



PRISON SURVEY 2019



17th Series

**Research
Strategy and Stakeholder Engagement**

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EXECUTIVE SUMMARY

Custodial history

Of the population of 93% males and 7% females, a quarter were on remand (24%) and 76% were sentenced.

Sentence length

Approximately one third are serving a sentence of over 1 year up to 4 years (32%), followed by 26% serving over 4 years up to 10 years, and 20% serving over 3 months and up to 12 months. Just over one in ten respondents are serving a Life/WLT sentence (12%) and a minority 7% are serving a sentence of over 10 years.

Atmosphere and Relationships

Just over three quarters (77%) reported the atmosphere in their hall/dormitory as 'very relaxed', 'fairly relaxed' or 'neither relaxed nor tense' which is a 10% decrease in satisfaction rate from the 2017 Survey (87%).

Health

Almost six in ten reported having attended both the nurse and doctor (59% and 57% respectively). 2017 figures 77% and 73%. Over a quarter had been seen by mental health staff (29%) and dentist (29%).

Disability and Long Term Illness

Over one third of participants reported having a disability (38%); this number has increased from the 2017 survey results (34%). Some 41% of respondents reported having a long term illness in 2019, which is an 11% increase from 2011 (See Figure1).

Mental health and well-being

As many as 80% reported 'I've been able to make up my mind about things', 69% said

they were 'thinking clearly', and 69% said they were 'dealing with problems well'.

Drugs use

Two fifths of respondents stated that their drug use was a problem for them on the outside (41%), with 45% confirming that they had been under the influence of drugs at the time of their offence and 16% reporting they committed their offence to get money for drugs.

New Psychoactive Substances

Just over one fifth of had used NPS prior to coming into prison (22%), with synthetic cannabis being the most commonly used drug (59%) followed by stimulant (43%). Three in ten (30%) used a hallucinogen, and a minority (14%) were not sure what they were using.

Drug services

Four in ten reported that they would avail of any help offered to them either in prison (40%) or on the outside (40%) relating to their drug problem. A similar percentage of those reporting in the survey had been assessed for drug use upon admission to prison (38%). A quarter had been given the chance to receive treatment for drug use during their current sentence (25%) and one fifth reporting received help (21%).

Alcohol use

Four in ten who completed a questionnaire reported being drunk at the time of their offence (40%). One fifth reported that drinking affected their ability to hold down a job (19%) and one third admitted that their drinking affected their relationship with their family (33%).

Vaping/Smoking

Six in ten use e-cigarettes or ‘Vape’ while in prison (60%). Two fifths (40%) of those who Vaped expressed a desire to give up. Just over half of all respondents had received advice on smoking and its related health risks since coming into prison (53%) and six in ten were made aware that although vaping may be less harmful than smoking it is not risk free (60%).

Visit’s and contact with family and friends

The most common forms of contact were telephone (58%), followed by letter (57%) and visits (43%). One fifth received visits weekly (22%), while 9% received visits fortnightly, and 11% received visits monthly. A minority (2%) who were nearing the end of their sentence were eligible for ‘Home Leave’.

Visit problems

Over half reported that their visitors experienced problems when visiting them in prison (53%). The problem reported most frequently by those expressing dissatisfaction was the distance of the prison from their home (72%). This was followed by a lack of transport (65%) and the cost involved in getting to the prison (57%).

Family issues & support

Just under one fifth reporting had received help with family issues in prisons (17%), of these half had received help from their personal officer (51%). Just over one third were helped by the Family Contact Officer (FCO) (34%). A quarter received help from a prison social worker (24%) and fourteen percent from an outside social worker and Minister. Some 10% had help from a Priest, and 2% from an Imam.

Children of those in custody

Almost two thirds reported having children (61%). Of these, approximately a third had

one child (30%) or two children (30%). One fifth had three children (19%) and one in ten had four children (10%), a minority had five (5%) or six children (5%).

In Care as a child

One quarter indicated that during their upbringing they had been in care (25%) and of these six in ten had been in care at the age of sixteen (60%). Two thirds of those reporting were cared for in a residential home (64%). One third spent time in a secure unit (33%) and three in ten were looked after in a foster family (30%). Sixteen percent were cared for by a family member and a minority 8% specified ‘other’.

Cleanliness

In the region of three quarters of respondents rated the cleanliness of their hall (78%), toilets (78%) and showers (75%) as ‘ok’, ‘fairly good’ or ‘very good’. A majority (86%) said that they got access to clean bed linen every week.

Food and Canteen

Although three quarters of respondents were content with the time meals were served (73%), only half were content with the condition of the food when it arrived (50%), the portion size (54%) and menu choice (55%). The majority were content with the accuracy of their order (90%) from the canteen.

Knife Crime

Almost a quarter (23%) said they have carried a knife in the last 12 months. Just over a third (37%) indicated they have been a victim of knife crime and 31% had been convicted of a knife crime. Over a quarter had used a knife to injure someone (28%) and a similar number had been cautioned by the police for carrying a knife (27%).

Domestic Violence

A quarter of those reporting in the survey (25%) had been involved in violence towards their spouse or partner, with 22% saying they had been convicted of an offence involving violence towards their spouse or partner.

Safety

Just over a quarter reporting in the survey (27%) expressed fearing for their safety in the last month which is an increase in comparison to the 2017 survey of 16%.

Bullying

Respondents were asked to indicate whether they had experienced any bullying in the last month. Of those who indicated that they had been bullied (15%), two thirds said that this involved name calling (66%).

Prison Numbers

In the region of two thirds of those reporting in the survey were of the opinion that their opportunities for training/education (66%), access to medical services (65%), programmes (64%) and cell activities/recreation were negatively impacted upon due to 'prison numbers'. Half felt that safety (51%) and privacy in their cell (49%) were also affected by the numbers held in their establishment.

Accommodation

A quarter of reported they were a council tenant (25%) before going to prison. One in ten reported being an owner/ occupier (12%), rented privately (11%), or housing association (10%). Over half of who specified said that they lost their tenancy/accommodation when they went to prison (56%). Over a third answered they did not know where they would be staying upon their release (37%).

Literacy & Numeracy

Almost a quarter of those reporting in the survey had problems using a computer (24%). Just under one fifth reported problems in relation to writing and numeracy (18% & 17% respectively) and fifteen percent report issues with reading. Approximately three quarters of those with problems indicated they would like help with computers (76%), numbers (75%) and reading (70%).

Learning Centre

Over half of those reporting had attended a learning centre whilst in prison (58%). Of these, almost two thirds attended Education (62%). Half attended Art (47%) and IT (47%).

Equality and Diversity

Approximately eight in ten felt that the meal menus (81%), induction (77%) and the Reception/ Admission procedures (75%) were communicated in a way they understood. Half felt that information on human rights/equality and diversity (51%) and freedom of information (50%) had been communicated adequately.

Discrimination

The vast majority of respondents indicated they had not experienced any type of discrimination. However, just over one in ten stated they had experienced discrimination regarding their religion or belief (14%) and/or disability (13%).

Beliefs

In the region of three quarters reported being able to practice their religion/belief in their prison (77%) and felt their religion/belief was respected by staff (72%) and by others in custody (69%).

Work in prison

Just under three quarters (73%) reported that they had undertaken work in prison. Of these, approximately half stated that prison work had helped them to learn to work regular hours (47%), to work with other people (49%), and that it had helped them to take more responsibility (50%). Half stated that they had a job before coming into prison (50%) and a similar percentage claimed benefits (56%) prior to their current sentence.

Programmes/Interventions

Approximately one in seven respondents attended smoking cessation programmes (15%) and substance related programmes (12%) in 2019. Just under one tenth attended Anger Management (8%) 2019, compared to 14% in 2017.

Preparation for release

Over a quarter had accessed services while in prison in order to help them prepare for release (28%). Of those who accessed services, 72% had sought advice in relation to housing.

Served in the Armed forces

Just over one in ten reported being a member of the Armed Forces (11%). Three quarters of those reporting (74%) were in the Army, 9% were in the Navy, 9% were in the Air Force and 6% were Reservists.

INTRODUCTION

This Report describes the key findings of the Scottish Prison Service's (SPS) biennial Prison Survey. The Survey, which is undertaken in each of the 15 Scottish prison and involves all those held in custody in Scotland.¹

The Survey has a number of objectives:

- to make use of respondents' perceptions of service-delivery and service-quality in business planning;
- to provide those in custody 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 they manage compare to equivalent halls and in so doing to provide a tangible way to help share items of 'best practice'; and
- to allow the SPS, through repetition 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 designed to help 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 well-established belief that for change to be effective it is imperative that the views of those in custody are factored into the planning equation.

