredom or to fill my time	☐ 1	☐ 2	☐ 3	☐ 4	1125
e ...because I'm worried about not winning if I don't play	☐ 1	☐ 2	☐ 3	☐ 4	1126
fto compete with others (e.g. bookmaker, other people who gamble)	☐ 1	☐ 2	☐ 3	☐ 4	1127
g ...because it's exciting	☐ 1	☐ 2	☐ 3	☐ 4	1128
h ...for the mental challenge or to learn about the game or activity	☐ 1	☐ 2	☐ 3	☐ 4	1129
i ...because of the sense of achievement when I win	☐ 1	☐ 2	☐ 3	☐ 4	1130
j ...to impress other people	☐ 1	☐ 2	☐ 3	☐ 4	1131
k ... to be sociable	☐ 1	☐ 2	☐ 3	☐ 4	1132
l ...because it helps when I'm feeling tense	☐ 1	☐ 2	☐ 3	☐ 4	1133
m ...to make money	☐ 1	☐ 2	☐ 3	☐ 4	1134
n ...to relax	☐ 1	☐ 2	☐ 3	☐ 4	1135
o ...because it's something that I do with my friends or family	☐ 1	☐ 2	☐ 3	☐ 4	1136

SPARE: 1137- 1146

Q6

The following questions help us understand the impacts that lotteries, betting and other forms of gambling activities can have on people. To help us to measure this as accurately as possible, please answer all the following questions as honestly as you can, even if you think they do not apply to you.

Tick **ONE** box for each question

In the last 12 months, how often...	Almost always	Most of the time	Sometimes	Never	
a ...have you bet more than you could really afford to lose?	☐ ₁	☐ ₂	☐ ₃	☐ ₄	1147
b ...have you needed to gamble with larger amounts of money to get the same excitement?	☐ ₁	☐ ₂	☐ ₃	☐ ₄	1148
c ...have you gone back to try to win back the money you'd lost?	☐ ₁	☐ ₂	☐ ₃	☐ ₄	1149
d ...have you borrowed money or sold anything to get money to gamble?	☐ ₁	☐ ₂	☐ ₃	☐ ₄	1150
e ...have you felt that you might have a problem with gambling?	☐ ₁	☐ ₂	☐ ₃	☐ ₄	1151
f ...have you felt that gambling has caused you any health problems, including stress or anxiety?	☐ ₁	☐ ₂	☐ ₃	☐ ₄	1152
g ...have people criticised your betting, or told you that you have a gambling problem, whether or not you thought it is true?	☐ ₁	☐ ₂	☐ ₃	☐ ₄	1153
h ...have you felt your gambling has caused financial problems for you or your household?	☐ ₁	☐ ₂	☐ ₃	☐ ₄	1154
i ...have you felt guilty about the way you gamble or what happens when you gamble?	☐ ₁	☐ ₂	☐ ₃	☐ ₄	1155

Q7

The next few questions are about the impact that gambling can have on some people.
Please answer as honestly as you can. All of the answers you provide will be entirely confidential.

Tick **ONE** box for each question

Thinking about your own gambling, how often in the last 12 months has your own gambling led you to...

Very often

Fairly often

Occasionally

Never

a

...reduce or cut back your spending on everyday items such as food, bills and clothing?

☐ 1

☐ 2

☐ 3

☐ 4

1156

b

...use savings or increase your use of credit, such as credit cards, overdrafts and loans?

☐ 1

☐ 2

☐ 3

☐ 4

1157

c

...experience conflict or arguments with friends, family and/or work colleagues?

☐ 1

☐ 2

☐ 3

☐ 4

1158

d

...feel isolated from other people, left out or feel completely alone?

☐ 1

☐ 2

☐ 3

☐ 4

1159

e

...lie to family, or others, to hide the extent of your gambling?

☐ 1

☐ 2

☐ 3

☐ 4

1160

f

...be absent or perform poorly at work or study?

