

# 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.

<b>S</b>	<b>Do you make yourself Sick because you feel uncomfortably full?</b>
<b>C</b>	<b>Do you worry you have lost Control over how much you eat?</b>
<b>O</b>	<b>Have you recently lost more than One stone (6.35 kg) in a three-month period?</b>
<b>F</b>	<b>Do you believe yourself to be Fat when others say you are too thin?</b>
<b>F</b>	<b>Would you say Food dominates your life?</b>

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

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