**Researchers: Dr Ben Crewe, Dr Susie Hulley & Dr Serena Wright**

**Prisons Research Centre, Institute of Criminology, University of Cambridge**

1. I confirm that I have read and understood the information sheet

for the above study, and have had a chance to ask questions.

2. I understand that my participation is voluntary and that I am free to

withdraw at any time, without giving any reason, without my parole,

standard of care, rights or privileges being affected, up until

**30th June 2015.**

3. I understand that my completed survey will be looked at by

members of the research team only.

4. I am happy for members of the research team to use the my details below

(name and prison number) in order to contact me again in the future

for the purposes of their research.

5. I agree to take part in the survey.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name of Participant Prison number

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date Signature

This survey is made up of four main parts.

Part I one asks for some background information.

Part II asks about some of the aspects of the sentence that you find most difficult.

Part III explores some of the ways that you may have changed since you started this sentence, for good or for bad.

Part IV asks for your views on some other aspects of your imprisonment.

There is also room for you to write some general comments about your experiences on this sentence.

The survey takes around thirty minutes to fill in.

If you would like to have anything explained, or have any difficulties with reading or writing, please ask one of the research team, who should be able to help. We will also be available when we collect the surveys to speak to you about any aspect of the survey or about your feelings having filled it in.

**Part 1**

1. **How old are you? \_\_\_\_** years old
2. **Is this your first prison sentence?** Yes 

No 

*If you have been in prison before:*

1. **How many times have you been in prison before?**

Once 

2 – 5 times 

6 – 9 times 

10 or more times 

1. **Is this your first conviction?**  Yes 

No 

*If you have been convicted of a crime before:*

1. **How many previous convictions do you have?**

One 

2 – 5 

6 – 9 

10 or more 

1. **Are you serving a life sentence?**

Yes 

No 

If no, what sentence are you serving? ­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. **How long have you been in prison on this sentence? \_\_\_\_** years \_\_\_\_\_ months
2. **How long have you been in this particular prison? \_\_\_\_** years \_\_\_\_ months
3. **How long is your tariff in years and months? \_\_\_\_** years \_\_\_\_ months
4. **How old were you when you were given this sentence? \_\_\_\_** years
5. **For this sentence, were you convicted under the doctrine of ‘Joint Enterprise’?**

Yes 

No 

1. ***If ’yes’, were you convicted as:***

The ‘principal offender’ (the person who carried out the main offence) 

The ‘secondary offender’ (the person who assisted the principal offender to

carry out the main offence) 

I don’t know 

1. **Do you consider yourself to be guilty of the offence for which you were sentenced?**

Yes 

No 

1. **Are you currently appealing your conviction and/or your sentence?**

Conviction 

Sentence 

Both conviction and sentence 

Neither 

1. **Have you *ever* appealed against this conviction and/or this sentence?**

Yes, my conviction 

Yes, my sentence 

Yes, both conviction and sentence 

No, neither 

1. **And was this ‘successful’? (i.e. resulted in a reduced tariff?)**

**Yes** 

**No** 

1. **What is your ethnic grouping:**

**White** – English/Welsh/Scottish/Northern Irish/British 

**White** – Irish  **Black/Black British** – Caribbean 

**White** – Gypsy or Irish Traveller  **Black/Black British** – African 

**White** – Other  **Black/Black British** – Other 

**Asian/Asian British** – Indian  **Mixed** – White and Black Caribbean 

**Asian/Asian British** – Pakistani  **Mixed** – White and Black African 

**Asian/Asian British** – Bangladeshi **Mixed** – White and Asian 

**Asian/Asian British** – Chinese  **Mixed** – other 

**Asian/Asian British** – Other  **Other** ethnic group - Arab 

**Other** ethnic group 

*If you ticked ‘Other’*, please state ethnic grouping…….………………………………

1. **What is your *current* marital status?**

Single 

With a partner 

Married/civil partnership 

Widowed 

1. **And what was your marital status prior to coming to prison on *this* sentence?**

Single 

With a partner 

Married/ civil partnership 

Widowed 

1. **Are you a foreign national prisoner?** Yes 

No 

1. **Do you have a religion?**

No religion  Jewish 

Christian  Islam 

Buddhist  Other religion 

Hindu 

*If you ticked ‘Other’* please state ………………........

