

Adverse Childhood Experiences Questionnaire (ACE-Q)

Adapted from the Center for Youth Wellness

Patient Information:

Date:

Please read the statements below. Count the number of statements that apply to you and write the total number in the box provided.

Please **DO NOT** mark or indicate which specific statements apply to you. This information will NOT be shared with any other individuals involved in your care without your explicit written consent.

1) Of the statements in section 1, HOW MANY apply to you? Write the total number in the box.

Section 1. At any point *from birth to age 18...*

- a) Your parents or guardians were separated or divorced
- b) You lived with a household member who served time in jail or prison
- c) You lived with a household member who was depressed, mentally ill or attempted suicide
- d) Someone touched your private parts or asked you to touch their private parts in a sexual way that was unwanted, against your will, or made you feel uncomfortable
- e) More than once, you went without food, clothing, a place to live, or had no one to protect you
- f) You saw or heard household members hurt or threaten to hurt each other
- g) A household member swore at, insulted, humiliated, or put you down in a way that scared you OR a household member acted in a way that made you afraid that you might be physically hurt
- h) You lived with someone who had a problem with drinking or using drugs
- i) Someone pushed, grabbed, slapped or threw something at you OR you were hit so hard that you were injured or had marks
- j) You often felt unsupported, unloved and/or unprotected

2) Of the statements in section 2, HOW MANY apply to you? Write the total number in the box.

Section 2. At any point since you were born...

- a) You have been in foster care
- b) You have experienced harassment or bullying at school
- c) You have lived with a parent or guardian who died
- d) You have been separated from your primary caregiver through deportation or immigration
- e) You have had a serious medical procedure or life threatening illness
- f) You have often seen or heard violence in the neighborhood or in your school neighborhood
- g) You have been detained, arrested or incarcerated
- h) You have often been treated badly because of race, sexual orientation, place of birth, disability or religion
- i) You have experienced verbal or physical abuse or threats from a romantic partner (i.e. boyfriend or girlfriend)