TABLE 3
SCOFF Questions

Do you make yourself Sick (induce vomiting) because you feel uncomfortably full?

Do you worry that you have lost Control over how much you eat?

Have you recently lost more than One stone (14 lb [6.4 kg]) in a three-month period?

Do you think you are too Fat, even though others say you are too thin?

Would you say that Food dominates your life?

One point for every yes answer; a score $\geq 2$ indicates a likely case of anorexia nervosa or bulimia nervosa (sensitivity: 100 percent; specificity:
87.5 percent).