

# GAMBLING DISORDER

According to the American Psychiatric Association's Diagnostic and Statistical Manual, 5th edition, a diagnosis of gambling disorder requires at least 4 of the following symptoms within the past year:

- 1 Needs to gamble with increasing amounts of money in order to achieve the desired excitement.
- 2 Is restless or irritable when attempting to cut down or stop gambling.
- 3 Has made repeated unsuccessful efforts to control, cutback or stop gambling.
- 4 Is often preoccupied with gambling (e.g. having persistent thoughts of reliving past gambling experiences, handicapping or planning the next venture, thinking of ways to get money with which to gamble).
- 5 Often gambles when feeling distressed (e.g. helpless, guilt, anxious, depressed).
- 6 After losing money gambling, often returns another day to get even ("chasing" one's losses).
- 7 Lies to conceal the extent of involvement with gambling.
- 8 Has jeopardized or lost a significant relationship, job, or educational or career opportunity because of gambling.
- 9 Relies on others to provide money to relieve desperate financial situations caused by gambling.

**IF YOU ARE EXPERIENCING ANY OF THESE SYMPTOMS,  
YOU MAY BE ON YOUR WAY TOWARDS DEVELOPING  
A GAMBLING PROBLEM.**

VCPG maintains a neutral stance on gambling.

Help is Available:  
**888-532-3500**  
www.vcpg.net

**vcp9**  
VIRGINIA COUNCIL ON PROBLEM GAMBLING