The **SCOFF** Questionnaire is a five-question screening tool designed to clarify suspicion that an eating disorder might exist rather than to make a diagnosis. The questions can be delivered either verbally or in written form.

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

**C** – Do you worry you have lost **C**ontrol over how much you eat?

**O** – Have you recently lost more than **O**ne stone (6.35 kg) in a three-month period?

**F** – Do you believe yourself to be **F**at when others say you are too thin?

**F** – Would you say **F**ood dominates your life?

An answer of ‘yes’ to two or more questions warrants further questioning and more comprehensive assessment.

A further two questions have been shown to indicate a high sensitivity and specificity for bulimia nervosa. These questions indicate a need for further questioning and discussion.

1. Are you satisfied with your eating patterns?

2. Do you ever eat in secret?