

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). 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](http://www.ehcap.co.uk/news/aces)

In the 1998 seminal study (Felitti and Anda) 33% scored 0 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**



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.

The categories are sexual abuse, verbal abuse, physical abuse, emotional neglect, physical neglect, household dysfunction and/or difficulties.

**Before your 18<sup>th</sup> birthday :**

- Were your parents ever separated or divorced, OR were you separated from your primary care giver through foster care or being taken into state provided care, or through deportation, immigration or through death?
- Did a household member go to prison?
- Was a household member depressed or mentally ill? Did anyone in your household attempt suicide? Did you, or anyone in your household, have a serious medical procedure or life threatening disease?
- 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, that was unwanted, against your will or made you feel uncomfortable?
- 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? Did you experience harassment or bullying at school? 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?

*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](mailto:sarah@doctorsarah.co.uk) to arrange. Coaching is also available privately for £35 an hour.*