# Utilization of SCOFF Screening for Adolescent Eating Disorders

Joe Daesch MSN, CPNP, DNP Candidate

Vanderbilt University School of Nursing



## 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.

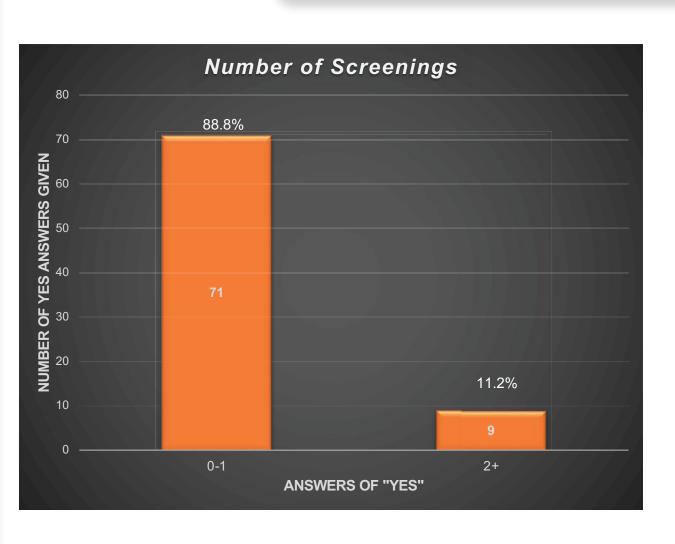
#### Setting

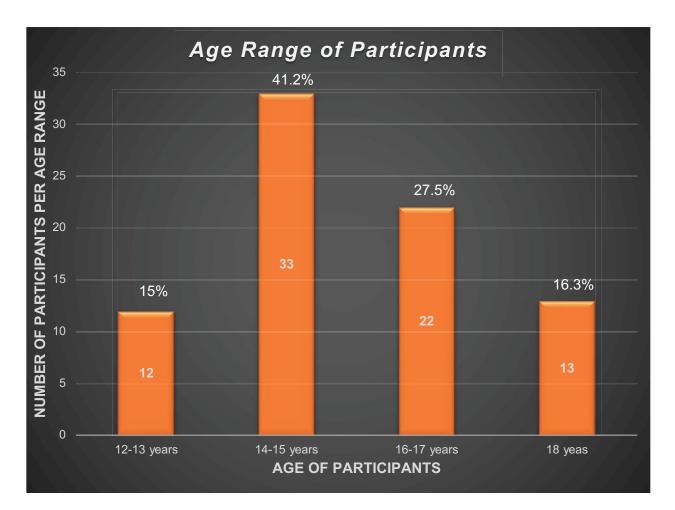
A to Z Pediatrics is a privately-owned primary care pediatric office.

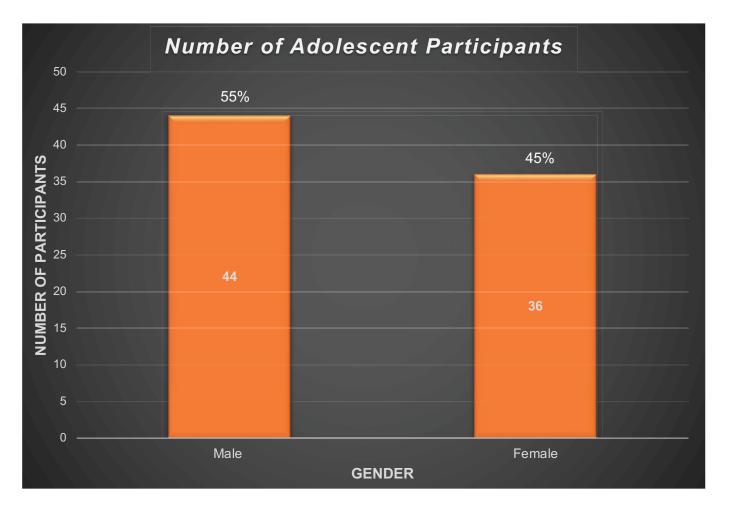
There are three different clinic locations in southern Illinois. There are four physicians and three pediatric nurse practitioners.

#### **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.

# REFERENCES

American Psychological Association. (2020). APA dictionary of psychology. Retrieved from https://dictionary.apa.org/subjective-norn Anderson, R., Gratwick-Sarll, K., Bentley, C., Harrison, C., & Mond, J. (2016). Adolescents' perception of the severity of binge eating disorder: a population-based study. Journal of Mental Health, 25(1), 16–22. Arafat, Y., Izham, M., & Ibrahim, M. (2018). The Use of Measurements and Health Behavioral Models to Improve Medication Adherence, p. 53-69. Retrieved from <a href="https://www.sciencedirect.com/topics/medicine-and-dentistry/theory-of-planned-dentistry/th Campbell, K. & Peebles, R. (2014). Eating disorders in children and adolescents: State of the art review. Pediatrics, 134, 582-592. Doi: 10.1542/peds.2014-0194. Retrieved from Golden, N. H., Schneider, M., & Wood, C. (2016). Preventing obesity and eating disorders in adolescents. Pediatrics, 138(3), e1-e10. doi Mairs, R., & Nicholls, D. (2016). Assessment and treatment of eating disorders in children and adolescents. Archives of Disease in Childhood. Doi: Morgan, J. F., Reid, F., & Lacey, J. H. (2000). The SCOFF questionnaire: a new screening tool for eating disorders. The Western Journal of Medicine, 172(3), 164–165. https://doi.org/10.1136/ewjm.172.3.164 National Institute of Health (NIH). (2017). Mental health information. Retrieved from https://www.nimh.nih.gov/health/statistics/mental-illness NEDA. (2018). Anorexia Nervosa. Retrieved from https://www.nationaleatingdisorders.org/learn/by-eating-disorder/anorexia NEDA. (2018). What are eating disorders. Retrieved from https://www.nationaleatingdisorders.org/what-are-eating-disorders NEDA. (2021). People of color and eating disorders. Retrieved from https://www.nationaleatingu Nierengarten, M. B. (2017). When losing weight leads to eating disorders. Contemporary Pediatrics, 34(6), 25–30 Perry L, Morgan J, Reid F, Brunton J, O'Brien A, Luck A, & Lacey H. (2002). Screening for symptoms of eating disorders: reliability of the SCOFF screening tool with written compared to oral delivery. International Journal of Eating Disorders, 32(4), 466–472. Petre, A. (2019). 6 common types of eating disorders (and their symptoms). Healthline. Retrieved from https://www.healthline.co Renz, J. (2019). Excessive exercise among adolescents with eating disorders: examination of psychological and demographic variables. International Journal of Adolescent Medicine and Health., 31(4).