

Appendix Table 1: Adverse Childhood Experiences Questionnaires

While you were growing up, in the first 18 years of your life,

1	Did a parent or other adult in the household often or very often...Swear at you, insult you, put you down, or humiliate you?	Yes/No
2	Did a parent or other adult in the household often or very often...Push, grab, slap, or throw something at you? or Ever hit you so hard that you had marks or were injured?	Yes/No
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 Attempt or actually have oral, anal, vaginal intercourse with you?	Yes/No
4	Did you often or very 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?	Yes/No
5	Did you often or very 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?	Yes/No
6	Were your parents ever separated or divorced?	Yes/No
7	Was your mother or stepmother: Often or very often pushed, grabbed, slapped, or had something thrown at her? or Sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard? or Ever repeatedly hit at least a few minutes or threatened with a gun or knife?	Yes/No
8	Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?	Yes/No
9	Was a household member depressed or mentally ill, or did a household member attempt suicide?	Yes/No
10	Did a household member go to prison?	Yes/No
Scoring: Total Score is indicated by number of Yes responses.		

Appendix Table 2: Brief Resilience Scale

Please respond to each item by marking <u>one</u> box per row	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I tend to bounce back quickly after hard times.	1	2	3	4	5
I have a hard time making it through stressful events.	5	4	3	2	1
It does not take me a long time to recover from a stressful event.	1	2	3	4	5
It is hard for me to snap back when something bad happens.	5	4	3	2	1
I usually come through difficult times with little trouble.	1	2	3	4	5
I tend to take a long time to get over setbacks in my life.	5	4	3	2	1
Scoring: Add the responses varying from 1-5 for all six items giving a range from 6-30. Divide the total sum by the total number of questions answered.					