

CANADIAN MEN'S HEALTH FOUNDATION

MEN'S GAMBLING & MENTAL HEALTH 2026



CONTENTS

RESEARCH METHODOLOGY

3

GAMBLING & MEN'S MENTAL HEALTH

5

RESEARCH METHODOLOGY

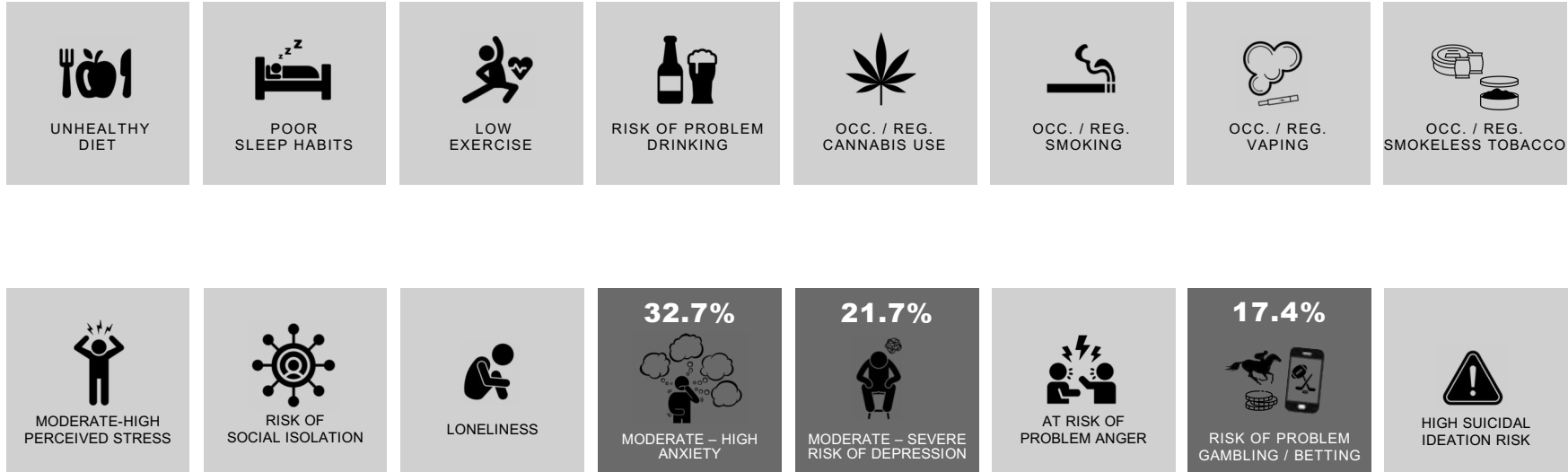
RESEARCH METHODOLOGY

- These are the findings of an Intensions Consulting study conducted between April 8 and April 14, 2026, on behalf of the Canadian Men's Health Foundation.
- For this study, an 18-minute online survey was administered with a total sample of 2,000 Canadian men, aged 19 or older.
- Respondents were sourced from an online panel provider and screened to ensure they met survey eligibility requirements. In order to be eligible they had to be a resident of Canada, self-identify as male, and be over the age of 19 years.
- The sample was stratified by age, region, and language, to ensure that the sample's composition reflected the underlying distribution of the population as determined by 2021 Census data.
- Where relevant, results are compared to findings from a survey administered in April 2017 with a sample of 2,000 Canadian men, in March 2024 with a sample of 2,070 Canadian men, and in April 2025 with a sample of 2,000 Canadian men.
- Where appropriate, tests of statistically significant differences have been performed at 95% confidence and are highlighted in the results. Unless otherwise specified, all results are based on the total sample.
- **Please note:** While sampling error cannot be estimated for non probability samples such as the sample used to conduct this survey, a traditional unweighted probability sample of comparable size would have produced results considered accurate to within plus or minus 2.2 percentage points, 19 times out of 20.