☐ 1

☐ 2

☐ 3

☐ 4

1161

Q8

Tick **ONE** box for each question

In the last 12 months...

Yes

No

a

...have you lost something of significant financial value such as your home, business, car or been declared bankrupt because of your own gambling?

☐ 1

☐ 2

1162

b

...has your relationship with someone close to you, such as a spouse, partner, family member or friend broken down because of your own gambling?

☐ 1

☐ 2

1163

c

...have you experienced violence or abuse because of your own gambling?

☐ 1

☐ 2

1164

d

...have you committed a crime in order to finance gambling or to pay gambling debts?

☐ 1

☐ 2

1165

Q9

In the last 12 months, has your own gambling led you to seek help, support or information online, in-person or by telephone from...

Yes

No

a ...mental health services?

☐ 1

☐ 2

1166

b ...food banks or other welfare organisations?

☐ 1

☐ 2

1167

c ...relationship counselling and support services?

☐ 1

☐ 2

1168

d ...gambling support services?

☐ 1

☐ 2

1169

Q10

The next question relates to consumer trust in the gambling industry...

Thinking about all activities you have engaged in (such as betting, casino, bingo and lottery), both online and in person, how much do you agree or disagree with the following statements?

Tick **ONE** box for each line

Agree strongly Agree slightly Neither agree nor disagree Disagree slightly Disagree strongly Don't know

a Gambling companies are held accountable by a regulator if their conduct falls short of standards

☐ 1

☐ 2

☐ 3

☐ 4

☐ 5

☐ 6

1170

b Gambling companies are free from corruption

☐ 1

☐ 2

☐ 3

☐ 4

☐ 5

☐ 6

1171

c Gambling games and machines are fair and free of errors

☐ 1

☐ 2

☐ 3

☐ 4

☐ 5

☐ 6

1172

d Activities, offers and odds provided by gambling companies are clear, easy to understand and not misleading

☐ 1

☐ 2

☐ 3

☐ 4

☐ 5

☐ 6

1173

e Effective measures are in place to protect young, and other vulnerable, people when gambling

☐ 1

☐ 2

☐ 3

☐ 4

☐ 5

☐ 6

1174

f Gambling companies have effective checks in place before they allow people to gamble (e.g. ID checks, financial checks)

☐ 1

☐ 2

☐ 3

☐ 4

☐ 5

☐ 6

1175

g Gambling promotions and incentives don't encourage excessive gambling

☐ 1

☐ 2

☐ 3

☐ 4

☐ 5

☐ 6

1176

h It is quick and easy to withdraw and collect my winnings

☐ 1

☐ 2

☐ 3

☐ 4

☐ 5

☐ 6

1177

Answer if you have spent money on **tickets for National Lottery draws or other charity lotteries** in the past 12 months

Q11

In the past 4 weeks, how often, if at all, have you spent money on any of the following activities, including **online and in person**?

Tick **ONE box** on each line

		Not in the past 4 weeks	About once	About once a fortnight	About once a week	A few times a week	Everyday	
.....								
a	Tickets for National Lottery draws – Lotto, Euromillions, Thunderball, Hotpicks, Set for Life online/via an App ?	☐ ₁	☐ ₂	☐ ₃	☐ ₄	☐ ₅	☐ ₆	1192
.....								
b	Tickets for National Lottery draws – Lotto, Euromillions, Thunderball, Hotpicks, Set for Life in person e.g. at a shop, garage?	☐ ₁	☐ ₂	☐ ₃	☐ ₄	☐ ₅	☐ ₆	1193
.....								
c	Tickets for other charity lotteries, including the Health Lottery, Postcode Lottery and other lotteries online/via an App ?	☐ ₁	☐ ₂	☐ ₃	☐ ₄	☐ ₅	☐ ₆	1194
.....								
d	Tickets for other charity lotteries, including the Health Lottery, Postcode Lottery and other lotteries in person e.g. at a shop, garage?	☐ ₁	☐ ₂	☐ ₃	☐ ₄	☐ ₅	☐ ₆	1195
.....								

