

ACE Test

Name:

Date:

Instructions:

Answer the following questions to the best of your ability based on your experiences during your first 18 years of life. For each question, select the answer that best describes your experience.

#	Experience	Yes	No	Not sure
1	Did a parent or other adult in the household often swear at you, insult you, or put you down?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	Did a parent or other adult in the household often push, grab, slap, or throw something at you?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	Did you often feel that no one in your family loved you or thought you were important or special?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5	Did you often feel that you didn't have enough to eat, had to wear dirty clothes, or had no one to protect you?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6	Was a biological parent ever lost to you through divorce, abandonment, or other reason?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7	Was your mother or stepmother often pushed, grabbed, slapped, or had something thrown at her?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8	Did you live with anyone who was a problem drinker or alcoholic, or who used street drugs?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9	Was a household member depressed or mentally ill, or did a household member attempt suicide?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10	Did a household member go to prison?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

ACE SCORE (Total "Yes" Answers):

Scoring:

Once you have answered all of the questions, add up your "yes" answers to get your ACE score. Your ACE score can range from 0 to 10, with higher scores indicating a higher likelihood of experiencing negative outcomes later in life.

Notes: