

Gambling Attitudes and Behaviors: A 2011 Survey of Adult Iowans

Prepared for
Iowa Department of Public Health
Office of Problem Gambling Treatment and Prevention



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Table of Contents

<u>Section</u>	<u>Page</u>
Executive Summary.....	v
Section 1: Introduction	1
Section 2: Survey Implementation.....	3
Section 3: Gambling Involvement	5
Recency of Gambling Activities.....	5
Most Common Gambling Activities	7
Gambling Involvement.....	9
Self-Assessed Gambling Frequency	11
Favorite Gambling Activity.....	12
Section 4: Problem and Pathological Gambling.....	15
Defining and Measuring Problem Gambling.....	15
Pathological Gambling: Lifetime	17
Pathological Gambling: Past 12 Months	19
Problem Gambling: Past 12 Months	21
Self-Defined Gambling Problem	22
Summary of Pathological and Problem Gambling Classifications	23
Aggregation Across Measures	24
Problem Gambling Symptoms by Gender and Age Group	25
Section 5: Gambling Involvement & Problem Gambling Symptoms	27
Gambling Involvement: Frequency & Financial.....	29
Favorite Gambling Activity.....	33
Gambling “Myths”	34
Section 6: Recreational Interests & Attitudes About Gambling	37
Leisure and Recreational Interest	37
Reasons for Gambling	39
Reasons for Not Gambling	42
Attitudes About Gambling	43
Section 7: Emotional Health, Substance Use & Abuse, and Other Life Experiences	47
Recent Life Experiences	47
Tobacco and Alcohol Use and Dependence.....	48
Substance Abuse and Problem Gambling Treatment Experiences	49

<u>Section</u>	<u>Page</u>
Section 8: Prevention & Treatment of Problem Gambling	51
Public Responsibility: Prevention and Treatment of Problem Gambling	51
Identifying Problem Gambling	52
Personally Affected by Another Person’s Problem Gambling Behaviors	53
Home Life When Growing Up	54
Accessing Treatment Services.....	55
Attitudes about Treatment Services.....	55
Social Support Systems	56
Discussing Problem Gambling.....	57
Encouraged by Others to Reduce or Quit Gambling.....	59
Desire to Reduce or Quit Gambling	59
Section 9: Summary & Conclusions	61
Gambling Frequency	61
Gambling Disorders: Pathological and Problem Gambling.....	62
Summary	65
References	67
Appendix A: Technical Notes	69
Appendix B: Frequency Tables.....	77

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Executive Summary

Prepared for the Iowa Department of Public Health, Office of Problem Gambling Treatment and Prevention
Prepared by the University of Northern Iowa, Center for Social and Behavioral Research
September 2011

Background & Methodology

- The Iowa 2011 Gambling Attitudes and Experiences Survey was conducted by the Center for Social and Behavioral Research (CSBR) at the University of Northern Iowa (UNI) and funded by the Office of Problem Gambling Treatment and Prevention at the Iowa Department of Public Health (IDPH).
- The primary purpose of the survey was to collect data from adult Iowans about:
 - types and frequency of gambling activities,
 - prevalence of problem gambling, and
 - awareness and opinions of publicly-funded gambling treatment services.
- Address-based sampling (ABS) was used to invite a random sample of adults living in residential households in Iowa to participate in the survey.
 - Invitation letters were mailed to 10,000 residential household addresses in Iowa.
 - The adult in the household with the most recent birthday was asked to complete the questionnaire online.
 - Telephone follow-up calls were made (when a telephone number was available) to households that did not respond to the invitation to complete the questionnaire online.
 - Between February 26, 2011, and May 9, 2011, questionnaires were completed by a total of 1,700 respondents (470 online and 1,230 by telephone).

Key Findings

- The prevalence rates of any gambling among adult Iowans were: 91% lifetime (ever), 69% during the past 12 months, and 42% during the past 30 days.
- The most frequently mentioned *favorite* gambling activities among adult Iowans were slot machines, lotteries, table games at casinos, cards with family or friends, and scratch tickets/pull-tabs.
- The types of gambling activities adult Iowans *most often engaged in at least once* during the past 12 months were raffle tickets, lotteries, scratch tickets/pull-tabs, and slot machines.
- Lottery numbers and scratch tickets/pull-tabs were the gambling activities *most regularly engaged in* (i.e., daily or weekly) during the past 12 months.

- Internet gambling is one of the least commonly reported types of gambling activities among adult Iowans. About 5% said they have ever gambled online and 2% said they had done so during the past 12 months.
- Among those who said they gambled at least occasionally in the past 12 months, the most important reason given by both men and women for gambling was for *fun or entertainment*. Among those who experienced any symptoms of problem gambling, men more often than women said they gambled for *excitement or challenge*, while women more often than men said they gambled as a *distraction from everyday problems*.
- Among those who *seldom* or *never* gamble, the main reasons for not gambling were the *possibility of losing money* and *not being interested in gambling*.
- Using a scale based on the *Diagnostic and Statistical Manual of Mental Disorders IV* (DSM), the prevalence estimates of “probable pathological gambling” among adult Iowans was 0.6% for lifetime and 0.3% for the past 12 months. The combined rates for “possible” and “probable” pathological gambling were 1.2% lifetime and 0.5% for the past 12 months.
- Using the Problem Gambling Severity Index, the prevalence of “problem gambling” among adult Iowans was 0.6% for the past 12 months and 2.6% were at moderate risk for problem gambling.
- Using multiple measures of problem gambling, the overall total estimates of “pathological or problem gambling” were 2.0% (lifetime) and 0.7% (past 12 months).
- One or more symptoms of problem gambling were experienced during the past 12 months by approximately 13% of adult Iowans (18% of those who gambled during the past 12 months). The most commonly reported symptoms experienced were (a) betting more money than they could afford to lose, and (b) feeling guilty about the way they gambled or what happens when they gamble.
- Among those with any problem gambling symptoms during the past 12 months, 18% said they wanted to (a) decrease the amount of time they spend gambling, (b) decrease the amount of money they spend gambling, or (c) quit gambling altogether. In total, 8% of adult Iowans who gambled in the past 12 months said they wanted to reduce or quit gambling.
- Approximately 1 in 5 adult Iowans (22%) said they have been negatively affected by the gambling behavior of a family member, friend, or someone else they know.
- A majority of adult Iowans (59%) said they thought treatment for problem gambling “works.” However, only 1 in 3 (36%) said they know of some treatment options in their community and 15% said their community had *no* convenient treatment options.
- Ninety percent of adult Iowans said they are aware of the gambling helpline 1-800-BETS-OFF. However, only 49% were aware that Iowa had publicly-funded gambling treatment services.

Summary

Gambling Activities. Some form of gambling is a common practice among adult Iowans. Most adult Iowans have gambled at least once in their lifetime and more than 2 in 3 Iowans have gambled during the past 12 months. People's three favorite gambling activities were slot machines, lottery numbers, and table games at casinos. The most common gambling activities were buying raffle tickets, lottery numbers, lottery scratch tickets/pull-tabs, and playing slot machines. Internet gambling was one of the least commonly reported gambling activities among adult Iowans. The gambling activities people engaged in most regularly (e.g., daily or weekly) were lotteries and scratch tickets/pull-tabs.

Problem and Pathological Gambling in Iowa. The vast majority of adults who gambled have not developed a "gambling problem." However, about 1 in 6 of those who gambled during the past 12 months (or about 1 in 8 adult Iowans) said they had experienced one or more symptoms of problem gambling during that time. The most common symptoms experienced were (a) betting more money than they could afford to lose, and (b) feeling guilty about the way they gambled or what happened when they gambled.

Consequences of Problem Gambling. Although less than one percent of adult Iowans are classified as pathological or problem gamblers, more than 1 in 5 adults said they personally have been negatively affected by the gambling behavior of a family member, friend, coworker, or someone else they know. Thus, the physical, emotional, and financial consequences of problem gambling not only affect the gamblers themselves, but also have adverse effects on some gamblers' families, friends, employers, coworkers, and communities.

Social Support and Treatment Services. Among those who have experienced one or more symptoms of problem gambling during the past 12 months, 1 in 4 said they had talked with someone about their gambling. More than two-thirds of adults said they were moderately or extremely confident they would recognize the signs that a friend or family member had a gambling problem. An encouraging finding from the present study is that 90% of adult Iowans said they were aware of the 1-800-BETS-OFF helpline. People whose lives have been negatively impacted by gambling can call this helpline to be connected with publicly-funded gambling treatment services provided by the State of Iowa.

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SECTION 1 INTRODUCTION

The Iowa 2011 Gambling Attitudes and Experiences Survey was conducted by the Center for Social and Behavioral Research (CSBR) at the University of Northern Iowa (UNI) and funded by the Iowa Department of Public Health (IDPH) for the Office of Problem Gambling Treatment and Prevention.

- The primary purpose of the survey was to collect data from adult Iowans about:
 - types and frequency of gambling activities,
 - prevalence of problem gambling, and
 - awareness and opinions of publicly-funded gambling treatment services.

This report presents the findings of a survey conducted in the spring of 2011 using an address-based sampling design. Data were collected from 1,700 adult Iowans of which 470 completed a questionnaire online and 1,230 completed a telephone interview.

The most recent comprehensive statewide survey of the prevalence of gambling behaviors and problem gambling among adult Iowans was sponsored by the State of Iowa in 1995. During the last 15 plus years, there have been considerable changes to the gambling landscape in Iowa. There are additional gambling opportunities through the expansion and addition of casinos in Iowa. There have been increases in the number of lottery games available. Also, the rapid growth of the Internet made online gambling much more accessible to Iowans. To what extent, if any, these changes in gambling opportunities impacted the gambling behaviors of adult Iowans and the prevalence of problem gambling was one of the questions that prompted the need for an updated survey.

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SECTION 2

SURVEY IMPLEMENTATION

Who funded the project? The study was funded by the Iowa Department of Public Health, Office of Problem Gambling Treatment and Prevention.

Who conducted the study? The study was conducted by the Center for Social and Behavioral Research at the University of Northern Iowa. All research activities were approved by the UNI Institutional Review Board to protect the rights of human research participants.

What were the primary purposes of the project? The primary purposes of the study were to collect data about (a) the types and frequency of gambling activities of adult Iowans, (b) estimates of the prevalence of problem gambling in Iowa, and (c) awareness of and opinions about publicly-funded gambling treatment services.

How were households selected? A random sample of 10,000 residential addresses in Iowa was purchased from a third-party vendor. (Additional details about the study methodology are found in Appendix A).

Who was the eligible adult within each household? The adult (18 and older) with the most recent birthday was the one eligible individual within each household.

How were households contacted? Each address in the sample was sent a letter inviting residents to participate.

How could eligible adults participate? All participants could complete an online questionnaire by going to a simple URL and entering a unique access code to enter the survey site. If participants did not access the website within about one week, CSBR dialed the telephone numbers for all non-responding households in the sample for which a telephone number was available.

Did CSBR call everyone who received a letter? No. CSBR did not call individuals who completed the online questionnaire. CSBR did not call households when a published landline phone number was not available for the selected address. All other phone numbers available in the sample were called (see Appendix A for information about sample efficiency.)

When were the data collected? Data were collected between February 26, 2011, and May 9, 2011.

How many interviews were completed? A total of 1,700 respondents completed questionnaires either online ($n = 470$) or via telephone ($n = 1,230$).

What is the sampling error of the study? Sometimes people will refer to sampling error as the survey's "margin of error." The estimated maximum sampling error at the 95% confidence level for questions involving all respondents is +/- 2.4%. In addition, item-specific confidence intervals are presented within this report.

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SECTION 3 GAMBLING INVOLVEMENT

Recency of Gambling Activities

Survey respondents were asked to report when, if at all, they had last bet or gambled for money or possession on 18 types of gambling activities. **The prevalence rates of gambling in any form among adult Iowans were: 91% lifetime, 69% during the past 12 months, and 42% during the past 30 days.**

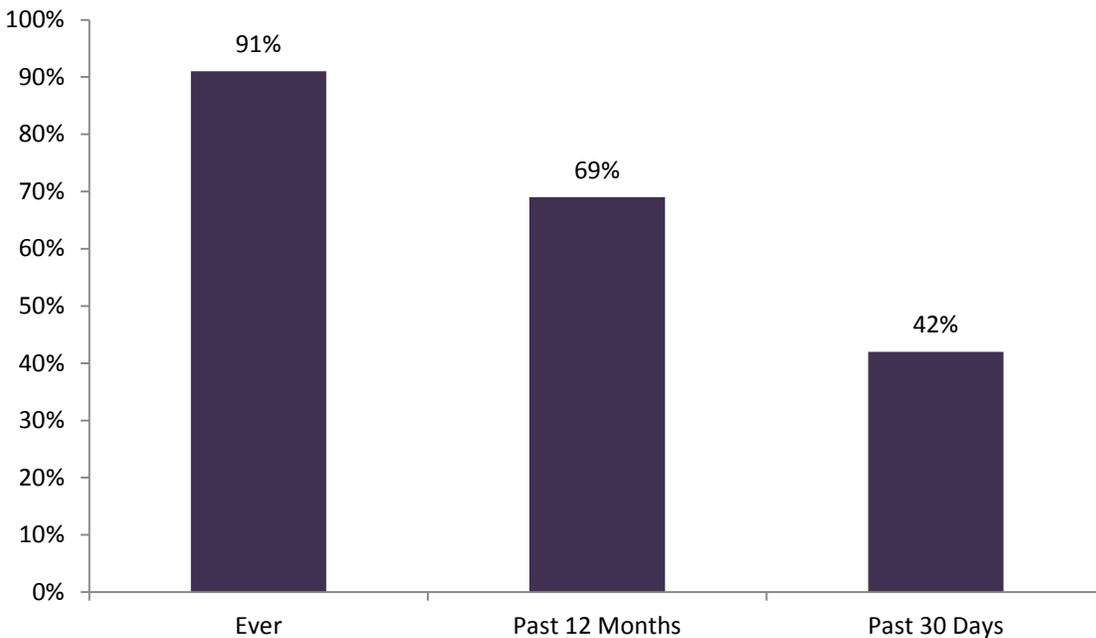


Figure 1. Percentages of adult Iowans who said they had bet or gambled for money or possessions at least once in their lifetime (ever), during the past 12 months, and during the past 30 days.

The 18 types of gambling activities in this survey were as follows: (1) Slot machines, (2) Table games at a casino such as poker, roulette, craps, and blackjack, (3) Video poker, video keno, or video blackjack, (4) Dice games, (5) Scratch tickets or pull tabs, (6) Lotteries such as Powerball, Hot Lotto, Mega Millions, and daily numbers, (7) Racetracks either horses or dogs, (8) Bingo, (9) Bet or wagered on card games with friends, family, or others but not at a casino, (10) Bet or wagered on games of personal skill such as pool, bowling, video games, or playing basketball, (11) Bet or wagered on fantasy sports leagues or games (include only if there is an entry fee to play), (12) Office pools such as college basketball tournaments or “delivery dates” for babies, (13) Other sports betting on professional, college, and amateur games or events, (14) Raffle tickets including those in support of charitable causes, (15) Online gambling using the Internet, (16) Live keno, (17) Video lottery machines, (18) High-risk trading of stocks, commodities, or futures, and (19) Betting or gambling using some other game, activity, or event not listed. Items 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 13 had follow-up questions to assess how frequently this gambling activity was engaged in and how much money was spent when gambling.

The prevalence of gambling did not differ significantly between men and women (see Figure 2). There were several significant differences by age group. Lowans 35 through 64 years old were significantly more likely than those ages 65 and older to report that they had ever gambled, gambled during the past 12 months, and gambled during the past 30 days (see Figure 3). Lowans ages 35 through 49 were also significantly more likely than adults under 35 to report having gambled during the past 30 days.

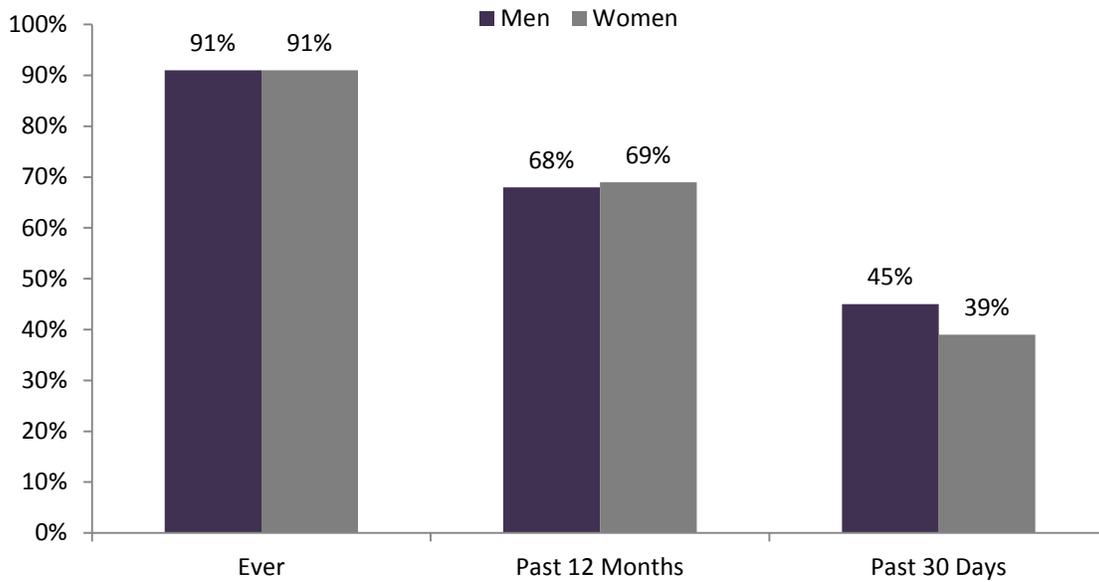


Figure 2. Prevalence of gambling among adult lowans by gender.

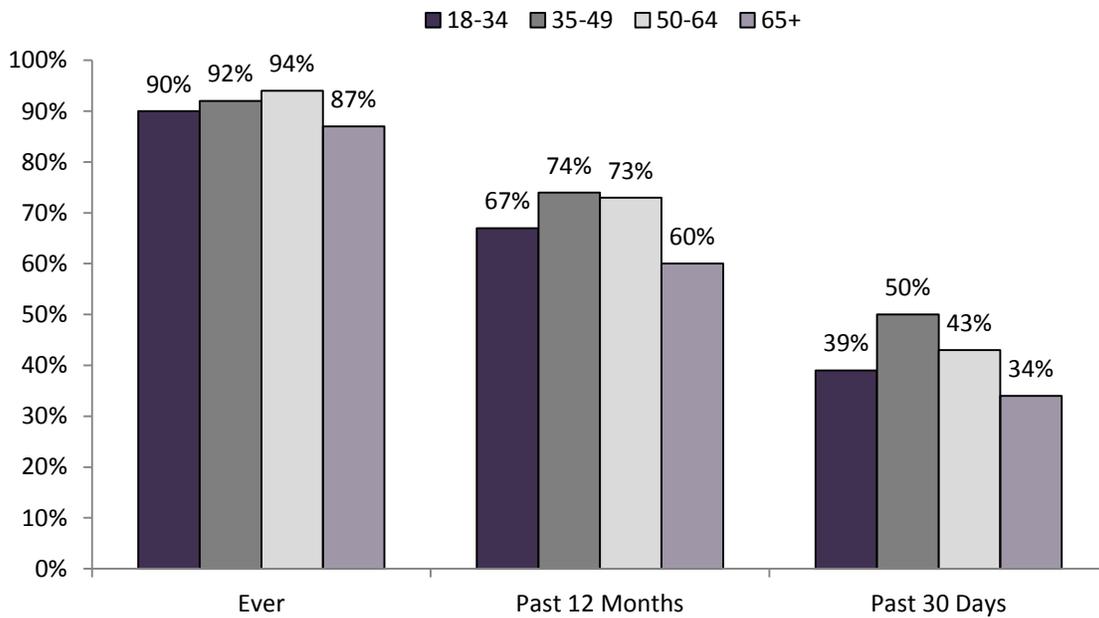


Figure 3. Prevalence of gambling among adult lowans by age group.

Most Common Gambling Activities

There are a variety of activities that some people consider *gambling* and others may not necessarily consider *gambling* (see page 5 for the list of activities assessed in the present study). In this study, gambling was described to respondents as “betting or gambling for money or possessions.” The most common types of gambling activities adult lowans engaged in at least once are shown below.

Top Gambling Activities (Ever in Lifetime)

1. Raffle tickets (including those supporting charities): 73%
2. Slot machines: 70%
3. Lottery tickets (numbers): 60%
4. Lottery scratch tickets: 58%
5. Card games with friends, family, or others (not at casinos): 39%
6. Office pools (including tournament brackets): 38%

Top Gambling Activities (During Past 12 Months)

1. Raffle tickets (including those supporting charities): 42%
2. Lottery tickets (numbers): 38%
3. Lottery scratch tickets: 27%
4. Slot machines: 24%
5. Office pools (including tournaments brackets): 16%
6. Card games with friends, family, or others (not at casinos): 16%

Top Gambling Activities (During Past 30 Days)

1. Lottery tickets (numbers): 23%
2. Raffle tickets (including those supporting charities): 12%
3. Lottery scratch tickets: 11%
4. Slot machines: 10%
5. Office pools (including tournament brackets): 08% *
6. Card games with friends, family, or others (not at casinos): 06%

* Some data were collected shortly before, during, and soon after the NCAA basketball tournament.

For each activity, the percentages of adult lowans who said they had bet or gambled (a) ever in their lifetime, (b) during the past 12 months, or (c) during the past 30 days are shown in Table 1. For example, 70% of adult lowans said they have ever gambled using slot machines, 25% said they had last done so sometime during the past 12 months, and 10% said they had last done so during the past 30 days.

Table 1 Recency of Gambling Activities			
When was the last time, if at all, you bet or gambled for money or possessions on each of the following?	Ever Lifetime %	Past 12 Months %	Past 30 Days %
Slot machines	70	25	10
Table games at a casino such as poker, roulette, craps, and blackjack	33	10	04
Video poker, video keno, or video blackjack	24	07	02
Dice games	17	04	01
Live keno	07	01	<1
Bingo	31	06	<1
Racetracks either horses or dogs	28	03	<1
Sports betting on professional, college, or amateur events (not office pools or fantasy sports)*	16	05	02
Any Casino, Tracks, or Organized Sports Betting	77	33	14
Lotteries such as Powerball, Hot Lotto, Mega Millions, and daily numbers	60	38	23
Scratch tickets or pull tabs	58	27	11
Video lottery machines	09	03	<1
Any Lottery	70	44	26
Card games with friends, family, or others but not at casinos	39	16	06
Games of personal skill such as pool, bowling, video games or playing basketball	27	09	04
Bets or wagers on fantasy sports leagues or games (with entry fee to play)	12	06	02
Office pools such as college basketball tournaments and “delivery dates” for babies *	38	16	08
Raffle tickets including those in support of charities	73	42	12
High-risk trading of stocks, commodities, or futures	10	04	02
Other Gambling Activities	81	52	21
Online gambling using the Internet	05	02	02
Some other games, activities, or events not mentioned elsewhere	10	03	02
Any gambling activity (Total)	91	69	42
Any gambling (excluding office pools and raffle tickets for charity)	86	62	38

Note. * The NCAA basketball tournament occurred during the data collection period which may have increased the prevalence of past 30 day wagering for office pools and sports betting. All respondents who gambled during the past 30 days are included in the percentage for past 12 months. All respondents who gambled during the past 30 days or past 12 months are included in the percentage for having gambled ever in their lifetime. Past 30 day online gambling was 1.5%.

Gambling Involvement

For most of the activities, follow-up questions were asked about how often respondents gambled on each activity and how much money they usually spent per day when gambling. For efficiency reasons and to minimize respondent burden, follow-up questions were asked for only 11 of the 19 types of gambling activities. Frequency tables showing the distributions for these items are included in Appendix B (see Tables B3-B14).

Two indicators of gambling involvement are the amount of time and money spent on the activities. The first measure of involvement was assessed by asking respondents how often they bet or wagered on each of the gambling activities (see Table 2). The second measure of involvement was assessed by asking respondents how much they usually spend per day when betting or wagering on this activity. Respondents who were unable to provide an actual amount spent were given amount ranges and asked which category was their “best guess” (see Table 3 on the next page).

Of the gambling activities assessed in this study, playing the lottery with numbers and scratch tickets were the most regularly engaged in activities. Among adult lowans who said they bought lottery tickets (numbers) during the past 12 months, 21% said they usually bought tickets weekly and an additional 25% bought tickets monthly. Among adult lowans who said they bought lottery tickets during the past 12 months, 10% said they usually bought scratch tickets or pull tabs weekly and an additional 26% bought tickets monthly.

Gambling Activity	Infrequently %	Monthly %	Daily or Weekly %
Slot machines	81	16	03
Table games	83	13	03
Video poker, keno, or blackjack	83	16	01
Dice games	85	15	00
Lottery scratch tickets or pull tabs	64	26	10
Lottery tickets (numbers)	53	25	21
Racetracks (horses or dogs)	88	08	04
Bingo	90	09	02
Cards (not at casino)	76	19	06
Games of personal skill	69	27	04
Sports	82	12	06

Note. *Infrequently* = A few days per year or one day in past 12 months; *Monthly* = Once or twice per month; *Daily or Weekly* = One to three times per week or about every day. Percentages as shown may not sum to 100% due to rounding.

During the past 12 months, the median amount adult lowans said they *usually spent per day when gambling* on each activity was:

- \$50 Table games at casinos
- \$20 Slot machines, at racetracks (horse or dog), on bingo, and video poker, keno, or blackjack
- \$10 Sports betting on professional, college, or amateur games or events
- \$5 Dice games, lottery scratch tickets, cards (not at casinos), and games of personal skill
- \$2 Lottery tickets (numbers)

Gambling Activity	\$0 or Win %	Less than \$20 %	\$20 to \$99 %	\$100 or More %	Median Spent (nearest \$)	Mean Spent (nearest \$)
Slot machines	02	20	67	11	\$20	\$38*
Table games	07	04	57	33	\$50	\$79*
Video poker, keno, or blackjack	10	35	50	05	\$20	\$24
Dice games	24	46	16	14	\$5	\$38
Lottery scratch tickets or pull tabs	04	89	05	02	\$5	\$5
Lottery tickets (numbers)	<1	97	02	<1	\$2	\$4
Racetracks (horses or dogs)	17	21	49	12	\$20	\$68
Bingo	10	34	56	00	\$20	\$19
Cards (not at casinos)	11	61	24	04	\$5	\$13
Games of personal skill	12	66	20	03	\$5	\$11
Sports	17	43	30	10	\$10	\$21

Note. Dollar amounts rounded to the nearest whole dollar. "\$0 or win" includes those who said they "break even" and "make money" and were included as zero in calculations of medians and means. These values were based on respondents' self-reported expenditure estimates.

*Means are influenced by extreme scores. When including one respondent (omitted above) who reported "usually spending" \$5,000 on slot machines and table games, the means were \$48 (slot machines) and \$106 (table games).

Self-Assessed Gambling Frequency

Survey respondents were asked if they thought they bet or gambled *very often*, *often*, *occasionally*, *seldom*, or *never*. **About one-half (51%) of adult lowans said they *seldom* gamble, and an additional 30% said they *never* gamble.** Many of the respondents who described themselves as “never” having gambled likely have gambled in the past but no longer do so or at least have not done so in a year or more. This would be consistent with the finding that 69% of adult lowans have gambled at least once during the past 12 months. In addition, 42% of adult lowans have gambled during the past 30 days, thus at least some of those who describe themselves as “seldom” gambling have gambled within the past 30 days.

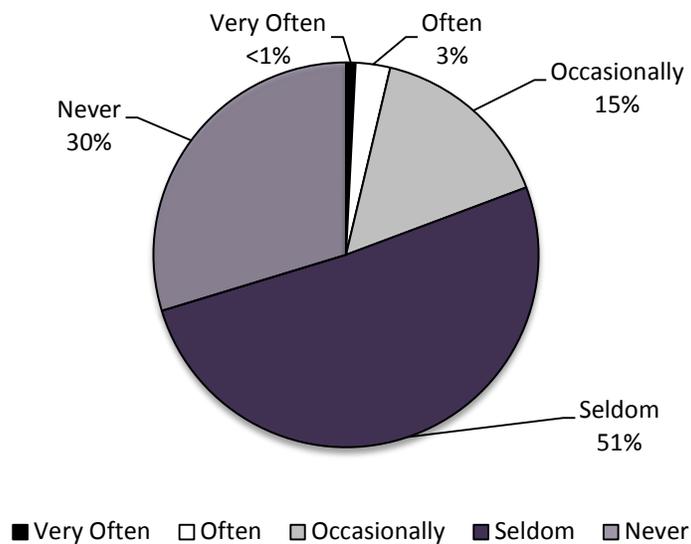


Figure 4. Responses to “Thinking about all types of activities that involve wagering money or possessions, would you say you bet or gamble very often, often, occasionally, seldom, or never?”

Favorite Gambling Activity

The most commonly mentioned favorite gambling activities among lowans who gamble are shown below. When asked about their favorite gambling activity, 16% said they did not have one. One's favorite activity may not necessarily be the activity that one does the most often or on which one spends the most money. For example, someone's favorite gambling activity might be wagering at a racetrack, but because of the distance they are from the track, they only gamble at the track once or twice per year. **The most commonly mentioned favorite gambling activities among adult lowans were slot machines, lotteries, and table games at casinos.** The full list can be found in Appendix B (Table B16). Differences between men and women are shown below. Some differences in the rank order of these were found by age group.

Favorite Gambling Activities

(Among Adults Who Say they Gamble *Seldom, Occasionally, Often, or Very Often*)

1. Slot machines: 19%
2. Lotteries such as Powerball, Hot Lotto, Mega Millions or daily numbers: 12%
3. Table games at casinos such as poker, roulette, craps, and blackjack: 12%
4. Cards with friends, family, or others (not at casinos): 10%
5. Lottery scratch tickets or pull tabs: 8%

Favorite Gambling Activities (Men)

1. Table games at casinos such as poker, roulette, craps, and blackjack: 18%
2. Cards with friends, family, or others (not at casinos): 13%
3. Lotteries such as Powerball, Hot Lotto, Mega Millions or daily numbers: 12%
4. Slot machines: 12%
5. Fantasy sports leagues or games: 5%

Favorite Gambling Activities (Women)

1. Slot machines: 26%
2. Lottery scratch tickets or pull tabs: 13%
3. Lotteries such as Powerball, Hot Lotto, Mega Millions or daily numbers: 12%
4. Cards with friends, family, or others (not at casinos): 8%
5. Bingo: 5%

Favorite Gambling Activities (Age 18-34)

1. Table games at casinos such as poker, roulette, craps, and blackjack: 20%
2. Cards with friends, family, or others (not at casinos): 18%
3. Lottery scratch tickets or pull tabs: 11%
4. Slot machines: 9%
5. Lotteries such as Powerball, Hot Lotto, Mega Millions or daily numbers: 6%

Favorite Gambling Activities (Age 35-49)

1. Slot machines: 18%
2. Lotteries such as Powerball, Hot Lotto, Mega Millions or daily numbers: 14%
3. Table games at casinos such as poker, roulette, craps, and blackjack: 9%
4. Cards with friends, family, or others (not at casinos): 8%
5. Lottery scratch tickets or pull tabs: 8%

Favorite Gambling Activities (Age 50-64)

1. Slot machines: 21%
2. Lotteries such as Powerball, Hot Lotto, Mega Millions or daily numbers: 17%
3. Table games at casinos such as poker, roulette, craps, and blackjack: 9%
4. Cards with friends, family, or others (not at casinos): 6%
5. Raffle tickets (including in support of charities): 6%

Favorite Gambling Activities (Age 65 and Older)

1. Slot machines: 33%
2. Lotteries such as Powerball, Hot Lotto, Mega Millions or daily numbers: 14%
3. Cards with friends, family, or others (not at casinos): 8%
4. Table games at casinos such as poker, roulette, craps, and blackjack: 7%
5. Raffle tickets (including in support of charities): 4%

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SECTION 4

PROBLEM AND PATHOLOGICAL GAMBLING

Defining and Measuring Problem Gambling

An important aspect of this study was to provide current estimates of the prevalence of gambling and gambling involvement of adult Iowans. Another important aspect of this study was to provide estimates of the prevalence of “pathological gambling” or “problem gambling” among adult Iowans. One challenge when discussing “problem gambling” is the lack of standardization of terminology in the field. People from different backgrounds such as clinicians, researchers, policymakers, and laypeople do not always mean the same thing when they use the same term or they may use different terms to communicate the same thing. This creates challenges when attempting to compare information from various sources, between studies, and when collecting information from the general public.

