



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/GSGB21

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/family	<input type="checkbox"/>	<input type="checkbox"/>	1050
b Read for pleasure	<input type="checkbox"/>	<input type="checkbox"/>	1051
c Listen to music	<input type="checkbox"/>	<input type="checkbox"/>	1052
d Watch TV	<input type="checkbox"/>	<input type="checkbox"/>	1053
e Eat out at restaurants	<input type="checkbox"/>	<input type="checkbox"/>	1054
f Go to pubs/bars/clubs	<input type="checkbox"/>	<input type="checkbox"/>	1055
g Do DIY or gardening	<input type="checkbox"/>	<input type="checkbox"/>	1056
h Go shopping (to the high street or shopping centre)	<input type="checkbox"/>	<input type="checkbox"/>	1057
i Do sports/exercise	<input type="checkbox"/>	<input type="checkbox"/>	1058
j Do arts or crafts	<input type="checkbox"/>	<input type="checkbox"/>	1059
k Play a musical instrument or make music	<input type="checkbox"/>	<input type="checkbox"/>	1060
l Go to the cinema, theatre or music concerts	<input type="checkbox"/>	<input type="checkbox"/>	1061
m Visit museums or galleries	<input type="checkbox"/>	<input type="checkbox"/>	1062
n Attend religious service/place of worship	<input type="checkbox"/>	<input type="checkbox"/>	1063



Q2

In the past 4 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	<input type="checkbox"/> ₀₁	Travel or navigation	<input type="checkbox"/> ₀₆
Using social media	<input type="checkbox"/> ₀₂	Playing puzzle games online e.g. Sudoku, Wordle	<input type="checkbox"/> ₀₇
Watching TV or films, listening to the radio, using streaming services or watching short video clips	<input type="checkbox"/> ₀₃	Playing other games online	<input type="checkbox"/> ₀₈
Online shopping or online banking	<input type="checkbox"/> ₀₄	Something else	<input type="checkbox"/> ₀₉
Finding out information, including news, weather	<input type="checkbox"/> ₀₅	Have not used the internet in the past 4 weeks	<input type="checkbox"/> ₁₀

1064 - 1083

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	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	1100
b Tickets for other charity lotteries, including the Health Lottery, Postcode Lottery and other lotteries	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	1101
c National Lottery scratchcards	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	1102
d Other scratchcards	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	1103
e National Lottery online instant win games	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	1104
f Other online instant win games	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	1105
g Betting on sports and racing online / via an App , including virtual sports/races and e-sports	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	1106
h Betting on sports and racing in-person , e.g. at a bookmakers, including virtual sports/races and e-sports	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	1107
i Betting on the outcome of events such as TV shows, elections online / via an App	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	1108
j Betting on the outcome of events such as TV shows, elections in-person , e.g. at a bookmakers	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	1109
k Bingo played online / via an App	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	1110
l Bingo played at a venue e.g. a bingo hall, social club	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	1111
m Casino games played online / via an App e.g. Poker, Roulette, Blackjack	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	1112
n Casino games played at a casino e.g. Poker, Roulette, Blackjack	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	1113
o Casino games (e.g. Poker, Roulette, Blackjack) played on a machine / terminal in a venue e.g. casino, bookmakers, club, pub	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	1114
p Fruit/slot machines played in-person	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	1115
q Fruit/slot games played online / via an App	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	1116
r Football pools	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	1117
s Private betting with e.g. friends, family, colleagues	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	1118
t Another form of gambling in the last 12 months	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	1119

IF YOU TICKED 'YES' FOR ANY OF THE ACTIVITIES ABOVE PLEASE GO TO Q4 ON THE NEXT PAGE OTHERWISE GO TO Q26 ON PAGE 13



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 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 on each line

