

10TH PRISONER SURVEY 2007 Executive Summary

The main findings of the 2007 Prisoner Survey are set out below.

1. ATMOSPHERE

Prisoners described the atmosphere in prison in very positive terms. Over eight in ten prisoners were positive about the atmosphere in their hall or dormitory (86%), workshop/work party (90%), and the Health Centre/surgery (85%). However, nearly a third (30%) described the atmosphere in the visit area as either 'fairly tense' or 'very tense'.

2. CONTACT WITH FAMILY AND FRIENDS

Generally, prisoners rated aspects of the visit experience positively. Very close to eight in ten prisoners were positive about access to family and friends (79%) and access to payphones (78%) and more than seven in ten prisoners were positive about the ability to arrange visits (74%), the facilities for disabled visitors (71%) and the timing of visits (71%). The rating for facilities for disabled visitors showed a 5% improvement on last year, while facilities for children continued to be rated highly at 67%. As has always been the case throughout the Prisoner Survey Series, prisoners were most critical of the level of privacy at visits with well over a half of prisoners rating privacy negatively (27% 'fairly bad' and 29% 'very bad').

Prisoners continued to report that their visitors experienced problems when visiting them in prison. The problem reported most frequently by prisoners was the distance of the prison from their home (69%), followed by the cost involved in getting to the prison (56%). Two-fifths reported transport problems for their visitors (39%), while a similar proportion identified staff attitudes as an issue (38%).

3. FOOD

On balance the majority of prisoners rated food positively. Four-fifths of prisoners (81%) were positive about the timing of meals, while nearly three-quarters reported favourably on the way food is served (72%). This latter figure is a 6-point improvement on last year and may well reflect the investment and changes to processes for the transfer of food from kitchens to halls. Just on six in ten prisoners were positive about the temperature of the food (59%) and also the condition of the food when they get it (58%). The choice of menu was rated positively by 56%, but the size of the portions, as in previous surveys, is a problem for around half of those in Scottish prisons with only 52% according this aspect of the catering service positively.

4. CANTEEN

'Canteen' is the term commonly used by prisoners to describe the means by which they can purchase sundry items such as tobacco, additional foodstuffs, confectionery and personal hygiene items while in prison. More than eight in ten prisoners were positive about the accuracy of their order (85%) and the system for handing out the goods (85%). The price of goods (62% positive) and selection of goods (60% positive), while still an issue for a sizeable minority of prisoners, did show modest improvements on last year's scores by 2% and 5% respectively.

5. CLEANLINESS

Prisoners had mixed views on the state of cleanliness in the prison. There was a general satisfaction with the level of cleanliness in certain communal areas of their prison, with over nine in ten prisoners (94%) rating the visits area as 'ok', 'fairly good' or 'very good'. Over eight in ten prisoners were positive about cleanliness of the hall (85%). However, there was greater negativity towards the cleanliness of cell areas. Just under a half of prisoners rated the cleanliness of their cell when they first moved in negatively (47%) and just over a half rated the condition of their mattress negatively (54%).

6. PERSONAL HYGIENE & FITNESS

The vast majority of prisoners reported positively in accessing facilities for maintaining personal hygiene and cleanliness. Almost all prisoners reported access to hand washing facilities during the day (97%), before meals (98%) and after using toilet facilities (96%). While the majority of prisoners reported having access to a shower on a daily basis (86%), one in seven (14%) indicated that this opportunity was not available to them. One in six reported that they did not have access to a clean towel each week (16%), while one in nine said a clean change of underwear was not available to them on a daily basis (11%). Over nine in ten prisoners (95%) reported that they could take daily exercise if they wanted.

7. HEALTHCARE

Three-quarters of prisoners reported that they had attended the Doctor (74%) and Nurse (72%) while over a third of prisoners indicated that they had attended the Dentist (36%). Two-thirds indicated that they had been able to see a Nurse within 2 days (65%) and two-fifths had seen a Doctor within 2 days (41%). A quarter reported that they had seen a Dentist within 3 weeks, but a quarter said that they had to wait up to 2 months for an appointment to be fulfilled (26%).

8. ALCOHOL

Just under half of prisoners (45%) reported that they were drunk at the time of their offence while around a third (35%) indicated that they had, at some point, felt guilty about their drinking, and/or had to have a drink first thing in the morning (35%). Nearly a quarter of prisoners (23%) indicated that they were worried that alcohol would be a problem for them upon release from prison. A third of prisoners reported that they were assessed for alcohol use on admission to prison (33%) and a similar proportion reported that they were given the chance to get help for alcohol problems (34%) during their sentence. One fifth of prisoners (21%) indicated that they received help/treatment for their alcohol problems whilst in prison.

9. SMOKING

Eight out of ten prisoners (79%) reported that they were smokers. Three-fifths of smokers (60%) expressed a desire to give up smoking. Just over half of prisoners (54%) reported that they are smoking more since they have come into prison, a quarter are smoking the about the same (27%) and one fifth are smoking less (19%).

10. DRUGS

Seven out of ten of prisoners (69%) reported that they had used illegal drugs in the year **before coming into** prison.

Half of prisoners (51%) reported that they had used drugs **in prison** at some point in the past. The majority of these individuals (82%) reported that their drug use had changed during their current period in prison with most of these prisoners (74%) reporting a **decrease** in drug use in prison.

Less than a third of prisoners (30%) reported that they had used illegal drugs in the month immediately prior to survey completion.

A small minority of prisoners (3%; n=100) reported injecting drugs in prison in the last month. Of this small minority of injecting prisoners, most (80%; n=80) stated that they had shared their 'works' (injecting equipment).

Half of prisoners (45%) reported that their drug use was a problem for them on the outside and that they were under the influence of drugs at the time of their offence (50%). A quarter (26%) indicated that they committed their offence to get money for drugs.

11. MENTAL HEALTH

This year a new scale called the 'Affectometer' was used to assess mental health and well being. Nearly a half of prisoners stated that they never or rarely felt interested in other people (46%) or felt close to other people (45%), while two-fifths indicated that they rarely felt useful (39%). On a more positive note, seven in ten prisoners reported feeling optimistic about the future at least some of the time (70%), feeling confident (70%), thinking clearly (79%) and dealing with problems (77%).

12. HEPATITIS C

The vast majority of prisoners knew what Hepatitis C was (85%). One in six prisoners (16%) reported that they thought they could be Hepatitis C positive and a third (33%) indicated that they had been tested for it in the community prior to coming into prison, while a third (33%) said they had been tested while in prison. Half (50%) reported that they had received information on Hepatitis C while in prison, but a half (49%) also stated that they would like more information on the topic. Eight out of ten prisoners said they would take a Hepatitis C test if this were offered to them in prison.