The term “pathological gambling” is of particular importance for clinicians and treatment providers. It implies a certain degree of severity and the presence of DSM-based (*Diagnostic and Statistical Manual of Mental Disorders*) symptoms over particular time periods. In this study, the National Opinion Research Center’s DSM Screen for Gambling Problems which is commonly referred to as the NODS (Gerstein et al, 1999) was used to provide information about whether respondents would likely meet these criteria if screened by a clinician, counselor, or gambling treatment service provider. Two scores were created from this scale. The first was an assessment of pathological gambling based on symptoms the person may have experienced at any point in their lifetime. The second was an assessment of pathological gambling based only on symptoms experienced during the past 12 months. These scales are used for survey purposes and are proxies for the clinician’s judgment and expertise when making a clinical diagnosis of gambling pathology. The NODS was designed as a telephone interviewing screening tool.

The term “problem gambling” is typically used in a more general sense. It is often used to include the idea of pathological gambling as well as less severe forms of disordered gambling behaviors that, while problematic for the individual, do not satisfy enough of the criteria for a diagnosis of “pathological gambling.” A related term is sometimes used where, instead of referring to the gambling behavior, the person is described as a “problem gambler.” In this study, the Problem Gambling Severity Index (PGSI), which is a subset of items from the Canadian Problem Gambling Severity Index (CPGI; Ferris & Wynne, 2001), was used to assess problem gambling during the past 12 months.

The final means of assessing problem gambling in this study was to ask respondents about whether they have ever had or currently have a gambling problem. This approach is based on the respondents’ subjective appraisals of their gambling behaviors and of the consequences they attribute to their gambling (i.e., not based on any objective set of behavioral criteria).

In summary, problem gambling symptomology was primarily assessed in the present study in the following four ways:

- Pathological gambling classifications using the NODS as a basis for lifetime and past 12 month classification as probable pathological gambler, possible pathological gambler (or problem gambler), or a sub-clinic classification.
- Problem gambling using the PGSI as a basis for making classifications as low risk, moderate risk, or high risk for problem gambling based on behaviors during the past 12 months.
- Self-reported gambling problem now or ever in the past.
- Any one or more symptoms from the NODS, PGSI, or self-reported gambling problem.

Pathological Gambling: Lifetime

The 17-item NODS screening instrument for gambling problems assessed lifetime prevalence of pathological gambling using an instrument that is based on the DSM-IV criteria. The percentages of lowans who said they had experienced each of the indicators are shown in Table 4 for all adults and for adults who have ever gambled. These 17 questions corresponded to 15 indicators of gambling pathology. **In this survey, 7.7% of all adult lowans (or 8.4% of those who had gambled) said they experienced one or more of these 15 indicators of gambling pathology at some period in their life.**

NODS Screening Questions (Ever Experienced During Lifetime)	Among All Adults %	Among Ever Gambled %
1. Have there ever been periods lasting two weeks or longer when you spent a lot of time thinking about your gambling experiences or planning future gambling ventures or bets?	02	02
2. Have there ever been periods lasting two weeks or longer when you spent a lot of time thinking about ways of getting money to gamble with?	<1	<1
3. Have there ever been any periods when you needed to gamble with increasing amounts of money or with larger bets than before in order to get the same feeling of excitement?	02	02
4. Have you ever tried to stop, cut down, or control your gambling?	04	04
5. On one or more times when you tried to stop, cut down, or control your gambling, were you restless or irritable?	01	01
6. Have you ever tried <i>but not succeeded</i> in stopping, cutting down, or controlling your gambling? (Non-scored screen question)	01	01
7. Has this happened three or more times?	<1	<1
8. Have you ever gambled as a way to escape from personal problems?	02	02
9. Have you ever gambled to relieve uncomfortable feelings such as guilt, anxiety, helplessness, or depression?	02	02
10. Has there ever been a period in your life when, if you lost money gambling on one day, you would return another day to get even?	02	02
11. Have you ever lied to family members, friends, or others about how much you gamble or how much you lost on gambling? (Non-scored screen question)	03	04
12. Has this happened three or more times?	01	01
13. Have you ever written a bad check or taken something that didn't belong to you from family members or anyone else in order to pay for your gambling?	<1	<1
14. Has your gambling ever caused you serious or repeated problems in your relationships with any of your family members or friends?	<1	<1
15. Has your gambling ever caused you any problems in school, such as missing classes or days of school or your grades dropping?	<1	<1
16. Has your gambling ever caused you to lose a job, have trouble with your job, or miss out on an important job or career opportunity?	<1	<1
17. Have you ever needed to ask family members or anyone else to loan you money or otherwise bail you out of a desperate money situation that was largely caused by your gambling?	<1	<1

Note. Scoring instructions are included in the note below Table 5.

These 15 *indicators* corresponded to 10 separate *symptoms* of gambling pathology that are used by clinicians to classify people based on the criteria in the DSM-IV (Diagnostics and Statistical Manual of Mental Disorders). **During their lifetime, 6.3% of all adult lowans (6.9% of those who had gambled) said that they had experienced at least one of the 10 symptoms of gambling pathology.**

The distributions of symptom counts along with their corresponding classifications are shown in Table 5. One point is scored for each of the 10 symptoms listed in the DSM-IV criteria for pathological gambling. Thus, scores on the measure can range from zero to 10 points, with a score of 3 or 4 classified as “possible pathological gambler” or “problem gambler,” and scores of 5 or more classified as “probable pathological gambler.” **The combined prevalence rates for “possible” and “probable” pathological gamblers were 1.2% for lifetime classifications among all adults and 1.2% among those who have ever gambled.**

Table 5 Pathological Gamblers: NODS Lifetime Classifications		
Point Estimate	NODS Definition of Lifetime Classification	95% Confidence Interval (Lower Limit-Upper Limit)
Among All Adult lowans		
5.2%	Subclinical (At-risk) (1 or 2 pts)	3.95-6.77
0.6%	Possible pathological or problem gambler (3 or 4 pts)	0.33-1.03
0.6%	Probable pathological gambler (5 or more pts)	0.22-1.42
Among Adult lowans Who Have Ever Gambled		
5.7%	Subclinical (At-risk) (1 or 2 pts)	4.34-7.43
0.6%	Possible pathological or problem gambler (3 or 4 pts)	0.37-1.13
0.6%	Probable pathological gambler (5 or more pts)	0.24-1.56

Note. The scoring of these items, with points assigned for “yes” responses was as follows: Symptom 1 or Symptom 2 (1 pt.), Symptom 3 (1pt.), Symptom 4 (0 pt.), Symptom 5 (1 pt.), Symptom 6 (0 pt.), Symptom 7 (1 pt.), Symptom 8 or Symptom 9 (1 pt.), Symptom 10 (1 pt.), Symptom 11 (0 pt.), Symptom 12 (1 pt.), Symptom 13 (1 pt.), Symptom 14 or Symptom 15 or Symptom 16 (1 pt.), and Symptom 17 (1 pt.).

Pathological Gambling: Past 12 Months

Respondents who said they had ever experienced any of the indicators were asked whether these had occurred during the past 12 months. The percentages of lowans who said they had experienced this indicator are shown in Table 6 for all adults and for adults who have gambled during the past 12 months. **In this survey, 4.8% of all adult lowans (7.0% of those who had gambled in the past 12 months) said they experienced one or more of the 15 indicators of gambling pathology during the past 12 months.**

Table 6 DSM-Based Pathological Gambling Symptoms (During the Past 12 Months)		
NODS Screening Questions (Experienced During the Past 12 Months)	Among All Adults %	Among Gambled Past 12 Months %
1. Periods lasting two weeks or longer when you spent a lot of time thinking about your gambling experiences or planning future gambling ventures or bets – Past 12 months	01	02
2. Periods lasting two weeks or longer when you spent a lot of time thinking about ways of getting money to gamble with – Past 12 months	<1	<1
3. Any periods when you needed to gamble with increasing amounts of money or with larger bets than before in order to get the same feelings of excitement – Past 12 months	<1	01
4. Tried to stop, cut down, or control your gambling – Past 12 months	02	03
5. On one or more of these times when you ever tried to stop, cut down, or control your gambling, were you restless or irritable – Past 12 months	<1	01
6. How many times [tried but not succeeded in stopping, cutting down, or controlling your gambling] has this happened during the past 12 months? (<i>Note.</i> Symptom requires a response of 3 or more times during past 12 months to “count.”)	<1	<1
7. Gambled as a way to escape from personal problems – Past 12 months	<1	01
8. Gambled to relieve uncomfortable feelings such as guilt, anxiety, helplessness, or depression – Past 12 months	<1	01
9. A period when, if you lost money gambling on one day, you would return another day to get even – Past 12 months	<1	<1
10. How many times has this [Lied to family members, friends, or others about how much you gamble or how much you lost on gambling] happened during the past 12 months? (<i>Note.</i> Symptom requires a response of 3 or more times during past 12 months to “count.”)	<1	<1
11. Written a bad check or taken money that didn’t belong to you from family members or anyone else in order to pay for your gambling – Past 12 months	<1	<1
12. Gambling has caused serious or repeated problems in your relationships with any of your family members or friends – Past 12 months	None	None
13. Gambling caused you any problems in school, such as missing classes or days of school or your grades dropping – Past 12 months	<1	<1
14. Gambling has caused you to lose a job, have trouble with your job, or miss out on an important job or career opportunity – Past 12 months	None	None
15. Needed to ask family members or anyone else to loan you money or otherwise bail you out of a desperate money situation that was largely caused by your gambling – Past 12 months	None	None

Note. “None” means that there were no respondents in the survey who reported having this experience during the past 12 months. Scoring instructions are included in the note below Table 7.

During the past 12 months, 3.3% of all adult lowans (4.8% of those who had gambled) said that they had experienced at least one of the 10 *symptoms* of gambling pathology. The distributions of symptom counts along with their corresponding classifications are shown in Table 7. **The combined prevalence for “possible” and “probable” pathological gambler was 0.5% for past 12 month classifications among all adult and 0.7% among those who had gambled during the past 12 months.**

Table 7 Pathological Gambler: NODS Past 12 Month Classification		
Point Estimate	NOD Definition of Past 12 Month Classification	95% Confidence Interval (Lower Limit-Upper Limit)
Among All Adult lowans		
2.8%	Subclinical (At-risk) (1 or 2 pts)	1.93-4.13
0.2%	Possible pathological or problem gambler (3 or 4 pts)	0.08-0.57
0.3%	Probable pathological gambler (5 or more pts)	0.04-1.59
Among Adult lowans who Gambled During the Past 12 Months		
4.1%	Subclinical (At-risk) (1 or 2 pts)	2.81-5.97
0.3%	Possible pathological or problem gambler (3 or 4 pts)	0.11-0.82
0.4%	Probable pathological gambler (5 or more pts)	0.06-2.29

Note. The scoring of these items, with points assigned for “yes” responses was as follows: Symptom 1 or Symptom 2 (1 pt.), Symptom 3 (1pt.), Symptom 4 (0 pt.), Symptom 5 (1 pt.), Symptom 6 (0 pt.), Symptom 7 (1 pt.), Symptom 8 or Symptom 9 (1 pt.), Symptom 10 (1 pt.), Symptom 11 (0 pt.), Symptom 12 (1 pt.), Symptom 13 (1 pt.), Symptom 14 or Symptom 15 or Symptom 16 (1 pt.), and Symptom 17 (1 pt.).

Problem Gambling: Past 12 Months

The Canadian Problem Gambling Severity Index (PGSI) was used to assess the percentage of adult lowans who had negative experiences related to their gambling behavior (i.e., “problem gambling”). **Approximately 12% of all adult lowans and slightly less than 18% of those who have gambled in the past 12 months reported that they at least sometimes experienced one or more of the nine negative consequences of problem gambling included on the PGSI during the past 12 months.** The majority of those reporting these experiences said that during the past 12 months they happened *sometimes*, with a smaller percentage of respondents saying they had these experiences *most of the time* or *almost always* (see Appendix B Table B21 for the full frequency distribution).

Survey respondents who said they had gambled one or more times during the past 12 months were asked to indicate whether they *never*, *sometimes*, *most of the time*, or *almost always* have experienced each of nine indicators of problem gambling. The percentages for the indicators below show the percentage of all adult lowans followed by the percentage of adult lowans who have gambled during the past 12 months. The percentages for *sometimes*, *most of the time*, and *almost always* have been combined in Table 8.

PGSI Questions (Experienced During the Past 12 Months)	Among All Adults %	Among Gambled Past 12 Months %
Thinking about during the past 12 months.....		
1. How often have you bet more than you could afford to lose?	04	05
2. How often have you needed to gamble with larger amounts of money to get the same feeling of excitement?	02	03
3. How often have you gone back another day to try to win back the money you lost?	03	04
4. How often have you borrowed money or sold anything to get money to gamble?	02	02
5. How often have you felt that you might have a problem with gambling?	03	04
6. How often have people criticized your betting or told you that you had a gambling problem, regardless of whether or not you thought it was true?	02	02
7. How often have you felt guilty about the way you gambled or what happens when you gamble?	07	10
8. How often has your gambling caused you any health problems, including stress or anxiety?	02	03
9. How often has your gambling caused any financial problems for you or your household?	<1	01

Note. The percentage shown is the sum of the *sometimes*, *most of the time*, and *almost always* responses.

Less than one percent (0.6%) of adult lowans (0.8% of those who gambled during the past 12 months) were classified as *problem gamblers* based on the results of the Problem Gambling Severity Index (see Table 9). An additional 3% were classified as being at moderate risk for becoming problem gamblers based on their recent gambling-related experiences during the past 12 months (2.6% of all adult lowans, 3.8% of those who gambled during the past 12 months).

Table 9 Problem Gambling Severity Index: Past 12 Month Classifications		
Point Estimate	Past 12 Month Classification	95% Confidence Interval (Lower Limit-Upper Limit)
Among All Adult lowans		
8.9%	Low risk (1-2 pts)	7.09-11.19
2.6%	Moderate risk (3-7 pts)	1.83-3.75
0.6%	Problem gambler (8 or more pts)	0.21-1.47
Among Adult lowans who have Gambled During the Past 12 Months		
13.0%	Low risk (1-2)	10.35-16.11
3.8%	Moderate risk (3-7 pts)	2.66-5.43
0.8%	Problem gambler (8 or more pts)	0.31-2.12

Note. The simple weighting scoring technique was used where each of the nine items' points were assigned as follows: *never* = 0 points, *sometimes* = 1 point, *most of the time* = 2 points, and *always* = 3 points. The points for each item were then summed to determine the total score.

Self-Defined Gambling Problem

About 2% of adult lowans said that, at some time in their lives, they thought they might have had a gambling problem (i.e., ever had a gambling problem). Of these, slightly more than one-half (55%) said they first thought this when they were 18-24 years of age. **Less than one-half of one percent of adult lowans said they have a gambling problem right now.** This represents about one-fifth (22%) of those who said they have ever thought they might have a gambling problem. Less than one-half of one percent of adult lowans said they had given up or greatly reduced important activities during the past 30 days so they could gamble.

Summary of Pathological and Problem Gambling Classifications

This study included multiple measures to assess lifetime and past 12 month problem gambling behaviors. The prevalence rates among all adult Iowans are summarized below including the 95% confidence intervals around these point estimates. The lower and upper limits of the 95% confidence intervals are in the smaller font under the point estimates listed below.

Among All Adult Iowans

<u>NODS</u>	<u>Ever</u>	<u>Past 12 Months</u>	<u>PGSI</u>	<u>Past 12 Months</u>	<u>Self-Identified</u>	<u>Ever</u>	<u>Now</u>
Probable pathological gambler (5 or more symptoms)	0.6% 0.22% 1.42%	0.3% 0.04% 1.59%	Problem gambler (Score 8 +)	0.6% 0.21% 1.47%	Gambling problem	1.8% 1.11% 2.91%	0.4% 0.11% 1.39%
Possible pathological or problem gambler (3-4 symptoms)	0.6% 0.33% 1.03%	0.2% 0.08% 0.57%	Moderate risk (Score 3-7)	2.6% 1.83% 3.75%			
Subclinical (At-risk) (1 – 2 symptoms)	5.2% 3.95% 6.77%	2.8% 1.93% 4.13%	Low risk (Score 1-2)	8.9% 7.09% 11.19%			
Any symptoms	6.3% 4.96% 8.02%	3.3% 2.30% 4.71%	Any symptoms	12.1% 10.05% 14.54%			

Among Iowans Who have Gambled (Ever or During the Past 12 Months)

<u>NODS</u>	<u>Ever</u>	<u>Past 12 Months</u>	<u>PGSI</u>	<u>Past 12 Months</u>	<u>Self-Identified</u>	<u>Ever</u>	<u>Now</u>
Probable pathological gambler (5 or more symptoms)	0.6% 0.24% 1.56%	0.4% 0.06% 2.29%	Problem gambler (Score 8 +)	0.8% 0.31% 2.12%	Gambling problem	2.0% 1.22% 3.20%	0.6% 0.16% 2.01%
Possible pathological or problem gambler (3-4 symptoms)	0.6% 0.37% 1.13%	0.3% 0.11% 0.82%	Moderate risk (Score 3-7)	3.8% 2.66% 5.43%			
Subclinical (1 – 2 symptoms)	5.7% 4.34% 7.43%	4.1% 2.81% 5.97%	Low risk (Score 1-2)	13.0% 10.35% 16.11%			
Any symptoms	6.9% 5.45% 8.80%	4.8% 3.34% 6.81%	Any symptoms	17.6% 14.68% 20.92%			

Note. Percentages are based on an analysis of those who gambled during the past 12 months except “NODS Ever” and “Self-Identified Ever” were based on those who have ever gambled.

Aggregation Across Measures

Results from the DSM-based NODS, the Problem Gambling Severity Index, and respondents’ self-report of having a gambling problem can be consolidated into composite measures of problem gambling. The percent of adult Iowans who were classified as “possible pathological,” “problem gamblers,” or “probable pathological” gamblers based on their gambling behavior anytime during their lifetime was 2.0% (i.e., scored 3 or more on NODS lifetime, scored 8 or more on PGSI, or self-classified as ever having a gambling problem). **The percentage of adult Iowans who said they have ever experienced one or more symptoms of pathological gambling or thought they might ever have had a gambling problem was 14.5%.**

The percent of adult Iowans who were classified as “possible pathological,” “problem gamblers,” or “probable pathological” gamblers based on their gambling behavior during the past 12 months was 0.7% (i.e., scored 3 or more on NODS past 12 months, scored 8 or more on PGSI, or self-classified with gambling problem now). **The percentage of adult Iowans who said they had experienced one or more symptoms of pathological or problem gambling in the past 12 months or who thought they might (now) have a gambling problem was 13.1%.**

Problem Gambling Symptoms by Gender and Age Group

The percentages of adult lowans who reported experiencing at least one symptom associated with pathological or problem gambling in their lifetimes and during the past 12 months were 14.5% and 13.1%, respectively. The overwhelming majority of these individuals, however, did not experience enough symptoms to be classified as being probable pathological gamblers, possible pathological gamblers, or problem gamblers based on either the NODS DSM-based assessment or the Problem Gambling Severity Index (2.0% for lifetime and 0.7% for past 12 months). Most of those who reported problem gambling symptoms in the past 12 months said they had experienced symptoms *sometimes* as opposed to *most of the time* or *almost always*.

Men were significantly more likely than women to report having experienced problem gambling symptoms (both ever and during the past 12 months). However, there was no significant gender difference found for meeting the criteria for lifetime pathological or problem gambling. There were no significant differences by age group for the three measures shown below in Table 10.

Table 10 Problem Gambling Symptoms and Classifications: Lifetime and Past 12 Months							
Leisure or Recreational Activities	Total	Men	Women	18-34	35-49	50-64	65+
Any Problem Gambling Symptom (Lifetime)	14.5	19.3	10.1	18.6	12.7	13.6	12.6
95% Confidence Interval Lower Limit	12.27	15.41	7.91	12.75	9.33	11.06	9.90
95% Confidence Interval Upper Limit	17.04	23.86	12.72	26.32	17.00	16.68	15.80
Probable Pathological, Possible Pathological, or Problem Gambling Classification (Lifetime)	2.0	2.6	1.5	2.7	1.1	2.0	2.2
95% Confidence Interval Lower Limit	1.30	1.42	0.82	1.02	0.46	1.14	1.27
95% Confidence Interval Upper Limit	3.12	4.73	2.68	6.90	2.69	3.64	3.93
Any Problem Gambling Symptom (Past 12 Months)	13.1	16.6	9.9	17.4	10.6	12.5	11.2
95% Confidence Interval Lower Limit	10.93	12.87	7.77	11.68	7.58	10.04	8.68
95% Confidence Interval Upper Limit	15.58	21.02	12.57	25.06	14.73	15.50	14.35
Probable Pathological, Possible Pathological, or Problem Gambling Classification (Past 12 Months)	0.7						
95% Confidence Interval Lower Limit	0.32						
95% Confidence Interval Upper Limit	1.59						

Note. “Any problem gambling symptom” includes any symptoms from the NODS, PGSI, or self-defined gambling problem. The gray shaded cells indicate that the actual numbers of survey respondents who met the classification criteria for probable pathological, possible pathological, or problem gambling during the past 12 months were too small to provide reliable point estimates within demographic subgroups with a sufficient degree of confidence (the number of survey respondents were 7 men, 4 women, 2 age 18-34, 2 age 35-49, 3 age 50-64, and 4 age 65 or older).

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SECTION 5 GAMBLING INVOLVEMENT & PROBLEM GAMBLING SYMPTOMS

There are two estimates of special importance for treatment and prevention programming. First, 0.7% of adult lowans were classified as pathological or problem gamblers based on their symptoms during the past 12 months. This corresponds to approximately 16,500 adult lowans who would qualify for admission into the gambling treatment program. Of course, not all of these individuals who need treatment will actually seek treatment, so the “need for treatment” is not the same as the “demand for treatment.” Second, **13.1% of adult lowans during the past 12 months have experienced at least one symptom of pathological or problem gambling.** Although these 300,000 adult lowans who have experienced one or more symptoms likely could be admitted for and may benefit from treatment, most are not likely to present themselves for treatment. These people, however, represent an important group for targeted prevention efforts to delay, limit, or prevent the possible onset of pathological gambling, thereby decreasing the need for treatment services in the future.

For the reasons mentioned above and to increase the sample size and thereby the confidence in the resulting inferential statistical tests, the composite based on those who experienced one or more symptoms (ever or past 12 months) is generally used in analyses referring to respondents with “problem gambling symptoms.” Unless otherwise stated, references to adults “**with any problem gambling symptoms**” or (PGS) in subsequent sections of this report are based on the approximately 13% of adult lowans who said they at least sometimes had experienced one or more negative symptoms of pathological or problem gambling during the past 12 months. This is distinct from “**problem or pathological gamblers**” or (PG) who met the scoring classification criteria for the NODS, or PGSI, or self-defined their gambling problem.

	Any Problem Gambling Symptoms (PGS)	Problem or Pathological Gamblers (PG)
Ever	14.5%	2.0%
Past 12 Months	13.1%	0.7%

With problem gambling symptoms (PGS) = Experienced any symptoms of problem or pathological gambling or self-defined as having a gambling problem

Problem or pathological gamblers (PG) = Met classification criteria for either NODS (probable or possible pathological gambler) or PGSI (problem gambler) or self-defined (gambling problem)

As mentioned previously, the number of survey respondents who were classified as pathological or problem gamblers based on their lifetime experiences was small, and those based on the past 12 months was even smaller. Therefore, inferential statistical tests were conducted comparing two groups – those with and those without any “problem gambling symptoms.” This is conceptually distinct from comparisons of *non-problem gamblers* versus *problem gamblers* (based on clinical classification thresholds) because a substantial proportion of respondents with “problem gambling symptoms” were at the subclinical level and would not be diagnosed as “pathological or problem gamblers” in clinical settings. However, for both pragmatic reasons (i.e., increased sample sizes) and from a public health perspective, this dichotomization of any versus no symptoms may be useful. The negative public health consequences associated with problem gambling behaviors are not limited to only those that result from individuals who meet certain clinical thresholds or criteria. This is because problem gambling symptoms (regardless of how many any particular individual is evidencing) can have negative effects on the gambler’s physical and emotional health and psycho-social functioning and can also adversely affect the gambler’s friends, family members, coworkers, and the community. The two most frequently reported problem gambling symptoms were (a) *feeling guilty about the way you gamble or what happens when you gamble* and (b) *betting more money than you could afford to lose*.

Gambling Involvement: Frequency & Financial

Among adult lowans who have ever gambled, those who had experienced one or more symptoms of problem gambling during the past 12 months were more likely than other lowans to have participated in a wide variety of gambling activities during the past 12 months (see Figure 5; activities listed in the order they were asked in the questionnaire). For example, among those who had one or more symptoms of problem gambling in the past 12 months, 60% said they had played slot machines in the past 12 months. In contrast, among those who gambled without experiencing any problem gambling symptoms in the past 12 months, 30% said they had played slot machines during that time period.

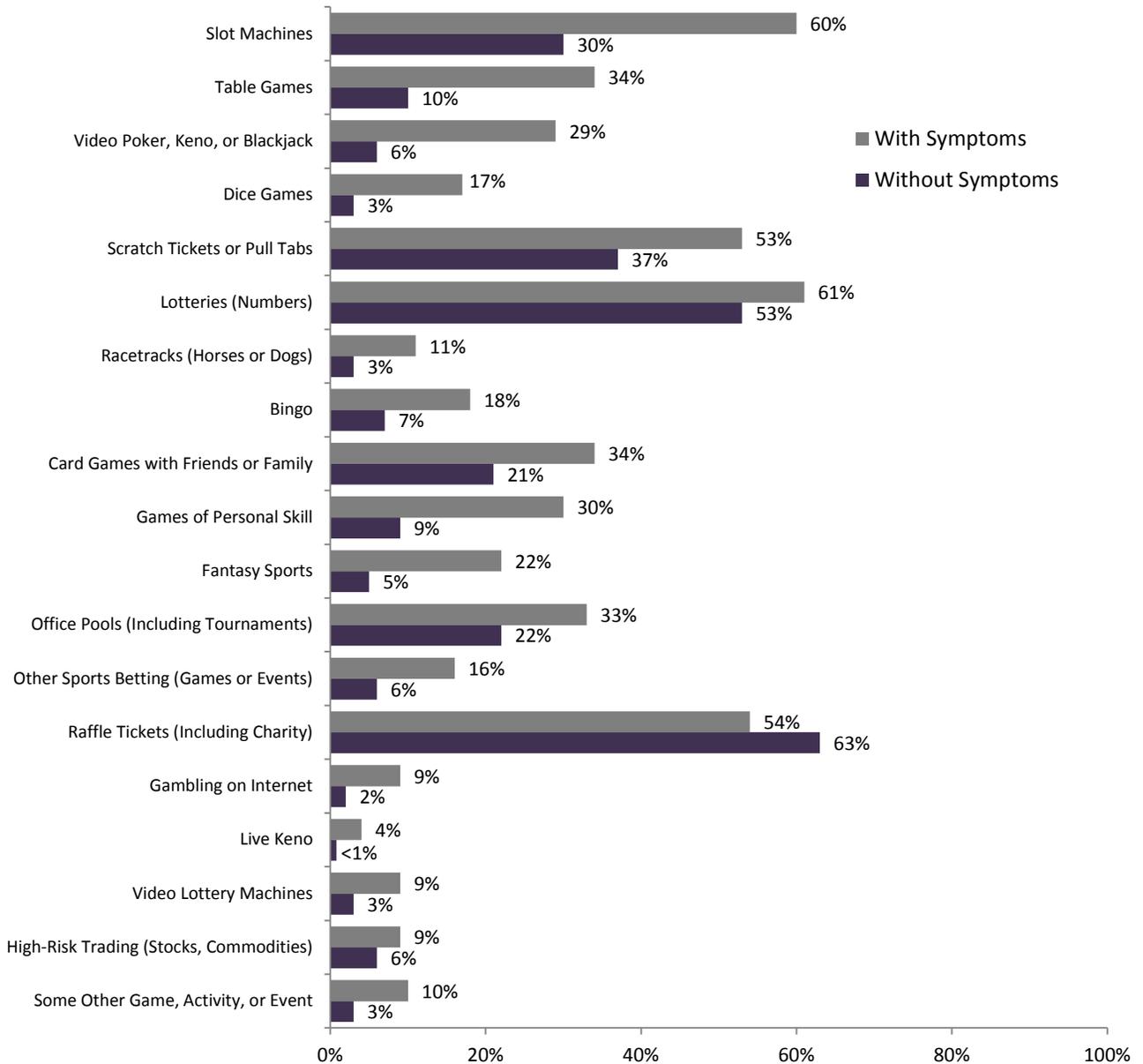


Figure 5. Gambling activities during the past 12 months: A comparison of those with versus without problem gambling symptoms during the past 12 months. (Among those who gambled during past 12 months)

For a subset of the listed gambling activities, additional information was collected for respondents who had gambled during the past 12 months in terms of “how often” and how much money is “usually” spent when participating in each of these 11 gambling activities. The comparisons of those with versus without problem gambling symptoms are shown in Table 11 and Table 12. For example, about one-third (32%) of those who experienced one or more problem gambling symptoms during the past 12 months said they buy lottery tickets (numbers) at least once per week while only 18% of those without any symptoms did this (see Table 11 on page 31).

In terms of the amount of money spent when gambling (see Table 12 on page 32), adults who had experienced one or more symptoms of problem gambling during the past 12 months were more likely than those who had not done so to report that they “usually” break even or “come out ahead” by winning money when they gamble. It is important to remember that these dollar amounts are based on the respondents’ self-reported behaviors and not based on behavioral observation of the actual amount of money wagered versus won for the respondents.

Table 11
 Frequency of Gambling:
 With vs. Without Gambling Problem Symptoms During the Past 12 Months
 (Among those who engaged in this activity during the past 12 months)

Gambling Activity	Frequency among those who did this activity during the past 12 months		
	Infrequently %	Monthly %	Daily or Weekly %
Slot machines			
With symptoms	68	25	07
Without symptoms	86	12	01
Table games			
With symptoms	68	26	06
Without symptoms	96	03	02
Video poker, keno, or blackjack			
With symptoms	75	23	02
Without symptoms	92	08	00
Dice games			
With symptoms	78	22	00
Without symptoms	92	08	00
Lottery scratch tickets or pull tabs			
With symptoms	53	30	16
Without symptoms	68	24	07
Lottery tickets (numbers)			
With symptoms	42	25	32
Without symptoms	56	26	18
Racetracks (horses or dogs)			
With symptoms	87	04	10
Without symptoms	89	11	00
Bingo			
With symptoms	91	09	00
Without symptoms	89	08	03
Cards (not at casino)			
With symptoms	64	29	07
Without symptoms	80	15	05
Games of personal skill			
With symptoms	63	37	00
Without symptoms	73	19	08
Sports (games or events)			
With symptoms	71	23	06
Without symptoms	89	05	05

Note. *Infrequently* = A few days per year or one day in past 12 months; *Monthly* = Once or twice a month; *Daily or Weekly* = One to three times per week or about every day. Percentages may not sum to 100% due to rounding. For "racetracks," all three estimates "rounded up" so it appears to sum to 103%.