TOTAL MARGIN OF ERROR		
PLUS OR MINUS 2.2%		
AGE	COUNTS	MARGIN
19 TO 29	345	±5.3%
30 TO 44	520	±4.3%
45 TO 59	504	±4.4%
60+	631	±3.9%
REGION	COUNTS	MARGIN
BC	266	±6.0%
ALBERTA	225	±6.5%
SASK-MANITOBA	130	±8.6%
ONTARIO	766	±3.5%
QUEBEC	471	±4.5%
ATLANTIC	139	±8.3%
TERRITORIES	3	NA
LANGUAGE	COUNTS	MARGIN
ENGLISH	1596	±2.5%
FRENCH	404	±4.9%
TOTAL	2000	±2.2%

GAMBLING & MEN'S MENTAL HEALTH

CMHF HEALTH TRACKING MEASURES



PROBLEM GAMBLING MEASURE



The **Consumption Screen for Problem Gambling (CSPG)** is a brief, three-item screening tool developed to identify individuals likely to experience gambling problems based on their consumption behavior rather than the consequences of gambling. It was designed as a conceptual analogue to the Alcohol Use Disorders Identification Test - Consumption (AUDIT-C).

Rockloff, M. J. (2011). Validation of the Consumption Screen for Problem Gambling (CSPG). *Journal of Gambling Studies*, 28(2), 207–216. <https://doi.org/10.1007/s10899-011-9260-2> Cited by: 87

In a survey of 1,398 Australian participants, Rockloff (2011) validated the CSPG against the Problem Gambling Severity Index (PGSI). The study found that a score of **4+** on the CSPG had a **100% sensitivity** for identifying problem gamblers and a **92.7% specificity** for non-problem gamblers.

Question preamble to reflect emerging gambling technologies:

The next few questions are about GAMBLING / BETTING, for example: GAMBLING (e.g., casino games, poker), BETTING (e.g., sports betting, horse racing), PREDICTION MARKETS (e.g., Polymarket, Kalshi).

Q1. How often do you gamble / bet?

Q2. How much time do you spend gambling / betting on a typical day in which you gamble / bet?

Q3. How often did you spend more than 2 hours gambling / betting (on a single occasion) in the past 12 months?

GAMBLING CLASSIFICATION

INTERPRETATION: On average in 2026, roughly 1-in-6 Canadian men (17%) can be classified as being at **high risk** for gambling problems. Regression modeling shows risk of gambling problems is significantly higher among men aged 19-29 (35%), parents (29%), and men aged 30-44 (23%).



BASE = TOTAL SAMPLE (N.2000)

NON-GAMBLER

TABLE SHOWS %

FREQUENCY	NEVER	MONTHLY OR LESS	2-4 TIMES A MONTH	2-3 TIMES A WEEK	4+ TIMES A WEEK
	56.9	20.7	9.6	6.2	6.8

DAILY AMOUNT <small>*excludes "non-gambler"</small>	LESS THAN 30 MINS.	MORE THAN 30 MINS. LESS THAN AN HOUR	MORE THAN 1 HOUR LESS THAN 2 HOURS	MORE THAN 2 HOURS LESS THAN 3 HOURS	MORE THAN 3# HOURS
	24.0	9.0	6.1	2.2	1.9

BINGE GAMBLING <small>*excludes "non-gambler"</small>	NEVER	LESS THAN MONTHLY	MONTHLY	WEEKLY	DAILY / ALMOST DAILY
	22.2	10.0	5.6	3.0	2.4

