

Have I Got an Eating Disorder?

Researchers from the UK developed a screening tool for detecting eating problems in primary care (to be used during a consultation by a GP, family doctor or physician). It's called the SCOFF, which is an acronym with each letter representing one of five questions. You need to answer yes or no to each question, and every yes answer equals 1 point:

- S** Sick – Do you make yourself sick because you feel uncomfortably full?
- C** Control – Do you worry that you have lost control over how much you eat?
- O** One stone – Have you recently lost more than 1 stone (14lb or 6.5kg) in a three-month period?
- F** Fat – Do you believe yourself to be fat when others say you are too thin?
- F** Food – Would you say food dominates your life?

If you have scored 2 points or more, then this indicates that you are quite likely to be suffering with an eating problem and should seek advice from a qualified health professional.