

ESP

- Are you satisfied with your eating patterns? (A “no” to this question was classified as an abnormal response).
- Do you ever eat in secret? (A “yes” to this and all other questions was classified as an abnormal response).
- Does your weight affect the way you feel about yourself?
- Have any members of your family suffered with an eating disorder?
- Do you currently suffer with or have you ever suffered in the past with an eating disorder?

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SCOFF¹²

- Do you make yourself **S**ick because you feel uncomfortably full?
- Do you worry you have lost **C**ontrol over how much you eat?
- Have you recently lost more than **O**ne stone (14 lb or 7.7 kg) in a three month period?
- Do you believe yourself to be **F**at when others say you are thin?
- Would you say that **F**ood dominates your life?

Yes to any of the SCOFF questions is considered abnormal.

Two or more abnormal responses would raise a red flag for an ED and the next step would be a full evaluation.

Positive likelihood ratio (LR+) and negative (LR-) likelihood ratios for the individual ESP and SCOFF questions are shown for the questions best able to diagnose or exclude an eating disorder. **The best individual questions for ruling in an eating disorder were found to be:**

- Do you worry that you have lost control over how much you eat? (LR+, 7.0; 95% confidence interval [CI], 4.3 to 11)
- Do you make yourself sick when you feel uncomfortably full? (LR+, 6.3; 95% CI, 2.3 to 17)
- Do you currently suffer with or have you ever suffered in the past with an eating disorder? (LR+, 6.1; 95% CI, 4.0 to 9.5)
- Do you ever eat in secret? (LR+, 6.0; 95% CI, 3.4 to 11).

The best individual questions for ruling out an eating disorder were:

- Does your weight affect the way you feel about yourself? (LR-, 0.0; 95% CI, 0.0 to 0.34)
- Are you satisfied with your eating patterns? (LR-, 0.048; 95% CI, 0.0070 to 0.33).

The question on family history made no difference to the screening potential of the ESP, so this was dropped from the subsequent analysis.