SCORING: 0 1 2 3 4

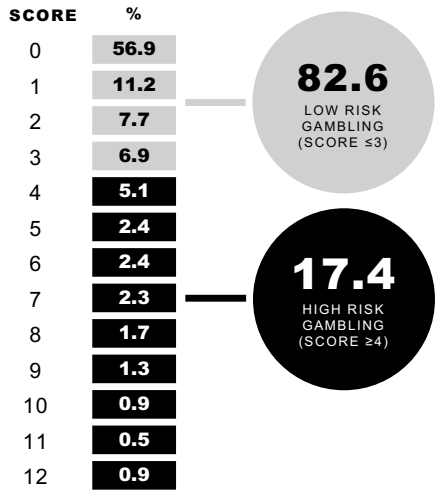
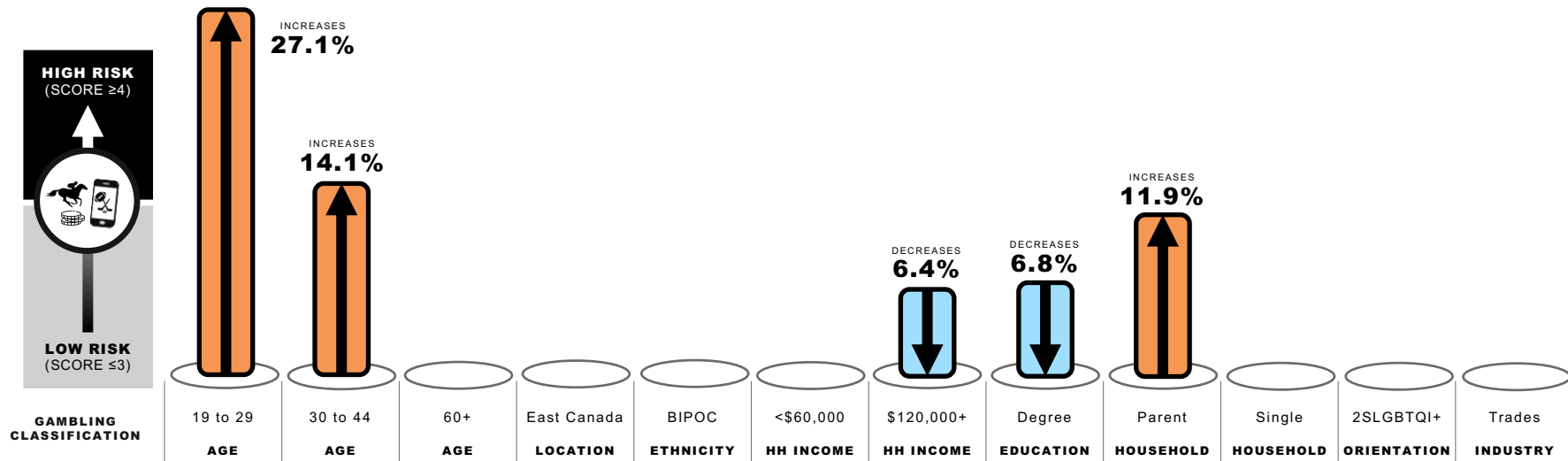


TABLE SHOWS %	TOTAL		AGE				REGION					ETHNICITY		HOUSEHOLD INCOME			DEMOGRAPHICS					
	2025	2026	19-29	30-44	45-59	60+	BC	AB	SK-MB	ON	QC	ATL	CAUC.	BIPOC	<\$60k	\$60-119k	\$120k+	DEGREE	PARENT	SINGLE	2SLGBTQI+	TRADES
LOW RISK	---	82.6	64.6	76.7	89.7	91.6	83.5	81.3	83.8	83.0	82.6	79.1	85.0	75.0	81.2	78.9	88.4	87.0	70.8	83.5	84.1	75.5
HIGH RISK	---	17.4	35.4	23.3	10.3	8.4	16.5	18.7	16.2	17.0	17.4	20.9	15.0	25.0	18.8	21.1	11.6	13.0	29.2	16.5	15.9	24.5
SAMPLE (N)	2000	2000	345	520	504	631	266	225	130	766	471	139	1332	563	552	795	653	892	489	515	208	347

5% ABOVE AVERAGE 5% BELOW AVERAGE

Q.: How often do you gamble / bet? Q.: How much time do you spend gambling / betting on a typical day in which you gamble / bet? Q.: How often did you spend more than 2 hours gambling / betting (on a single occasion) in the past 12 months?

GAMBLING REGRESSION



Logistic Regression Model	AGE	AGE	AGE	LOCATION	ETHNICITY	HH INCOME	HH INCOME	EDUCATION	HOUSEHOLD	HOUSEHOLD	ORIENTATION	INDUSTRY
$H = 5.490$ ($p = .704$)	1 = 19 to 29	1 = 30 to 44	1 = 60+	1 = East Canada	1 = BIPOC	1 = <\$60,000	1 = \$120,000+	1 = Degree	1 = Parent	1 = Single	1 = 2SLGBTQI+	1 = Trades
% INCREASE IN LIKELIHOOD¹ TO CLASSIFY RISK OF PROBLEM GAMBLING	+27.1	+14.2	+0.4	+1.0	+2.8	-3.2	-6.4	-6.8	+11.9	+2.6	-2.0	+2.2
ODDS RATIOS (p -value)	4.383 ($p < .001$)	2.326 ($p < .001$)	1.001 ($p = .998$)	1.061 ($p = .667$)	1.218 ($p = .161$)	0.781 ($p = .114$)	0.628 ($p = .005$)	0.611 ($p < .001$)	2.200 ($p < .001$)	1.187 ($p = .286$)	0.851 ($p = .455$)	0.851 ($p = .455$)

¹Percentages represent **Risk Differences**, which are converted Odds Ratios using methods proposed by Zhang & Yu (1998), modified to calculate risk differences instead of risk ratios.

Cells with statistically significant results are colour coded.

²Model is based on N.1894 respondents who could be classified by age, location, ethnicity, HH income, education, household, and orientation.