13. SAFETY

The vast majority of prisoners (84%) expressed **no** fears for their safety in prison in the last month.

14. BULLYING

The majority of prisoners reported that they had not been bullied in the last month (89%) which meant that one in nine prisoners (11%) reported that they had been bullied in their present prison by a prisoner or a group of prisoners during the last month.

15. CHANGE

Change: 2003-2007

One of the most useful aspects of the survey is its ability to plot change in prisoners' perceptions across time. Responses to questions common to each survey can be examined to highlight any improvement or deterioration in prisoner perception. One constant is that the atmosphere in Scottish prisons remains remarkably positive and extremely high ratings across all the atmosphere indicators have been maintained over the last five surveys.

Since 2003 there has been a continuous year-on-year improvement in respect to the cleanliness of halls (up 9 points from 76% in 2003 to 85% in 2007) and the cleanliness of the toilet areas (up 13 points from 67% in 2003 to 80% in 2007). In the last 5 years the way in which food is presented has improved considerably (up 14 points from 58% in 2003 to 72% in 2007), but the size or portions still remains a matter of concern for half the prisoner population. Since last year, the length of the visits (61% in 2006 and 66% in 2007) and the facilities for disabled visitors (66% in 2006 and 71 % in 2007) have both improved by 5 points.

Introduction

This Report describes the key findings of the Scottish Prison Service's (SPS) annual Prisoner Survey. The Survey, which is undertaken in each of the 15 Scottish prisons, involves all Scottish prisoners.¹ The Survey has a number of objectives:

- to make use of prisoners' perceptions of service-delivery and service-quality in business planning;
- to provide prisoners with an opportunity to comment on a range of issues that impact on their experience in prison;
- to allow staff to get a better understanding of how the halls or areas they manage compare to equivalent areas and halls and in so doing to provide a tangible way to help share items of 'best practice'; and finally,
- to allow the Service, through annual repeats of the same questions, to track progress (or the lack of it) across the various dimensions that are included in the Survey.

The Use Made of the Survey

The Survey is not simply about asking prisoners for their views. The Survey is about helping inform and shape change in the SPS and is directed at improving the quality of service delivery in every prison. This approach is predicated on the now well-established belief that for change to be effective it is imperative that the views of prisoners are factored into the planning equation. The remainder of this Report sets out how prisoners view their experience of imprisonment and the way the SPS goes about delivering its services.

Content & Coverage

The Survey is focused intentionally upon the core elements of prison life: living conditions, family contact, healthcare, relationships and atmosphere. The Survey also seeks views on such issues as perceived safety, bullying, drug use and mental health. As it is completed in a relatively short timeslot it purposely avoids detailed questions on complex issues. The Survey is distributed to all prisoners and all establishments within Scotland. In this sense, the Survey is a census not a survey. This year's Survey, the tenth to run since 1990, achieved an overall prisoner response rate of 74%.

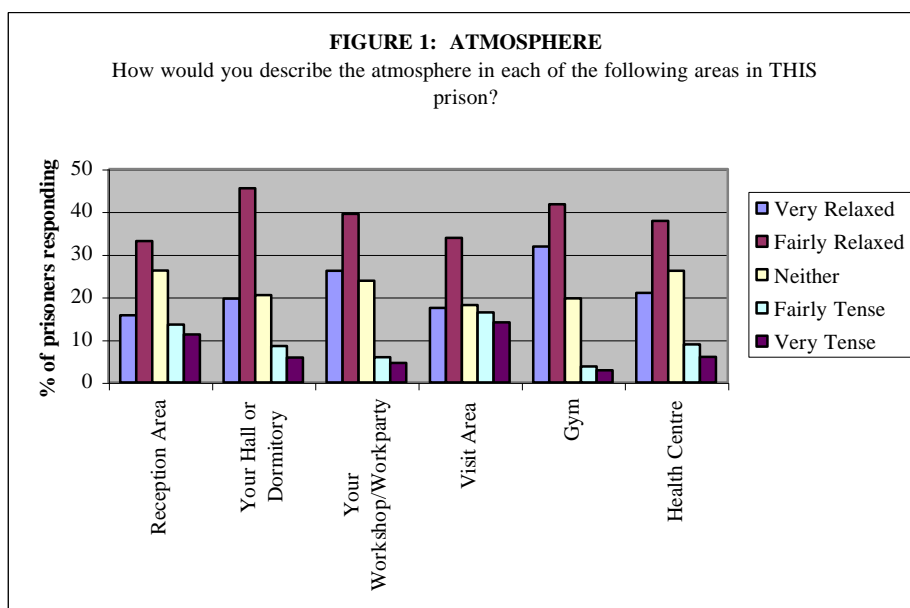
The overall findings are set out below. Additional reports on particular subsections of the population: female prisoners, untried prisoners, young offenders and black and minority ethnic prisoners will be published in due course.

1. ATMOSPHERE

¹ The 2007 Survey fieldwork covered the period 4 May to 29 June 2007. Each prison was visited in turn over this period. Prior to these visits, posters were displayed in prominent areas in the prison informing prisoners and staff of the Survey and the day it would take place in their establishment. The evening prior to the Survey, each prisoner was given a leaflet informing them of the Survey and its aims. On the day of the Survey, prisoners were issued with a survey form by a member of the Survey Team. After being given the chance to complete the questionnaire in the privacy of their cell, the completed forms (sealed in an envelope) were personally collected by a member of the Survey Team. This methodology helps ensure that when handing out the forms each prisoner is given a brief explanation of why the Survey is taking place and has an opportunity - albeit a brief one - to ask questions. It also assures prisoners that the forms are not inadvertently opened and read by anyone other than the Survey Team. The results of the Survey are returned to prison management teams within 20 working days of fieldwork and in the weeks following this are disaggregated for each of the main living areas in the prison. At the same time, posters are displayed in each prison of the main living areas of the prison describing the key results for that prison. In combination, these factors are likely to account for the consistently high response rates that the Survey has traditionally enjoyed. The response rate for the 2007 prisoner survey was 74%.

