

Eating Disorder Screening Quiz

Use this brief screening measure to help you determine if you might need to see a mental health professional for diagnosis and treatment of anorexia, bulimia, or another eating disorder.



Instructions: This is a screening measure to help you determine whether you might have an eating disorder that needs professional attention. This screening measure is not designed to make a diagnosis of an eating disorder or take the place of a professional diagnosis or consultation. For each item, indicate the extent to which it is true, selecting the appropriate box next to the item.

Gender: Male _____ Female _____

Age: _____

1. Do you make yourself sick because you feel uncomfortably full?

No	0
Sometimes	1
Often	2

2. Do you worry you have lost control over how much you eat?

No	0
Sometimes	1
Often	2

3. Have you recently lost more than 15 lbs. over a 3 month period?

No	0
Yes	2

4. Do you believe yourself to be fat when others say you are too thin?

No	0
Sometimes	1
Often	2

5. Would you say that food dominates your life?	
No	0
Sometimes	1
Often	2

You have answered this self-report questionnaire in such a way as to suggest that you do not likely currently suffer from an eating disorder. However, you should not take this as a diagnosis or recommendation for treatment in any way.

SCORES

If you scored...	Then an...
6 & up	Eating disorder is likely
4 - 5	Eating disorder is probable
0 - 3	Eating disorder is unlikely

This is not meant as a diagnosis tool!

If you are suffering from feelings which are causing you concern and interfere with your daily functioning, you should seek immediate treatment from a trained mental health professional within your community.

Sources:

Morgan, Reid, & Lacey (1999), The SCOFF questionnaire: assessment of a new screening tool for eating disorders

Andreou Eleni (2010), Eating disorders of today, MAZI Foundation, Nicosia