Q12

If you spent money on lottery tickets, which of the following, if any did you buy in the past 4 weeks?

Tick **all that apply**

Lotto	☐ ₀₁	Lotto Hotpicks	☐ ₀₄	Health lottery	☐ ₀₇
Euromillions	☐ ₀₂	Euromillions Hotpicks	☐ ₀₅	Postcode lottery	☐ ₀₈
Thunderball	☐ ₀₃	Set for Life	☐ ₀₆	Other lottery tickets, including for charity	☐ ₀₉

1174 - 1191

Answer if you have spent money on **National Lottery scratchcards, other scratchcards, National Lottery online instant win games or other online instant win games** in the past 12 months

Q13

In **past 4 weeks**, how often, if at all, have you spent money on any of the following activities, including online and in person?

Tick **ONE box** on each line

		Not in the past 4 weeks	About once	About once a fortnight	About once a week	A few times a week	Everyday	
a	National Lottery scratchcards	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	1192
b	Other scratchcards bought in-person	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	1193
c	National Lottery online instant win games	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	1194
d	Other online instant win games	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	1195

Answer if you have spent money on the **National Lottery scratchcards** in the past 4 weeks

Q14

If you have played National Lottery scratchcards in the past 4 weeks. Which of the following types of National lottery scratchcards have you played in the past 4 weeks? **Tick all that apply.**

£1 scratchcards	☐ 1	£3 scratchcards	☐ 3	Don't know/can't remember the value	☐ 5
£2 scratchcards	☐ 2	£5 scratchcards	☐ 4		

1230 - 1235

Answer if you have spent money on the **National Lottery online instant win games** in the past 4 weeks

Q15

If you have played **National Lottery online instant win games** in the past 4 weeks. Which of the following types of National Lottery online instant win games have you played in **the past 4 weeks**?

Tick all that apply

Online instant win games costing less than £1	☐	1	£1 online instant win games	☐	4
£2 online instant win games	☐	2	£3 online instant win games	☐	5
£5 online instant win games	☐	3	Don't know/can't remember the value	☐	6

1241

Answer if you have spent money **betting on sport or racing online or in person or betting on outcomes of events online or in-person** in the past 12 months

Q16

In the **past 4 weeks**, how often, if at all, have you spent money on any of the following activities.

Tick one box on each line

		Not in the past 4 weeks	About once	About once a fortnight	About once a week	A few times a week	Everyday	
a	Betting on sports and racing online/via an App , including virtual sports/races and e-sports	☐	☐	☐	☐	☐	☐	1236
b	Betting on sports and racing in-person , e.g. at a bookmakers, including virtual sports/races and e-sports	☐	☐	☐	☐	☐	☐	1237
c	Betting on the outcome of events such as TV shows, elections online/via an App	☐	☐	☐	☐	☐	☐	1238
d	Betting on the outcome of events such as TV shows, elections in-person , e.g. at a bookmakers	☐	☐	☐	☐	☐	☐	1239

Q17

In the past 4 weeks, have you **bet in-play** when betting on sports/races or the outcome of events? In-play betting means betting on things that happen once the game, match or event has started e.g., who will win, next goal scorer, next point, next person to be eliminated

☐ ₁ Yes → **Go to Q18**

☐ ₂ No → **Go to Q20**

1240

Q18

How often have you **bet in-play** in the past 4 weeks? If you are unsure, please estimate.

About once	☐ ₀₁	A few times a week	☐ ₀₄
About once a fortnight	☐ ₀₂	Everyday	☐ ₀₅
About once a week	☐ ₀₃		

1246 - 1259

Q19

Thinking back over the past 4 weeks, how many **in-play bets** would you typically make once an individual game, match or event had started?

If you are unsure, enter your best estimate

Enter number

☐ Don't know / unsure

1244

1242 - 1243

Q20

Did you use a **betting exchange** in the past 4 weeks?

