

The SCOFF questionnaire

This screening test is called the SCOFF questionnaire, which consists of five simple questions:

- Do you make yourself **S**ick because you feel uncomfortably full?
- Do you worry you have lost **C**ontrol over how much you eat?
- Have you recently lost more than **O**ne stone in a three month period?
- Do you believe yourself to be **F**at when others say you are too thin?
- Would you say that **F**ood dominates your life?

There is a point for every “yes” – a score of 2 or above indicates a likely case of anorexia nervosa or bulimia.