



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/OGSurveyA

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

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



Q1

In a typical month, which of the following activities, if any, do you usually do?
Please tick **ONE** box for each activity

	YES	NO	
Spend time with friends/family	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1050
Read for pleasure	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1051
Listen to music	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1052
Watch TV	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1053
Eat out at restaurants	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1054
Go to pubs/bars/clubs	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1055
Do DIY or gardening	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1056
Go shopping (to the high street or shopping centre)	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1057
Do sports/exercise	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1058
Do arts or crafts	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1059
Play a musical instrument or make music	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1060
Go to the cinema, theatre or music concerts	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1061
Visit museums or galleries	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1062
Attend religious service/place of worship	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1063



Q2

In the last four weeks have you used the internet for any of the following?

Tick all that apply

Communication e.g. email, instant messaging, video or telephone calls

01

Using social media

02

Watching TV or films, listening to the radio, using streaming services
or watching short video clips

03

Online shopping, or online banking

04

Finding out information, including news, weather

05

Travel or navigation

06

Playing puzzle games online e.g Sudoku, Wordle

07

Playing other games online

08

Something else

09

Have not used the internet in the last four weeks

10

1064 - 1083

SPARE: 1084 - 1099

Q3

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

	Yes	No	
Tickets for the National Lottery Draw, including Thunderball and Euromillions and tickets bought online	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1100
Scratchcards (but not online or newspaper or magazine scratchcards)	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1101
Tickets for any other lottery, including charity lotteries	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1102
The football pools	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1103
Bingo cards or tickets, including playing at a bingo hall (not online)	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1104
Fruit or slot machines	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1105
Virtual gaming machines in a bookmakers to bet on virtual roulette, poker, blackjack or other games	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1106
Table games (roulette, cards or dice) in a casino	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1107
Playing poker in a pub tournament/league or at a club	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1108
Online gambling like playing poker, bingo, instant win/scratchcard games, slot machine style games or casino games for money	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1109
Online betting with a bookmaker on any event or sport	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1110
Betting exchange: 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.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1111
Betting on horse races in a bookmaker's, by phone or at the track	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1112
Betting on dog races in a bookmaker's, by phone or at the track	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1113
Betting on sports events in a bookmaker's, by phone or at the venue	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1114
Betting on other events in a bookmaker's, by phone or at the venue	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1115
Spread-betting: 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.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1116
Private betting, playing cards or games for money with friends, family or colleagues	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1117
Another form of gambling in the last 12 months	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1118

IF YOU TICKED 'YES' FOR ANY OF THE ACTIVITIES AT Q3  PLEASE GO TO Q4 OTHERWISE GO TO Q47 ON PAGE 9.

Q4

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

- ₁ 2 or more times a week
- ₂ Once a week
- ₃ Less than once a week, more than once a month
- ₄ Once a month
- ₅ Every 2-3 months
- ₆ Once or twice a year

1119

Q5

We would like you to think about any accounts that you have with gambling companies, including betting, bingo and lottery sites including the National Lottery.

How many gambling, betting, bingo and lottery companies are you currently registered with online?

Enter the number of accounts, or 0 if you are not registered with any.

1120 - 1121

If you have an account with a gambling company please

→ Go to Q6

If you do not have any accounts with gambling companies

→ Go to Q7 on the next page

Q6

How many of these accounts do you spend money with at least monthly?

1122 - 1123

Tick **ONE** box on each line

In the past 12 months, how often...	Almost always	Most of the time	Sometimes	Never	
Q7 ...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	1125
Q8 ...have you needed to gamble with larger amounts of money to get the same feeling of excitement?	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	1126
Q9 ...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	1127
Q10 ...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	1128
Q11 ...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	1129
Q12 ...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	1130
Q13 ...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	1131
Q14 ...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	1132
Q15 ...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	1133

Q16

In the last 12 months have you bet in-play when betting on sports? In-play betting means betting on things that happen within sports matches once the match has started (e.g., who will win, next goal scorer, next corner, next point)

₁ Yes

₂ No

1134





The following question lists reasons that some people 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 for each question

I take part in these activities...	Always	Often	Sometimes	Never	
Q17 ...for the chance of winning big money	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	1151
Q18 ...because it's fun	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	1152
Q19 ...as a hobby or a pastime	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	1153
Q20 ...to escape boredom or to fill my time	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	1154
Q21 ...because I'm worried about not winning if I don't play	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	1155
Q22 ...to compete with others (e.g. bookmaker, other gamblers)	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	1156
Q23 ...because it's exciting	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	1157
Q24 ...for the mental challenge or to learn about the game or activity	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	1158
Q25 ...because of the sense of achievement when I win	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	1159
Q26 ...to impress other people	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	1160
Q27 ...to be sociable	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	1161
Q28 ...because it helps when I'm feeling tense	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	1162
Q29 ...to make money	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	1163
Q30 ...to relax	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	1164
Q31 ...because it's something that I do with my friends or family	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	1165



Q32

Thinking back over the past 12 months, how would you rate how much you have enjoyed gambling? **Circle one number between 0 and 10.**

Hate it											Love it
0	1	2	3	4	5	6	7	8	9	10	

1166 - 1167



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

Q33	...reduce or cut back your spending on everyday items such as food, bills and clothing?	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	1168
Q34	...use savings or borrow money e.g. from family/friends; credit cards; overdrafts/loans; money lenders?	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	1169
Q35	...experience conflict or arguments with friends, family and/or work colleagues?	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	1170
Q36	...feel isolated from other people, left out or feel completely alone?	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	1171
Q37	...lie 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	1172
Q38	...be absent or perform poorly at work or study?	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	1173

SPARE: 1174 - 1179

In the last 12 months...

