



Tuesday, 21 July 2026

More than 3.3 million Australians are experiencing some form of gambling harm

As debate continues about contentious gambling reforms being introduced by the Albanese Government, the latest Roy Morgan data shows 15.1% of the Australian adult population, an estimated 3.32 million people, are experiencing some level of harm from their own gambling behaviours or those close to them.

'Gambling harm' refers to the adverse financial, emotional, psychological and social impacts experienced as a result of gambling, affecting both individuals who gamble, and those close to them.

Two types of Gambling Harm are identified through the Roy Morgan GHI:

- Gambling Harm caused by one's own gambling behaviours (*'Gambling Harm from own gambling'*); and
- Gambling Harm caused by the gambling behaviours of a close relationship (*'Gambling Harm from other's gambling'*).

Importantly, people can fall into both types of gambling harm if they are experiencing both.

As of March 2026, 13.0% of the Australian population (an estimated 2,857,000 people) were experiencing some form of Gambling Harm from their own gambling behaviours. Approximately 5.4% of the Australian population (1,177,000 people) are experiencing Gambling Harm from other people's gambling. The results show that amongst the total population, 15.1% (3,320,000 people) of Australians are experiencing some form of gambling harm (either from one's own gambling or from others gambling).

The **Roy Morgan Gambling Harm Index (GHI)** provides a comprehensive snapshot of the incidence and severity of gambling-related harm in Australia. The Index is based on the Gambling Harm Scales (GHS), a screening framework developed by Central Queensland University (CQU), which uses 10 key questions to capture a range of financial, emotional and social impacts associated with gambling.

Roy Morgan Gambling Harm Scales – 10 key questions. Amongst all Australians aged 18+:

- 7.8% reported a *'reduction of available spending money'* as a result of their gambling.
- 7.1% reported a *'reduction of savings'* as a result of their gambling.
- 5.9% reported *'less spending on recreational expenses such as eating out, going to the movies or other entertainment'* as a result of their gambling.
- 5.9% reported they *'had regrets that made them feel sorry about their gambling'*.
- 5.8% reported they *'felt ashamed of their gambling'*.
- 4.8% reported they *'felt like a failure'* as a result of their gambling.
- 4.5% reported they *'felt distressed about their gambling'*.
- 4.5% reported they *'spent less time with people they care about'* as a result of their gambling.
- 3.6% reported *'increased credit card debt'* as a result of their gambling.
- 2.6% reported they've *'sold personal items'* as a result of their gambling.

Michele Levine, CEO of Roy Morgan says with new gambling reforms set to be introduced by the Albanese Government it's more important than ever to have an in-depth understanding of the harm gambling causes to millions of Australians:

"The latest Roy Morgan Gambling Harm Index (GHI) shows an estimated 2.85 million Australians (13% of the population) are experiencing some level of harm from their own gambling behaviours. In addition, when gambling harm from someone else's gambling is included this increases to over 3.3 million Australians (15.1% of the population)

"Most commonly, Australians experiencing gambling harm from their own gambling habits report adverse financial impacts.

"Across the population:

- *7.8% report a reduction in available spending money due to their gambling;*
- *7.1% report a reduction in savings and;*
- *5.9% report spending less on recreational activities such as eating out, going to movies or other entertainment.*

"The data also identifies emotional impacts associated with gambling. Across the population:

- *5.9% report regrets that made them feel sorry about their gambling*
- *5.8% report feeling ashamed of their gambling*
- *4.8% report feeling like a failure*
- *4.5% report feeling distressed about their gambling.*

"Social impacts are also evident, with 4.5% of Australians reporting they have spent less time with people they care about as a result of their gambling.

"The Roy Morgan Gambling Harm Index (GHI) provides a comprehensive measure of gambling-related harm in Australia, covering a broad range of financial, emotional, psychological and social impacts associated with gambling.

"To learn more about Roy Morgan's gambling research, including gambling participation, attitudes, behaviours and gambling harm, contact Roy Morgan today."

For comments or more information about Roy Morgan's extensive gambling data please contact:

Roy Morgan Enquiries

Office: +61 (3) 9224 5309

askroymorgan@roymorgan.com

About Roy Morgan

Roy Morgan is Australia's largest independent Australian research company, with offices in each state, as well as in the U.S. and U.K. A full-service research organisation, Roy Morgan has over 80 years' experience collecting objective, independent information on consumers.

Margin of Error

The margin of error to be allowed for in any estimate depends mainly on the number of interviews on which it is based. Margin of error gives indications of the likely range within which estimates would be 95% likely to fall, expressed as the number of percentage points above or below the actual estimate. Allowance for design effects (such as stratification and weighting) should be made as appropriate.

Sample Size	Percentage Estimate			
	40%-60%	25% or 75%	10% or 90%	5% or 95%
10,000	±1.0	±0.9	±0.6	±0.4
20,000	±0.7	±0.6	±0.4	±0.3
50,000	±0.4	±0.4	±0.3	±0.2