Table 12
Self-Reported Amount “Usually” Spent when Gambling:
 With vs. Without Gambling Problem Symptoms During the Past 12 Months
 (Among those who engaged in this activity during the past 12 months)

Gambling Activity	\$0 or Win %	Less than \$20 %	\$20 to \$99 %	\$100 or More %	Median Spent (nearest \$)	Mean Spent (nearest \$)
Slot machines						
With symptoms	<1	16	64	19	\$30	\$48*
Without symptoms	03	21	69	07	\$20	\$32
Table games						
With symptoms	13	05	46	36	\$60	\$88*
Without symptoms	02	03	66	30	\$50	\$72
Video poker, keno, or blackjack						
With symptoms	15	36	39	10	\$20	\$29
Without symptoms	04	34	62	00	\$20	\$20
Dice games						
With symptoms	34	43	08	15	\$5	\$30
Without symptoms	12	49	26	14	\$10	\$46
Lottery scratch tickets or pull tabs						
With symptoms	08	84	07	<1	\$5	\$6
Without symptoms	03	91	04	02	\$5	\$5
Lottery tickets (numbers)						
With symptoms	00	95	05	00	\$3	\$5
Without symptoms	01	97	01	<1	\$2	\$3
Racetracks (horses or dogs)						
With symptoms	28	22	41	08	\$10	\$41
Without symptoms	10	20	55	15	\$30	\$90
Bingo						
With symptoms	22	24	53	00	\$18	\$21
Without symptoms	02	40	58	00	\$20	\$19
Cards (not at casino)						
With symptoms	24	38	30	08	\$10	\$14
Without symptoms	06	69	22	03	\$5	\$13
Games of personal skill						
With symptoms	14	54	26	07	\$10	\$16
Without symptoms	10	74	15	00	\$5	\$7
Sports						
With symptoms	41	12	33	14	\$10	\$24
Without symptoms	03	61	29	07	\$10	\$19

Note. Percentages may not sum to 100% due to rounding. Dollar amount rounded to the nearest whole dollar. “\$0 or win” includes those who said they “break even” and “make money” and were included as zero in calculations of medians and means. These values are based on respondents’ self-reported expenditure estimates. Measures of central tendency are shown correctly for dice games and racetrack – without symptoms had higher “average” wagering (see difference in percent who said they usually break-even or win.)

* Means are influenced by extreme scores. When including one respondent (omitted above) who reported “usually spending” \$5,000 on slot machines and table games, the means for those with symptoms were \$83 (slot machines) and \$153 (table games).

Favorite Gambling Activity

The favorite gambling activities for those who did and who did not experience any problem gambling symptoms during the past 12 months are shown below (see Appendix B Table B16 for additional information). Cells shaded in gray draw attention to substantial between-group differences; these tended to be with slot machines, table gambles, and not having a favorite activity.

		<u>Total</u>	<u>Men</u>	<u>Women</u>	<u>18-34</u>	<u>35-49</u>	<u>50-64</u>	<u>65+</u>
Slot Machines								
	With Symptoms	25%	11%	50%	10%	22%	34%	53%
	Without Symptoms	18%	13%	23%	09%	18%	19%	29%
Table games								
	With Symptoms	22%	30%	08%	30%	18%	14%	16%
	Without Symptoms	10%	15%	05%	16%	08%	08%	06%
Video poker, keno, blackjack								
	With Symptoms	03%	02%	04%	00%	02%	07%	03%
	Without Symptoms	02%	01%	03%	03%	01%	02%	02%
Scratch tickets and pull-tabs								
	With Symptoms	04%	<1%	10%	05%	04%	05%	00%
	Without Symptoms	08%	03%	13%	13%	09%	05%	04%
Lotteries (numbers)								
	With Symptoms	05%	06%	04%	00%	10%	07%	10%
	Without Symptoms	14%	14%	13%	08%	15%	18%	15%
Racetracks (horses and dogs)								
	With Symptoms	04%	06%	<1%	05%	04%	05%	02%
	Without Symptoms	02%	01%	02%	02%	<1%	01%	02%
Bingo								
	With Symptoms	03%	<1%	07%	00%	06%	05%	03%
	Without Symptoms	03%	<1%	05%	06%	<1%	02%	03%
Card games (not casino)								
	With Symptoms	10%	13%	06%	18%	05%	06%	04%
	Without Symptoms	10%	14%	08%	17%	09%	06%	09%
Games of personal skill								
	With Symptoms	04%	06%	02%	05%	07%	04%	00%
	Without Symptoms	02%	04%	01%	06%	02%	01%	01%
Fantasy sports leagues								
	With Symptoms	05%	08%	00%	05%	16%	00%	00%
	Without Symptoms	02%	04%	<1%	04%	02%	<1%	00%
Office pools								
	With Symptoms	02%	03%	<1%	00%	04%	04%	02%
	Without Symptoms	04%	04%	04%	03%	07%	05%	01%
Sports Betting								
	With Symptoms	05%	07%	00%	10%	00%	02%	02%
	Without Symptoms	01%	02%	01%	02%	02%	01%	<1%
Raffle tickets (including charity)								
	With Symptoms	<1%	01%	00%	00%	00%	03%	00%
	Without Symptoms	04%	03%	05%	02%	03%	07%	05%
No favorite gambling activity								
	With Symptoms	05%	04%	07%	08%	04%	03%	01%
	Without Symptoms	19%	21%	16%	09%	21%	23%	22%

Note. Dice games, Internet gambling, stock market, and other activities are not shown in the table above because of the low incidence of response. Shading is based on a visual inspection of the percentages. The presence or absence of shading is subjective and does not correspond directly to the results of statistical significance testing using inferential statistical analyses.

Gambling “Myths”

Survey respondents were asked whether or not they agreed with several common “myths” about gambling. The percentage of all adult lowans (including those who responded “don’t know” in the denominator) who said they agreed with each of these statements were as follows:

- The more a person gambles, the better their odds of coming out ahead. (5%)
- Playing more than one slot machine improves a person’s odds of winning. (12%)
- When a person almost wins, it is a good sign that they are due to win soon. (2%)
- If a person keeps gambling, their luck will change and they’ll win back the money they lost. (2%)
- Watching the pattern of wins and losses will help a person to win. (13%)

Generally, those with versus without gambling problem symptoms during the past 12 months generally did not differ in their expressed agreement with each of these gambling myths individually (see Table 13). The belief that continued gambling will change one’s luck was the exception to this general finding.

The “v” denotes cells where there were significant differences within that demographic group between those with versus without gambling problem symptoms during the past 12 months (see bottom of table for percentages). For example, among those ages 50 to 64, there was a significant difference between those with versus without problem gambling symptoms for the myth related to slot machine odds.

Table 13 Endorsement of Gambling “Myths”: Significant Differences Between Those With and Without Problem Gambling Symptoms in the Past 12 Months							
Belief Statement	Total	Men	Women	18-34	35-49	50-64	65+
The more a person gambles, the better their odds of coming out ahead.							
Playing more than one slot machine improves a person’s odds of winning.						v	
When a person almost wins, it is a good sign that they are due to win soon.							
If a person keeps gambling, their luck will change and they’ll win back the money they lost.	v						
Watching the pattern of wins and losses will help a person to win							
<u>Percentages who strongly agreed or agreed (With vs. without problem gambling symptoms in past 12 months)</u>							
Total Sample: Luck will change (8% vs. 2%)							
Men: No significant differences Women: No significant differences							
18-34: No significant differences 35-49: No significant differences							
50-64: Playing more than one slot machine (20% vs. 7%) 65+: No significant differences							

The differences for individual myths generally were not significantly different between those with versus without problem gambling symptoms. The percentage of those who expressed agreement with at least one gambling myth (or said they *didn’t know* if they agreed or disagreed with one or more myth) did not vary significantly between those with versus without problem gambling symptoms except for among those ages 50 through 64 (36% with symptoms vs. 22% without symptoms).

Among those who had gambled during the past 12 months, only 6% said they used a “lucky technique” to increase their chances of winning. Men and women were equally likely to say they had a “lucky technique” for gambling. Also, there were no significant differences among the age groups in terms of their likelihood of having a “lucky technique” for when they gamble.

Those with problem gambling symptoms during the past 12 months were significantly more likely than other gamblers to report that they had a “lucky technique” they used when gambling (14% of those with a problem gambling symptom vs. 4% of those without problem gambling symptoms).

In addition, there were statistically significant differences in the percentages of those who said they had a “lucky technique” for when they gamble based on whether or not they had experienced any problem gambling symptoms:

- Among women: 13% with problem gambling symptoms versus 3% without
- Among 35-49 years olds: 20% vs. 4%
- Among 50-64 years olds: 14% vs. 4%

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SECTION 6 RECREATIONAL INTERESTS & ATTITUDES ABOUT GAMBLING

Leisure and Recreational Interest

Survey respondents were asked to rate their level of interest in a variety of leisure and recreational activities including gambling (see Figure 6). The highest levels of interest were reported for watching sports on TV (32%), going to movies, concerts or other entertainment (29%), going to sporting events (27%), and playing cards with friends and family (26%). The second tier of interest was reported for going shopping (20%) and playing video or computer games (14%). The third tier of interest was reported for gambling activities with 3% expressing high interest in going to casinos, 3% in playing the lottery including numbers and scratch tickets, and less than 1% in playing bingo.

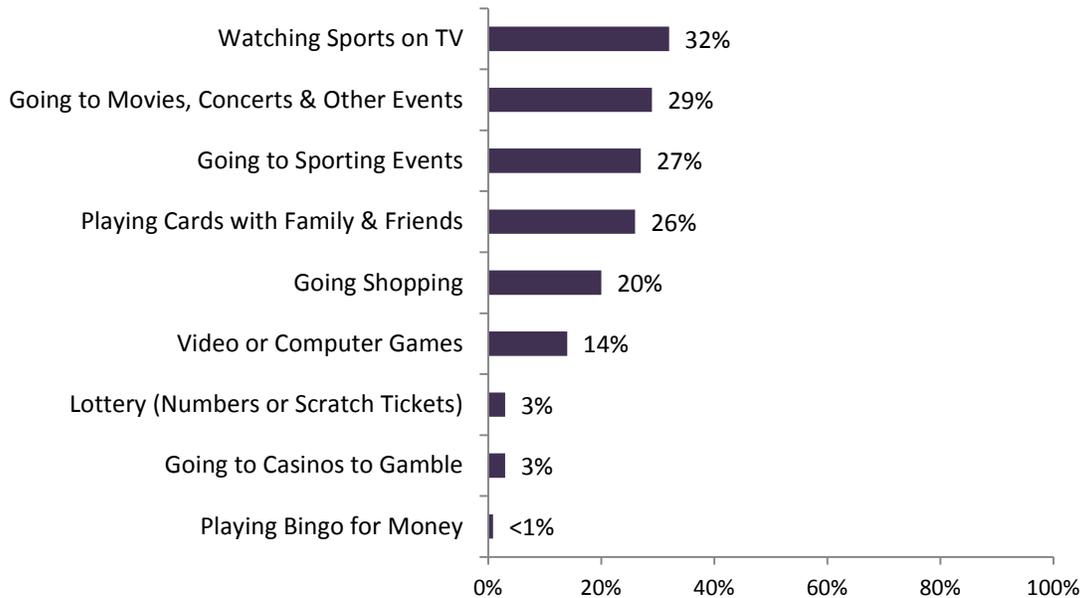


Figure 6. Percent of adult lowans who said they had *high interest* in each of these leisure and recreational activities.

As shown in Table 14, those who had problem gambling symptoms during the past 12 months were significantly more likely than those who did not to express *high interest* in several leisure and recreational activities. Going to casinos to gamble was more likely to be of *high interest* to those with a problem gambling symptoms (overall, for men and women, and for those 50 years old and older). Playing the lottery was more likely to be of *high interest* to those with problem gambling symptoms, but this was mainly due to differences observed between women who did versus did not experience problem gambling symptoms.

Table 14 High Interest in Leisure and Recreational Activities: Significant Differences Between Those With and Without Problem Gambling Symptoms in the Past 12 Months							
Leisure or Recreational Activities	Total	Men	Women	18-34	35-49	50-64	65+
Going to sporting events	√	√			√	√	
Going shopping					√		
Going to movies, concerts, or entertainment events							
Going to casinos to gamble	√	√	√			√	√
Watching sporting events on TV	√	√			√	√	
Playing cards with friends and family							
Playing video or computer games					√		
Playing the lottery including numbers or scratch tickets	√		√				
Playing bingo for money							
<u>Percentages who said "high interest" (With vs. without problem gambling symptoms in past 12 months)</u>							
Total Sample: Going to sporting events (38% vs. 26%), casinos to gamble (14% vs. 1%), watching sports on TV (46% vs. 30%), & playing lottery (8% vs. 2%)							
Men: Going to sporting events (45% vs. 29%), casinos to gamble (13% vs. 1%), & watching sports on TV (58% vs. 39%)							
Women: Casinos to gamble (16% vs. 2%) & playing lottery (14% vs. 3%)							
18-34: No Significant Differences							
35-49: Going to sporting events (50% vs. 30%), shopping (6% vs. 22%), watching sports on TV (47% vs. 26%), & playing video/computer games (29% vs. 12%)							
50-64: Going to sporting events (31% vs. 18%), casinos to gamble (15% vs. 1%), & watching sports on TV (41% vs. 27%)							
65+: Casinos to gamble (23% vs. <1%)							

Reasons for Gambling

Respondents who said that they gamble at least occasionally were asked how important nine possible reasons for gambling were to them personally (see Figure 7). According to adult lowans, the main reason they gamble is for the *entertainment or fun* with about 80% saying this was an *important* or *very important* reason for them. About one-half said the *excitement or challenge* of gambling was an *important* or *very important* reason for why they gamble.

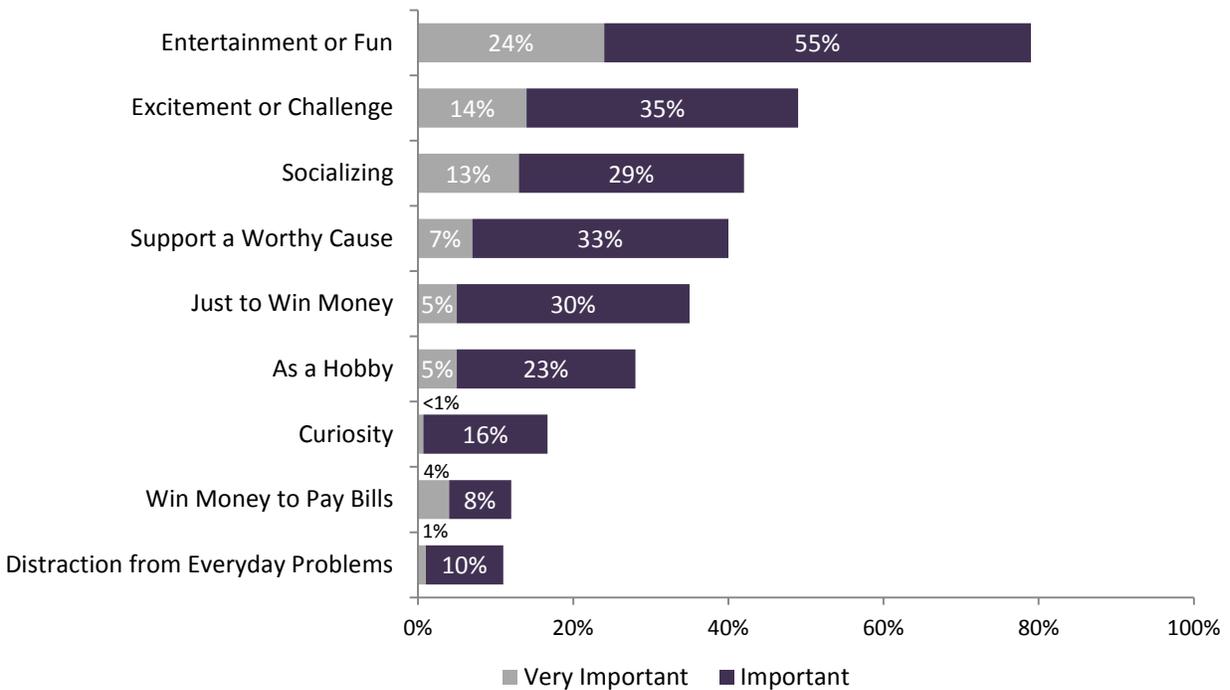


Figure 7. Importance of reasons for gambling among adult lowans who said they gamble *occasionally, often, or very often*.

The top five reasons adult lowans who said they gambled *occasionally, often, or very often* gave for why they gamble are shown below.

Top 5 Reasons for Gambling
(Percent Rating Reason as *Very Important*)

- Entertainment or fun (24%)
- Excitement or challenge (14%)
- Socializing (13%)
- Support a worthy cause (7%)
- Hobby (5%)

The reasons for gambling are shown for men and women below. About one-fourth of men and women said entertainment or fun was a *very important* reason for why they gamble.

Reasons for Gambling by Gender
(Percent Rating Reason as *Very Important*)

Men

1. Entertainment or fun (25%)
2. Excitement or challenge (19%)
3. Socializing (16%)
4. Support a worthy cause (8%)
5. Hobby (6%)
6. Just to win money (5%)
7. Win money to pay bills (2%)
8. Distract from everyday problems (<1%)
9. Curiosity (<1%)

Women

1. Entertainment or fun (24%)
2. Socializing (10%)
3. Excitement or challenge (9%)
4. Win money to pay bills (6%)
5. Support a worthy cause (5%)
6. Just to win money (5%)
7. Hobby (3%)
8. Distract from problems (3%)
9. Curiosity (<1%)

Regardless of whether or not they had experienced any problem gambling symptoms in the past 12 months, the two reasons most often rated as *very important* for why they gambled were: (a) *fun and entertainment* and *for the excitement or challenge*. There were substantial differences in reasons for gambling between those with versus without any gambling problem symptoms during the past 12 months were *fun or entertainment* (39% vs. 18%) and *excitement or challenge* (30% vs. 7%).

**Top 5 Reasons for Gambling by Problem Gambling Symptomology
(Percent Rating Reason as *Very Important*)**

<u>With problem gambling symptoms (past 12 months)</u>	<u>No problem gambling symptoms (past 12 months)</u>
1. Entertainment or fun (39%)	1. Entertainment or fun (18%)
2. Excitement or challenge (30%)	2. Socializing (13%)
3. Socializing (14%)	3. Excitement or challenge (7%)
4. Support a worthy cause (11%)	4. Support a worthy cause (4%)
5. Just to win money (8%)	5. Distract from problems (4%)

Gambling to win money to pay bills was rated as a *very important* reason to gamble by only a small percentage of those surveyed. However, it is worth noting that among those who experienced one or more symptoms of problem gambling in the past 12 months, 6% said this was a *very important* reason and an additional 9% said it was an *important* reason for why they gamble. Even among those who say they gamble at least occasionally (but have done so without experiencing any symptoms of problem gambling in the past 12 months), 3% said gambling to win money to pay bills as a *very important* reason and an additional 8% said it was an *important* reason for why they gamble.

When examining patterns within the subgroup who experienced problem gambling symptoms during the past 12 months, men were generally more likely to rate reasons as being *very important*. **The most important reason for both men and women was for *fun or entertainment*. The two most substantial gender differences were in terms of gambling for *excitement or challenge* and gambling as a *distraction from everyday problems*. *Excitement or challenge* was a *very important* reason for gambling according to 38% of men and 16% of women who had experienced gambling problem symptoms during the past 12 months. *Distraction from everyday problems* was a *very important* reason for gambling according to less than 1% of men and 12% of women who had experienced gambling problem symptoms during the past 12 months.**

**Top 5 Reasons for Gambling by Gender
Among those with Problem Gambling Symptoms During the Past 12 Months
(Percent Rating Reason as *Very Important*)**

<u>Men</u>	<u>Women</u>
1. Fun or entertainment (39%)	1. Fun or entertainment (39%)
2. Excitement or challenge (38%)	2. Excitement or challenge (16%)
3. Socializing (16%)	3. Distract from everyday problems (12%)
4. Support a worthy cause (15%)	4. Socializing (11%)
5. Hobby (9%)	5. Win money to pay bills (11%)

Reasons for Not Gambling

Adult Iowans who said that they *seldom* or *never* gamble were asked about the importance of six potential reasons why people may decide not to gamble (see Figure 8). **Among those who never or only seldom gamble, about one-half said a *very important* reason for not gambling was the possibility of losing money (50%) or that they just were not interested in gambling (45%).** About one-fourth said a *very important* reason for not gambling is because they *do not have the money to gamble with* (27%) or that they do not gamble *because of moral or ethical concerns* (24%). Being *too busy or not having enough time* and the *distance from betting opportunities* were said to be *very important* reasons for not gambling according to 11% and 4% of those who said they *seldom* or *never* gamble.

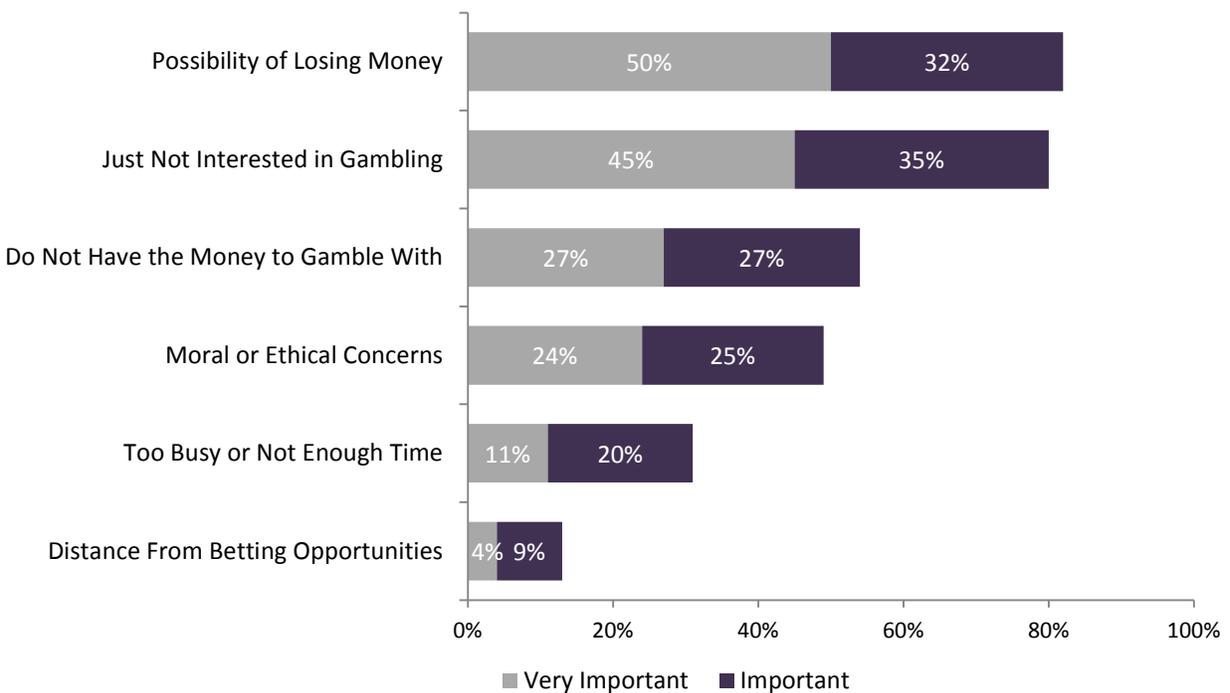


Figure 8. Importance of reasons for not gambling among adult Iowans who said they *seldom* or *never* gamble.

Attitudes About Gambling

Respondents were asked about the extent to which they agreed or disagreed with four statements about gambling (see Figure 9). **Nearly two-thirds (64%) of adult lowans agreed that “Gambling is dangerous for family life,” and about one-half (51%) agreed that “Gambling is a harmful form of entertainment.”** The opinion of about one-fifth (19%) was that gambling is *good for society*, but 58% said they thought gambling was *not good for society*. People’s opinions about these gambling-related statements varied by whether or not they had gambled during the past 12 months and by whether or not they had experienced any symptoms of problem gambling during that time period (see Table 15A).

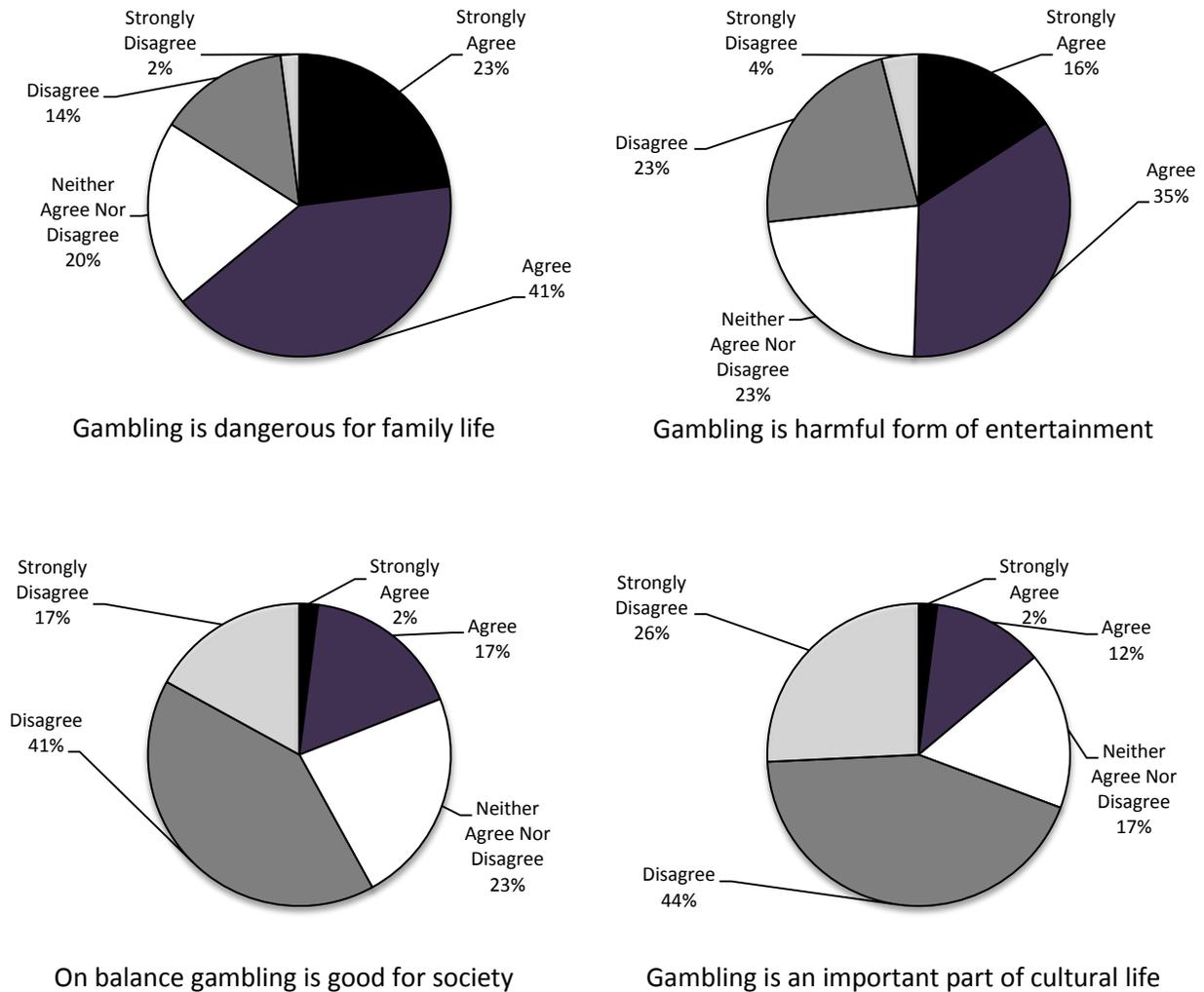


Figure 9. Agreement and disagreement with four statements about gambling and society.

Table 15A
Attitudes About Gambling:
Descriptive Statistics By Gambling Behavior and Problem Gambling Symptomology

Attitude Statement	Gambled Past 12 Months		Any Problem Gambling Symptoms	
	Yes	No	Yes	No
Gambling is an important part of cultural life (Sum of Strongly Agree and Agree)	17%	06%	26%	12%
Strongly Agree	02%	<1%	05%	01%
Agree	15%	06%	21%	10%
Neither Agree nor Disagree	21%	09%	23%	16%
Disagree	44%	44%	38%	45%
Strongly Disagree	19%	41%	13%	28%
Gambling is a harmful form of entertainment (Sum of Strongly Agree and Agree)	45%	64%	40%	53%
Strongly Agree	10%	28%	11%	17%
Agree	35%	36%	29%	36%
Neither Agree nor Disagree	24%	18%	24%	22%
Disagree	27%	14%	33%	21%
Strongly Disagree	04%	03%	04%	03%
Gambling is dangerous for family life (Sum of Strongly Agree and Agree)	58%	78%	51%	66%
Strongly Agree	17%	35%	13%	24%
Agree	41%	43%	38%	42%
Neither Agree nor Disagree	23%	13%	25%	19%
Disagree	17%	06%	20%	13%
Strongly Disagree	02%	02%	04%	02%
On balance gambling is good for society (Sum of Strongly Agree and Agree)	24%	08%	34%	17%
Strongly Agree	02%	02%	04%	02%
Agree	22%	06%	30%	15%
Neither Agree nor Disagree	26%	16%	33%	21%
Disagree	38%	47%	24%	43%
Strongly Disagree	12%	29%	09%	19%

Note. Cumulative percent of strongly agree and agree may appear not to be the sum of the two individual scores due to rounding.

Iowans who had problem gambling symptoms during the past 12 months were significantly more likely than other adult Iowans to express the opinion that gambling is an important part of cultural life and that gambling is good for society. They were significantly less likely to state that gambling is a harmful form of entertainment and dangerous for family life. These significant differences between those with and without problem gambling symptoms were observed within many, but not all, demographic subgroups based on gender and age except among the youngest adults.

Table 15B Attitudes About Gambling: Significant Differences Between Those With and Without Problem Gambling Symptoms in the Past 12 Months							
Attitude Statement	Total	Men	Women	18-34	35-49	50-64	65+
Gambling is an important part of cultural life	√	√	√		√	√	√
Gambling is a harmful form of entertainment	√				√		
Gambling is dangerous for family life	√		√		√	√	√
On balance gambling is good for society	√	√	√			√	√

Percentages who stated positive opinion towards gambling (With vs. without problem gambling symptoms in past 12 months)
Positive attitude towards gambling = agreement with important cultural life and good for society; disagreement with harmful entertainment & dangerous for family life
Total Sample: Cultural life (26% vs. 12%), *not* harmful entertainment (37% vs. 25%), *not* dangerous family life (24% vs. 15%), & good for society (34% vs. 17%)
Men: Cultural life (32% vs. 15%) & good for society (37% vs. 20%)
Women: Cultural life (18% vs. 9%), *not* dangerous for family life (20% vs. 12%), & good for society (30% vs. 14%)
18-34: No Significant Differences
35-49: Cultural life (32% vs. 14%), *not* harmful entertainment (42% vs. 23%), & *not* dangerous family life (35% vs. 15%)
50-64: Cultural life (23% vs. 12%), *not* dangerous family life (30% vs. 16%), & good for society (31% vs. 12%)
65+: Cultural life (33% vs. 13%), *not* dangerous family life (29% vs. 14%), & good for society (27% vs. 12%)

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SECTION 7 EMOTIONAL HEALTH, SUBSTANCE USE & ABUSE, AND OTHER LIFE EXPERIENCES

Recent Life Experiences

Respondents were asked about a variety of life experiences they may have had “recently” (i.e., during the past 30 days) (see Appendix B Table B45 for frequency distributions). About 8% of adult lowans said they had been late paying their bills in the past 30 days. Also, 7% said they had difficulties managing their responsibilities at home. One in 10 adult lowans said they had felt depressed or hopeless during the past 30 days. When asked to estimate on how many of the past 30 days their mental health was not good including such things as stress, depression or problems with emotions, 1 in 3 reported at least one day when their mental health was not good. In addition, 17% said they had lacked self-confidence or felt bad about themselves during the past 30 days.

