

Concerned Others Gambling Screen(COGS)

Mk 2 version

Sometimes someone else's gambling can affect the health and well-being of others who may be concerned. The gambling behaviour is often hidden and unexpected, while its effects can be confusing, stressful and long-lasting.

To help us identify if this is affecting your own well-being could you answer the questions below to the best of your ability.

1. Do you think you have ever been affected by someone else's gambling?

- ☐ No, never (*you need not continue further*)
- ☐ I don't know for sure if their gambling affected me
- ☐ Yes, in the past
- ☐ Yes, that's happening to me now

2. How would you describe the effect of that person's gambling on you now?

(*tick one or more if they apply to you*)

- ☐ I worry about it sometimes
- ☐ It is affecting my health
- ☐ It is hard to talk with anyone about it
- ☐ I am concerned about my or my family's safety
- ☐ I'm still paying for it financially
- ☐ It doesn't affect me anymore

3. What would you like to happen?

(*tick one or more*)

- ☐ I would like some information
- ☐ I would like to talk about it in confidence with someone
- ☐ I would like some support or help
- ☐ Nothing at this stage

Scoring: This is an awareness-raising instrument that also allows a person affected by another's gambling to indicate what assistance they desire.

1. A 'yes' to any one of the last three responses in question 1 identifies that the person may be adversely affected by another's gambling.
2. Question two provides an opportunity for the person to identify any effect of the gambling currently has on them, including those who say they 'don't know for sure' in question 1, but disclose an effect when they think of it.
3. Responses to question three provide the intervention desired.