Screening Tools for Eating Disorders

The SCOFF Questionnaire

Eating disorders are among the most common psychiatric disorders in young women. Early detection and treatment improve the prognosis, but the presentation of eating disorders is often cryptic—for example, via physical symptoms in primary care.

If you suspect someone you are working with has an eating disorder what should you do? Apply the SCOFF questions. These questions have been validated to be 100% sensitive for anorexia and bulimia, both separately and combined when there are two or more yes answers to the following 5 questions:

- Do you make yourself Sick because you feel uncomfortably full?
- Do you worry that you have lost Control over how much you eat?
- Have you recently lost more than One stone (14 lb) in a 3-month period?
- Do you believe yourself to be Fat when others say you are too thin?
- Would you say that Food dominates your life?

How to interpret the questionnaire: each “yes” equals 1 point; a score of 2 indicates a likely diagnosis of anorexia nervosa or bulimia.

** For more information on the SCOFF please see - The SCOFF questionnaire: a new screening tool for eating disorders West J Med. 2000 March; 172 (3): 164–165. John F Morgan, Fiona Reid, and J Hubert Lacey

The NEDA Online Screening Tool – https://www.mentalhealthscreening.org/screening/NEDA

This quiz, based on the work of D.M. Garner, M.P. Olmsted, Y. Bohr, and P.E. Garfinkel is designed to help you determine if it’s time to seek professional help.

This screening is designed to help you look at thoughts and behaviors that may be associated with eating disorders. This screening is not a substitute for assessment and/or treatment by a qualified professional. All of your answers will be kept confidential. You may contact the National Eating Disorders Association Helpline, for any questions related to this screening. This screening is NOT an official diagnosis of an eating disorder. Please contact a treatment professional to receive an official diagnosis.