

ID _____ Respondent _____
Date ___/___/___ Time Period _____
Interviewer Initials: _____
Notes: _____

Benevolent Childhood Experiences (BCEs) Scale

© Narayan, Rivera, Ghosh Ippen, & Lieberman, 2015

When you were growing up, during your first 18 years of life:

1. Did you have at least one caregiver with whom you felt safe?	YES NO
2. Did you have at least one good friend?	YES NO
3. Did you have beliefs that gave you comfort?	YES NO
4. Did you like school?	YES NO
5. Did you have at least one teacher who cared about you?	YES NO
6. Did you have good neighbors?	YES NO
7. Was there an adult (not a parent/caregiver or the person from #1) who could provide you with support or advice?	YES NO
8. Did you have opportunities to have a good time?	YES NO
9. Did you like yourself or feel comfortable with yourself?	YES NO
10. Did you have a predictable home routine, like regular meals and a regular bedtime?	YES NO

Please cite the following paper when using the BCEs:

Narayan, A. J., Rivera, L. M., Bernstein, R. E., Harris, W. W., & Lieberman, A. F. (2018). Positive childhood experiences predict less psychopathology and stress in pregnant women with childhood adversity: A pilot study of the benevolent childhood experiences (BCEs) scale. *Child Abuse and Neglect*, 78, 19-30. doi: 10.1016/j.chiabu.2017.09.022