

SCOFF 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 (14 pounds) 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?

NOTE: Score one point for every "yes"; a score of two or more is a likely indication of anorexia nervosa or bulimia.

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