

DISORDERED EATING PHYSICIAN TIP SHEET

An eating disorder is not a choice, rather a combination of genetic, biological and stress related factors.

WHEN SHOULD I CONSIDER SCREENING MY PATIENT FOR AN EATING DISORDER?

- Significant weight changes/fluctuations
- Sudden changes in eating behaviors
- Sudden changes in exercise patterns; excessive or compulsive exercise
- Desire or drive to lose weight
- Changes in expected weight trajectory

SCOFF Screening Tool

- S** Do you make yourself **Sick** because you feel uncomfortably full?
- C** Do you worry you have lost **Control** over how much you eat?
- O** Have you recently lost **Over** 14 pounds in a three-month period?
- F** Do you believe yourself to be **Fat** when others say you are too thin?
- F** Would you say **Food** dominates your life?

An answer of 'yes' to two or more questions warrants further questioning and more comprehensive assessment. The last two questions have been shown to indicate a high sensitivity and specificity for bulimia nervosa.



SYSTEM OF CARE
DOUGLAS

CHARACTERISTICS OF DISORDERED EATING

Cognitive Features such as restraint, eating concern, shape concern, and weight concern
Behavioral symptoms such as the frequency of binge eating, self-induced vomiting, laxative misuse, diuretic misuse, and excessive exercise.

ESP

The Eating Disorder Screen for Primary Care (ESP) is a short screening instrument for eating disorders, for use within primary care settings.

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

Providers can access FREE Expert Consultation with:

Amanda Birkhead, MS
(503) 877-9871
AmandaBirkheadNutrition.com
AmandaBirkheadNutrition@gmail.com

Melissa Grossman M.S., L.P.C.
(503) 788-7997
melissagn1@gmail.com

Therese S. Waterhous PhD, CEDS-S, FAED
www.willamettenutritionsource.com
541-207-7205

Nicole Oleksak LMFT
503-997-1633
nicoleoleksak@gmail.com