

Adverse Childhood Experiences (ACEs) Questionnaire



Your mental and physical health are related. The questionnaire below asks about difficult experiences you may have had in your childhood, or your Adverse Childhood Experiences (ACEs). ACEs have been shown to occur in all income levels, races and cultures.

This information will help your physician identify factors that may affect your health. High ACEs may increase your risk for heart disease, cancer, depression and both physical and emotional health problems during pregnancy and the postpartum period. Other factors, such as strong interpersonal relationships, may decrease your risk. Having a health risk factor is not the same as having a health problem. Recognizing your risks may help prevent health challenges for you and your family. We respect your privacy. You may choose to share as much or as little information as you wish.

While I was growing up, before I turned 18 years old: **(Please select 'yes' or 'no' for each of the following statements)**

YES	NO	
<input type="radio"/>	<input type="radio"/>	1. A parent or other adult in the household would often swear at me, insult me, put me down, or humiliate me OR act in a way that made me afraid that I might be physically hurt.
<input type="radio"/>	<input type="radio"/>	2. A parent or other adult in the household would often push, grab, slap, or throw something at me OR hit me so hard that I had marks or was injured.
<input type="radio"/>	<input type="radio"/>	3. An adult or person at least 5 years older than me touched or fondled me or had me touch their body in a sexual way OR tried to have oral, anal, or vaginal intercourse with me.
<input type="radio"/>	<input type="radio"/>	4. I often felt that no one in my family loved me or thought I was important or special OR that my family didn't look out for each other, feel close to each other, or support each other.
<input type="radio"/>	<input type="radio"/>	5. I often felt that I didn't have enough to eat, had to wear dirty clothes, and had no one to protect me OR my parents were too drunk or high to take care of me or take me to the doctor if I needed it.
<input type="radio"/>	<input type="radio"/>	6. I experienced a parental death, separation or divorce.
<input type="radio"/>	<input type="radio"/>	7. A household member was often pushed, grabbed, slapped, or had something thrown at him/her OR sometimes 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.
<input type="radio"/>	<input type="radio"/>	8. I lived with someone who was a problem drinker or alcoholic, or who used street drugs.
<input type="radio"/>	<input type="radio"/>	9. A household member was depressed, mentally ill, or attempted suicide.
<input type="radio"/>	<input type="radio"/>	10. A household member went to prison.
		<p>Your ACE score is the total number of 'yes' answers _____</p> <div style="border: 1px solid black; padding: 5px;"> <p>Did you experience any other events in your childhood or later that were extremely stressful or traumatic? Yes ___ No ___</p> <p>Do any of these events still upset you? Yes ___ No ___</p> </div>

How do I improve my emotional health and well-being?



Lifestyle

- Try to sleep around eight hours per night
- Prepare for a healthy pregnancy by being active for a minimum of 15 to 30 minutes five times a week
- Plan your diet according to Canada's Food Guide
- Eat twice as healthy, not twice as much
- Know your recommended pregnancy weight gain based on your pre-pregnancy BMI (body mass index)
- Spend time with good, supportive friends.

Online and app resources

Parenting

Visit: cfpcn.ca/services/riley-park-maternity-clinic and choose 'Pregnancy and Parenting resources'

Prevent and manage symptoms of anxiety and depression:

www.moodgym.com.au
www.anxietycanada.com
www.cci.health.wa.gov.au

Meditation and mindfulness:

www.headspace.com
www.smilingmind.com.au

Want to learn more about ACEs and ACE research?

www.acestoohigh.com
www.albertafamilywellness.org

Who can help me?

Your **Family Physician** or **Maternity Clinic Physician** can provide additional support for emotional and mental well-being, as well as provide management options for anxiety or depression. Call the Riley Park Maternity Clinic at **403-284-3711**.

A **Community Social Worker** can connect you with resources in the community to assist with many things such as finances, housing, health, social supports and transportation.

A **Registered Dietitian** can help you set goals to incorporate healthy eating and appropriate weight gain during pregnancy. They can also provide information about diet and breast feeding.

A **One-Step-at-a-Time counselling appointment** is a free, single session counselling service for adults, couples and families through the Calgary Foothills PCN. It is designed to provide additional support with adjusting to changes and coping with stress, anxiety or depression.

To book an appointment with any of above services call **1- 855-792-3726**.

For more information on local mental health resources call:

Access Mental Health 403-943-1500 (within Calgary city limits) or
Rural Mental Health Intake Line 1-877-652-4700 (outside Calgary city limits)

