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

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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

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