1. **Have you self-harmed or attempted suicide before you came into prison on this sentence?**

Yes  No 

1. **Have you self-harmed or attempted suicide since you came into prison on this sentence (i.e. in prison)?** Yes  No 
2. **Did you have a problem with drug or alcohol misuse before you came into prison on this sentence?**

No problem with either  Yes, only with drugs 

Yes, only with alcohol  Yes, with both drugs and alcohol 

Part II

Part II of the questionnaire asks about some of the problems that you may or may not experience as a long-term prisoner. Please read each ‘problem’, and circle:

(a) ONE response which *best* describes *how often* you experience this problem;

(b) ONE response which *best* describes *how easy* the problem is to deal with when you experience it.

If you answer ‘Never’ to part (a) of a question, there is no need to answer part (b).

1. **Wishing that time would go faster**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| a. How often do you experience this problem? | Never | Rarely | Sometimes | Often | Very often |
| b. When you experience this problem, how easy is it to deal with? | Very easy | Quite easy | In-between | Quite difficult | Very difficult |

1. **Wishing you had more privacy**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| a. How often do you experience this problem? | Never | Rarely | Sometimes | Often | Very often |
| b. When you experience this problem, how easy is it to deal with? | Very easy | Quite easy | In-between | Quite difficult | Very difficult |

1. **Feeling that your life is being wasted**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| a. How often do you experience this problem? | Never | Rarely | Sometimes | Often | Very often |
| b. When you experience this problem, how easy is it to deal with? | Very easy | Quite easy | In-between | Quite difficult | Very difficult |

1. **Losing your self-confidence**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| a. How often do you experience this problem? | Never | Rarely | Sometimes | Often | Very often |
| b. When you experience this problem, how easy is it to deal with? | Very easy | Quite easy | In-between | Quite difficult | Very difficult |

1. **Feeling sorry for yourself**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| a. How often do you experience this problem? | Never | Rarely | Sometimes | Often | Very often |
| b. When you experience this problem, how easy is it to deal with? | Very easy | Quite easy | In-between | Quite difficult | Very difficult |

1. **Missing little ‘luxuries’ e.g. your favourite food, home comforts, etc**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| a. How often do you experience this problem? | Never | Rarely | Sometimes | Often | Very often |
| b. When you experience this problem, how easy is it to deal with? | Very easy | Quite easy | In-between | Quite difficult | Very difficult |

1. **Finding it hard to keep out of trouble**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| a. How often do you experience this problem? | Never | Rarely | Sometimes | Often | Very often |
| b. When you experience this problem, how easy is it to deal with? | Very easy | Quite easy | In-between | Quite difficult | Very difficult |

1. **Feeling angry with yourself**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| a. How often do you experience this problem? | Never | Rarely | Sometimes | Often | Very often |
| b. When you experience this problem, how easy is it to deal with? | Very easy | Quite easy | In-between | Quite difficult | Very difficult |

1. **Missing social life**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| a. How often do you experience this problem? | Never | Rarely | Sometimes | Often | Very often |
| b. When you experience this problem, how easy is it to deal with? | Very easy | Quite easy | In-between | Quite difficult | Very difficult |

1. **Feeling suicidal**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| a. How often do you experience this problem? | Never | Rarely | Sometimes | Often | Very often |
| b. When you experience this problem, how easy is it to deal with? | Very easy | Quite easy | In-between | Quite difficult | Very difficult |

1. **Feeling angry with the world**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| a. How often do you experience this problem? | Never | Rarely | Sometimes | Often | Very often |
| b. When you experience this problem, how easy is it to deal with? | Very easy | Quite easy | In-between | Quite difficult | Very difficult |

1. **Missing somebody**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| a. How often do you experience this problem? | Never | Rarely | Sometimes | Often | Very often |
| b. When you experience this problem, how easy is it to deal with? | Very easy | Quite easy | In-between | Quite difficult | Very difficult |

1. **Getting annoyed or irritated with other prisoners**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| a. How often do you experience this problem? | Never | Rarely | Sometimes | Often | Very often |
| b. When you experience this problem, how easy is it to deal with? | Very easy | Quite easy | In-between | Quite difficult | Very difficult |

