**# At start of interview, note down demographic details#**

**\*Prisoner number, Current Age, Age sentenced, length of tariff, ethnicity, JE/non-JE*startingthe interview, check PNC and other details with prisoner]***

***Psychological Management of Sentence***

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| **First days/weeks**  Thinking back now, can you tell me how you felt when you were first given this sentence? |  |
| What do you remember about your first few days and weeks? | Prompts: What sort of things were going through your head at that time?  Did you understand what was happening to you, in terms of the sentence you had been given?  Did you understand why your sentence was so long?  How did you feel about the sentence? |
| How did you deal with those feelings? | Prompts: Were there people you felt you could talk to about your sentence and your feelings? |
| What matters when you start a sentence like this? | Prompts: what do you know now that you wish you had known then?  What would have made a positive difference at that time, in terms of the regime or the way staff dealt with you? |
| EARLY stages: Are you appealing your sentence or conviction? What aspects of this are you appealing? (i.e. not guilty/new evidence/sentence length) |  |
| MID/LATE stages: Did you appeal any part of your sentence or conviction? At what point? Why at that particular point? | [If not issue of non-guilt] What was the rationale/ your reason behind this? |
| Can you talk me through the sentence so far in some detail, in particular what life has been like for you at its various stages? |  |
| * And what has been the most positive, or rewarding, phase or period out of these stages? |  |
| * And the most negative, or hardest, phase? (i.e. when you felt that you were deepest in the system, and might never get out) |  |
| How long did it take you before you came to terms with the sentence (and settled into it)? |  |
| *[If relevant]* How long did it take you to come to terms with your offence? |  |
| *[If relevant]* How much time do you spend thinking about the offence you are currently serving time for? | Prompts: How much you are you made to think about it as part of your sentence plan? |

***Day-to-Day Management of Time***

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| We’re interested in how you plan and manage your time in here, so perhaps you could tell me about whether you have a kind of strategy or plan of action for managing time in here? | Prompts: Do you break your sentence into sections (e.g. hourly, daily, weekly, or long-term)?  Are there particular things that you do to mark off the passing of time?  Do you have [or have you had any] particular ‘milestones’?  What kinds of short and medium-term goals have you set for yourself in here? |
| When thinking about your time in prison, how far ahead are you able to think? |  |
| How does time *feel* to you, with such a long sentence? |  |
| How do you feel about the time you have already served on this sentence? | Prompt: How quickly has the time you have served gone so far? |
| Are there particular things that help make time pass more quickly, or more slowly, for you? |  |
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| What does a ‘good day’ look like for you in here? Can you tell me about your most recent ‘good day’? |  |
| What does a ‘bad day’ look like?  How have you tried to make your time in here constructive? |  |
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**Self/ identity/ meaning**

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| How has being a long-term prisoner changed you as a person? | Prompts: Which parts of you have stayed the same?  Have any changes been positive for you?  How much have you made a deliberate effort to change yourself? |
| Do you have any concerns about how you might change during the rest your sentence?  How does the person you are now compare to the person you were on the outside, before this sentence? | Prompt: e.g. problems with maintaining progress/ positivity, dealing with the challenges of Cat C etc. |
| [If answer indicates difference:]   * And which one would you say is closer to the ‘real you’? |  |
| * How much are the changes in you (from the person you were outside) because of a conscious decision you have made to change and how much are they because the prison environment forces you to change? |  |
| Are you the same person in front of prisoners and staff? |  |
| How aware are you of the reports that are written about you, by prison staff? | Prompts: Do those reports influence how you behave? |
| To what extent do you feel that you are being ‘watched’ and ‘judged’ by staff in the prison? Does this affect how you behave? |  |
| What kind of person do staff expect you to be? | Prompts: How willing are you to be this type of person?  How is that person different from the person you are? |
| Are there particular places in the prison where you can be yourself, or people who you can be yourself with? | Prompt: how about when you are on your own? |
| Have you taken any offending behaviour courses yet? | Prompt: What did you think of them?  What did you think they expected of you?  Have these courses helped you to develop personally? |
| We’re also interested in what it is like to spend so much time in an almost all-female environment. How does it affect you, being surrounded by so many women, and away from most men? | Prompt: Are there particular aspects of your personality that you can’t show, or that you show *more*, because the environment is all-female?  Are there any particular challenges, being in this kind of environment? |
| How do you remain a mother while you are in here?  And how do you remain a partner [if relevant] or family member while you are in here? | Prompt: How does it feel for those roles to be lost/changed?  Does it bother you that you are no longer looking after those people? [Financially/ emotionally?] |
| How do you deal with being more dependent on people while you are in here – on staff and on people outside the prison? | Prompt: How do you deal with those feelings? |
| To what extent do you feel that you have control of your life in here? | Prompt:  And what areas of your life have you managed to retain, or get back, some control? |