The Prison Survey provides a unique insight into life in Scottish prisons from the perspective of those who are in our custodial care; it furnishes a meaningful channel for the "user's voice" to be heard. The Survey informs change by contributing to establishment and corporate business plans to improve service delivery.

"User's voices" are becoming increasingly important in both understanding and promoting self-reflective behavioural change in those who offend. The Survey represents a self-reported snapshot which offers a unique opportunity for those in custody to express their point of view on matters of importance to them. It offers a rich data source which complements official statistics and provides the Service, partner agencies, researchers and academics with valuable time-series trends.

¹ The 2019 Survey fieldwork covered the period July to August 2019. Establishments were given the option either to distribute the questionnaires or have the research team do so. Prior to these visits, posters were displayed in prominent areas in the prison informing those in custody and staff of the Survey and the day it would take place in their establishment. The evening prior to the Survey, each individual was given a leaflet informing them of the Survey and its aims. On the day of the Survey, respondents were issued with a survey form by a member of the Survey Team or prison staff. After being given the chance to complete the questionnaire in the privacy of their cell, the completed forms (sealed in an envelope) were collected by a member of the Survey Team or prison staff. The response rate in 2019 was 30%.

Content and 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, drug and alcohol use and mental health. In recent years, the questionnaire has introduced new topics on engagement with programmes, in care as a child, military service, knife carrying, gang membership, violence against women, use of new psychoactive substances and equality and diversity issues. The Survey also contains a dedicated section to Adverse Childhood Experiences (ACE).

The Survey is distributed to all establishments within Scotland and all those available on the day of fieldwork. In this sense, the exercise is a census. It is entirely voluntary. The 2019 questionnaire was translated into three key foreign languages and interpreters were also provided as necessary. As has been the case in recent years, establishments have opted to undertake fieldwork distribution and collection themselves to suit local conditions and minimise impact on regimes.

However, comparison of the Prison Survey sub-population demographics against the overall prison population demographics reveals responses to be representative.

The Survey has now been a part of SPS culture for over a quarter of a century and therein may lie an issue. When initially conducted in the 1990s on a triennial basis, the exercise was fresh and novel and invoked a sense of curiosity and in some instances bewilderment. However, as the Survey has become embedded in SPS culture and its conduct become familiar and unremarkable, response rates have generally declined in the 21st century. This is not a problem unique to the SPS Prison Survey, as other large scale national surveys in Scotland and in England and Wales have been in decline since the turn of the millennium.

The remainder of this Report sets out how those in custody view their experience of imprisonment and the way the SPS goes about delivering its services.

Custodial history

Of the population of 93% males and 7% females, a quarter were on remand (24%) and 76% were sentenced. The average age of those in custody was 33 yrs. The majority of respondents were Scottish (85%), with a minority of respondents stating that they were from another ethnic background.

Respondents' remand and custodial history is outlined in Table 1. This shows that those in custody were more likely to report having being on remand between 1 and 5 times (40%) followed by never being on remand (37%). One in ten reported that they had been on remand 6-10 times and fourteen percent had been on remand over 10 times.

Two in five respondents had 'never' previously served a prison sentence (40%), or had served between 1 and 5 sentences (40%). One tenth of those reporting in the survey had served between 6 and 10 sentences (9%) or over 10 sentences (11%).

Table 1. Prison history	Never	1-5 times	6-10 times	Over 10 times
Number of times on remand	37	40	10	14
Number of times previously on a sentence	40	40	9	11

Table 2 below shows the sentence length of those reporting in the survey. Approximately one third are serving a sentence of over 1 year up to 4 years (32%), followed by 26% serving over 4 years up to 10 years, and 20% serving over 3 months and up to 12 months. Just over one in ten respondents are serving a Life/WLT sentence (12%) and a minority 7% are serving a sentence of over 10 years.

Table 2. Sentence length			
Up to 90 days	4	Over 4 years up to 10 years	26
Over 3 months up to 12	20	Over 10 years	7
Over 1 years up to 4 years	32	Life/WLT	12

Atmosphere & Relationships

Just over three quarters (77%) reported the atmosphere in their hall/dormitory as ‘very relaxed’, ‘fairly relaxed’ or ‘neither relaxed nor tense’ which is a 10% decrease in satisfaction rate from the 2017 Survey (87%).

Relationships between those in custody and staff were judged to be positive by the vast majority of respondents. A majority of respondents described their relationship with others in their hall and officers in their hall in positive terms (95% and 89% respectively).

Similarly, the majority of respondents described their relationships with staff in the vehicle on their most recent court escort in positive terms (84%). However, responses regarding the cleanliness of the vehicle, comfort of the vehicle and the frequency of stops/comfort breaks were less positive (58%, 42% and 42% respectively).

Health

Due to availability on site, those in custody tend to avail themselves of health services that they might not otherwise access in the community. Almost six in ten reported having attended both the nurse and doctor (59% and 57% respectively; 2017 figures 77% and 73%).

Over a quarter of had been seen by mental health staff (29%) and dentist (29%). Less than one tenth of those reporting in the survey had attended a podiatrist (9%), physiotherapist (6%) or occupational therapist (3%).

A significant number of respondents stated they waited over 10 days to see the dentist (55%), doctor (41%), mental health staff (41%) and optician (41%).

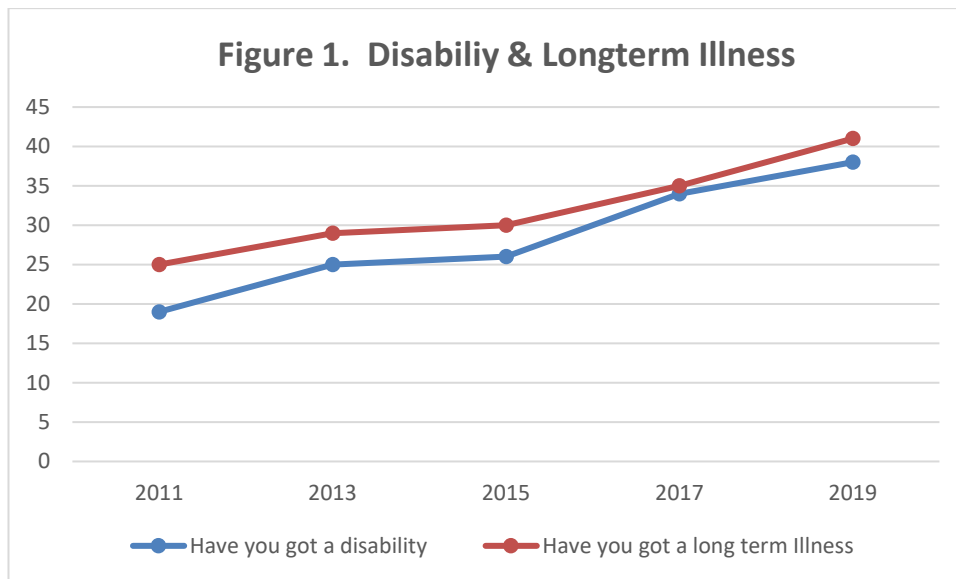
Table 3. Waiting time to see health care staff

	% of population to attend	Same Day	1-2 days	3-5 days	6-10 days	Over 10 days	Not Relevant
Nurse	59	15	25	22	11	17	10
Doctor	57	4	11	14	16	41	14
Mental Health staff	29	4	5	9	10	41	31
Dentist	29	2	2	4	7	55	30
Optician	21	1	1	3	6	41	48
Podiatrist	9	1	1	1	2	23	70
Physiotherapist	6	1	1	2	3	24	70
Occupational therapist	3	1	1	2	1	13	83

Disability & Long Term Illness

Over one third of participants reported having a disability (38%); this number has increased from the 2017 survey results (34%). The number of individuals reporting to have a disability in prison has been continuously rising over recent years, as depicted in Figure 1. Of the 38% reporting to have a disability, over two thirds stated that staff were aware of their disability (69%).

A similar trend can be viewed with regards to those respondents reporting to have a long term illness. Some 41% of respondents reported having a long term illness in 2019, which is an 11% increase from 2011 (See Figure1). Of the 41% reporting to have a long term illness almost two thirds (63%) stated that staff were aware of this.



