



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 **S**ick because you feeling uncomfortably full?

C

- Do you worry you have lost **C**ontrol over how much you eat?

O

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

F

- Do you believe yourself to be **F**at when others say you are too thin?

F

- Would you say **F**ood dominates your life?

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

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