

Improving the Adverse Childhood Experiences Study Scale

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ARTICLE

Objective: To test and improve upon the list of adverse childhood experiences from the Adverse Childhood Experiences (ACE) Study scale by examining the ability of a broader range to correlate with mental health symptoms.

Design: Nationally representative sample of children and adolescents.

Setting and Participants: Telephone interviews with a nationally representative sample of 2030 youth aged 10 to 17 years who were asked about lifetime adversities and current distress symptoms.

Main Outcome Measures: Lifetime adversities and current distress symptoms.

Results: The adversities from the original ACE scale items were associated with mental health symptoms among the

participants, but the association was significantly improved (from $R^2=0.21$ to $R^2=0.34$) by removing some of the original ACE scale items and adding others in the domains of peer rejection, peer victimization, community violence exposure, school performance, and socioeconomic status.

Conclusions: Our understanding of the most harmful childhood adversities is still incomplete because of complex interrelationships among them, but we know enough to proceed to interventional studies to determine whether prevention and remediation can improve long-term outcomes.

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HE ADVERSE CHILDHOOD Experiences (ACE) Study¹ has attracted considerable scientific and policy attention in recent years, in part because it suggests that potentially preventable childhood experiences, particularly physical and sexual abuse and neglect, may increase a person's risk for serious health problems and higher mortality rates much later in life.

The study has demonstrated relationships between adverse childhood experiences and many adult health risks.¹⁻¹⁰ These results, which have been published widely in the health sciences, are based on a survey and medical records of more than 17 000 members of the Kaiser Health Plan in San Diego, California.^{1,11}

Nonetheless, research using the ACE Study model has some important limitations, in part because of the retrospective way in which data on childhood adversities have been gathered. The average age of respondents when they supplied information about their childhood experiences was 55 to 57 years. As a result, it is hard to be certain, particularly from such

a remote vantage, whether it is these particular childhood experiences or unmeasured covariates that are the most important predictors. In addition, the ACE Study list of preventable childhood adversities omits certain domains judged by many developmental researchers to be important in predicting long-term health and well-being outcomes. Among the predictors missing from the ACE Study model are peer rejection, exposure to violence outside the family, low socioeconomic status, and poor academic performance.

*For editorial comment
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For example, longitudinal studies show that growing up in poverty increases life-long risk for various negative life events and negative health outcomes.¹²⁻¹⁴ Peer rejection and lack of friends are associated with the development of many disorders.¹⁵⁻¹⁷ Poor school performance in childhood is associated with poor outcomes in adulthood, such as unemployment.¹⁸ Witnessing community violence has been

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**Add to support
XCE's questionnaires &
long-term use*

PARTICIPANTS

METHODS

These analyses use data from the National Survey of Children's Exposure to Violence (NaSCEV),²⁵ a representative sample of US children and adolescents. The NaSCEV was designed to obtain incidence and prevalence estimates for a wide range of childhood victimizations and other adversities. The survey was conducted between January 2008 and May 2008 with a nationally representative sample of 4549 children aged 0 to 17 years living in the contiguous United States. Interviews by the parents and youth were conducted over the telephone by the employees of an experienced survey research firm.

The foundation of the design was a nationwide sampling frame of residential telephone numbers from which a sample of telephone households was drawn by random digit dialing. This nationally representative cross section yielded 3033 of the 4549 completed interviews. To ensure that the study included a sizable proportion of racial/ethnic minorities and low-income respondents for more accurate subgroup analyses, there was also an oversampling of US telephone exchanges that had a population of 70% or more of African American, Hispanic, or low-income households. This oversampling yielded the re-

Victimization and Adversity

MEASUREMENT

The cooperation rate for the random digit dialing cross-section portion of the survey was 71%, and the response rate was 54%. The cooperation and response rates associated with the smaller oversample were somewhat lower at 63% and 43%, respectively. These are good rates by current survey research standards.²⁶⁻³⁰ Although the potential for response bias remains an important consideration, several recent studies and our own analysis²⁵ have shown no meaningful association between response rates and response bias.³¹⁻³⁴

