

This Adverse Childhood Experience (ACE) Questionnaire is a modified version of the original 1998 landmark CDC-Kaiser Permanente Adverse Childhood Experiences (ACE) Study which is one of the largest investigations of adverse childhood experience and later-life health and well-being. Over 17,000 Health Maintenance Organization members from Southern California receiving physical exams completed confidential surveys regarding their childhood experiences and current health status and behaviours. For more information : www.ehcap.co.uk/news/aces

A [toxic stress](#) response can occur when a child experiences strong, frequent and/or prolonged adversity. This kind of prolonged activation of the stress response systems can disrupt the development of the brain architecture, affect immune systems, hormonal systems and how our DNA is read and transcribed.

An ACE score is NOT an actual medical diagnosis. It is meant to help us all better understand our risk for the effect of a toxic stress response.

In the 1998 seminal study (Felitti and Anda) 33% scored 0, 26% scored 1, 16% scored 2, 10% scored 3 and 14% scored 4 or more.

If your ACE score is 4 or higher (or if you work or live with a child with a score of 3 or more) and you live or work in Somerset you are eligible for free on line coaching or (where available) counselling. Please contact sarah@doctorsarah.co.uk to arrange. Coaching is also available privately for £35 an hour.

Research indicates that the following interventions may be helpful for reducing the long term effects of toxic stress:

- Supportive responsive relationships eg Coaching
- Education about toxic stress
- Building skills in self regulation, emotion regulation and problem solving (Mindful Emotion Coaching)
- Mindfulness practice, meditation and mindful emotion coaching
- Regular Exercise, Good Nutrition, Quality Sleep
- Therapy eg Counselling, Psychotherapy, EMDR



As you answer the 17 questions please keep a mental note of your score. When you are ready you can submit your total score by going to www.menti.com and entering the code your facilitator has provided.

Before your 18th birthday :

- Were your parents ever separated or divorced?
- Did a household member go to prison?
- Was a household member depressed or mentally ill? Did anyone in your household attempt suicide?
- Did you see or hear household members hurt or threaten to hurt each other?
- Did a household member swear, insult, humiliate or put you down in a way that scared you OR did a household member act in a way that made you feel afraid you might be physically hurt?
- Did anyone touch your private parts or ask you to touch their private parts in a sexual way?
- More than once did you go without food, clothing , a place to live or had no one to protect you?
- Did a household member push, grab, slap, or throw something at you OR ever hit you so hard that you had marks or were injured?
- Did you live with someone who was a problem drinker or alcoholic or who used drugs?
- Did you often feel unsupported, unloved and /or unprotected?
- Were you ever in foster care or taken into state provided care (Child Looked After)?
- Did you experience harassment or bullying at school?
- Did you live with a parent or guardian who died?
- Were you separated from your primary caregiver through deportation or immigration?
- Did you have a serious medical procedure or life threatening disease?
- Did you see or hear violence in the neighbourhood or in your school neighbourhood?
- Were you often treated badly because of race, sexual orientation, place of birth, disability or religion?