

## Brief Biosocial Gambling Screen (BBS) Questionnaire

To screen for potential gambling-related problems, please complete the following questions.<sup>1</sup>

1. During the past 12 months, have you become restless, irritable or anxious when trying to stop/cut down on gambling?  
 Yes  
 No
2. During the past 12 months, have you tried to keep your family or friends from knowing how much you gambled?  
 Yes  
 No
3. During the past 12 months did you have such financial trouble as a result of your gambling that you had to get help with living expenses from family, friends or welfare?  
 Yes  
 No

A “yes” answer to any of the questions means the person is at risk for developing a gambling problem.

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**National Problem Gambling Helpline**

1-800-MY-RESET (1-800-697-3738)

**Massachusetts Problem Gambling Helpline**

1-800-327-5050

*Help is available 24/7 and is 100% confidential*

**For more information, visit:**

- [www.divisiononaddiction.org](http://www.divisiononaddiction.org)
- <https://www.divisiononaddiction.org/outreach-resources/your-first-step-to-change/>

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<sup>1</sup> An online version of the BBS is available at: [www.divisiononaddiction.org/wp-content/plugins/bbs-e-screener/index.php](http://www.divisiononaddiction.org/wp-content/plugins/bbs-e-screener/index.php)