A minority (5% (n=106) stated that they required assistance in managing activities around the prison. Of these, one fifth (21% (n=18) reported needing assistance overnight. Almost half of this group received help from another individual in custody (45%). Over a quarter were helped by prison officers (27%). Sixteen percent received assistance from medical staff and 8% from a social care worker.

Respondents were asked if they had ever been assessed and diagnosed for a number of conditions. Two fifths of those reporting were assessed and diagnosed with depression (40%) and over a quarter with anxiety or a panic disorder (29%). In the region of one in ten were assessed and diagnosed with ADHD/ADD (8%), or PTSD (11%). See Table 4 below.

Table 4: Before coming into prison where you assessed & diagnosed with any of the following?	Yes (%)
Autism (Asperger's)	4%
ADHD/ADD	8%
Anxiety/Panic disorders	29%
Depression	39%
Schizophrenia	4%
Dementia/Alzheimer's	1%
Dyslexia	7%
Dyspraxia	1%
PTSD	11%
Eating disorder	3%
OCD	5%

Mental health & well-being

Respondents were asked questions on mental health by way of an instrument known as the Warwick-Edinburgh Mental Well-being Scale (WEMWBS) (See Table 5). As many as 80% reported ‘I’ve been able to make up my mind about things’, 69% said they were ‘thinking clearly’, and 69% said they were ‘dealing with problems well’.

Conversely, in the region of half were ‘feeling useful’ (50%), ‘feeling interested in other people’ (51%), and ‘been feeling close to other people’ (47%).

Table 5. Mental health & well-being	None of the time	Rarely	Some of the time	Often	All of the time
I’ve been feeling optimistic about the future	16	21	31	19	12
I’ve been feeling useful	22	28	28	16	7
I’ve been feeling relaxed	15	26	35	18	7
I’ve been feeling interested in other people	23	26	32	15	4
I’ve had energy to spare	17	25	26	20	13
I’ve been dealing with problems well	12	19	34	24	11
I’ve been thinking clearly	11	20	31	23	15
I’ve been feeling good about myself	18	25	30	16	10
I’ve been feeling close to other people	24	29	30	12	5
I’ve been feeling confident	18	24	29	19	10
I’ve been able to make up my own mind	8	12	28	27	25
I’ve been feeling loved	32	23	21	13	11
I’ve been interested in new things	19	22	29	18	12
I’ve been feeling cheerful	19	25	34	15	8

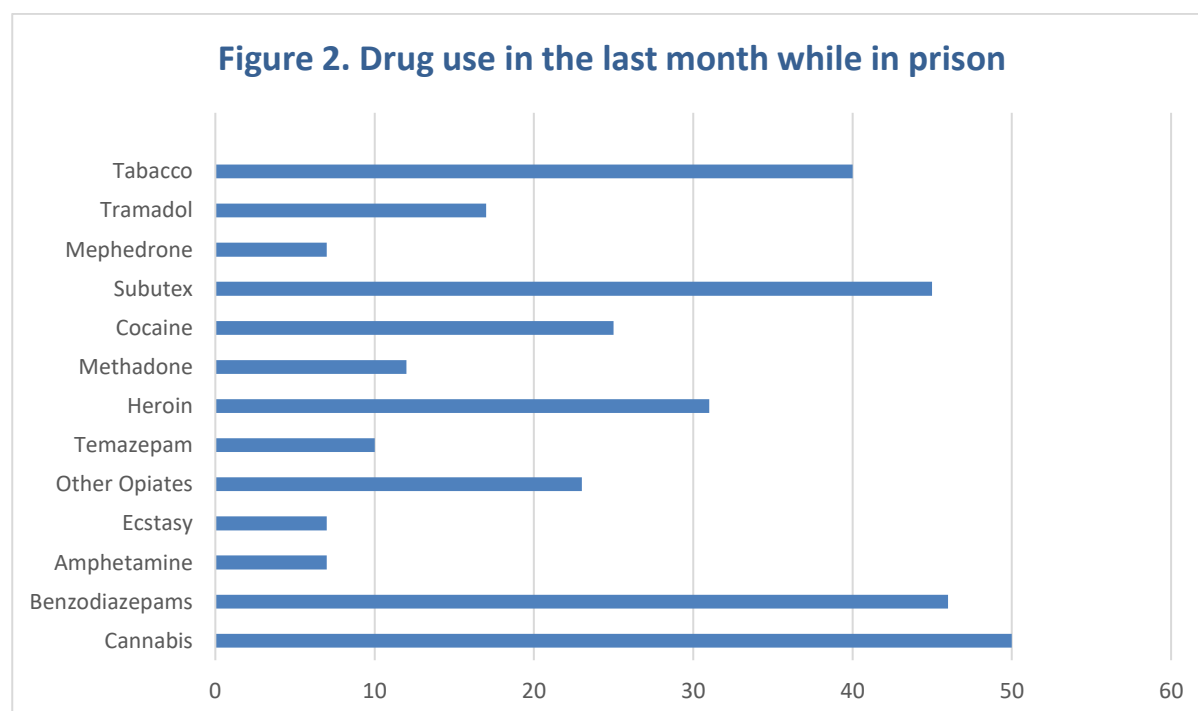
Drug use

Respondents were asked a series of questions about drug use before and during their current sentence. Two fifths of respondents stated that their drug use was a problem for them on the outside (41%), with 45% confirming that they had been under the influence of drugs at the time of their offence and 16% reporting they committed their offence to get money for drugs. A quarter were receiving treatment for drug use before they were imprisoned (24%).

Table 6. Drug use	Yes %	No %
My drug taking was a problem for me on the outside	41	59
I was under the influence of drugs at the time of my offence	45	55
I committed my offence to get money for drugs	16	84
I was receiving treatment for my drug use before my imprisonment	24	76

Approximately two fifths (39%) said that they had used illegal drugs in prison at some point, a figure which has remained the same since 2015. Of these, 83% said their drug use has changed during their current period in prison. Just over four in ten respondents drug use decreased (44%) and in the region of one fifth reported an increase in drug use (20%) or the same use but different drugs (22%). One in ten stated that they only started using drugs in prison (12%).

Just over one quarter reported they had used drugs in the month prior to the survey while in prison (28%). The most commonly used drugs were cannabis (50%), benzodiazepines (46%), subutex (45%), and heroin (31%) all of which have decreased in terms of usage since 2017 – see Figure 2.