1. **Being afraid of dying before you get out**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| a. How often do you experience this problem? | Never | Rarely | Sometimes | Often | Very often |
| b. When you experience this problem, how easy is it to deal with? | Very easy | Quite easy | In-between | Quite difficult | Very difficult |

1. **Feeling sexually frustrated**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| a. How often do you experience this problem? | Never | Rarely | Sometimes | Often | Very often |
| b. When you experience this problem, how easy is it to deal with? | Very easy | Quite easy | In-between | Quite difficult | Very difficult |

1. **Being worried about my mental health**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| a. How often do you experience this problem? | Never | Rarely | Sometimes | Often | Very often |
| b. When you experience this problem, how easy is it to deal with? | Very easy | Quite easy | In-between | Quite difficult | Very difficult |

1. **Worrying about how you will cope when you get out**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| a. How often do you experience this problem? | Never | Rarely | Sometimes | Often | Very often |
| b. When you experience this problem, how easy is it to deal with? | Very easy | Quite easy | In-between | Quite difficult | Very difficult |

1. **Being bored**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| a. How often do you experience this problem? | Never | Rarely | Sometimes | Often | Very often |
| b. When you experience this problem, how easy is it to deal with? | Very easy | Quite easy | In-between | Quite difficult | Very difficult |

1. **Feeling that you are losing the best years of your life**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| a. How often do you experience this problem? | Never | Rarely | Sometimes | Often | Very often |
| b. When you experience this problem, how easy is it to deal with? | Very easy | Quite easy | In-between | Quite difficult | Very difficult |

1. **Feeling that the system is ignoring you and your individual needs**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| a. How often do you experience this problem? | Never | Rarely | Sometimes | Often | Very often |
| b. When you experience this problem, how easy is it to deal with? | Very easy | Quite easy | In-between | Quite difficult | Very difficult |

1. **Thinking about the crime that you committed**

**[please put a cross here**  **you answered ‘No’ to Q.11/you consider yourself ‘not guilty’ of the crime for which you were convicted]**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| a. How often do you experience this problem? | Never | Rarely | Sometimes | Often | Very often |
| b. When you experience this problem, how easy is it to deal with? | Very easy | Quite easy | In-between | Quite difficult | Very difficult |

1. **Feeling that you are losing contact with family and friends**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| a. How often do you experience this problem? | Never | Rarely | Sometimes | Often | Very often |
| b. When you experience this problem, how easy is it to deal with? | Very easy | Quite easy | In-between | Quite difficult | Very difficult |

1. **Prison officers making life harder**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| a. How often do you experience this problem? | Never | Rarely | Sometimes | Often | Very often |
| b. When you experience this problem, how easy is it to deal with? | Very easy | Quite easy | In-between | Quite difficult | Very difficult |

1. **Feeling that you have no control over your life**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| a. How often do you experience this problem? | Never | Rarely | Sometimes | Often | Very often |
| b. When you experience this problem, how easy is it to deal with? | Very easy | Quite easy | In-between | Quite difficult | Very difficult |

1. **Not feeling able to completely trust anyone in prison**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| a. How often do you experience this problem? | Never | Rarely | Sometimes | Often | Very often |
| b. When you experience this problem, how easy is it to deal with? | Very easy | Quite easy | In-between | Quite difficult | Very difficult |

1. **Prison psychologists making life harder**

**[please put a cross here**  **if not applicable/you have not had contact with Psychology yet]**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| a. How often do you experience this problem? | Never | Rarely | Sometimes | Often | Very often |
| b. When you experience this problem, how easy is it to deal with? | Very easy | Quite easy | In-between | Quite difficult | Very difficult |

1. **Feeling that the length of your sentence is unfair**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| a. How often do you experience this problem? | Never | Rarely | Sometimes | Often | Very often |
| b. When you experience this problem, how easy is it to deal with? | Very easy | Quite easy | In-between | Quite difficult | Very difficult |

1. **Feeling lonely**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| a. How often do you experience this problem? | Never | Rarely | Sometimes | Often | Very often |
| b. When you experience this problem, how easy is it to deal with? | Very easy | Quite easy | In-between | Quite difficult | Very difficult |