☐₁ Yes

☐₂ No

1245

Q21

Which of the following did you spend money **betting** on in the last 4 weeks? **Tick all that apply**

Live football	☐ ₀₁	Other live sports	☐ ₀₅
Live tennis	☐ ₀₂	E-sports	☐ ₀₆
Live horse racing	☐ ₀₃	Virtual games/races	☐ ₀₇
Live dog racing	☐ ₀₄	None of these	☐ ₀₈

1267 - 1280

Answer if you have spent money on **bingo at a venue or bingo online** in the past 12 months

Q22

During the **past 4 weeks**, how often, if it all, have you spent money playing **bingo**...

	Not in the past 4 weeks	About once	About once a fortnight	About once a week	A few times a week	Everyday	
a ... online / via an App	☐ ₁	☐ ₂	☐ ₃	☐ ₄	☐ ₅	☐ ₆	1260
b ...at a venue e.g. a bingo hall, social club?	☐ ₁	☐ ₂	☐ ₃	☐ ₄	☐ ₅	☐ ₆	1261

Answer if you have spent money on **casino games online, at a casino or on a machine/terminal** in the past 12 months

Q23

During the **past 4 weeks**, how often, if at all, have you spent money playing **casino games e.g. Poker, Roulette, Blackjack ...**

	Not in the past 4 weeks	About once	About once a fortnight	About once a week	A few times a week	Everyday	
a ... online / via an App	☐ ₁	☐ ₂	☐ ₃	☐ ₄	☐ ₅	☐ ₆	1262
bin person at a casino?	☐ ₁	☐ ₂	☐ ₃	☐ ₄	☐ ₅	☐ ₆	1263
con a machine / terminal in a venue e.g. casino, bookmakers, club, pub?	☐ ₁	☐ ₂	☐ ₃	☐ ₄	☐ ₅	☐ ₆	1264

Answer if you have spent money on **fruit/slot machines or fruit/slot games online** in the past 12 months

Q24

During the **past 4 weeks**, how often, if at all, have you spent money **playing fruit/slot-based games ...**

	Not in the past 4 weeks	About once	About once a fortnight	About once a week	A few times a week	Everyday	
a ... online / via an App	☐ ₁	☐ ₂	☐ ₃	☐ ₄	☐ ₅	☐ ₆	1265
b ...on a fruit / slot machine?	☐ ₁	☐ ₂	☐ ₃	☐ ₄	☐ ₅	☐ ₆	1266

Q25

If you played **fruit/ slot machines** in the **past 4 weeks**, where did you play? **Tick all that apply**

Pub/bar/club	☐ ₀₁	Bookmakers	☐ ₀₅
Gaming centre/arcade etc	☐ ₀₂	Other, please specify	1281 - 1349 ₀₆
Casino	☐ ₀₃	Only played online, including an App	☐ ₀₇
Bingo hall /social club	☐ ₀₄		1267 - 1280

Answer if you have spent money on **football pools, private betting or another form of gambling** in the past 12 months

Q26

In the **past 4 weeks**, have you spent money on any of these activities, **including online**?

	Yes	No	
a Football pools	☐ ₁	☐ ₂	1350
b Private betting with e.g. friends, family, colleagues	☐ ₁	☐ ₂	1351
c Another form of gambling in the past 4 weeks	☐ ₁	☐ ₂	1352



Q27: Everyone please answer

The next set of questions are about gambling advertisement and marketing. By marketing we mean all the different ways that gambling companies use to communicate or promote themselves to people.

In the past 4 weeks, have you seen or heard gambling being promoted in the following ways?