Yes No

Q39	...have you lost something of significant financial value such as your home, business, car or been declared bankrupt because of your own gambling?	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	1180
Q40	...has your relationship with someone close to you, such as a spouse, partner, family member or friend broken down because of your own gambling?	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	1181
Q41	...have you experienced violence or abuse because of your own gambling?	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	1182
Q42	...have you committed a crime in order to finance gambling or to pay gambling debts?	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	1183

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

Q43	...mental health services?	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	1184
Q44	...food banks or other welfare organisations?	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	1185
Q45	...relationship counselling and support services?	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	1186
Q46	...gambling support services?	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	1187



Q47: 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 last month, have you seen or heard gambling being promoted in the following ways? Please tick **ONE** box for each activity

	YES	NO	
Adverts on television	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1188
Adverts on radio	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1189
Sponsorship of sports people, teams or events by gambling companies	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1190
Sponsorship of other TV programmes by gambling companies	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1191
Adverts for gambling on social media such as YouTube, Facebook, Twitter and other social media	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1192
Pop-up adverts online for gambling companies	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1193
Adverts and promotions from gambling apps	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1194
Famous people or influencers promoting gambling companies via social media (YouTube, Facebook, Twitter etc)	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1195

Q48

In the last month, which of the following, if any, have gambling companies sent directly to you?

Please tick all that apply

- 1 Emails about gambling
- 2 Texts about gambling
- 3 Messages on social media (Facebook, Twitter, Instagram etc) about gambling
- 4 Messages or notifications from gambling apps
- 5 Letters by post about gambling
- 6 None of the answer options

1196 - 1201

Q49

In the last month, how often, if at all, has a gambling advert, promotion or sponsorship prompted you to spend money on gambling when you were not otherwise planning to?

- 1 Very often
- 2 Fairly often
- 3 Occasionally
- 4 Never

1202



Q50

Do you follow or interact with any gambling companies on any of the following social media or streaming platforms? Again, when we refer to gambling companies, we would like you to think about all gambling companies, including betting, bingo and lottery websites. **Please tick all that apply.**

Facebook

01

Twitter

02

Snapchat

03

Instagram

04

Youtube

05

Twitch

06

TikTok

07

Other (please specify in the box below)

1223 - 1303

08

No, I use social media but don't follow any gambling operators

09

No, I don't use social media or streaming platforms

10

1203 - 1222

SPARE: 1304 - 1350

Tick **ONE** box for each question

The following question lists things that some people have said about gambling. How much do you agree or disagree with each one of the following statements?

Strongly agree **Agree** **Neither agree nor disagree** **Disagree** **Strongly disagree**

Q51	People should have the right to gamble whenever they want	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	1351
Q52	There are too many opportunities for gambling nowadays	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	1352
Q53	Gambling should be discouraged	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	1353
Q54	Most people who gamble do so sensibly	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	1354
Q55	Gambling is dangerous for family life	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	1355
Q56	On balance, gambling is good for society	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	1356
Q57	Gambling livens up life	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	1357
Q58	It would be better if gambling were banned altogether	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	1358

Q59	How far do you agree or disagree that in this country, gambling is conducted fairly and can be trusted?	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	1359
Q60	How far do you agree or disagree that gambling in this country is associated with criminal activity?	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	1360

Q61a

The Gambling Commission exists to safeguard players and the wider public by ensuring gambling is fair and safe.

Were you aware that the gambling industry in Great Britain is regulated?

₁ Yes
₂ No

1361

Q61b

And were you aware that the gambling industry is regulated by the Gambling Commission?

₁ Yes
₂ No

1362

Q62

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 Q81
- ₂ Yes, a partner/spouse → Go to Q63
- ₃ Yes, another family member (that is not your partner/spouse) → Go to Q63
- ₄ Yes, a friend → Go to Q63
- ₅ Yes, someone else → Go to Q63

1363 -1367

Q63

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

- ₁ Yes
- ₂ No

1368



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.

Tick **ONE** box for each question

Thinking about someone else's gambling, in the last 12 months...

Almost always Most of the time Sometimes Never

Q64 ...have you borrowed money or sold anything to get money because of someone else's gambling? ₁ ₂ ₃ ₄ 1369

Q65 ...have you felt that someone else's gambling has caused you any health problems, including stress or anxiety? ₁ ₂ ₃ ₄ 1370

Q66 ...have you felt that someone else's gambling has made you feel embarrassment, guilt or shame? ₁ ₂ ₃ ₄ 1371

Tick **ONE** box for each question

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

Very often Fairly often Occasionally Never

Q67 ...use your savings or increase your use of credit, such as credit cards, overdrafts or loans? ₁ ₂ ₃ ₄ 1372

