**SCOFF Questionnaire**

**A Screening Tool for Eating Disorders**

The SCOFF questionnaire is a five-question screening tool designed to screen for potential eating disorders. It is not meant to make a diagnosis. The assessment can be administered either verbally or in written form. Please circle one answer for each question below:

**S** – Do you make yourself **S**ick because you feel uncomfortably full?

 Yes No

**C** – Do you worry you have lost **C**ontrol over how much you eat? Yes No

**O**- Have you recently lost more than **O**ne stone (6.35kg or approximately 14 pounds)? Yes No

**F** – Do you believe yourself to be **F**at when others say you are too thin? Yes No

**F**- Would you say **F**ood dominates your life? Yes No

*An answer of “yes” to two or more questions warrants further questioning and a more comprehensive assessment.*

**Citations**

Hill, L. S., Reid, F., Morgan, J. F., & Lacey, J. H. (2010). SCOFF, The Development of an Eating Disorder Screening Questionnaire. International Journal of Eating Disorders, 43(4), 344-51. doi: 10.1002/eat.20679.

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Solmi, F., Hatch, S. L., Hotopf, M., Treasure, J., & Micali, N. (2015). Validation of the SCOFF Questionnaire for Eating Disorders in a Multiethnic General Population Sample. International Journal of Eating Disorders, 48(3), 312-6. doi: 10.1002/eat.22373.

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