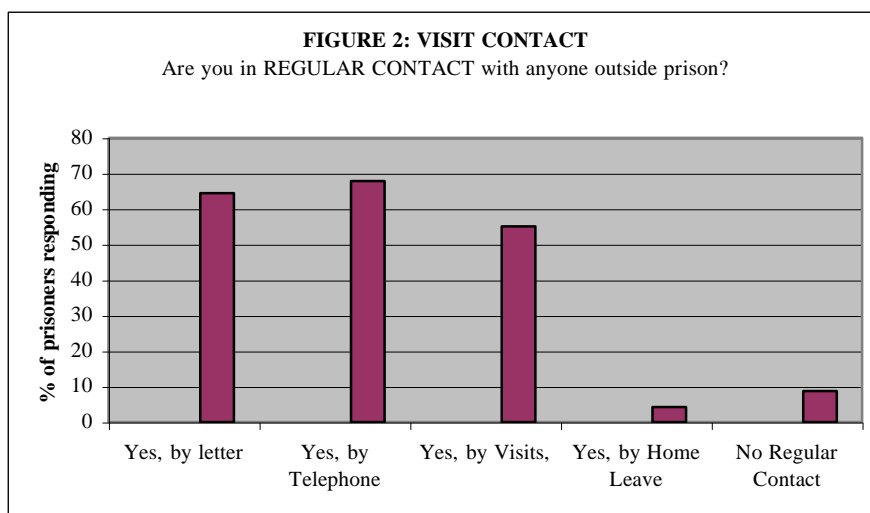
Generally, prisoners described the atmosphere in prison positively (ratings of 'very relaxed', 'fairly relaxed' or 'neither relaxed nor tense'). However, as Figure 1 illustrates, there were noticeable variations between different areas of the prison. Nine out of ten prisoners were positive about the atmosphere in the gym (94%) and their workshop/work party (90%); eight out of ten were positive about the atmosphere in their hall or dormitory (86%) and in the Health Centre/surgery (85%); while three-quarters were positive about the Reception area (75%).

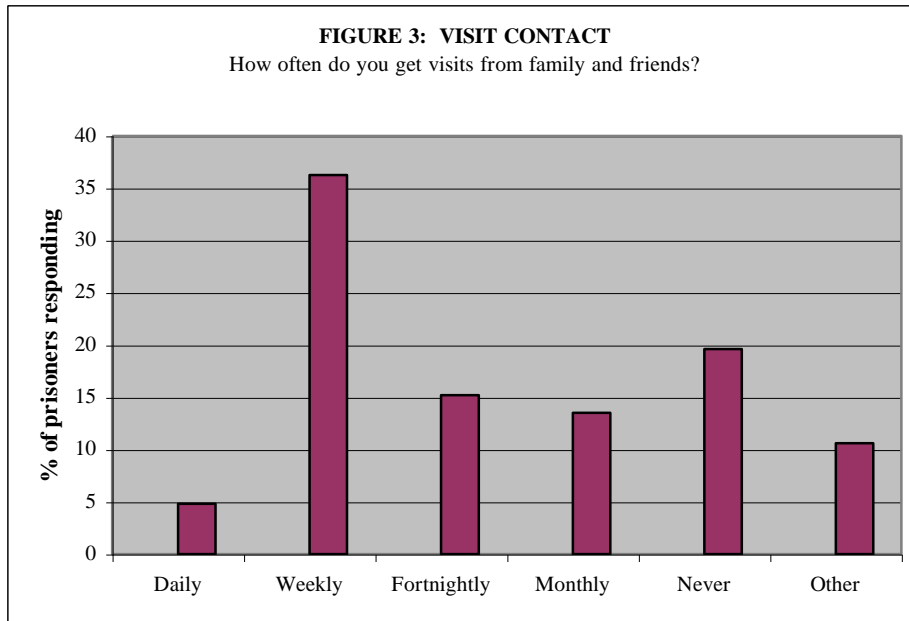
However, a nearly a third (30%) described the atmosphere in the visit area as either 'fairly tense' or 'very tense'. As described in the section *Contact with Family and Friends*, a balance must be struck between allowing a degree of personal privacy to prisoners and their visitors, while at the same time maintaining a satisfactory level of observation to guard against security breaches and illicit activity, especially in relation to the passing of drugs. This need for staff observation and proximity may well impact upon atmosphere ratings that prisoners ascribed to the visit area.



2. CONTACT WITH FAMILY AND FRIENDS

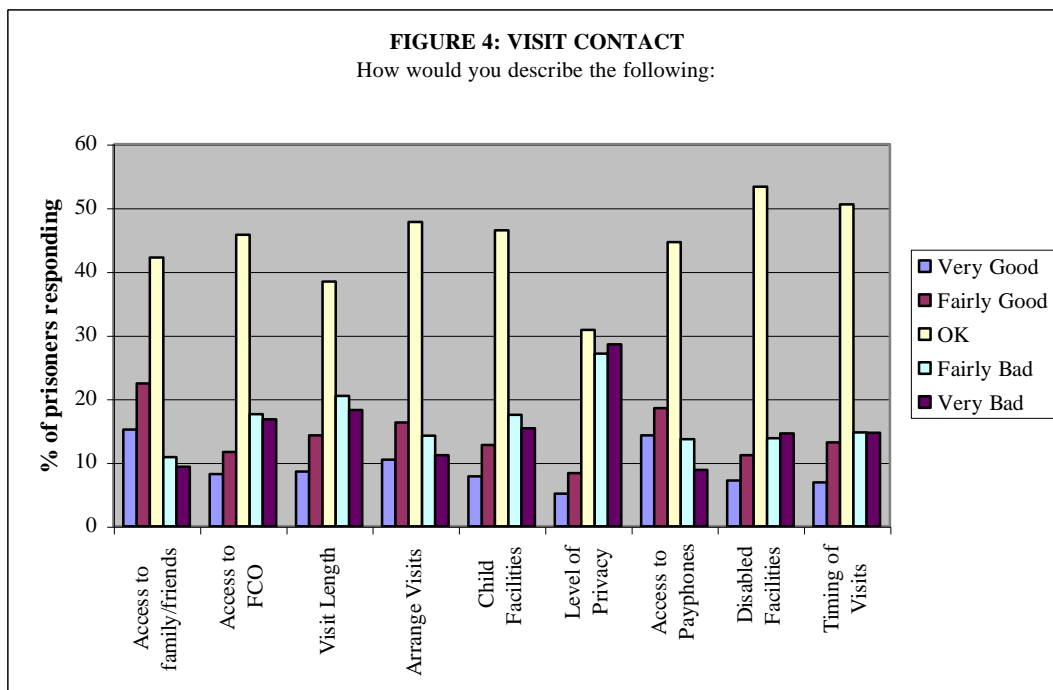
Prisoners were asked to comment on a number of aspects relating to family contact. Nine in ten prisoners (91%) reported that they were in regular contact with someone outside the prison, as Figure 2 illustrates. The most common forms of contact were telephone (68%), followed by letter (64%), and by visits (59%). A small proportion of prisoners (9%) appear to have no external contact and it may be this group, which will require most support on eventual release.





On the issue of prison visits, Figure 3 shows that 5% of prisoners received daily visits, a third of prisoners reported receiving visits from family and friends on a weekly basis (36%), and one in seven received fortnightly visits (15%) or monthly visits (14%).