HEALTHY / LOW RISK UNHEALTHY / HIGH RISK

GAMBLING vs. ANXIETY RISK (OASIS)



**BASE =
TOTAL SAMPLE
(N.2000)**

Table 1. Multivariate analysis of demographic factors, socioeconomic factors, and risk of problem gambling impacting ANXIETY classification (moderate – high anxiety). * Statistically significant predictor variable p<.05

VARIABLE	n.	VIF	ODDS RATIO	95% CI - LOWER	95% CI - UPPER	p
AGE – ref. 45-59						
19 to 29*	345	1.55	3.03	2.20	4.17	<.001
30 to 44*	520	1.58	2.06	1.55	2.73	<.001
60+*	631	1.69	0.38	0.28	0.53	<.001
LIVING LOCATION – ref. West						
EAST (ON, QC, Atl.)	1,376	1.02	1.05	0.83	1.32	.684
ETHNICITY – ref. Caucasian						
BIPOC	563	1.19	1.11	0.88	1.42	.377
HH INCOME – ref. \$60,000 - \$199,999						
UNDER \$60,000*	552	1.33	1.52	1.17	1.98	.002
\$120,000 OR MORE*	653	1.37	0.57	0.43	0.75	<.001
EDUCATION – ref. no degree						
UNDERGRADUATE DEGREE OR HIGHER	892	1.21	1.12	0.88	1.41	.355
HOUSEHOLD – ref. Non-Parent						
PARENT	489	1.32	0.97	0.75	1.27	.832
HOUSEHOLD – ref. Live with others						
LIVE ALONE	515	1.22	1.17	0.91	1.52	.229
SEXUAL ORIENTATION – ref. heterosexual						
2SLGBTQI+	208	1.03	1.27	0.91	1.78	.158
PROBLEM GAMBLING – ref. low risk						
HIGH RISK OF PROBLEM GAMBLING*	348	1.12	1.84	1.41	2.41	<.001

32.7
AVERAGE ANXIETY RISK

28.4
ANXIETY RISK VS. LOW RISK GAMBLING (SCORE ≤3)

53.2
ANXIETY RISK VS. HIGH RISK GAMBLING (SCORE ≥4)

GAMBLING vs. DEPRESSION RISK (PHQ-9)



**BASE =
TOTAL SAMPLE
(N.2000)**

Table 1. Multivariate analysis of demographic factors, socioeconomic factors, and risk of problem gambling impacting DEPRESSION classification (moderate – severe depression risk) * Statistically significant predictor variable p<.05

VARIABLE	n.	VIF	ODDS RATIO	95% CI - LOWER	95% CI - UPPER	p
AGE – ref. 45-59						
19 to 29*	345	1.55	2.65	1.88	3.75	<.001
30 to 44*	520	1.58	1.58	1.15	2.18	.005
60+*	631	1.69	0.30	0.19	0.46	<.001
LIVING LOCATION – ref. West						
EAST (ON, QC, Atl.)	1,376	1.02	1.05	0.81	1.36	.712
ETHNICITY – ref. Caucasian						
BIPOC	563	1.19	1.05	0.80	1.36	.736
HH INCOME – ref. \$60,000 - \$199,999						
UNDER \$60,000	552	1.33	1.08	0.81	1.44	.590
\$120,000 OR MORE*	653	1.37	0.45	0.33	0.62	<.001
EDUCATION – ref. no degree						
UNDERGRADUATE DEGREE OR HIGHER	892	1.21	0.79	0.60	1.04	.091
HOUSEHOLD – ref. Non-Parent						
PARENT	489	1.32	1.29	0.96	1.73	.087
HOUSEHOLD – ref. Live with others						
LIVE ALONE	515	1.22	1.18	0.88	1.58	.258
SEXUAL ORIENTATION – ref. heterosexual						
2SLGBTQI+	208	1.03	1.21	0.83	1.74	.324
PROBLEM GAMBLING – ref. low risk						
HIGH RISK OF PROBLEM GAMBLING*	348	1.12	2.30	1.74	3.04	<.001

21.7
AVERAGE
DEPRESSION
RISK

17.1
DEPRESSION
RISK VS. LOW
RISK GAMBLING
(SCORE ≤3)

43.4
DEPRESSION
RISK VS. HIGH
RISK GAMBLING
(SCORE ≥4)

INTENSIONS CONSULTING INC.

VANCOUVER

TORONTO

MELBOURNE

INFO@INTENSIONS.CO
WWW.INTENSIONS.CO