

Adverse Childhood Experiences (ACE) Test

There are ten types of childhood trauma measured in the ACE Study. Five are personal, and five are related to other family members. There are, of course, many other types of trauma. The ACE score is simply a guideline. If a person experiences other or additional types of toxic stress over months or years, then negative behaviors and risk of health consequences are increased.

Get Your ACE Score

Prior to your 18th birthday:

1. Did a parent or other adult in the household often or very often...Swear at you, insult you, put you down, or humiliate you? Or Act in a way that made you afraid that you might be physically hurt?
No__ If yes, enter 1 _____
2. 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?
No__ If yes enter 1 _____
3. Did an adult or person at least 5 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?
No__ If yes enter 1 _____
4. 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?
No__ If yes enter 1 _____
5. 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?
No__ If yes enter 1 _____
6. Were your parents ever separated or divorced?
No__ If yes enter 1 _____
7. 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?
No__ If yes enter 1 _____
8. Did you live with anyone who was a problem drinker or alcoholic, or who used street drugs?
No__ If yes enter 1 _____
9. Was a household member depressed or mentally ill, or did a household member attempt suicide?
No__ If yes enter 1 _____
10. Did a household member go to prison?
No__ If yes enter 1 _____

Total 1's = _____