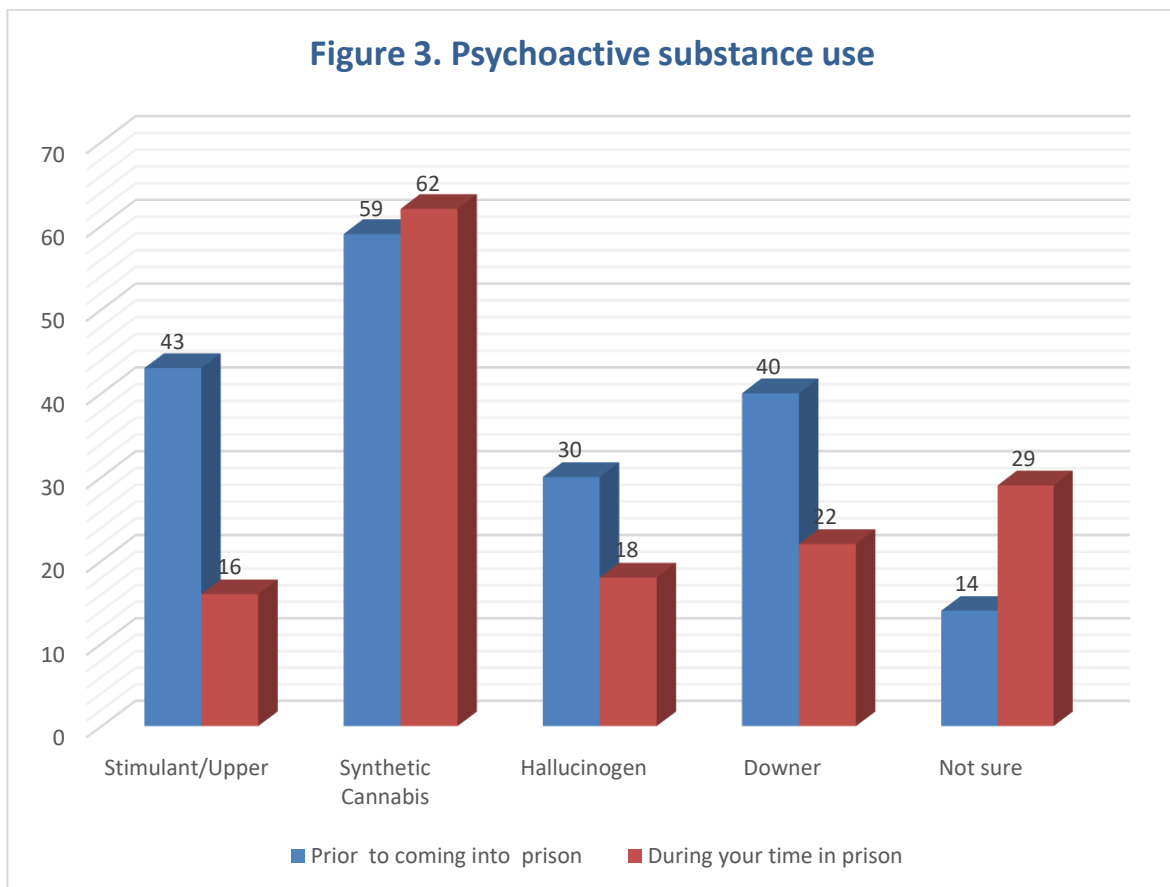


A minority (5%) reported ever injecting drugs in prison, with 2% (n=28) stating they injected in the month prior to the survey. Of these, 78% (n=22) had shared their works. Heroin was reported as being the most commonly injected drug by this small group of respondents.

Just under one fifth reported being prescribed methadone (18%). Of these, over half were on a maintenance dose (57%), over a quarter were on a stabilising dose (28%) and 15% on a reducing dose. Respondents were asked if during their time in prison, they had ever taken another individual's prescribed medication. A quarter (26%) reported that they had done so.

New Psychoactive Substances

Respondents were also asked if they had used any New Psychoactive Substances (NPS) - drugs previously known by the discarded term 'legal highs' - both before going to prison and while in prison. Just over one fifth had used NPS prior to coming into prison (22%), with synthetic cannabis being the most commonly used drug (59%) followed by stimulant (43%). Three in ten (30%) used a hallucinogen, and a minority (14%) were not sure what they were using.



Three in ten reporting in the survey (30%) said they had used NPS in prison, with synthetic cannabis again being the most commonly used (62%).

Naloxone use

Respondents were asked a series of questions regarding naloxone which is used to treat a narcotic overdose in an emergency situation. Approximately one fifth of those reporting in the survey (19%) stated using naloxone at some point and of these 9% had been supplied naloxone in the last 12 months. Of those who were supplied naloxone in the last year half (49%) were supplied it in prison and three quarters (77%) in the community. A minority (10%) reporting in the survey had administered naloxone to someone else and, of these, 36% had done so in the last 12 months (Table 7 below).

Table 7. Naloxone use	Yes %	No %
Have you ever been supplied naloxone?	19	81
Have you been supplied naloxone in the past 12 months?	9	91
If YES , were you supplied take-home naloxone in prison ?	49	51
If YES , were you supplied take-home naloxone in the community ?	77	23
Have you ever administered naloxone to someone else?	10	90
If you have administered naloxone to someone else was this in the last 12 months?	36	64

Drug services

Respondents were asked a series of general questions about drug treatment both before and during their current prison sentence. Four in ten reported that they would avail of any help offered to them either in prison (40%) or on the outside (40%) relating to their drug problem. A similar percentage of those reporting in the survey had been assessed for drug use upon admission to prison (38%). A quarter had been given the chance to receive treatment for drug use during their current sentence (25%) and one fifth reporting received help (21%).

Table 8. Drug services	2015	2017	2019
I was assessed for drug use upon my admission to prison	39	39	38
If I was offered help for my drug problem in prison , I would take it.	42	40	40
I have been given the chance to receive treatment for drug use during this sentence.	28	28	25
I have received help/treatment for drug use during this sentence	28	25	21
I am worried that my drug taking will be a problem for me when I get out	24	22	23
If I was offered help for my drug problem on the outside , I would take it	39	38	40

When asked if they were concerned that their drug taking would be a problem for them upon release, 23% responded 'yes' which is consistent with previous survey results (22% in 2017 & 24% in 2015).

Drug Users' vs Non Drug Users - Mental health & well-being

When data from the Warwick-Edinburgh Mental Well-Being Scale (WEMWBS) is analysed, Drug users reported less positively on all questions (see Table 9).

Table 9. Mental health & well-being: comparison of 'positive ratings' Drug use and no Drug Use	'Some', 'Often', and 'All of the time' (%)	
	Drug Use	No Drug use
I've been feeling optimistic about the future	57	66
I've been feeling useful	41	56
I've been feeling relaxed	52	64
I've been feeling interested in other people	46	56
I've had energy to spare	55	62
I've been dealing with problems well	62	74
I've been thinking clearly	62	74
I've been feeling good about myself	49	62
I've been feeling close to other people	40	50
I've been feeling confident	52	61
I've been able to make up my own mind about things	77	82
I've been feeling loved	39	49
I've been interested in new things	52	64
I've been feeling cheerful	50	62

Alcohol use

All respondents were asked a number of questions about alcohol use/dependency inside and outside prison. Four in ten who completed a questionnaire reported being drunk at the time of their offence (40%). One fifth reported that drinking affected their ability to hold down a job (19%) and one third admitted that their drinking affected their relationship with their family (33%).

Four in ten said that if they were offered help for alcohol problems in prison they would take it (41%) and if they were offered help for alcohol problems on the outside, they would take it (41%). One fifth reported that they were worried that alcohol will be a problem for them when they are released from prison (19%). This can be seen in Table 10.

Table 10. Alcohol use	2017 Yes (%)	2019 Yes (%)
I was drunk at the time of my offence	39	40
My drinking affected my ability to hold down a job	18	19
My drinking affected my relationship with family	32	33
If I was offered help in Prison for alcohol problems I would take it	39	41
If I was offered help on the outside for alcohol I would take it	37	41
I am worried that alcohol will be a problem for me when I get out	19	19

Only a minority (6%) reported they used alcohol in the last month while in prison. Over a quarter (28%) were assessed for alcohol use on their admission to prison (27% in 2017). Almost a quarter of participants had been given the chance to receive treatment for alcohol problems during their sentence (22% in 2019; 23% in 2017; 25% in 2015).

As part of the 2019 survey, the Alcohol Use Disorders Identification Test (AUDIT) was incorporated into the section asking respondents about their alcohol use prior to going to prison. Table 12 shows the responses to each of the 10 AUDIT questions.

How often do you have a drink containing alcohol?	Never	Monthly or less	2 to 4 times a month	2 to 3 times a week	4 or more times a week
	20	27	19	16	18
How many drinks containing alcohol do you have on a typical day when you are drinking?	1 or 2	3 or 4	5 or 6	7, 8 or 9	10 or more
	20	17	18	13	32
	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
How often do you have six or more drinks on one occasion?	27	20	15	22	16
How often during the last year have you found that you were not able to stop drinking once you had started?	68	6	4	10	12
How often during the last year have you failed to do what was normally expected from you because of your drinking?	70	7	5	9	9
How often during the last year have you needed a first drink in the morning to get yourself going after a heavy drinking session?	76	6	3	5	11
How often during the last year have you had a feeling of guilt or remorse after drinking?	68	7	5	8	12
How often during the last year have you been unable to remember what happened the night before because you had been drinking?	63	10	7	9	11
	No	Yes, but not in the last year	Yes, during the last year		
Have you or anyone else been injured as a result of your drinking?	57	27	16		
Has a relative or friend or a doctor/health worker been concerned about your drinking or suggested you cut down?	68	16	17		

Eight in ten reported drinking alcohol (80%), with almost a fifth doing so four or more times a week (18%). On a typical day when they are drinking, a third said that they would drink 10 or more drinks (32%).

A fifth said that they have six or more drinks on one occasion weekly (22%), with a further 16% saying they would do this daily or almost daily. Around a fifth said that weekly, or daily or almost daily, they: - found that they were not able to stop drinking once they had started (22%); failed to do what was normally expected of them because of their drinking (18%); needed a first drink in the morning to get themselves going after a heavy drinking session (16%); had a feeling of guilt or remorse after drinking (20%); or had been unable to remember what happened the night before because they had been drinking (20%).

