
Adverse Childhood Experience Questionnaire (ACE-Q)

This form asks questions about events that happened during your childhood. Please read the statements below. Count the number of statements that apply to you and write the total number in the box provided.

Please DO NOT mark or indicate which specific statements apply to you.

1. Of the statements in Section 1, HOW MANY apply to you? Write the total number in the box: _____

Section 1. At any point before you were age 18:

- Your parents or guardians were separated or divorced
- You lived with a household member who served time in jail or prison
- You lived with a household member who was depressed, mentally ill or attempted suicide
- You saw or heard household members hurt or threaten to hurt each other
- A household member swore at, insulted, humiliated, or put you down in a way that scared you OR a household member acted in a way that made you afraid that you might be physically hurt
- Someone touched your private parts or asked you to touch their private parts in a sexual way that was unwanted, against your will, or made you feel uncomfortable
- More than once, you went without food, clothing, a place to live or had no one to protect you
- Someone pushed, grabbed, slapped or threw something at you OR you were hit so hard that you were injured or had marks
- You lived with someone who had a problem with drinking or using drugs
- You felt unsupported, unloved and/or unprotected

2. Of the statements in Section 2, HOW MANY apply to you? Write the total number in the box: _____

Section 2. At any point before you were age 18:

- * You were in foster care
- * You experienced harassment or bullying at school
- * You lived with a parent or guardian who died
- * You were separated from your primary caregiver through deportation or immigration
- * You had a serious medical procedure or life threatening illness
- * You often saw or heard violence in the neighborhood or in your school neighborhood
- * You were detained, arrested or incarcerated
- * You were often treated badly because of race, sexual orientation, place of birth, disability or religion
- * You experienced verbal or physical abuse or threats from a romantic partner (i.e., boyfriend or girlfriend)