



I. Assessing Risk of Developing an Eating Disorder

British investigators have developed a five-question screening tool called the SCOFF Questionnaire for recognizing eating disorders:[†]

1. Do you make yourself Sick because you feel full?
2. Do you lose Control over how much you eat?
3. Have you lost more than One stone (about 13 pounds) recently?
4. Do you believe yourself to be Fat when others say you are thin?
5. Does Food dominate your life?

Two or more positive responses suggest an eating disorder.

1. After completing this questionnaire, do you feel that you might have an eating disorder or the potential to develop one?

2. Do you think some of your friends might have an eating disorder?

3. What counseling and education resources exist in your area or on your campus to help with a potential eating disorder?

4. If a friend has an eating disorder, what do you think is the best way to assist him or her in getting help?

[†]Morgan JF and others: The SCOFF Questionnaire, *British Medical Journal* 319:1467, 1999.

II. Helping Prevent Eating Disorders

You have been asked to speak to a junior high school class about eating disorders. What are four major points that you would make to help prevent disordered eating in this population?

1. _____
2. _____
3. _____
4. _____

Here are points you may consider:

1. Extreme thinness is oversold in the media. Extremely low weight (i.e., BMI of less than 17.5) is generally not healthy.
2. Self-induced vomiting is dangerous. Damage to the teeth, stomach, and esophagus often results.
3. Loss of menstrual periods is a sign of illness. It is important to see a physician about this. Bone deterioration is a common result.
4. The treatment of eating disorders in early phases aids success. These diseases are difficult to treat once firmly established.