Vaping/Smoking

SPS introduced a smoke free prisons policy on 30 November 2018 to protect and improve the health and well-being of both individuals in custody and staff. Intensive planning and a wide range of preparatory work was undertaken in the lead up to no smoking in Scottish prisons including consultations, awareness sessions and independent surveys through the Tobacco in Prisons Study being undertaken <http://www.healthscotland.scot/publications/smoke-free-prisons-pathway-a-service-specification-supporting-people-in-our-care>

Respondents were asked a number of question in relation the use of electronic cigarettes or vaping. Six in ten use e-cigarettes or ‘Vape’ while in prison (60%). Two fifths (40%) of those who Vaped expressed a desire to give up. Just over half of all respondents had received advice on smoking and its related health risks since coming into prison (53%) and six in ten were made aware that although vaping may be less harmful than smoking it is not risk free (60%).

Visits and contact with family and friends

Individuals in custody were asked to comment on a number of aspects relating to family contact. Nine out of ten were in regular contact with someone outside the prison (91%).

The most common forms of contact were telephone (58%), followed by letter (57%) and visits (43%). One fifth received visits weekly (22%), while 9% received visits fortnightly, and 11% received visits monthly. A minority (2%) who were nearing the end of their sentence were eligible for ‘Home Leave’.

In order to gauge their views on the quality of visits, respondents were asked to consider a number of aspects relating to visits. Generally, respondents rated visits in positive terms (‘very good’, ‘fairly good’, or ‘ok’).

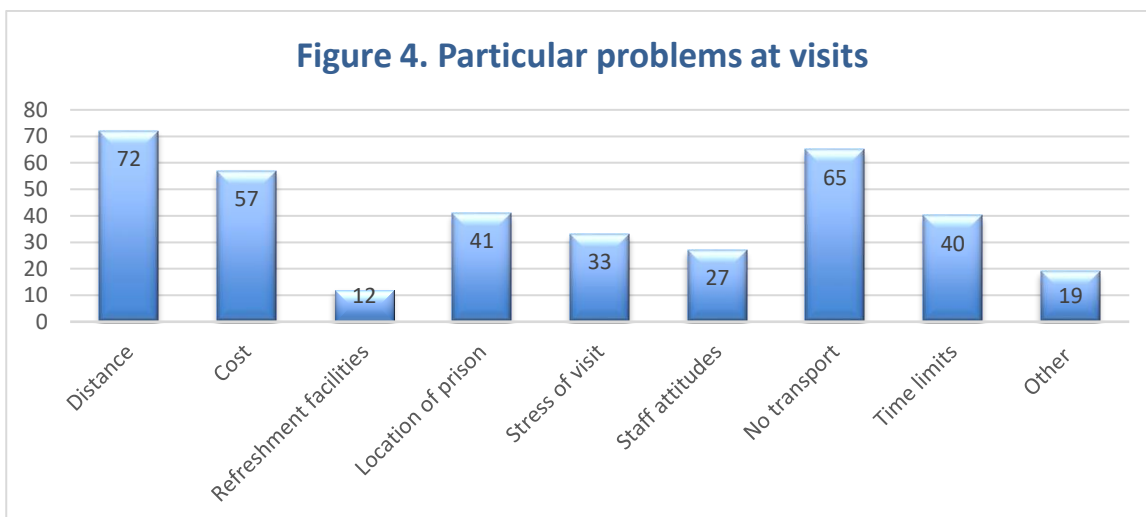
The majority of respondents reported positively on ability to arrange visits (81%), access to family and friends (79%). Three quarters considered that respectful behaviour was shown by staff in relation to visits (75%), were content with facilities for children (77%), disabled visitors (76%) and the timing of visits (73%).

Table 12. How would you describe the following?	'Very good', 'Fairly good' & 'OK' (%)	'Fairly bad', & 'Very bad' (%)
Access to family & friends	79	21
Access to the Family Contact Officer in this prison?	64	36
The length of the visit	67	33
The ability to arrange visits	81	19
Facilities for children at visits	77	23
Facilities for disabled visitors	76	24
The timing of visits	73	27
The quality of the visit	76	24
Respectful behaviour shown by staff in relation to visits	75	25

Visit Problems

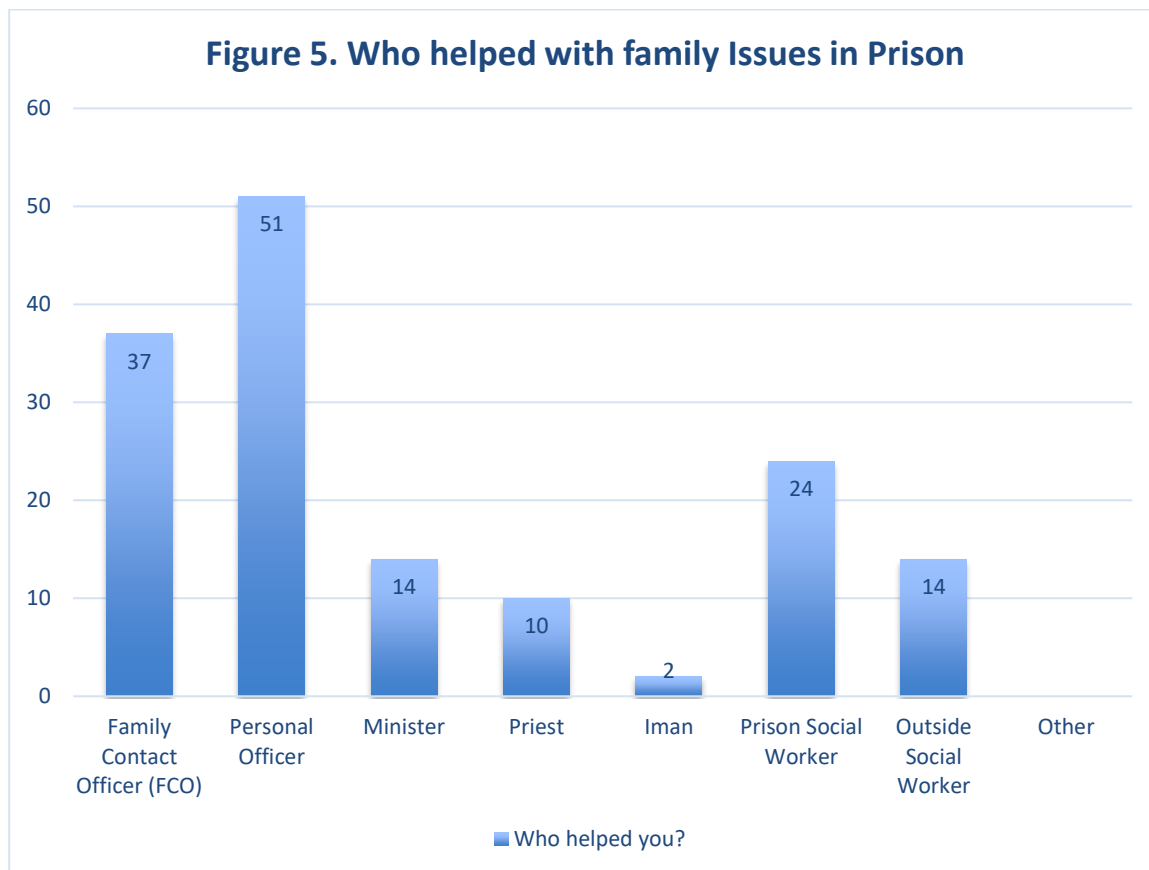
Figure 4 illustrates that just over half reported that their visitors experienced problems when visiting them in prison (53%). Respondents who identified a problem were asked to specify the nature of the difficulty experienced. The problem reported most frequently by those expressing dissatisfaction was the distance of the prison from their home (72%). This was followed by a lack of transport (65%) and the cost involved in getting to the prison (57%).

Other reported problems were due to location (41%), time limits (40%), and the stress of the visit (33%). Over a quarter reported issues with staff attitudes (27%). The percentage of reporting difficulties with visits has increased by 6% from 2017 (47%) which is disappointing given the emphasis put on visiting and maintaining family contact by SPS and associated agencies.



Family issues & support

Just under one fifth reporting had received help with family issues in prisons (17%), of these half had received help from their personal officer (51%). Just over one third were helped by the Family Contact Officer (FCO) (34%). A quarter received help from a prison social worker (24%) and 14% from an outside social worker and Minister. Some 10% had help from a Priest, and 2% from an Imam.