I take part in these activities...	Always	Often	Sometimes	Never	
a ...for the chance of winning big money	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	1122
b ... because it's fun	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	1123
c ...as a hobby or a pastime	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	1124
d ...to escape boredom or to fill my time	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	1125
e ...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	1126
f ...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	1127
g ...because it's exciting	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	1128
h ...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	1129
i ...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	1130
j ...to impress other people	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	1131
k ... to be sociable	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	1132
l ...because it helps when I'm feeling tense	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	1133
m ...to make money	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	1134
n ...to relax	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	1135
o ...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	1136

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?	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	1147
b ...have you needed to gamble with larger amounts of money to get the same excitement?	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	1148
c ...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	1149
d ...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	1150
e ...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	1151
f ...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	1152
g ...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	1153
h ...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	1154
i ...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	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?	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	1156
b	...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	1157
c	...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	1158
d	...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	1159
e	...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	1160
f	...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	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?	<input type="checkbox"/> ₁	<input type="checkbox"/> 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?	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	1163
c	...have you experienced violence or abuse because of your own gambling?	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	1164
d	...have you committed a crime in order to finance gambling or to pay gambling debts?	<input type="checkbox"/> ₁	<input type="checkbox"/> 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

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?

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

1170

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

1171

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

1172

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

1173

Q11

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	<input type="checkbox"/>	₀₁	Lotto Hotpicks	<input type="checkbox"/>	₀₄	Health lottery	<input type="checkbox"/>	₀₇
Euromillions	<input type="checkbox"/>	₀₂	Euromillions Hotpicks	<input type="checkbox"/>	₀₅	Postcode lottery	<input type="checkbox"/>	₀₈
Thunderball	<input type="checkbox"/>	₀₃	Set for Life	<input type="checkbox"/>	₀₆	Other lottery tickets, including for charity	<input type="checkbox"/>	₀₉

1174 - 1191

Q12

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	National Lottery scratchcards	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1192
b	Other scratchcards	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1193
c	National Lottery online instant win games	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1194
d	Other online instant win games	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1195

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

Q13

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	<input type="checkbox"/>	₁	£3 scratchcards	<input type="checkbox"/>	₃	Don't know/can't remember the value	<input type="checkbox"/>	₅
£2 scratchcards	<input type="checkbox"/>	₂	£5 scratchcards	<input type="checkbox"/>	₄			

1196 - 1200

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

Q14

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 cost less than £1	<input type="checkbox"/>	1	£2 online instant win games	<input type="checkbox"/>	3	£5 online instant win games	<input type="checkbox"/>	5
£1 online instant win games	<input type="checkbox"/>	2	£3 online instant win games	<input type="checkbox"/>	4	Don't know/can't remember the value	<input type="checkbox"/>	6

.....

1230 - 1235

Q15

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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1236
b Betting on sports and racing in-person , e.g. at a bookmakers, including virtual sports/races and e-sports	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1237
c Betting on the outcome of events such as TV shows, elections online/via an App	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1238
d Betting on the outcome of events such as TV shows, elections in-person , e.g. at a bookmakers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1239

.....

Q16

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 Q17**

₂ No → **Go to Q19**

1240

Q17

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

₁ About once A few times a week ₄
₂ About once a fortnight Everyday ₅
₃ About once a week 1241

Q18

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 1242 - 1243

Don't know / unsure 1244

Q19

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

₁ Yes

₂ No 1245

Q20

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

₀₁ Live football E-sports ₀₅
₀₂ Live tennis Virtual games/races ₀₆
₀₃ Live horse/dog racing None of these ₀₇
₀₄ Other live sports 1246 - 1259

Q21

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	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	<input type="checkbox"/> ₆	1260
b	...at a venue e.g. a bingo hall, social club?	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	<input type="checkbox"/> ₆	1261

Q22

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	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	<input type="checkbox"/> ₆	1262
b ...in person at a casino?	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	<input type="checkbox"/> ₆	1263
c ...on a machine / terminal in a venue e.g. casino, bookmakers, club, pub?	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	<input type="checkbox"/> ₆	1264

Q23

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	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	<input type="checkbox"/> ₆	1265
b ...on a fruit / slot machine?	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	<input type="checkbox"/> ₆	1266

