

***Adverse Childhood Experiences**

Why Am I Receiving this Questionnaire?

Adverse Childhood Experiences;

These ten questions below will be asking you some questions about events that happened during your childhood, specifically the first 18 years of your life. The information you provide by answering these questions will allow our providers to more fully assess and address your healthcare needs because early life events are strongly associated with mental and physical health. Knowing, exploring, and addressing these are very important supportive steps in ultimate healing. For more information you may wish to visit: <https://acestoohigh.com/got-your-ace-score/>

Adverse Childhood Experience (ACE) Questionnaire

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 that you might be physically hurt? *

☐ Yes ☐ No

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? *

☐ Yes ☐ No

3. Did an adult 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? *

☐ Yes ☐ No

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?

☐ Yes ☐ No

*

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? *

☐ Yes ☐ No

6. Were your parents ever separated or
divorced? *

☐ Yes ☐ No

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 at least a few
minutes or threatened with a gun or knife? *

☐ Yes ☐ No

8. Did you live with anyone who was a
problem drinker or alcoholic or who used
street drugs? *

☐ Yes ☐ No

9. Was a household member depressed or
mentally ill, or did a household member
attempt suicide? *

☐ Yes ☐ No

10. Did a household member go to prison?
*

☐ Yes ☐ No

What is your Total ACE Score (to how
many questions did you answer "Yes")? *

There are, of course, many other types of childhood trauma — racism, bullying, watching a sibling being abused, losing a caregiver (grandmother, mother, grandfather, etc.), homelessness, surviving and recovering from a severe accident, witnessing a father being abused by a mother, witnessing a grandmother abusing a father, involvement with the foster care system, involvement with the juvenile justice system, etc. The ACE Study included only those 10 childhood traumas because those were mentioned as most common by a group of about 300 Kaiser members; those traumas were also well studied individually in the research literature.