Tick **ONE** box for each question

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

Very often Fairly often Occasionally Never

-
- Q68** ...reduce or cut back your spending on everyday items such as food, bills and clothing? ₁ ₂ ₃ ₄ 1373
-
- Q69** ...experience conflict or arguments with friends, family and/or work colleagues? ₁ ₂ ₃ ₄ 1374
-
- Q70** ...feel isolated from other people, left out or feel completely alone? ₁ ₂ ₃ ₄ 1375
-
- Q71** ...be absent or perform poorly at work or study? ₁ ₂ ₃ ₄ 1376
-
- Q72** ...lie to family, or others, to hide the extent of someone else's gambling? ₁ ₂ ₃ ₄ 1377

SPARE: 1378 - 1383

Tick **ONE** box for each question

Yes No

-
- Q73** In the last 12 months, has your relationship with someone close to you such as a spouse, partner, family member or friend broken down because of someone else's gambling? ₁ ₂ 1384
-
- Q74** In the last 12 months, 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 1385
-
- Q75** In the last 12 months, have you experienced violence or abuse because of someone else's gambling? ₁ ₂ 1386
-
- Q76** In the last 12 months, have you committed a crime in order to finance someone else's gambling or to pay their gambling debts? ₁ ₂ 1387

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

-
- Q77** ...mental health services? ₁ ₂ 1388
-
- Q78** ...food banks or other welfare organisations? ₁ ₂ 1389
-
- Q79** ...relationship counselling and support services? ₁ ₂ 1390
-
- Q80** ...gambling support services? ₁ ₂ 1391

SPARE: 1392 - 1410

Q81: Everyone please answer

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

- ₁ Very good
- ₂ Good
- ₃ Fair
- ₄ Bad
- ₅ Very bad

1411

Q82

Do you smoke cigarettes at all nowadays?

- ₁ Yes → **Go to Q83**
- ₂ No → **Go to Q84**

1412

Q83

On average, about how many cigarettes a day do you usually smoke?

- Write in number smoked a day

1413 - 1414

Q84

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

- ₁ Never → **Go to Q87**
- ₂ Monthly or less → **Go to Q85**
- ₃ Two to four times a month → **Go to Q85**
- ₄ Two to three times a week → **Go to Q85**
- ₅ Four or more times a week → **Go to Q85**

1415

Q85

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

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

1416

Q86

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

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

1417

Everyone please answer:

Tick **ONE** box for each question

Please read the following statements and indicate how true each one is for you		Very true	Some -what true	Neither true nor untrue	Some -what untrue	Very untrue	
Q87	I often do things without stopping to think	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	1418
Q88	I am an impulsive person	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	1419
Q89	I often talk quickly before thinking things out	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	1420
Q90	I often get involved in things I wish I could later get out of	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	1421
Q91	I need to use a lot of self-control to keep out of trouble	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	1422
Q92	I often get in trouble because I do things without thinking	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	1423
Q93	I get carried away by new and exciting ideas	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	1424

Tick **ONE** box for each question

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	
Q94	I've been feeling optimistic about the future	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	1425
Q95	I've been feeling useful	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	1426
Q96	I've been feeling relaxed	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	1427
Q97	I've been dealing with problems well	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	1428
Q98	I've been thinking clearly	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	1429
Q99	I've been feeling close to other people	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	1430
Q100	I've been able to make up my own mind about things	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	1431

Q101

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

₁ Yes

₂ No

1432

Q102

In the past 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

1433

If Yes to either Q101 or Q102

➔ Go to Q103

If No to both ➔ Go to Q104

Q103

To what extent, if at all, was this related to your or someone else's gambling?

₁ Not at all

₂ A little

₃ A lot

1434

Everyone please answer:

Q104

What is your sex?

A question about gender identity will follow

₁ Male

₂ Female

1435

Q105

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

1436

1437 - 1506

Q106

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

1507 - 1508

Month

1509 - 1510

Year

1511 - 1514

Q107

What was your age last birthday?

Write in years

1515 - 1516

Everyone please answer:

Q108

What is your ethnic group?

- ₀₁ White
- ₀₂ Mixed / Multiple ethnic groups
- ₀₃ White – Gypsy or Irish Traveller
- ₀₄ Asian / Asian British
- ₀₅ Black / African / Caribbean / Black British
- ₀₆ Chinese
- ₀₇ Arab
- ₀₈ Other ethnic group - 1517 - 1518
(please write in the box below)

1519 - 1587

Q109

Which of the following options best describes how you think of yourself?

- ₁ Heterosexual or Straight
- ₂ Gay or Lesbian
- ₃ Bisexual
- ₄ Other
- ₅ Prefer not to say

1588

Q110

What is your religion?

- ₀₁ No religion
- ₀₂ Christian (including Church of England, Catholic, Protestant and all other Christian denominations)
- ₀₃ Buddhist
- ₀₄ Hindu
- ₀₅ Jewish
- ₀₆ Muslim
- ₀₇ Sikh
- ₀₈ Any other religion 1589 - 1590
(please write in the box below)

1591 - 1650

Q111

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 1651 - 1652

Q112

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

Number of children aged under 18 1653 - 1654

Q113

What is your legal marital or registered civil partnership status?

