
Perceived Self-Efficacy Questionnaire

Please describe your high-risk situations for gambling excessively (for example: “when I am bored and have nothing to do” or “when I just had an argument with my boss”). Then, indicate on a scale of 0 to 10 your level of confidence in controlling your gambling habits if you faced these situations at the present time.

Situation 1

If you had to face this situation at the present time, to what extent would you have confidence in controlling your gambling habits?

0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10
Not at all A little Moderately A lot Totally

Situation 2

If you had to face this situation at the present time, to what extent would you have confidence in controlling your gambling habits?

0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10
Not at all A little Moderately A lot Totally

Situation 3

If you had to face this situation at the present time, to what extent would you have confidence in controlling your gambling habits?

0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10
Not at all A little Moderately A lot Totally