RESPONSE RATES AND NONRESPONSE ANALYSES

RESPONSE RATES

A short interview was conducted with an adult caregiver (usually a parent) in each household to obtain family demographic information. One child was randomly selected from all eligible children living in a household by choosing the child with the most recent birthday. If the selected child was aged 10 to 17 years, the main telephone interview was conducted with the child. If the child was younger than 10 years, the interview was completed with the caregiver. However, the current analysis is based only on the 2030 youth aged 10 to 17 years who provided self-report information. Respondents were paid \$20 for their participation. The interviews averaging 45 minutes in both waves, were conducted in either English or Spanish. All procedures were approved by the Institutional review board at the University of New Hampshire.

PROCEDURE

naming 1496 of the completed interviews. Sample weights were calculated to adjust for differential probability of selection associated with (1) study design, (2) demographic variations in within-household eligibility, and (3) variations in response rates. For this study, we analyzed a subsample of the entire sample of 4549 respondents. This subsample consisted of 2030 youth who were aged 10 to 17 years at the time of the interview and for whom complete data were available on the variables of interest. Analyses in this study are weighted by the sample weights.

shown to be a mental health hazard for adults and children.^{19,20} These major childhood adversities are not currently measured by the ACE scale.

In addition, measuring childhood adversities during childhood, rather than later, may offer other improvements to the ACE Study's early life predictors of health outcomes.²¹ It allows the possibility of obtaining a more accurate and comprehensive assessment of childhood events than one would be able to obtain after many years. It also would allow a more sensitive untangling of the relationship among various adversities in ways that better explain causal sequences.

Although an obvious disadvantage is the inability to assess the long-term effects of childhood adversity on the negative life events and health conditions posited in the ACE Study model, examining more short-term effects in childhood is consistent with the logic of the model. Specifically, the ACE Study model relies strongly on the idea that adverse childhood experiences create a burden of psychological stress that changes behavior, cognitions, emotions, and physical functions in ways that promote subsequent health problems and illness.²² Among the hypothesized pathways, adverse childhood experiences lead to depression and post-traumatic stress disorder, which in turn can lead to substance abuse, sleep disorders, inactivity, immunosuppression, inflammatory responses, and inconsistent health care use, possibly leading to other medical conditions later in life.^{23,24} Therefore, childhood behavioral and emotional symptoms very likely represent a crucial mediator linking adverse childhood experiences and the longer term health-related problems found in the ACE studies.

Thus, in the present study, we tried to replicate the ACE Study findings in a cohort of youth, using psychological distress as an outcome measure, and to explore whether the adversities enumerated by the ACE Study could be improved upon by considering a more comprehensive range of possible adversities, including some of the domains not considered in the ACE Study.

Measures Used to Replicate Original ACE Study Items

The following measures were coded 0 for no and 1 for yes so that they could be summed to create the replicated ACE Study items. All are lifetime measures.

- Emotional abuse: One item asked respondents, "At any time in your life, did you get scared or feel really bad because grown-ups in your life called you names, said mean things to you, or said they didn't want you?"
- Physical abuse: Several screeners assessed the child's experience of physical assault. Children who answered yes to any of these assault screeners were coded as having experienced physical abuse if the incident was perpetrated by parent, an adult relative, or another adult caregiver.
- Sexual abuse: Four screeners asked about the child's experience of sexual assault or attempted rape by a known adult, an adult stranger, or a peer or sibling.
- Emotional neglect: Four questions about family social support were used to construct an indicator of emotional neglect. These items are shown in eTable 1. Total scores ranged from 4 to 16. Children whose family support score was 10 or lower were coded as having experienced emotional neglect.
- Physical neglect: A single item asked whether the child had ever experienced a time when adults in his or her life "didn't take care of them the way they should," including not providing enough food, not taking them to the doctor when they were sick, or not making sure they had a safe place to stay. Children who answered yes were coded as having experienced physical neglect.
- Mother treated violently: Twelve screeners asked children whether they had witnessed specific kinds of violence and abuse. Children who answered yes to any of these questions and who reported that their mother was the victim were coded 1 on this item.
- Household substance abuse: A single item assessed whether the child had a family member who "drank or used drugs so often that it caused problems."
- Household mental illness: Children who had a parent or sibling with depression, bipolar disorder, anxiety, or "other psychiatric disorder" (information obtained from the parent interview) or children who had "someone close" attempt suicide were coded 1 on household mental illness.
- Parental separation or divorce: We coded any respondent who was not currently living with 2 biological or adoptive parents as having experienced parental separation or divorce.
- Incarcerated household member: One adversity item asked whether a parent or guardian had ever been sent to prison.