Never married and never registered in a civil partnership	<input type="checkbox"/>	01	Divorced	<input type="checkbox"/>	06
Married	<input type="checkbox"/>	02	Formerly in a civil partnership which is now legally dissolved	<input type="checkbox"/>	07
In a registered civil partnership	<input type="checkbox"/>	03	Widowed	<input type="checkbox"/>	08
Separated, but still legally married	<input type="checkbox"/>	04	Surviving partner from a registered civil partnership	<input type="checkbox"/>	09
Separated, but still legally in a civil partnership	<input type="checkbox"/>	05			

1655 - 1656

Q114

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	<input type="checkbox"/>	£2,800 to £3,349	£33,600 to £40,199	<input type="checkbox"/>
£950 to £1,349	£11,400 to £16,199	<input type="checkbox"/>	£3,350 to £3,999	£40,200 to £47,999	<input type="checkbox"/>
£1,350 to £1,799	£16,200 to £21,599	<input type="checkbox"/>	£4,000 to £4,999	£48,000 to £59,999	<input type="checkbox"/>
£1,800 to £2,249	£21,600 to £26,999	<input type="checkbox"/>	£5,000 to £6,599	£60,000 to £79,199	<input type="checkbox"/>
£2,250 to £2,799	£27,000 to £33,599	<input type="checkbox"/>	£6,600 or more	£79,200 or more	<input type="checkbox"/>

1657 - 1658

Q115

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

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

1659 - 1660

Q116

Do you have any of the educational or school qualifications listed?

Tick the first box that applies

⁰¹ Higher degree or postgraduate qualifications (e.g. M.A., MSc., M.Ed, Ph.D. etc)

⁰² First degree level qualification Degree, or degree level equivalent (e.g. BA; BSc,) including foundation degrees such as PGCE

⁰³ Diploma in higher education; HNC; HND; Nursing or Teaching qualification (excluding PGCE)

⁰⁴ A level; AS level; NVQ level 3 GNVQ Advanced; or equivalent

⁰⁵ GCSE grade A* - C / 4 - 9; O level; CSE grade 1; NVQ level 2; GNVQ intermediate; or equivalent

⁰⁶ GCSE grade D - G / 1 - 3; CSE below grade 1; NVQ level 1; GNVQ Foundation level; or equivalent

⁰⁷ None of the listed options

1661 - 1662

Q117

Which of these descriptions applies to what you were doing last week?

Tick the first box that applies

⁰¹ Going to school or college full-time (including on vacation)

⁰² In paid employment or self-employed (or temporarily away)

⁰³ On a Government scheme for employment training

⁰⁴ Doing unpaid work for a business that you own, or that a relative owns

⁰⁵ Waiting to take up paid work already obtained

⁰⁶ Looking for paid work or a Government training scheme

⁰⁷ Intending to look for work but prevented by temporary sickness or injury

⁰⁸ Permanently unable to work because of long term sickness or disability

⁰⁹ Retired from paid work

¹⁰ Looking after home or family

¹¹ Doing something else – ^{1663 - 1664} please write in the box below

1665 - 1764

Q118

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?

Yes



Go to Q119

No



Go to Q123

1765

Q119

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

Yes



Go to Q120

No



Go to Q121

1766

Q120

Please write your email address in the box below.

1767 - 1846

Q121

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

Yes



Go to Q122

No



Go to Q123

1847

Q122

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

1848 - 1858

Q123

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?

I would like to receive a voucher

I do not want to receive a voucher

1859

Q124

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

1860-1869

First name

1870-1919

Surname

1920-1969

Q94-100 taken from

Short Warwick-Edinburgh Mental Well-Being Scale (SWEMWBS)
© NHS Health Scotland, University of Warwick
and University of Edinburgh, 2008, all rights reserved.



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/OGSurveyA

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

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



Q1

In a typical month, which of the following activities, if any, do you usually do?
Please tick **ONE** box for each activity

	YES	NO	
Spend time with friends/family	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1050
Read for pleasure	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1051
Listen to music	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1052
Watch TV	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1053
Eat out at restaurants	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1054
Go to pubs/bars/clubs	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1055
Do DIY or gardening	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1056
Go shopping (to the high street or shopping centre)	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1057
Do sports/exercise	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1058
Do arts or crafts	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1059
Play a musical instrument or make music	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1060
Go to the cinema, theatre or music concerts	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1061
Visit museums or galleries	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1062
Attend religious service/place of worship	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1063



Q2

In the last four weeks have you used the internet for any of the following?

Tick all that apply

Communication e.g. email, instant messaging, video or telephone calls

01

Using social media

02

Watching TV or films, listening to the radio, using streaming services
or watching short video clips

03

Online shopping, or online banking

04

Finding out information, including news, weather

05

Travel or navigation

06

Playing puzzle games online e.g Sudoku, Wordle

07

Playing other games online

08

Something else

09

Have not used the internet in the last four weeks

10


1064 - 1083

SPARE: 1084 - 1099

Q3

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

	Yes	No	
Tickets for the National Lottery Draw, including Thunderball and Euromillions and tickets bought online	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1100
Scratchcards (but not online or newspaper or magazine scratchcards)	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1101
Tickets for any other lottery, including charity lotteries	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1102
The football pools	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1103
Bingo cards or tickets, including playing at a bingo hall (not online)	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1104
Fruit or slot machines	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1105
Virtual gaming machines in a bookmakers to bet on virtual roulette, poker, blackjack or other games	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1106
Table games (roulette, cards or dice) in a casino	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1107
Playing poker in a pub tournament/league or at a club	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1108
Online gambling like playing poker, bingo, instant win/scratchcard games, slot machine style games or casino games for money	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1109
Online betting with a bookmaker on any event or sport	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1110
Betting exchange: 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.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1111
Betting on horse races in a bookmaker's, by phone or at the track	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1112
Betting on dog races in a bookmaker's, by phone or at the track	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1113
Betting on sports events in a bookmaker's, by phone or at the venue	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1114
Betting on other events in a bookmaker's, by phone or at the venue	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1115
Spread-betting: 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.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1116
Private betting, playing cards or games for money with friends, family or colleagues	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1117
Another form of gambling in the last 12 months	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1118

