

# HAS YOUR INTERNET GAMBLING BECOME A PROBLEM?

CHECK THE BOXES THAT APPLY TO YOU.

- ☐ During the past 12 months, have you become **restless, irritable or anxious** when trying to stop/cut down on gambling?
- ☐ During the past 12 months, have you tried to keep your family or friends from knowing how much you gambled?
- ☐ During the past 12 months, did you have such financial trouble that you had to get help from family or friends?

If you checked one or more boxes, please call 1-800-BETS OFF, or go online to [I800BETSOFF.org](http://I800BETSOFF.org) for more information.



Gebauer, L., LaBrie, R., & Shaffer, H. J. (2010). Optimizing DSM-IV-TR classification accuracy: a brief biosocial screen for detecting current gambling disorders among gamblers in the general household population. Canadian Journal of Psychiatry, 55(2), 82-90.



IOWA GAMBLING TREATMENT PROGRAM

## INTERNET GAMBLING

WHEN INTERNET GAMING TURNS INTO INTERNET GAMBLING.



**No judging. Just helping.**

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**1-800-BETS OFF**

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# INTERNET GAMBLING

Internet gambling is a form of online entertainment where players “buy-in,” purchase “free games,” or place bets on:

- Casino style games
- Sports betting
- Internet/smart-phone applications

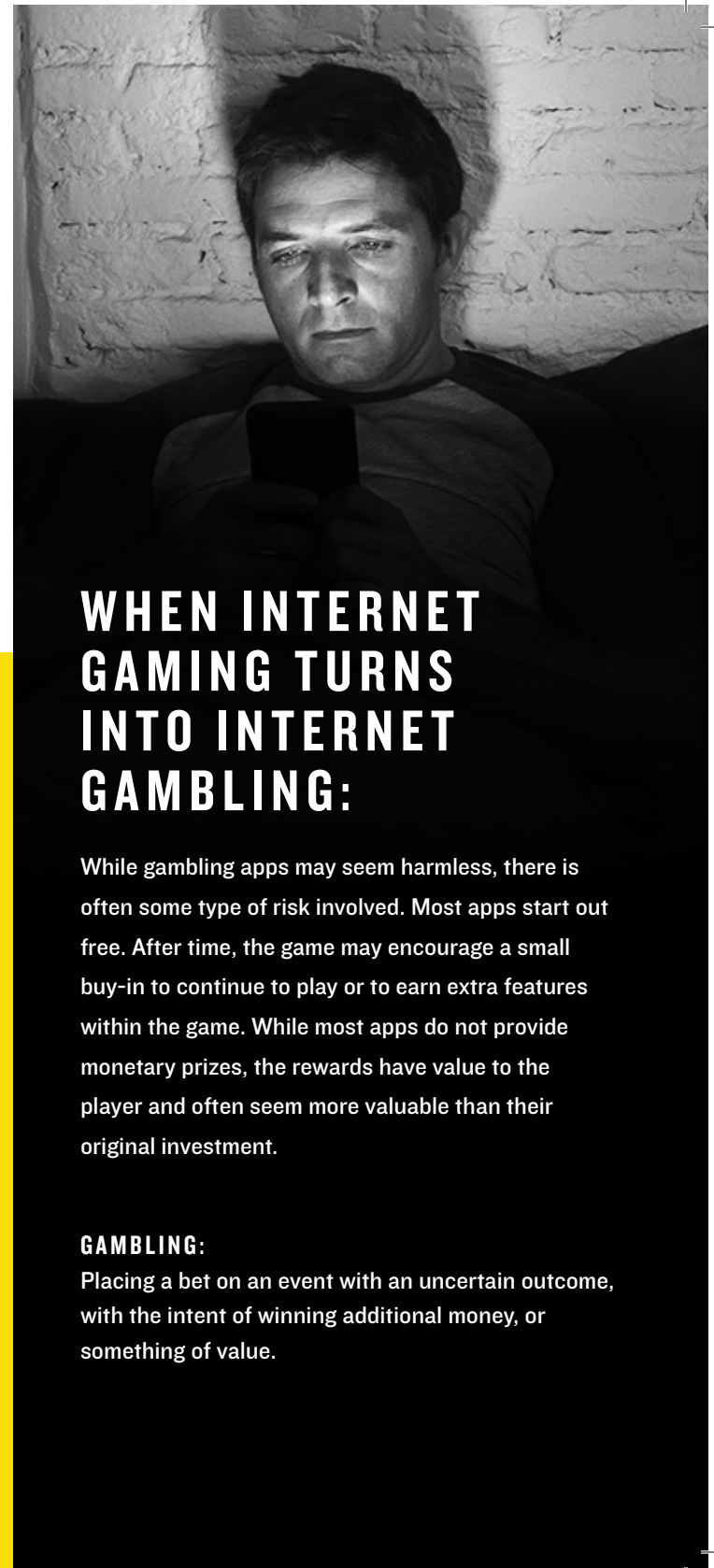
## HOW INTERNET GAMBLING IS DIFFERENT FROM OTHER FORMS OF GAMBLING:

- Internet gambling is accessible anytime, from anywhere with an internet connection.
- Many illegal/unregulated gambling sites exist, making it difficult to know the true odds of the game and virtually eliminating player protection.
- The high level of privacy offered by internet gambling may increase the chances that a player will engage in high-risk gambling, or develop a problem with gambling.

## INTERNET GAMBLING IS NOT JUST AN ADULT ISSUE!

Teenagers are spending increasing amounts of time on the internet for entertainment purposes and online gambling is a choice that is available. Unregulated internet gambling sites provide easy access to casino style games. Gambling sites that market their games as free lure teenagers into playing and then ask for money after the teen has become “hooked” on the game.

Research shows that early exposure to gambling and experiencing a “big win” at a young age, increases the chances that a person will develop a problem with gambling.



## WHEN INTERNET GAMING TURNS INTO INTERNET GAMBLING:

While gambling apps may seem harmless, there is often some type of risk involved. Most apps start out free. After time, the game may encourage a small buy-in to continue to play or to earn extra features within the game. While most apps do not provide monetary prizes, the rewards have value to the player and often seem more valuable than their original investment.

### GAMBLING:

Placing a bet on an event with an uncertain outcome, with the intent of winning additional money, or something of value.