Generally, prisoners rated aspects of the visit experience positively ('very good', 'fairly good' or 'ok'), see Figure 4, below. Close to eight in ten prisoners were positive about access to family and friends (79%) and access to payphones (78%), while seven in ten were positive about the ability to arrange visits (74%) and the timing of visits (71%). The rating for facilities for disabled visitors (71%) showed a 5% improvement on last year, while facilities for children continued to be rated highly at 67%.



Prisoners were more critical, however, of the level of privacy at visits with more than half of prisoners rating privacy negatively 27(% 'fairly bad' and 29% 'very bad'). As we have previously suggested, security measures are required at visits to detect possible drug importation and this may well impact negatively upon ratings of the visit experience. The percentage of prisoners reporting difficulty with privacy has remained relatively constant across recent surveys.

Six out of ten prisoners (58%) reported that their visitors experienced problems when visiting them in prison. Those prisoners who identified a problem were asked to specify the nature of the difficulty experienced (Table 1, below). The problem reported most frequently by prisoners was the distance of the prison from their home (69%). This was followed by the cost involved in getting to the prison (56%). In the region of four in ten prisoners reported problems due to: time limits imposed upon the visit (43%); lack of transport (39%); staff attitudes (38%), the location of the prison (37%). A third rated the stress of the visit (33%) as problematic. A smaller number of prisoners reported difficulties in travelling with children (23%), the lack of facilities for children at visits (17%) and poor refreshment facilities (12%). A lack of disabled access was identified as a problem by 7% of prisoners.

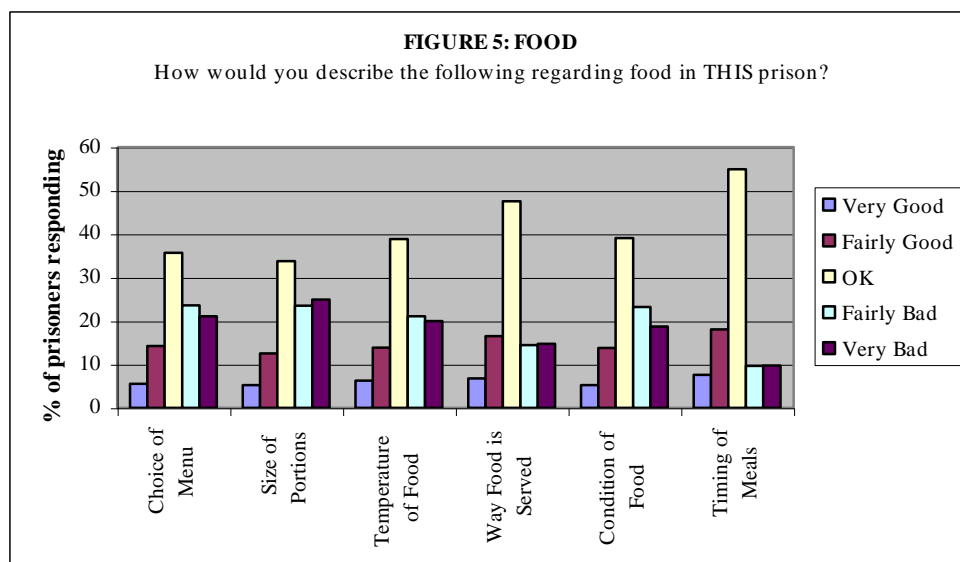
TABLE 1. DIFFICULTIES EXPERIENCED BY PRISONERS' VISITORS	% of Prisoners
Distance	69
Cost	56
Time limits	43
No transport	39
Staff attitudes	38
Location of prison	37
Stress of visit	33
Difficulties of travelling with children	23
Facilities for children	17
Refreshment facilities	12
Other	10
Disabled access	7

Table 2 outlines prisoners' responses to two questions relating to the quality of visits, which deal specifically with crowding and noise in the visit area. Despite concerns over privacy and reported poor atmosphere in visits, almost half prisoner population (45%) reported that there were 'never' or 'rarely' too many people in the visit room in the last month, while, in direct contrast, a fifth (22%) considered that this had happened either 'very often' or 'all the time'. Prisoners responded similarly when asked about the level of noise in the visit room, with almost half (48%) reporting that this had 'never' or 'rarely' occurred in the last month and a quarter (26%) that this had taken place either 'often' or 'all the time'.

TABLE 2. VIEWS ON THE VISITING ROOM	Never	Rarely	Now and Then	Very Often	All the
During the last month, how often have there been too many people in the visiting room?	21	24	33	14	8
During the last month how often has it been hard to talk with a visitor because of too much noise in the visiting room?	21	27	27	17	9

3. FOOD

Prisoners were asked to rate a number of aspects of food within prison (Figure 5, below). Eight in ten prisoners (81%) were positive (ratings of 'very good', 'fairly good' or 'ok') about the timing of meals, while seven in ten reported favourably on the way food is served (72%). Six in ten prisoners were positive about the temperature of the food (59%) while over a half were positive about the condition of the food when they get it (58%), the choice of menu (56%), and the size of the portions (52%). Figure 5 below shows that some prisoners were particularly critical with between % and % commenting that various aspects of the catering process were 'very bad'.



Prisoners were asked about how satisfied they were after mealtimes (i.e. whether they were still hungry). A quarter (26%) reported that they did not usually feel hungry after a meal while a half (49%) reported feeling hungry after teatime, and over a third that they felt hungry after lunch (38%) and after breakfast (37%). When asked about what foods they would like to see more of on the menu, the majority of prisoners who commented identified chicken (47%), fish (46%) and fresh fruit (44%) as preferred choices, with vegetarian food the least common option (7%) (Table 3).

TABLE 3. MORE OF THE FOLLOWING FOODS ON THE MENU	% of Prisoners
Chicken	47
Fish	46
Fresh fruit	44
Red Meat	42
Salads	39
Pasta	34
Healthy Options	32
Puddings	30
Tinned Fruit	29
Chips	28
Vegetables	24
Burgers	24
Baked Potatoes	19
Vegetarian	7

As part of a specific initiative to improve the diet available to prisoners, they were asked to report their daily consumption of fruit and vegetables both inside and outside of prison. Two-thirds reported that they consumed '1 to 2' portions of fruit and/or vegetables daily inside prison. Only 4% said that they consumed the recommended 5 portions of fruit and vegetables daily, while nearly a fifth indicated that they no fruit or vegetables whatsoever (18%).

