

SCOFF Questionnaire

A Screener for Eating Disorders

The SCOFF Questionnaire is a five-question screening tool that has been validated in specialist and primary care settings. It has a sensitivity of 100% and specificity of 90% for anorexia nervosa. Though not diagnostic, a score of 2 or more positive answers should raise your index of suspicion of a case, highlighting need for more detailed history as delineated below. The questions can be delivered either verbally or in written form.

S – Do you make yourself Sick because you feel uncomfortably full?

C – Do you worry you have lost Control over how much you eat?

O – Have you recently lost more than One stone (6.35 kg) in a three-month period?

F – Do you believe yourself to be Fat when others say you are too thin?

F – Would you say Food dominates your life?

An answer of 'yes' to two or more questions warrants further questioning and more comprehensive assessment.

A further two questions have been shown to indicate a high sensitivity and specificity for bulimia nervosa. These questions indicate a need for further questioning and discussion.

1. Are you satisfied with your eating patterns?

2. Do you ever eat in secret?

Luck, A.J., Morgan, J.F., Reid, F., O'Brien, A., Brunton, J., Price, C., Perry, L., Lacey, J.H. (2002), 'The SCOFF questionnaire and clinical interview for eating disorders in general practice: comparative study', *British Medical Journal*, 325,7367, 755 - 756.

