

## SCOFF QUESTIONS

The SCOFF Questionnaire contains the following 5 questions:

Do you 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 lb) in a 3-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?

(1 point is given for every "yes"; a score of  $\geq 2$  indicates a likely case of AN or BN)