Although 1 in 10 adult (11%) lowans said they had felt generally dissatisfied with their lives during the past 30 days, the vast majority (97%) of adult lowans said they were generally satisfied with their lives (57% *very satisfied* and 40% *satisfied*). **Those who experienced problem gambling symptoms in the past 12 months were significantly less likely to report being *very satisfied* with their lives compared to those who had not experienced these symptoms (43% vs. 59%, respectively).** The difference in being *very satisfied* with life was evident for men (40% vs. 57%), women (46% vs. 62%), and those age 50-64 (29% vs. 54%). Those who experienced problem gambling symptoms in the past 12 months were significantly more likely than their counterparts to report having one or more mental health days that were *not* good (54% vs. 31%, respectively) (see Table 16 for other significant differences).

Table 16 Life Experiences in the Past 30 Days: Significant Differences Between Those With and Without Problem Gambling Symptoms in the Past 12 Months							
During the past 30 days...	Total	Men	Women	18-34	35-49	50-64	65+
Been late paying bills							
Difficulty managing responsibilities at home							
Lacked self-confidence or felt bad about yourself						√	
Felt generally dissatisfied with life	√		√			√	√
Felt depressed or hopeless						√	
One or more not good mental health days	√	√	√	√		√	
<u>Percentages who had each (past 30 days) life experience (With vs. without problem gambling symptoms in past 12 months)</u>							
Total Sample: Felt generally dissatisfied with life (18% vs. 10%) and not good mental health day (54% vs. 31%)							
Men: Not good mental health day (47% vs. 25%)							
Women: Felt generally dissatisfied with life (19% vs. 10%) and not good mental health day (66% vs. 37%)							
18-34: Not good mental health day (68% vs. 36%)							
35-49: No Significant Differences							
50-64: Lacked self-confidence or felt bad about yourself (32% vs. 16%), felt generally dissatisfied with life (23% vs. 10%), felt hopeless or depressed (22% vs. 11%), and not good mental health day (56% vs. 30%)							
65+: Felt generally dissatisfied with life (18% vs. 7%)							

Tobacco and Alcohol Use and Dependence

In this survey, about 14% of adult lowans said they smoke cigarettes and 59% said they had consumed an alcohol beverage during the past 30 days. **Recent cigarette use and alcohol consumption were higher among lowans who had experienced symptoms of problem gambling regardless of whether these symptoms were experienced during the past 12 months or ever in their lifetime.**

Approximately 1 in 4 adult lowans (26%) said that, at some time in their lives, they thought they might have a problem with, been dependent on, or addicted to cigarettes or another tobacco product. **Those who experienced symptoms of problem gambling were more likely to say they have ever thought they might be addicted to, dependent on, or had a problem with cigarettes or other tobacco products.** Specifically, 57% of men and 34% of women who experienced problem gambling symptoms during the past 12 months said they had a problem with cigarettes or other tobacco products during their lifetime.

For alcohol, 7% said that, at some time in their lives, they thought they might have a problem with alcohol. In general, having an alcohol problem was less commonly reported than having a problem with cigarettes or tobacco. **For the most part, those who experienced symptoms of problem gambling in the past 12 months were not more likely than other adults to report ever having an alcohol problem. However, when comparing those with symptoms versus those without symptoms of problem gambling ever in their lifetimes, people with problem gambling symptoms were about twice as likely to say that at some time in their lives they thought they might have had alcohol problems.** In terms of significant differences within demographic groups, this difference was observed among men and those age 50-64 (see Table 17)

Table 17 Tobacco and Alcohol Use and Dependence: Significant Differences Between Those With and Without Problem Gambling Symptoms in the Past 12 Months							
	Total	Men	Women	18-34	35-49	50-64	65+
Cigarette use (past 30 days)	√	√	√			√	√
Cigarette or tobacco problem (ever)	√	√	√	√		√	√
Alcohol use (past 30 days)	√	√		√			
Alcohol problem (ever)						√	
<i>Percentages with substance use and self-defined problem (With vs. without problem gambling symptoms in past 12 months)</i>							
Total Sample: Cigarette use (29% vs. 12%), tobacco problem (48% vs. 23%), and alcohol use (75% vs. 57%)							
Men: Cigarette use (29% vs. 10%), tobacco problem (57% vs. 27%), and alcohol use (87% vs. 66%)							
Women: Cigarette use (28% vs. 12%) and tobacco problem (34% vs. 20%)							
18-34: Tobacco problem (54% vs. 19%) and alcohol use (92% vs. 54%)							
35-49: No Significant Differences							
50-64: Cigarette use (27% vs. 11%), tobacco problem (42% vs. 26%), and alcohol problem (18% vs. 8%)							
65+: Cigarette use (27% vs. 5%) and tobacco problem (51% vs. 23%)							

Note. Comparisons were also made for self-defined tobacco and alcohol problems using lifetime (instead of 12 month) presence of gambling problem symptoms. The pattern of significant differences was mainly the same with the exception of total sample and men for alcohol problems. The percentages for each group are shown hereafter where the first value is for those with and the second value is for those without any lifetime symptoms of problem gambling. **Problem with cigarettes or tobacco (ever):** Total (48% vs. 23%), Men (56% vs. 26%), Women (34% vs. 20%), 18-34 (57% vs. 18%), 50-64 (44% vs. 26%), 65 and older (52% vs. 22%). **Problem with alcohol (ever):** Total (15% vs. 6%), Men (19% vs. 8%), 50-64 (17% vs. 8%).

Substance Abuse and Problem Gambling Treatment Experiences

The percentage of adult lowans who said they had ever sought treatment for a gambling problem was much lower than the percentage who had sought treatment for substance abuse problems or other mental health conditions. Specifically, the percentages of adult lowans who said they had ever sought treatment for each condition were as follows:

- Gambling problem: < 1%
- Substance abuse problem including alcohol, drugs, or abuse of prescription medications: 5%
- Mental health condition such as depression or anxiety: 18%

Among those who have ever experienced any problem gambling symptoms in their lifetime, 3% said they have ever sought treatment for problem gambling. **Men who have experienced problem gambling symptoms were more likely than other men to have sought treatment for a substance abuse problem (15% vs. 4%, respectively). Women who have experienced problem gambling symptoms were more likely than other women to have sought treatment for mental health conditions such as depression and anxiety (39% vs. 20%, respectively).** Other significant differences are shown in Table 18.

Table 18 Ever Sought Treatment: Significant Differences Between Those With and Without Problem Gambling Symptoms in Lifetime							
	Total	Men	Women	18-34	35-49	50-64	65+
Substance abuse problem including alcohol, drug, or prescription medications	√	√				√	
Mental health condition such as depression or anxiety			√				√
Gambling problem							
<u>Percentages who said they sought treatment (With vs. without problem gambling symptoms ever in lifetime)</u>							
Total Sample: Substance abuse problem (11% vs. 4%)							
Men: Substance abuse problem (15% vs. 4%)							
Women: Mental health condition (39% vs. 20%)							
18-34: No significant differences							
35-49: No significant differences							
50-64: Substance abuse problem (13% vs. 5%)							
65+: Mental health condition (28% vs. 9%)							

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SECTION 8 PREVENTION & TREATMENT OF PROBLEM GAMBLING

Public Responsibility: Prevention and Treatment of Problem Gambling

Respondents were asked their opinions about the importance of public funding for gambling-related prevention and treatment goals (see Figure 10). Specifically, they were asked, “Given the wide availability of gambling options in Iowa such as state-regulated casinos and lotteries, would you say it is very important, important, or not very important for there to be public funding to: (a) make problem gambling treatment available, (b) educate young people about the risks of gambling, (c) inform adults about the problems gambling can cause, and (d) provide information to adults about how they can gamble responsibly.” **Public funding to make gambling treatment available was important to 85% of Iowans (46% very important, 39% important).** Similarly, **90% of adult Iowans said public funding to educate young people about the risks of gambling was important (58% very important, 32% important).** Likewise, **85% said it was important for public funding to inform adults about the problems gambling can cause (47% very important, 38% important).** Public funding to provide information to adults about how they can gamble responsibly was important to 76% of adult Iowans (38% very important, 38% important).

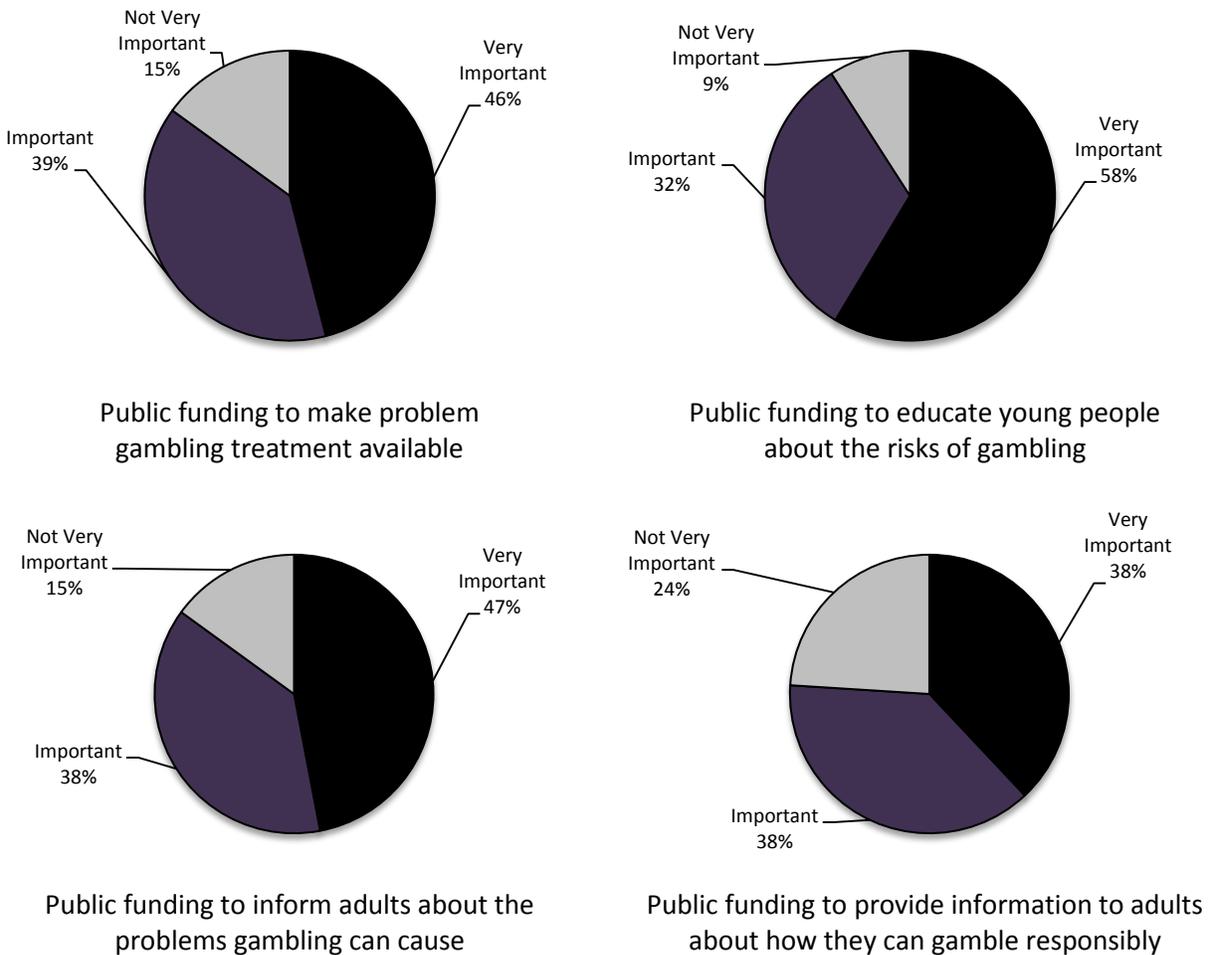


Figure 10. Opinions about public funding for gambling-related prevention and treatment goals.

Identifying Problem Gambling

Approximately two-thirds of adult lowans say they are *extremely (27%)* or *moderately (41%) confident* that they would recognize the signs that a friend or family member has a gambling problem (see Figure 11).

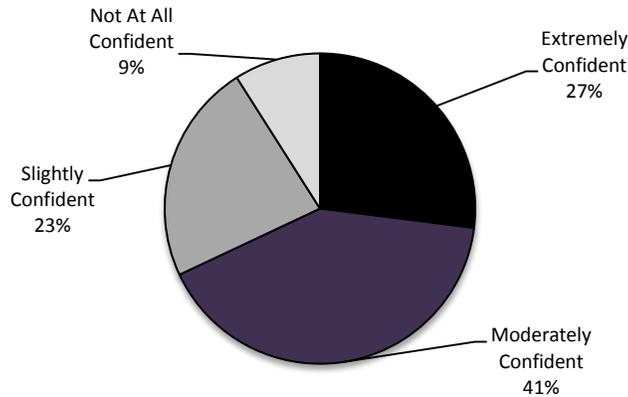


Figure 11. Confidence in one's ability to recognize the signs that a friend or family member has a gambling problem.

About one-fourth of those who experienced problem gambling symptoms during the past 12 months said they were only *slightly confident* or *not at all confident* that they would be able to recognize the signs of problem gambling in a friend or family member. Specifically, those who had experienced a gambling problem symptom themselves rated their confidence in recognizing the signs of problem gambling in others as follows:

- 35% were *extremely confident*,
- 39% were *moderately confident*,
- 22% were *slightly confident*, and
- 5% were *not at all confident* they would recognize the signs of problem gambling in others.

Personally Affected by Another Person's Problem Gambling Behaviors

Pathological and problem gamblers may not experience the adverse consequences of their problem gambling behaviors alone. The negative physical, emotional, and financial consequences of problem gambling can spread to affect their family, friends, coworkers, and others they know personally.

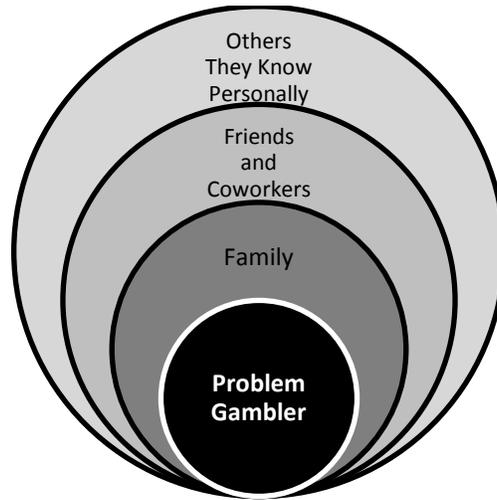


Figure 12. Illustration of the spheres of influence an individual's problem gambling behaviors can have.

More than 1 in 5 adult Iowans (22%) said they have been negatively affected by the gambling behavior of a family member, friend, or someone else they know. Specifically, the percent who said they were negatively affected were as follows:

- Negatively affected by a family member's gambling behaviors: 9%
- Negatively affected by a friend or coworker's gambling behaviors: 11%
- Negatively affected by gambling behaviors of someone else they know personally: 15%

There were no significant gender differences or differences between age groups in terms of the likelihood of having been negatively affected by another person's gambling behaviors, except that women were more likely than men to report being negatively affected by a family member's gambling (11% vs. 7%).

About 1 in 3 adult lowans (34%) who have ever experienced any symptoms of problem gambling said they had personally been negatively affected by someone else’s gambling behavior. People who have ever experienced gambling problem symptoms during their lifetime were more likely than other adults to have been negatively affected by a friend or coworker’s gambling or someone else they know; this was primarily observed for men and those between the ages of 50-64 with non-familial relationships (see Table 19).

Table 19 Personally Affected by Someone Else’s Gambling Behaviors: Significant Differences Between Those With and Without Problem Gambling Symptoms in Lifetime							
	Total	Men	Women	18-34	35-49	50-64	65+
Friend or coworker	√	√				√	√
Family member							
Someone else you know personally	√	√			√	√	
Anyone (i.e., one or more of the above)	√	√	√			√	

Percentages who said they were personally affected by others (with vs. without problem gambling symptoms ever in lifetime)
Total Sample: Friend or coworker (25% vs. 9%), someone else (24% vs. 13%), and anyone (34% vs. 20%)
Men: Friend or coworker (27% vs. 8%), someone else (26% vs. 13%), and anyone (34% vs. 18%)
Women: Anyone (35% vs. 21%)
18-34: No significant differences
35-49: Someone else (30% vs. 12%),
50-64: Friend or coworker (26% vs. 9%), someone else (30% vs. 12%), and anyone (39% vs. 21%)
65+: Friend or coworker (19% vs. 7%)

Home Life When Growing Up

When asked to think back on their home life when they were growing up, about 3% of adult lowans said that someone in their family had a serious problem with gambling when they were younger. Growing up in a household where someone had a gambling problem was reported by 5% of those who experienced any gambling symptoms, regardless of whether these symptoms were experienced in the past 12 months or at any point in their lifetime. (There was no statistically significant difference reported between those with versus without gambling problem symptoms).

Accessing Treatment Services

Ninety percent of adult Iowans said they are aware of the gambling helpline 1-800-BETS-OFF. However, only about one-half (49%) of adult Iowans were aware that publicly-funded gambling treatment services were available in Iowa. Specifically, 51% were not aware, 31% said they knew publicly-funded treatment was available but didn't know who provided it, and 18% said they knew IDPH provided publicly-funded gambling treatment services.

Those who had experienced a gambling problem symptom during the past 12 months were significantly more likely than other adults to be aware of 1-800-BETS-OFF (96% vs. 90%) and to say they knew that publicly-funded gambling treatment was available in Iowa (59% vs. 47%).

Attitudes about Treatment Services

The majority (59%) of adult Iowans said they thought that treatment for problem gambling “works.” Eleven percent said their opinion was that gambling treatment does *not* work; this percentage was not significantly different between those with versus without problem gambling symptoms during the past 12 months. The remaining 30% were neutral (i.e., 18% said *neither agree nor disagree*) or undecided (i.e., 12% said *don't know*) regarding whether or not treatment works.

Although a majority of adult Iowans believe that treatment for problem gambling works, only 1 in 3 (36%) said they knew of some treatment options in their community and 15% said their community had *no* convenient treatment options. Opinions about the affordability of gambling treatment services varied: 41% thought it would be affordable for the average person, but 22% thought it would not be affordable for the average person. Slightly more than one-third said they were unsure about the affordability of treatment.

The vast majority of Iowans (94%) say they admire the courage of people who seek help for a gambling problem. Most adults, regardless of whether or not they had experienced problem gambling symptoms during the past 12 months, said they *admired the courage of people who seek treatment for a gambling problem*, there was a significant gender difference. Men with problem gambling symptoms were significantly *less* likely than other men to report this opinion. In contrast, women with problem gambling symptoms were significantly *more* likely than other women to say they would admire the courage of those seeking treatment.

There were only a few statistically significant differences in attitudes about treatment services between those who had and those who had not experienced any symptoms of problem gambling during the past 12 months. Specifically, the percentages for those expressing agreement were:

- *No convenient place in the community to get gambling treatment* (with symptoms versus without symptoms: 35-49 years 2% vs. 14%, 65 and older 12% vs. 21%)
- *Average person cannot afford treatment for a gambling problem* (65 and older 26% vs. 35%)
- *Gambling treatment is only for people with serious difficulties* (35-49 years 1% vs. 9% and 50-64 years 20% vs. 10%)
- *Know about gambling treatment options in their communities* (65 and older 55% vs. 30%)
- *Would never discourage someone from seeking treatment for a gambling problem* (50-64 years 86% vs. 95%)
- *Admire the courage of people who seek treatment for a gambling problem* (total 87% vs. 95%, men; 80% vs. 95%, and women 97% vs. 95%).

Social Support Systems

Respondents were asked to think about their social support networks (i.e., people one can talk with about important matters and can count on in times of difficulty). Social support networks would not include professionals such as counselors or doctors. The respondents were asked how many people they had in their social support network. The number of people ranged from no one to more than 75 people. The traditional concept of social support systems or networks is changing with the recent and prolific rise in online social networks or communities. The extent to which these online relationships overlap with “offline” or “face-to-face, in-person” relationships varies considerably. Having online “friends” may help explain the responses of some individuals who purport to have very large social support networks.

The overall mean number of people in the social support networks was 14 people, and the median and mode were 10 people. Women who had experienced symptoms of problem gambling during the past 12 months reported having fewer people in their social support systems than did those who had not experienced any problem gambling symptoms (11.5 people vs. 14.2 people, respectively). There were also significant differences in the size of social support systems between the two groups for those 50 to 64 years old (11.0 vs. 14.5) and for those 65 and older (10.2 vs. 14.6).

Discussing Problem Gambling

Respondents who had ever experienced any symptoms of problem gambling or said they may have a gambling problem were asked how many people, if any, they had talked to about their gambling. **Nearly 1 in 4 of those (24%) who have experienced one or more problem gambling symptoms during the past 12 months said they have talked with someone about their gambling.** There were no significant differences by gender or age group regarding the likelihood of those who experienced problem gambling symptoms to say they talked with someone about their gambling.

Respondents were asked how easy or difficult they thought it would be to talk with someone in their social support system if they thought they had any one of these types of problems. Of these six, the two that people said would be easiest for them to talk about were *physical health* and *work*. **Gambling and mental (or emotional) health conditions were perceived as being easier to talk about than romantic relationship and financial problems; however, they were perceived as being more difficult to talk about than physical health or work problems.**

If You Had a Problem How Easy or Difficult Would it be to Talk with Someone in Your Social Support System About It?

<u>Very Easy</u>	<u>Fairly Easy</u>	<u>Fairly Difficult</u>	<u>Very Difficult</u>
Physical health (50%)	Finances (42%)	Finances (20%)	Romantic relationship (7%)
Work (49%)	Work (42%)	Romantic relationship (17%)	Mental health (6%)
Gambling (41%)	Mental health (42%)	Mental health (16%)	Gambling (6%)
Mental health (37%)	Physical health (42%)	Gambling (16%)	Finances (5%)
Romantic relationship (35%)	Romantic relationship (41%)	Work (6%)	Work (3%)
Finances (32%)	Gambling (38%)	Physical health (6%)	Physical health (2%)

There were no significant differences in the total sample, within gender, or within age group between how those with and without any problem gambling symptoms during the past 12 months rated the expected ease or difficulty in talking with someone in their social support network about gambling or any of the other topic areas assessed in this survey.

When combining the two “easy” and two “difficult” response options, the overall pattern becomes even easier to discern. Three pairs of problems emerged where the responses were generally consistent by gender and within age groups. These sets were: (1) *physical health* and *work*, (2) *emotional or mental health* and *gambling*, and (3) *finances* and *marriage or romantic relationships*. By far, the easiest topics people thought it would be to talk about a problem with was in the areas of *physical health* and *work*. Responses for these two topic areas were consistent by gender and within age groups. These were followed by *emotional or mental health* and *gambling*. **More than 1 in 5 adult lowans said that if they had a gambling problem, they thought it would be difficult to discuss this with people in their social support system.** These two were closely followed by the topics of *finances* and *marriage or romantic relationships*.

		Total	Men	Women	18-34	35-49	50-64	65+
Physical Health								
	Easy	92%	90%	93%	92%	96%	90%	88%
	Difficult	08%	10%	07%	08%	04%	10%	12%
Work								
	Easy	91%	91%	91%	94%	94%	88%	84%
	Difficult	09%	09%	09%	06%	06%	12%	16%
Emotional or Mental Health								
	Easy	79%	76%	81%	79%	84%	75%	76%
	Difficult	21%	24%	19%	21%	16%	25%	24%
Gambling								
	Easy	79%	80%	78%	81%	83%	76%	74%
	Difficult	21%	20%	22%	19%	17%	24%	26%
Marriage or Romantic Relationship								
	Easy	76%	72%	80%	78%	82%	73%	69%
	Difficult	24%	28%	20%	22%	18%	27%	31%
Finances								
	Easy	75%	73%	77%	77%	80%	72%	70%
	Difficult	25%	27%	23%	23%	20%	28%	30%

Encouraged by Others to Reduce or Quit Gambling

During the past 12 months, 2% of adult Iowans who said they had gambled in the past 12 months (7% of those who experienced any problem gambling symptoms during the past 12 months) said that someone important in their lives told them they should cut-back, stop, or try to control their gambling. **The majority (59%) of adult Iowans who met the criteria as probable or possible pathological gamblers or problem gamblers said that someone has told them they should cut-back, stop, or try to control their gambling during the past 12 months.**

Desire to Reduce or Quit Gambling

Eight percent of adult Iowans who reported gambling said they wanted to decrease the amount of time or money they spent gambling or they wanted to quit gambling altogether. Specifically, 2% wanted to decrease the amount of time spent gambling, 5% wanted to decrease the amount of money spent gambling, and 5% wanted to quit altogether. The percentages of adults who said they wanted to reduce or quit their gambling activities are shown for those who said they gamble “very often or often,” “occasionally,” and “seldom” (see Table 21).

Among those who experienced any problem gambling behaviors during the past 12 months, 18% said they wanted to decrease the amount of time or money they spent gambling or quit gambling altogether. Specifically,

- 7% said they wanted to cut-back on the amount of time they spend gambling,
- 13% said they wanted to decrease the amount of money they spend gambling, and
- 10% said they wanted to stop betting or wagering altogether.

Want to...	Self-Described Gambling Frequency			Any Problem Gambling Symptoms	
	Very Often or Often	Occasionally	Seldom	Yes	No
Cut-back on amount of time spent on betting or wagering	06%	01%	02%	07%	<1%
Decrease the amount of money spent on betting or wagering	13%	05%	04%	13%	03%
Stop betting or wagering altogether	<1%	03%	06%	10%	04%
Any of the above	13%	06%	09%	18%	06%

Note. These questions were not asked of respondents who said they “never” gamble to Q4A or Q16. Due to the small sample size of respondents who said “very often,” the top two categories have been combined.

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SECTION 9 SUMMARY & CONCLUSIONS

Gambling Frequency

In the Iowa 2011 Gambling Attitudes and Behavior Survey, 91% of adult Iowans said they have wagered money or possessions on some form of gambling activity during their life. Slightly more than two-thirds of adult Iowans (69%) had gambled during the past 12 months and 42% during the past 30 days. Men and women were equally likely to have gambled. The prevalence of any gambling in the past 30 days was highest among those ages 35 through 64 years old.

In terms of trends over time, Volberg's (1995) study of gambling in Iowa reported that the lifetime prevalence of gambling among Iowans was 84% in 1989 and 88% in 1995. The results of the present study showed a lifetime prevalence of 91%. The prevalence of past-year gambling in 1995 (Volberg, 1995) was 72%, and it was 69% in 2011 based on the findings from the present study. These figures do not imply that there is less gambling occurring now because prevalence estimates simply capture whether or not the person has gambled at least once during the time period and the confidence intervals for each estimate overlap.

By way of comparison and consistent with the increased number of casinos in Iowa since 1995, the percent of Iowans who said they had ever gambled on slot machines was 56% in 1995 and 70% in 2011. The opposite was observed with gambling on dogs and horses at tracks with 36% in 1995 and 28% in 2011. The prevalence of gambling while playing cards with family and friends (i.e., something that is *not* affected by the availability of gambling venues in Iowa) was unchanged, with an estimated lifetime prevalence of 40% in 1995 and 39% in 2011.

The lifetime prevalence rate of 91% in the present study of adult Iowans is similar to the 90% lifetime prevalence rate in Maryland reported in a 2011 study (Shingole, Norris, Park, Volberg, Haynes, and Stokan, 2011; data were collected in the fall of 2010).

The purpose of the present study was to estimate the prevalence of gambling and problem gambling among adult Iowans and to measure public opinion about several gambling-related issues. This present study was not designed to take a position either in support of or in opposition to legalized gambling in Iowa.

The scope of work for this study did not call for a comprehensive review of the scholarly literature regarding the definition, assessment, and prevalence of gambling disorders. A variety of sources on this topic are already available. For instance, the 2011 Maryland report by Shingole and colleagues includes a good discussion of the literature addressing the relationship between gambling availability and prevalence rates of problem gambling. In addition, the National Center for Responsible Gaming has recently published the *2011 Research & Resources: A Guide to Gambling Disorders and Responsible Gaming* which contains a concise and easy to read summary of issues related to defining gambling disorders and a review of prevalence studies assessing gambling disorders among various population groups. There is also a considerable volume of research on gambling that is conducted outside of the United States which has been focused on addressing issues related to the assessment and measurement of problem gambling disorders among various populations (e.g., Abbott & Volberg, 2006; Melbourne Enterprise International, 2003).

A limited discussion of measurement issues, however, is necessary to provide adequate context for interpreting the findings of the present study. First, there are several methodological differences between the 1989, 1995, and 2011 prevalence studies. For example, focusing on the two most recent studies, there are differences in: (a) sample design (Random Digit Dialing 1995 vs. Address-Based Sampling in 2011), (b) within-household selection procedures (random selection mixed with quota sampling in 1995 vs. random selection based on most recent birthday in 2011), (c) use of case weighting procedures (unweighted in 1995 vs. weighted in 2011), and (d) assessment tools (e.g., South Oaks Gambling Screen in 1995 vs. NODS and PGSI in 2011). ***Because of the methodological differences between the three Iowa studies, direct inferential statistical tests of differences over time were not conducted. Instead, the findings from the previous studies are listed along with the recent findings in a descriptive manner.*** The methodological differences, in part, reflect changes in the reality within which survey research is conducted (e.g., cell phones replacing landlines in homes, the availability of online data collection) and additions to the literature of new measurement tools and psychometric data regarding the performance of various scales assessing gambling disorders in general population surveys.

In the present study, the prevalence estimate of lifetime probable pathological gambling among adult Iowans was 0.6% using the NODS. The 95% confidence interval surrounding this point estimate was 0.22% to 1.42%. This recent finding for Iowa is consistent with other national studies where in the lifetime prevalence of pathological gambling is often approximately 1%, with two large scale studies finding lifetime prevalence rates of pathological gambling of 0.4% using data from the National Epidemiological Survey on Alcohol and Related Conditions (NESARC; Petry, Stinson, & Grant, 2005) and 0.6% using data from the US National Comorbidity Survey Replication (NCS-R; Kessler et al., 2008). The NCS-R was a national household survey of face-to-face interviews conducted with about 9,300 English speaking adults between from 2001 to 2003.

In addition, the prevalence estimate of probable pathological gambling when limited to symptoms experienced during the past 12 months was 0.3% in this 2011 survey of adult Iowans. This situates Iowa's finding within the range reported nationally by Kessler and colleagues in 2008, where 12-month prevalence rates were found for pathological gambling of 0.3% (with confidence intervals between 0.2% and 0.4%).

In comparison with the SOGS, the NODS is a DSM-based scale and tends to be more conservative and restrictive in classifying respondents as having a gambling disorder (Hodgins, 2004). The 1995 study of adult Iowans, using the South Oaks Gambling Screen (SOGS; Lesieur & Blume, 1987), yielded a lifetime prevalence of probable pathological gambling of 1.9% (with 95% confidence intervals of 1.3% to 2.5%) (Volberg, 1995). Recall that the lifetime prevalence of probable pathological gambling using the NODS in the 2011 study was 0.6% (with confidence intervals of 0.22% to 1.42%). Likewise, the 1995 study of adult Iowans yielded an estimate of current probable pathological gambling of 1.0% (with confidence intervals of 0.5% to 1.5%) (Volberg, 1995). In contrast, the 2011 study yielded an estimate of 0.3% for probable pathological gambling during the past 12 months (with confidence intervals of 0.04% to 1.59%). **These apparent differences in pathological gambling do not necessarily mean to suggest that there has been a decrease in pathological gambling in Iowa from 1995 to 2011 for at least two reasons. First, the confidence intervals of the two estimates are overlapping which means that the point estimates are not necessarily, in actuality, different from one another. Second, the SOGS has been shown in general population surveys to overestimate the number of pathological gamblers (Hodgins, 2004; Stinchfield, 2002).**

The purpose of the present study was to estimate the prevalence of gambling and problem gambling among adult lowans, and it also had the broader aim of gaining better information and insight into the public health implications and consequences of problem gambling (for discussions about gambling and public health perspectives, see Korn & Shaffer, 1999, Shaffer & Korn, 2002). With this broader context in mind, multiple measures of problem gambling were used including the DSM-based NODS to assess clinical pathology, the PGSI to assess negative consequences and behaviors related to problem gambling during the past 12 months, and self-diagnosed problem gambling. Taken together, these measures could be used to classify people as having or not having experienced any symptoms of problem gambling. Those who had experienced symptoms could then be compared to those who had not experienced symptoms either ever in their lifetimes or specifically during the past 12 months. From a public health perspective, even if respondents did not meet the pre-established threshold of criteria for being a “pathological gambler” or “problem gambler,” the fact that they experienced adverse life experiences due to or as a result of their gambling behaviors (i.e., one or more problem gambling symptoms) is worth noting.

