

Pre –Test

Rate on a scale of 1-5

1. I would consider bingo, the lottery, and raffles gambling
2. The odds for winning are usually in favor of the institutions sponsoring the gambling
3. I believe that there are different types of gambling behaviors
4. I have never spent more than I intended gambling
5. I believe gambling has impacted my life (finances, behaviors, health, relationships)
6. In the past I have used gambling as a way to release tension in my life
7. In the past I have used gambling as a way to bring excitement to my life
8. I believe I may be at risk for problem gambling
9. I plan to modify my gambling behavior
10. I am aware of my motivations for gambling
11. There are ways to gamble responsibly
12. I know a significant amount of information about gambling behaviors
13. I know strategies for making better gambling decisions

Post –test

1. I would consider bingo, the lottery, and raffles gambling
2. The odds for winning are usually in favor of the institutions sponsoring the gambling
3. I believe that there are different types of gambling behaviors
4. I have never spent more than I intended gambling
5. I believe gambling has impacted my life (finances, behaviors, health, relationships)
6. In the past I have used gambling as a way to release tension in my life
7. In the past I have used gambling as a way to bring excitement to my life

8. I believe I may be at risk for problem gambling
9. I plan to modify my gambling behavior
10. I am aware of my motivations for gambling
11. There are ways to gamble responsibly
12. This journal has given me new information about gambling
13. This journal has increased my knowledge of strategies for making better gambling decisions