

SCOFF QUESTIONNAIRE

A screening tool for eating disorders

The SCOFF questionnaire is a five-question screening tool designed to raise suspicion that an eating disorder might exist rather than to make a diagnosis. 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.

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