

SCOFF Questionnaire

The SCOFF Questionnaire (Morgan et al., 1999) is a five-question screening tool designed to detect the presence of an eating disorder of any type. A positive score on the SCOFF (≥ 2) indicates suspicion of an eating disorder, for which further evaluation with an eating disorder specialist is recommended to confirm an accurate diagnosis. The questions may be delivered verbally as part of an overall health evaluation. This tool can be used in the general population to identify people who may be at risk or have an eating disorder.

S – Do you make yourself S ick (throw up) because you feel uncomfortably full?	Y/N
C – Do you worry you have lost C ontrol over how much you eat?	Y/N
O – Have you recently lost more than O ne stone (approximately 14 pounds) in a 3-month period?	Y/N
F – Do you believe yourself to be F at when others say you are too thin?	Y/N
F – Would you say you have thoughts and fears about F ood and weight that dominate your life?	Y/N

Scoring: Each “yes” response to the five yes/no questions on the SCOFF is summed for the total score. Scores of 2 or greater indicate a likely case of an eating disorder (sensitivity: 100 percent; specificity: 87.5 percent). Consult an eating disorder specialist as necessary.

References

- Botella, J., Sepúlveda, A., Huang, H. and Gambará, H. (2013). A Meta-Analysis of the Diagnostic Accuracy of the SCOFF. *The Spanish Journal of Psychology*, 16. Doi:10.1017/sjp.2013.92
- Morgan, J., Reid, F. & Lacey, J. (1999). The SCOFF questionnaire: assessment of a new screening tool for eating disorders. *BMJ*, 319(7223), pp.1467-1468. Doi:10.1136/bmj.319.7223.1467.
- Perry, L., Morgan, J., Reid, F., 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 delivery. *International Journal of Eating Disorders*, 32(4), 466–472. Doi:10.1002/eat.10093.
- Solmi, F., Hatch, S., Hotopf, M., Treasure, J. & Micali, N. (2014). Validation of the SCOFF questionnaire for eating disorders in a multiethnic general population sample. *International Journal of Eating Disorders*, 48(3), 312–316. Doi:10.1002/eat.22373.