Please tick **ONE** box for each statement

	YES	NO	
a Adverts on television	☐ ₁	☐ ₂	1353
b Adverts on radio	☐ ₁	☐ ₂	
c Sponsorship of sports people, teams or events by gambling companies	☐ ₁	☐ ₂	1354
d Sponsorship of other TV programmes by gambling companies	☐ ₁	☐ ₂	1355
e Adverts for gambling on social media such as YouTube, Facebook, X (formerly Twitter) and other social media	☐ ₁	☐ ₂	1356
f Pop-up adverts online for gambling companies	☐ ₁	☐ ₂	1357
g Adverts and promotions from gambling apps	☐ ₁	☐ ₂	
h Famous people or influencers promoting gambling companies via social media (YouTube, Facebook, Twitter etc)	☐ ₁	☐ ₂	1358
i Adverts in podcasts	☐ ₁	☐ ₂	1359
j Adverts on livestreaming platforms, such as Twitch	☐ ₁	☐ ₂	1360

Q28

To what extent do you agree or disagree with the following statements about the National Lottery?

Today I think that the National Lottery ...

		Agree strongly	Agree slightly	Neither agree nor disagree	Disagree slightly	Disagree strongly	Don't know	
a	is honest and trustworthy	☐ ₁	☐ ₂	☐ ₃	☐ ₄	☐ ₅	☐ ₆	1361
b	is well run	☐ ₁	☐ ₂	☐ ₃	☐ ₄	☐ ₅	☐ ₆	1362
c	contributes to causes that benefit the whole nation	☐ ₁	☐ ₂	☐ ₃	☐ ₄	☐ ₅	☐ ₆	1363
d	encourages people to play its games responsibly	☐ ₁	☐ ₂	☐ ₃	☐ ₄	☐ ₅	☐ ₆	1364
e	is innovative	☐ ₁	☐ ₂	☐ ₃	☐ ₄	☐ ₅	☐ ₆	1365

Q29

GamStop is a national self-exclusion scheme that all online gambling companies licensed in Britain are part of.

In the past 4 weeks, have you registered yourself with GamStop (an online self-exclusion scheme) to prevent you accessing online gambling websites?

☐ ₁ Yes ☐ ₂ No

☐ ₃ I have not gambled in the past 4 weeks

1371

Q30

Does anyone you are close to gamble, even if only occasionally? By gambling we mean spending money on activities such as lotteries, betting, casino etc. **Tick all that apply.**

☐ ₁ No → Go to Q36

☐ ₂ Yes, a partner/spouse → Go to Q31

☐ ₃ Yes, another family member (that is not your partner/spouse) → Go to Q31

☐ ₄ Yes, a friend → Go to Q31

☐ ₅ Yes, someone else → Go to Q31

1366 - 1370

Q31

And do you live with this person/any of these people?

☐₁ Yes

☐₂ No

1371

Q32

The next few questions are about the impact that someone else's gambling may have had on you, whether you live with them or not. Please answer as honestly as you can. **Thinking about someone else's gambling, in the last 12 months...**

Tick **ONE** box for each question

		Very often	Fairly often	Occasionally	Never	
a	...have you borrowed money or sold anything to get money because of someone else's gambling?	☐ ₁	☐ ₂	☐ ₃	☐ ₄	1372
b	...have you felt that someone else's gambling has caused you any health problems, including stress or anxiety?	☐ ₁	☐ ₂	☐ ₃	☐ ₄	1373
c	...have you felt that someone else's gambling has made you feel embarrassment, guilt or shame?	☐ ₁	☐ ₂	☐ ₃	☐ ₄	1374

Q33

In the last 12 months, how often has someone else's gambling led you to...

		Very often	Fairly often	Occasionally	Never	
a	...reduce or cut back your spending on everyday items such as food, bills and clothing?	☐ ₁	☐ ₂	☐ ₃	☐ ₄	1375
b	...use your savings or increase your use of credit, such as credit cards, overdrafts and loans?	☐ ₁	☐ ₂	☐ ₃	☐ ₄	1376
c	...experience conflict or arguments with friends, family and/or work colleagues?	☐ ₁	☐ ₂	☐ ₃	☐ ₄	1377
d	...feel isolated from other people, left out or feel completely alone?	☐ ₁	☐ ₂	☐ ₃	☐ ₄	1378
e	...lie to family, or others, to hide the extent of someone else's gambling?	☐ ₁	☐ ₂	☐ ₃	☐ ₄	1379
f	...be absent or perform poorly at work or study?	☐ ₁	☐ ₂	☐ ₃	☐ ₄	1380

Q34

Tick **ONE** box for each question

In the last 12 months..

