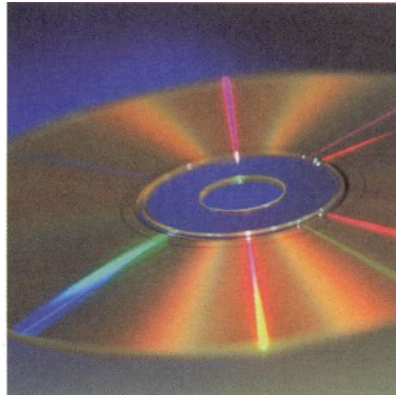


The Health of Prisoners

A Survey of Smoking, Alcohol and Drug Use amongst Prisoners in the South East

Spring 2003



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Summary

1. This survey is part of a wider project looking into the health of Prisoners in relation to their consumption of illegal drugs, and the services provided for them during and after their stay in Prison. The aim of the survey is to assess needs and risks and evaluate services in Kent, Surrey and Sussex Prisons (KSS), in relation to health and drug use.
2. A pilot study of the survey was first conducted in three Hampshire prisons in October 2002 to assess the questionnaire and the best method of distribution within a prison environment.
3. In spring 2003 the whole population (1938 prisoners) of four prison establishments was surveyed (a Local Prison, a Category C Prison, a Category B Prison and an Open Prison). A self completion questionnaire was distributed and collected in each of the four prisons between January and March 2003. 522 out of the 1938 prisoners surveyed responded; this is a 27% response rate; the range was 15% in the Open Prison to 38% in the Local Prison.
4. 59% of responders were aged between 25 and 44, very few were aged over 65. The survey population is under representative of the younger age groups and over representative of the older age groups; the survey may under estimate the prevalence of drug use both inside and outside of prison.
5. 50% of all respondents had been in the current prison for less than one year, 20% for less than 3 months, whilst only just over 3% had been in for 5 years or longer. 8% of prisoners said they were on remand, and 87% convicted. 60% of remand and 30% of convicted prisoners had been in the current prison less than 3 months.
6. All respondents in this survey were male. 71% said they were white, 15% black, 2% Asian. 33% of respondents said they were married or had been living as a couple, 20% were divorced and 36% single (the rest unknown). Remand prisoners were more likely to be

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single. 30% of respondents said they came from London, 17% from Kent, 13% from Surrey or Sussex.

7. 46% of prisoners who responded said their health was good; 10% reported poor health. 28% of respondents said their health was worse than a year ago; 29% said it was better and 40% about the same. People reporting poor health were more likely to say their health was worse than a year ago.

8. 41% of respondents reported that they had a long standing illness or disability; the prevalence rose from 25% of prisoners aged under 25, 39% aged 25-44 and 53% of those aged 45-64. Prisoners reporting good general health were less likely to have long standing disability.

9. Prisoners smoke twice as much as people in the general population. 61% of respondents admitted to smoking compared to 25% of responders in the Kent and Medway survey who smoke¹. 20% of prison respondents said they used to smoke but don't smoke at all now. Only 14% said they had never smoked; this compares to 41% in the Kent and Medway survey. 71% of respondents currently smoke in the Local Prison compared to 57% in the Category C Training Prison, 58% in the Category B Training Prison and 34% in the Category D Open Prison. 48% of smokers were smoking more than 20 cigarettes a day compared with 33% in Kent and Medway. Smokers in the Category C Training Prison were smoking more heavily, with 49% of smokers smoking more than 20 a day.

10. There is a very much higher self reported prevalence of heavy drinkers amongst the prison population than in the general population. 28% were drinking above the recommended limit of 21 units a week before they came into prison but in the general population of Kent and Medway only 6% were drinking more than 21 units a week. One in three were drinking more than six units a day; this was the same across the age groups.

¹ Palmer A. 2003. A survey of Health and Lifestyles in Kent and Medway – what have we learned? CHSS, University of Kent.

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11. 15% of responders said they never drank alcohol, similar to Kent and Medway. Treatment in prison for alcohol has focussed on those reporting heavy drinking before being in prison, i.e. those drinking more than 6 units on a daily basis; however 65% of this group stated they had not received any treatment.

12. 7% said they were drinking now, whilst in prison; this was across prisons and does not reflect practice in any one prison. 9% have received treatment in prison for alcohol problems; most of these are not currently drinking, conversely most people drinking while in prison are not receiving treatment.

