



# 2019 Twelfth National Doctors of Nursing Practice Conference: Washington, DC

SCREENING FOR ADOLESCENT EATING  
DISORDERS IN A SCHOOL-BASED HEALTH  
CENTER USING THE SCOFF  
QUESTIONNAIRE

KELLI DOCMAN, DNP, APRN, FNP-BC

## Eating Disorders

- Anorexia Nervosa
- Bulimia Nervosa
- Binge Eating Disorder
- Risk factors/food insecurity
- Impact

## Screening

- Recommendations
- Barriers
- Tools

## School-based health center

- Benefits
  - Improved overall health
  - Access to crucial primary care resources

# Background & Significance

# Methods

Quality Improvement

Theoretical Framework: Leavell & Clark's model of prevention

3 phases

# Methods

1

Phase I: educational session with key stakeholders

- Interprofessional collaboration
- Translation of screening form
- Uploaded forms into student portal of EMR

2

Phase II: screening of adolescents

- Provided project summary
- Unique passwords generated to access student portal
- Data transferred to phase II data collection tool
- Referral

3

Phase III: data analysis

- Descriptive statistics

*Appendix A*

SCOFF questionnaire

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- 1) **Do you make yourself Sick because you feel uncomfortably full?**

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  - 2) **Do you worry that you have lost Control over how much you eat?**

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  - 3) **Have you recently lost more than One stone (14 lb) in a 3-month period?**

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  - 4) **Do you believe yourself to be Fat when others say you are too thin?**

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  - 5) **Would you say that Food dominates your life?**

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*Note:* Morgan, J. F., Reid, F., & Lacey, J. H. (2000). The SCOFF questionnaire: A new screening tool for eating disorders. *Western Journal of Medicine*, 172(3), 164-165.

A large, dark purple graphic on the right side of the page. It features a vertical gradient from dark purple at the top to a slightly lighter shade at the bottom. The text "SCOFF Questionnaire" is written in a white, sans-serif font, centered vertically and horizontally within the graphic. The word "SCOFF" is on the top line and "Questionnaire" is on the bottom line. There are some faint, lighter purple rectangular shapes in the background of the graphic.

SCOFF  
Questionnaire

# Data collection tools

## English Screening Form

### A. Demographic Information

Date: \_\_\_\_\_  
 Age: \_\_\_\_\_  
 Race: \_\_\_\_\_  
 Sex: \_\_\_\_\_

In the last 12 months, have you ever eaten less food than you should because there wasn't enough money for food? Yes / No

### B. SCOFF Questionnaire

- |  |          |
|--|----------|
| 1) Do you make yourself Sick because you feel uncomfortably full?          | Yes / No |
| 2) Do you worry that you have lost Control over how much you eat?          | Yes / No |
| 3) Have you recently lost more than One stone (14 lb) in a 3-month period? | Yes / No |
| 4) Do you believe yourself to be Fat when others say you are too thin?     | Yes / No |
| 5) Would you say that Food dominates your life?                            | Yes / No |

Notes: Morgan, J. F., Reid, F., & Lacey, J. H. (2000). The SCOFF questionnaire: A new screening tool for eating disorders. *Western Journal of Medicine*, 172(3), 164-165.

## Phase II data collection tool

### A. DEMOGRAPHIC INFORMATION

Date	
Age	
Race	
Sex	

In the last 12 months, have you ever eaten less food than you should because there wasn't enough money for food? Y / N

### B. SCOFF Questionnaire

Tool complete	Y / N
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#### i. RESPONSES

