

Adverse Childhood Experience (ACE) Score



Questionnaires

Patient Name	
Date	
Age	

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?
 - Act in a way that made you afraid that 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?
 - Ever hit you so hard that 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?
 - Try to or actually have oral, anal, or vaginal sex with you?
- YES
 NO

If 'YES', enter 1 →

4. Did you often feel that...
- No one in your family loved you or thought you were important or special?
 - 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 that...

- You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you?
- 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?
- **Sometimes, or often**, kicked, bitten, hit with a fist, or with something hard?
- **Ever** repeatedly hit over 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 →

Now, add up your "YES" answers. This is your ACE Score.