

Screening Tool for Female Athletes

	Points
Training High-risk sports (sports with aerial or gravitational component, endurance sports, weight-category sports, or aesthetic sports *) Training volume: <ul style="list-style-type: none"> < 16 years: Number of training hours per week \geq age \geq 16 years: \geq16 training hours per week 	1 1 1
Menstrual Status Primary amenorrhea (absence of menarche after age 15) Last menstrual period ** <ul style="list-style-type: none"> > 3 months >12 months Oligomenorrhea (cycle length > 35 days) **	4 2 4 1
Bone Stress Injury (Stress Fracture) One stress fracture of the femur / sacrum / pelvis or \geq 2 stress fractures within < 2 years at other sites or absence from training > 6 months due to fracture One stress fracture at another site	2 1
Eating Disorders Exclusion of certain foods to influence appearance or weight or Restriction of food intake to influence appearance or weight or Binging episodes with consumption of large amounts of food in a short period of time or Self-induced vomiting to control appearance or weight	2
Mental Health (Anxiety, anhedonia, loss of motivation, loss of appetite, fatigue) Very poor 1 2 3 4 5 6 7 8 9 10 Excellent If <5	1
Children / Adolescents Plateauing or drop in weight and/or height growth curve (crossing of \geq 2 percentile lines)	2
Total Score ⚠ Monitor if \geq 2 points, refer for further assessment if \geq 4 points	

Proposed by Manon Wassenberg, medical student, under supervision of Dr Jacot-Guillarmod, Dr Ackerman, and Dr Wenger, 2025

* Sports with aerial or gravitational component: climbing, high jump, equestrian sports, ski jumping

Endurance sports: running, cycling, triathlon, swimming, cross-country skiing

Weight-category sports: combat sports, weightlifting

Aesthetic sports: figure skating, dance, gymnastics, synchronized swimming

** Ignore if hormonal contraception is used

References

- Stellingwerff* T, Mountjoy M, McCluskey WT, Ackerman KE, Verhagen E, Heikura IA. Review of the scientific rationale, development and validation of the International Olympic Committee Relative Energy Deficiency in Sport Clinical Assessment Tool: V.2 (IOC REDs CAT2)-by a subgroup of the IOC consensus on REDs. Br J Sports Med. 2023;57(17):1109-18. DOI: 10.1136/bjsports-2023-106914
- Melin A, Tornberg ÅB, Skouby S, Faber J, Ritz C, Sjödin A, et al. The LEAF questionnaire: a screening tool for the identification of female athletes at risk for the female athlete triad. Br J Sports Med. BMJ Publishing Group Ltd and British Association of Sport and Exercise Medicine; 2014;48(7):540-5. DOI: 10.1136/bjsports-2013-093240
- ede-q_questionnaire.pdf. [En ligne]. [cité le 14 sept 2025].