Children of those in custody

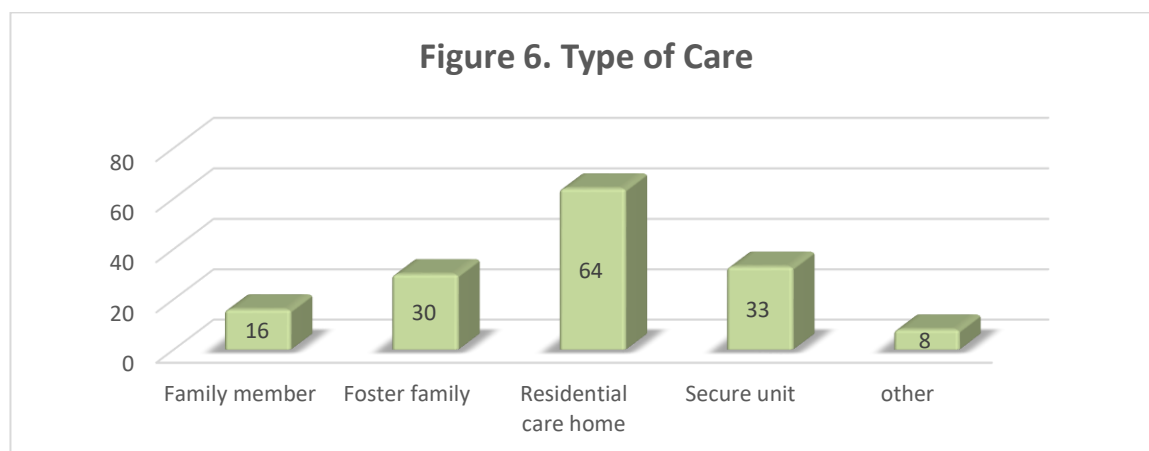
Almost two thirds of those taking part in the survey reported having children (61%). Of these, approximately a third had one child (30%) or two children (30%). On fifth had three children (19%) and one in ten had four children (10%), a minority had five (5%) or six children (5%).

Just over a third (37%) were receiving visits from their children, while 63% said they were not. In the region of half who were caring for their children before they went into prison (54%) also thought that they would be caring for their children when they were released (47%).

In Care as a child

One quarter indicated that during their up-bringing they had been in care (25%) and of these six in ten had been in care at the age of sixteen (60%). Two thirds of those reporting were cared for in a residential home (64%). One third spent time in a secure unit (33%) and three in ten

were looked after in a foster family (30%). Sixteen percent were cared for by a family member and a minority 8% specified 'other'.



Respondents were asked how many placements they had while in the care system: - almost a third reported having one or two placements (31%), one in five reported having between three and four placements (19%), 8% reported having five or six placements and 16% of those individuals reporting having been in the care system highlighted having more than six placements.

In the region of a quarter of all respondents reporting in the survey indicated that they had been involved in a children's panel (26%), been expelled from school (28%), and experienced problems at school (29%). Almost a third had been truant from school (31%).

Cleanliness

In the region of three quarters of respondents rated the cleanliness of their hall (78%), toilets (78%) and showers (75%) as 'ok', 'fairly good' or 'very good'. Less positively, just over half (56%) reported being content with the cleanliness of their cell when they first moved in. A majority (86%) said that they got access to clean bed linen every week.

Food and Canteen

Although three quarters of respondents were content with the time meals were served (73%), only half were content with the condition of the food when it arrived (50%), the portion size (54%) and menu choice (55%). The majority were content with the accuracy of their order (90%) from the canteen.

Respondents were less content with the price (65%) and selection of goods (57%). Just over two thirds (69%) reported being satisfied with the canteen system 'overall'. A majority (91%) said that they had no difficulty understanding/completing the canteen order form.

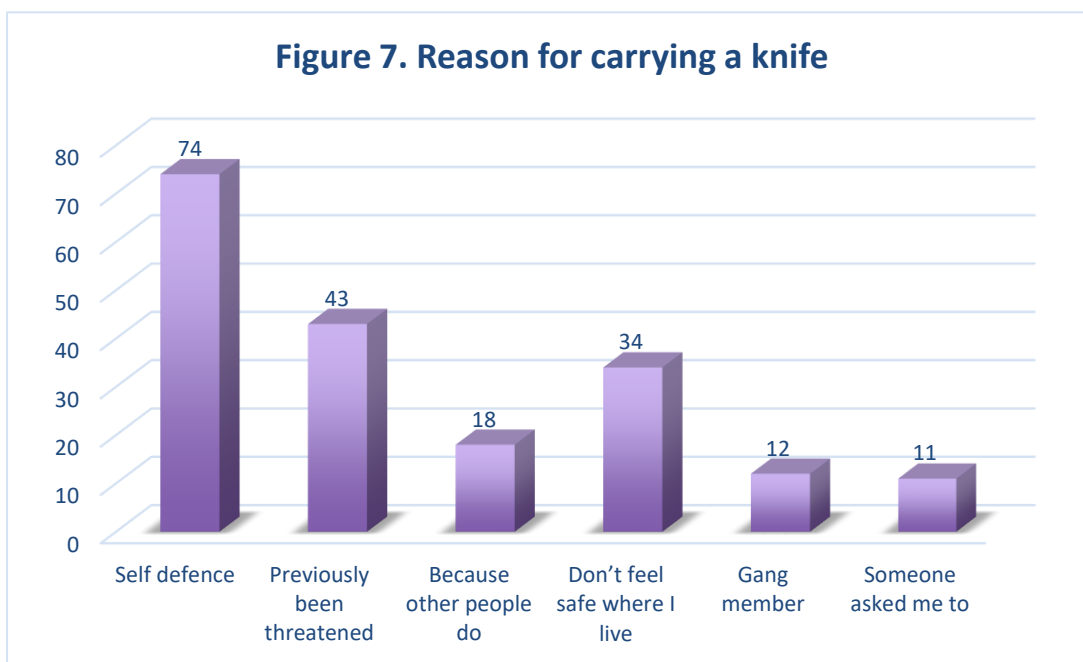
Knife Crime

Table 13 shows two fifths of the respondents have carried a knife (40%). Almost a quarter (23%) said they have carried a knife in the last 12 months. Just over a third (37%) indicated they have been a victim of knife crime and 31% had been convicted of a knife crime.

Over a quarter had used a knife to injure someone (28%) and a similar number had been cautioned by the police for carrying a knife (27%). Four in ten (39%) were of the opinion that if they were cautioned for carrying a knife this would stop them doing so. When asked, 8% of respondents admitted that they were a gang member.

Table 13. Knife crime	2015	2017	2019
Have you ever carried a knife?	46	41	40
Have you carried a knife in the 12 months before coming into prison?	23	21	23
Have you been a victim of knife crime?	36	37	37
Have you ever used a knife to injure someone?	33	31	28
Have you ever been cautioned by the Police for carrying a knife?	30	29	27
Have you ever been convicted of a knife crime?	37	35	31
If you were cautioned for carrying a knife would this stop you?	44	40	39
Are you a gang member?	10	9	8

Three quarters of those reporting who carried a knife (74%) did so for self-defence, with four in ten stating they carried a knife because they have previously been threatened (43%). One third of those reporting, attributed carrying a knife to the fact that they don't feel safe where they live (34%). A full breakdown of the reasons for carrying a knife can be found in Figure 7.



Domestic Violence

A quarter of those reporting in the survey (25%) had been involved in violence towards their spouse or partner, with 22% saying they had been convicted of an offence involving violence towards their spouse or partner. Almost one third (32%) reported being a victim of violence from their spouse or partner and four in ten (39%) had witnessed violence between their parents/carer.

Safety

Just over a quarter reporting in the survey (27%) expressed fearing for their safety in the last month which is an increase in comparison to the 2017 survey of 16%.

Three fifths (60%) of these respondents expressing concern highlighted that another individual in custody made them fear for their safety, 46% feared for their safety from a group of people in custody, 40% from a prison officer, 20% from a group of prison officers (excluding control and restraint), and 8% from a non-uniformed member of staff.

Bullying

Respondents were asked to indicate whether they had experienced any bullying in the last month. Of those who indicated that they had been bullied (15%), two thirds said that this involved name calling (66%). Other common types of bullying involved physical abuse (41%), drugs (23%), money (22%) and property/possessions (22%). A full breakdown of the types of bullying those in custody have indicated they faced are detailed in Table 14.

