

Gambling Abstinence Self-efficacy Scale (GASS)

Instructions: The following questions are a list of reasons why people begin to gamble again after they have given up gambling. Please rate these on how confident you are that you will not gamble in that situation. Zero means that you are not at all confident and five means that you are extremely confident that you will not gamble.

Circle only one number for each item.

Reasons for beginning to gamble	Not at all Confident		Moderately Confident			Extremely Confident	
1) I felt angry or frustrated, either with myself or because things were not going my way.	0	1	2	3	4	5	
2) I felt anxious or tense.	0	1	2	3	4	5	
3) I felt sad.	0	1	2	3	4	5	
4) I felt physically uncomfortable because I wanted to gamble.	0	1	2	3	4	5	
5) I was in a good mood.	0	1	2	3	4	5	
6) I wanted to see what would happen if I gambled just a little.	0	1	2	3	4	5	
7) I just felt tempted to gamble out of the blue.	0	1	2	3	4	5	
8) Someone invited me to gamble.	0	1	2	3	4	5	
9) I felt angry or frustrated because of my relationship with someone else.	0	1	2	3	4	5	
10) I was with others having a good time and we felt like gambling together.	0	1	2	3	4	5	

Reasons for beginning to gamble	Not at all Confident		Moderately Confident			Extremely Confident	
11) I felt worried or tense because of my relationship with someone else.	0	1	2	3	4	5	
12) I felt others were being critical of me.	0	1	2	3	4	5	
13) I saw others gambling.	0	1	2	3	4	5	
14) I wanted to win.	0	1	2	3	4	5	
15) I needed to win back past losses	0	1	2	3	4	5	
16) An opportunity to gamble happened out of the blue.	0	1	2	3	4	5	
17) I felt lucky	0	1	2	3	4	5	
18) I felt pressured by financial debts	0	1	2	3	4	5	
19) When I am in a situation in which I am in the habit of gambling.	0	1	2	3	4	5	
20) When I wanted to escape from my thoughts and feelings.	0	1	2	3	4	5	
21) When I didn't care anymore	0	1	2	3	4	5	