Yes

No

-
- a** ...have you lost something of significant financial value such as your home, business, car or been declared bankrupt because of someone else's gambling? ☐₁ ☐₂ 1391
-
- b** ... has your relationship with someone close to you such as a spouse, partner, family member or friend broken down ☐₁ ☐₂ 1392
-
- c** ...have you experienced violence or abuse because of someone else's gambling? ☐₁ ☐₂ 1393
-
- d** ...have you committed a crime in order to finance someone else's gambling or to pay their gambling debts? ☐₁ ☐₂ 1394
-

Q35

Tick **ONE** box for each question

In the last 12 months, has someone else's gambling led you to seek help, support or information online, in-person or by telephone from...

Yes

No

-
- a** ...mental health services? ☐₁ ☐₂ 1395
-
- b** ...food banks or other welfare organisations? ☐₁ ☐₂ 1396
-
- c** ...relationship counselling and support services? ☐₁ ☐₂ 1397
-
- d** ...gambling support services? ☐₁ ☐₂ 1398
-

Q36: Everyone please answer

How is your health in general? Would you say it was...

☐

₁ Very good

☐

₄ Bad

☐

₂ Good

☐

₅ Very bad

☐

₃ Fair

1399

Q37

Do you have any physical or mental health conditions or illnesses lasting or expected to last for 12 months or more?

☐

₁ Yes → Go to Q38

☐

₂ No → Go to Q39

☐

₃ Don't know → Go to Q39

1400

Q38

Do any of your conditions or illnesses reduce your ability to carry out day-to-day activities?

- ☐ ₁ Yes, a lot ☐ ₂ Yes, a little ☐ ₃ Not at all

1400

Q39

Do you smoke cigarettes at all nowadays, not including electronic cigarettes or vaping products?

- ☐ ₁ Yes ☐ ₂ No

1400

Q40

Do you use an e-cigarette or vaping device at all nowadays?

- ☐ ₁ Yes ☐ ₂ No

1400

Q41

How often did you have a drink containing alcohol in the past year?

- ☐ ₁ Never → **Go to Q44** ☐ ₄ Two to three times a week → **Go to Q42**
☐ ₂ Monthly or less → **Go to Q42** ☐ ₅ Four or more times a week → **Go to Q42**
☐ ₃ Two to four times a month → **Go to Q42**

1403

Q42

How many drinks did you have on a typical day when you were drinking in the past year?

- ☐ ₁ None, I do not drink ☐ ₄ 5 or 6
☐ ₂ 1 or 2 ☐ ₅ 7 to 9
☐ ₃ 3 or 4 ☐ ₆ 10 or more

1404

Q43

How often did you have six or more drinks on one occasion in the past year?

- ☐ ₁ Never ☐ ₄ Weekly
☐ ₂ Less than monthly ☐ ₅ Daily or almost daily
☐ ₃ Monthly

1405

Q44: Everyone please answer

Tick **ONE** box on each line

Below are some statements about feelings and thoughts. Please tick the box that best describes your experience of each over the last 2 weeks

None of
the time

Rarely

Some of
the time

Often

All of
the time

1406

a

I've been feeling optimistic about the future

☐ 1

☐ 2

☐ 3

☐ 4

☐ 5

1407

b

I've been feeling useful

☐ 1

☐ 2

☐ 3

☐ 4

☐ 5

1408

c

I've been feeling relaxed

☐ 1

☐ 2

☐ 3

☐ 4

☐ 5

1409

d

I've been dealing with problems well

☐ 1

☐ 2

☐ 3

☐ 4

☐ 5

1410

e

I've been thinking clearly

☐ 1

☐ 2

☐ 3

☐ 4

☐ 5

1411

f

I've been feeling close to other people

☐ 1

☐ 2

☐ 3

☐ 4

☐ 5

1412

g

I've been able to make up my own mind about things

☐ 1

☐ 2

☐ 3

☐ 4

☐ 5

Q45

In the last 12 months have you ever thought about taking your life, even though you would not actually do it?

