

SCOFF Questions

Do you make yourself **S**ick (induce vomiting) because you feel uncomfortably full?

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

Have you recently lost more than **O**ne stone (14 lb [6.4 kg]) in a three-month period?

Do you think you are too **F**at, even though others say you are too thin?

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

One point for every yes answer; a score 2 indicates a likely case of anorexia nervosa or bulimia nervosa (sensitivity: 100 percent; specificity: 87.5 percent).

Reprinted with permission from Morgan JF, Reid F, Lacey JH. The SCOFF questionnaire: assessment of a new screening tool for eating disorders. BMJ 1999; 319:1467.

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