

Dear Parent,

We care about your child's health, both physical and emotional, so we want to make sure that your child receives the best quality of care.

Studies show that the more stressful events you experience as a kid, the more likely you are to have long-term physical health problems as an adult such as diabetes, high blood pressure, heart disease, etc. As the number of the stressful events you were exposed to increases, your child's risk for these health problems increases as well. We have the opportunity to identify these risks so that we can help prevent or lower the risk for health problems for your child.

That's why it's so important to answer this questionnaire honestly, even though these are personal questions. We would like you to **answer the following questions based on your life experiences before the age of 18 and then answer the same questions for your child.**

Your answers will be kept confidential. Please feel free to ask any questions. Thank you.

Please read the questions on the other side of this sheet. We want to know the TOTAL number of times you answer YES, but we don't need to know which questions you answered YES to. Each time you answer YES, place a line through one of the circles below. When the questionnaire is complete, count up the number of circles you have crossed out and write the number on the blank line.

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

1. Were your parents ever separated or divorced?
2. Was anyone you lived with depressed or mentally ill, or did they attempt suicide?
3. Did you live with anyone who was a problem drinker, alcoholic or used street drugs?
4. Did anyone you lived with go to prison?
5. Was your mother or step-mother pushed, grabbed, slapped, kicked, bitten, hit with a fist or something hard, had something thrown at her, repeatedly hit for at least a few minutes, or ever threatened or hurt by a knife or a gun?
6. While you were growing up, did you sometimes not have enough to eat, wear dirty clothes, not have anyone take you to the doctor, or were your parents too drunk or high to take care of you?
7. Did a parent or adult in your home swear at you, insult you, or put you down or act in a way that made you afraid you might be physically hurt?
8. Did a parent or other adult in your home push, grab, slap, or throw something at you, or ever hit you so hard that you had marks or were injured?
9. Did a parent, adult, or someone at least 5 years older than you ever touch you sexually or try to make you touch them sexually?
10. While you were growing up, did you feel as if there was NO ONE who made you feel special or loved, or that your family was NOT a source of strength, support and protection for you?



**Total Number of Parent “YES” Answers
Here:_____**

Dear patient,

Studies¹ have shown that going through rough times as a kid can impact our health into adulthood. To help me recognize if you experienced some of these experiences that may have an affect on your current health, I would appreciate if you could answer some questions about your childhood. I understand that these are quite personal questions, but your honest answers will allow me to provide the best care for you.

Your responses are confidential. Please feel free to ask any questions. Thank you.

Please read the questions on the other side of this sheet. We want to know the TOTAL number of times you answer YES, but we don't need to know which questions you answered YES to. Each time you answer YES, place a line through one of the circles below. When the questionnaire is complete, count up the number of circles you have crossed out and write the number on the blank line.

¹Relationship of Childhood Abuse and Household Dysfunction to Many of the Leading Causes of Death in Adults. The Adverse Childhood Experiences (ACE) Study. Dr. Vincent Felitti, Dr. Robert Anda et al. American Journal of Preventative Health. May 1998:Volume 14, Issue 4, Pages 245–258.