



This Adverse Childhood Experience (ACE) Questionnaire contains questions that are similar to the ones found in the original 1998 landmark CDC-Kaiser Permanente \*Adverse Childhood Experiences (ACE) Study (one of the largest investigations of adverse childhood experience and later-life health and well-being). Seven categories of Adverse Childhood Experiences were studied: psychological, physical, or sexual abuse, violence against mother, living with household members who were substance abusers, mentally ill or suicidal or ever imprisoned. The number of categories of these adverse childhood experiences was then compared to measures of adult risk behaviour, health status, and disease. For more information about this study and more recent research : [www.ehcap.co.uk/news/aces](http://www.ehcap.co.uk/news/aces)

In the 1998 seminal study 33% scored 0 ACEs and 16% scored 4 or more. In a similar (but much smaller) study in Wales 53% scored 0 and 14% scored 4 or more.

**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 Anda and Felitti Study, in comparison with those reporting no ACEs, individuals with 4+ ACEs had

- **2.2 times the likelihood of reporting Heart Disease**
- **12.2 times the likelihood of having ever attempted suicide**
- **4.7 times the likelihood of ever using illicit drugs**
- **1.6 times the likelihood of reporting severe obesity**

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.

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

-Supportive responsive relationships – family and friends

-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

**\*Anda and Felitti 1998 Am J Prev Med 1998 May;14(4):245-58**

**Relationship of childhood abuse and household dysfunction to many of the**

**leading causes of death in adults. The Adverse Childhood Experiences (ACE) Study.**

This modified questionnaire is for use by professionals and parents usually either within a workshop as an inclusion exercise demonstrating that adversity in childhood is experienced across all sectors of society. As you answer the 10 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](http://www.menti.com) and entering the code your facilitator has provided.

**Before your 18th birthday :**

- Were your parents ever separated or divorced? Were you separated from your parent or caregiver through foster care, state provided care, deportation, immigration, climate trauma or through death?
- Did you live with anyone who served time or was sentenced to serve time in a prison or young offender's institution?
- Did you live with anyone who was depressed, mentally ill or suicidal?
- Did you see or hear your parents or adults in your house slap, hit, kick, punch, beat each other up or threaten to do so?
- More than once, did a household member swear, insult, humiliate or put you down in a way that scared you? Did you see or hear your parents or adults in your house do this with each other?
- Did anyone at least 5 years older than you touch your private parts or ask you to touch their private parts in a sexual way, that was unwanted, against your will or made you feel uncomfortable?
- Did your parent or caregiver for long periods of time leave you to go without enough food or drink, clean clothes or a clean and warm place to live?
- Were there often times when there was no adult living with you who made you feel loved?
- Did a household member push, grab, slap, or throw something at you, ever hit you so hard that you had marks or were injured, or make you feel afraid that you might be physically hurt?
- Did you live with someone who was a problem drinker or alcoholic or who used drugs?

**If you are interested in finding out more about a trauma-informed approach to wellness take a look at our Six Steps to Wellness Plan which can be found at [www.mindfulemotioncoaching.co.uk](http://www.mindfulemotioncoaching.co.uk)**

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