**Emotions, Pains and Coping**

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| What have you found to be the three most difficult things about serving your sentence? | Prompts: safety, relationships, autonomy, goods/services, liberty |
| Since receiving this sentence, have you ever thought about harming yourself, or taking your own life? |  |
| Are there any particular activities you engage with to help you get through your sentence? |  |
| Do you have any faith or strong belief system? | Prompt: Is your faith relevant to how you do your time? |
| How do you deal with the uncertainty about when you will be released? |  |
| You first came into prison when you were X years old: |  |
| * What do you think are the disadvantages or advantages of coming into prison at that age? |  |
| * Are there any particular life events or experiences that you feel you have missed out on? |  |
| * To what degree do you think you have aged or matured since then? |  |
| * What age do you feel you are now? |  |
| Have any of your prison moves been significant in any way? | *[Where relevant]:* how did you feel when you moved into an adult prison for the first time?  *[or…* ]Is moving into the adult estate something that concerns you?  *[and/or]* What about moves down the system, esp. from the high-security estate? |
| What do you spend most time worrying about? | Prompts: aspects of self (e.g. deterioration/ mental health); others (e.g. family etc) |
| How do you control your emotions in here? |  |
| Do you talk to anyone when you are particularly stressed or emotional about these kinds of things? | Prompts: (a) other prisoners and (b) staff  If not, what happens to your emotions in here? |
| Do you have other ways of managing stress/anxiety?  What are the three things that you could not manage without in here? |  |
| And if you were in charge of the Prison Service, what three things wold you do to make the lives of long term prisoners more positive?’  **RELATIONSHIPS WITH PEOPLE OUTSIDE**  Can you tell me about your relationships with people outside prison – who are you in contact with? | Prompts: who have you lost contact with?  Have you started up any new relationships with people outside since you came in? |
| Were any, or many of them, involved in criminal activities? | *[Where relevant]* For those who were, are they still involved? |
| Reflexive ‘gang’ question: e.g. ‘Can I ask for your perception on the following issue - as you probably know, the term ‘gang’ is often used to describe groups of people who are involved in criminal activity even when the individual themselves would not say they are in a 'gang' - was this your experience at all?’ |  |
| Are you still in contact with the people you were mixing with at the time before you were sentenced? | Prompt: were you quite a close group of friends or associates?  What kinds of loyalties did you have to each other? |
| To what extent would you say that you have left behind the life you were living before you were sentenced?   And how important was it for you to do this? |  |
| How have your relationships with people outside of prison changed over your time inside? |  |
| What are the most important things that you get from your friendships outside? |  |
| How do changes in the relationships you have with people outside affect your life inside? [positive or negative]. |  |
| More generally, are there things that happen outside amongst groups of friends or in a community that have a direct impact on things that happen inside prison and vice versa? | Prompts: For example, if someone gets into a fight with someone inside are there likely to be repercussions for people outside? |
| What sort of things do you do that keep you in contact with the outside world? | Prompts: newspapers, TV, etc. |

***Adaptation***

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| **Relationships: other prisoners** |  |
| I’m interested in the sorts of relationships with other people that you maintain and build during your time inside. Can you tell me about the kinds of relationships that you have formed with other prisoners while you’ve been in for this sentence? | Prompts: How have your relationships with other prisoners changed over the course of the sentence so far? |
| How important is it to have friends around you, when serving a sentence like this? | Prompts: what are these friendships important for? |
| Are there other prisoners you would count as proper friends? | Prompts: trust, emotional disclosure  Why those people and not others? |
| What’s the single most important thing that you get from your friendships inside?  Are there differences are there between your friends outside, and your friends inside prison?  Are there other prisoners you would consider associates? | Prompt: What do these relationships involve? What do you get from them? |
| What kinds of loyalties do you have to other prisoners here? | Prompt: willing to ‘get involved’ in disputes, put self at risk? |
| How do you make sure you are safe in here? | Prompts: How safe do you feel?  How has this changed during your sentence so far? |
| What difference does your sentence length make to the kinds of relationships you form? | Prompts: Do other prisoners treat you differently because of the length of your sentence?  Are you someone who other prisoners look up to, or down on? |
| Do you identify any more with prisoners serving similar kinds of sentences? |  |
| **Relationships: staff** |  |
| How would you describe your relationships with the prison officers in here? | Prompt: How does that compare to other prisons you have been in? |
| How do you think officers see you? |  |
| Does your sentence length make to the way that officers treat you? (more/less positive way than short-sentenced prisoners?)  To what degree do you feel that staff in this/previous prisons truly care about you and your future? |  |
| *I’m interested in knowing about the staff who have had a big influence on you and your life in here, either positive or negative.* Are there any staff in this prison (officers, governors or other staff), or in other prisons you have been in during this sentence, who have been especially influential? |  |
| What contact have you had with your offender manager? |  |
| Are there any members of staff who you feel you can trust? |  |

