

A Quick Assessment for Eating Concerns

Background on the SCOFF

The S.C.O.F.F. was developed by British researchers as a screening tool for eating problems in a primary care setting (Perry et al., 2002). "SCOFF" is an acronym with each letter representing one of the five "yes/no" screening questions. Write down your answers to each question. Give yourself one point for every question you answer with a "yes".

Questions

1. Do you make yourself sick 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 15 pounds (one stone) in a three-month period?
4. Do you believe yourself to be fat when others say you are too thin?
5. Would you say food dominates your life?

Scoring the SCOFF

*Answering "yes" to two or more of the questions indicates it is "quite likely" the respondent has an eating problem. Anyone scoring a two or higher should seek an evaluation by a qualified professional, preferably someone with a background in assessing eating concerns.

References

Perry, L., Morgan, J. Reid, Brunton, J., O'Brien, A., Luck, A., & Lacey, H. (2002). Screening for symptoms of eating disorders: Reliability of the SCOFF Screening Tool with written compared to oral deliver. *International Journal of Eating Disorders*, 32, 466-472.