**Methods Description**

**Project title:** In light of the ‘Prison Crisis’, what are the explanations of, and solutions to, violence within prison? A qualitative study of recently released prisoners’ perceptions of the current prison environment within England and Wales using a General Strain Theory theoretical framework.

The method used for the purpose of this research was semi-structured interviews. The participants were asked pre-determined questions based on the research questions. Furthermore, follow-up questions were asked depending on the answers given to the questions. 41 male residents in Approved Premises were interviewed regarding their experiences inside English and Welsh prisons. Approved Premises are probation institutions designed to house high-risk recently released prisoners. This research used a convenience sample in which the Approved Premises were selected based on which institution was conveniently accessible and willing to allow for interviews to be conducted with the residents. Information sheets and posters were used to advertise the research with Approved Premises staff help. All participants were adults over the age of 18 and originated from the United Kingdom. Furthermore, all interviews were held face-to-face in a quiet confidential room in the participants’ Approved Premises. Each interview was recorded using an encrypted Dictaphone and then later transcribed by the researcher.