

# ACE & Resilience Questionnaire

Thank you for taking a few minutes to answer the following questions to help us understand potential health challenges you may have as a result of your development. ACE (adverse childhood experiences) represents specific challenges you may have faced and Resilience is the tools you learned or were given to cope with challenges.

This will help us to support you more effectively in accomplishing your health goals.

## ACE Questionnaire

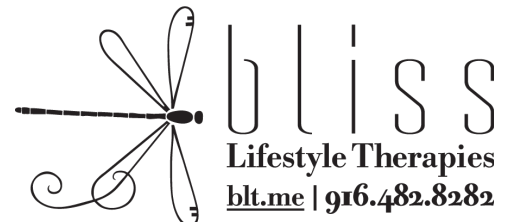
### While you were growing up, during your first 18 years of life:

	Yes	No
1 Did a parent, adult or other authority figure in the household often... Swear at you, insult you, put you down, or humiliate you?	<input type="checkbox"/>	<input type="checkbox"/>
Act in a way that made you afraid that you or someone you care about might be physically hurt?	<input type="checkbox"/>	<input type="checkbox"/>
2 Did a parent, adult or other authority figure in the household often... Push, grab, slap, or throw something at you?	<input type="checkbox"/>	<input type="checkbox"/>
Ever hit you so hard you had marks or were injured?	<input type="checkbox"/>	<input type="checkbox"/>
3 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"/>
Your family didn't look out for each other, feel close to each other, or support each other?	<input type="checkbox"/>	<input type="checkbox"/>
4 Did you often feel that... You didn't have enough to eat, had to wear dirty clothes, and no one to protect you?	<input type="checkbox"/>	<input type="checkbox"/>
Your parent(s) or caretaker(s) were too drunk or high to take care of you?	<input type="checkbox"/>	<input type="checkbox"/>
5 Were your parents ever separated or divorced?	<input type="checkbox"/>	<input type="checkbox"/>
6 To your awareness, was your parent, caretaker or other significant adult figure: Often pushed, grabbed, slapped, or had something thrown at them?	<input type="checkbox"/>	<input type="checkbox"/>
Sometimes or often kicked, bitten, hit with a fist, or hit with an object?	<input type="checkbox"/>	<input type="checkbox"/>
Ever repeatedly hit over at least a few minutes or threatened with a weapon?	<input type="checkbox"/>	<input type="checkbox"/>
7 Did you live with anyone who was a problem drinker or alcoholic, or who used street drugs, or abused prescription drugs?	<input type="checkbox"/>	<input type="checkbox"/>
8 Was a household member depressed or mentally ill, or did a household member attempt suicide?	<input type="checkbox"/>	<input type="checkbox"/>
9 Did a household member go to prison?	<input type="checkbox"/>	<input type="checkbox"/>

**Total "Yes" answers: \_\_\_\_\_ This is your ACE Score**

Now that you have your ACE score, what does it mean?

The CDC's ACE Study uncovered a stunning link between childhood trauma and the chronic diseases people develop as adults, as well as social and emotional problems. This includes heart disease, lung cancer, diabetes and many autoimmune diseases, as well as depression, violence, being a victim of violence, and suicide. As your ACE score increases, so does the risk of disease, and social and emotional problems. With an ACE score of 4 or more, the health risks start to get serious. The likelihood of chronic pulmonary lung disease increases 390 percent; hepatitis, 240 percent; depression 460 percent; suicide, 1,220 percent. Along with the right support from your healthcare professionals, your resilience score, on the reverse, helps you to combat these challenges.



## Resilience Questionnaire

For each statement below, please mark the column which most accurately represents your experience.	Definitely True	Probably True	Not Sure	Probably Not True	Definitely Not True
I believe that my mother loved me when I was little.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I believe that my father loved me when I was little.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When I was little, other people helped my mother and father take care of me and they seemed to love me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I've heard that when I was an infant someone in my family enjoyed playing with me, and I enjoyed it, too.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When I was a child, there were relatives in my family who made me feel better if I was sad or worried.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When I was a child, neighbors or my friends' parents seemed to like me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When I was a child, teachers, coaches, youth leaders or ministers were there to help me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Someone in my family cared about how I was doing in school.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My family, neighbors and friends talked often about making our lives better.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
We had rules in our house and were expected to keep them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When I felt really bad, I could almost always find someone I trusted to talk to.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
As a youth, people noticed that I was capable and could get things done.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I was independent and a go-getter.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I believed that life is what you make it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Of the 14 were marked "Definitely True" or "Probably True":

How many of these 14 protective factors did I have as a child and youth? \_\_\_\_\_

Of these factors I had as a child and youth, how many do I still have today? \_\_\_\_\_



The resilience questionnaire is meant to prompt reflection and conversation on experiences that may help protect most people with ACE scores of 4 or more (about three out of four) from developing negative outcomes. **We can develop our capacity for resilience.** "Resilience is the ability to bounce back, pick yourself up from the ground if you've been dealt some blows, to be able to cope well or effectively with adverse conditions. It certainly includes various properties like being optimistic, having confidence in yourself, or belief in yourself to overcome things, to have the skills you need, social support, ability to find some meaning or purpose in life." – Dr. Jonathan R.T. Davidson, emeritus professor of psychiatry at Duke University Medical Center.