



Health and
Social Care



EARLY INTERVENTION IN EATING DISORDERS INFORMATION FOR GENERAL PRACTICE

Promoting Hope, Opportunity and Personal Control



eating disorder association NI



JUNE 2016

Eating Disorders



Early detection of patients with Anorexia Nervosa or Bulimia Nervosa significantly improves prognosis.

If you have ruled out other causes for symptoms the SCOFF¹ screening questions below will help you identify if an eating disorder may be present.

Although not diagnostic, a score of 2 or more positive answers should raise your index of suspicion.

- **Do you ever 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 one stone in a three month period?**
- **Do you believe yourself to be fat when others say you are too thin?**
- **Would you say that food dominates your life?**

However, some people with anorexia nervosa deny even these symptoms and it is important to keep weight under review if the diagnosis is suspected.

¹ SCOFF Questionnaire developed by John Morgan at Leeds Partnerships NHS Foundation Trust has been validated in specialist and primary care settings. It has a sensitivity of 100% and specificity of 90% for anorexia nervosa.

If in doubt please contact your local Eating Disorder service for advice. Referrals can be made through normal mental health referral routes.

Belfast / South Eastern Trust	<ul style="list-style-type: none">• Adult Eating Disorder Service: Woodstock MH Resource Centre. Tel: 02895042900• Eating Disorder Youth Service: Beechcroft. Tel: 02895042696
Northern Trust	<ul style="list-style-type: none">• Adult Eating Disorder Service: The Villa at Holywell Hospital. Tel: 02894413307• Child & Adolescent Eating Disorder Service: Alder House Tel: 02894424600
Southern Trust	<ul style="list-style-type: none">• Adult Eating Disorder Service Trasna House in Lurgan. Tel: 02838311741• Child & Adolescent Eating Disorder Service: Ceaderwood Buildings. Tel: 02838360680
Western Trust	<ul style="list-style-type: none">• Adult Eating Disorder Service: Old Bridge House, Derry. Tel: 02871320165• Child & Adolescent Eating Disorder Service: Woodlea House, Gransha Park. Tel: 02882835990. Rivendell 02882835990

Patients, their parents and families may benefit from information and support from a local eating disorder group.

<p>Eating Disorders Association NI Regional helpline; and carer and peer support groups for residents of Belfast and South Eastern Trust areas. Helpline: 02890235959 Web: www.eatingdisordersni.co.uk Email: edani@btconnect.com</p>	<p>Action for Eating Disorders Support groups for residents of Southern Trust area. Helpline: 02838347535 Web: www.adapteatingdistress.com Email: info@adapteatingdistress.com</p>
<p>Stamp-ED On line information and resources and carer and peer support groups for residents of Northern Trust area. Web: www.stamp-ED.co.uk</p>	<p>Defeat-ED Support groups for residents of Western Trust area. Tel: 02871320165</p>
<p>The Laurence Trust On line information and resources for young men experiencing an eating disorder. Web: www.thelaurencetrust.co.uk Email: thelaurencetrust@hotmail.co.uk</p>	<p>CARED Maudsley training for parents and carers. NB there is a charge for CARED training courses. Web: www.caredni.org Email: caringaboutrecovery@gmail.com</p>

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www.hscboard.hscni.net/mentalhealth/