

# Hurt, Insulted, Threatened with Harm and Screamed (HITS) Domestic Violence Screening Tool

Please read each of the following activities and type an "X" in the box that best indicates the frequency with which your partner acts in the way depicted.

Date: \_\_\_\_\_

Age: \_\_\_\_\_

Sex: Male \_\_\_\_\_ Female \_\_\_\_\_

Ethnicity: Caucasian \_\_\_\_\_ Hispanic \_\_\_\_\_ African American \_\_\_\_\_ Asian \_\_\_\_\_ Indian \_\_\_\_\_

| How often does your partner?  | Never | Rarely | Sometimes | Fairly Often | Frequently |
|-------------------------------|-------|--------|-----------|--------------|------------|
| 1. Physically hurt you        |       |        |           |              |            |
| 2. Insult or talk down to you |       |        |           |              |            |
| 3. Threaten you with harm     |       |        |           |              |            |
| 4. Scream or curse at you     |       |        |           |              |            |
|                               | 1     | 2      | 3         | 4            | 5          |
| Total Score:                  |       |        |           |              |            |

Each item is scored from 1-5. Range between 4-20. A score greater than 10 signifies that you are at risk of domestic violence abuse, and should seek counseling or help from a domestic violence resource center.

## **Statewide Resources**

*\*If you think you may be monitored on your home computer or phone, it may be safer to use a computer in a public library or at a trusted friend's house. You can ask your care provider for confidential help in accessing these resources.*

Louisiana Statewide Domestic Violence Hotline: (888) 411-1333

## **Safety Planning Guidance:**

<https://lcadv.org/safety-planning/>