



Adverse Childhood Experiences (ACEs) Questionnaire

Patient Name _____ Date _____

This questionnaire is intended for adults (18 years or older). It is an adapted list of questions used to screen for Adverse Childhood Experiences (ACEs). Please select the best response for each of the following questions, then add up the number of YES responses to determine your ACE score. Due to the personal nature of these questions, you may choose not to share your responses with your healthcare provider. Instead, you may choose to share only your final ACE score.

Psychological Abuse		
1.	Did a parent or other adult often swear at you, insult you, put you down, or humiliate you?	Yes No
2.	Did a parent or other adult often act in a way that made you afraid that you might be physically hurt?	Yes No
Physical Abuse		
3.	Did a parent or other adult often push, grab, slap, or throw something at you?	Yes No
4.	Did a parent or other adult often hit you so hard that you had marks or were injured?	Yes No
Sexual Abuse		
5.	Did an adult or a person at least 5 years older than you ever touch you inappropriately or fondle you?	Yes No
6.	Did an adult or a person at least 5 years older than you ask you to touch their body in an inappropriate way?	Yes No
7.	Did an adult or a person at least 5 years older than you attempt to have or actually have oral, anal, or vaginal sex with you?	Yes No
Substance Abuse		
8.	Did you live with or spend a lot of time with anyone who was a problem drinker or alcoholic?	Yes No
9.	Did you live with or spend a lot of time with anyone who used illicit drugs recreationally or habitually?	Yes No
Neglect		
10.	Did you regularly experience a lack of access to food, clothing, shelter, or medical care when it was needed?	Yes No
11.	Did you regularly experience a lack of affection, companionship, or support from your parents, household members, or primary caregivers?	Yes No
12.	Were you regularly left unsupervised or minimally supervised for long periods of time?	Yes No
13.	Did your parents or primary caregivers regularly express a lack of interest or concern about your whereabouts or friendships?	Yes No
14.	Did you regularly experience a lack of interaction (e.g., play, bedtime reading, help with homework, etc.) with your parents or primary caregivers?	Yes No

Mental Illness in the Household		
15. Did a parent, household member, or primary caregiver have depression or another mood disorder, or any type of mental illness?	Yes	No
16. Did a parent, household member, close family member, or primary caregiver attempt suicide?	Yes	No
Parental Relationships		
17. Did your parents or other family members often shout, fight, or exchange physical blows with one another?	Yes	No
18. Were your parents ever separated or divorced?	Yes	No
19. Was your mother or stepmother sometimes or often pushed, grabbed, slapped? Did she sometimes or often have objects thrown at her?	Yes	No
20. Was your mother or stepmother sometimes or often kicked, bitten, hit with a fist, or hit with something hard?	Yes	No
21. Was your mother or stepmother ever hit repeatedly for several minutes?	Yes	No
22. Was your mother or stepmother ever threatened with or hurt by a knife or gun?	Yes	No
Criminal Behavior in Household		
23. Did a parent or household member regularly engage in illegal activities or behaviors?	Yes	No
24. Did a parent or household member ever go to prison?	Yes	No

Adapted from Adverse Childhood Experiences (ACEs) Questionnaire. National Center for Injury Prevention and Control, Division of Violence Prevention.

Your ACE Score _____

Interpreting Your ACE Score

Your ACE score is an indicator of exposure to significant stressors and trauma during childhood. ACEs are relatively common. In fact, most people report an ACE score of at least 1.

Higher ACE scores may impact health and wellness. Research has shown that people who are more resilient may be less likely to experience the long-standing effects of ACEs. Review your score with your functional medicine provider so they can help assess your risk for health concerns and recommend personalized interventions, tools, or resources that may help increase your resilience and reduce the impact of ACEs on your health and wellbeing.

SOURCE: [CDC](#)