Although there is some dispute in the field as to whether pathological gambling is a progressive disorder, the presence of these types of symptoms is an indication that a person’s gambling is, at least to some degree, unhealthy or dysfunctional. In total, approximately 13% of adult lowans said they experienced one or more symptoms of pathological or problem gambling during the past 12 months. The vast majority of these people did not experience enough symptoms to be considered pathological or problem gamblers, but they differed significantly in several important ways from those who did not gamble or who gambled without showing symptoms of disordered gambling. For example, those who experienced any symptoms of problem gambling were more likely than other adults to (a) feel dissatisfied with life (especially among women and those over 50), (b) have had one or more days during the past month when their mental health was not good, (c) smoke cigarettes, (d) have had a problem with or felt addicted to cigarettes or other tobacco products, (e) drink alcohol, and (f) have sought treatment for a substance abuse problem involving alcohol, drugs, or prescription medications.

Gambling Activities. Some form of gambling is a common practice among adult Iowans. Most adult Iowans have gambled at least once in their lifetime and more than 2 in 3 Iowans have gambled during the past 12 months. People's three favorite gambling activities were slot machines, lottery numbers, and table games at casinos. The most common gambling activities were buying raffle tickets, lottery numbers, lottery scratch tickets/pull-tabs, and playing slot machines. Internet gambling was one of the least commonly reported gambling activities among adult Iowans. The gambling activities people engaged in most regularly (e.g., daily or weekly) were lotteries and scratch tickets/pull-tabs.

Problem and Pathological Gambling in Iowa. The vast majority of adults who gambled have not developed a "gambling problem." However, about 1 in 6 of those who gambled during the past 12 months (or about 1 in 8 adult Iowans) said they had experienced one or more symptoms of problem gambling during that time. The most common symptoms experienced were (a) betting more money than they could afford to lose, and (b) feeling guilty about the way they gambled or what happened when they gambled.

Consequences of Problem Gambling. Although less than one percent of adult Iowans are classified as pathological or problem gamblers, more than 1 in 5 adults said they personally have been negatively affected by the gambling behavior of a family member, friend, coworker, or someone else they know. Thus, the physical, emotional, and financial consequences of problem gambling not only affect the gamblers themselves, but also have adverse effects on some gamblers' families, friends, employers, coworkers, and communities.

Social Support and Treatment Services. Among those who have experienced one or more symptoms of problem gambling during the past 12 months, 1 in 4 said they had talked with someone about their gambling. More than two-thirds of adults said they were moderately or extremely confident they would recognize the signs that a friend or family member had a gambling problem. An encouraging finding from the present study is that 90% of adult Iowans said they were aware of the 1-800-BETS-OFF helpline. People whose lives have been negatively impacted by gambling can call this helpline to be connected with publicly-funded gambling treatment services provided by the State of Iowa.

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APPENDIX A TECHNICAL NOTES

Reporting of Percentages

Unless otherwise noted, the findings are based on weighted percentages adjusted for gender and age group of the respondents. The tables and figures in the main body of the report are based on weighted frequency distributions and typically exclude “Don’t Know” and “Prefer Not to Answer” responses from the denominator.

Data Collection

Address-based sampling (ABS) was used to select a random sample of 10,000 adults living in residential households in Iowa. The sample of addresses was purchased from a vendor (Marketing Systems Group) specializing in sampling methods. Each of these households was mailed a letter inviting the adult (18 and older) in the household with the most recent birthday to respond to the survey online. The letter was printed on University of Northern Iowa letterhead with an electronic signature of the principal investigator of the research study. The letters were mailed in UNI envelopes and addressed to the households and not addressed to specific individuals.

The letter included a website address (web-hosting provided by Circum Networks, Inc. specializing in programming and hosting online research) and an individual household code to protect the integrity of the data by restricting access to the questionnaire. The letter stated that if a household member did not complete the survey online within the next several days, they may receive a call inviting them to participate by telephone. To increase sample management efficiency, the letters were mailed in three waves: Wave 1 (4,000 letters on February 25th), Wave 2 (2,000 letters on March 11th), and Wave 3 (4,000 letters on March 23rd).

About a week after each mailing, CSBR began making telephone calls to non-responding households for whom telephone numbers were available (total of 6,587 telephone numbers were attempted). Data were collected online from February 26, 2011 through May 9, 2011, and by telephone from March 4, 2011, through April 28, 2011.

A total of 1,700 interviews were completed and used in the analyses in this report. Of these, 470 were completed online and 1,230 were completed via telephone. On the web, the mean completion time (i.e., time logged onto the website) was 22.5 minutes with a median of 20.0 minutes. To avoid artificially increasing the mean time resulting from idle Internet connections, the times for 11 respondents who were on the website for longer than 60 minutes were trimmed to 60 minutes. On the telephone, the mean completion time (including time spent on respondent selection) was 22.6 minutes with a median of 22.0 minutes. The overall mean and median times for all respondents were 22.6 minutes and 21.0 minutes, respectively. These resulting times were well within the estimated 20 to 25 minutes we predicted based on in-house time trials and testing conducted prior to fielding the instrument.

Response and cooperation rates were calculated using the American Association for Public Opinion Research (AAPOR, 2011) calculator (v3.0, October 2010). The response rate, defined as the number of completed interviews divided by the number of eligible residences, (RR3; AAPOR, 2011) was 33%. The refusal rate (formula 2) was 16%. The cooperation rate, defined as the number of completed interviews divided by the number of eligible units who were contacted (CR3; AAPOR, 2011), was 68%.

Within-Household Respondent Selection

The eligible respondent for the survey was the adult in the household who was 18 years or older and who most recently had a birthday. The most recent birthday selection method was used to increase the consistency of selection practices for those who responded to the mailed letter and completed the question online and those who completed the interview by telephone.

Screening and Closing Protocols

The online and telephone questionnaires necessitated slightly different screening protocols, in part because respondents who complete the survey online do not have the opportunity to ask questions they may have about the survey while they are completing it. Also, there are additional confidentiality protection issues that need to be addressed with online surveys (see descriptions 1A and 1B). The online questionnaire also required some additional instructions for the closing (see descriptions 2A and 2B).

1A. Online screening protocol included the following introduction:

Welcome Screen.

Welcome to the 2011 Iowa Gambling Attitudes and Experiences Survey.

To begin the survey, please enter the confidential access code found in the letter we mailed to your household.

Explanation Screen:

2011 Iowa Gambling Attitudes and Experiences Survey

Your household is invited to participate in a research project conducted through the University of Northern Iowa and is sponsored by the Iowa Department of Public Health. This study is being conducted to learn more about the attitudes and experiences of Iowans regarding gambling. **The one adult in your household who is 18 or older and who most recently had a birthday is the person who should respond to this invitation.** The following information describes the protections in place to help you decide whether or not to participate.

All participation is voluntary and confidential. Your responses will be anonymous in all reports made about the study, whether those are given directly to the sponsor, made publicly available, or in scholarly works that result later. The results will be grouped so they cannot identify any individuals or households. The study takes approximately 20-30 minutes for most people. You can participate by answering the survey questions that follow this screen. Your responses are saved as you go so that, if it becomes necessary, you can return to a partially completed questionnaire at a later time.

Your participation in the study is very important to us as your household has been randomly selected as one of those that will represent all Iowans; we do not substitute another household if yours does not participate. There are no direct benefits or likely risks to your participation; we are only asking for your time and thoughts, and there are no penalties for not participating or skipping some questions. The survey questions ask such things what types of gambling, if any, you have experienced, what are your views about gambling, whether or not you know of any difficulties that have occurred as a result of gambling, and a few questions about your background and related topics.

No direct identifiers will be collected. No IP addresses will be recorded. Your confidentiality will be maintained to the degree permitted by the technology. Electronic transmission of responses over the Internet occurs without including the associated questions to reduce any potential breach of confidentiality.

If you have questions about the study or desire information in the future regarding your participation or the study generally, you can contact Dr. Gene Lutz at 319-273-2105 or Gene.Lutz@uni.edu. You may also contact the office of the IRB Administrator, University of Northern Iowa, at 319-273-6148, for answers to questions about the rights of research participants and the participant review process.

Click to Agree: **Agreement:**

I am fully aware of the nature and extent of my participation in this project as stated above and the possible risks arising from it. I am 18 years of age or older. By beginning the survey, I acknowledge that I have read this information and agree to participate in this research, with the knowledge that I am free to withdraw my participation at any time without penalty.

Click to Refuse and Exit: **I choose not to participate. Select the circle on the left and press CONTINUE to terminate the questionnaire. I will not be able to log in again.**

Please print this screen for your records.

1B. The telephone screening protocol included the following introduction:

Hello: Hello, this is [interviewer's name] calling for the Iowa Department of Public Health. The Center for Social and Behavioral Research at the University of Northern Iowa is conducting a study about gambling in Iowa. I am calling to follow-up with you about a letter your household may have recently received inviting you to participate in this survey online.

Phone: Have I reached [telephone number]? (*Note.* Phone number is not saved as part of the data set used for analysis.)

Address: We mailed a letter about this study to you at [street address not including city or zip code]. Was this the correct address to send mail to you? (If no, then the interview was terminated. *Note.* Street address is not saved as part of the data set used for analysis.)

Adults: How many adults age 18 or older live in your household? (If no adults, then the interview was terminated.)

Birthday: Are you the adult, age 18 or older, in this household who had the most recent birthday? (If no, "May I speak with the adult who had the most recent birthday? Then read "Hello" script.)

Explanation: Let me tell you more about the study before we go on. We have randomly selected your household to be included in this study. Your participation in the study is very important to us as your answers will represent many other Iowans. In all reports of results including those to the study's sponsor and in scholarly works, we will group the responses together so that your answers will not be reported individually. I will ask questions about your opinions about gambling, experiences you may have with gambling, and awareness of gambling treatment in Iowa.

Your participation is voluntary and confidential. Your responses remain anonymous. The study takes about 20 to 25 minutes for most people. Risks are minimal and like those experienced in day-to-day life. I would be happy to provide a phone number for you to call to get more information if you have questions about the study.

2A. Online closing:

Submit:

Do you have any comments?

To finish the survey, please press SUBMIT. After you do so, you will not be able to log in again. Thank you for your time and cooperation.

Close:

Please close your web browser now.

2B. Telephone closing:

Comments: Do you have any additional comments?

Close: That concludes the interview. I don't have any more questions for you. Thank you for participating in this survey.

Weighting

The population estimates were based on 2010 age by gender population Census figures for Iowa (U.S. Census Bureau, May 2011). For 8 respondents who did not answer the gender question, the data were imputed for weighting purposes based on a random assignment of gender in proportion to the distribution of gender within the sample. For 19 respondents who did not answer the age question, the data were imputed for weighting purposes based on the mean age within gender category. Age was collapsed into four age categories for weighting and analysis. These four categories were based on an attempt to have both meaningful subgroups and minimally sufficient sample sizes within categories.

A simple weighting procedure was implemented to improve the correspondence between the distribution of gender by age profiles for the sample and for the adult population of Iowa. The base weight was the inverse of the within-household selection probability. Next, the population estimate for gender by age group cells was divided by the sum of within-cell base weights. A final weight for each respondent was the multiplicative function of base weight and post-stratification weight. The sum of the final weights corresponds to the sum of the adult population in Iowa.

Demographic Characteristics (%)				
	Number of Respondents	Unweighted Sample %	Weighted Sample %	Adult Population %
Total Sample	1,700	100	100	100
Gender				
Male	694	41.0	48.9	49.0
Female	998	59.0	51.1	51.0
Age				
18 – 34	154	09.2	29.7	29.7
35 – 49	328	19.5	25.1	25.0
50 – 64	634	37.7	25.8	25.7
65 and older	565	33.6	19.4	19.5

Note. Case weights were calculated using data imputations for 8 respondents who did not provide information about their gender and 19 respondents who did not provide information about their age. Data from these respondents were included in analyses of the total sample, but these imputations were not used for cross-tabulations of subgroup findings shown in this report. The percentages in the weighted sample column are valid percentages for only those cases without data imputations.

Demographic Characteristics

An advantage of the Address-Based Sampling (ABS) methodology used in this study is that all households are included regardless of their phone status. With traditional Random Digit Dialing (RDD) telephone surveys only numbers associated with landline telephone services are included. In the present study, the phone profile among respondents was as follows: landline only (n = 170 or 10% of survey respondents), landline and mobile phones (n = 1,397 or 83% of survey respondents), cellular telephone only (n = 125 or 7% of survey respondents), and “prefer not to answer” (n = 8 or <1% of survey respondents). One-fourth (25%) of the survey respondents age 18 to 34 were living in cellular telephone only households and these 39 respondents would likely have been missed if a traditional RDD design had been used instead of the ABS design.

Ideally, the ABS methodology would increase the representativeness of younger adults in the sample because this sub-demographic is more likely than others to be without landline telephone services and to rely exclusively on cellular telephones. However, in the present study, men and younger adult lowans still participated at disproportionately lower rates than did women and older adults, for unknown reasons.

The goal of survey research is to accurately generalize the findings from a small group of individuals (sample) to the entire population of interest; therefore, statistical weighting adjustments are customarily made as part of the statistical analysis to correct for disparities between the demographic composition of the sample and of the population. The responses from the sample are used to represent the entire population. The essence of weighting is simply calculating for each respondent in the sample the number of people they are representing in the population. Using these weights increases the confidence one can have that the findings observed based on the respondents’ answers are representative of the actual attitudes, behaviors, and experiences of the population of interest.

Unless otherwise noted, the findings reported herein are based on weighted percentages adjusting for gender and age group of the respondents. The table below shows the number of respondents, sample percentages, and weighted percentages by demographic characteristics.

Demographic Characteristics of the Sample			
	Number of Respondents	Respondents %	Weighted Sample %
Gender			
Male	694	41	49
Female	998	59	51
Age Group			
18-34	154	09	30
35-49	328	20	25
50-64	634	38	26
65 and older	565	34	19
Marital Status			
Married	1,073	63	69
Divorced	166	10	05
Widowed	238	14	06
Separated	10	<1	<1
Never married	171	10	16
Unmarried couple	35	02	03

Demographic Characteristics of the Sample			
	Number of Respondents	Respondents %	Weighted Sample %
Education			
Elementary or less	18	01	<1
Some high school	48	03	03
High school graduate	506	30	27
College (1-3 years)	489	29	30
College graduate (4 year)	393	23	26
Graduate or professional school	244	14	13
Employment			
Employed for wages	771	45	54
Self-employed	181	11	12
Out of work (1+ years)	26	02	01
Out of work (< 1 year)	24	01	02
Homemaker	80	05	05
Student	24	01	06
Retired	542	32	19
Unable to work	49	03	02
Income			
Less than \$10,000	52	04	03
\$10,000 to \$14,999	71	05	05
\$15,000 to \$19,999	73	05	03
\$20,000 to \$24,999	83	06	05
\$25,000 to \$34,999	160	11	09
\$35,000 to \$49,999	239	16	15
\$50,000 to \$74,999	303	21	21
\$75,000 to \$99,999	227	16	18
\$100,000 or more	261	18	21
Hispanic/Latino			
Yes	26	02	02
No	1,664	98	98
Race			
White (Non-Hispanic)	1,614	95	94
Non-White	70	04	05
Children in Household			
Yes	414	25	39
No	1,269	75	61
<p><i>Note.</i> The percentages above reflect the percent based on the denominator of those who answered the relevant question. The number of respondents who said “don’t know” or “prefer not to answer” to the demographic questions were as follows: gender (n = 8), age (n = 19), marital status (n = 7), education (n = 2), employment (n = 3), income (n = 231), Hispanic/Latino (n = 10), and race (n = 16). The numbers of responses to each of the multiple response categories for race were: White (n = 1,634), Black or African American (n = 22), Asian (n = 9), Native Hawaiian or Pacific Islander (n = 0), American Indian or Alaska Native (n = 15), and other (n = 16). The respondents classified as “Non-White” include 16 respondents who selected White and Hispanic.</p>			

APPENDIX B FREQUENCY TABLES

The tables in this section are presented in the order they appeared in the questionnaire. The subgroup data included in the frequency tables are presented as descriptive statistical summaries and between-group analyses were not conducted to determine which (if any) of the subgroups were differed from one another based on inferential statistical tests. Percentages above zero but less than 1.0 are reported as “<1%”, values between 1.0 and 1.49 are reported as “01%,” and values between 1.50 and 2.50 are reported as “02%.” The population estimates have been rounded to the nearest 100 adults.

**Table B1
Recreational and Leisure Interest and Activities**

Questions Q1A-Q1I: The first questions are about interests and activities that some people do for enjoyment, relaxation, or recreation. For each one, indicate whether your interest level is high, medium, low, or if you are not at all interested.

Recreational & Leisure Interests	Pop Est.	Total %	Subgroup %	Men %	Women %	18-34 %	35-49 %	50-64 %	65+ %
<i>Note. The means listed have been scored such that higher values correspond to higher levels of interest, ranging from 0 for not at all interested to 3 for high interest.</i>									
Going to sporting events			1.7	1.9	1.6	1.9	1.9	1.6	1.4
High interest	635,500	27	27	32	23	36	32	20	18
Medium interest	785,300	34	34	35	33	30	37	36	32
Low interest	542,100	23	23	20	26	20	19	28	28
Not at all interested	353,400	15	15	12	18	14	11	16	22
Don't know	2,000	<1	--	--	--	--	--	--	--
Prefer not to answer/Not asked	0	00	--	--	--	--	--	--	--
Going shopping			1.7	1.4	2.0	1.8	1.7	1.7	1.6
High interest	461,700	20	20	06	33	26	20	16	15
Medium interest	891,100	38	38	34	42	36	36	42	40
Low interest	796,900	34	34	48	21	32	36	34	37
Not at all interested	167,600	07	07	11	04	07	07	07	08
Don't know	1,000	<1	--	--	--	--	--	--	--
Prefer not to answer/Not asked	0	00	--	--	--	--	--	--	--
Going to the movies, concerts or other entertainment events			2.0	1.9	2.0	2.2	2.1	1.8	1.5
High interest	662,100	29	29	24	34	41	30	23	14
Medium interest	1,023,400	44	44	46	42	44	48	46	36
Low interest	492,700	21	21	24	19	14	18	24	33
Not at all interested	140,100	06	06	06	06	01	03	07	17
Don't know	0	00	--	--	--	--	--	--	--
Prefer not to answer/Not asked	0	00	--	--	--	--	--	--	--
Going to casinos to gamble			0.7	0.8	0.7	0.8	0.7	0.7	0.7
High interest	71,200	03	03	03	03	03	03	03	03
Medium interest	285,900	12	12	14	11	15	11	09	14
Low interest	930,700	40	40	40	40	40	40	43	36
Not at all interested	1,028,400	44	44	43	46	42	45	45	47
Don't know	2,100	<1	--	--	--	--	--	--	--
Prefer not to answer/Not asked	0	00	--	--	--	--	--	--	--

Recreational & Leisure Interests	Pop Est.	Total %	Subgroup %	Men %	Women %	18-34 %	35-49 %	50-64 %	65+ %
Watching sporting events on TV			1.8	2.1	1.6	1.9	1.8	1.8	1.8
High interest	739,700	32	32	42	22	36	29	29	33
Medium interest	757,800	33	33	34	32	30	35	35	31
Low interest	478,700	21	21	14	27	20	20	22	20
Not at all interested	341,100	15	15	10	19	14	15	14	15
Don't know	1,000	<1	--	--	--	--	--	--	--
Prefer not to answer/Not asked	0	00	--	--	--	--	--	--	--
Playing cards with friends and family (not at casino)			1.8	1.7	1.8	2.1	1.7	1.6	1.5
High interest	602,800	26	26	26	26	37	24	18	22
Medium interest	844,800	36	36	35	38	40	38	37	30
Low interest	558,100	24	24	25	23	18	28	28	24
Not at all interested	309,900	13	13	14	13	05	11	17	24
Don't know	2,800	<1	--	--	--	--	--	--	--
Prefer not to answer/Not asked	0	00	--	--	--	--	--	--	--
Playing video or computer games			1.2	1.3	1.1	1.6	1.3	1.0	0.8
High interest	316,100	14	14	18	09	26	14	06	06
Medium interest	496,000	21	21	22	21	26	25	18	14
Low interest	894,400	39	39	36	40	35	36	47	37
Not at all interested	611,900	26	26	24	29	13	26	29	44
Don't know	0	00	--	--	--	--	--	--	--
Prefer not to answer/Not asked	0	00	--	--	--	--	--	--	--
Playing the lottery including numbers or scratch tickets			0.8	0.8	0.8	0.7	0.8	0.9	0.7
High interest	71,300	03	03	02	04	04	03	03	02
Medium interest	320,900	14	14	15	13	10	16	17	14
Low interest	957,300	41	41	43	40	41	40	46	38
Not at all interested	968,900	42	42	40	44	46	41	34	46
Don't know	0	00	--	--	--	--	--	--	--
Prefer not to answer/Not asked	0	00	--	--	--	--	--	--	--
Playing bingo for money			0.5	0.4	0.5	0.5	0.4	0.5	0.4
High interest	19,700	<1	<1	01	<1	01	01	<1	<1
Medium interest	117,600	05	05	03	07	06	05	04	04
Low interest	790,000	34	34	35	33	37	31	37	30
Not at all interested	1,391,000	60	60	61	59	55	62	59	65
Don't know	0	00	--	--	--	--	--	--	--
Prefer not to answer/Not asked	0	00	--	--	--	--	--	--	--

Note. The means listed have been scored such that higher value correspond to higher levels of interested, ranging from 0 for *not at all interested* to 3 for *high interest*. Inferential statistical tests were not conducted to compare mean differences between demographic subgroups.

**Table B2
Attitudes About Gambling**

Questions Q2A-Q2D: People have a variety of opinions about the topic of gambling. Gambling includes any activities where someone is betting or wagering money or possessions or something of value.

Do you strongly agree, agree, disagree, or strongly disagree with each of these four statements?

Gambling Attitudes	Pop Est.	Total %	Subgroup %	Men %	Women %	18-34 %	35-49 %	50-64 %	65+ %
Gambling is an important part of cultural life.									
Strongly agree	37,400	02	02	02	01	02	02	02	<1
Agree	274,400	12	12	16	08	09	14	11	15
Neither agree nor disagree	393,700	17	17	16	18	16	17	20	13
Disagree	1,009,300	44	44	42	46	47	40	42	47
Strongly disagree	593,600	26	26	24	27	26	27	25	25
Don't know	10,000	<1	--	--	--	--	--	--	--
Prefer not to answer/Not asked	0	00	--	--	--	--	--	--	--
Gambling is a harmful form of entertainment.									
Strongly agree	364,800	16	16	15	16	15	15	18	14
Agree	815,300	35	35	34	36	33	32	35	43
Neither agree nor disagree	521,200	22	23	23	22	26	28	21	15
Disagree	526,600	23	23	25	20	23	22	23	23
Strongly disagree	80,400	04	04	02	05	04	03	03	04
Don't know	7,900	<1	--	--	--	--	--	--	--
Prefer not to answer/Not asked	2,200	<1	--	--	--	--	--	--	--
Gambling is dangerous for family life.									
Strongly agree	526,300	23	23	21	25	25	20	24	22
Agree	955,700	41	41	43	40	36	42	41	51
Neither agree nor disagree	461,700	20	20	17	23	26	22	18	12
Disagree	315,300	14	14	17	10	11	14	15	13
Strongly disagree	49,200	02	02	02	02	02	02	02	03
Don't know	5,500	<1	--	--	--	--	--	--	--
Prefer not to answer/Not asked	4,700	<1	--	--	--	--	--	--	--
On balance gambling is good for society.									
Strongly agree	44,300	02	02	03	01	03	02	02	<1
Agree	395,800	17	17	20	15	21	22	12	13
Neither agree nor disagree	525,800	23	23	21	24	27	24	23	14
Disagree	931,100	40	41	39	42	36	35	43	53
Strongly disagree	399,100	17	17	17	18	14	17	20	20
Don't know	20,800	<1	--	--	--	--	--	--	--
Prefer not to answer/Not asked	1,500	<1	--	--	--	--	--	--	--

**Table B3
Gambling Behaviors: When Last Gambled**

Questions Q3A-Q3S: The next questions are about how often people may participate in a variety of activities that some people consider gambling. In order to get accurate information about the gambling behaviors of adult Iowans, it is important that we ask these questions of everyone regardless of how much, if at all, they gamble.

When was the last time, if at all, you bet or gambled for money or possessions on each of the following?

Gambling Activities	Pop Est.	Total %	Subgroup %	Men %	Women %	18-34 %	35-49 %	50-64 %	65+ %
Slot machines									
Within the past 30 days	227,800	10	10	11	09	11	08	10	11
Between 30 days and 12 months ago	344,800	15	15	14	16	15	14	16	15
More than 12 months ago	1,056,000	46	46	43	48	38	53	51	41
Never	684,700	30	30	32	28	36	25	24	33
Don't know	5,100	<1	--	--	--	--	--	--	--
Prefer not to answer/Not asked	0	00	--	--	--	--	--	--	--
Table games at a casino such as poker, roulette, craps, and blackjack									
Within the past 30 days	97,600	04	04	08	01	08	04	02	02
Between 30 days and 12 months ago	134,400	06	06	08	04	07	08	05	02
More than 12 months ago	529,600	23	23	27	18	21	27	24	18
Never	1,556,300	67	67	58	76	64	61	69	79
Don't know	500	<1	--	--	--	--	--	--	--
Prefer not to answer/Not asked	0	00	--	--	--	--	--	--	--
Video poker, video keno, or video blackjack									
Within the past 30 days	43,700	02	02	02	02	02	02	02	02
Between 30 days and 12 months ago	121,400	05	05	07	04	06	07	04	04
More than 12 months ago	401,000	17	17	20	15	15	21	21	12
Never	1,751,800	76	76	71	80	78	70	73	83
Don't know	500	<1	--	--	--	--	--	--	--
Prefer not to answer/Not asked	0	00	--	--	--	--	--	--	--
Dice games									
Within the past 30 days	31,900	01	01	02	<1	02	02	<1	<1
Between 30 days and 12 months ago	63,900	03	03	03	03	06	02	02	<1
More than 12 months ago	290,600	12	12	17	08	12	16	13	09
Never	1,929,000	83	83	78	88	81	80	84	90
Don't know	2,900	<1	--	--	--	--	--	--	--
Prefer not to answer/Not asked	0	00	--	--	--	--	--	--	--
Scratch tickets or pull tabs									
Within the past 30 days	261,800	11	11	10	12	10	13	12	11
Between 30 days and 12 months ago	372,900	16	16	13	19	16	18	16	13
More than 12 months ago	698,800	30	30	30	30	24	35	35	27
Never	983,900	42	42	46	39	49	34	38	48
Don't know	1,000	<1	--	--	--	--	--	--	--
Prefer not to answer/Not asked	0	00	--	--	--	--	--	--	--
Lotteries such as Powerball, Hot Lotto, Mega Millions, and daily numbers									
Within the past 30 days	523,000	23	23	25	21	17	28	28	18
Between 30 days and 12 months ago	339,100	15	15	14	15	11	17	18	14
More than 12 months ago	507,800	22	22	19	24	18	22	25	23
Never	937,400	40	40	42	40	53	34	30	45
Don't know	4,000	<1	--	--	--	--	--	--	--
Prefer not to answer/Not asked	0	00	--	--	--	--	--	--	--

Gambling Activities	Pop Est.	Total %	Subgroup %	Men %	Women %	18-34 %	35-49 %	50-64 %	65+ %
Racetracks either on horses or dogs									
Within the past 30 days	9,000	<1	<1	<1	<1	<1	<1	<1	<1
Between 30 days and 12 months ago	66,600	03	03	04	02	02	05	03	01
More than 12 months ago	578,200	25	25	25	25	13	28	34	27
Never	1,663,100	72	72	71	73	84	67	63	72
Don't know	1,500	<1	--	--	--	--	--	--	--
Prefer not to answer/Not asked	0	00	--	--	--	--	--	--	--
Bingo									
Within the past 30 days	19,500	<1	<1	<1	02	<1	01	<1	01
Between 30 days and 12 months ago	129,000	06	06	04	07	09	06	03	04
More than 12 months ago	573,500	25	25	22	27	21	28	28	22
Never	1,595,800	69	69	73	65	70	65	68	73
Don't know	500	<1	--	--	--	--	--	--	--
Prefer not to answer/Not asked	0	00	--	--	--	--	--	--	--
Bet or wagered on card games with friends, family or others but not at a casino									
Within the past 30 days	137,500	06	06	08	04	09	06	04	04
Between 30 days and 12 months ago	230,800	10	10	14	07	13	12	08	05
More than 12 months ago	539,800	23	23	27	19	26	23	27	14
Never	1,407,800	61	61	52	70	52	59	60	77
Don't know	2,600	<1	--	--	--	--	--	--	--
Prefer not to answer/Not asked	0	00	--	--	--	--	--	--	--
Bet or wagered on games of personal skill such as pool, bowling, video games, or playing basketball									
Within the past 30 days	84,900	04	04	06	01	07	02	03	01
Between 30 days and 12 months ago	118,200	05	05	08	03	09	06	04	<1
More than 12 months ago	421,600	18	18	26	11	17	21	21	12
Never	1,682,600	73	73	60	85	67	71	72	86
Don't know	11,000	<1	--	--	--	--	--	--	--
Prefer not to answer/Not asked	0	00	--	--	--	--	--	--	--
Bet or wagered on fantasy sports leagues or games (include only if there is an entry fee to play)									
Within the past 30 days	40,500	02	02	03	<1	03	03	<1	00
Between 30 days and 12 months ago	94,100	04	04	07	01	08	05	02	<1
More than 12 months ago	133,400	06	06	08	04	03	10	06	05
Never	2,049,900	88	88	82	95	87	82	91	94
Don't know	500	<1	--	--	--	--	--	--	--
Prefer not to answer/Not asked	0	00	--	--	--	--	--	--	--
Office pools such as college basketball tournaments or "delivery dates" for babies									
Within the past 30 days	179,000	08	08	10	05	10	10	06	<1
Between 30 days and 12 months ago	200,100	09	09	11	06	11	11	08	03
More than 12 months ago	506,800	22	22	24	20	13	23	30	24
Never	1,428,200	62	62	55	69	66	55	55	72
Don't know	4,200	<1	--	--	--	--	--	--	--
Prefer not to answer/Not asked	0	00	--	--	--	--	--	--	--
Other sports betting on professional, college, and amateur games or events									
Within the past 30 days	57,400	02	02	04	01	05	01	02	<1
Between 30 days and 12 months ago	66,000	03	03	04	01	03	05	02	02
More than 12 months ago	235,700	10	10	15	05	07	12	11	10
Never	1,955,200	84	84	77	92	85	82	84	88
Don't know	4,100	<1	--	--	--	--	--	--	--
Prefer not to answer/Not asked	0	00	--	--	--	--	--	--	--

Gambling Activities	Pop Est.	Total %	Subgroup %	Men %	Women %	18-34 %	35-49 %	50-64 %	65+ %
Raffle tickets including those in support of a charitable cause									
Within the past 30 days	289,400	12	12	13	12	15	17	11	07
Between 30 days and 12 months ago	684,600	30	30	25	34	24	32	36	26
More than 12 months ago	721,500	31	31	33	29	24	32	36	33
Not at all interested	619,800	27	27	29	25	37	19	17	34
Don't know	3,000	<1	--	--	--	--	--	--	--
Prefer not to answer/Not asked	0	00	--	--	--	--	--	--	--
Online gambling using the Internet									
Within the past 30 days	33,600	01	02	03	<1	04	00	<1	<1
Between 30 days and 12 months ago	13,000	<1	<1	01	<1	<1	<1	<1	<1
More than 12 months ago	59,800	03	03	03	02	03	04	02	02
Never	2,208,300	95	95	93	98	92	95	98	98
Don't know	3,600	<1	--	--	--	--	--	--	--
Prefer not to answer/Not asked	0	00	--	--	--	--	--	--	--
Live keno									
Within the past 30 days	5,800	<1	<1	<1	<1	00	<1	<1	<1
Between 30 days and 12 months ago	17,000	<1	<1	<1	02	<1	<1	02	<1
More than 12 months ago	135,000	06	06	04	05	03	06	08	07
Never	2,156,500	93	93	95	92	97	93	90	92
Don't know	4,100	<1	--	--	--	--	--	--	--
Prefer not to answer/Not asked	0	00	--	--	--	--	--	--	--
Video lottery machines									
Within the past 30 days	10,700	<1	<1	<1	<1	00	00	01	<1
Between 30 days and 12 months ago	54,100	02	02	03	02	05	<1	02	01
More than 12 months ago	146,500	06	06	08	05	05	09	08	04
Never	2,101,600	91	91	89	92	90	90	90	94
Don't know	5,500	<1	--	--	--	--	--	--	--
Prefer not to answer/Not asked	0	00	--	--	--	--	--	--	--
High-risk trading of stocks, commodities or futures									
Within the past 30 days	58,800	02	02	04	01	<1	04	04	02
Between 30 days and 12 months ago	45,500	02	02	03	01	03	01	02	02
More than 12 months ago	124,500	05	05	08	03	03	06	07	06
Never	2,079,700	90	90	85	95	93	89	87	90
Don't know	9,800	<1	--	--	--	--	--	--	--
Prefer not to answer/Not asked	0	00	--	--	--	--	--	--	--
Betting or gambling using some other game, activity, or event we have not listed									
Within the past 30 days	36,000	02	02	02	01	03	02	<1	<1
Between 30 days and 12 months ago	36,000	02	02	03	<1	03	02	<1	<1
More than 12 months ago	158,900	07	07	10	04	08	09	08	03
Never	2,038,300	88	90	86	94	86	87	91	97
Don't know	49,200	02	--	--	--	--	--	--	--
Prefer not to answer/Not asked	0	00	--	--	--	--	--	--	--

Note. Internet gambling within the past 30 days was 1.5%, within past 30 days and 12 months ago was 0.6%, and more than 12 months ago was 2.6%.

