

SCOFF Screening Tool

These questions may be used to explore the possibility of whether someone might be experiencing an eating disorder. The tool is not intended for making a diagnosis, however highlights those who may require further investigation.

1. Do you ever make yourself sick (vomit) because you feel uncomfortably full?
2. Do you worry you have lost control over how much you eat?
3. Have you recently lost more than one stone (approx 6 Kg) in a three month period?
4. Do you believe yourself to be fat when others say you are too thin?
5. Would you say that food dominates your life?

Each positive response (yes) is given 1 point. A score of 2 or more indicates a possible eating disorder and warrants further exploration.

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.



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