4. CANTEEN

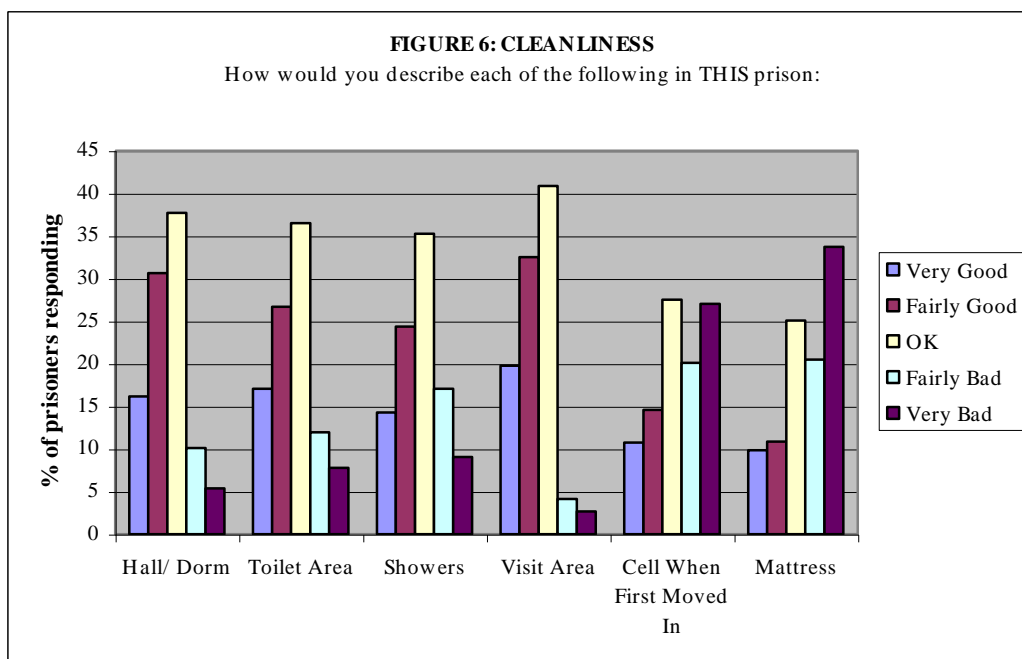
'Canteen' is the term commonly used by prisoners to describe the means by which they can purchase sundry items such as tobacco, additional foodstuffs, confectionery and personal hygiene items while in prison. On a positive note, prisoners expressed generally favourable views about all aspects of the canteen (Table 4, below). In more detail, more than eight in ten prisoners were positive about the accuracy of their order (85%) and the system for handing out the goods (85%) and three-quarters were content with the overall canteen system (74%). While the price and selection of goods were not rated quite as positively, they were still considered to be 'ok' or better by six out of ten prisoners (60% and 62% respectively).

TABLE 4. PRISONERS' VIEWS ON CANTEEN ITEMS	Very Good	Fairly Good	OK	Fairly Bad	Very Bad
The accuracy of orders	23	26	36	8	6
The system for correcting mistakes	14	20	39	16	12
The selection of goods	10	16	34	21	19
The price of goods	8	15	39	20	18
The system for handing out the bags	14	22	49	7	8
Overall view of the canteen system	11	20	43	14	11

5. CLEANLINESS

As shown in Figure 6, below, prisoners were asked to rate the cleanliness of a number of areas within the prison. There would appear to be some division among prisoners on this measure. There was a general satisfaction with the level of cleanliness with certain areas of their prison, with nine in ten prisoners (94%) rating the Visits area as 'ok', 'fairly good' or 'very good'. Eight in ten prisoners were also positive about cleanliness of the hall/dormitory (85%). However, there was greater negativity (ratings of 'fairly bad' or 'very bad') towards the cleanliness of the shower areas. A quarter of prisoners rated the showers negatively (27%). It should be noted that reports regarding the levels of cleanliness varied considerably across establishments and between individual halls.

When a prisoner arrives in prison or transfers to a new hall he or she moves into a cell that has previously been occupied. To get a measure of how acceptable cells are when they first move in, prisoners were asked to rate the cleanliness of their cell and also to describe the condition of the mattress. Just under a half of prisoners were negative (ratings of 'fairly bad' or 'very bad') about their cleanliness of the cell (47%) and while slightly more were critical about the condition of their mattress (54%).



6. PERSONAL HYGIENE & FITNESS

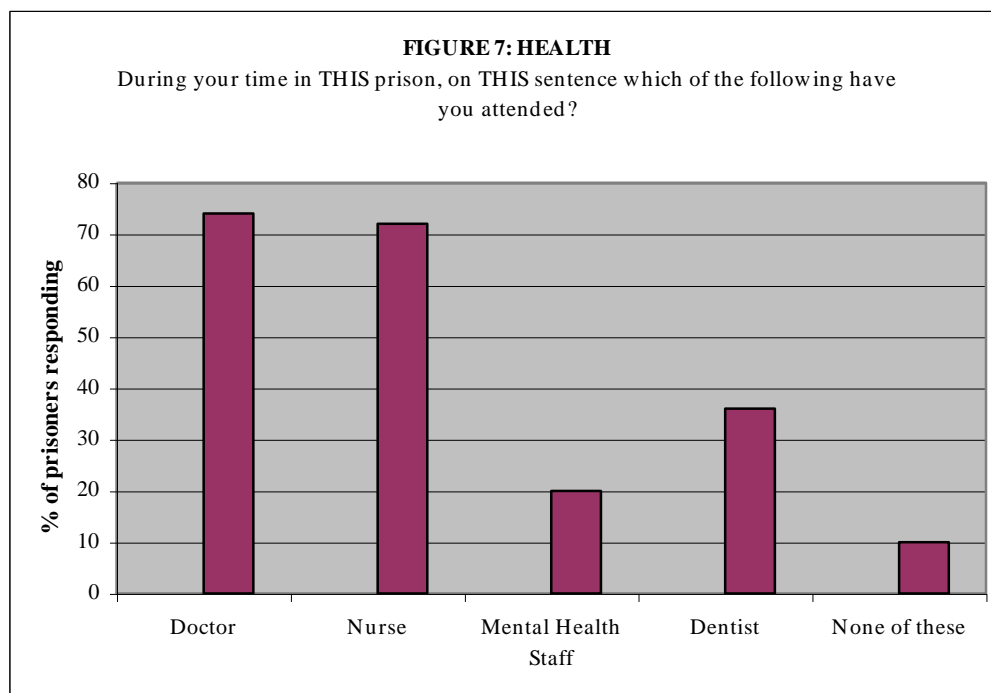
Prisoners were asked to comment on a number of hygiene-related issues (set out below in Table 5). Almost all prisoners reported access to hand washing facilities during the day (97%), before meals (98%) and after using toilet facilities (96%). Over eight in ten prisoners reported having access to a shower (86%) and clean underwear (89%) on a daily basis with a similar proportion indicating weekly access to a clean towel (84%) and to cell cleaning materials in general (88%). Regarding personal activity, over nine in ten prisoners (95%) reported being able to take daily exercise, with 83% reporting 30 minutes moderate exercise at least twice a week.

