

GambleAware

Understanding gambling harms in LGBTQ+ communities

July 2025

Gambling prevalence

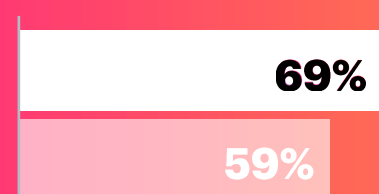
59%

of LGBTQ+ people have participated in gambling activities in the past 12 months
(vs. 62% heterosexual/cisgender)

18%

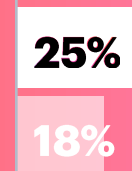
of LGBTQ+ people are experiencing any levels of problems with gambling (PGSI 1+)
(vs. 15% heterosexual/cisgender)

Males identifying as gay or lesbian are more likely to have **recently participated** in gambling activities

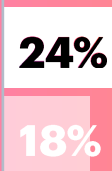


The proportion **experiencing any levels of problems with gambling** was broadly comparable across LGBTQ+ groups, but was higher among...

Those from ethnic minority backgrounds



Males identifying as bisexual



In the past 12 months...



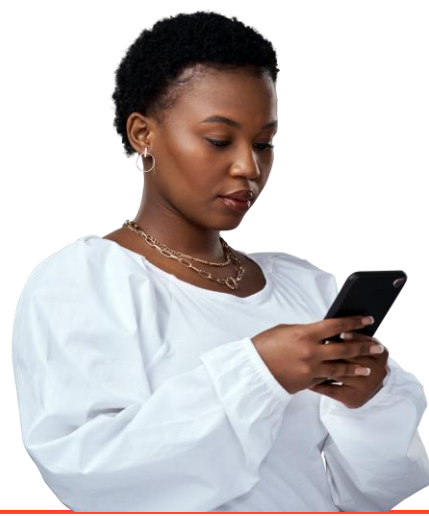
37%

of LGBTQ+ people bought National Lottery tickets



23%

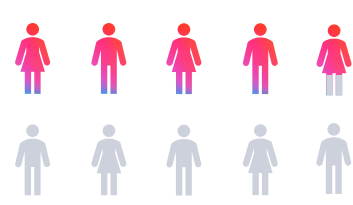
of LGBTQ+ people bought scratch cards



“When you're online you get your own privacy, you get the freedom to do what you want without eyes on you.”

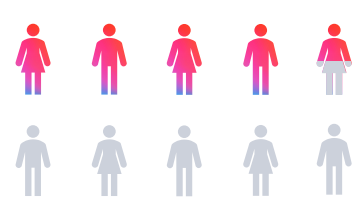
(34, Trans woman, Bisexual, A person who gambles, PGSI 7)

Gambling behaviours



47%

of LGBTQ+ people gamble for the chance of making money



45%

of LGBTQ+ people gamble for the chance of winning big



Transgender, non-binary or people of another gender who gamble were more than twice as likely than all LGBTQ+ adults to cite doing so because of feelings of depression/ anxiety (9% vs. 4%).

Lived experience of gambling and gambling harms

47%

of LGBTQ+ people know someone who gambles

24%

of this group have ever experienced any negative impacts from others' gambling

Those who had experienced violence, harassment or abuse were more likely than those who had not to be experiencing any level of harm from their gambling. (PGSI 1+: 24% vs. 14%)

LGBTQ+ people who:

19% Drink

26% Smoke

28% Take drugs regularly

Were more likely to report experiencing any levels of problems with gambling (PGSI 1+).

A similar pattern was noticed among LGBTQ+ people with poor mental health.

“I gamble more when I've had a drink. Alcohol takes away my inhibition, it makes me reckless, it gives a warm glow and a mindset of 'what the heck'/throwing caution to the wind. I also gamble more when I'm feeling depressed or sad at how life is going, which is frankly most of the time currently.”

(54, Female, Bisexual, A person who gambles, PGSI 1)



Treatment and support for gambling

36%

of LGBTQ+ people with PGSI scores of 1+ want to quit or reduce the amount they gamble.

Those with higher PGSI scores were more likely to want to quit or reduce the amount they gamble (compared to those with lower PGSI scores).

A quarter of LGBTQ+ people who gamble with a PGSI score of 1+ said they...



wanted to receive some form of advice, support or treatment for their gambling

24%



had accessed some advice, support or treatment for their gambling in the past 12 months

26%

“A lot of LGBTQ+ people already worry about stigmas based on sexuality and gender, so to then have to go into what is very stereotypically a predominantly male-based Gamblers Anonymous meeting, [it would be hard to feel] comfortable with sharing life experiences.”

(32, Male, Gay, A person who gambles, PGSI 22)



Attitudes towards regulation

Respondents generally felt that there is a lack of effective regulation when it comes to gambling, particularly due to:



High levels of advertising



Loopholes that enable those blocked from gambling to find other avenues to gamble



Insufficient verification of information, particularly online

“I'd like to see more imposed limits. Less advertising. Fewer deals on gambling sites. Possibly more monitoring of big spenders on sites to make sure people aren't spending more than they can afford.”

(36, Female, Bisexual, A person who gambles, PGSI 2)

For more information, visit business.yougov.com

These findings are from research commissioned by Gamble Aware into gambling harms in LGBTQ+ communities, conducted by YouGov on behalf of the University of Brighton.

The total sample size for the quantitative survey was n=3,038 and the data has been weighted to be representative of all LGBTQ+ adults aged 18+ by sexual orientation, gender identity, age, region, and education level. Fieldwork for the survey was conducted between the 10th October and 6th November 2024. The total sample size for the qualitative online community was n=53. The community was conducted between the 18th to 29th November 2024. The total sample size for the qualitative in-depth interviews was n=15. Interviews were conducted between the 9th and 19th December 2024.

PGSI scores are a commonly used measure of gambling related problems. The scale consists of nine items ranging from 'chasing losses' to 'gambling causing health problems' to 'feeling guilty about gambling'. Each item was assessed on a four-point scale: never = 0; sometimes, most of the time, almost always = 3. When scores for each item were summed, a total score ranging from 0 to 27 was possible. Anyone with a PGSI score of 1 or more is classified as experiencing 'any level of gambling problems'.