IF YOU TICKED 'YES' FOR ANY OF THE ACTIVITIES AT Q3  PLEASE GO TO Q4 OTHERWISE GO TO Q47 ON PAGE 9.

Q4

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

- ₁ 2 or more times a week
- ₂ Once a week
- ₃ Less than once a week, more than once a month
- ₄ Once a month
- ₅ Every 2-3 months
- ₆ Once or twice a year

1119

Q5

We would like you to think about any accounts that you have with gambling companies, including betting, bingo and lottery sites including the National Lottery.

How many gambling, betting, bingo and lottery companies are you currently registered with online?

Enter the number of accounts, or 0 if you are not registered with any.

1120 - 1121

If you have an account with a gambling company please

→ Go to Q6

If you do not have any accounts with gambling companies

→ Go to Q7 on the next page

Q6

How many of these accounts do you spend money with at least monthly?

1122 - 1123

Tick **ONE** box on each line

In the past 12 months, how often...	Almost always	Most of the time	Sometimes	Never	
Q7 ...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	1125
Q8 ...have you needed to gamble with larger amounts of money to get the same feeling of excitement?	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	1126
Q9 ...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	1127
Q10 ...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	1128
Q11 ...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	1129
Q12 ...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	1130
Q13 ...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	1131
Q14 ...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	1132
Q15 ...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	1133

Q16

In the last 12 months have you bet in-play when betting on sports? In-play betting means betting on things that happen within sports matches once the match has started (e.g., who will win, next goal scorer, next corner, next point)

₁ Yes

₂ No

1134





The following question lists reasons that some people 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 for each question

I take part in these activities...	Always	Often	Sometimes	Never	
Q17 ...for the chance of winning big money	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	1151
Q18 ...because it's fun	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	1152
Q19 ...as a hobby or a pastime	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	1153
Q20 ...to escape boredom or to fill my time	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	1154
Q21 ...because I'm worried about not winning if I don't play	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	1155
Q22 ...to compete with others (e.g. bookmaker, other gamblers)	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	1156
Q23 ...because it's exciting	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	1157
Q24 ...for the mental challenge or to learn about the game or activity	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	1158
Q25 ...because of the sense of achievement when I win	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	1159
Q26 ...to impress other people	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	1160
Q27 ...to be sociable	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	1161
Q28 ...because it helps when I'm feeling tense	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	1162
Q29 ...to make money	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	1163
Q30 ...to relax	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	1164
Q31 ...because it's something that I do with my friends or family	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	1165



Q32

Thinking back over the past 12 months, how would you rate how much you have enjoyed gambling? **Circle one number between 0 and 10.**

Hate it											Love it
0	1	2	3	4	5	6	7	8	9	10	

1166 - 1167



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, in the last 12 months has your own gambling led you to...

- | | | Yes | No | |
|------------|---|---------------------------------------|---------------------------------------|------|
| Q33 | ...reduce or cut back your spending on everyday items such as food, bills and clothing? | <input type="checkbox"/> ₁ | <input type="checkbox"/> ₂ | 1174 |
| Q34 | ...use savings or borrow money e.g. from family/friends; credit cards; overdrafts/loans; money lenders? | <input type="checkbox"/> ₁ | <input type="checkbox"/> ₂ | 1175 |
| Q35 | ...experience conflict or arguments with friends, family and/or work colleagues? | <input type="checkbox"/> ₁ | <input type="checkbox"/> ₂ | 1176 |
| Q36 | ...feel isolated from other people, left out or feel completely alone? | <input type="checkbox"/> ₁ | <input type="checkbox"/> ₂ | 1177 |
| Q37 | ...lie to family, or others, to hide the extent of your gambling? | <input type="checkbox"/> ₁ | <input type="checkbox"/> ₂ | 1178 |
| Q38 | ...be absent or perform poorly at work or study? | <input type="checkbox"/> ₁ | <input type="checkbox"/> ₂ | 1179 |

In the last 12 months...