**Table B4
Slot Machines**

Questions Q5A-Q5B2:

During the past 12 months, how often did you bet or gamble on slot machines?

When you bet or gamble on slot machines, how much do you usually spend a day? [By “spend,” we mean how much do you usually come out behind for the day.] *Response is an actual dollar amount.*

(If respondent does not provide an amount, they are asked) What is your best guess about how much you usually spend betting or wagering on slot machines? *Response is within dollar amount categories.*

Slot Machines (past 12 months)	Pop Est.	Total	Subgroup	Men	Women	18-34	35-49	50-64	65+
		%	%	%	%	%	%	%	%
<i>Total = % of all lowans</i>									
<i>Subgroup = % among those who used slot machines in past 12 months</i>									
How often bet or gamble									
About every day	0	00	00	00	00	00	00	00	00
One to three times a week	18,200	<1	03	03	04	02	01	05	04
Once or twice a month	81,900	04	16	14	19	13	10	18	26
A few days a year	301,400	13	53	57	48	61	59	45	45
Only one day in the past 12 months	159,600	07	28	26	30	24	30	32	25
Don't know	400	<1	--	--	--	--	--	--	--
Prefer not to answer/Not asked	1,747,000	75	--	--	--	--	--	--	--
How much usually spend per day									
Less than \$20	110,500	05	20	20	19	28	15	14	19
\$20-\$49	298,600	13	53	54	52	52	53	57	52
\$50-\$99	78,700	03	14	14	14	10	17	15	15
\$100-\$249	53,000	02	10	08	11	05	12	11	11
\$250 or more	7,200	<1	01	03	00	03	00	<1	<1
Break even (\$0)	7,900	<1	01	00	03	02	02	<1	<1
Win (Come out ahead)	4,500	<1	<1	<1	<1	00	01	01	<1
Don't know	9,000	<1	--	--	--	--	--	--	--
Prefer not to answer/Not asked	1,748,900	75	--	--	--	--	--	--	--
How much usually spend per day (among those who used slot machines during the past 12 months)									
Median			\$20.00	\$20.00	\$20.00	\$20.00	\$25.00	\$20.00	\$20.00
Mean			\$37.53	\$40.10	\$35.22	\$36.88	\$39.26	\$36.45	\$37.32
Mode			\$20.00	\$20.00	\$20.00	\$20.00	\$20.00	\$20.00	\$20.00

Note. Median, mean, and mode are based only on responses from those who reported an actual dollar amount. Those who indicated “break even” or “win” were set to a value of 0. Means are highly influenced by extreme scores; therefore, the median which is the more stable estimate of the “average” daily expenditure is listed first. When including one respondent (omitted above) who reported “usually spending” \$5,000 on slot machines and table games, the mean was \$48.30 (total), \$62.35 (men), and \$76.10 (age 50-64).

Table B5

Table Games at a Casino such as Poker, Roulette, Craps, and Blackjack

Questions Q6A-Q6B2:

During the past 12 months, how often did you bet or gamble on table games at a casino such as poker, roulette, craps, and blackjack?

When you bet or gamble on table games at a casino such as poker, roulette, craps, and blackjack, how much do you usually spend a day? [By “spend,” we mean how much do you usually come out behind for the day.] *Response is an actual dollar amount.*

(If respondent does not provide an amount, they are asked) What is your best guess about how much you usually spend betting or wagering on table games such as poker, roulette, craps, and blackjack? *Response is within dollar amount categories.*

Table Games at Casinos (past 12 months)	Pop Est.	Total %	Subgroup %	Men %	Women %	18-34 %	35-49 %	50-64 %	65+ %
<i>Total = % of all lowans</i>									
<i>Subgroup = % among those who wagered on table games at casinos in past 12 months</i>									
How often bet or gamble									
About every day	0	00	00	00	00		00	00	
One to three times a week	7,700	<1	03	04	00		03	00	
Once or twice a month	30,600	01	13	17	02		05	07	
A few days a year	141,100	06	61	60	64		69	54	
Only one day in the past 12 months	52,200	02	22	18	34		23	39	
Don't know	400	<1	--	--	--	--	--	--	--
Prefer not to answer/Not asked	2,086,400	90	--	--	--	--	--	--	--
How much usually spend per day									
Less than \$20	8,800	<1	04	01	11		03	05	
\$20-\$49	88,900	04	39	38	42		42	25	
\$50-\$99	41,500	02	18	17	21		19	18	
\$100-\$249	60,900	03	27	28	22		33	39	
\$250 or more	13,800	<1	06	08	00		00	08	
Break even (\$0)	1,300	<1	<1	00	02		00	03	
Win (Come out ahead)	14,100	<1	06	08	02		03	02	
Don't know	1,100	<1	--	--	--	--	--	--	--
Prefer not to answer/Not asked	2,087,900	90	--	--	--	--	--	--	--
How much usually spend per day (among those who wagered on table games in casinos during the past 12 months)									
Median			\$50.00	\$50.00	\$40.00		\$50.00	\$75.00	
Mean			\$78.91	\$87.79	\$51.96		\$73.30	\$83.16	
Mode			\$20.00	\$20.00	\$40.00		\$100.00	\$100.00	

Note. Median, mean, and mode are based only on responses from those who reported an actual dollar amount. Those who indicated “break even” or “win” were set to a value of 0. Means are highly influenced by extreme scores; therefore, the median which is the more stable estimate of the “average” daily expenditure is listed first. When including one respondent (omitted above) who reported “usually spending” \$5,000 on table games, the mean was \$105.97 (total), \$123.65 (men), and \$227.96 (age 50-64). Cells shaded in gray indicate the sample size was too small for this demographic group to report values with a reasonable level of confidence.

Table B6
Video Poker, Video Keno, or Video Blackjack

Questions Q7A-Q7B2:

During the past 12 months, how often did you bet or gamble on video poker, video keno, or video blackjack?

When you bet or gamble on table games at a video poker, video keno, or video blackjack, how much do you usually spend a day? [By “spend,” we mean how much do you usually come out behind for the day.] *Response is an actual dollar amount.*

(If respondent does not provide an amount, they are asked) What is your best guess about how much you usually spend betting or wagering on video poker, video keno, or video blackjack? *Response is within dollar amount categories.*

Video Poker, Keno, Blackjack (past 12 months)	Pop Est.	Total %	Subgroup %	Men %	Women %	18-34 %	35-49 %	50-64 %	65+ %
<i>Total = % of all lowans</i>									
<i>Subgroup = % among those who wagered on video poker, video keno, or video blackjack in past 12 months</i>									
How often bet or gamble									
About every day	0	00	00	00	00			00	
One to three times a week	1,900	<1	01	<1	02			00	
Once or twice a month	25,600	01	16	22	06			09	
A few days a year	69,800	03	44	42	45			41	
Only one day in the past 12 months	63,200	03	39	36	46			51	
Don't know	4,600	<1	--	--	--	--	--	--	--
Prefer not to answer/Not asked	2,153,200	93	--	--	--	--	--	--	--
How much usually spend per day									
Less than \$20	56,600	02	35	37	32			45	
\$20-\$49	66,400	03	41	39	45			27	
\$50-\$99	13,900	<1	09	08	10			15	
\$100-\$249	8,300	<1	05	03	08			13	
\$250 or more	0	00	00	00	00			00	
Break even (\$0)	0	00	00	00	00			00	
Win (Come out ahead)	15,900	<1	10	13	05			00	
Don't know	4,000	<1	--	--	--	--	--	--	--
Prefer not to answer/Not asked	2,153,200	93	--	--	--	--	--	--	--
How much usually spend per day (among those who wagered on video poker, video keno, or video blackjack during the past 12 months)									
Median			\$20.00	\$20.00	\$20.00			\$20.00	
Mean			\$24.35	\$19.86	\$31.80			\$36.43	
Mode			\$20.00	\$20.00	\$20.00			\$10.00	

Note. Median, mean, and mode are based only on responses from those who reported an actual dollar amount. Those who indicated “break even” or “win” were set to a value of 0. Means are highly influenced by extreme scores; therefore, the median which is the more stable estimate of the “average” daily expenditure is listed first.

**Table B7
Dice Games**

Questions Q8A-Q8B2:

During the past 12 months, how often did you bet or gamble on dice games?

When you bet or gamble on dice games, how much do you usually spend a day? [By “spend,” we mean how much do you usually come out behind for the day.] *Response is an actual dollar amount.*

(If respondent does not provide an amount, they are asked) What is your best guess about how much you usually spend betting or wagering on dice games? *Response is within dollar amount categories.*

Dice Games (past 12 months)	Pop Est.	Total %	Subgroup %	Men %	Women %	18-34 %	35-49 %	50-64 %	65+ %
<i>Total = % of all lowans</i>									
<i>Subgroup = % among those who wagered on dice games in past 12 months</i>									
How often bet or gamble									
About every day	0	00	00						
One to three times a week	0	00	00						
Once or twice a month	13,400	<1	15						
A few days a year	42,900	02	49						
Only one day in the past 12 months	30,700	01	35						
Don't know	7,800	<1	--	--	--	--	--	--	--
Prefer not to answer/Not asked	2,223,700	96	--	--	--	--	--	--	--
How much usually spend per day									
Less than \$20	40,900	02	46						
\$20-\$49	11,700	<1	13						
\$50-\$99	3,000	<1	03						
\$100-\$249	10,900	<1	12						
\$250 or more	2,000	<1	02						
Break even (\$0)	0	00	00						
Win (Come out ahead)	21,400	01	24						
Don't know	4,100	<1	--	--	--	--	--	--	--
Prefer not to answer/Not asked	2,224,300	96	--	--	--	--	--	--	--
How much usually spend per day (among those who wagered on dice games during the past 12 months)									
Median			\$5.00						
Mean			\$37.62						
Mode			\$0.00						

Note. Median, mean, and mode are based only on responses from those who reported an actual dollar amount. Those who indicated “break even” or “win” were set to a value of 0. Means are highly influenced by extreme scores; therefore, the median which is the more stable estimate of the “average” daily expenditure is listed first. Cells shaded in gray indicate the sample size was too small for this demographic group to report values with a reasonable level of confidence.

Table B8
Scratch Tickets or Pull Tabs

Questions Q9A-Q9B2:

During the past 12 months, how often did you bet or gamble on scratch tickets or pull tabs?

When you bet or gamble on scratch tickets or pull tabs, how much do you usually spend a day? [By “spend,” we mean how much do you usually come out behind for the day.] *Response is an actual dollar amount.*

(If respondent does not provide an amount, they are asked) What is your best guess about how much you usually spend betting or wagering on scratch tickets or pull tabs? *Response is within dollar amount categories.*

Scratch Tickets or Pull Tabs (past 12 months)	Pop Est.	Total %	Subgroup %	Men %	Women %	18-34 %	35-49 %	50-64 %	65+ %
<i>Total = % of all lowans</i>									
<i>Subgroup = % among those who wagered on scratch tickets or pull tabs in past 12 months</i>									
How often bet or gamble									
About every day	4,300	<1	<1	01	<1	00	01	<1	<1
One to three times a week	55,300	02	09	13	06	16	02	06	13
Once or twice a month	159,500	07	26	29	24	24	32	27	18
A few days a year	267,500	12	43	38	47	39	44	47	44
Only one day in the past 12 months	132,400	06	21	19	23	20	22	19	25
Don't know	14,500	<1	--	--	--	--	--	--	--
Prefer not to answer/Not asked	1,684,900	73	--	--	--	--	--	--	--
How much usually spend per day									
Less than \$20	557,800	24	89	85	92	83	92	92	91
\$20-\$49	28,400	01	04	05	04	03	04	05	07
\$50-\$99	1,600	<1	<1	<1	<1	00	00	01	00
\$100-\$249	1,200	<1	<1	<1	00	00	00	<1	00
\$250 or more	8,300	<1	01	03	00	05	00	00	00
Break even (\$0)	7,900	<1	01	<1	02	02	<1	01	<1
Win (Come out ahead)	19,600	<1	03	06	01	07	03	00	<1
Don't know	2,700	<1	--	--	--	--	--	--	--
Prefer not to answer/Not asked	1,690,900	73	--	--	--	--	--	--	--
How much usually spend per day (among those who wagered on scratch tickets or pull tabs during the past 12 months)									
Median			\$5.00	\$5.00	\$5.00	\$5.00	\$5.00	\$5.00	\$2.00
Mean			\$5.09	\$5.68	\$4.68	\$4.45	\$5.37	\$5.91	\$4.27
Mode			\$5.00	\$5.00	\$5.00	\$5.00	\$5.00	\$5.00	\$2.00

Note. Median, mean, and mode are based only on responses from those who reported an actual dollar amount. Those who indicated “break even” or “win” were set to a value of 0. Means are highly influenced by extreme scores; therefore, the median which is the more stable estimate of the “average” daily expenditure is listed first. Cells shaded in gray indicate the sample size was too small for this demographic group to report values with a reasonable level of confidence.

Table B9
Lotteries such as Powerball, Hot Lotto, Mega Millions, and Daily Numbers

Questions Q10A-Q10B2:

During the past 12 months, how often did you bet or gamble on lotteries such as Powerball, Hot Lotto, Mega Millions, and daily numbers?

When you bet or gamble on lotteries such as Powerball, Hot Lotto, Mega Millions, and daily numbers, how much do you usually spend a day? [By “spend,” we mean how much do you usually come out behind for the day.] *Response is an actual dollar amount.*

(If respondent does not provide an amount, they are asked) What is your best guess about how much you usually spend betting or wagering on lotteries such as Powerball, Hot Lotto, Mega Millions, and daily numbers? *Response is within dollar amount categories.*

Lotteries and Daily Numbers (past 12 months)	Pop Est.	Total %	Subgroup %	Men %	Women %	18-34 %	35-49 %	50-64 %	65+ %
<i>Total = % of all lowans</i>									
<i>Subgroup = % among those who wagered on lotteries such as Powerball, Hot Lotto, Mega Millions, and daily numbers in past 12 months</i>									
How often bet or gamble									
About every day	2,700	<1	<1	<1	00	00	<1	<1	00
One to three times a week	179,600	08	21	24	18	21	15	24	28
Once or twice a month	216,300	09	25	28	22	25	26	25	25
A few days a year	362,500	16	43	42	44	38	50	42	36
Only one day in the past 12 months	90,800	04	11	06	16	16	09	09	12
Don't know	17,200	<1	--	--	--	--	--	--	--
Prefer not to answer/Not asked	1,449,300	62	--	--	--	--	--	--	--
How much usually spend per day									
Less than \$20	823,900	36	97	96	98	100	98	96	95
\$20-\$49	15,400	<1	02	03	<1	00	01	02	05
\$50-\$99	600	<1	<1	<1	00	00	00	<1	00
\$100-\$249	1,200	<1	<1	<1	00	00	00	<1	00
\$250 or more	900	<1	<1	00	<1	00	00	<1	00
Break even (\$0)	6,900	<1	<1	<1	<1	00	01	01	00
Win (Come out ahead)	1,000	<1	<1	00	<1	00	00	00	<1
Don't know	9,200	<1	--	--	--	--	--	--	--
Prefer not to answer/Not asked	1,459,400	63	--	--	--	--	--	--	--
How much usually spend per day (among those who wagered on lotteries and daily numbers during the past 12 months)									
Median			\$2.00	\$2.00	\$2.00	\$2.00	\$2.00	\$2.00	\$2.00
Mean			\$3.62	\$3.62	\$3.61	\$3.24	\$3.16	\$4.39	\$3.40
Mode			\$1.00	\$1.00	\$1.00	\$1.00	\$1.00	\$1.00	\$1.00

Note. Median, mean, and mode are based only on responses from those who reported an actual dollar amount. Those who indicated “break even” or “win” were set to a value of 0. Means are highly influenced by extreme scores; therefore, the median which is the more stable estimate of the “average” daily expenditure is listed first.

**Table B10
Racetracks Horses or Dogs**

Questions Q11A-Q11B2:

During the past 12 months, how often did you bet or gamble at racetracks either on horses or dogs?

When you bet or gamble at racetracks either on horses or dogs, how much do you usually spend a day? [By “spend,” we mean how much do you usually come out behind for the day.] *Response is an actual dollar amount.*

(If respondent does not provide an amount, they are asked) What is your best guess about how much you usually spend betting or wagering at racetracks either on horses or dogs? *Response is within dollar amount categories.*

Racetracks (past 12 months)	Pop Est.	Total %	Subgroup %	Men %	Women %	18-34 %	35-49 %	50-64 %	65+ %
<i>Total = % of all lowans</i>									
<i>Subgroup = % among those who wagered at racetracks either horses or dogs in past 12 months</i>									
How often bet or gamble									
About every day	0	00	00						
One to three times a week	3,100	<1	04						
Once or twice a month	5,800	<1	08						
A few days a year	15,400	<1	21						
Only one day in the past 12 months	50,500	02	67						
Don't know	700	<1	--	--	--	--	--	--	--
Prefer not to answer/Not asked	2,242,800	97	--	--	--	--	--	--	--
How much usually spend per day									
Less than \$20	15,300	<1	21						
\$20-\$49	31,000	01	42						
\$50-\$99	5,100	<1	07						
\$100-\$249	5,800	<1	08						
\$250 or more	3,300	<1	04						
Break even (\$0)	0	00	00						
Win (Come out ahead)	12,800	<1	17						
Don't know	700	<1	--	--	--	--	--	--	--
Prefer not to answer/Not asked	2,244,200	97	--	--	--	--	--	--	--
How much usually spend per day (among those who wagered at racetracks either on horses or dogs during the past 12 months)									
Median			\$20.00						
Mean			\$68.41						
Mode			\$0.00						

Note. Median, mean, and mode are based only on responses from those who reported an actual dollar amount. Those who indicated “break even” or “win” were set to a value of 0. Means are highly influenced by extreme scores; therefore, the median which is the more stable estimate of the “average” daily expenditure is listed first. Cells shaded in gray indicate the sample size was too small for this demographic group to report values with a reasonable level of confidence.

Table B11
Bingo

Questions Q12A-Q12B2:

During the past 12 months, how often did you bet or gamble on bingo?

When you bet or gamble on bingo, how much do you usually spend a day? [By “spend,” we mean how much do you usually come out behind for the day.] *Response is an actual dollar amount.*

(If respondent does not provide an amount, they are asked) What is your best guess about how much you usually spend betting or wagering on bingo? *Response is within dollar amount categories.*

Bingo (past 12 months)	Pop Est.	Total %	Subgroup %	Men %	Women %	18-34 %	35-49 %	50-64 %	65+ %
<i>Total = % of all lowans</i>									
<i>Subgroup = % among those who wagered on bingo in past 12 months</i>									
How often bet or gamble									
About every day	0	00	00		00				
One to three times a week	2,400	<1	02		02				
Once or twice a month	12,400	<1	09		11				
A few days a year	42,000	02	29		24				
Only one day in the past 12 months	88,600	04	61		63				
Don't know	1,800	<1	--	--	--	--	--	--	--
Prefer not to answer/Not asked	2,171,100	94	--	--	--	--	--	--	--
How much usually spend per day									
Less than \$20	48,200	02	34		39				
\$20-\$49	64,700	03	46		51				
\$50-\$99	13,800	<1	10		08				
\$100-\$249	0	00	00		00				
\$250 or more	0	00	00		00				
Break even (\$0)	2,200	<1	02		02				
Win (Come out ahead)	11,100	<1	08		00				
Don't know	2,800	<1	--	--	--	--	--	--	--
Prefer not to answer/Not asked	2,175,700	94	--	--	--	--	--	--	--
How much usually spend per day (among those who wagered on bingo during the past 12 months)									
Median			\$20.00		\$20.00				
Mean			\$19.21		\$20.22				
Mode			\$20.00		\$20.00				

Note. Median, mean, and mode are based only on responses from those who reported an actual dollar amount. Those who indicated “break even” or “win” were set to a value of 0. Means are highly influenced by extreme scores; therefore, the median which is the more stable estimate of the “average” daily expenditure is listed first. Cells shaded in gray indicate the sample size was too small for this demographic group to report values with a reasonable level of confidence.

Table B12
Cards with Family, Friends, and Others (Not at a Casino)

Questions Q13A-Q13B2:

During the past 12 months, how often did you bet or gamble on cards with friends, family, or others but not at a casino?

When you bet or gamble on cards with friends, family, or others but not at a casino, how much do you usually spend a day? [By "spend," we mean how much do you usually come out behind for the day.] *Response is an actual dollar amount.*

(If respondent does not provide an amount, they are asked) What is your best guess about how much you usually spend betting or wagering on cards with friends, family, or others but not at a casino? *Response is within dollar amount categories.*

Playing Cards (not casino) (past 12 months)	Pop Est.	Total %	Subgroup %	Men %	Women %	18-34 %	35-49 %	50-64 %	65+ %
<i>Total = % of all lowans</i>									
<i>Subgroup = % among those who wagered on cards with friends, family or others not at a casino in past 12 months</i>									
How often bet or gamble									
About every day	2,100	<1	<1	<1	00		02	00	00
One to three times a week	17,700	<1	05	06	03		00	08	11
Once or twice a month	66,300	03	19	18	19		18	12	39
A few days a year	205,400	09	58	62	51		57	55	32
Only one day in the past 12 months	63,500	03	18	13	27		23	25	17
Don't know	13,300	<1	--	--	--		--	--	--
Prefer not to answer/Not asked	1,950,100	84	--	--	--		--	--	--
How much usually spend per day									
Less than \$20	213,700	09	61	51	80		59	76	91
\$20-\$49	78,200	03	22	25	18		26	16	04
\$50-\$99	6,100	<1	02	03	00		02	02	00
\$100-\$249	14,400	<1	04	06	00		02	02	00
\$250 or more	0	00	00	00	00		00	00	00
Break even (\$0)	10,800	<1	03	04	01		02	03	04
Win (Come out ahead)	26,800	01	08	12	<1		09	02	01
Don't know	10,000	<1	--	--	--		--	--	--
Prefer not to answer/Not asked	1,958,300	84	--	--	--		--	--	--
How much usually spend per day (among those who wagered on cards not at a casino during the past 12 months)									
Median			\$5.00	\$10.00	\$5.00		\$8.00	\$5.00	\$3.00
Mean			\$12.98	\$15.34	\$8.52		\$15.30	\$10.12	\$4.43
Mode			\$5.00	\$20.00	\$5.00		\$5.00	\$5.00	\$1.00

Note. Median, mean, and mode are based only on responses from those who reported an actual dollar amount. Those who indicated "break even" or "win" were set to a value of 0. Means are highly influenced by extreme scores; therefore, the median which is the more stable estimate of the "average" daily expenditure is listed first. Cells shaded in gray indicate the sample size was too small for this demographic group to report values with a reasonable level of confidence.

Table B13
Games of Personal Skill such as Pool, Bowling, Video Games, or Playing Basketball

Questions Q14A-Q14B2:

During the past 12 months, how often did you bet or gamble on games of personal skill such as pool, bowling, video games, or playing basketball?

When you bet or gamble on games of personal skill such as pool, bowling, video games, or playing basketball, how much do you usually spend a day? [By “spend,” we mean how much do you usually come out behind for the day.] *Response is an actual dollar amount.*

(If respondent does not provide an amount, they are asked) What is your best guess about how much you usually spend betting or wagering gamble on games of personal skill such as pool, bowling, video games, or playing basketball? *Response is within dollar amount categories.*

Games of Personal Skill (past 12 months)	Pop Est.	Total %	Subgroup %	Men %	Women %	18-34 %	35-49 %	50-64 %	65+ %
<i>Total = % of all lowans</i>									
<i>Subgroup = % among those who wagered on games of personal skill in past 12 months</i>									
How often bet or gamble									
About every day	0	00	00	00				00	
One to three times a week	8,400	<1	04	06				10	
Once or twice a month	51,600	02	27	27				18	
A few days a year	87,400	04	45	44				38	
Only one day in the past 12 months	45,400	02	24	23				34	
Don't know	7,000	<1	--	--	--	--	--	--	--
Prefer not to answer/Not asked	2,118,500	91	--	--	--	--	--	--	--
How much usually spend per day									
Less than \$20	126,600	06	59	71				71	
\$20-\$49	34,200	02	22	17				09	
\$50-\$99	3,900	<1	03	00				08	
\$100-\$249	5,500	<1	04	00				00	
\$250 or more	0	00	00	00				00	
Break even (\$0)	6,300	<1	03	04				04	
Win (Come out ahead)	16,700	<1	10	08				08	
Don't know	4,100	<1	--	--	--	--	--	--	--
Prefer not to answer/Not asked	2,121,000	91	--	--	--	--	--	--	--
How much usually spend per day (among those who wagered on games of personal skill during the past 12 months)									
Median			\$5.00	\$5.00				\$5.00	
Mean			\$11.32	\$12.96				\$8.53	
Mode			\$5.00	\$5.00				\$5.00	

Note. Median, mean, and mode are based only on responses from those who reported an actual dollar amount. Those who indicated “break even” or “win” were set to a value of 0. Means are highly influenced by extreme scores; therefore, the median which is the more stable estimate of the “average” daily expenditure is listed first. Cells shaded in gray indicate the sample size was too small for this demographic group to report values with a reasonable level of confidence.

Table B14
Sports including Professional, College, or Amateur Games or Events

Questions Q15A-Q15B2:

During the past 12 months, how often did you bet or gamble on sports including professional, college, and amateur games or events?

When you bet or gamble on sports including professional, college, and amateur games or events, how much do you usually spend a day? [By “spend,” we mean how much do you usually come out behind for the day.] *Response is an actual dollar amount.*

(If respondent does not provide an amount, they are asked) What is your best guess about how much you usually spend betting or wagering gamble on sports including professional, college, and amateur games or events? *Response is within dollar amount categories.*

Sports (past 12 months)	Pop Est.	Total %	Subgroup %	Men %	Women %	18-34 %	35-49 %	50-64 %	65+ %
<i>Total = % of all adult Iowans</i>									
<i>Subgroup = % among those who wagered on sporting games or events in past 12 months</i>									
How often bet or gamble									
About every day	0	00	00	00					
One to three times a week	6,400	<1	06	06					
Once or twice a month	14,000	<1	12	17					
A few days a year	58,700	02	52	51					
Only one day in the past 12 months	33,600	02	30	26					
Don't know	9,800	<1	--	--	--	--	--	--	--
Prefer not to answer/Not asked	2,195,800	95	--	--	--	--	--	--	--
How much usually spend per day									
Less than \$20	46,300	02	43	37					
\$20-\$49	27,000	01	25	20					
\$50-\$99	6,100	<1	06	06					
\$100-\$249	10,400	<1	10	13					
\$250 or more	0	00	00	00					
Break even (\$0)	0	00	00	00					
Win (Come out ahead)	18,700	<1	17	24					
Don't know	13,200	<1	--	--	--	--	--	--	--
Prefer not to answer/Not asked	2,196,800	95	--	--	--	--	--	--	--
How much usually spend per day (among those who wagered on sporting games or events during the past 12 months)									
Median			\$10.00	\$10.00					
Mean			\$20.80	\$24.23					
Mode			\$20.00	\$0.00					

Note. Median, mean, and mode are based only on responses from those who reported an actual dollar amount. Those who indicated “break even” or “win” were set to a value of 0. Means are highly influenced by extreme scores; therefore, the median which is the more stable estimate of the “average” daily expenditure is listed first. Cells shaded in gray indicate the sample size was too small for this demographic group to report values with a reasonable level of confidence.

Table B15
Self-Described Gambling Frequency

Questions Q16:

Thinking about all types of activities that involve wagering money or possessions, would you say you bet or gamble...

Self-Described Gambling Frequency	Pop Est.	Total %	Subgroup %	Men %	Women %	18-34 %	35-49 %	50-64 %	65+ %
Very often	17,800	<1	<1	01	<1	<1	01	<1	<1
Often	67,900	03	03	04	02	03	03	02	04
Occasionally	362,100	16	16	16	15	13	16	17	16
Seldom	1,181,200	51	51	52	51	51	56	54	43
Never	686,700	30	30	27	32	32	25	27	36
Don't know	2,500	<1	--	--	--	--	--	--	--
Prefer not to answer	0	00	--	--	--	--	--	--	--

Note. Those who said they "never" gamble to Q4A were treated as "never" responses in this table.

Table B16
Favorite Gambling Activity

Questions Q17:

What is your favorite gambling activity?