☐ 1

Yes

☐ 2

No

1400

Q46

In the last 12 months, have you made an attempt to take your life, by taking an overdose of tablets or in some other way?

☐ 1

Yes

☐ 2

No

1400

If Yes to either Q45 or Q46 → Go to Q47

If No to both → Go to Q48

Q47

To what extent, if at all, was this related to your gambling?

☐ 1

Not at all

☐ 2

A little

☐ 3

A lot

1400

Q48

What is your sex?
A question about gender identity will follow

☐ ₁ Male

☐ ₂ Female

1415

Q49

Is the gender you identify with the same as your sex registered at birth?

This question is voluntary

☐ ₁ Yes

☐ ₂ No, write in gender identity in the box below

1417

1418 - 1467

Q50

What is your date of birth?
If you are not willing or able to provide the day or month of your birth, please enter '01' for the day or '06' for the month.

☐☐

Day

1468 - 1469

☐☐

Month

1470 - 1471

☐☐☐☐

Year

1472 - 1475

Q51

What was your age last birthday?

☐☐☐

Write in years

1476 - 1478

Q52

Choose one option that best describes your ethnic group or background

White

- ☐ ₀₁ English / Welsh / Scottish / Northern Irish / British
- ☐ ₀₂ Irish
- ☐ ₀₃ Gypsy or Irish Traveller
- ☐ ₀₄ Any other White background, *please describe: Other*

1502 - 1561

Black / African / Caribbean / Black British

- ☐ ₁₄ African
- ☐ ₁₅ Caribbean
- ☐ ₁₆ Any other Black / African / Caribbean background, *please describe: Other*

1682 - 1741

Mixed / Multiple ethnic groups

- ☐ ₀₅ White and Black Caribbean
- ☐ ₀₆ White and Black African
- ☐ ₀₇ White and Asian
- ☐ ₀₈ Any other Mixed / Multiple ethnic background, *please describe: Other*

1562 - 1621

Other ethnic group

- ☐ ₁₇ Arab
- ☐ ₁₈ Any other ethnic group, *please describe: Other*

1742 - 1799

1500 - 1501

Asian / Asian British

- ☐ ₀₉ Indian
- ☐ ₁₀ Pakistani
- ☐ ₁₁ Bangladeshi
- ☐ ₁₂ Chinese
- ☐ ₁₃ Any other Asian background, *please describe: Other*

1622 - 1681

Q53

Including you, how many **adults aged 18 or over** are currently living in your household?

By 'your household' we mean the group of people (not necessarily related) living at your address who share cooking facilities with you and also share a living room or sitting room or dining area.

☐ ☐ **Number of adults aged 18 and over**
1800 - 1801

Q54

And how many **children aged under 18** currently live in your household? If 'none', write in '00.'

☐ ☐ **Number of children aged 0 to 13**

☐ ☐ **Number of children aged 14 to 17**

1802 - 1803

Q55

What is your legal marital or registered civil partnership status?

Never married and never registered in a civil partnership	☐ 01	Divorced	☐ 06
Married	☐ 02	Formerly in a civil partnership which is now legally dissolved	☐ 07
In a registered civil partnership	☐ 03	Widowed	☐ 08
Separated, but still legally married	☐ 04	Surviving partner from a registered civil partnership	☐ 09
Separated, but still legally in a civil partnership	☐ 05		

1804 - 1805

Q56

Thinking of the income of your household as a whole, which of the groups on this list represents the total income of the whole household before deductions for income tax, National Insurance, etc.?

Include income from benefits and savings. Tick **ONE** box only.