- | | | Yes | No | |
|------------|--|---------------------------------------|---------------------------------------|------|
| Q39 | ...have you lost something of significant financial value such as your home, business, car or been declared bankrupt because of your own gambling? | <input type="checkbox"/> ₁ | <input type="checkbox"/> ₂ | 1180 |
| Q40 | ...has your relationship with someone close to you, such as a spouse, partner, family member or friend broken down because of your own gambling? | <input type="checkbox"/> ₁ | <input type="checkbox"/> ₂ | 1181 |
| Q41 | ...have you experienced violence or abuse because of your own gambling? | <input type="checkbox"/> ₁ | <input type="checkbox"/> ₂ | 1182 |
| Q42 | ...have you committed a crime in order to finance gambling or to pay gambling debts? | <input type="checkbox"/> ₁ | <input type="checkbox"/> ₂ | 1183 |

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 | |
|------------|---|---------------------------------------|---------------------------------------|------|
| Q43 | ...mental health services? | <input type="checkbox"/> ₁ | <input type="checkbox"/> ₂ | 1184 |
| Q44 | ...food banks or other welfare organisations? | <input type="checkbox"/> ₁ | <input type="checkbox"/> ₂ | 1185 |
| Q45 | ...relationship counselling and support services? | <input type="checkbox"/> ₁ | <input type="checkbox"/> ₂ | 1186 |
| Q46 | ...gambling support services? | <input type="checkbox"/> ₁ | <input type="checkbox"/> ₂ | 1187 |



Q47: 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 last month, have you seen or heard gambling being promoted in the following ways? Please tick **ONE** box for each activity

	YES	NO	
Adverts on television	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1188
Adverts on radio	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1189
Sponsorship of sports people, teams or events by gambling companies	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1190
Sponsorship of other TV programmes by gambling companies	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1191
Adverts for gambling on social media such as YouTube, Facebook, Twitter and other social media	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1192
Pop-up adverts online for gambling companies	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1193
Adverts and promotions from gambling apps	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1194
Famous people or influencers promoting gambling companies via social media (YouTube, Facebook, Twitter etc)	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1195

Q48

In the last month, which of the following, if any, have gambling companies sent directly to you?

Please tick all that apply

- 1 Emails about gambling
- 2 Texts about gambling
- 3 Messages on social media (Facebook, Twitter, Instagram etc) about gambling
- 4 Messages or notifications from gambling apps
- 5 Letters by post about gambling
- 6 None of the answer options

1196 - 1201

Q49

In the last month, how often, if at all, has a gambling advert, promotion or sponsorship prompted you to spend money on gambling when you were not otherwise planning to?

- 1 Very often
- 2 Fairly often
- 3 Occasionally
- 4 Never

1202



Q50

Do you follow or interact with any gambling companies on any of the following social media or streaming platforms? Again, when we refer to gambling companies, we would like you to think about all gambling companies, including betting, bingo and lottery websites. **Please tick all that apply.**

Facebook

01

Twitter

02

Snapchat

03

Instagram

04

Youtube

05

Twitch

06

TikTok

07

Other (please specify in the box below)

1223 - 1303

08

No, I use social media but don't follow any gambling operators

09

No, I don't use social media or streaming platforms

10

1203 - 1222

SPARE: 1304 - 1350

Tick **ONE** box for each question

The following question lists things that some people have said about gambling. How much do you agree or disagree with each one of the following statements?

Strongly agree **Agree** **Neither agree nor disagree** **Disagree** **Strongly disagree**

- Q51** People should have the right to gamble whenever they want ₁ ₂ ₃ ₄ ₅ 1351
- Q52** There are too many opportunities for gambling nowadays ₁ ₂ ₃ ₄ ₅ 1352
- Q53** Gambling should be discouraged ₁ ₂ ₃ ₄ ₅ 1353
- Q54** Most people who gamble do so sensibly ₁ ₂ ₃ ₄ ₅ 1354
- Q55** Gambling is dangerous for family life ₁ ₂ ₃ ₄ ₅ 1355
- Q56** On balance, gambling is good for society ₁ ₂ ₃ ₄ ₅ 1356
- Q57** Gambling livens up life ₁ ₂ ₃ ₄ ₅ 1357
- Q58** It would be better if gambling were banned altogether ₁ ₂ ₃ ₄ ₅ 1358

- Q59** How far do you agree or disagree that in this country, gambling is conducted fairly and can be trusted? ₁ ₂ ₃ ₄ ₅ 1359
- Q60** How far do you agree or disagree that gambling in this country is associated with criminal activity? ₁ ₂ ₃ ₄ ₅ 1360

Q61a

The Gambling Commission exists to safeguard players and the wider public by ensuring gambling is fair and safe.

Were you aware that the gambling industry in Great Britain is regulated?

- ₁ Yes
- ₂ No

1361

Q61b

And were you aware that the gambling industry is regulated by the Gambling Commission?

- ₁ Yes
- ₂ No

1362

Q62

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 Q81
- ₂ Yes, a partner/spouse → Go to Q63
- ₃ Yes, another family member (that is not your partner/spouse) → Go to Q63
- ₄ Yes, a friend → Go to Q63
- ₅ Yes, someone else → Go to Q63

1363 -1367

Q63

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

- ₁ Yes
- ₂ No

1368



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.

Tick **ONE** box for each question

Thinking about someone else's gambling, in the last 12 months...

