

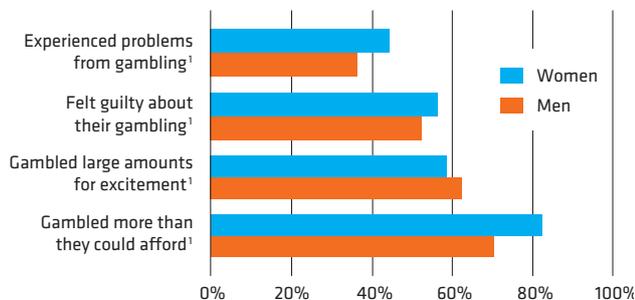


# What is problem gambling?

Problem gambling is a public health issue. Approximately 2% of the Swedish population experience such serious negative consequences from their gambling that they are considered problem gamblers. A further 5% of the population are at-risk gamblers. But what are the distinguishing characteristics of problem gambling?

More than half of both male and female problem gamblers gamble more money than they can afford to, have felt the need to gamble more money to get the same feeling of excitement, and have had guilty feelings about their gambling. It is also relatively common that both men and women have experienced economic problems from their gambling.

## Similarities between male and female problem gamblers



1. The question is included in the Problem Gambling Severity Index (PGSI)

There are also differences between the genders. Men with gambling problems say that they return at a later date to recoup losses and that they gamble more money than they intended to significantly more often than women with gambling problems. It is somewhat more common for male problem gamblers to be criticised for their gambling than for female problem gamblers.

More men than women report that they have lost time at work or at school due to their gambling, that they have had heated discussions about money at home, that they have hidden their gambling from other people, that they want to stop but are unable to, and that they have told people that they have won when they have in fact lost money.

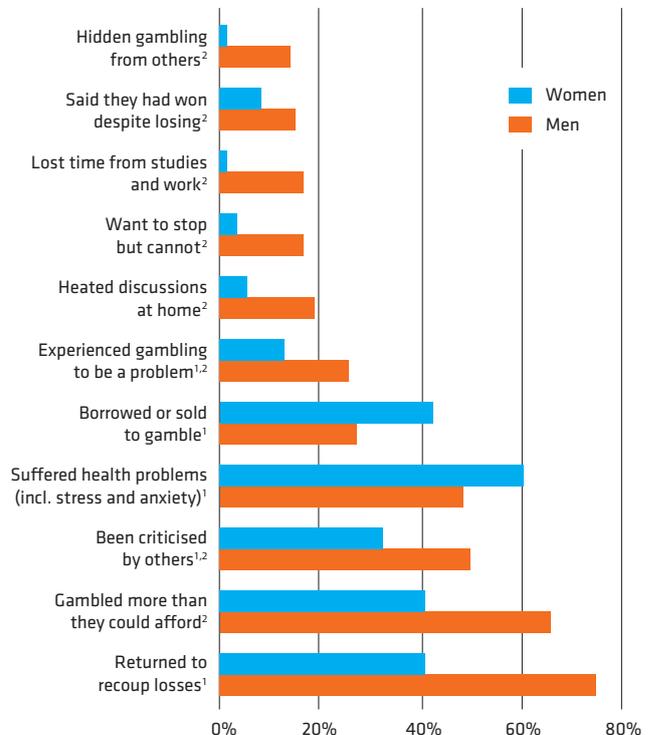
It is somewhat more common for female problem gamblers to borrow money or sell something in order to be able to gamble. Women develop health problems from their gambling to a greater extent than men.

## Swelogs

Swelogs, the Swedish longitudinal gambling study, is a Swedish population study of health and gambling being conducted over seven years, between 2008 and 2015. The study aims to build an evidence base to develop effective preventive measures against the harmful effects of excessive gambling. The roughly 8,000 randomly selected respondents between the ages of 16 and 84 who took part in the baseline study will be contacted at least three more times during the course of the study. Data used in this fact sheet is from 2008/2009. The degree of gambling problems was assessed based on the measurement instrument Problem Gambling Severity Index (PGSI).

Read more at [www.folkhalsomyndigheten.se](http://www.folkhalsomyndigheten.se)

## Differences between male and female problem gamblers



1. The question is included in the Problem Gambling Severity Index (PGSI)

2. The question is included in the South Oaks Gambling Screen (SOGS)

A helpline for gamblers and their family and friends is available via phone, e-mail or chat: [www.stodlinjen.se/](http://www.stodlinjen.se/) other-languages/in-english/, phone no +46 (0)20-81 91 00