Additional Victimization and Adversity Items Not Included in ACE Study

The measures listed herein, not included in the ACE Study, were examined as additional correlates of children's distress. A summary of these items is reported in eTable 2. Unless otherwise specified, questions regarding these items were asked in the child's portion of the interview:

- Peer victimization (assault, physical intimidation, or emotional victimization by a non sibling peer)
- Parents always arguing (respondents were asked whether there was a time in their lives when their parents were always arguing)
- Property victimization (experience of a robbery, theft, or vandalism by a non sibling perpetrator)
- Someone close to the child had a bad accident or illness
- Exposure to community violence (6 screeners asked whether the child had been exposed to certain types of crime)

Distress Symptoms

- Distress symptoms were measured using shortened versions of the anger, depression, anxiety, dissociation, and posttraumatic stress scales of the Trauma Symptom Checklist for Children (TSCC).²⁰ Respondents were asked how often they had experienced each symptom within the past month. Response options were on a 4-point scale from 1 (not at all) to 4 (very often), and responses from the items of all 5 scales were summed to create a total distress score consisting of 28 items. The Cronbach α value for total distress score in this study was 0.93.
- Demographic information was obtained in the initial parent interview, including the child's sex, age (in years), race/ethnicity (coded into 4 groups: white non-Hispanic, black non-Hispanic, other non-Hispanic, and Hispanic any race), or city of residence. Socioeconomic status is a continuous composite score based on the sum of the standardized household income and standardized parental educational level (for the parent with the highest educational level) scores, which was then restandardized. For our revised version of the ACE scale, we created a dummy indicator for low SES that flags children whose continuous SES value fell in the bottom, roughly 20%.

Demographics

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RESULTS

The ACE scale constructed with variables from NatsCEV that mimic the original items is associated with distress levels among youth aged 10 to 17 years, as measured by the Trauma Symptom Checklist for Children. Model 1 in Table 1 reports the regression of distress scores on

Table 1. Regression of Wave 1 Trauma Scores on Lifetime Victimization and Adversity