Favorite Gambling Activity	Pop Est.	Total %	Subgroup %	Men %	Women %	18-34 %	35-49 %	50-64 %	65+ %
Slot machines	310,400	13	19	12	26	09	18	21	33
Table games at casinos	187,700	08	12	18	05	20	09	09	07
Video poker, keno, blackjack	34,000	02	02	01	03	02	02	03	02
Dice games	8,400	<1	<1	<1	<1	<1	01	<1	00
Scratch tickets/pull tabs	121,400	05	08	02	13	11	08	05	04
Lotteries	196,200	08	12	12	12	06	14	17	14
Race tracks (horses or dogs)	36,200	02	02	02	02	03	01	02	02
Bingo	47,000	02	03	<1	05	04	02	03	03
Card games (not at casinos)	168,500	07	10	13	08	18	08	06	08
Games of personal skill	44,800	02	03	04	02	06	02	02	01
Fantasy sports	40,700	02	02	05	<1	04	04	<1	00
Office pools (e.g., tournaments)	61,900	03	04	04	04	02	07	05	01
Other sports betting	30,100	01	02	03	01	04	01	01	01
Raffle tickets (including charity)	55,300	02	03	03	04	02	02	06	04
Gambling using Internet	3,800	<1	<1	<1	00	<1	00	00	<1
Stock market	3,000	<1	<1	<1	<1	00	00	<1	<1
Other	4,000	<1	<1	<1	<1	00	<1	<1	<1
None	262,700	11	16	17	15	09	18	20	19
Don't know	9,800	<1	--	--	--	--	--	--	--
Prefer not to answer	3,200	<1	--	--	--	--	--	--	--
Not Asked (Non-Gambler)	689,300	30	--	--	--	--	--	--	--

Note. "Non-Gambler" were those who said they have "never gambled" to Q4A or responded "never" to Q16 about their gambling frequency.

**Table B17
Reasons for Gambling**

Questions Q18A-Q18I:

Think about the reasons you gamble. Is each of the following very important, important, not very important or not at all important to you as a reason for gambling?

Reason for Gambling (Among those who say they gamble occasionally, often, or very often)	Pop Est.	Total %	Subgroup %	Men %	Women %	18-34 %	35-49 %	50-64 %	65+ %
For socializing									
Very important	60,000	03	13	16	10	25	11	08	07
Important	128,500	06	29	32	23	16	43	31	22
Not very important	141,000	06	32	32	31	40	15	35	38
Not at all important	117,100	05	26	19	35	18	32	26	32
Don't know	0	00	--	--	--	--	--	--	--
Prefer not to answer	1,200	<1	--	--	--	--	--	--	--
Not Asked (Non-Gamblers or Infrequent Gamblers)	1,870,500	81	--	--	--	--	--	--	--
For excitement or as a challenge									
Very important	63,000	03	14	19	09	26	14	10	05
Important	154,200	07	35	38	28	39	25	33	39
Not very important	150,600	06	34	34	35	26	37	40	32
Not at all important	77,900	03	18	09	28	08	24	17	24
Don't know	1,000	<1	--	--	--	--	--	--	--
Prefer not to answer	1,200	<1	--	--	--	--	--	--	--
Not Asked (Non-Gamblers or Infrequent Gamblers)	1,870,500	81	--	--	--	--	--	--	--
As a hobby									
Very important	20,500	<1	05	06	03	08	07	00	04
Important	102,800	04	23	32	14	40	20	16	16
Not very important	164,700	07	37	33	40	42	27	40	36
Not at all important	157,200	07	35	30	43	14	46	43	43
Don't know	400	<1	--	--	--	--	--	--	--
Prefer not to answer	2,300	<1	--	--	--	--	--	--	--
Not Asked (Non-Gamblers or Infrequent Gamblers)	1,870,500	81	--	--	--	--	--	--	--
To win money to use for paying bills									
Very important	17,100	<1	04	02	06	00	04	06	06
Important	36,300	02	08	06	11	10	10	05	08
Not very important	87,600	04	20	21	19	21	17	19	24
Not at all important	304,000	13	68	71	64	69	69	70	63
Don't know	600	<1	--	--	--	--	--	--	--
Prefer not to answer	2,300	<1	--	--	--	--	--	--	--
Not Asked (Non-Gamblers or Infrequent Gamblers)	1,870,500	81	--	--	--	--	--	--	--
To support worthy causes									
Very important	29,000	01	07	08	05	10	04	09	04
Important	147,000	06	33	35	30	33	45	27	22
Not very important	108,200	05	24	22	28	28	18	29	24
Not at all important	157,400	07	36	35	37	29	33	35	50
Don't know	3,800	<1	--	--	--	--	--	--	--
Prefer not to answer	2,300	<1	--	--	--	--	--	--	--
Not Asked (Non-Gamblers or Infrequent Gamblers)	1,870,500	81	--	--	--	--	--	--	--

Reason for Gambling (Among those who say they gamble occasionally, often, or very often)	Pop Est.	Total %	Subgroup %	Men %	Women %	18-34 %	35-49 %	50-64 %	65+ %
Out of curiosity									
Very important	3,000	<1	<1	<1	<1	00	00	02	01
Important	69,200	03	16	15	16	23	11	14	13
Not very important	162,200	07	36	37	36	39	41	34	32
Not at all important	211,100	09	47	46	47	37	48	50	53
Don't know	0	00	--	--	--	--	--	--	--
Prefer not to answer	2,300	<1	--	--	--	--	--	--	--
Not Asked (Non-Gamblers or Infrequent Gamblers)	1,870,500	81	--	--	--	--	--	--	--
For entertainment or fun									
Very important	109,400	05	24	25	24	31	24	22	21
Important	247,300	11	55	58	50	54	55	58	52
Not very important	58,600	02	13	09	17	12	08	14	18
Not at all important	32,600	01	07	07	08	02	12	06	09
Don't know	0	00	--	--	--	--	--	--	--
Prefer not to answer	0	00	--	--	--	--	--	--	--
Not Asked (Non-Gamblers or Infrequent Gamblers)	1,870,500	81	--	--	--	--	--	--	--
To distract myself from everyday problems									
Very important	6,100	<1	01	<1	03	00	01	02	03
Important	44,700	02	10	10	10	10	05	11	15
Not very important	89,400	04	20	18	22	22	14	23	23
Not at all important	306,500	13	69	72	64	68	80	64	59
Don't know	0	00	--	--	--	--	--	--	--
Prefer not to answer	1,200	<1	--	--	--	--	--	--	--
Not Asked (Non-Gamblers or Infrequent Gamblers)	1,870,500	81	--	--	--	--	--	--	--
Just to win money									
Very important	22,400	01	05	05	05	02	10	06	04
Important	133,700	06	30	34	26	38	24	32	28
Not very important	145,600	06	33	30	34	39	26	33	29
Not at all important	143,900	06	32	31	35	21	40	30	39
Don't know	1,000	<1	--	--	--	--	--	--	--
Prefer not to answer	1,200	<1	--	--	--	--	--	--	--
Not Asked (Non-Gamblers or Infrequent Gamblers)	1,870,500	81	--	--	--	--	--	--	--

Note. These questions were not asked of respondents who said they had "never" gambled to Q4A or to those who said they gambled "seldom" or "never" to Q16; these respondents were asked about the reasons they do not gamble.

**Table B18
Reasons for Seldom or Never Gambling**

Questions Q19A-Q19F:

Think about the reasons you seldom or never gamble. Is each of the following very important, important, not very important or not at all important to you as a reason for seldom or never gambling?

Reason for Seldom or Never Gambling (Among those who say they seldom or never gamble)	Pop Est.	Total %	Subgroup %	Men %	Women %	18-34 %	35-49 %	50-64 %	65+ %
You are too busy or don't have enough time									
Very important	204,200	09	11	12	10	15	12	10	05
Important	371,300	16	20	23	17	25	22	18	10
Not very important	476,000	20	26	22	29	24	26	26	27
Not at all important	808,500	35	44	43	44	36	40	46	58
Don't know	7,900	<1	--	--	--	--	--	--	--
Prefer not to answer	0	00	--	--	--	--	--	--	--
Not Asked (Occasional or Frequent Gamblers)	450,400	19	--	--	--	--	--	--	--
Distance from betting opportunities									
Very important	74,500	03	04	06	02	07	03	<1	04
Important	165,300	07	09	10	08	14	07	07	06
Not very important	583,500	25	32	31	32	31	36	31	28
Not at all important	1,024,800	44	55	53	57	48	54	62	62
Don't know	19,300	<1	--	--	--	--	--	--	--
Prefer not to answer	500	<1	--	--	--	--	--	--	--
Not Asked (Occasional or Frequent Gamblers)	450,400	19	--	--	--	--	--	--	--
Moral or ethical concerns									
Very important	437,200	19	24	22	25	17	26	27	25
Important	471,200	20	25	26	25	32	22	21	25
Not very important	458,900	20	25	26	24	27	26	24	20
Not at all important	491,400	21	26	27	26	24	26	28	30
Don't know	9,300	<1	--	--	--	--	--	--	--
Prefer not to answer	0	00	--	--	--	--	--	--	--
Not Asked (Occasional or Frequent Gamblers)	450,400	19	--	--	--	--	--	--	--
Possibility of losing money									
Very important	930,000	40	50	44	55	46	54	57	41
Important	594,200	26	32	34	30	34	31	28	34
Not very important	148,100	06	08	09	07	07	07	08	11
Not at all important	193,600	08	10	13	08	13	08	07	14
Don't know	2,000	<1	--	--	--	--	--	--	--
Prefer not to answer	0	00	--	--	--	--	--	--	--
Not Asked (Occasional or Frequent Gamblers)	450,400	19	--	--	--	--	--	--	--
Don't have the money to gamble with									
Very important	499,500	22	27	21	32	24	33	29	22
Important	499,700	22	27	28	26	33	26	25	20
Not very important	420,700	18	23	23	22	22	19	24	26
Not at all important	445,600	19	24	28	20	22	21	22	33
Don't know	2,500	<1	--	--	--	--	--	--	--
Prefer not to answer	0	00	--	--	--	--	--	--	--
Not Asked (Occasional or Frequent Gamblers)	450,400	19	--	--	--	--	--	--	--

Reason for Seldom or Never Gambling (Among those who say they seldom or never gamble)	Pop Est.	Total %	Subgroup %	Men %	Women %	18-34 %	35-49 %	50-64 %	65+ %
Just not interested in gambling									
Very important	836,300	36	45	38	52	36	47	52	51
Important	642,900	28	35	36	34	47	31	29	27
Not very important	198,700	09	11	12	10	05	13	13	13
Not at all important	172,400	07	09	14	05	12	09	06	09
Don't know	13,100	<1	--	--	--	--	--	--	--
Prefer not to answer	4,500	<1	--	--	--	--	--	--	--
Not Asked (Occasional or Frequent Gamblers)	450,400	19	--	--	--	--	--	--	--

Note. These questions were not asked of respondents who said they had gamble "very often," "often," or "occasionally" to Q16; those respondents were asked about the reasons they gamble.

Table B19
Beliefs about Gambling

Questions Q20A-Q20E:

Next is a list of statements about gambling. Please indicate whether you strongly agree, agree, disagree, or strongly disagree with each statement.

Gambling Beliefs	Pop Est.	Total %	Subgroup %	Men %	Women %	18-34 %	35-49 %	50-64 %	65+ %
The more a person gambles, the better their odds of coming out ahead.									
Strongly agree	8,700	<1	<1	<1	<1	00	<1	<1	<1
Agree	102,400	04	04	05	04	05	05	04	04
Disagree	1,096,300	47	48	47	49	52	47	46	48
Strongly disagree	1,076,200	46	47	48	46	43	48	50	47
Don't know	34,700	02	--	--	--	--	--	--	--
Prefer not to answer	0	00	--	--	--	--	--	--	--
Playing more than one slot machine improves a person's odds of winning.									
Strongly agree	14,400	<1	<1	01	<1	01	<1	<1	<1
Agree	251,500	11	11	12	11	15	11	08	11
Disagree	1,129,200	49	51	46	56	50	52	50	53
Strongly disagree	819,900	35	37	41	33	34	37	41	35
Don't know	103,400	04	--	--	--	--	--	--	--
Prefer not to answer	0	00	--	--	--	--	--	--	--
When a person almost wins, it is a good sign that they are due to win soon.									
Strongly agree	1,200	<1	<1	<1	00	00	00	<1	00
Agree	51,700	02	02	04	01	04	02	01	02
Disagree	1,192,300	51	52	49	55	52	51	48	58
Strongly disagree	1,052,500	45	46	48	44	44	47	51	39
Don't know	20,700	<1	--	--	--	--	--	--	--
Prefer not to answer	0	00	--	--	--	--	--	--	--
If a person keeps gambling, their luck will change and they'll win back the money they've lost.									
Strongly agree	3,000	<1	<1	<1	<1	00	<1	<1	<1
Agree	53,900	02	02	04	<1	04	02	01	02
Disagree	1,065,500	46	46	44	49	49	44	42	51
Strongly disagree	1,183,700	51	51	52	50	47	53	57	47
Don't know	12,200	<1	--	--	--	--	--	--	--
Prefer not to answer	0	00	--	--	--	--	--	--	--
Watching the pattern of wins and losses will help a person to win.									
Strongly agree	3,300	<1	<1	<1	<1	00	00	<1	<1
Agree	288,200	12	13	16	10	18	15	09	08
Disagree	1,159,700	50	52	48	57	51	51	49	60
Strongly disagree	771,100	33	35	36	33	32	33	41	31
Don't know	96,100	04	--	--	--	--	--	--	--
Prefer not to answer	0	00	--	--	--	--	--	--	--

Table B20
“Lucky” Gambling Techniques

Questions Q20F:

When you gamble, do you use any lucky technique to increase your chance of winning?

Gambling Beliefs	Pop Est.	Total %	Subgroup %	Men %	Women %	18-34 %	35-49 %	50-64 %	65+ %
Yes	88,700	04	06	07	04	06	06	06	04
No	1,493,400	64	94	93	96	94	94	94	96
Don't know	9,500	<1	--	--	--	--	--	--	--
Prefer not to answer	5,700	<1	--	--	--	--	--	--	--
Not Asked (Not Gambled in Past 12 Months)	721,000	31	--	--	--	--	--	--	--

Note. This question was not asked of those who said “never” to Q4A or had not gambled during the past 12 months based on responses to Q3A-Q3S.

Table B21
Problem Gambling Severity Index

Questions Q21A-Q21I:

Some of the next questions may not apply to you, but please try to be as accurate as possible. Thinking about the last 12 months...

Problem Gambling Severity Index (Among those gambled during the past 12 months)	Pop Est.	Total %	Subgroup %	Men %	Women %	18-34 %	35-49 %	50-64 %	65+ %
<i>Total = % of all adult lowans</i>									
<i>Subgroup = % among those who said they gambled at least once in past 12 months</i>									
How often have you bet more than you could afford to lose?									
Never	1,511,800	65	95	93	97	94	97	95	93
Sometimes	78,500	03	05	07	03	06	03	04	06
Most of the time	2,100	<1	<1	<1	<1	00	00	<1	<1
Almost always	2,300	<1	<1	<1	00	00	00	<1	<1
Don't know	500	<1	--	--	--	--	--	--	--
Prefer not to answer	2,100	<1	--	--	--	--	--	--	--
Not Asked (Not Gambled in Past 12 Months)	721,000	31	--	--	--	--	--	--	--
How often have you needed to gamble with larger amounts of money to get the same feeling of excitement?									
Never	1,545,000	67	97	96	98	96	98	97	95
Sometimes	49,500	02	03	04	02	04	02	02	05
Most of the time	1,100	<1	<1	<1	00	00	<1	00	00
Almost always	1,800	<1	<1	<1	00	00	00	<1	00
Don't know	0	00	--	--	--	--	--	--	--
Prefer not to answer	0	00	--	--	--	--	--	--	--
Not Asked (Not Gambled in Past 12 Months)	721,000	31	--	--	--	--	--	--	--
How often have you gone back another day to try to win back the money you lost?									
Never	1,528,400	66	96	94	97	94	98	96	94
Sometimes	63,600	03	04	05	03	06	02	03	05
Most of the time	2,700	<1	<1	<1	00	00	00	<1	<1
Almost always	2,700	<1	<1	<1	<1	00	00	<1	<1
Don't know	0	00	--	--	--	--	--	--	--
Prefer not to answer	0	00	--	--	--	--	--	--	--
Not Asked (Not Gambled in Past 12 Months)	721,000	31	--	--	--	--	--	--	--
How often have you borrowed money or sold anything to get money to gamble?									
Never	1,559,300	67	98	96	99	95	99	97	99
Sometimes	29,700	01	02	03	<1	04	<1	02	<1
Most of the time	1,000	<1	<1	<1	00	00	00	00	<1
Almost always	7,300	<1	<1	<1	00	01	00	<1	00
Don't know	0	00	--	--	--	--	--	--	--
Prefer not to answer	0	00	--	--	--	--	--	--	--
Not Asked (Not Gambled in Past 12 Months)	721,000	31	--	--	--	--	--	--	--

Problem Gambling Severity Index (Among those gambled during the past 12 months)	Pop Est.	Total %	Subgroup %	Men %	Women %	18-34 %	35-49 %	50-64 %	65+ %
How often have you felt that you might have a problem with gambling?									
Never	1,533,800	66	96	95	97	95	96	97	96
Sometimes	55,200	02	04	05	02	05	04	02	03
Most of the time	2,000	<1	<1	<1	00	00	00	00	<1
Almost always	4,800	<1	<1	<1	<1	00	<1	<1	<1
Don't know	400	<1	--	--	--	--	--	--	--
Prefer not to answer	1,100	<1	--	--	--	--	--	--	--
Not Asked (Not Gambled in Past 12 Months)	721,000	31	--	--	--	--	--	--	--
How often have people criticized your betting or told you that you had a gambling problem, regardless of whether or not you thought it was true?									
Never	1,556,000	67	98	97	98	96	99	98	97
Sometimes	33,900	02	02	03	02	03	<1	02	03
Most of the time	900	<1	<1	<1	<1	00	00	<1	<1
Almost always	4,500	<1	<1	<1	<1	<1	00	<1	<1
Don't know	400	<1	--	--	--	--	--	--	--
Prefer not to answer	1,600	<1	--	--	--	--	--	--	--
Not Asked (Not Gambled in Past 12 Months)	721,000	31	--	--	--	--	--	--	--
How often have you felt guilty about the way you gambled or what happens when you gamble?									
Never	1,433,200	62	90	89	91	89	91	90	89
Sometimes	147,400	06	09	11	08	11	08	09	09
Most of the time	4,300	<1	<1	<1	<1	00	<1	<1	<1
Almost always	9,700	<1	<1	<1	<1	00	<1	01	<1
Don't know	600	<1	--	--	--	--	--	--	--
Prefer not to answer	2,000	<1	--	--	--	--	--	--	--
Not Asked (Not Gambled in Past 12 Months)	721,000	31	--	--	--	--	--	--	--
How often has your gambling caused you any health problems, including stress or anxiety?									
Never	1,540,000	66	97	96	97	95	98	96	97
Sometimes	46,900	02	03	03	03	05	02	03	02
Most of the time	2,700	<1	<1	<1	<1	00	<1	<1	<1
Almost always	3,600	<1	<1	<1	<1	00	00	<1	<1
Don't know	2,100	<1	--	--	--	--	--	--	--
Prefer not to answer	2,000	<1	--	--	--	--	--	--	--
Not Asked (Not Gambled in Past 12 Months)	721,000	31	--	--	--	--	--	--	--
How often has your gambling caused any financial problems for you or your household?									
Never	1,574,200	68	99	98	99	99	99	98	99
Sometimes	17,200	<1	01	02	<1	01	<1	02	<1
Most of the time	500	<1	<1	<1	00	00	00	00	<1
Almost always	2,300	<1	<1	<1	00	00	00	<1	<1
Don't know	0	00	--	--	--	--	--	--	--
Prefer not to answer	3,200	<1	--	--	--	--	--	--	--
Not Asked (Not Gambled in Past 12 Months)	721,000	31	--	--	--	--	--	--	--

Note. This question was not asked of those who said "never" to Q4A or had not gambled during the past 12 months based on responses to Q3A-Q3S.

Table B22
NODS: DSM-IV Based Symptom List (Ever)

Questions Q22A-Q35A1:

The next questions are about how gambling may affect some people's relationships, health, and finances. To understand everyone's experiences, it is important for us to ask these questions of everyone regardless of how much or how often, if at all, you gamble now or have gambled in the past.

NODS -- Lifetime (Among those who have ever gambled)	Pop Est.	Total %	Subgroup %	Men %	Women %	18-34 %	35-49 %	50-64 %	65+ %
<i>Total = % of all adult lowans</i>									
<i>Subgroup = % among those who said they gambled at least once in their lifetime</i>									
Have there ever been any periods lasting two weeks or longer when you spent a lot of time thinking about your gambling experiences or planning future gambling ventures or bets?									
Yes	44,000	02	02	03	01	03	02	02	01
No	2,067,700	89	98	97	99	97	98	98	99
Don't know	0	00	--	--	--	--	--	--	--
Prefer not to answer	0	00	--	--	--	--	--	--	--
Not Asked (Never gambled)	206,600	09	--	--	--	--	--	--	--
Have there ever been periods lasting two weeks or longer when you spent a lot of time thinking about ways of getting money to gamble with?									
Yes	19,300	<1	<1	01	<1	<1	01	<1	<1
No	2,091,900	90	99	99	100	99	99	99	99
Don't know	500	<1	--	--	--	--	--	--	--
Prefer not to answer	0	00	--	--	--	--	--	--	--
Not Asked (Never gambled)	206,600	09	--	--	--	--	--	--	--
Have there ever been any periods when you needed to gamble with increasing amounts of money or with larger bets than before in order to get the same feelings of excitement?									
Yes	35,400	02	02	03	<1	02	02	02	<1
No	2,075,000	90	98	97	100	98	98	98	99
Don't know	1,400	<1	--	--	--	--	--	--	--
Prefer not to answer	0	00	--	--	--	--	--	--	--
Not Asked (Never gambled)	206,600	09	--	--	--	--	--	--	--
Have you ever tried to stop, cut down, or control your gambling?									
Yes	90,600	04	04	05	04	05	03	04	05
No	2,001,000	86	96	95	96	95	97	96	95
Don't know	10,100	<1	--	--	--	--	--	--	--
Prefer not to answer	10,000	<1	--	--	--	--	--	--	--
Not Asked (Never gambled)	206,600	09	--	--	--	--	--	--	--
On one or more of these times when you ever tried to stop, cut down, or control your gambling, were you restless or irritable? (Among those who ever tried to stop, cut down, or control their gambling)									
Yes	26,400	01	31	33	29	39	19	29	32
No	58,100	02	69	67	71	61	81	71	68
Don't know	6,100	<1	--	--	--	--	--	--	--
Prefer not to answer	0	00	--	--	--	--	--	--	--
Not Asked (Never tried to stop or Never gambled)	2,227,700	96	--	--	--	--	--	--	--
Have you ever tried but not succeeded in stopping, cutting down, or controlling your gambling? (Among those who ever tried to stop, cut down, or control their gambling)									
Yes	22,800	01	26	33	17	20	05	32	45
No	63,900	03	74	67	83	80	95	68	55
Don't know	3,900	<1	--	--	--	--	--	--	--
Prefer not to answer	0	00	--	--	--	--	--	--	--
Not Asked (Never tried to stop or Never gambled)	2,227,700	96	--	--	--	--	--	--	--

NODS -- Lifetime (Among those who have ever gambled)	Pop Est.	Total %	Subgroup %	Men %	Women %	18-34 %	35-49 %	50-64 %	65+ %
Has this happened three or more times? [Among those who tried but did not succeed in stopping, cutting down, or controlling their gambling]									
Yes	15,600	<1	69	80	38	100	100	83	37
No	7,200	<1	31	20	62	00	00	17	63
Don't know	0	00	--	--	--	--	--	--	--
Prefer not to answer	0	00	--	--	--	--	--	--	--
Not Asked (Never unsuccessful quit attempt, never tried to quit, or Never gambled)	2,295,600	99	--	--	--	--	--	--	--
Have you ever gambled as a way to escape from personal problems?									
Yes	38,200	02	02	02	02	02	01	02	02
No	2,072,100	89	98	98	98	98	99	98	98
Don't know	1,000	<1	--	--	--	--	--	--	--
Prefer not to answer	400	<1	--	--	--	--	--	--	--
Not Asked (Never gambled)	206,600	09	--	--	--	--	--	--	--
Have you ever gambled to relieve uncomfortable feelings such as guilt, anxiety, helplessness, or depression?									
Yes	38,700	02	02	02	02	02	01	02	02
No	2,070,500	89	98	98	98	98	99	98	98
Don't know	2,100	<1	--	--	--	--	--	--	--
Prefer not to answer	400	<1	--	--	--	--	--	--	--
Not Asked (Never gambled)	206,600	09	--	--	--	--	--	--	--
Has there ever been a period in your life when, if you lost money gambling on one day, you would return another day to get even?									
Yes	50,600	02	02	04	01	01	03	03	03
No	2,055,400	89	98	96	99	99	97	97	97
Don't know	5,800	<1	--	--	--	--	--	--	--
Prefer not to answer	0	00	--	--	--	--	--	--	--
Not Asked (Never gambled)	206,600	09	--	--	--	--	--	--	--
Have you ever lied to family members, friends, or others about how much you gamble or how much money you lost on gambling?									
Yes	73,800	03	04	05	02	05	03	04	02
No	2,036,300	88	96	95	98	95	97	96	98
Don't know	1,700	<1	--	--	--	--	--	--	--
Prefer not to answer	0	00	--	--	--	--	--	--	--
Not Asked (Never gambled)	206,600	09	--	--	--	--	--	--	--
Has this happened three or more times? [Among those who lied to family members, friends, or others about gambling]									
Yes	27,400	01	37	31	50	25	34	50	56
No	46,300	02	63	69	50	75	66	50	44
Don't know	0	00	--	--	--	--	--	--	--
Prefer not to answer	0	00	--	--	--	--	--	--	--
Not Asked (Never lied or Never gambled)	2,244,600	97	--	--	--	--	--	--	--
Have you ever written a bad check or taken money that didn't belong to you from family members or anyone else in order to pay for your gambling?									
Yes	6,000	<1	<1	<1	<1	00	<1	<1	<1
No	2,105,200	91	100	100	100	100	100	100	100
Don't know	600	<1	--	--	--	--	--	--	--
Prefer not to answer	0	00	--	--	--	--	--	--	--
Not Asked (Never gambled)	206,600	09	--	--	--	--	--	--	--

NODS -- Lifetime (Among those who have ever gambled)	Pop Est.	Total %	Subgroup %	Men %	Women %	18-34 %	35-49 %	50-64 %	65+ %
Has your gambling ever caused serious or repeated problem in your relationships with any of your family members or friends?									
Yes	13,300	<1	<1	01	<1	<1	<1	<1	<1
No	2,097,400	90	99	99	100	99	100	99	100
Don't know	600	<1	--	--	--	--	--	--	--
Prefer not to answer	400	<1	--	--	--	--	--	--	--
Not Asked (Never gambled)	206,600	09	--	--	--	--	--	--	--
Has your gambling ever caused you any problems in school, such as missing classes or days of school or your grades dropping?									
Yes	1,800	<1	<1	00	<1	<1	00	00	00
No	2,108,900	91	100	100	100	100	100	100	100
Don't know	600	<1	--	--	--	--	--	--	--
Prefer not to answer	400	<1	--	--	--	--	--	--	--
Not Asked (Never gambled)	206,600	09	--	--	--	--	--	--	--
Has your gambling ever caused you to lose a job, have trouble with your job, or miss out on an important job or career opportunity?									
Yes	4,900	<1	<1	<1	00	00	00	<1	<1
No	2,104,900	91	100	100	100	100	100	100	100
Don't know	600	<1	--	--	--	--	--	--	--
Prefer not to answer	1,300	<1	--	--	--	--	--	--	--
Not Asked (Never gambled)	206,600	09	--	--	--	--	--	--	--
Have you ever needed to ask family members or anyone else to loan you money or otherwise bail you out of a desperate money situation that was largely caused by your gambling?									
Yes	5,700	<1	<1	<1	<1	<1	<1	<1	<1
No	2,104,600	91	100	100	100	100	100	100	100
Don't know	600	<1	--	--	--	--	--	--	--
Prefer not to answer	900	<1	--	--	--	--	--	--	--
Not Asked (Never gambled)	206,600	09	--	--	--	--	--	--	--

Note. This set of questions was not asked of those who said "never" to Q4A.

NODS: DSM-IV Based Symptom List (Past 12 Months)

Questions Q22A2-Q35A2: The next questions are about how gambling may affect some people's relationships, health, and finances. To understand everyone's experiences, it is important for us to ask these questions of everyone regardless of how much or how often, if at all, you gamble now or have gambled in the past. [These follow-up questions were asked of those who said "yes" to the lifetime questions. Unless otherwise noted in the table, respondents were asked "Were any of these periods during the past 12 months?"] The items are grouped by percentage categories based on the frequencies of "yes" responses of the total weighted sample (i.e., n_w , or weighted sample size). The population estimate is included with each statement. The estimated number of people this symptom is likely to affect in the population is shown after the " n_w ."

1.0% or more

- Tried to stop, cut down, or control your gambling – Past 12 months (2%, $n_w = 54,700$)
- Periods lasting two weeks or longer when you spent a lot of time thinking about your gambling experiences or planning future gambling ventures or bets – Past 12 months (1%, $n_w = 29,300$)

0.50% to 0.99%

- Gambled as a way to escape from personal problems – Past 12 months (<1%, $n_w = 21,100$)
- Gambled to relieve uncomfortable feelings such as guilt, anxiety, helplessness, or depression – Past 12 months (<1%, $n_w = 19,400$)
- On one or more of these times when you ever tried to stop, cut down, or control your gambling, were you restless or irritable – Past 12 months (<1%, $n_w = 15,900$)
- Any periods when you needed to gamble with increasing amounts of money or with larger bets than before in order to get the same feelings of excitement – Past 12 months (<1%, $n_w = 15,300$)
- How many times has this [Lied to family members, friends, or others about gambling] happened during the past 12 months? (% who said 3 or more times during past 12 months) (<1%, $n_w = 14,300$)
- A period in your life when, if you lost money gambling on one day, you would return another day to get even – Past 12 months (<1%, $n_w = 12,200$)

<0.50%

- Periods lasting two weeks or longer when you spent a lot of time thinking about ways of getting money to gamble with – Past 12 months (<0.5%, $n_w = 9,000$)
- How many times has this [Tried but not succeeded in stopping, cutting down, or controlling your gambling] happened during the past 12 months? (% who said 3 or more times during past 12 months) (<0.5%, $n_w = 6,900$)
- Gambling caused you any problems in school, such as missing classes or days of school or your grades dropping – Past 12 months (< 0.5%, $n_w = 1,800$)
- Written a bad check or taken money that didn't belong to you from family members or anyone else in order to pay for your gambling – Past 12 months (< 0.5%, $n_w = 1,400$)
- Gambling has caused serious or repeated problem in your relationships with any of your family members or friends – Past 12 months (No respondents reported this during the past 12 months)
- Gambling has caused you to lose a job, have trouble with your job, or miss out on an important job or career opportunity friends – Past 12 months (No respondents reported this during the past 12 months)
- Needed to ask family members or anyone else to loan you money or otherwise bail you out of a desperate money situation that was largely caused by your gambling – Past 12 months (No respondents reported this during the past 12 months)

Table B23
Personally Affected by Another Person's Gambling Behaviors

Questions Q36A-Q36C:

The next questions are about whether there are people you know personally whose gambling may be causing financial difficulties, physical or emotional health problems, or damaging their personal, family, or work relationships. Have you personally been affected by the gambling behaviors of a..

Personally Affected by Gambling	Pop Est.	Total %	Subgroup %	Men %	Women %	18-34 %	35-49 %	50-64 %	65+ %
Friend or coworker									
Yes	258,900	11	11	12	11	15	10	12	08
No	2,023,000	87	89	88	89	85	90	88	92
Don't know	35,300	02	--	--	--	--	--	--	--
Prefer not to answer	1,200	<1	--	--	--	--	--	--	--
Family member									
Yes	213,800	09	09	07	11	08	11	10	08
No	2,074,500	90	91	93	89	92	89	90	92
Don't know	29,000	01	--	--	--	--	--	--	--
Prefer not to answer	1,200	<1	--	--	--	--	--	--	--
Someone else you know									
Yes	343,800	15	15	16	14	16	14	15	13
No	1,947,200	84	85	84	86	84	86	85	87
Don't know	26,900	01	--	--	--	--	--	--	--
Prefer not to answer	400	<1	--	--	--	--	--	--	--

Table B24
Confidence in Recognizing Important Others Gambling

Questions Q37:

How confident are you that you would recognize the signs that a friend or family member has a gambling problem?

