

## Screening Questions for Eating Disorders

Estimates of the lifetime prevalence of anorexia (0.3 percent to 3.7 percent) and bulimia (1.0 percent to 4.2 percent) among women vary significantly between studies (Work Group on Eating Disorders, American Psychiatric Association, 2006). Rates of these eating disorders among men are significantly lower. The SCOFF (Morgan, Reid, & Lacey, 1999) provides five helpful screening questions for eating disorders:

- *Do you make yourself Sick because you feel uncomfortably full?*
- *Do you worry you have lost Control over how much you eat?*
- *Do you believe yourself to be fat when Others say you are too thin?*
- *Have you recently lost more than Fourteen pounds in a 3-month period?*
- *Would you say that Food dominates your life?*

Two or more answers of yes indicate a likely diagnosis of anorexia nervosa or bulimia. Note that, as with all screening questions, further information will be needed to make a diagnosis according to the Diagnostic and Statistical Manual of Mental Disorders.

### REFERENCES

Morgan, J. F., Reid, E., & Lacey, J. H. (1999). The SCOFF questionnaire: Assessment of a new screening tool for eating disorders. *British Journal of Medicine*, 319, 1497–1498.

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