Q1	Y / N / BLANK
Q2	Y / N / BLANK
Q3	Y / N / BLANK
Q4	Y / N / BLANK
Q5	Y / N / BLANK

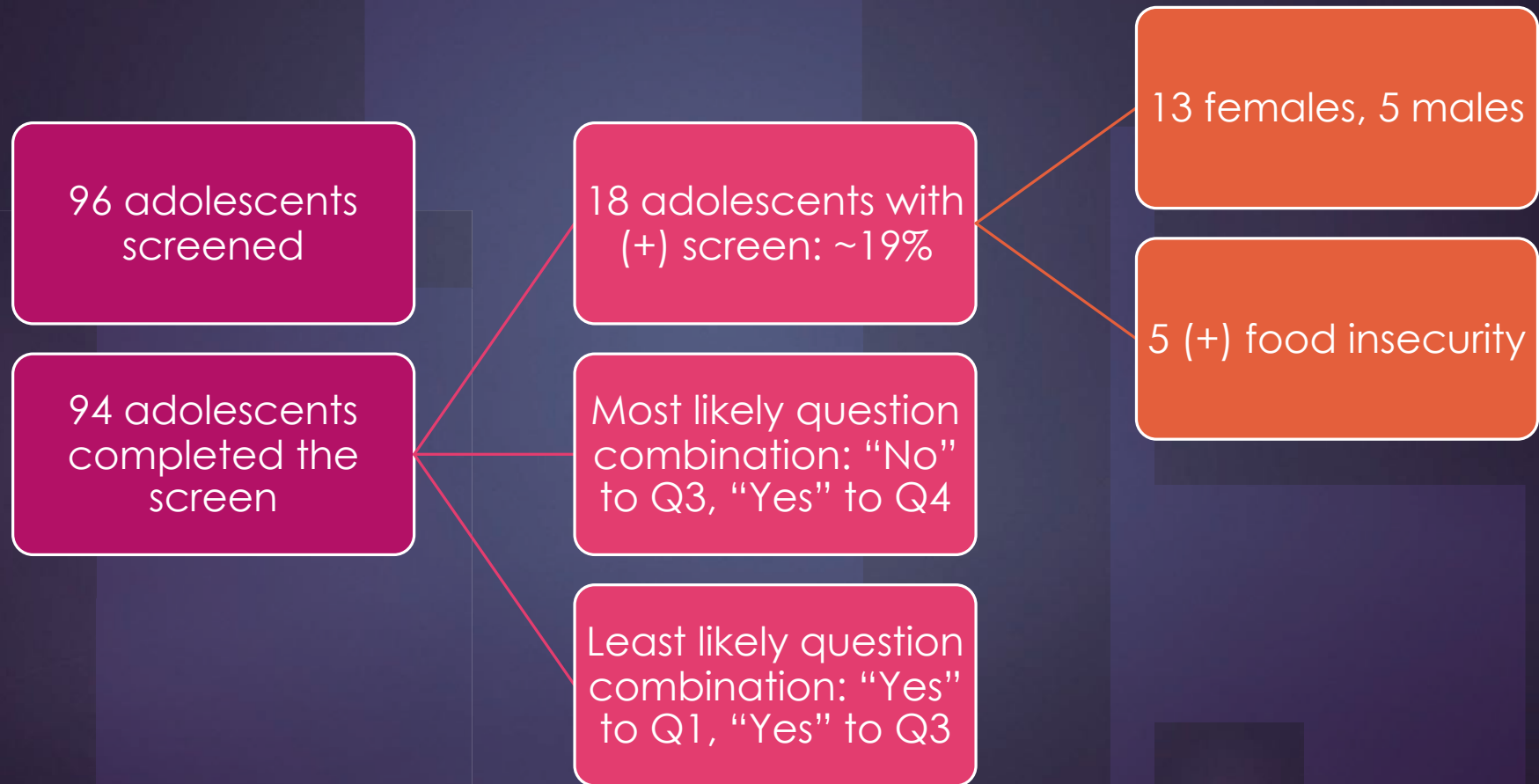
\*each "yes" answer = 1 point

ii. Total score: \_\_\_\_\_

### C. DIAGNOSIS

IDC 10 code assigned to patient	Y / N
Referral to Social Work	Y / N

# Results



# Clinical Implication

Screening is essential to halt long-term complications

- Fluid & electrolyte imbalance, cardiac abnormalities, altered menstrual cycles
- Obesity, increased risk of cancer, hypertension, polycystic ovary syndrome

Generalizability

- Additional clinical investigation is needed

Primary care: single, brief screening tool

- Referral to mental health specialist
- Interdisciplinary team



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