

Adverse Childhood Experiences Questionnaire (ACE-THL)

Next, you will be asked about your childhood. You may find answering some of the questions distressing. The questions concern the time when you were **under 18 years old**.

Anywhere, at home or elsewhere:

	Never	Rarely	Some- times	Often	All the time
1. I was bullied.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I was a target of physical violence.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I was a target of sexual harassment or sexual violence.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Someone touched me in a sexual manner or made me touch them in a sexual manner, even though I didn't want to.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I had an adult who I could talk to about my own matters.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Parents and family:

A "parent" means an adult who was **responsible for you**.

When responding, think about the parent who

treated you the worst in relation to each statement.

	Never	Rarely	Some- times	Often	All the time
6. My parent insulted, belittled, or humiliated me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. My parent slapped, hit, or kicked me, pulled my hair, or otherwise physically hurt me .	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. My parent slapped, hit, kicked, pulled the hair of, or otherwise physically hurt my other parent .	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. My parent was intoxicated (drunk or on drugs).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. My family had financial problems.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. I had to go hungry or, for example, wear dirty or ragged clothes.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. A member of my family had mental health problems, such as depression or self-destructiveness.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. I suffered from losing a parent, for example, because of separation, abandonment, or death.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. I was appreciated and considered important at home.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

If responding to the survey made you want to talk about the topic more, you can contact the healthcare and social welfare services of your region or the Crisis Helpline tel. +358 (0)9 2525 0116. If you have experienced violence, you can contact Nollalinja tel. +358 (0)80 005 005.

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Copies of any publications using the ACE-THL should be sent to ace-thl@thl.fi to be added to the reference list for the method.

The ACE-THL homepage: thl.fi/lapsuuskokemuksia

References:

Hietämäki J, Laajasalo T, Lindgren M, Therman S. Development and initial validation of the THL Adverse Childhood Experiences Questionnaire (ACE-THL). *Child Abuse & Neglect* 2023, 146: 106483.

<https://doi.org/10.1016/j.chiabu.2023.106483>

Hietämäki J, Lindgren M, Therman S, Laajasalo T. Lapsuuskokemuksia-kyselylomake (ACE-THL) haitallisten lapsuudenkokemusten tutkimukseen. *Tutkimuksesta tiiviisti* 55/2023. Terveyden ja hyvinvoinnin laitos, Helsinki. <http://urn.fi/URN:ISBN:978-952-408-211-2>