



SCOFF Questionnaire

(Useful Eating Disorder screening questions)

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?