

SCOFF Questionnaire

Initial 5-Question Screen for Eating Disorders

The SCOFF Questionnaire is a rapid screening tool designed to clarify risk of 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? Y N

C – Do you worry you have lost Control over how much you eat? Y N

O – Have you recently lost more than One stone (15 lbs) in a 3-month period? Y N

F – Do you believe yourself to be Fat when others say you are too thin? Y N

F – Would you say Food dominates your life? Y N

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

The 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?

Additional comment:

2. Do you ever eat in secret?

Additional comment:

Ref: [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.](#)