Screening Instruments

NOTE: This is only a suggested list of screening instruments. Screening tools have not been validated as stand-alone assessments for mental health disorders, and must be incorporated into the entire pre-participation evaluation. Trained experts at your institution may appropriately select other screening approaches. Athletics may alternatively or additionally choose to join with campus-wide screening programs conducted in conjunction with campus counseling centers, such as College Response (www.mentalhealthscreening.org).
SCREENING TOPIC:
DISORDERED EATING

Measure: SCOFF questionnaire


Do you make yourself sick because you feel uncomfortably full?

10. Do you worry that you have lost control over how much you eat?

11. Have you recently lost more than 15 pounds in a three-month period?

12. Do you believe yourself to be fat when others say you are thin?

13. Would you say food dominates your life?

Scoring: Responses of “Yes” or “No.”

Interpretation: Any response of “Yes” should lead to follow-up discussion between the student-athlete and a member of the primary athletics health care provider team and/or point person for determination about whether the student-athlete should be referred to a licensed mental health professional for further evaluation.