

SCOFF QUESTIONNAIRE

A screening tool for eating disorders



THE VICTORIAN
CENTRE OF
EXCELLENCE IN
EATING
DISORDERS

The **SCOFF** Questionnaire is a five-question screening tool designed to clarify 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

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.