Almost always

Most of the time

Sometimes

Never

- | | | | | | | |
|------------|--|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|------|
| Q64 | ...have you borrowed money or sold anything to get money because of someone else's gambling? | <input type="checkbox"/> ₁ | <input type="checkbox"/> ₂ | <input type="checkbox"/> ₃ | <input type="checkbox"/> ₄ | 1369 |
| Q65 | ...have you felt that someone else's 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 | 1370 |
| Q66 | ...have you felt that someone else's gambling has made you feel embarrassment, guilt or shame? | <input type="checkbox"/> ₁ | <input type="checkbox"/> ₂ | <input type="checkbox"/> ₃ | <input type="checkbox"/> ₄ | 1371 |

SPARE: 1372 - 1377

Tick **ONE** box for each question

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

Yes

No

-
- | | | | | |
|------------|--|---------------------------------------|---------------------------------------|------|
| Q67 | ...use your savings or increase your use of credit, such as credit cards, overdrafts or loans? | <input type="checkbox"/> ₁ | <input type="checkbox"/> ₂ | 1378 |
| Q68 | ...reduce or cut back your spending on everyday items such as food, bills and clothing? | <input type="checkbox"/> ₁ | <input type="checkbox"/> ₂ | 1379 |
| Q69 | ...experience conflict or arguments with friends, family and/or work colleagues? | <input type="checkbox"/> ₁ | <input type="checkbox"/> ₂ | 1380 |
| Q70 | ...feel isolated from other people, left out or feel completely alone? | <input type="checkbox"/> ₁ | <input type="checkbox"/> ₂ | 1381 |
| Q71 | ...be absent or perform poorly at work or study? | <input type="checkbox"/> ₁ | <input type="checkbox"/> ₂ | 1382 |
| Q72 | ...lie to family, or others, to hide the extent of someone else's gambling? | <input type="checkbox"/> ₁ | <input type="checkbox"/> ₂ | 1383 |
-

Tick **ONE** box for each question

Yes

No

-
- | | | | | |
|------------|--|---------------------------------------|---------------------------------------|------|
| Q73 | In the last 12 months, has your relationship with someone close to you such as a spouse, partner, family member or friend broken down because of someone else's gambling? | <input type="checkbox"/> ₁ | <input type="checkbox"/> ₂ | 1384 |
| Q74 | In the last 12 months, have you lost something of significant financial value such as your home, business, car or been declared bankrupt because of someone else's gambling? | <input type="checkbox"/> ₁ | <input type="checkbox"/> ₂ | 1385 |
| Q75 | In the last 12 months, have you experienced violence or abuse because of someone else's gambling? | <input type="checkbox"/> ₁ | <input type="checkbox"/> ₂ | 1386 |
| Q76 | In the last 12 months, have you committed a crime in order to finance someone else's gambling or to pay their gambling debts? | <input type="checkbox"/> ₁ | <input type="checkbox"/> ₂ | 1387 |
-

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

-
- | | | | | |
|------------|---|---------------------------------------|---------------------------------------|------|
| Q77 | ...mental health services? | <input type="checkbox"/> ₁ | <input type="checkbox"/> ₂ | 1388 |
| Q78 | ...food banks or other welfare organisations? | <input type="checkbox"/> ₁ | <input type="checkbox"/> ₂ | 1389 |
| Q79 | ...relationship counselling and support services? | <input type="checkbox"/> ₁ | <input type="checkbox"/> ₂ | 1390 |
| Q80 | ...gambling support services? | <input type="checkbox"/> ₁ | <input type="checkbox"/> ₂ | 1391 |
-

SPARE: 1392 - 1410

Q81: Everyone please answer

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

- ₁ Very good
- ₂ Good
- ₃ Fair
- ₄ Bad
- ₅ Very bad

1411

Q82

Do you smoke cigarettes at all nowadays?

- ₁ Yes → **Go to Q83**
- ₂ No → **Go to Q84**

1412

Q83

On average, about how many cigarettes a day do you usually smoke?

- Write in number smoked a day

1413 - 1414

Q84

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

- ₁ Never → **Go to Q87**
- ₂ Monthly or less → **Go to Q85**
- ₃ Two to four times a month → **Go to Q85**
- ₄ Two to three times a week → **Go to Q85**
- ₅ Four or more times a week → **Go to Q85**

1415

Q85

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

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

1416

Q86

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

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

1417

Everyone please answer:

Tick **ONE** box for each question

Please read the following statements and indicate how true each one is for you		Very true	Some -what true	Neither true nor untrue	Some -what untrue	Very untrue	
Q87	I often do things without stopping to think	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	1418
Q88	I am an impulsive person	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	1419
Q89	I often talk quickly before thinking things out	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	1420
Q90	I often get involved in things I wish I could later get out of	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	1421
Q91	I need to use a lot of self-control to keep out of trouble	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	1422
Q92	I often get in trouble because I do things without thinking	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	1423
Q93	I get carried away by new and exciting ideas	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	1424

Tick **ONE** box for each question

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	
Q94	I've been feeling optimistic about the future	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	1425
Q95	I've been feeling useful	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	1426
Q96	I've been feeling relaxed	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	1427
Q97	I've been dealing with problems well	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	1428
Q98	I've been thinking clearly	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	1429
Q99	I've been feeling close to other people	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	1430
Q100	I've been able to make up my own mind about things	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	1431

Q101

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

₁ Yes

₂ No

1432

Q102

In the past 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

1433

If Yes to either Q101 or Q102

➔ Go to Q103

If No to both ➔ Go to Q104

Q103

To what extent, if at all, was this related to your or someone else's gambling?

₁ Not at all

₂ A little

₃ A lot

1434

Everyone please answer:

Q104

What is your sex?

