# Section 1: Timeline

**Introduce axes. Plot journey/life course since last interview, including:**

* **High points** (most rewarding, positive etc) / low points / periods of emotional intensity
* **Key events/turning points** (sentence) – internally or externally generated?

# Section 2: Perceptions of self/ identity/ meaning

1. In 3-4 words, can you describe who you were at LTP1 and who you are now? (Add to timeline)
   * What does that mean? How did those changes impact on your attitude to the sentence?
2. What are the main differences between who you are now, and who you were then?
   * What’s driven these changes? (You? Prison system? Feelings about offence?)
3. How do you think LTP has affected you emotionally overall i.e., hardened/softened?
4. Are there ways in which you think the sentence has been particularly damaging to you?
5. Do you feel ‘institutionalised’ at all? Is it something you worry about?
6. How have you ensured that you have retained that sense of who you are beyond being just a ‘prisoner’, despite all these years in the system? [what is it that threatens this sense of self?]
7. How has your health been since we last saw you? [probe: mental & physical health]
8. Have you been diagnosed with any mental health issues or learning disabilities?
   * What impact does this have on how you experience long-term custody?
9. To what degree do you feel that your race / ethnicity / religion / nationality has shaped your experience of long-term imprisonment? And what impact has that had on you?

# Section 2: Adaptation, coping & Compliance, resistance

1. Can you tell me in a fair amount of detail about the things have you found hardest about serving your sentence since I last saw you?
2. Are there things that feel easier or less painful? (Or better at dealing with? e.g., backache)
3. To what extent do you feel that you have come to terms with the sentence? [compared to LTP1]
4. What are the things that help you deal with and get through the sentence? [coping mechanisms]
5. How important have things like faith / education / therapy/gym been for you?
6. In what ways have you taken control of your life since the last time we met?’
7. ‘When have you felt most and least in control of your life, since we first spoke?’
   * ‘Are there particular prisons or regimes that make that difference?’
   * ‘What is it you need to help you feel that you are the person driving your own life and future?’
8. How does time feel to you now?
   * How does it feel when you think about the time ahead of you?
   * How far ahead do you think and plan?
   * Do you spend more time thinking about the past or the future? [‘What if’ thinking?]
9. How compliant would you say you are, in terms of doing what staff say/ following the rules?
   * Why do you do what the prison wants you to do? Has that changed at all?
   * Are there things you do to ‘fight back’ against the system? [How changed?]
10. How have your views about the prison system changed over the last few years?
11. How have your attitudes towards / relationships with prison staff changed? [officers]
    * Have any particular members of staff had a big influence on you? (positive/negative)

# SECTION 3: AGENCY, and reflexivity

1. Who do you talk/consult when there are things on your mind? [staff, friends, family, faith]
   * How honest are you able to be about what you’re going through? How has that changed?
2. When you are trying to decide between different courses of action, how do you weigh things up?
   * How do particular people or relationships shape how you make your decisions?
   * Belief system / faith etc?
   * What are the risks and benefits at the forefront of your mind?
   * Can you give a recent example of a key decision that you have made in the last few years, and tell me about your thinking process?
3. What do you spend most time thinking about? And most time worrying about?
4. What are the things in your life that you plan or debate in your head?
5. What are the things about the future that you rehearse in your head or imagine?
6. What are the things that you dwell on in your mind?
7. Has the way you think about the offence and your role in it changed in the last few years?
   * [Legal and moral guilt/responsibility; shame]
   * [LTP1] To what extent do you feel you’ve you come to terms with the offence?
   * Are there things (courses, staff, etc) that have helped you think about your offence?
   * How much does it intrude on your everyday life? [media, external or perceived stigma]
8. [based on LTP1] Can you tell me what happened etc with your appeal? Made appeal since?
9. How do you feel now about your sentence length?
10. When you think about the sentence & the offence, who is it you feel most sad for? [self/victim/family]

# **Section 4: Depth**

1. What feels more normal to you now: the prison or the world outside? *[Global prompt]*
   * How normal does life in prison feel now?
   * What are the things that feel normal to you now that felt abnormal when you first came in?
2. How do you balance your life in here and your world out there?
   * How much do you feel that you still exist out there?
3. How far away from the free world do you feel now?
   * How important is it to you to retain a sense of what the world out there is like?
   * How has your motivation to stay in touch with those things changed since the first time we met?
4. At what point in the sentence have you felt most deeply buried in the system?
   * Most distant from the world outside?
5. When during your sentence have you been most angry/alienated?
6. When have you felt most and least hopeful? [What things nourish/ crush your sense of hope?]
   * And how hopeful (and about what) do you feel right now?

