

Processes of change (PoC) questionnaire that has been adapted for problem gambling.

Each Item is rated on a five point scale:

<i>Never</i>	<i>Seldom</i>	<i>Occasionally</i>	<i>Frequently</i>	<i>Repeatedly</i>
<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>
1. I recalled information people had given to me on quitting gambling				
1	2	3	4	5
2. Information from the media (magazines, newspaper, radio, TV) about gambling seemed to catch my eye				
1	2	3	4	5
3. I thought about serious financial problems which may result from gambling				
1	2	3	4	5
4. I got upset when I thought about my gambling involvement				
1	2	3	4	5
5. I was ashamed of some of my behaviours while gambling				
1	2	3	4	5
6. I struggled with the issue that I don't want to see myself as dependent on gambling				
1	2	3	4	5
7. I was frightened by some of the situations I found myself in as a result of gambling				
1	2	3	4	5
8. I felt frightened by the strength of my urges to gamble				
1	2	3	4	5
9. Dramatic portrayals of the dangers of gambling affected me emotionally				
1	2	3	4	5

10. I noticed advertisements and/or news stories on TV about how society is trying to help people not gamble

1 2 3 4 5

11. I began to notice that public awareness of gambling was increasing

1 2 3 4 5

12. I noticed that some people who stopped gambling made known their desire to not be pressed into gambling

1 2 3 4 5

13. I stopped to think about how my gambling hurt people around me

1 2 3 4 5

14. I had strong feelings about how much my gambling hurt the people I care about

1 2 3 4 5

15. I realized that my gambling caused problems for other people

1 2 3 4 5

16. I had someone who listened when I needed to talk about my gambling

1 2 3 4 5

17. I had someone to count on when I was having gambling related problems

1 2 3 4 5

18. I had someone who tried to share their personal experiences of gambling with me

1 2 3 4 5

19. I avoided people that I had gambled with

1 2 3 4 5

20. I controlled my access to money

1 2 3 4 5

21. I stayed away from places generally associated with my gambling

1 2 3 4 5

22. I kept myself busy to reduce my urge to gamble

1 2 3 4 5

23. When I was tempted to gamble, I tried to distract myself by doing or thinking of something else

1 2 3 4 5

24. I found it helpful to do something physically active to keep from gambling

1 2 3 4 5

25. I spent time with people who rewarded me for not gambling

1 2 3 4 5

26. Someone in my life tried to make me feel good when I did not gamble

1 2 3 4 5

27. I rewarded myself for not gambling

1 2 3 4 5

28. I made a commitment with myself to not turn to gambling at times when I felt the urge

1 2 3 4 5

29. I told myself that if I tried hard enough, I could keep from gambling

1 2 3 4 5

30. I told myself that I did not need to gamble to feel good about myself

1 2 3 4 5