Q24

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

Pub/bar/club	<input type="checkbox"/> ₀₁	Bookmakers	<input type="checkbox"/> ₀₅
Gaming centre/arcade etc	<input type="checkbox"/> ₀₂	Other, please specify	<input type="text" value="1281 - 1349"/> ₀₆
Casino	<input type="checkbox"/> ₀₃	Only played online, including an App	<input type="checkbox"/> ₀₇
Bingo hall /social club	<input type="checkbox"/> ₀₄		1267 - 1280

Q25

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

	Yes	No	
a Football pools	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	1350
b Private betting with e.g. friends, family, colleagues	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	1351
c Another form of gambling in the past 4 weeks	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	1352



Q26: 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 statement.

	YES	NO	
a Adverts on television	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1353
b Adverts on radio	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1354
c Sponsorship of sports people, teams or events by gambling companies	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1355
d Sponsorship of other TV programmes by gambling companies	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1356
e Adverts for gambling on social media such as YouTube, Facebook, Twitter and other social media	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1357
f Pop-up adverts online for gambling companies	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1358
g Adverts and promotions from gambling apps	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1359
h Famous people or influencers promoting gambling companies via social media (YouTube, Facebook, Twitter etc)	<input type="checkbox"/> 1	<input type="checkbox"/> 2	1360

Q27

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	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	<input type="checkbox"/> ₆	1361
b	is well run	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	<input type="checkbox"/> ₆	1362
c	contributes to causes that benefit the whole nation	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	<input type="checkbox"/> ₆	1363
d	encourages people to play its games responsibly	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	<input type="checkbox"/> ₆	1364
e	is innovative	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	<input type="checkbox"/> ₆	1365

Q28

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 Q34

₂ Yes, a partner/spouse → Go to Q29

₃ Yes, another family member (that is not your partner/spouse) → Go to Q29

₄ Yes, a friend → Go to Q29

₅ Yes, someone else → Go to Q29

1366 - 1370

Q29

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

₁ Yes

₂ No

1371

Q30

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?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	1372
b	...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	1373
c	...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	1374

Q31

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?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	1375
b	...use your savings or increase your use of credit, such as credit cards, overdrafts or loans?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	1376
c	...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	1377
d	...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	1378
e	...lie to family, or others, to hide the extent of someone else's gambling?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	1379
f	...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	1380

Q32

Tick **ONE** box for each question

		Yes	No	
a	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	1391
b	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	1392
c	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	1393
d	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	1394

Q33

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?	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	1395
b	...food banks or other welfare organisations?	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	1396
c	...relationship counselling and support services?	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	1397
d	...gambling support services?	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	1398

Q34: Everyone please answer

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

<input type="checkbox"/> ₁ Very good	<input type="checkbox"/> ₄ Bad
<input type="checkbox"/> ₂ Good	<input type="checkbox"/> ₅ Very bad
<input type="checkbox"/> ₃ Fair	

1399

Q35

Do you smoke cigarettes at all nowadays?

<input type="checkbox"/> ₁ Yes → Go to Q36	<input type="checkbox"/> ₂ No → Go to Q37
---	--

1400

Q36

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

Write in number
smoked a day

1401 - 1402

Q37

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

- | | |
|--|--|
| <input type="checkbox"/> ₁ Never → Go to Q40 | <input type="checkbox"/> ₄ Two to three times a week → Go to Q38 |
| <input type="checkbox"/> ₂ Monthly or less → Go to Q38 | <input type="checkbox"/> ₅ Four or more times a week → Go to Q38 |
| <input type="checkbox"/> ₃ Two to four times a month → Go to Q38 | |

1403

Q38

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

- | | |
|--|--|
| <input type="checkbox"/> ₁ None, I do not drink | <input type="checkbox"/> ₄ 5 or 6 |
| <input type="checkbox"/> ₂ 1 or 2 | <input type="checkbox"/> ₅ 7 to 9 |
| <input type="checkbox"/> ₃ 3 or 4 | <input type="checkbox"/> ₆ 10 or more |

