

amy's GIFT

QUAD CITIES EATING DISORDERS CONSORTIUM



The **SCOFF Eating Disorders Questionnaire** is a simple, five question, screening measure for anorexia nervosa and bulimia nervosa. Developed in the United Kingdom, the acronym for SCOFF does not translate fully for other countries but the questions are easily adapted to any culture.

Answering "yes" to two or more of the following questions indicates a possible case of anorexia nervosa or bulimia nervosa.

SCOFF Eating Disorders Questionnaire

- 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 14 lbs. 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?

Additional Questions & Signs of Eating Disorders

- Have you gained a lot of weight (not due to a medical condition)?
- Do you eat large amounts of food in short periods of time when emotional?
- Body weight < 85% Ideal Body Weight?
- Amenorrhea for 3 consecutive months?
- Any bingeing and purging?
- Use of laxatives, diuretics, or diet pills?
- Abnormal vital signs (heart rate <35-40 beats/min)?
- Rapid and severe weight loss unresponsive to outpatient treatment?
- Teeth decay or xerostomia?

What do I do next? If you did answer "yes" to two or more of the questions above, it is important to be assessed by an eating disorder professional, such as a therapist, dietician, or physician. A professional can determine if you do, indeed, suffer from anorexia nervosa or bulimia nervosa. Once you have been assessed by someone and a diagnosis has been determined, a professional can also help you begin treatment by determining what level of care would be appropriate for you, as well as helping you to build a treatment team.

Even if you didn't answer "yes" to two or more of the questions, but you still believe that you may have a problem, it is recommended that you seek assessment as well. The SCOFF questionnaire may not pick up all eating disorders. Many professionals also recognize that people may be struggling with body-image concerns or an obsession with healthy eating to an extent that would warrant clinical treatment ■

Funded By



Facilitated By

