



Antenatal Risk Questionnaire training

The Antenatal Risk Questionnaire (ANRQ) training was developed by the Statewide Perinatal and Infant Mental Health Program (SPIMHP) in response to updated National Guidelines for Perinatal Mental Health in 2017, and National Antenatal Guidelines in 2018. The ANRQ is the recommended screening tool to identify psychosocial risk factors associated with perinatal mental health disorders such as depression and anxiety.

Target audience

Health professionals working with pregnant women and their families during the antenatal (pregnancy) period.

Audience size

Maximum of 10 participants.

Duration

Four (4) hours (1hour in-service session available).

Face-to-face session overview

This training module is designed to introduce the ANRQ, a validated screening tool used to identify psychosocial risk factors associated with increased risk of developing a mental health disorder, such as depression or anxiety, in the perinatal period.

Expected outcomes

- Increased knowledge of psychosocial issues in perinatal mental health.
- An understanding of the ANRQ, what it is, and why we are using it.
- Increased confidence in administering the tool, scoring and assessment.
- Knowledge of referral pathways and follow-up.
- An understanding of the principles of women-centered care and using trauma informed care principles for psychological assessment.

Bookings

Bookings can be made in one of the following ways:

- Complete a [registration form](#) and forward to spimhp@health.wa.gov.au.
- Contact us at spimhp@health.wa.gov.au with your enquiry.