



North Carolina Problem Gambling Program
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NODS Self-Assessment Screening Tool

The NODS – SA is self-assessment version of the NODS (the NORC Diagnostic Screen for Gambling Disorders). It was designed to assist individuals in evaluating whether to modify or seek help for their gambling behavior.

- 1) Have there ever been periods lasting 2 weeks or longer when you spent a lot of time thinking about your gambling experiences, planning out future gambling ventures or bets, or thinking about ways of getting money to gamble with?
- 2) Have there ever been periods when you needed to gamble with increasing amounts of money or with larger bets than before in order to get the same feeling or excitement?
- 3) Have you ever felt restless or irritable when trying to stop, cut down, or control your gambling?
- 4) Have you ever tried and not succeeded in stopping, cutting down, or controlling your gambling 3 or more times in your life?
- 5) Have you ever gambled to escape from personal problems, to relieve uncomfortable feelings, such as guilt, anxiety, helplessness, or depression?
- 6) Has there ever been a period, if you lose gambling money one day, you would often return another to get even?
- 7) Have you lied to family members, friends, or others about how much you gamble, and/or about how much you lost on gambling, on at least 3 occasions?
- 8) Have you written a bad check or taken money that didn't belong to you from family members, friends, or anyone else in order to pay for your gambling?
- 9) Has gambling ever caused serious or repeated problems in your relationships with any of your family member or friends? Or has your gambling ever caused you problems at work or at school?
- 10) Have you ever needed to ask family members, friends, a lending institution, or anyone else to loan you money or otherwise bail you out of a desperate money situation that has largely caused by your gambling?

0: No Problem Gambling Present

1-2: Mid/Sub-Clinical Risk for gambling problems

3-4: Moderate Risk for gambling problems

5-10: Likely a pathological gambling diagnosis, consistent with the DSM-IV criteria



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