1. **Feeling worried about your personal safety**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| a. How often do you experience this problem? | Never | Rarely | Sometimes | Often | Very often |
| b. When you experience this problem, how easy is it to deal with? | Very easy | Quite easy | In-between | Quite difficult | Very difficult |

1. **Feeling frustrated that you are not progressing through the system**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| a. How often do you experience this problem? | Never | Rarely | Sometimes | Often | Very often |
| b. When you experience this problem, how easy is it to deal with? | Very easy | Quite easy | In-between | Quite difficult | Very difficult |

1. **Worrying about people outside**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| a. How often do you experience this problem? | Never | Rarely | Sometimes | Often | Very often |
| b. When you experience this problem, how easy is it to deal with? | Very easy | Quite easy | In-between | Quite difficult | Very difficult |

1. **Feeling that you have no purpose or meaning in your life**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| a. How often do you experience this problem? | Never | Rarely | Sometimes | Often | Very often |
| b. When you experience this problem, how easy is it to deal with? | Very easy | Quite easy | In-between | Quite difficult | Very difficult |

1. **Worrying about how you are described ‘on file’**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| a. How often do you experience this problem? | Never | Rarely | Sometimes | Often | Very often |
| b. When you experience this problem, how easy is it to deal with? | Very easy | Quite easy | In-between | Quite difficult | Very difficult |

1. **Feeling anxious about the uncertainty of your release date**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| a. How often do you experience this problem? | Never | Rarely | Sometimes | Often | Very often |
| b. When you experience this problem, how easy is it to deal with? | Very easy | Quite easy | In-between | Quite difficult | Very difficult |

1. **Feeling that you have no-one to talk to about things that really matter to you**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| a. How often do you experience this problem? | Never | Rarely | Sometimes | Often | Very often |
| b. When you experience this problem, how easy is it to deal with? | Very easy | Quite easy | In-between | Quite difficult | Very difficult |

1. **Thinking about the amount of time you might have to serve**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| a. How often do you experience this problem? | Never | Rarely | Sometimes | Often | Very often |
| b. When you experience this problem, how easy is it to deal with? | Very easy | Quite easy | In-between | Quite difficult | Very difficult |

1. **Having to follow other people’s rules and orders**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| a. How often do you experience this problem? | Never | Rarely | Sometimes | Often | Very often |
| b. When you experience this problem, how easy is it to deal with? | Very easy | Quite easy | In-between | Quite difficult | Very difficult |

1. **Feeling that you need to be careful about everything you say and do**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| a. How often do you experience this problem? | Never | Rarely | Sometimes | Often | Very often |
| b. When you experience this problem, how easy is it to deal with? | Very easy | Quite easy | In-between | Quite difficult | Very difficult |

1. **Being afraid that someone you love or care about will die before you are released**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| a. How often do you experience this problem? | Never | Rarely | Sometimes | Often | Very often |
| b. When you experience this problem, how easy is it to deal with? | Very easy | Quite easy | In-between | Quite difficult | Very difficult |

**Please use the box below to describe any other problems that you are currently experiencing:**

**Part III**

We are also interested in some of the ways that you may have changed since the start of your sentence, for good or for bad.

Please read each statement carefully and circle the response that best describes how you feel.

