

Screening for Disordered Eating SCOFF Questions

These questions were developed by John Morgan at Leeds Partnerships NHS Foundation Trust. This uses five simple screening questions and has been validated in specialist and primary care settings. It has a sensitivity of 100% and specificity of 90% for anorexia nervosa. Though not diagnostic, *a score of 2 or more positive answers* should raise your index of suspicion of a case, highlighting the need for more detailed history as delineated below.

- Do you ever 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 lbs or 6.4 kg) 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?

However, some cases of anorexia nervosa deny even these symptoms and it is important to keep weight under review if the diagnosis is suspected.

From Centre for Eating and Dieting Disorders:

<http://cedd.org.au/>

Steps for Referral to Registered Dietitian Nutritionist:

1. Obtain patient permission to share information.
2. Fax the referral to Katie Hake Health & Fitness, LLC at (317) 548-1739.
 - a. Can also email katie@katiehake.com or have the client schedule a free 15-minute consultation at www.katiehake.com/schedule.