

SCOFF Eating Disorder Screening Scale

What does this SSW measure address?

This scale measures risk for developing and/or having an eating disorder or disordered eating habits and attitudes.

Why is it important?

The mental health diagnosis of eating disorder has the highest association with death of all diagnoses. Eating disorders can lead to life-threatening health issues and are a major concern for students' well-being and educational success. The scale can be used as a follow up to risk-level Body Weight scores on the SSP 2020 and a pretest post-test measure for intervention. Depending on students' SCOFF scores, tier 1, 2, or 3 interventions may be indicated.

For use with:

Middle and high school students.



What do researchers say about the quality of the scale?

A number of studies have found the SCOFF scale to have acceptable screening characteristics based on its identification of known cases of eating disorders.

Source:

Luck, A.J., Morgan, J.F., Reid, F. (2002). The SCOFF questionnaire and clinical interview for eating disorders in general practice: comparative study. *British Medical Journal*, 325, 755-756.

This measure was first developed by Family and Children First Councils.

Scoring:

The total score for the eating disorder screening is a simple count of yes responses. Higher counts indicate more risk. A score of 2 or above indicates the student may be at risk of having an eating disorder. You can also Interpret each yes response as an important indicator that can be discussed with students.

MEASURES FOR PRACTICE

SCOFF Eating Disorder Screening Scale

Please read each of the following questions carefully and fill in the circle next to questions that are true for you.

**Fill in the circle
if your answer
is Yes**

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 14 pounds in a three-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?