

ADVERSE CHILDHOOD EXPERIENCES (ACE) QUESTIONNAIRE

The ACE questionnaire represents a tally of 10 different types of childhood trauma, including abuse, neglect and other hallmarks of a tough early life. According to the original research, the tougher your childhood, the higher your score is likely to be and the higher your risk for health and social problems later in life. Answer the following questions by clicking on the relevant circle.

- | | Y | N |
|---|---|---|
| Prior to your 18th birthday: | | |
| 1. Did a parent or other adult in the household often or very often... Swear at you, insult you, put you down, or humiliate you? or Act in a way that made you afraid that you might be physically hurt? | | |
| 2. Did a parent or other adult in the household often or very often... Push, grab, slap, or throw something at you? or Ever hit you so hard that you had marks or were injured? | | |
| 3. Did an adult or person at least 5 years older than you ever... Touch or fondle you or have you touch their body in a sexual way? or Attempt or actually have oral, anal, or vaginal intercourse with you? | | |
| 4. Did you often or very often feel that ... No one in your family loved you or thought you were important or special? or Your family didn't look out for each other, feel close to each other, or support each other? | | |
| 5. Did you often or very often feel that ... You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you? or Your parents were too drunk or high to take care of you or take you to the doctor if you needed it? | | |
| 6. Were your parents ever separated or divorced? | | |
| 7. Was your mother or stepmother: Often or very often pushed, grabbed, slapped, or had something thrown at her? or Sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard? or Ever repeatedly hit over at least a few minutes or threatened with a gun or knife? | | |
| 8. Did you live with anyone who was a problem drinker or alcoholic, or who used street drugs? | | |
| 9. Was a household member depressed or mentally ill, or did a household member attempt suicide? | | |
| 10. Did a household member go to prison? | | |

INTERPRETING YOUR SCORE

You get one point for each of the 10 types of trauma assessed by the ACE questionnaire. The higher your ACE score, the higher your risk of health and social problems. However, other types of childhood trauma do exist (e.g. racism, bullying, seeing others being abused, grief, homelessness, loneliness, foster care etc) that aren't covered by the ACE questionnaire and that can also increase your risk of health and psychoemotional consequences. The ACE score is meant as a guideline.

REFERENCE

Felitti V J et al. Relationship of childhood abuse and household dysfunction to many of the leading causes of death in adults. *Am J Prev Med.* May 1998; 14(4):245-258