

# Utilization of SCOFF Screening for Adolescent Eating Disorders

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## INTRODUCTION

**Topic**  
Adolescent eating disorders and use of SCOFF questionnaire in this population.

**Problem**  
There is no current screening being administered at A to Z Pediatrics which may lead to missed diagnoses.

**Aim**  
The aim of this project is to gauge whether a questionnaire administered to adolescent patients during their annual well child visits will help increase eating disorder diagnoses made in this population group by increasing the number of adolescents screened for a disorder.

**Background**  
Currently the existing, validated screening tools are not used within the pediatric population during well child visits; this could lead to potential missed cases of eating disorders.

Approximately three percent (n=180) of the total patient population seen at the three clinics are diagnosed with or being treated for an eating disorder, specifically anorexia nervosa, bulimia nervosa, and/or binge eating disorder, which is a slight increase in diagnoses made from 2020.

## METHODS

**Project Design**  
This study uses a quality improvement project design with the main objective being to increase the number of eating disorder screening administered to adolescents at a privately-owned pediatric office in southwestern Illinois.

**Setting**  
A to Z Pediatrics is a privately-owned primary care pediatric office. There are three different clinic locations in southern Illinois. There are four physicians and three pediatric nurse practitioners.

**Participants**  
Patients aged 12 to 18 years old who visit the clinic for well child examinations during the 2 week implementation period.

## RESULTS

During the two week implementation period of the project, 80 adolescents were screened at their annual well child exam.

Of the 80 participants 44 (55%) were male and 36 (45%) were female.

12 (15%) participants were 12-13 years old, 33 (41.2%) participants were 14-15 years old, 22 (27.5%) participants were 16-17 years old, and 13 (16.3%) participants were 18 years old.

71 (88.8%) of the participants answered yes on one question or less, while 9 (11.2%) of the participants answered yes to two or more questions.

## IMPLICATIONS FOR PRACTICE

Utilization of a screening tool for eating disorders in the adolescent population will help clinicians better understand if a patient is involved in an eating disorder and if the patient is needing further evaluation for treating their disorder.

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