**Compliance / resistance and engagement**

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| How have you decided to do your time in here, in terms of trading things like tobaccos and drugs, and getting involved in the general goings on, on the wing? | Prompts: trade with other prisoners? Drugs?  How has that strategy changed during the course of your sentence? |
| Is having power or influence within the prison important to you? | Prompt: or respect?  Has this changed during the course of your sentence? |
| One of the things we’re interested in is how long-term prisoners either comply with the regime and the system, or try to ‘resist’ it. Do you consider yourself to be completely compliant with the regime? | Prompt: *Why* do you do the things that the prison wants you to do?  What kind of things do you do that aren’t fully compliant?  Are there things that you are doing to actually ‘fight back’ against the system? |
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| How motivated are you to get involved with the things that the regime offers – education, offending behaviour programmes, and so on? | Prompt: Are you doing those things because you have to, or because you want to? |
| What else do you need to be doing to progress through your sentence e.g. to get to another category prison/work towards parole? | Prompts: Are you doing these things?  Why/why not? |
| Is there anything the prison could be doing to encourage you to engage more positively? |  |

***Penal Legitimacy***

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| \*If it has not already come up in conversation\* Before we begin this section, would you mind telling me the offence for which you received your current sentence? You don’t have to but it would be helpful for us to know. | Prompt: Find out whether it was related to charges of ‘joint enterprise’ |
| To what extent do you feel that the sentence you received was fair? | Prompt: Has that shaped your view of the overall criminal justice system? |
| Did the police and/or the courts perceive the offence you were convicted of to be ‘gang related’? | Prompt: Do you think this influenced the sentence that you received in court? |
| What do you think generally about the prison system? | Prompt: Do you think it is fair? |
| Do you feel you have been treated well during your sentence so far? | Prompt: humanity/respect etc |
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| How have these views about the prison system and the criminal justice system changed over the course of your sentence? |  |
| Are these the same views that you had before you were given this sentence? |  |
| How have these views about your sentence and about the system shaped your behaviour while you have been inside? |  |
| *Reflecting Back and Looking to Life beyond Prison: Past experiences, and future expectations* | |
| **REFLECTING BACK**  Reflecting back on the sentence so far, would you say that you have discovered new things about yourself, or new sides to yourself that you didn’t know you had?  And would you say that on the whole, you have become a better or worse person in that time? |  |
| **LOOKING FORWARD** |  |
| Can you imagine your life [in prison/ post-prison] five years from now – where do you think you will be and what do you think life will look like for you? | Prompt: What would you like it to be like? |
| What are your main hopes and fears when you think five years ahead?  How hopeful are you generally about your future? | Prompts: Optimistic/ pessimistic, confident/fearful |
| How do you feel about your release itself? | Prompts: What are your:   1. Hopes 2. Fears 3. Expectations |
| [For those towards the end of sentence only] To what extent has the prison or have staff helped prepare you for your release? | Prompts: Emotional preparation?  Practical help with accommodation, job etc?  Experience of home leave? |
| Are there any opportunities, for self-development or otherwise, that you have had during your time in prison besides offending behaviour courses? |  |
| Have there been any particular people, inside or outside the prison, who have helped with this? | Prompt: have there been any people who have stopped you from developing? |
| Do you feel that the prison is preparing you/offering opportunities to prepare you for your release? |  |
| Do you feel able to think about your life once you are released? | Prompt: When did you first begin to think about your life after prison? |
| How do you feel about the prospect of being on ‘life licence’? | Prompt: How concerned are you about the things for which you could be recalled? |
| How old do you think you will be when you are released? How much life do you think you will have left in you? |  |
| What do you most want to achieve when you leave prison? |  |
| To what extent, if at all, is the prison helping you to achieve these aims? |  |

***Ending the Interview***

I’ve come to the end of my questions, but I know you might have some questions for me. Is there anything *you* want to ask me?

Is there anything that we haven’t talked about which you think would be interesting or important for me to understand?