

ANTENATAL RISK QUESTIONNAIRE (ANRQ)

The Antenatal Risk Questionnaire (ANRQ) is designed to consider specific key risk factors thought to increase the risk of women developing perinatal mental health morbidity (e.g., postnatal depression or anxiety disorder) and sub-optimal mother-infant attachment. It is copyrighted to Prof Marie-Paule Austin, Royal Hospital for Women, Sydney.

ANRQ Questionnaire components include:

- Past mental health history
- Past history of physical (including domestic violence), sexual or emotional abuse
- Current level of supports
- Relationship with mother and partner
- Anxiety and obsessional levels
- Stressors in the last year (including bereavement, separation etc.).

1. Requirements for the ANRQ

It is essential that the following requirements be adhered to when administering the ANRQ (used in isolation or in combination with the Edinburgh Depression Scale):

- The ANRQ is only intended as an **adjunct to clinical history** taking and is not meant to replace good clinical practice.
- The ANRQ should only be used by appropriately trained staff;
- The ANRQ should be completed toward the end of the interview with the woman in the office at the time, so that any endorsed risk factors can be determined before they leave the Clinic;
- Scores shown below are meant to serve as an indicator of need for support and to aid in the formulation of an appropriate mental health plan.

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2. Scoring Instructions for the ANRQ

- i. For items 2a, 2b, 2d, 4, 8, 9:
 - a. **Score Yes=5, No=0** and place the scores in the boxes along the right hand side.
 - b. If answer is "No" do not give a score for the following section (e.g., Q2a, 2b, 4a: If answer is "No" there will be no score for item 2c-e, 4b)
- ii. For items 1, 2c, 3, 4b, 5, 6, 7:
 - c. **Score the number circled** and place the scores in the boxes along the right hand side.
- iii. **Sum all scores** (yes/no and circled answers) and **place total in the box at the top of the questionnaire.**

IMPORTANT

Questionnaires with a "YES" response on any or all of the following:

- **Q2a** – 'YES' to past history of depression AND causing *significant* impairment in social/occupational function (ie scoring 3 or more on Q2c) OR necessitating professional contact (Q2d).
- **Q2b** – 'YES' to past history of any other mental health problems (e.g., eating disorder psychosis, bipolar disorder, schizophrenia)
- **Q8** – relating to emotional abuse
- **Q9** – relating to physical or sexual abuse

Must be considered high risk irrespective of the total ANRQ score

- iv. Minimum score is 5; Maximum score is 67
- v. There is *no absolute cut-off score* for the ANRQ, but a score of **23 or more** suggests presence of significant psychosocial risk factors, and consideration of the woman as at significant risk of perinatal mental health problems. Further enquiry is indicated to establish psychosocial care needs and treatment planning.