

Yorkshire Centre for Eating Disorders

Health Professionals

This section contains basic information for healthcare professionals, GPs, and mental health professionals.

Screening tool

Dr Morgan and Professor Lacey developed a 'screening' instrument for eating disorders called the SCOFF, based around 5 simple screening questions, and published in a series of papers in the BMJ. SCOFF is a valid and reliable screening for detecting the existence of an eating disorder. It consists of the following questions:

1. Do you make yourself Sick because you feel uncomfortably full?
2. Do you worry you have lost Control over how much you eat?
3. Have you recently lost more than One stone in a 3 month period?
4. Do you believe yourself to be Fat when others say you are too thin?
5. Would you say that Food dominates your life?

One point for every "yes"; a score of 2 or more indicates a likely case of anorexia nervosa or bulimia.

Assessment of physical risks

- [The Royal College of psychiatrist – Eating Disorders Section](#)
- [A simplified 'treatment algorithm' for the management of adults with eating disorders](#) - This outlines the importance of an initial comprehensive assessment, including assessment of physical risk.
- [A Guide to diagnosis and early management](#)
- [Management of mild to moderate eating disorders in the community](#)
- [Dietary rules](#)
- [Eating disorders and driving](#)