



Screening and assessment tools for eating disorders

Fact sheet for Primary Health Networks

There are several screening tools that can be used to assist in the early detection and diagnosis of eating disorders.

Screening tools are not diagnostic eating disorder tools but rather used to detect the possibility of an eating disorder and identify when a comprehensive assessment is warranted.

The Eating Disorder Screen for Primary Care (ESP) (1), SCOFF (2) and Eating Disorders Examination Questionnaire (EDE-Q) (3) are evidence-based tools that have been validated for use in primary and specialist care settings.

Eating Disorder Screen for Primary Care (ESP)

1. Are you satisfied with your eating patterns?
2. Do you ever eat in secret?
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?

- A 'no' to question 1 is classified as an abnormal response
- A 'yes' to questions 2-5 is classified as an abnormal response
- Any abnormal response indicates that the client needs further assessment.