

Adverse Childhood Experiences (ACE) Test

Taken from research conducted by the CDC & Kaiser Permanente

Circle all that apply to you during your childhood & adolescence

1. Before your 18th birthday, did a parent or other adult in the household often or very often swear at you, put you down, or humiliate you? OR act in a way that made you afraid that you might be physically hurt?
2. Before your 18th birthday, 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. Before your 18th birthday, did an adult or person at least five 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. Before your 18th birthday, 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. Before your 18th birthday, 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. Before your 18th birthday, was a biological parent ever lost to you through divorce, abandonment, or other reason?
7. Before your 18th birthday, 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. Before your 18th birthday, did you live with anyone who was a problem drinker or alcoholic, or who used street drugs?
9. Before your 18th birthday, was a household member depressed or mentally ill, or did a household member attempt suicide?
10. Before your 18th birthday, did a household member go to prison?