

SCOFF Questionnaire - Test for Detecting Eating Disorders

The **SCOFF Questionnaire**, devised by researchers at St George's Hospital Medical School, is a valid and reliable screening tool for detecting the existence of an eating disorder. The questions focus on some key characteristics of **anorexia** and **bulimia**.

* SCOFF Questionnaire *

1. Do you make yourself **S**ick because you feel uncomfortably full?

Yes

No

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

Yes

No

3. Have you recently lost more than **O**ne stone in a 3 month period?

Yes

No

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

Yes

No

5. Would you say that **F**ood dominates your life?

Yes

No

Interpretation of Results

If you answer 'No' to every question, the test indicates you do not have an eating disorder. If you still think you may have an eating disorder, see your doctor.

If you answer 'Yes' to 1 question, with the rest answered as 'No', the test indicates you do not have an eating disorder. However, it does suggest you may have some issues with food or your body image. If you are in any doubt about whether or not you have an eating disorder, see your doctor.

If you answered Yes to at least 2 questions, the test indicates you may have **Anorexia Nervosa** or **Bulimia Nervosa**. This is not a diagnosis, but it is possible you have an eating disorder that needs further investigation by a qualified health professional. Please see your doctor.

Adapted from:

Morgan, J. F., F. Reid and J. H. Lacey. The SCOFF questionnaire: assessment of a new screening tool for eating disorders. *BMJ*. 319: 1467 - 1468, Dec 1999.