Table 14. Type of bullying	2015	2017	2019
	Reporting bullying (12%)	Reporting bullying (16%)	Reporting bullying (15%)
Name calling	49	69	66
Physical abuse	28	46	41
Possessions/Property	23	26	22
Drugs	21	24	23
Money	16	20	22
Sexuality insults	15	21	13
Racial insults	15	8	13
Religious insults	15	14	21
Sexual abuse	9	8	9
Age	9	10	13
Disability insults	9	22	17

Prison Numbers

The 2019 survey also included questions relating to the population held in each establishment. In the region of two thirds of those reporting in the survey were of the opinion that their

opportunities for training/education (66%), access to medical services (65%), programmes (64%) and cell activities/recreation were negatively impacted upon due to ‘prison numbers’. Half felt that safety (51%) and privacy in their cell (49%) were also affected by the number held in their establishment.

Table 15. Impact of prison numbers on the following?	Yes %	No %
Your safety	51	49
Your out of cell activities/recreation	62	38
Your opportunities for Training & Education	66	34
Your ability to access work/prison jobs	61	39
Your ability to access Programmes	64	36
Your ability to access medical services	65	35
Your privacy in you cell	49	51
Your quality of life generally	63	37

Accommodation

Those in custody were asked to specify the type of accommodation in which they lived prior to coming into prison. Respondents were allowed to pick more than one response based on the fact that they may have had various living arrangements prior to coming to prison. A quarter reported they were a council tenant (25%) before going to prison. One in ten reported being an owner/ occupier (12%), rented privately (11%), or housing association (10%). Over half who specified said that they lost their tenancy/accommodation when they went to prison (56%).

Respondents were also asked to specify where they would live following their release from prison. Over a third answered they did not know where they would be staying upon their release (37%). Over one fifth specified they would be a council tenant (20%) while 13% said they would be an owner/occupier and a further 8% stated they would live in private rented accommodation.

Literacy & Numeracy

Those in custody were asked to detail whether they had any problems with reading, writing, numbers or computer skills. Almost a quarter of those reporting in the survey had problems using a computer (24%). Just under one fifth reported problems in relation to writing and numeracy (18% & 17% respectively) and fifteen percent report issues with reading.

Those who stated they have problems were asked if they would like help. Approximately three quarters of those with problems indicated they would like help with computers (76%), numbers (75%) and reading (70%). Fewer felt they would like help with writing (68%).

Learning Centre

Over half of those reporting had attended a learning centre whilst in prison (58%) (56% in 2017)). Of these, almost two thirds attended Education (62%); half attended Art (47%) and IT

(47%); a third Literacy and Numeracy (35%); and approximately one in ten respondents had taken part in distance learning (12%) or the Open University (8%).

Equality and Diversity

Respondents were asked if information had been communicated to them in a manner that they understand (native language, braille, large print, signing, etc.). Table 16 shows that approximately eight in ten felt that the meal menus (81%), induction (77%) and the Reception/ Admission procedures (75%) were communicated in a way they understood. There was less satisfaction with other topics - half felt that information on human rights/equality and diversity (51%) and freedom of information (50%) had been communicated adequately.

Table 16. Communication Procedures	Yes (%)	No (%)
Reception/Admission procedures	75	25
Induction	77	23
Meal menus	81	19
The visit process/Family contact	69	31
Human Rights/ Equality and Diversity	51	49
Prison rules/Complaints	57	43
Healthcare	68	32
Freedom of information	50	50
Violence/Anti-bullying	61	39
Education/Learning	73	27
Programmes	58	42
Service providers/Community contact	53	47

Respondents were also asked if during their current sentence they had personally experienced discrimination. The vast majority indicated they had not experienced any type of discrimination. However, just over one in ten stated they had experienced discrimination regarding their religion or belief (14%) and/or disability (13%). A full breakdown of those who experienced discrimination is detailed in Table 17 below.

Table 17. Experienced discrimination	Yes (%)	No (%)
Your age	13	87
Disability	13	87
Gender assignment	4	96
Sex (gender)	5	95
Race	8	92
Religion or belief	14	86
Sexual orientation	7	93
Marriage/civil partnership	4	96

Of those who experienced discrimination, just over one fifth (22%) reported it. This figure has increased since 2017 where 16% of those individuals who had experienced abuse stated they

would report it. The number of those individuals who were satisfied with the way the matter was dealt with has dropped markedly from 37% in 2015 to 14% in 2017 to 12% in 2019.

Beliefs

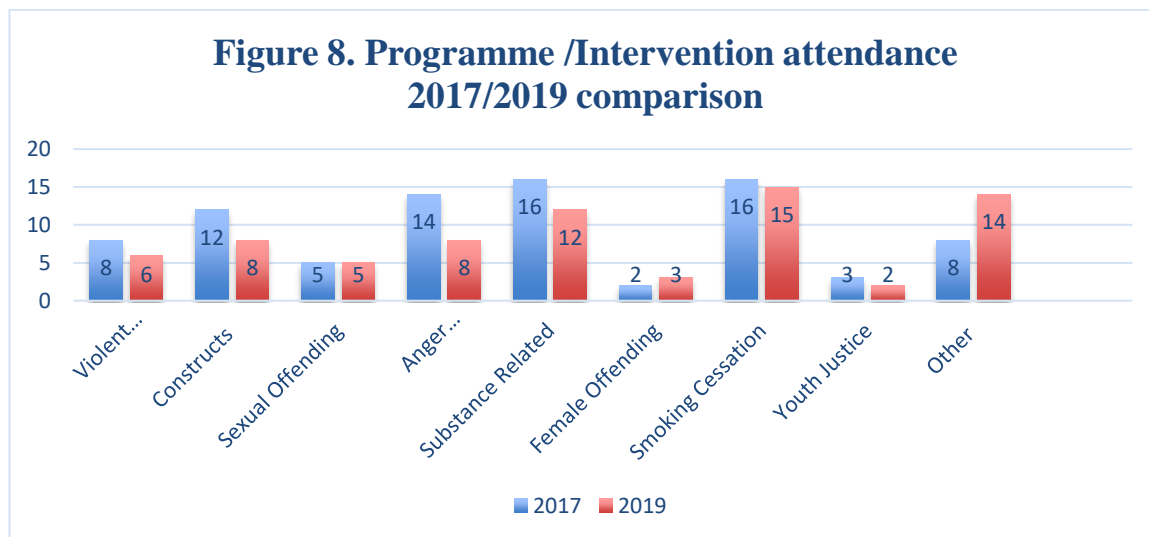
In the region of three quarters reported being able to practice their religion/belief in their prison (77%) and felt their religion/belief was respected by staff (72%) and by others in custody (69%).

Work in prison

Respondents were asked to comment on a number of issues relating to work in prison. Just under three quarters (73%) reported that they had undertaken work in prison. Of these, approximately half stated that prison work had helped them to learn to work regular hours (47%), to work with other people (49%), and that it had helped them to take more responsibility (50%). Almost six in ten stated that they found work in prison interesting (58%) and 30% felt that the experienced gained through prison work would help them to get a job on release. Half stated that they had a job before coming into prison (50%) and a similar percentage claimed benefits (56%) prior to their current sentence.

Programmes/Interventions

Those in custody were asked to specify which, if any, programme/intervention they had attended while in prison. Figure 8 below, shows that approximately one in seven respondents attended smoking cessation programmes (15%) and substance related programmes (12%) in 2019. Just under one in ten attended Anger Management (8%) 2019, compared to 14% in 2017.



Two thirds of those who attended a programme reported completing it (65%) and a similar number were of the opinion it was helpful in addressing issues relating to their offending (62%). One third of those reporting thought that staff in the SPS were helpful in supporting them with their offending behaviour (33%) compared to 42% in 2017.

Preparation for release

Over a quarter had accessed services while in prison in order to help them prepare for release (28%). Of those who accessed services, 72% had sought advice in relation to housing. A full breakdown of the services accessed can be seen in Table 18 below.

Table 18. Preparation for release % of those accessing services	Accessed Services 28% (n=439)	Positive rating of Services
Housing	72% (n=319)	64%
Welfare/Benefits	58% (n=255)	78%
Addictions	55% (n=243)	81%
Employment	54% (n=238)	58%
Throughcare	51%(n=224)	72%
Health	51% (n=223)	74%
Social work	68% (n=300)	70%
Financial advice	47% (n=208)	68%
Training	51% (n=223)	59%
Relationships	43% (n=191)	67%

Those in custody were then asked to rate the services they accessed. Overall, respondents rated services in positive terms ('very good', 'good', or 'ok'). Of those accessing services, the majority of respondents reported positively on the services relating to Addictions (81%), Welfare/Benefits (78%), Health (74%), and Throughcare (72%) (See table 18 above).

Offending behaviour

Table 19 below shows that a quarter were of the opinion that mental health (27%), Alcohol misuse (24%) and drug misuse (24%) contributed to their offending behaviour. Unemployment (16%), family relationships (16%) and financial difficulties were also cited as factors which may have led to offending.

