

Eating Disorder Assessment Tool

The SCOFF questionnaire is a useful tool to screen for maladaptive eating behaviors. Individuals answering “yes” to two or more questions may be at risk for an eating disorder and should be referred for further evaluation.

- Sick:** Do you make yourself sick because you feel uncomfortably full?
- Control:** Do you worry that you lose control over how much you eat?
- One Stone:** Have you lost more than one stone (14 lb) in 3 months?
- Fat:** Do you believe yourself to be fat when others say you are thin?
- Food:** Would you say that food dominates your life?

Use of the SCOFF questionnaire as a screen for maladaptive eating behaviors has been recommended in the American Association for Pediatrics Committee on Adolescence Clinical Report on the “*Identification and Management of Eating Disorders in Children and Adolescents*” and the Academy for Eating Disorders 2016 report “*Eating Disorders: A Guide for Medical Care.*”

Morgan, J.F., Reid, F. Lacey, H. (1999). The SCOFF questionnaire: assessment of a new screening tool for eating disorders. BMJ; 319, 1467-8





Seek Connect with an eating disorder specialist for a case consultation.



Contact Reach out to begin a conversation with a member of the Veritas Collaborative Intake Team.



Assessment We will partner with you to complete the medical assessment and review your insurance benefits on your behalf.



Recommendation Once we determine that Veritas is the best fit, our team will work to schedule an admission date and time.

Durham, NC · Richmond, VA · Atlanta, GA

*Inpatient, Acute Residential, Partial Hospitalization,
Intensive Outpatient & Outpatient*

*Veritas Collaborative provides comprehensive, evidence-based care
for persons with eating disorders diagnoses, ages 8 and above,
in a gender-diverse and inclusive environment.*

Contact the Veritas Collaborative Admissions Department at
(919) 908-9740 or admissions@veritascollaborative.com.

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