ACE

Adverse Childhood Experiences Questionnaire (ACE)

The ACE questionnaire assesses exposure to potentially traumatic events experienced during childhood (abuse, neglect, household dysfunction) and their later influence on physical and mental health. It helps psychologists better understand the impact of these early experiences on the adult patient's well-being.

Number of questions	10 questions
Estimated duration	5 minutes
Language	English
Original name	Adverse Childhood Experiences Questionnaire
Target audience	Adults, adolescents
Authors	Robert F. Anda, Vincent J. Felitti (1998)
Category	General

Preview of the 10 questions

Did a parent or another adult in your household often or very often insult you, belittle you, humiliate you, yell at you, or act in a way that made you fear you might be physically hurt?

No Yes

Did a parent or another adult in your household often or very often shove you, grab you, slap you, or throw something at you, or hit you so hard that it left you with marks or injuries?

No Yes

Did an adult or someone at least 5 years older than you touch or fondle you, make you touch their body in a sexual way, or try to have sex with you (oral, anal, or vaginal)?

No Yes

Did you often or very often feel that nobody in your family loved you or thought you were important or special, or that the members of your family didn't pay attention to one another, didn't feel close to one another, or didn't support one another?

No Yes

Did you often or very often feel that you didn't get enough to eat, had to wear dirty clothes, and had nobody to protect you, or that your parents were too drunk or too high to look after you or take you to a doctor when you needed it?

No Yes

Scoring & interpretation

Each affirmative answer (Yes) is worth 1 point. The total score is calculated by adding up the number of positive answers, for a score from 0 to 10. The higher the ACE score, the greater the risk of mental and physical health problems. However, interpretation must take the patient's context into account and does not replace an in-depth clinical assessment.