# Section 6: Relationships with people outside

1. How have your relationships with **family** changed since our first interview?
2. How have the various roles you have within your family changed since LTP1 [being a son/daughter/mum/dad]?
3. Is your life, and your family’s life, moving in the same direction?
   * How do you keep up with those changes?
   * How confident are you about slotting back into your family life?
   * How deliberate are you about the amount of contact you have with your family members?
   * Is it you or them making the decision about how much contact?
4. **How have** your relationships with **friends from outside prison** changed since our first interview?
5. How has your attitude towards friendships *inside* prison changed since LTP1?
   * How do you balance any feelings of loyalty to your friends in prison & your need to progress?
6. Are there people in here who you would count as proper friends?
   * Are any of these new friendships since our last interview?
7. How have you dealt with the absence of intimacy over many years?
8. How important is it to you to develop intimate relationships, either inside or on release? What are your hopes and fears/concerns about this?

# Section 7: Relationships with Probation and post-release tightness

1. How easy or difficult have you found it to progress through the system?
2. What have been the main things that have helped you, or held you back?
3. How aware have you been of the reports that are written about you by staff?
   * How do they affect how you behave?
4. What’s your experience of prison psychologists been like so far?
5. What about your offender manager / probation officer?
6. Do you feel able to think properly about your life once you’re released?
7. What does life outside look like for you?
8. What are the main challenges that you foresee?’
9. ‘Can you tell me about the ways you think the sentence has enabled you, but also harmed you, in terms of your ability to cope on release?’
10. ‘Are there concerns you have to do with the amount of time you’ve served, and the age you were when you came in?’
11. ‘Do you have any concerns that are to do with the offence you committed?’
12. What are your main goals in life now?
    * What do you do in your daily life to work towards those goals?
13. How possible is it to live in a way that is consistent with those goals while you are in here?
14. How do you feel about the prospect of life on release?
    * How do you feel about the prospect of being on life licence?
    * How hopeful? What gives you hope? What dampens it?
15. When you think about the amount of time left to serve, how does that feel to you?
16. Who within the prison system has had the biggest impact on the way you think about your future? What about people outside?
17. How has the uncertainty of your release date affected you over the course of your sentence?

**FOR LATE STAGE:**

1. To what extent do you feel that you have a clear pathway to release, in terms of achievable goals and ways to reach them?
2. How much emotional/practical help have you been given to prepare you for release?
3. To what extent do you feel you have control over your future? [release; life post-release]
4. Have you any experience of **release on temporary licence**? **If yes**:

* What were your first few hours outside like, after so many years inside?
* Was were the hardest parts of the experience?
* What’s it like being partly inside and partly outside?
* What have you treasured most about being out of prison during those times?
* Do you feel safer/more comfortable in prison, or out there? *[physical v psychological safety]*
  + If relevant*:* What has been your experiencing of working outside the prison during ROTL?

1. Have you any experience of the Parole Board process? **If yes:**
   * How did you feel about the way you were described by the reports / the Board(s)?
   * If relevant: How do you deal with knockbacks? And how do you then maintain hope?

# Section 8: Reflecting back and looking forward

1. Knowing what you know now, what advice would you give to the person you were when you first came in?’
2. What are the things you are pleased you *didn’t* know when you started the sentence?
3. What do you see/feel/think of when you imagine your life seven or eight years from now? What are your main hopes and fears?

# Ending the Interview

* Was there anything you didn’t want to tell me, or maybe anyone, when we first spoke? [*Things ashamed of; worried about, feelings of guilt]*
* Why did you agree to do this interview? Was the first interview significant for you at all?
* Is there anything that we haven’t talked about which you think would be interesting or important for me to understand? Is there anything *you* want to ask me?