TABLE 5. PERSONAL HYGIENE & FITNESS	Yes	No
If I want, I can have a shower everyday	86	14
If I want, I can change my underwear everyday	89	11
I receive a clean towel every week	84	16
I have access to hand washing facilities during the day	97	3
I have access to hand washing facilities after I use the toilet	96	4
I can wash my hands before every meal	98	2
I have access to cell cleaning materials	88	12
If I want, I can take daily exercise	95	9

7. HEALTHCARE

Three-quarters of prisoners reported that they had attended the Doctor (74%) and Nurse (72%) while over a third of prisoners indicated that they had attended the Dentist (36%). Two-thirds indicated that they had been able to see a Nurse within 2 days (65%) and two-fifths had seen a Doctor within 2 days

(41%). A quarter reported that they had seen a Dentist within 3 weeks, but a quarter said that they had to wait up to 2 months for an appointment to be fulfilled (26%).



8. ALCOHOL

Prisoners were asked a number of questions about alcohol use/dependency inside and outside of prison. Just under half of prisoners (45%) reported that they were drunk at the time of their offence and almost a quarter (23%) indicated that they were worried that alcohol would be a problem upon release from prison. A third of prisoners (33%) reported that they had been assessed for alcohol use on admission to prison. In respect to addressing alcohol use, almost a half indicated that they would accept help for alcohol problems in prison (45%) and would take help for alcohol problems on the outside (41%), if it were offered. One third of prisoners had been offered the chance to receive help for their alcohol problem (34%) and one fifth had received treatment during their sentence (19%).

The CAGE questionnaire² for alcohol dependence was modified for use with the prisoner population, using the following four questions:

- On the OUTSIDE, did you ever think you ought to CUT DOWN your drinking?
- Has anyone ever ANNOYED you by criticising your drinking?
- Have you ever felt GUILTY about your drinking?
- Have you ever had to have an EYE-OPENER - a drink first thing in the morning?

Of those who responded, four in ten prisoners (41%) thought they ought to cut down their drinking on the outside. One third of prisoners reported that they had been annoyed when their drinking was criticised (34%), felt guilty about their drinking (35%) and needed to have a drink first thing in the morning (35%), whilst on the outside.

9. SMOKING

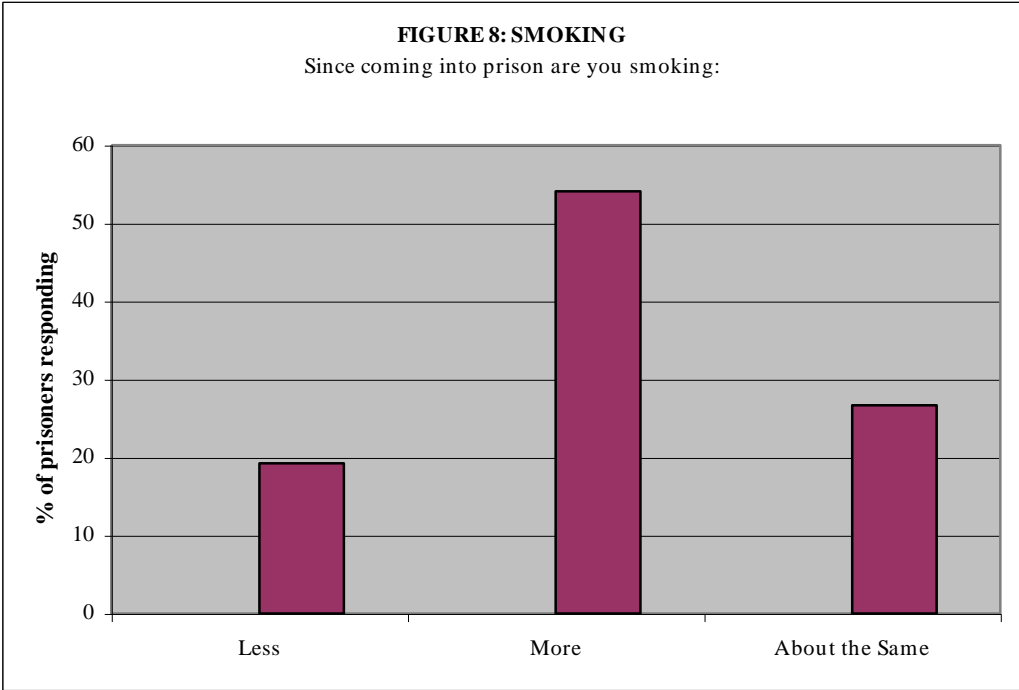
Eight out of ten prisoners (%) reported that they were smokers and a half shared their cell with a smoker (51%). On a more positive note, six out of ten smokers (60%) expressed a desire to give up smoking. In response to smoking cessation, a third of prisoners had been given the chance to attend

² CAGE is an acronym formed by taking the first letter of key words from the four alcohol dependency questions outlined.

smoking cessation services (31%) whilst in prison and a small number (3%) reported attending smoking cessation outside (Table 6 below).

TABLE 6. SMOKING RELATED ISSUES IN PRISON	Yes	No
Are you a smoker?	79	21
If yes, do you want to give up smoking?	60	40
Do you share your cell with a smoker?	51	49
Have you received advice on smoking & its related health risks since coming into prison?	35	65
Have you been given the chance to attend smoking cessation services during your sentence?	31	69
Have you attend ed smoking cessation on the outside?	3	97

Just over half of prisoners reported that their smoking habit had increased whilst in prison (54%). On a more positive note, one in five (19%) were smoking less, and a quarter (27%) indicated that there was no change in the amount they smoked whilst in prison compared to outside (Figure 8).



