

## Assessment Report

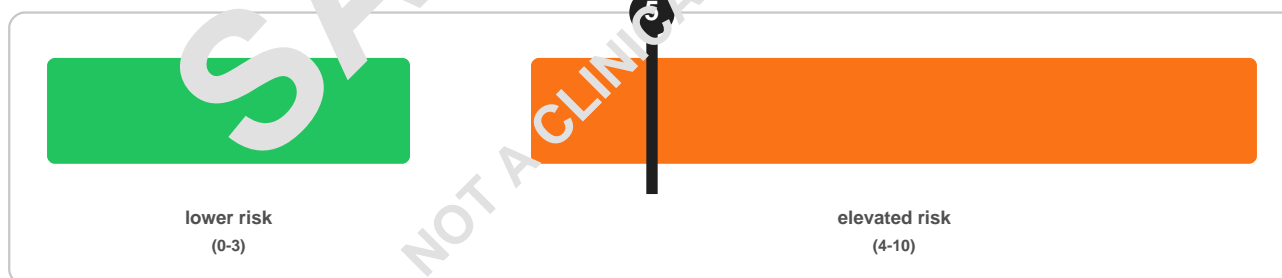
**Practice:** Mindful Psychology  
**Practitioner:** Dr Sarah Johnson  
**Client:** Alex Carter  
**Date:** 26/04/2026

EXAMPLE REPORT — Prepared by a practitioner inside Grounded Scribe. Fictional data; not a clinical result.

## ACE — Adverse Childhood Experiences Questionnaire

10-item screening for adverse childhood experiences (before age 18)

### RESULTS



Interpreted with Australian community norms — see References

### INTERPRETATION

**Current score: 5, elevated risk, as per the ACE author/publisher guidelines.**

### ABOUT THIS ASSESSMENT

#### Clinical Purpose

The Adverse Childhood Experiences (ACE) questionnaire is a 10-item retrospective screening tool that assesses exposure to abuse, neglect, and household dysfunction before age 18. It is used to identify cumulative childhood adversity and its association with adult health outcomes including depression, substance use, cardiovascular disease, and shortened lifespan.

#### Origins & Development

Developed from the landmark ACE Study conducted by Vincent Felitti and Robert Anda at Kaiser Permanente and the CDC (1995-1997). The original study surveyed over 17,000 adults and revealed a powerful dose-response relationship between ACE score and adult health risks. The findings — that adversity is common (67% reported at least one ACE) and cumulative (an ACE score  $\geq 4$  dramatically increases risk) — fundamentally changed trauma-informed care practice worldwide.

#### Australian Context

Adopted across Australian child protection, mental health, and public health sectors. The Australian Institute of Family Studies references the ACE framework in its research on child maltreatment. State governments (particularly Victoria and NSW) have integrated ACE-informed approaches into family services policy. The Royal Commission into Institutional Responses to Child Sexual Abuse drew extensively on ACE research. Note: the ACE is a risk screening tool, not a clinical diagnostic — it identifies exposure, not pathology.

