

ADVERSE CHILDHOOD EXPERIENCE (ACE) QUESTIONNAIRE



SOURCE: Behavioral Health

While you were growing up, during your first 18 years of life:

1. Did a parent or other adult in the household often:
 - Swear at you, insult you, put you down, or humiliate you **OR**
 - Act in a way that made you afraid you might be physically hurt?☐ Yes ☐ No If yes, enter 1 _____

2. Did a parent or other adult in the household often:
 - Push, grab, slap, or throw something at you **OR**
 - Ever hit you so hard you had marks or were injured?☐ Yes ☐ No If yes, enter 1 _____

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**
 - Try to or actually have oral, anal, or vaginal sex with you?☐ Yes ☐ No If yes, enter 1 _____

4. Did you often feel:
 - 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?☐ Yes ☐ No If yes, enter 1 _____

5. Did you often feel:
 - 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?☐ Yes ☐ No If yes, enter 1 _____

6. Were your parents ever separated or divorced?
☐ Yes ☐ No If yes, enter 1 _____

7. Was your mother or stepmother:
 - Often pushed, grabbed, slapped, or had something thrown at her **OR**
 - Sometimes or often kicked, bitten, hit with a fist, or hit with something hard **OR**
 - Ever repeatedly hit for at least a few minutes or threatened with a gun or knife?☐ Yes ☐ No If yes, enter 1 _____

8. Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?
☐ Yes ☐ No If yes, enter 1 _____

9. Was a household member depressed or mentally ill or did a household member attempt suicide?
☐ Yes ☐ No If yes, enter 1 _____

10. Did a household member go to prison?
☐ Yes ☐ No If yes, enter 1 _____

Add up your "Yes" answers.

This is your ACE score _____