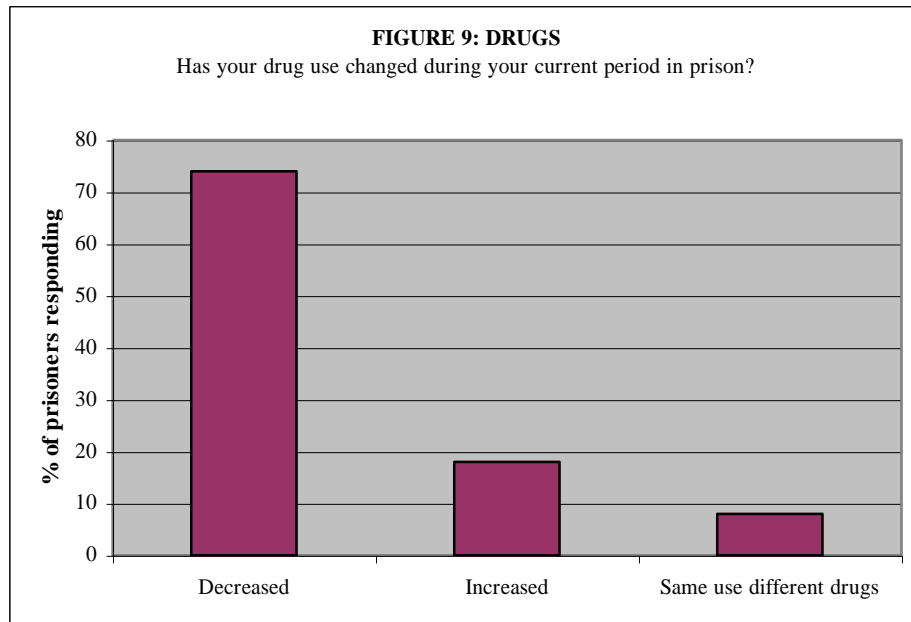
10. DRUGS

Prisoners were asked a series of general questions about the impact of drug use both before and during their period in prison. Seven out of ten of prisoners (69%) reported using illegal drugs **in the 12 months before coming into prison**. The most commonly reported drugs used by this group were as follows: Cannabis (79%), Benzodiazepams (60%), Cocaine (60%), and Heroin (53%).

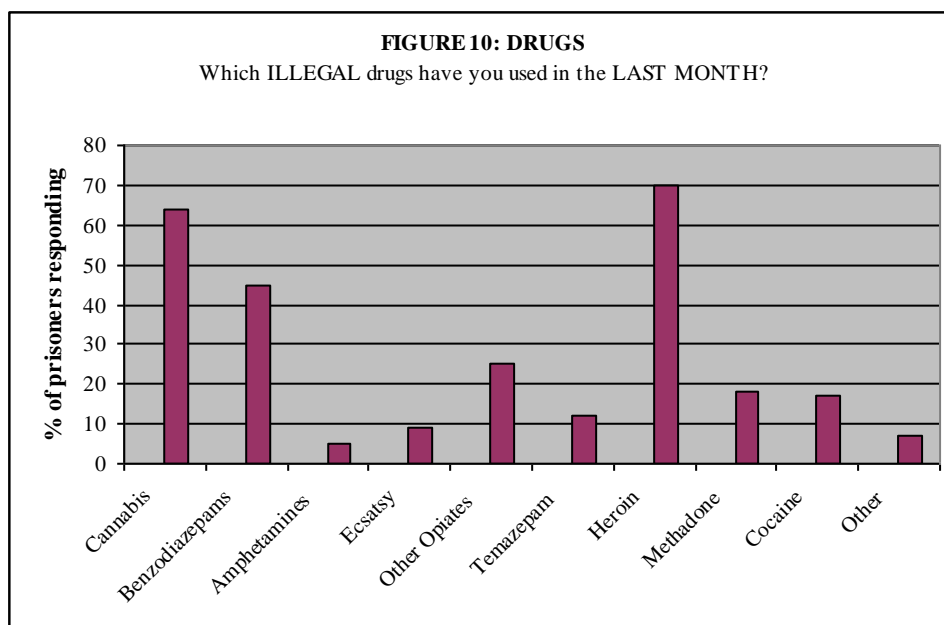
Half of prisoners (45%) reported that their drug use was a problem for them on the outside and that they were under the influence of drugs at the time of their offence (50%). A quarter (26%) indicated that they committed their offence to get money for drugs. Regarding help for drug problems on the

outside, a fifth (21%) reported that they had been receiving treatment for drug use prior to their imprisonment.

Half of prisoners (51%) reported that they had used drugs **in prison** at some point in the past. Eight in ten prisoners (82%) reported that their drug use had changed during their current period in prison. Figure 9, displays the way in which the drug use of these prisoners had changed. Three-quarters of those (74%) reported a **decrease** in drug use in prison while less than a fifth (18%) reported an **increase** in drug use and less than a tenth (10%) indicated a **similar** level of drug use but with different drugs.



Just short of a third of prisoners (30%) reported using illegal drugs **in the month immediately prior to survey completion** while seven in ten (70%) reported that they had **not** used any illegal drugs during this time. The most common drugs reported by users in the last month were: Heroin (70%) and Cannabis (64%). Just under a half (45%) reported using Benzodiazepines (e.g. Valium, Ativan), and a quarter Other Opiates (25%). A smaller proportion reported using Methadone (18%) (Not on prescription), Cocaine (17%), Temazepam (12%), Ecstasy (9%), and Amphetamines (5%).



Regarding help for drug problems inside prison, a half of prisoners (51%) reported that they had been assessed for drug use upon arrival in prison while under a half indicated that they had been given the chance to receive treatment for their drug use (40%) while around a third (35%) reported that they had received treatment for drug use during their sentence. Just short of a third of prisoners (30%) expressed concern that their drug taking will be a problem upon release.

A minority of prisoners (3%; n=100) reported injecting drugs in prison in the last month. Of these, 80% of prisoners (n=80) stated that they had shared their 'works' (injecting equipment).

11. MENTAL HEALTH

This year for the first time questions on mental health were asked by way of an instrument known as an "Affectometer" (see Table 7)

Nearly a half of prisoners stated that they never or rarely felt interested in other people (46%) or felt close to other people (45%), while two-fifths indicated that they rarely felt useful (39%). On a more positive note, seven in ten prisoners reported feeling optimistic about the future at least some of the time (70%), feeling confident (70%), thinking clearly (79%) and dealing with problems (77%).

TABLE 7. MENTAL HEALTH AND WELL BEING	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling optimistic about the future	14	16	32	23	15
I've been feeling useful	17	22	33	19	9
I've been feeling relaxed	11	19	35	25	10
I've been feeling interested in other people	21	25	33	15	6
I've had energy to spare	12	20	31	23	15
I've been dealing with problems well	9	14	34	27	16
I've been thinking clearly	8	13	31	29	19
I've been feeling good about myself	11	19	31	23	19
I've been feeling close to other people	18	27	32	23	15
I've been feeling confident	11	18	31	24	15
I've been able to make up my own mind about things	6	9	24	29	32
I've been feeling loved	26	18	23	16	17
I've been interested in new things	14	19	31	23	14
I've been feeling cheerful	12	19	34	23	11

12. HEPATITIS C

The vast majority of prisoners knew what Hepatitis C was (85%). One in six prisoners (16%) reported that they thought they could be Hepatitis C positive and a third (33%) indicated that they had been tested for it in the community prior to coming into prison, while a third (33%) said they had been tested while in prison. Half (50%) reported that they had received information on Hepatitis C while in prison, but a half (49%) also stated that they would like more information on the topic. Eight out of ten prisoners said they would take a Hepatitis C test if this were offered to them in prison.