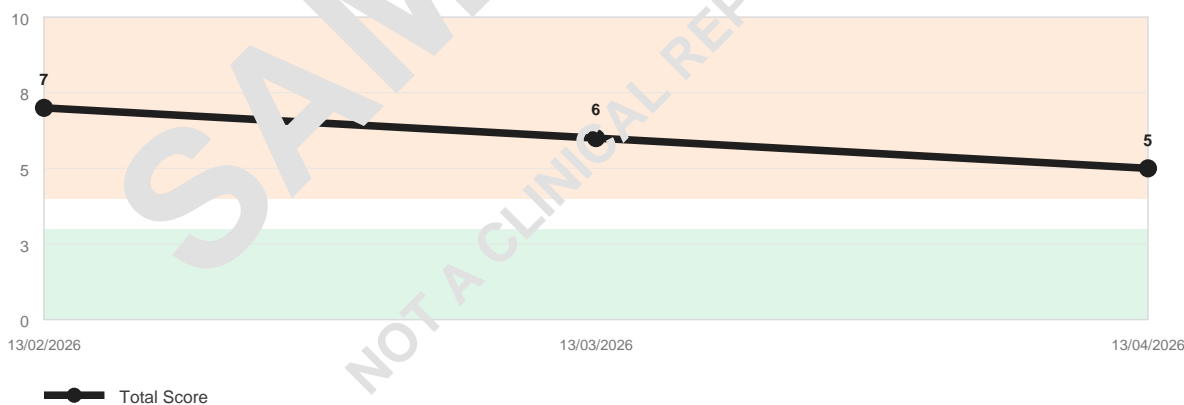


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SCORE HISTORY

Date	Score	Severity
13/02/2026	7	elevated risk
13/03/2026	6	elevated risk
13/04/2026	5	elevated risk

SCORE TRAJECTORY



RESPONSE DETAILS

#	Statement	No	Yes
1	Did a parent or other adult in the household often swear at you, insult you, put you down, or humiliate you? Or act in a way that made you afraid that you might be physically hurt?	<input type="radio"/>	<input checked="" type="radio"/>
2	Did a parent or other adult in the household often push, grab, slap, or throw something at you? Or ever hit you so hard that you had marks or were injured?	<input type="radio"/>	<input checked="" type="radio"/>
3	Did an adult or person at least 5 years older than you ever touch or fondle you or have you touch their body in a sexual way? Or try to or actually have oral, anal, or vaginal sex with you?	<input checked="" type="radio"/>	<input type="radio"/>
4	Did you often feel that no one in your family loved you or thought you were important or special? Or your family didn't look out for each other, feel close to each other, or support each other?	<input type="radio"/>	<input checked="" type="radio"/>
5	Did you often feel that you didn't have enough to eat, had to wear dirty clothes, and had no one to protect you? Or your parents were too drunk or high to take care of you or take you to the doctor if you needed it?	<input checked="" type="radio"/>	<input type="radio"/>
6	Were your parents ever separated or divorced?	<input checked="" type="radio"/>	<input type="radio"/>
7	Was your mother or stepmother often pushed, grabbed, slapped, or had something thrown at her? Or sometimes or often 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 checked="" type="radio"/>
8	Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?	<input checked="" type="radio"/>	<input type="radio"/>
9	Was a household member depressed or mentally ill or did a household member attempt suicide?	<input checked="" type="radio"/>	<input type="radio"/>
10	Did a household member go to prison?	<input type="radio"/>	<input checked="" type="radio"/>

Grounded Scribe Platform

Item-level response details, score tracking over time, RCI analysis, and outcome reports are available when assessments are administered through the platform.



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### REFERENCES

1. Felitti VJ, Anda RF, Nordenberg D, et al. Relationship of childhood abuse and household dysfunction to many of the leading causes of death in adults. *Am J Prev Med.* 1998;14(4):245-258.
2. Hughes K, Bellis MA, Hardcastle KA, et al. The effect of multiple adverse childhood experiences on health: a systematic review and meta-analysis. *Lancet Public Health.* 2017;2(8):e356-e366.
3. Haslam DM, Lawrence DM, Mathews B, Higgins F, Huong A, Scahill B, Dunne MP, Erskine HE, Thomas HJ, Finkelhor D, Pacella R, et al. The Australian Child Maltreatment Study (ACM) - a national survey of the prevalence of child maltreatment and its correlates: methodology. *Med J Aust.* 2023;218(Suppl 6):S5-S10. doi:10.5694/mja2.51869.
4. Merrick MT, Ford DC, Ports KA, et al. Vital and mortality and proportion of adult health problems attributable to adverse childhood experiences. *MMWR Morb Mortal Wkly Rep.* 2019;68(14):999-1005.

### ACKNOWLEDGEMENT & LICENSING

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