Only circle one answer for each statement and take care to answer each question. Thank you.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1. **I am becoming / have become *less* tolerant of other people** | Strongly agree | Agree | Neither agree nor disagree | Disagree | Strongly disagree |
| 1. **I am learning / have learnt to deal with my emotions** | Strongly agree | Agree | Neither agree nor disagree | Disagree | Strongly disagree |
| 1. **I am learning/ have learnt how to avoid the things that get me into trouble** | Strongly agree | Agree | Neither agree nor disagree | Disagree | Strongly disagree |
| 1. **I am learning / have learnt useful skills** | Strongly agree | Agree | Neither agree nor disagree | Disagree | Strongly disagree |
| 1. **I am gaining / have gained a good education** | Strongly agree | Agree | Neither agree nor disagree | Disagree | Strongly disagree |
| 1. **I am becoming / have become a less mature person** | Strongly agree | Agree | Neither agree nor disagree | Disagree | Strongly disagree |
| 1. **I am making/ have made good friends in prison** | Strongly agree | Agree | Neither agree nor disagree | Disagree | Strongly disagree |
| 1. **My mental health is better than before I came to prison on this sentence** | Strongly agree | Agree | Neither agree nor disagree | Disagree | Strongly disagree |
| 1. **I am becoming/ have become less respectful of other people** | Strongly agree | Agree | Neither agree nor disagree | Disagree | Strongly disagree |
| 1. **I am becoming / have become more distant from my family** | Strongly agree | Agree | Neither agree nor disagree | Disagree | Strongly disagree |
| 1. **My drug use is more serious than before I came to prison on this sentence** | Strongly agree | Agree | Neither agree nor disagree | Disagree | Strongly disagree |
| 1. **I am becoming / have become less positive about my future** | Strongly agree | Agree | Neither agree nor disagree | Disagree | Strongly disagree |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1. **I am becoming/ have become more polite and considerate towards other people** | Strongly agree | Agree | Neither agree nor disagree | Disagree | Strongly disagree |
| 1. **My life feels more stable now than before I came to prison** | Strongly agree | Agree | Neither agree nor disagree | Disagree | Strongly disagree |
| 1. **I feel safer than before I came to prison** | Strongly agree | Agree | Neither agree nor disagree | Disagree | Strongly disagree |
| 1. **I feel less fit and healthy than before I came to prison on this sentence** | Strongly agree | Agree | Neither agree nor disagree | Disagree | Strongly disagree |
| 1. **I feel happier than before I came to prison** | Strongly agree | Agree | Neither agree nor disagree | Disagree | Strongly disagree |
| 1. **I am becoming / have become a better person overall** | Strongly agree | Agree | Neither agree nor disagree | Disagree | Strongly disagree |

**Please use the box below to describe any other ways in which you think you have changed since you started this sentence:**

**Part IV**

**Part IV**

We are also interested in some of your other attitudes about a few other aspects of your sentence. Please read each statement carefully and circle the response that best describes how you feel. Only circle one answer for each statement and take care to answer each question.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1. **There is no point trying to beat the system** | Strongly agree | Agree | Neither agree nor disagree | Disagree | Strongly disagree |
| 1. **I have a lot of respect for prison officers** | Strongly agree | Agree | Neither agree nor disagree | Disagree | Strongly disagree |
| 1. **A prisoner should always be loyal to another prisoner rather than to staff** | Strongly agree | Agree | Neither agree nor disagree | Disagree | Strongly disagree |
| 1. **I rely on staff to help me get through my sentence** | Strongly agree | Agree | Neither agree nor disagree | Disagree | Strongly disagree |
| 1. **I am completely compliant with the system** | Strongly agree | Agree | Neither agree nor disagree | Disagree | Strongly disagree |
| 1. **I would be willing to ‘get involved’ on behalf of a friend, whatever the consequences** | Strongly agree | Agree | Neither agree nor disagree | Disagree | Strongly disagree |
| 1. **I rely on other prisoners to help me get through my sentence** | Strongly agree | Agree | Neither agree nor disagree | Disagree | Strongly disagree |
| 1. **I have no power in here** | Strongly agree | Agree | Neither agree nor disagree | Disagree | Strongly disagree |
| 1. **It is sometimes okay to tell staff about another prisoner’s business** | Strongly agree | Agree | Neither agree nor disagree | Disagree | Strongly disagree |
| 1. **I am hopeful about my future** | Strongly agree | Agree | Neither agree nor disagree | Disagree | Strongly disagree |

. **a) What are the 3 most negative things for you about life at the moment?**

1……………………..…………………………………………………………………..

2…………………………………………………………………………………………

3…………………………………………………………………………………………

**b) What are the 3 most positive things for you about life at the moment?**

1……………………..…………………………………………………………………..

2…………………………………………………………………………………………

3…………………………………………………………………………………………

**Any other comments?**

###### *Please put this questionnaire in the envelope provided.*

###### *Seal the envelope and hand it to a member of the research team*

###### Thank you very much for your time, and for taking part in our survey