Half of prisoners had tattoos (55%). Of those with tattoos, one in five (19%) had had a tattoo done while in prison. A quarter of prisoners had body piercing (27%) and of that group 6% had the piercing in prison.

13. SAFETY

Over eight in ten prisoners (84%) expressed **no** fears for their safety in prison in the last month. Those prisoners who reported fears for their safety (16%) were asked to indicate who made them fear for their safety (Figure 11, below). One half (50%) were made to fear for their safety by another prisoner and 45% by a group of prisoners. A quarter (26%) feared for their safety because of a prison officer, 14% from a group of prison officers and 5% from a non-uniformed member of staff.



Prisoners were also asked to rate in which areas of the prison they feared for their safety (Table 8). Those prisoners who expressed concern for their safety reported that their hall (35%) or all areas of the prison caused the greatest anxiety. The prisoner's own cell (27%), the toilets and showers (25%) and corridors and stairwells (24%) were other areas of concern.

Areas in which prisoners expressed the least concern for their safety were in visits (16%) and the reception area (13%).

TABLE 8. AREAS FEARED FOR SAFETY	% of Prisoners
Hall generally	35
All areas of the prison	31
Own cell/dormitory	27
Toilets/Showers	25
Corridors/Stairwells	24
Recreation	19
PE classes	18
Workshops/Work-party	17
Visit area	16
Reception area	13
Other	13

12. BULLYING

Prisoners were asked to indicate whether they had been bullied in the previous month (Table 9). Although the majority of prisoners reported that they had not been bullied in the last month (89%), one in nine prisoners (11%) reported, that they had been bullied in their present prison during the last month. As Table 9 illustrates of those who indicated that they had been bullied, the most common type of bullying involved 'name-calling' (57%). Just under a third reported that the bullying involved canteen (30%) and just over a quarter that it involved physical abuse (28%). Around one quarter also reported that the bullying involved queue jumping (26%) and drugs (24%). The forms of bullying least frequently mentioned were insults about religion (10%), nationality (10%), and race (10%). One in ten also reported that the bullying involved sexual abuse (10%) and bullying by other unspecified means (10%). Of the (%) of prisoners who had experienced bullying, just short of a third (31%) indicated that they had reported it to the prison authorities.

TABLE 9. TYPE OF BULLYING	% of Prisoners
Name calling	57
Canteen	30
Physical abuse	28
Queue jumping	26
Drugs	24
Possessions/Property	19
Money	17
Threats against your family	15
Threats against your friends	14
Insults about your religion	13
Insults about your nationality	10
Insults about your race	10
'Phone-cards/PIN	10
Sexual abuse	10
Other	10

13. CHANGE

Change: 2003-2007

One of the most useful aspects of the survey is its ability to plot change in prisoners' perceptions across time. Responses to questions common to each survey can be examined to highlight any improvement or deterioration in prisoner perception. Table 10 provides a summary of prisoners' perceptions over the previous five years, displaying the percentage of prisoners who gave a positive response to various questions. The atmosphere in Scottish prisons remains remarkably positive and extremely high ratings across all the atmosphere indicators have been maintained over the last five surveys. This prevailing positive atmosphere has been noted and praised by HMCIP in several of his recent reports.

Since 2003 there has been a continuous year-on-year improvement in respect to the cleanliness of halls (up 9 points from 76% in 2003 to 85% in 2007) and the cleanliness of the toilet areas (up 13 points from

67% in 2003 to 80% in 2007). Some of this may be attributable to the extensive modernisation and refurbishment of the estate in recent years with the decommissioning of older accommodation and the building of a number of new design halls. Although there is a modest improvement in the cleanliness of the cell when first moved in and in the condition of the mattress, these issues still remain problematic for around half of prisoners.

In the last 5 years the way in which food is presented has improved considerably (up 14 points from 58% in 2003 to 72% in 2007), but the size or portions still remains a matter of concern for half the prisoner population. Since last year, the length of the visits (61% in 2006 and 66% in 2007) and the facilities for disabled visitors (66% in 2006 and 71% in 2007) have both improved by 5 points.

TABLE 10. CHANGE IN PRISONER PERCEPTION 2003 - 2007

OVERALL COMPARISONS 2003 - 2007*	2003	2004	2005	2006	2007
ATMOSPHERE					
The reception area	80	81	80	74	75
Your hall or dormitory	86	88	90	86	86
Your workshop/work party	90	90	91	89	90
The visit area	66	68	68	69	69
The gym	94	95	94	95	94
The health centre/surgery	83	85	85	83	85
HEALTH & WELLBEING					
How would you rate the standard of healthcare in this prison?	59	59	55	59	*
SMOKING					
Do you share your cell with a smoker?	*	50	47	48	54
Are you a smoker?	*	80	79	78	79
If YES do you want to give up smoking?	*	58	66	62	60
FOOD					
How would you describe the following in THIS prison?					
The choice of menu	53	54	53	55	56
The size of portions	49	50	51	54	52
The temperature of the food	*	56	58	60	59
The way in which food is served	58	62	66	69	72
The timing of meals	70	74	82	79	81
CLEANLINESS					
How would you describe each of the following?					
The cleanliness of your hall/dormitory	76	77	80	83	85
The cleanliness of the toilet area	67	69	73	79	80
The cleanliness of the showers	64	66	67	73	73
The cleanliness of the visits area	93	93	92	91	94
The cleanliness of your cell when you first moved in	52	45	50	50	54
The condition of your mattress	*	31	35	40	46
HYGIENE					
If I want, I can have a shower every day	*	90	90	86	86
If I want, I can change my underwear every day	*	89	91	87	89
If I want, I can take daily exercise	*	92	92	94	95

I receive a clean towel every week	*	85	85	84	84
I have access to hand washing facilities during the day	*	92	94	96	97
I have access to hand washing facilities after I use the toilet	*	92	93	96	96
I can wash my hands before every meal	*	93	97	98	98
I have access to cell cleaning materials	*	83	83	88	88
VISITS					
How would you describe each of the following?					
Access to family and friends	78	78	78	78	79
The length of the visits	62	62	63	61	66
The ability to arrange visits	72	74	74	75	74
Facilities for children at visits	64	66	67	68	67
The level of privacy at visits	36	38	41	41	44
Access to pay phones in this prison	64	75	79	77	78
Facilities for disabled visitors	60	63	69	66	71
The timing of visits	*	72	71	68	71
DRUGS					
Have you EVER used ILLEGAL drugs in prison?	55	55	50	50	51
MISCELLANEOUS					
Safety (I have feared for my safety in the last month)	18	17	15	17	16
Bullying (I have been bullied in the last month)	10	9	9	11	11

Some ratings shown here were obtained by aggregating all the positive responses to each question.

