

ADVERSE CHILDHOOD EXPERIENCE

Name: _____ Date: _____

People who have had difficult or adverse experiences in childhood can have a greater risk of both physical and mental health problems during adulthood. This assessment is designed to help determine your risk factors.

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| 1. While you were growing up, did a parent or other adult in the household often swear at you, insult you, put you down, humiliate you, or act in a way that made you afraid that you might be physically hurt? | Yes | No |
| 2. While you were growing up, did a parent or other adult in the household often push, grab, slap, throw something at you, or ever hit you so hard that you had marks or were injured? | Yes | No |
| 3. While you were growing up, 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 try to or actually have oral, anal, or vaginal sex with you? | Yes | No |
| 4. While you were growing up, did you 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? | Yes | No |
| 5. While you were growing up, did you 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? | Yes | No |
| 6. While you were growing up, were your parents ever separated or divorced? | Yes | No |
| 7. While you were growing up, was your mother or stepmother often pushed, grabbed, slapped, or had something thrown at her; or sometimes or 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? | Yes | No |
| 8. While you were growing up, did you live with anyone who was a problem drinker or alcoholic or who used street drugs? | Yes | No |
| 9. While you were growing up, was a household member depressed or mentally ill, or did a household member attempt suicide? | Yes | No |
| 10. While you were growing up, did a household member go to prison? | Yes | No |