

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 **S**ick because you feel uncomfortably full?

Do you worry you have lost **C**ontrol over how much you eat?

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

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

Would you say that **F**ood 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

American Psychiatric Association. (2013). Diagnostic and statistical manual of mental disorders (5th ed.). Arlington, VA: American Psychiatric Publishing.

Keys, A., Brozek, J., Henschel, A., Mickelsen, O., & Taylor, H. L., The Biology of Human Starvation (2 volumes), University of Minnesota Press, 1950.

Hay, P. J., Touyz, S., & Sud, R. (2012). Treatment for severe and enduring anorexia nervosa: A review. Australian & New Zealand Journal of Psychiatry, 46(12), 1136–1144.

Matthews, K., Hill, J., Jeffrey, S., Patterson, S., Davis, A., Ward, W., Palmer, M., Capra, S (2018). A Higher-Calorie Refeeding Protocol Does Not Increase Adverse Outcomes in Adult Patients with Eating Disorders, Journal of the Academy of Nutrition and Dietetics, 118 (8), 1450-1463.