

## SURVEY

- Gender?
- Age?
- How many days do you [consume alcohol/consume cannabis/gamble with money] a regular week (the last year)?
- Have you tried to reduce your [alcohol consumption/cannabis consumption/gambling with money] the last year but not succeeded?
- Have you needed emergency care and/or been hospitalized the last year due to your [alcohol consumption/cannabis consumption/gambling with money]?
  
- Have you sought help for your [alcohol consumption/cannabis consumption/gambling with money]?
  - o If yes: where have you sought help for your [alcohol consumption/cannabis consumption/gambling with money]?
- Where could you see yourself seek help for your [alcohol consumption/cannabis consumption/gambling with money] (multiple answers possible)?
- Where would you at firsthand seek help for your [alcohol consumption/cannabis consumption/gambling with money]?

## BARRIERS TO TREATMENT INVENTORY

This was answered on a likert scale from 0-4, where 0 represents “do not agree at all” and 4 represents “completely agree”.

**Read the statements below and fill in how well you agree. Here, treatment refers to all help given by professionals.**

(Absence of Problem)

- I do not think I have a problem with [alcohol/cannabis/gambling]
- No one has told me I have a problem with d[alcohol/cannabis/gambling]
- My [alcohol usa/cannabis use/gambling] is not causing any problems
- I do not think treatment will make my life better
- I can handle my [alcohol usa/cannabis use/gambling] on my own
- I do not think I need treatment

(Negative Social Support)

- I will lose my friends if I go to treatment
- Friends tell me not to go to treatment
- People will think badly of me if I go to treatment
- Someone in my family does not want me to go to treatment
- My family will be embarrassed or ashamed if I go to treatment

(Fear of Treatment)

- I have had a bad experience with treatment
- I am afraid what might happen in treatment
- I am afraid of the people I might see in treatment
- I am too embarrassed or ashamed to go to treatment

(Privacy Concerns)

- I do not like to talk in groups
- I hate being asked personal questions
- I do not like to talk about my personal life with other people

(Time Conflict)

- I have things to do at home that make it hard for me to get to treatment
- It will be hard for me to find a treatment program that fits my schedule

(Poor Treatment Availability)

- I am moving too far away to get treatment
- I do not know where to go for treatment
- I have difficulty getting to and from treatment

(Admission Difficulty)

- I will have to be on a waiting list for treatment
- I have to go through too many steps to get into treatment

## BARRIERS TO TREATMENT SOCIAL SERVICES

This was answered on a likert scale from 0-4, where 0 represents “not at all” and 4 represents “completely”.

**How much do the aspects below prevent you from seeking help for your [alcohol consumption/cannabis consumption/gambling with money] at the social services or in other ways by the municipal:**

- I do not think the interventions offered will help me
- I feel insecure about secrecy
- I feel ashamed
- I do not know where to turn to seek help
- I am worried about the consequences of social services finding out about my [alcohol consumption/cannabis consumption/gambling with money]
  - o If <2: Which consequences are you worried about? (open answer)

*The survey also included two other open questions, not used in the present study.*

## INTERVIEW GUIDE

The qualitative interviews investigated several research questions, where the semi-structured questions for this study was:

- What barriers do you think there are to seek help for one's problematic [alcohol consumption/cannabis consumption/gambling with money] in general?
- What barriers do you think there are to seek help for one's problematic [alcohol consumption/cannabis consumption/gambling with money] at the social services?