Quick Reference Guide

This handout provides a quick reference guide to information and links about the Screening, Assessment, Medical and Nutritional Management, and Recovery-focused Psychological Treatment of Eating Disorders within Australia.

**Screening Tools**

**SCOFF** *(BMJ 1999; 319:1467)*

Do you make yourself *Sick* because you feel uncomfortably full?

Do you worry you have lost *Control* over how much you eat?

Have you recently lost more than *Over* 6kg in a 3 month period?

Do you believe yourself to be *Fat* when others say you are too thin?

Would you say that *Food* dominates your life?

Score one point for every “yes”; a score of ≥2 indicates a likely case of an eating disorder.

**Eating Disorder Examination Questionnaire - Short (EDE-QS)**

This short questionnaire can be downloaded through Plos One journal at [this link](#). The questionnaire comprises 12 scaled questions, where higher scores indicate higher symptoms.

**Assessment Tools**

**Eating Attitudes Test (EAT-26)**

This 26-item test and guidance for scoring and interpretation can be accessed via the InsideOut Institute at [this link](#).

**Compulsive Exercise Test (CET)**

This 24-item test and its scoring details (including subscales) can be found [here](#).

**Eating Disorder Examination Questionnaire (EDE-Q)**

This 28-item test can be accessed via the InsideOut Institute at [this link](#).

**Standards**

The [National Practice Standards for Eating Disorders](#) outline the requirements of individuals, services and systems to successfully respond to eating disorders. Information about stepped care and workforce competencies is included.

**Useful resources**

For information about Guided Self Help, see: Overcoming Binge Eating by Christopher Fairbur (ISBN: 9781572305618), Overcoming Bulimia Nervosa and Binge Eating by Peter Cooper (ISBN 10: 1849010757), or watch [this presentation](#) from Dr Beth Shelton.

For information about working with and support carers, see resources from the NEDC and from Eating Disorders Families Australia.

For a range of useful practice tools, see: Centre for Clinical Interventions and InsideOut Institute.
Evidence-based treatment

The evidence-based treatment modalities for eating disorders referred to in the videos are:

- Enhanced Cognitive Behavioural Therapy for Eating Disorders (CBT-E)
- Family Based Treatment (FBT), which can include the Maudsley Approach
- The Maudsley Model of Anorexia Treatment in Adults (MANTRA)
- Specialist Supportive Clinical Management (SSCM)
- Guided Self Help

For professional development training to deliver these modalities, see:

- Australia and New Zealand Academy for Eating Disorders
- Queensland Eating Disorders Service
- The InsideOut Institute
- The Sydney Children’s Hospital Network: (02) 9845 2446
- The Victorian Centre of Excellence in Eating Disorders

For other evidence-based professional development training in eating disorders, see:

- Eating Disorders Queensland
- Eating Disorders Training and Evaluation Centre (WA): email
- Eating Disorders Victoria
- SA State-wide Eating Disorders Service
- The Centre for Clinical Interventions (WA)
- WA Eating Disorders Outreach and Consultation Service

Key guidelines

- Guidelines for the Inpatient Management of Adult Eating Disorders in General Medical and Psychiatric Settings in NSW
- A guide to admission and inpatient treatment for people with eating disorders in Queensland
- Royal Children’s Hospital Melbourne, Management of Eating Disorders in the Emergency Department
- Guidelines for the Admission of Children and Young People with an Eating Disorder
- Royal Australian and New Zealand College of Psychiatrists clinical practice guidelines for the treatment of eating disorders
- Eating Disorders First Aid Guidelines (Mental Health First Aid)

If you need to find local guidelines for service delivery and you cannot see them here, contact your state’s eating disorder service:

ACT NSW NT QLD SA TAS VIC WA

Consultation and referral

For consultation services when supporting a person with an eating disorder, contact your state’s eating disorder service:

ACT NSW NT QLD SA TAS VIC WA

For further support or assistance to locate an eating disorder practitioner or service, contact:

- Australia and New Zealand Academy for Eating Disorders
- National Eating Disorders Collaboration
- The Butterfly National Helpline

References mentioned in the videos


