

Abstract

The expansion of legalized gambling in the U.S. has raised concerns about its potential impact, particularly among high-stress professions like healthcare. This study examines the relationship between gambling behaviors and perceived stress levels among healthcare professionals. A cross-sectional survey was conducted using the South Oaks Gambling Screen (SOGS) and the Perceived Stress Scale-10 (PSS-10). Results from 19 participants (13 pharmacists, 6 nurses) revealed that all respondents scored within the non-problem gambling range (0–2), with no cases of problem or pathological gambling. Stress levels varied, with pharmacists reporting slightly higher stress than nurses, but no significant correlation between gambling behaviors and stress levels was found ($p > 0.05$). These findings suggest that gambling is not a prevalent coping mechanism in this sample. Future research with larger samples is recommended to explore potential subpopulation differences and long-term trends.

Keywords: Gambling, Stress, Healthcare Professionals, SOGS, PSS-10