MONTHLY income BEFORE tax	ANNUAL income BEFORE tax		MONTHLY income BEFORE tax	ANNUAL income BEFORE tax	
£0 to £949	£0 to £11,399	☐ 01	£2,800 to £3,349	£33,600 to £40,199	☐ 06
£950 to £1,349	£11,400 to £16,199	☐ 02	£3,350 to £3,999	£40,200 to £47,999	☐ 07
£1,350 to £1,799	£16,200 to £21,599	☐ 03	£4,000 to £4,999	£48,000 to £59,999	☐ 08
£1,800 to £2,249	£21,600 to £26,999	☐ 04	£5,000 to £6,599	£60,000 to £79,199	☐ 09
£2,250 to £2,799	£27,000 to £33,599	☐ 05	£6,600 or more	£79,200 or more	☐ 10

1806 - 1807

Q57

In which of these ways is your accommodation occupied? Tick **ONE** box only.

Own it outright	☐ 01	Rent it from another type of landlord	☐ 05
Buying it with the help of a mortgage/loan	☐ 02	Live here rent-free	☐ 06
Part own and part rent (shared ownership)	☐ 03	Squatting	☐ 07
Rent it from a housing association or local council	☐ 04		

1808 - 1809

Q58

Do you have any educational qualifications for which you received a certificate?

- ☐₁ Yes → Go to Q60
- ☐₂ No → Go to Q59

1810

Q59

Do you have any have any professional, vocational or other work-related qualifications for which you received a certificate?

- ☐₁ Yes → Go to Q60
- ☐₂ No → Go to Q61

1811

Q60

Was your highest qualification ...

Yes

No

At degree level or above

☐₁
☐₂

1812

Or another kind of qualification?

☐₁
☐₂

1813

Q61

In the past 7 days, were you doing any of the following? Include casual or temporary work, even if only for one hour. **Tick one option below.**

Working as an employee

☐₁

On maternity or paternity leave

☐₄

Self-employed or freelancer

☐₂

Doing any other kind of paid work

☐₅

Temporarily away from work ill, on holiday or temporarily laid off

☐₃

OR none of these? → Go to Q62

☐₆

1814

Q62: If none of these at Q61

Which of the following described what you were doing in the last seven days? **Tick one option below.**

Retired (whether receiving a pension or not)

☐₁

Long-term sick or disabled

☐₄

Studying

☐₂

Other

☐₅

Looking after home or family

☐₃

1815

Q63

Sometimes we ask people who've taken part in this study to take part in other studies too. These studies may be carried out by NatCen Social Research or the Gambling Commission. You will only be contacted again for research purposes and only where there is a genuine reason for contacting you. You may never be contacted again, but if you are, you will still be free to decide whether you want to take part or not.

Are you willing to be contacted again for future research purposes?

☐

₁ Yes



Go to Q64

☐

₂ No



Go to Q68

2025

Q64

Do you have an email address we can contact you on? This would only be used for research purposes.

☐

₁ Yes



Go to Q65

☐

₂ No



Go to Q66

2026

Q65

Please write your email address in the box below.

2027 - 2126

Q66

Do you have a telephone number we can contact you on? This would only be used for research purposes.

☐

₁ Yes



Go to Q67

☐

₂ No



Go to Q68

2127

Q67

Please enter this below as numbers with no spaces. Phone numbers should contain only numbers, start with 0.

2128 - 2138

Q68

We would like to send you a £10 shopping voucher to say thank you for your time and for helping us with this survey.

Please note that your voucher should arrive within 1 calendar month of today's date.

Can you confirm you would like to receive your voucher?

☐

₁ I would like to receive a voucher

☐

₂ I do not want to receive a voucher

2139

Q69

Please write in your full name in block capitals. This would only be used for the purpose of sending you your voucher, and if you gave your permission, to be contacted about future research.

Title

2140 - 2159

First name

2160 - 2209

Surname

2210 - 2260

Q44 taken from

Short Warwick-Edinburgh Mental Well-Being Scale (SWEMWBS)
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