Table 19. Factors contributing to offending behaviour?			
	Yes %		Yes %
Unemployment	16	Lack of support in the community	14
Alcohol misuse	24	Family relationships	16
Drug misuse	24	Mental Health	27
Accommodation type	10	Peer pressure	7
Neighbourhood	9	Financial difficulties	15

Served in the Armed forces

Just over one in ten reported being a member of the Armed Forces (11%). Three quarters of those reporting (74%) were in the Army, 9% were in the Navy, 9% were in the Air Force and 6% were Reservists. Of those who had been in the Armed Forces over half reported that their method of discharge was ‘Normal’ (59%), almost a quarter ‘Medical’ (22%), one in six ‘Administrative’ (16%) and a minority 4% were still serving.

Change over time

In terms of everyday living, respondents’ ratings of the main components that comprise prison existence – atmosphere, cleanliness, hygiene, food and visits – have been remarkably consistent and favourable over the years. The atmosphere in the hall is a key measure of order, safety and the organisation of the daily regime. Consistently high positive ratings have been reported across the years, although in 2019 the atmosphere rating has dropped 10% to 77%, as Table 20 shows. However, relationships between those in custody and staff continued to be judged positively by the vast majority of respondents. A majority described their relationship with others in their hall and officers in their hall in very positive terms (95% and 89% respectively).

Table 20. Atmosphere 2004-2019

How would you describe the atmosphere in your hall or dormitory?										
2004	2005	2006	2007	2008	2009	2011	2013	2015	2017	2019
88	90	86	86	85	85	87	88	86	87	77

While cleanliness has been maintained over the years, the ratings in 2019 have taken a slight downturn, as Table 21 below demonstrates. The cleanliness of the toilet areas, the showers and the cell on initial arrival have all improved since the mid-2000s. Large sections of the penal estate have been replaced with new build facilities and this in part may account for the improved overall ratings, although the corporate figure does contain variation between establishments.

Table 21. Cleanliness 2004-2019

How would you describe the following in relation to cleanliness?												
	2004	2005	2006	2007	2008	2009	2011	2013	2015	2017	2019	
The cleanliness of your hall/dormitory	77	80	83	85	84	85	84	82	86	84	78	
The cleanliness of the toilet area	69	73	79	80	81	83	82	83	84	84	78	
The cleanliness of the showers	66	67	73	73	75	77	78	78	81	81	75	
The cleanliness of your cell when you first moved in	45	50	50	54	52	54	61	62	62	63	56	

Food is always a source of contention with those in custody, but Table 22 below illustrates responses to the choice of menu, size of portions and timing of meals. There continues to be general satisfaction with the timing of the meals, but less satisfaction with menus and portions.

Table 22. Food 2004-2019

How would you describe the following in relation to the food?											
	2004	2005	2006	2007	2008	2009	2011	2013	2015	2017	2019
The choice of menu	54	53	55	56	54	55	56	60	61	61	55
The size of portions	50	51	54	52	48	51	47	50	55	60	54
The timing of meals	74	82	79	81	81	81	81	81	80	80	73

Family contact is recognised as one of the most important aspects of prison life and is acknowledged as being crucial to supporting community reintegration and promoting desistance from future reoffending. Visiting arrangements have generally been rated highly and Table 23 shows progressive improvement over the last decade, especially in respect to facilities for children and disabled visitors.

Table 23. Visits 2004-2019

How would you describe the following in relation to visits?											
	2004	2005	2006	2007	2008	2009	2011	2013	2015	2017	2019
Access to family and friends	78	78	78	79	79	81	81	84	83	84	79
The length of the visits	62	63	61	66	58	63	63	73	73	72	67
The ability to arrange visits	74	74	75	74	71	80	84	85	84	83	81
Facilities for children at visits	66	67	68	67	67	66	70	77	81	82	77
Facilities for disabled visitors	63	69	66	71	72	76	77	82	80	82	76
The timing of visits	72	71	68	71	68	75	75	79	78	77	73

Successive Prison Surveys have been able to report a general decline in self-reported drug use since the early 2000s. Table 24 shows no change between 2019 (39%) and 2017 (39%) in illegal drug use in prison.

Table 24. Drugs 2004-2019

Have you ever used illegal drugs in prison?											
2004	2005	2006	2007	2008	2009	2011	2013	2015	2017	2019	
55	50	50	51	48	45	45	38	43	39	39	

Table 25 highlights little or no difference relating to alcohol use among respondents. Although ‘drunkenness at time of offence’ is undoubtedly still stark, the continuing reduction in numbers

over the last decade is moving in the right direction (49% in 2008; 39% in 2019). The numbers who reported having problems ‘holding down a job because of drink’ have remained around a fifth (18% in 2017; 19% in 2019).

Table 25. Alcohol 2008-2019	2008	2009	2011	2013	2015	2017	2019
I was drunk at the time of my offence	49	50	50	45	41	39	39
My drinking affected my ability to hold down a job	23	24	25	21	19	18	19
My drinking affected my relationships with family	36	38	38	35	32	32	33
I am worried that alcohol will be a problem for me when I get out	23	23	24	21	17	19	19

Although the numbers reporting alcohol problems have declined in recent years, respondents’ problems with alcohol are still acute and it is evident alcohol still contributes significantly to offending behaviour. This relationship with drink, of course, is but a reflection of wider social trends in alcohol consumption reported across Scotland in recent years; general consumption appears to be down, but hard core pockets of ‘problem drinking’, often but not always in areas of multiple deprivation, remain.

ADVERSE CHILDHOOD EXPERIENCES (ACE) SURVEY RESULTS 2019

The Scottish Public Health Network published a report, 'Polishing the Diamonds – Addressing Adverse Childhood Experiences' in 2016. This document provides an overview of ACEs and suggests points for action aimed at reducing the number of adverse childhood experiences in Scotland. The commitment to reduce exposure to adverse childhood experiences has been emphasised in the Scottish Governments 2017/18 Programme for Government.

The Scottish Public Health Network defines Adverse Childhood Experience as:

“Intra- familial events or conditions causing chronic stress responses in the child’s immediate environment. These include notions of maltreatment and deviation from societal norms”.

Research into Adverse Childhood Experiences has often made the link between negative experiences during childhood and incarceration. A study examining the impact of ACEs on a sample UK population in 2015 highlighted that, “the odds of having been incarcerated were 20.4 times higher for those who had experienced 4 or more ACEs compared to those who had experienced none” (Bellis).

The 2019 SPS Prison Survey included a series of questions designed to explore respondents’ experiences and exposure to ACEs and to gauge the prevalence of ACEs amongst the Scottish prison population.

The questions were aligned with the categories of Adverse Childhood Experiences as set out by the Scottish Public Health Network.

Abuse	Neglect	Household Adversity
Emotional Abuse	Emotional Neglect	Domestic Violence
Physical Abuse	Physical Neglect	Household Substance Misuse
Sexual Abuse		Household Mental Ill health
		Criminality
		Separation
		Living in Care

An overview of the responses can be seen in Table 1.

Table 1. – (Calculated ‘Yes’ responses include; ‘once or twice’, ‘some times’, ‘often’ and ‘very often’)

Adverse Childhood Experiences (ACE)	All respondents reporting % Yes
Parents separated or divorced	45
Adult in your home slap, hit, kick, punch or beat each other up	40
Adult in your home hit, beat, kick or physically hurt you	47
Adult in your home swear at/ insult you, put you down or humiliate you	58
Bullied at school or anywhere else - threats, nasty names and tricks, social exclusion	62
Someone at least 5 years older than you try to touch you or make you touch them sexually	26
You didn’t have enough to eat and had to wear dirty clothes or has no one to protect you	28
Your parents were too drunk or high to take care of you or take you to the doctor if you need it	20
Live with anyone who was depressed, mentally ill or suicidal	32
Live with anyone who was a problem drinker or alcoholic	34
Live with anyone who used illegal street drugs or abused prescription medication	20
Live with anyone who served time or was sentenced to serve time in a prison or young offenders institution	24

Almost two thirds of those reporting in the survey had been bullied at school or elsewhere, involving threats, nasty names, tricks and social exclusion (62%).

Almost half of respondents stated that their parents were separated or divorced (45%). Over four in ten reported that an adult in their home had hit, beat, kicked or physically hurt them (47%) and an adult in their home had slapped, hit kicked or beat each other up (40%).