1404

Q39

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

- | | |
|---|---|
| <input type="checkbox"/> ₁ Never | <input type="checkbox"/> ₄ Weekly |
| <input type="checkbox"/> ₂ Less than monthly | <input type="checkbox"/> ₅ Daily or almost daily |
| <input type="checkbox"/> ₃ Monthly | |

1405

Q40: 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

a	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	1406
b	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	1407
c	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	1408
d	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	1409
e	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	1410
f	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	1411
g	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	1412

Q41

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

1413

Q42

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

1414

If Yes to either Q41 or Q42 → Go to Q43

If No to both → Go to Q44

Q43

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

- ₁ Not at all
- ₂ A little
- ₃ A lot

1415

Q44: Everyone please answer

What is your sex?

A question about gender identity will follow

- ₁ Male
- ₂ Female

1416

Q45

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

Q46

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

Q47

What was your age last birthday?

- Write in years

1476 - 1478

Q48

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:*

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:*

Asian / Asian British

₀₉ Indian

₁₀ Pakistani

₁₁ Bangladeshi

₁₂ Chinese

₁₃ Any other Asian background, *please describe:*

Q49

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

Black / African / Caribbean / Black British

₁₄ African

₁₅ Caribbean

₁₆ Any other Black / African / Caribbean background, *please describe:*

Other ethnic group

₁₇ Arab

₁₈ Any other ethnic group, *please describe:*

1500 - 1501

Q50

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

Number of children aged under 18
1802 - 1803

Q51

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			

1804 - 1805

Q52

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"/>

1806 - 1807

Q53

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			

1808 - 1809

Q54

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

<input type="checkbox"/>	₁ Yes	→	Go to Q56
<input type="checkbox"/>	₂ No	→	Go to Q55

1810

Q55

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

<input type="checkbox"/>	₁ Yes	→	Go to Q56
<input type="checkbox"/>	₂ No	→	Go to Q57

1811

Q56

Was your highest qualification ...

Yes

No

At degree level or above

₁₂

1812

Or another kind of qualification?

₁₂

1813

Q57

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	<input type="checkbox"/> ₁	On maternity or paternity leave	<input type="checkbox"/> ₄
Self-employed or freelancer	<input type="checkbox"/> ₂	Doing any other kind of paid work	<input type="checkbox"/> ₅
Temporarily away from work ill, on holiday or temporarily laid off	<input type="checkbox"/> ₃	OR none of the above? → Go to Q58	<input type="checkbox"/> ₆

1814

Q58: If none of the above at Q57

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)	<input type="checkbox"/>	1	Long-term sick or disabled	<input type="checkbox"/>	4
Studying	<input type="checkbox"/>	2	Other	<input type="checkbox"/>	5
Looking after home or family	<input type="checkbox"/>	3			1815

Q59: Everyone please answer

In the past 4 weeks, have you spent more or less on the following activities than you normally would?

		More / Increased spend	Stayed the same	Less / Decreased spend	Don't know	
a	Supermarket shopping	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1816
b	Non-essential spending with other retailers i.e., clothes, shoes etc.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1817
c	Leisure activities i.e., hobbies, gym membership, cinema etc	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1818
d	Going to restaurants and bars	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1819
e	Home entertainment and subscriptions i.e. Netflix, Sky etc.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1820
f	Lottery tickets and/or scratchcards	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1821
g	Other gambling activities (not including those above lottery tickets and/or scratchcards)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1822
h	Charitable donations	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1823
i	Home improvements/DIY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1824

Q60

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 Q61

₂ No → Go to Q65

2025

Q61

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

₁ Yes → Go to Q62

₂ No → Go to Q63

2026

Q62

Please write your email address in the box below.

2027 - 2126

Q63

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

₁ Yes → Go to Q64

₂ No → Go to Q65

2127

Q64

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

2128 - 2138

Q65

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

Q66

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

Q40 taken from

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