SCOFF Questionnaire - Test for Detecting Eating Disorders

The SCOFF Questionnaire, devised by researchers at St George's Hospital Medical School, is a valid and reliable screening tool for detecting the existence of an eating disorder. The questions focus on some key characteristics of anorexia and bulimia.

* SCOFF Questionnaire *

1. Do you make yourself sick because you feel uncomfortably full?
   - Yes
   - No

2. Do you worry you have lost control over how much you eat?
   - Yes
   - No

3. Have you recently lost more than one stone in a 3 month period?
   - Yes
   - No

4. Do you believe yourself to be fat when others say you are too thin?
   - Yes
   - No

5. Would you say that food dominates your life?
   - Yes
   - No

Interpretation of Results

If you answer ‘No’ to every question, the test indicates you do not have an eating disorder. If you still think you may have an eating disorder, see your doctor.

If you answer ‘Yes’ to 1 question, with the rest answered as ‘No’, the test indicates you do not have an eating disorder. However, it does suggest you may have some issues with food or your body image. If you are in any doubt about whether or not you have an eating disorder, see your doctor.

If you answered Yes to at least 2 questions, the test indicates you may have Anorexia Nervosa or Bulimia Nervosa. This is not a diagnosis, but it is possible you have an eating disorder that needs further investigation by a qualified health professional. Please see your doctor.