Confidence in Recognizing Gambling Problems in Others	Pop Est.	Total %	Subgroup %	Men %	Women %	18-34 %	35-49 %	50-64 %	65+ %
Not at all confident	204,700	09	09	08	10	05	07	10	16
Slightly confident	522,900	23	23	24	22	19	26	26	20
Moderately confident	945,600	41	41	40	43	41	39	43	43
Extremely confident	609,300	26	27	28	26	35	27	22	21
Don't know	34,900	02	--	--	--	--	--	--	--
Prefer not to answer	900	<1	--	--	--	--	--	--	--

**Table B25
Comments by Important Others**

Questions Q38:

During the past 12 months, have people who are important to you said they thought you should cut-back, stop, or try to control your gambling?

Others Think You Have a Gambling Problem	Pop Est.	Total %	Subgroup %	Men %	Women %	18-34 %	35-49 %	50-64 %	65+ %
Yes	25,500	01	02	02	01	02	02	01	01
No	1,602,500	69	98	98	99	98	98	99	99
Don't know	2,100	<1	--	--	--	--	--	--	--
Prefer not to answer	1,500	<1	--	--	--	--	--	--	--
Not Asked	686,700	30	--	--	--	--	--	--	--

Note. This question was not asked of respondents who said they "never" gamble to Q4A or said they "never" gamble to Q16.

**Table B26
Personal Desire to Decrease or Quit Gambling**

Questions Q39A – Q39C:

Do you want to...

Want to...	Pop Est.	Total %	Subgroup %	Men %	Women %	18-34 %	35-49 %	50-64 %	65+ %
Cut-back on the amount of time you spend betting or wagering									
Yes	26,500	01	02	02	01	02	02	02	03
No	1,564,800	68	98	98	99	98	98	98	97
Don't know	22,900	01	--	--	--	--	--	--	--
Prefer not to answer	14,500	<1	--	--	--	--	--	--	--
Not Asked	686,700	30	--	--	--	--	--	--	--
Decrease the amount of money you spend on betting or wagering									
Yes	80,800	04	05	07	03	06	04	04	06
No	1,516,700	65	95	93	97	94	96	96	94
Don't know	21,000	<1	--	--	--	--	--	--	--
Prefer not to answer	13,200	<1	--	--	--	--	--	--	--
Not Asked	686,700	30	--	--	--	--	--	--	--
Stop betting or wagering altogether									
Yes	83,800	04	05	06	04	04	06	04	09
No	1,508,500	65	95	94	96	96	94	96	91
Don't know	24,500	01	--	--	--	--	--	--	--
Prefer not to answer	14,900	<1	--	--	--	--	--	--	--
Not Asked	686,700	30	--	--	--	--	--	--	--

Note. This question was not asked of respondents who said they "never" gamble to Q4A or said they "never" gamble to Q16.

Table B27
Ever Thought Had a Gambling Problem

Questions Q40:

Have you ever thought you might have a gambling problem?

Ever Thought Might Have Gambling Problem	Pop Est.	Total %	Subgroup %	Men %	Women %	18-34 %	35-49 %	50-64 %	65+ %
Yes	41,700	02	02	03	01	03	<1	02	02
No	2,065,900	89	98	97	99	97	99	98	98
Don't know	3,000	<1	--	--	--	--	--	--	--
Prefer not to answer	1,100	<1	--	--	--	--	--	--	--
Not Asked	206,600	09	--	--	--	--	--	--	--

Note. This question was not asked of respondents who said they "never" gamble to Q4A.

Table B28
Age When First Thought Might Have a Gambling Problem

Questions Q41:

How old were you when you first thought you might have a gambling problem?

Age When First Thought Might Have a Gambling Problem	Pop Est.	Total %	Subgroup %	Men %	Women %	18-34 %	35-49 %	50-64 %	65+ %
Under 18	0	00	00	00	00	00	00	00	00
18-24	22,600	01	55	57	51	100	86	00	00
25-34	3,500	<1	09	04	17	00	14	24	06
35-44	2,900	<1	07	11	00	00	00	31	00
45-54	6,500	<1	16	16	16	00	00	26	47
55-64	2,700	<1	07	04	12	00	00	18	12
65 or older	3,000	<1	07	09	04	00	00	00	35
Don't know	500	<1	--	--	--	--	--	--	--
Prefer not to answer	0	00	--	--	--	--	--	--	--
Not Asked	2,276,600	98	--	--	--	--	--	--	--

Note. This question was only asked of respondents who said they had ever thought they might have a gambling problem (Q40).

Table B29
Think Might Have a Gambling Problem Now

Questions Q42:

Do you think you might have a gambling problem now?

Might Have Gambling Problem Now	Pop Est.	Total %	Subgroup %	Men %	Women %	18-34 %	35-49 %	50-64 %	65+ %
Yes	9,200	<1	22	24	19	40	00	09	11
No	32,500	01	78	76	81	60	100	91	89
Don't know	0	00	--	--	--	--	--	--	--
Prefer not to answer	0	00	--	--	--	--	--	--	--
Not Asked	2,276,600	98	--	--	--	--	--	--	--

Note. This question was only asked of respondents who said they had ever thought they might have a gambling problem (Q40).

Table B30
Attitudes about Gambling Treatment Services

Questions Q43A-Q43H:

The next questions ask for your opinion about gambling treatment services. Please indicate whether you strongly agree, agree, neither agree nor disagree, disagree, or strongly disagree with each statement.

Attitudes about Gambling Treatment Services	Pop Est.	Total %	Subgroup %	Men %	Women %	18-34 %	35-49 %	50-64 %	65+ %
<i>Note. A substantial percent of respondents said "don't know" to several of these statements. Therefore, the percentages reported for the demographic groups are based on the total frequency distribution including "don't know" responses in the denominator.</i>									
There is no convenient place to get treatment for problem gambling in my community.									
Strongly agree	100,900	04	06	04	05	05	04	05	04
Agree	256,500	11	14	12	10	11	10	09	16
Neither agree nor disagree	473,000	20	26	19	22	22	22	20	17
Disagree	745,000	32	41	35	30	31	33	32	34
Strongly disagree	252,900	11	14	10	11	13	10	11	07
Don't know	490,000	21	--	19	22	18	21	23	22
Prefer not to answer	0	00	--	--	--	--	--	--	--
The average person can't afford treatment for a gambling problem.									
Strongly agree	65,100	03	04	02	04	02	02	03	05
Agree	456,600	20	24	19	21	16	16	21	29
Neither agree nor disagree	406,300	18	22	16	19	19	20	16	14
Disagree	767,400	33	41	38	29	40	31	31	29
Strongly disagree	186,500	08	10	08	07	09	09	08	04
Don't know	436,500	19	--	16	21	14	21	21	19
Prefer not to answer	0	00	--	--	--	--	--	--	--
Treatment for a gambling problem probably does not work.									
Strongly agree	25,600	01	01	02	<1	00	01	02	02
Agree	221,400	10	11	10	09	05	07	10	20
Neither agree nor disagree	420,900	18	21	17	20	18	18	17	20
Disagree	1,167,500	50	57	52	49	58	52	49	39
Strongly disagree	204,800	09	10	08	10	13	09	08	05
Don't know	277,100	12	--	11	12	07	13	14	14
Prefer not to answer	1,000	<1	--	--	--	--	--	--	--
I would be embarrassed if a family member needed help with a gambling problem.									
Strongly agree	26,600	01	01	01	01	<1	00	01	04
Agree	280,200	12	12	13	11	08	08	12	23
Neither agree nor disagree	157,300	07	07	08	06	07	06	08	06
Disagree	1,283,600	55	56	55	56	56	57	57	53
Strongly disagree	530,300	23	23	22	24	28	27	21	12
Don't know	38,900	02	--	01	02	01	01	02	03
Prefer not to answer	1,500	<1	--	--	--	--	--	--	--
Gambling treatment is only for people with serious difficulties.									
Strongly agree	17,100	<1	<1	<1	<1	00	<1	<1	01
Agree	286,000	12	13	15	10	14	07	10	19
Neither agree nor disagree	189,100	08	08	08	08	11	06	06	09
Disagree	1,402,700	60	62	59	62	56	66	63	57
Strongly disagree	360,900	16	16	15	17	17	19	16	09
Don't know	62,600	03	--	02	03	02	02	03	04
Prefer not to answer	0	00	--	--	--	--	--	--	--

Attitudes about Gambling Treatment Services	Pop Est.	Total %	Subgroup %	Men %	Women %	18-34 %	35-49 %	50-64 %	65+ %
I know about gambling treatment options in my community.									
Strongly agree	104,200	04	05	04	05	07	04	03	04
Agree	727,200	31	34	35	28	28	34	34	29
Neither agree nor disagree	265,800	12	13	11	12	14	14	10	06
Disagree	826,500	36	39	32	40	39	29	34	42
Strongly disagree	181,600	08	09	08	08	07	10	06	08
Don't know	211,700	09	--	09	09	05	09	12	11
Prefer not to answer	1,400	<1	--	--	--	--	--	--	--
I would never discourage someone from seeking treatment for a gambling problem.									
Strongly agree	842,300	36	37	36	37	38	40	38	25
Agree	1,271,400	55	55	56	55	52	50	56	66
Neither agree nor disagree	34,700	02	02	01	02	03	<1	<1	02
Disagree	103,700	04	04	05	04	03	08	03	05
Strongly disagree	47,500	02	02	02	02	03	01	02	02
Don't know	18,700	<1	--	<1	<1	<1	<1	<1	01
Prefer not to answer	0	00	--	--	--	--	--	--	--
I admire the courage of people who seek treatment for a gambling problem.									
Strongly agree	859,000	37	37	35	38	37	42	38	29
Agree	1,313,600	57	57	57	57	53	52	58	68
Neither agree nor disagree	94,400	04	04	06	02	07	04	03	02
Disagree	27,700	01	01	01	01	01	02	<1	01
Strongly disagree	8,100	<1	<1	<1	<1	00	<1	<1	<1
Don't know	15,600	<1	--	<1	<1	01	00	<1	<1
Prefer not to answer	0	00	--	--	--	--	--	--	--

**Table B31
Ever Seen or Heard of the Gambling Helpline 1-800-BETS-OFF**

Questions Q44:

Have you ever seen or heard of the gambling helpline 1-800-BETS-OFF?

Ever Seen or Heard of 1-800-BETS-OFF	Pop Est.	Total %	Subgroup %	Men %	Women %	18-34 %	35-49 %	50-64 %	65+ %
Yes	2,085,300	90	90	90	91	92	97	93	76
No	221,000	10	10	10	09	08	03	07	24
Don't know	12,000	<1	--	--	--	--	--	--	--
Prefer not to answer	0	00	--	--	--	--	--	--	--
Not Asked	0	00	--	--	--	--	--	--	--

Table B32
Awareness of Publicly-Funded Gambling Treatment Services in Iowa

Questions Q45:

The Iowa Department of Public Health currently provides publicly-funded outpatient counseling for families, concerned others, and gamblers affected by problem gambling. Before participating in this survey, were you aware of this?

Awareness of Publicly-Funded Treatment Services in Iowa	Pop Est.	Total %	Subgroup %	Men %	Women %	18-34 %	35-49 %	50-64 %	65+ %
Yes, I knew publicly-funded gambling treatment was available in Iowa but I didn't know who provided it	713,500	31	31	30	31	24	32	39	30
Yes, I knew the Iowa Department of Public Health provided publicly-funded gambling treatment	417,000	18	18	21	15	16	17	18	23
No, I was not aware of either of these facts	1,184,300	51	51	49	54	60	52	43	47
Don't know	0	00	--	--	--	--	--	--	--
Prefer not to answer	3,600	<1	--	--	--	--	--	--	--

Table B33
Importance of Public Funding

Questions Q46A – Q46D:

Given the wide availability of gambling options in Iowa such as state-regulated casinos and lotteries, would you say it is very important, somewhat important, or not very important for there to be...

Importance of Public Funding	Pop Est.	Total %	Subgroup %	Men %	Women %	18-34 %	35-49 %	50-64 %	65+ %
Public funding to make problem gambling treatment available									
Very important	1,043,200	45	46	41	52	40	48	50	50
Somewhat important	877,700	38	39	41	36	42	41	37	33
Not very important	339,200	15	15	18	12	18	12	13	18
Don't know	45,500	02	--	--	--	--	--	--	--
Prefer not to answer	12,700	<1	--	--	--	--	--	--	--
Public funding to educate young people about the risks of gambling									
Very important	1,343,000	58	58	52	65	53	57	61	66
Somewhat important	744,200	32	32	37	28	39	35	29	24
Not very important	207,700	09	09	12	06	08	09	10	10
Don't know	13,200	<1	--	--	--	--	--	--	--
Prefer not to answer	10,200	<1	--	--	--	--	--	--	--
Public funding to inform adults about the problems gambling can cause									
Very important	1,067,400	46	47	39	54	42	44	50	53
Somewhat important	879,500	38	38	42	35	40	42	38	31
Not very important	345,200	15	15	19	11	18	14	13	15
Don't know	17,100	<1	--	--	--	--	--	--	--
Prefer not to answer	9,200	<1	--	--	--	--	--	--	--
Public funding to provide information to adults about how they can gamble responsibly									
Very important	869,000	38	38	35	41	39	37	38	39
Somewhat important	852,500	37	38	37	38	40	37	38	34
Not very important	554,000	24	24	28	21	21	26	25	27
Don't know	32,000	01	--	--	--	--	--	--	--
Prefer not to answer	10,400	<1	--	--	--	--	--	--	--

**Table B34
Life Satisfaction**

Questions Q47:

The next questions are about your life satisfaction, emotional health, and other health-related topics.

In general, how satisfied are you with your life?

Life Satisfaction	Pop Est.	Total %	Subgroup %	Men %	Women %	18-34 %	35-49 %	50-64 %	65+ %
Very satisfied	1,320,000	57	57	54	61	62	57	51	61
Satisfied	910,400	39	40	42	37	33	41	46	36
Dissatisfied	67,700	03	03	04	02	05	02	03	02
Very dissatisfied	7,800	<1	<1	<1	<1	00	<1	<1	<1
Don't know	6,300	<1	--	--	--	--	--	--	--
Prefer not to answer	6,200	<1	--	--	--	--	--	--	--

**Table B35
Number of Poor Mental Health Days**

Questions Q48:

Now thinking about your mental health, which includes stress, depression and problems with emotions, for how many days during the past 30 days was your mental health NOT good?

Number of Poor Mental Health Days (Past 30 Days)	Pop Est.	Total %	Subgroup %	Men %	Women %	18-34 %	35-49 %	50-64 %	65+ %
None	1,422,800	61	66	71	60	58	64	67	78
1 day	139,800	06	06	04	08	08	07	06	04
2 to 3 days (a few)	305,600	13	14	12	16	18	14	12	10
4 to 5 days (occasional)	109,100	05	05	04	06	04	08	05	03
6 to 15 days (several)	107,400	05	05	04	06	07	04	06	03
16 to 30 days (most)	79,900	03	04	04	04	05	04	03	03
Don't know	109,300	05	--	--	--	--	--	--	--
Prefer not to answer	44,500	02	--	--	--	--	--	--	--
Mean (days)			2.2	1.9	2.4	2.7	2.1	2.1	1.4

Note. The response was given in the actual number of days, but has been categorized for this table. The median number of days was "zero" for the total sample, men, women, and all four age groups. Means are based on the actual number of days reported prior to categorizing them. Inferential statistical tests were not conducted to determine whether the means were significantly different between demographic subgroups.

**Table B36
Current Cigarette Use**

Questions Q49:

Do you now smoke cigarettes every day, some days, or not at all?

Cigarette Smoking	Pop Est.	Total %	Subgroup %	Men %	Women %	18-34 %	35-49 %	50-64 %	65+ %
Every day	228,900	10	10	09	11	11	10	11	06
Some days	88,300	04	04	04	03	07	04	02	01
Not at all	1,995,200	86	86	86	86	82	86	87	93
Don't know	3,600	<1	--	--	--	--	--	--	--
Prefer not to answer	2,300	<1	--	--	--	--	--	--	--

**Table B37
Ever Addicted to Cigarettes or Other Tobacco Product**

Questions Q50:

Have you ever thought you might have a problem with, been dependent on, or addicted to cigarettes or some other tobacco product?

Ever Addicted to Cigarettes or Other Tobacco Product	Pop Est.	Total %	Subgroup %	Men %	Women %	18-34 %	35-49 %	50-64 %	65+ %
Yes	610,000	26	26	32	22	25	27	28	26
No	1,699,900	73	74	68	78	75	73	72	74
Don't know	4,600	<1	--	--	--	--	--	--	--
Prefer not to answer	3,800	<1	--	--	--	--	--	--	--

**Table B38
Current Alcohol Use**

Questions Q51:

During the past 30 days, have you had at least one drink of any alcoholic beverage such as beer, wine, a malt beverage, or liquor?

Alcohol Consumption	Pop Est.	Total %	Subgroup %	Men %	Women %	18-34 %	35-49 %	50-64 %	65+ %
Yes	1,368,200	59	59	70	49	61	64	63	45
No	945,100	41	41	30	51	39	36	37	55
Don't know	0	00	--	--	--	--	--	--	--
Prefer not to answer	5,100	<1	--	--	--	--	--	--	--

**Table B39
Ever Had a Problem with Alcohol**

Questions Q52:

Have you ever thought you might have a problem with alcohol?

Ever Had a Problem with Alcohol	Pop Est.	Total %	Subgroup %	Men %	Women %	18-34 %	35-49 %	50-64 %	65+ %
Yes	171,600	07	07	10	05	09	06	10	05
No	2,135,100	92	93	90	95	91	94	90	95
Don't know	9,200	<1	--	--	--	--	--	--	--
Prefer not to answer	2,500	<1	--	--	--	--	--	--	--

**Table B40
Ever Sought Treatment**

Questions Q53A – Q53C:

Have you ever sought treatment for a...

Ever Sought Treatment	Pop Est.	Total %	Subgroup %	Men %	Women %	18-34 %	35-49 %	50-64 %	65+ %
Substance abuse problem including alcohol, drugs, or abuse of prescription medications									
Yes	120,500	05	05	06	04	08	04	06	02
No	2,195,200	95	95	94	96	92	96	94	98
Don't know	0	00	--	--	--	--	--	--	--
Prefer not to answer	2,600	<1	--	--	--	--	--	--	--
Mental health condition such as depression or anxiety									
Yes	407,200	18	18	13	22	20	19	19	11
No	1,901,000	82	82	87	78	80	81	81	89
Don't know	500	<1	--	--	--	--	--	--	--
Prefer not to answer	9,600	<1	--	--	--	--	--	--	--
Gambling problem									
Yes	13,600	<1	<1	<1	<1	01	<1	<1	<1
No	2,301,600	99	99	99	100	99	100	100	100
Don't know	0	00	--	--	--	--	--	--	--
Prefer not to answer	3,200	<1	--	--	--	--	--	--	--

**Table B41
Family History of Gambling Problems**

Questions Q54:

Think back to your home life when you were growing up. Did anyone in your family ever have a serious problem with gambling?

Gambling Problem in the Family	Pop Est.	Total %	Subgroup %	Men %	Women %	18-34 %	35-49 %	50-64 %	65+ %
Yes, you had a gambling problem	0	00	00	00	00	00	00	00	00
Yes, someone else in the family had a problem	59,500	03	03	02	04	03	03	02	02
Yes, both you and someone else had a problem	3,700	<1	<1	<1	<1	<1	00	<1	<1
No one in the family had a gambling problem	2,238,000	96	97	98	96	97	97	98	98
Don't know	17,200	<1	--	--	--	--	--	--	--
Prefer not to answer	0	00	--	--	--	--	--	--	--

Table B42
Ease or Difficulty in Talking about Topics

Questions Q55A – Q55F:

Next, think about what some people call your social support network. These are people you can talk with about important matters and can count on in times of difficulty. Do NOT include health care professionals such as counselors or doctors.

Do you think it would be very easy, fairly easy, fairly difficult, or very difficult to talk to any of these people *if you had a problem* with your...

Talking about Topics	Pop Est.	Total %	Subgroup %	Men %	Women %	18-34 %	35-49 %	50-64 %	65+ %
Finances									
Very easy	744,700	32	32	31	34	36	38	26	30
Fairly easy	966,300	42	42	41	43	41	42	46	40
Fairly difficult	458,700	20	20	22	18	19	17	22	21
Very difficult	124,700	05	05	06	05	04	04	06	08
Don't know	19,200	<1	--	--	--	--	--	--	--
Prefer not to answer	4,800	<1	--	--	--	--	--	--	--
Physical health									
Very easy	1,154,400	50	50	45	55	50	56	49	46
Fairly easy	956,000	41	42	44	38	42	40	41	42
Fairly difficult	135,600	06	06	07	04	04	03	09	08
Very difficult	58,500	02	02	03	02	04	01	01	04
Don't know	11,700	<1	--	--	--	--	--	--	--
Prefer not to answer	2,200	<1	--	--	--	--	--	--	--
Emotional or mental health									
Very easy	848,500	37	37	35	39	37	39	33	40
Fairly easy	956,500	41	42	41	42	42	45	42	36
Fairly difficult	355,400	15	16	18	14	14	14	19	15
Very difficult	134,300	06	06	06	05	07	02	06	08
Don't know	21,500	<1	--	--	--	--	--	--	--
Prefer not to answer	2,200	<1	--	--	--	--	--	--	--
Gambling									
Very easy	924,700	40	41	39	43	42	44	38	42
Fairly easy	844,200	36	38	41	35	39	39	38	32
Fairly difficult	348,500	15	16	15	15	14	15	18	15
Very difficult	130,000	06	06	05	07	05	02	06	11
Don't know	66,000	03	--	--	--	--	--	--	--
Prefer not to answer	5,000	<1	--	--	--	--	--	--	--
Marriage or romantic relationship									
Very easy	797,300	34	35	32	38	38	38	28	36
Fairly easy	929,900	40	41	39	42	39	44	45	33
Fairly difficult	388,700	17	17	20	14	15	14	20	19
Very difficult	165,700	07	07	08	06	07	04	07	12
Don't know	29,500	01	--	--	--	--	--	--	--
Prefer not to answer	7,300	<1	--	--	--	--	--	--	--
Work (if you are not employed, consider volunteer service activities)									
Very easy	1,113,900	48	49	46	52	50	56	44	45
Fairly easy	951,000	41	42	45	38	44	38	44	39
Fairly difficult	145,600	06	06	07	06	02	05	09	10
Very difficult	65,100	03	03	03	03	03	<1	03	05
Don't know	33,100	01	--	--	--	--	--	--	--
Prefer not to answer	9,600	<1	--	--	--	--	--	--	--

Table B43
Number of People in Social Support Network

Questions Q56:

About how many people are part of your social support network?

[Remember, these are people you can talk with about important matters and can count on in times of difficulty. Do NOT include health care professionals such as counselors or doctors.]

Size of Social Support Network	Pop Est.	Total %	Subgroup %	Men %	Women %	18-34 %	35-49 %	50-64 %	65+ %
Fewer than 5 people	292,400	13	14	14	13	07	12	15	22
5 to 9 people	590,700	26	27	29	26	28	30	27	23
10 to 19 people	721,200	31	34	34	33	37	33	32	30
20 or more people	548,600	24	26	24	27	28	25	25	24
Don't know	144,100	06	--	--	--	--	--	--	--
Prefer not to answer	21,500	<1	--	--	--	--	--	--	--
Median			10.0	10.0	10.0	10.0	10.0	10.0	10.0
Mean			14.1	14.3	14.0	14.4	13.9	14.1	14.1
Mode			10.0	10.0	10.0	10.0	10.0	10.0	10.0

Note. The response was given in the actual number of people, but has been categorized for this table.

Table B44
Number of People Talked to About Your Gambling and Problems It May Have Caused

Questions Q57 & Q57_DK:

With how many of these [NUMBER OF PEOPLE IN SOCIAL SUPPORT NETWORK] people, if any, have you talked with about your gambling and the problems it may have caused? [Do NOT include health care professionals such as counselors or doctors.]

(If say "Don't Know" to the number of people in social support network or number of people talked to ask the following)
Have you talked with anyone about your gambling and the problems it may have caused? [Do NOT include health care professionals such as counselors or doctors.]

Number of People in Social Support Network You Talked to About Your Gambling	Pop Est.	Total %	Subgroup %	Men %	Women %	18-34 %	35-49 %	50-64 %	65+ %
No one in support network	237,900	10	78	76	81	75	81	76	80
1 person	12,600	<1	04	03	06	00	09	08	02
2 or 3 people	24,000	01	08	09	06	10	05	04	12
4 or 5 people	15,700	<1	05	06	04	10	02	05	02
6 or more people	15,700	<1	05	06	04	05	03	07	05
Don't know	22,500	01	--	--	--	--	--	--	--
Prefer not to answer	2,600	<1	--	--	--	--	--	--	--
Not asked	1,987,300	86	--	--	--	--	--	--	--
Talked to Anyone	74,400	03	20	20	20	20	17	22	22

Note. The question was asked for people who had one or more NODS or PGSI experiences, said they wanted to decrease their gambling or quit altogether (Q39A-C), or said they had a gambling problem now (Q42). The NODS experiences may have been during the past 12 months or earlier in their lives. When considering only those with past 12 month symptoms, the percent is 24% who talked to anyone. The response was given in the actual number of people, but has been categorized for this table. "Talked to anyone" is based on aggregate of Q57 and Q57_DK responses. Because the number of people talked to was only asked for respondents who gave an actual number of people in their social support network, the sum of percentages in the top portion of the table will not always match the percent who talked to "anyone." Also, a person might talk to someone outside of their usual social support network.

Table B45
Recent Life Events and Experiences

Questions Q58:

In the past 30 days, have you...

Recent Life Events and Experiences	Pop Est.	Total %	Subgroup %	Men %	Women %	18-34 %	35-49 %	50-64 %	65+ %
Been late paying your bills									
Yes	194,700	08	08	08	08	10	12	08	03
No	2,115,300	91	92	92	92	90	88	92	97
Don't know	6,000	<1	--	--	--	--	--	--	--
Prefer not to answer	2,400	<1	--	--	--	--	--	--	--
Had difficulty managing your responsibilities at home									
Yes	153,700	07	07	05	08	07	09	07	03
No	2,163,300	93	93	95	92	93	91	93	97
Don't know	0	00	--	--	--	--	--	--	--
Prefer not to answer	1,300	<1	--	--	--	--	--	--	--
Lacked self-confidence or felt bad about yourself									
Yes	395,600	17	17	16	19	21	18	18	09
No	1,914,000	83	83	84	81	79	82	82	91
Don't know	5,300	<1	--	--	--	--	--	--	--
Prefer not to answer	3,400	<1	--	--	--	--	--	--	--
Felt generally dissatisfied with life									
Yes	258,600	11	11	11	11	11	13	12	09
No	2,050,700	88	89	89	89	89	87	88	91
Don't know	6,900	<1	--	--	--	--	--	--	--
Prefer not to answer	2,100	<1	--	--	--	--	--	--	--
Felt depressed or hopeless									
Yes	244,000	10	11	10	11	10	12	12	07
No	2,063,500	89	89	90	89	90	88	88	93
Don't know	7,300	<1	--	--	--	--	--	--	--
Prefer not to answer	3,600	<1	--	--	--	--	--	--	--
Given up or greatly reduced important activities so you could gamble, for example sports, work, meetings, or friends									
Yes	3,700	<1	<1	<1	<1	<1	00	<1	<1
No	2,314,700	100	100	100	100	100	100	100	100
Don't know	0	00	--	--	--	--	--	--	--
Prefer not to answer	0	00	--	--	--	--	--	--	--

Demographics

Note. The frequency table for the demographic questions is in Appendix A on page 75.

Q59. The last few questions are general background demographic questions. What is your age?

Q60. Are you Hispanic or Latino?

Q61. Which one or more of the following would you say is your race? Would you say...

(Select all that apply)

White

Black or African American

Asian

Native Hawaiian or Other Pacific Islander

American Indian or Alaska Native

Other [Specify]

Q61_BEST. [Ask selected two or more to Q60] Which one of these groups would you BEST represents your race?

White

Black or African American

Asian

Native Hawaiian or Other Pacific Islander

American Indian or Alaska Native

Other [Specify]

Q62. Are you...?

Married

Divorced

Widowed

Separated

Never married

A member of an unmarried couple

Adults [online survey only]: How many adults age 18 or older live in your household?

Q63. How many children less than 18 years of age live in your household at least half the time?

Q64. What is the highest level of school you completed or the highest degree you received?

Never attended school or only attended kindergarten

Grade 1 through 8 (elementary)

Grade 9 through 11 (some high school)

Grade 12 or GED (high school graduate)

College 1 year to 3 years (some college, technical school or A.A.)

College 4 years or more (college graduate, e.g., B.A., B.S. degree)

Graduate or professional school (e.g., M.A., Ph.D., M.D., J.D.)

Demographics (Continued)

Q65. Are you currently...?

Employed for wages
Self-employed
Out of work for more than 1 year
Out of work for less than 1 year
A homemaker
A student
Retired
Unable to work

Q65. Is your annual household income from all sources...?

Less than \$10,000
\$10,000-\$14,999
\$15,000-\$19,999
\$20,000-\$24,999
\$25,000-\$34,999
\$35,000-\$49,999
\$50,000-\$74,999
\$75,000-\$99,999
\$100,000 or more

Q65. Are you...?

Male
Female

**Table B46
Phone Status**

Questions Q68A:

What best describes the telephone situation in your household? You have...

[Note: By cellular telephone we mean a telephone that is mobile and usable outside your neighborhood. A “cordless phone” is a “landline phone” because it uses an external telephone line. By landline telephone, we mean a “regular” telephone in your home that is connected to outside telephone lines through a cable or cord and is used for making or receiving calls.

Phone Status (unweighted frequencies)	Total %	Subgroup %	Men %	Women %	18-34 %	35-49 %	50-64 %	65+ %
A landline telephone AND one or more cell phones	82	83	83	82	69	89	86	80
A landline only, but NO cell phone	10	10	08	11	06	02	07	19
One or more cell phones, but NO landline telephone	07	07	09	06	26	09	07	02
No landline or cell phone	00	00	00	00	00	00	00	00
Don't know	00	--	--	--	--	--	--	--
Prefer not to answer	<1	--	--	--	--	--	--	--

Note. Population estimates are not included because this table is based on unweighted frequencies. The goal with this information is not to generalize to the general population, but to describe the responses of this particular sample. The ABS design yielded 125 respondents who would not have been included in a traditional landline only telephone survey.

**Table B47
Would Like Helpline Number**

Questions Q69A:

Earlier you mentioned you or someone you know might want to get help to reduce or stop gambling. Would you like the helpline number to talk with someone about cutting back or stopping gambling?

(Those who said “yes” were given the following information by the interviewer or shown on the screen. “To speak with someone about getting information about treatment, you can call the toll-free helpline at 1-800-BETS-OFF (1-800-238-7633). Or, if you prefer, a directory of treatment providers, locations, and telephone numbers is online at www.1800betsoff.org”)

Want Helpline Number (unweighted frequencies)	Total %	Subgroup %	Men %	Women %	18-34 %	35-49 %	50-64 %	65+ %
Yes	02	07	06	07	06	10	08	03
No	24	93	94	93	94	90	92	97
Don't know	00	--	--	--	--	--	--	--
Prefer not to answer	<1	--	--	--	--	--	--	--

Note. Population estimates are not included because this table is based on unweighted frequencies. The goal with this information is not to generalize to the general population, but to describe the responses of this particular sample.

Additional Comments

Verbatim and paraphrased comments from respondents are not included as part of this report.

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