



Center for
Eating Disorders

MODIFIED SCOFF QUESTIONNAIRE 5 minute Eating Disorder Screening Tool

Administration and scoring guidelines

The SCOFF, a self-administered 6 question quiz is a simple, reliable screening tool to detect the presence of and aid in the treatment of an eating disorder of any type. A positive score on the SCOFF indicates suspicion of an ED. Further evaluation to confirm an accurate diagnosis. The SCOFF can be administered as needed or as part of an overall health evaluation process.

Scoring is simple. One point for every “yes” answer. A score of 2 or more indicates a likely case of eating disorder (sensitivity: 100 percent; specificity: 87.5 percent). In this instance, further evaluation is recommended.

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

Modified SCOFF developed by Dooley-Hash, S. and Banker, JD, 2011.

For further information contact: Center for Eating Disorders,
111 North First Street, Suite 2
Ann Arbor, MI 48104

734.668.8585 info@center4ed.org www.center4ed.org

Modified SCOFF Questionnaire

This is a brief questionnaire that is looking at your inner attitudes and feelings about food. Please read the questions below and check Yes or No as appropriate.

- 1) Do you ever make yourself throw up (or use laxatives, water pills or exercise) because you feel uncomfortably full?

Yes **No**

- 2) Do you worry you have lost control over how much you eat?

Yes **No**

- 3) Have you recently lost or gained more than 10-15 pounds in a 3 month period?

Yes **No**

- 4) Do you believe yourself to be fat when others say you are too thin?

Yes **No**

- 5) Do thoughts and fears about food and weight dominate your life?

Yes **No**

- 6) Do you feel bad about yourself because of your weight, shape, or eating habits?

Yes **No**

SJMHS-Ann Arbor, Huron Oaks Adult Partial Hospitalization Program

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

Modified SCOFF developed by Dooley-Hash, S. and Banker, JD, 2011, Center for Eating Disorders, center4ed.org