



GP Information Videos:

**Tips on who Eating Disorder
presentations
and
screening tools**

eatingdisorders.org.au

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EDV



Acknowledgement of Country

We acknowledge and respect the traditional lands of all Aboriginal people, we respect all Elders past, present & future. We ask all people that walk, work & live on traditional Aboriginal lands, to be respectful of culture & traditions and work together as one to better Aboriginal Health.



I would like to acknowledge diversity amongst us and our lived experiences.

We each bring a unique set of experiences, skills and characteristics to this training. We honour the diversity of each individual and welcome all, regardless of age, race, gender identity, sexuality or lived experience.

I want to acknowledge the challenge, trauma and pain we may have endured or continue to endure because of our diversity lived experiences.

Our unique experiences, bring us together in the most exceptional way.



Mission

The Eating Disorders Foundation of Victoria is the primary source of support, information, community education and advocacy for people with eating disorders and their families in Victoria. We connect those whose lives are affected by eating disorders with the people, services and hope they need for recovery.

Vision

We envisage a future where the incidence, duration and impacts of all eating disorders are reduced and ultimately eradicated. We achieve this by maintaining a focus on:
Prevention, Awareness, Understanding and evidence based services and supports.

Values

We embrace the following values to underpin our vision and mission:

- Perseverance
- Connection
- Courage
- Optimism



EDV Information for GPs

EDV Website:

<https://www.eatingdisorders.org.au/>

For GPs:

<https://www.eatingdisorders.org.au/early-intervention-identification-for-professionals/racgp-training-for-gps>



Resources

NEDC: Eating Disorders: a Professional Resource for General Practitioners

<https://www.nedc.com.au/assets/NEDC-Resources/NEDC-Resource-GPs.pdf>

CEED: Centre of Excellence in Eating Disorders
Clinical Consultation Services

<https://ceed.org.au/health-professionals-services/clinical-consultation-services-summary/>

Screening Tools

SCOFFS:

[http://www.cedd.org.au/hne/other/
scoff_questionnaire.pdf](http://www.cedd.org.au/hne/other/scoff_questionnaire.pdf)



SCOFF

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 more than 6.35 kg 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 indicates the need for a more comprehensive assessment. For further details regarding this, see the [RANZCP Treatment Guidelines](#).

<https://nedc.com.au/research-and-resources/show/royal-australian-and-new-zealand-college-of-psychiatrists-clinical-practice-guidelines-for-the-treatment-of-eating-disorders>

A further two questions have been shown to indicate a high sensitivity and specificity for bulimia nervosa.

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

Eating Disorder Screen for Primary Care (ESP)

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

Cotton, Ball & Robinson, 2003 found that the best individual screening questions are:

- Does your weight affect the way you feel about yourself?
- Are you satisfied with your eating patterns?

ROAR

Reach Out And Recover

ROAR:

<http://www.reachoutandrecover.com.au/>

I need a report:

<http://www.reachoutandrecover.com.au/node/93>

FEED YOUR INSTINCT

FYI: <https://www.feedyourinstinct.com.au/>

FYI has four modules:

- Eating: This module looks at eating patterns, food choices and attitudes towards nutrition.
- Wellbeing: This module looks at physical health and unhelpful weight control behaviours.
- Thinking: This module looks at thinking patterns and personality traits.
- Feeling: This module looks at relationships and social interactions.

EDV:
Our Support Services:

<https://www.eatingdisorders.org.au/find-support/>

