**SCOFF tool**

Do you make yourself Sick because you feel uncomfortably full?

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

Have you recently lost more than One stone in a 3 month period?

Do you believe yourself to be Fat when others say you are too thin?

Would you say that Food dominates your life?

One point for every "yes"; a score of >=2 indicates a likely case of anorexia nervosa or bulimia

Opportunistic screening of high risk groups in general practice should include:-

* Young women
* Patients with low or high BMI
* Adolescents consulting with weight concerns
* Women with menstrual disturbances or amenorrhoea
* Patients with gastrointestinal disturbances
* Patients with psychological problems

There is evidence that early intervention improves outcomes and therefore screening is a valuable tool.