

HITS (HURT, INSULT, THREATEN, SCREAM) SCREENING TOOL FOR DOMESTIC VIOLENCE

Place a CHECK MARK (✓) next to the answer that indicates the frequency in which your partner acts in the way depicted in this past **month**.

Please speak to your health care provider if need help, regardless of the score.

This screening tool will help identify if extra support is needed. resources below

1. HOW OFTEN DOES YOUR PARTNER PHYSICALLY HURT YOU?

Never _____ (1)
Rarely _____ (2)
Sometimes _____ (3)
Fairly often _____ (4)
Frequently _____ (5)

2. HOW OFTEN DOES YOUR PARTNER INSULT OR TALK DOWN TO YOU?

Never _____ (1)
Rarely _____ (2)
Sometimes _____ (3)
Fairly often _____ (4)
Frequently _____ (5)

3. HOW OFTEN DOES YOUR PARTNER THREATEN YOU WITH HARM?

Never _____ (1)
Rarely _____ (2)
Sometimes _____ (3)
Fairly often _____ (4)
Frequently _____ (5)

4. HOW OFTEN DOES YOUR PARTNER SCREAM OR CURSE AT YOU?

Never _____ (1)
Rarely _____ (2)
Sometimes _____ (3)
Fairly often _____ (4)
Frequently _____ (5)

A score of greater than 10 is considered positive.



FINAL SCORE:

WHAT NEXT?

IF YOU TESTED

POSITIVE:

- Providers can call the Virginia statewide hotline: 1-800-838-8238 for the Virginia Sexual and Domestic Violence Action Alliance to connect patients with an advocate. Hotlines – Virginia Sexual & Domestic Violence Action Alliance (vsdvalliance.org)
 - If they are in crisis for IPV and need alternate housing, advocates will work with patient to find short-term alternative housing (stay with a family member or friend, pay for a bus ticket to stay with family, or as a last resort they can offer shelter or hotel stay).
 - If they are not in crisis for IPV, and need to be connect to resources, advocates will work with the patient to safety plan and coordinate local resources.

RESOURCES

Depression Resources (google.com)

- The National Maternal Mental Health Hotline is free, confidential, and here to help, 24/7. Call or text: 1-833- TLC-MAMA National Maternal Mental Health Hotline | MCHB (hrsa.gov).