



Section of Eating Disorders
Institute of Psychiatry

Eating Disorders Unit
South London and Maudsley NHS Foundation Trust

THE SCOFF QUESTIONNAIRE

Early detection in patients with unexplained weight loss improves prognosis and may be aided by use of the SCOFF questionnaire, 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 need for more detailed history as delineated below.

Do you ever make yourself sick because you feel uncomfortably full?

Do you worry you have lost control over how much you eat?

Have you recently lost more than one stone in a three month period?

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

Would you say that food 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.