

Health Belief Model Inventory for Gambling Disorder (GD) and Responsible Gambling (RG) 針對賭博失調及負責任博彩的健康信念模式量表

IMPORTANT NOTES TO USERS

- This inventory is free of charge.
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--繁體中文版--

【指導語】 請仔細閱讀以下關於賭博和負責任博彩的描述，用 1-5 評分表示你在多大程度上同意以下描述符合你的情況。其中，1=非常不同意，2=不同意，3=中立，4=同意，5=非常同意。

Factor 1: Perceived susceptibility to GD (GD susceptibility)

- (1) 我很有機會成為病態賭徒(有賭博失調問題)。

Factor 2: Perceived benefit of RG (RG benefit)

- (1) 實踐負責任博彩有助及早發現問題賭博行為。
- (2) 實踐負責任博彩減少一個人成為病態賭徒(有賭博失調問題)的風險。
- (3) 實踐負責任博彩減少家庭糾紛

Factor 3: Perceived severity of GD (GD severity)

- (1) 對我來說，成為病態賭徒有很嚴重的負面後果。

Factor 4: Perceived barrier for practicing RG (RG barriers)

- (1) 負責任博彩令賭錢的樂趣大減。
- (2) 賭錢時要負責任博彩，會沒有效率(例如：賭博時間會因為要計清楚輸贏而減少)。
- (3) 實踐負責任博彩會干擾到我的賭博活動(例如：有時間限制)。

Factor 5: Perceived Self-efficacy for Adhering to RG Practices (RG self-efficacy)

- (1) 如果我想，我有信心可以實踐負責任博彩。

Factor 6: Cue to action for RG (RG Cue to action)

- (1) 我會接觸到關於負責任博彩的宣傳資訊(例如：通過巴士廣告)。

--简体中文版--

【指导语】 请仔细阅读以下关于赌博和负责任博彩的描述，用 1-5 分表示你在多大程度上同意以下描述符合你的情况。其中，1=非常不同意，2=不同意，3=中立，4=同意，5=非常同意。

Factor 1: Perceived susceptibility to GD (GD susceptibility)

- (1) 我很有机会成为病态赌徒（有赌博失调问题）。

Factor 2: Perceived benefit of RG (RG benefit)

- (1) 实践负责任博彩有助于及早发现问题赌博行为。
- (2) 实践负责任博彩减少一个人成为病态赌徒(有赌博失调问题)的风险。
- (3) 实践负责任博彩减少家庭纠纷。

Factor 3: Perceived severity of GD (GD severity)

- (1) 对我来说，成为病态赌徒有很严重的负面后果。

Factor 4: Perceived barrier for practicing RG (RG barriers)

- (1) 负责任博彩令赌钱的乐趣大减。
- (2) 赌钱时要负责任博彩，会没有效率(例如：赌博时间会因为要计清楚输赢而减少)。
- (3) 实践负责任博彩会干扰到我的赌博活动(例如：有时间限制)。

Factor 5: Perceived Self-efficacy for Adhering to RG Practices (RG self-efficacy)

- (1) 如果我想，我有信心可以实践负责任博彩。

Factor 6: Cue to action for RG (RG Cue to action)

- (1) 我会接触到关于负责任博彩的宣传资讯(例如：通过巴士广告)。

--English Version--

[Guideline] Please carefully read the following statements of gambling and responsible gambling. Please indicate to what extent you agree that each of the following statements fits your case with five points, in which 1=strongly disagree, 2=disagree, 3=neutral, 4=agree, 5=strongly agree.

Factor 1: Perceived susceptibility to GD (GD susceptibility)

- (1) I am very likely to become a pathological gambler or have gambling disorder.

Factor 2: Perceived benefit of RG (RG benefit)

- (1) Adherence to RG helps detect problematic gambling behaviors early.
- (2) Adherence to RG reduces one's risk of becoming a pathological gambler (with the gambling disorder).
- (3) Adherence to RG practices reduces family conflicts.

Factor 3: Perceived severity of GD (GD severity)

- (1) The consequences of gambling disorder would be very serious and harmful to me

Factor 4: Perceived barrier for practicing RG (RG barriers)

- (1) Adherence to RG significantly decreases the fun experienced from gambling °
- (2) Adherence to RG reduces the gambling efficiency (e.g., reduced gambling time due to the time spent on recording the winnings and losings).
- (3) Adherence to RG interferes with my gambling activities (e.g., there is a time limit).

Factor 5: Perceived Self-efficacy for Adhering to RG Practices (RG self-efficacy)

- (1) I am confident to practice RG if I would like to do so.

Factor 6: Cue to action for RG (RG Cue to action)

- (1) I have access to RG information (e.g., from the RG advertisements on the bus).