Characteristic (n = 2030)	%	Model 1	Model 2
Regression Coefficient, β^a			

Demographics, time t^b			
Age, mean, y	13.5	-0.01	-0.03
Male sex	51.2	-0.03	-0.08
Black, non-Hispanic	15.1	0.01	0.03
Other, non-Hispanic	5.7	-0.05 ^c	-0.05 ^c
Hispanic, any race	17.8	-0.02	-0.03
ACE scale items			
Physical abuse	14.9	0.16 ^c	0.13 ^c
Emotional abuse	17.7	0.16 ^c	0.08 ^c
Emotional neglect	7.7	0.12 ^c	0.12 ^c
Physical neglect	4.0	0.09 ^c	0.07 ^c
Household mental illness	27.9	0.08 ^c	0.04 ^c
Household substance abuse	16.8	0.08 ^c	0.01
Sexual abuse	6.6	0.08 ^c	0.05 ^c
Mother treated violently	13.1	0.05 ^c	-0.02
Incarcerated household member	11.1	0.02	-0.01
Parental separation or divorce	41.2	-0.01	-0.06 ^c
Additional victimization and adversity items			
Peer victimization (nonbullying)	47.6	0.17 ^c	0.15 ^c
Parents always arguing	22.0	0.15 ^c	0.13 ^c
Property victimization (nonbullying)	41.0	0.13 ^c	0.10 ^c
Someone close had a bad accident or illness	64.4	0.10 ^c	0.09 ^c
Exposure to community violence	63.4	0.09 ^c	0.07 ^c
No good friends	1.8	0.07 ^c	0.04 ^c
Socioeconomic status	0.04	-0.06 ^c	-0.04 ^c
Below-average grades	6.1	0.04 ^c	0.03 ^c
Someone close died from illness/accident	49.3	0.05 ^c	0.04 ^c
Parent lost job	19.5	0.04 ^c	0.03 ^c
Parent deployed to war zone	9.9	0.04 ^c	0.03 ^c
Disaster	10.9	0.03 ^c	0.02 ^c
Removed from family	4.8	0.03 ^c	0.02 ^c
Very overweight	3.0	0.02 ^c	0.01 ^c
Physical disability	6.9	-0.01 ^c	-0.02 ^c
Involved in a bad accident	13.8	-0.02 ^c	-0.03 ^c
Neighborhood violence is "big problem"	4.3	-0.02 ^c	-0.03 ^c
Family homelessness	3.2	-0.02 ^c	-0.03 ^c
Repeated a grade	13.2	-0.03 ^c	-0.03 ^c
Less masculine or feminine than peers	8.7	-0.03 ^c	-0.03 ^c
Adjusted R^2	0.24	0.24	0.36

Abbreviation: ACE, Adverse Childhood Experiences.
^aChange in adjusted R^2 was significant at $P < .001$.
^bReference category for race/ethnicity is white, non-Hispanic (61.4 % of sample).
^cCoefficient is significant at $P < .001$.
^dCoefficient is significant at $P < .01$.
^eCoefficient is significant at $P < .05$.

the items from the replicated ACE scale. The cumulative items were strongly associated with distress, and there was a clear dose-response relationship between the adversities and distress, as has been demonstrated in previous research.¹

However, the original ACE scale items did not each make an independent contribution to distress as illustrated in model 1 of Table 1. Two items, parental separation or divorce and incarceration of a household member, were not significant in the regression model of the whole scale. In addition, when other childhood adversities

items (not considered in the ACE studies) were added to the model (model 2 of Table 1), several ACE scale items dropped below significance. Moreover, several of the added childhood adversities showed strong associations with distress. These included peer victimization, property victimization, parents always arguing, having no good friends, having someone close with a bad illness or accident, SES, and exposure to community violence.

A revised ACE scale was then constructed, removing the original items that were no longer significant in the extended model. Significant new items were added to the scale, including parents always arguing, having no good friends, having someone close with a bad illness or accident, and exposure to community violence. The old and new scales are contrasted in **Table 2**. Regression with the new scale determined $R^2 = 0.34$ vs $R^2 = 0.21$ for the original version of the scale.

COMMENT

Table 2. Items in Original and Revised ACE Scales

ACE Scale Adversities (Lifetime)	Original	Revised
Emotional abuse	Physical abuse	Emotional abuse
Sexual abuse	Sexual abuse	Sexual abuse
Physical neglect	Physical neglect	Physical neglect
Emotional neglect	Emotional neglect	Emotional neglect
Household mental illness	Household mental illness	Household mental illness
Mother treated violently	Mother treated violently	Mother treated violently
Household substance abuse	Household substance abuse	Household substance abuse
Property victimization	Property victimization	Property victimization
Peer victimization (nonbullying)	Peer victimization (nonbullying)	Peer victimization (nonbullying)
Exposure to community violence	Exposure to community violence	Exposure to community violence
Socioeconomic status	Socioeconomic status	Socioeconomic status
Someone close had a bad accident or illness	Someone close had a bad accident or illness	Someone close had a bad accident or illness
Below-average grades	Below-average grades	Below-average grades
Parents always arguing	Parents always arguing	Parents always arguing
No good friends (at time of interview)	No good friends (at time of interview)	No good friends (at time of interview)