A question about gender identity will follow

₁ Male

₂ Female

1435

Q105

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

1436

1437 - 1506

Q106

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

1507 - 1508

Month

1509 - 1510

Year

1511 - 1514

Q107

What was your age last birthday?

Write in years

1515 - 1516

Everyone please answer:

Q108

What is your ethnic group?

- ₀₁ White
- ₀₂ Mixed / Multiple ethnic groups
- ₀₃ White – Gypsy or Irish Traveller
- ₀₄ Asian / Asian British
- ₀₅ Black / African / Caribbean / Black British
- ₀₆ Chinese
- ₀₇ Arab
- ₀₈ Other ethnic group - 1517 - 1518
(please write in the box below)

1519 - 1587

Q109

Which of the following options best describes how you think of yourself?

- ₁ Heterosexual or Straight
- ₂ Gay or Lesbian
- ₃ Bisexual
- ₄ Other
- ₅ Prefer not to say 1588

Q110

What is your religion?

- ₀₁ No religion
- ₀₂ Christian (including Church of England, Catholic, Protestant and all other Christian denominations)
- ₀₃ Buddhist
- ₀₄ Hindu
- ₀₅ Jewish
- ₀₆ Muslim
- ₀₇ Sikh
- ₀₈ Any other religion 1589 - 1590
(please write in the box below)

1591 - 1650

Q111

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 1651 - 1652

Q112

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

Number of children aged under 18 1653 - 1654

Q113

What is your legal marital or registered civil partnership status?

Never married and never registered in a civil partnership	<input type="checkbox"/>	01	Divorced	<input type="checkbox"/>	06
Married	<input type="checkbox"/>	02	Formerly in a civil partnership which is now legally dissolved	<input type="checkbox"/>	07
In a registered civil partnership	<input type="checkbox"/>	03	Widowed	<input type="checkbox"/>	08
Separated, but still legally married	<input type="checkbox"/>	04	Surviving partner from a registered civil partnership	<input type="checkbox"/>	09
Separated, but still legally in a civil partnership	<input type="checkbox"/>	05			

1655 - 1656

Q114

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	<input type="checkbox"/>	£2,800 to £3,349	£33,600 to £40,199	<input type="checkbox"/>
£950 to £1,349	£11,400 to £16,199	<input type="checkbox"/>	£3,350 to £3,999	£40,200 to £47,999	<input type="checkbox"/>
£1,350 to £1,799	£16,200 to £21,599	<input type="checkbox"/>	£4,000 to £4,999	£48,000 to £59,999	<input type="checkbox"/>
£1,800 to £2,249	£21,600 to £26,999	<input type="checkbox"/>	£5,000 to £6,599	£60,000 to £79,199	<input type="checkbox"/>
£2,250 to £2,799	£27,000 to £33,599	<input type="checkbox"/>	£6,600 or more	£79,200 or more	<input type="checkbox"/>

1657 - 1658

Q115

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

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

1659 - 1660

Q116

Do you have any of the educational or school qualifications listed?

Tick the first box that applies

⁰¹ Higher degree or postgraduate qualifications (e.g. M.A., MSc., M.Ed, Ph.D. etc)

⁰² First degree level qualification Degree, or degree level equivalent (e.g. BA; BSc,) including foundation degrees such as PGCE

⁰³ Diploma in higher education; HNC; HND; Nursing or Teaching qualification (excluding PGCE)

⁰⁴ A level; AS level; NVQ level 3 GNVQ Advanced; or equivalent

⁰⁵ GCSE grade A* - C / 4 - 9; O level; CSE grade 1; NVQ level 2; GNVQ intermediate; or equivalent

⁰⁶ GCSE grade D - G / 1 - 3; CSE below grade 1; NVQ level 1; GNVQ Foundation level; or equivalent

⁰⁷ None of the listed options

1661 - 1662

Q117

Which of these descriptions applies to what you were doing last week?

Tick the first box that applies

⁰¹ Going to school or college full-time (including on vacation)

⁰² In paid employment or self-employed (or temporarily away)

⁰³ On a Government scheme for employment training

⁰⁴ Doing unpaid work for a business that you own, or that a relative owns

⁰⁵ Waiting to take up paid work already obtained

⁰⁶ Looking for paid work or a Government training scheme

⁰⁷ Intending to look for work but prevented by temporary sickness or injury

⁰⁸ Permanently unable to work because of long term sickness or disability

⁰⁹ Retired from paid work

¹⁰ Looking after home or family

¹¹ Doing something else – 1663 - 1664 please write in the box below

1665 - 1764

Q118

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?

Yes



Go to Q119

No



Go to Q123

1765

Q119

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

Yes



Go to Q120

No



Go to Q121

1766

Q120

Please write your email address in the box below.

1767 - 1846

Q121

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

Yes



Go to Q122

No



Go to Q123

1847

Q122

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

1848 - 1858

Q123

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?

I would like to receive a voucher

I do not want to receive a voucher

1859

Q124

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

1860-1869

First name

1870-1919

Surname

1920-1969

Q94-100 taken from

Short Warwick-Edinburgh Mental Well-Being Scale (SWEMWBS)
© NHS Health Scotland, University of Warwick
and University of Edinburgh, 2008, all rights reserved.