13. 71% of respondents had used illegal drugs at some time, 29% of respondents said they had never used drugs. 6% of those stating they were non users were on remand and 91% convicted. A history of drugs taking is more common in younger prisoners.

14. 54% of prisoners responding to the survey had used drugs in the year before coming into prison; 41% of respondents had used drugs every day for 2 weeks or more in the 12 months before they came into prison. 39% of remand prisoners admitted taking drugs daily for at least two weeks in the year before coming into prison compared to 43% of convicted prisoners.

15. 30% of respondents may have been suffering from withdrawal symptoms (tobacco, alcohol and / or drugs) since coming into prison; 14% of said they had been suffering from withdrawal from drugs; this was twice as common in the Local Prison as the average for the four prisons.

16. Prisoners constitute a population who have started using drugs at a very young age and it is the younger prisoners who are using now. 89% of responders aged under 25 had used drugs compared to 76% aged 25-44 and 42% aged 45-64. 3.3% of respondents said they were aged under 10 when they started using drugs; 25% were aged 10-14, 21% were aged 15-19 and only 10% were aged over 20. 29% had never used drugs.

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17. 64% of prisoners who said they had used drugs in the year before coming into prison have used inside a prison; 70% of those who have used inside any prison were using daily in the month before coming into the current prison.

18. 37% of prisoners said they had used drugs inside a prison (not necessarily the present one); 28% said they had used inside this prison this time inside. 10% of respondents admitted to using drugs at the time of the survey. 92% of those using at the time of the survey said they had used in the 12 months before coming into prison. 4% of all prisoners said they had used for the first time during the present imprisonment; they were more likely to have been introduced to drugs in the Category C Prison and the Category B Prison, and to be using 2-3 times a week or more in these two prisons.

19. Cannabis (87%), Cocaine (18%) and Heroin (55%) have been the drugs most commonly used during the current imprisonment. A change in the pattern of drug use was more likely in Category C Prison; these people were slightly less likely to be currently using and likely to be using slightly less often.

20. 23% of respondents who had used drugs had experienced a drugs overdose. 22% had experienced an accidental drug overdose and 14.5% had experienced a deliberate overdose, 14% had overdosed whilst in prison this time.

21. 27% of users said they had injected at some time; 11% of these admitted to injecting inside a prison. 11% of users had injected on a daily basis before prison this time; another 9% injected 2-3 times a week. 46% of injectors had shared injecting equipment at some time. 14% said they had shared equipment in prison this time. The survey indicates there has been no recent injecting in either the Open Prison or the Category B Prison.

22. 58% of people who have injected at some time had been offered a hepatitis jab in the current prison. 57% of injectors have been offered an HIV test.

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23. Treatment in prison included those who needed help with alcohol problems as well as drugs; the most common forms of treatment were advice and information, counselling, CARAT group work, and rehabilitation.
24. 7% of respondents (15% of those who said they had used drugs in the four weeks before coming in this time) said they were currently in treatment. Another 8% said they had been in treatment and 2% would like to receive treatment. 73% of those currently in treatment have used drugs in prison this time.
25. Treatment in prison has been received from Prison medical staff (6%), an outside agency (5%) and 6% from other providers, mainly the Rehabilitation of Addictive Prisoners Trust (3%).
26. 14% of users said they had been in detoxification in prison; 15% said they had been in rehabilitation; there was only 4% overlap. 13% of those currently in treatment and 20% of those who had been treated said detoxification was beneficial.
27. 11% of all respondents said they been prescribed methadone at some time; 3% of all respondents had received methadone whilst in prison. 35% of those who had been in treatment in prison and had at some time received methadone thought detoxification treatment had been beneficial
28. 9% of respondents said they had been offered links with local drug and alcohol services when they get out. 20% of people in the Category C Prison had been offered links compared with 10% in the Local Prison and 3% in the Category B Prison. Prisoners in the Category C Prison were most likely to be satisfied with 16% saying they were happy with arrangements.

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Why did we carry out the survey?

Prisons have until comparatively recently been closed institutions with a very limited interface with health services on the outside. The policy context for bringing together Prisons and Health and Social Services has developed over the last five years. The first significant report was Her Majesty's Chief Inspector of Prisons report "Patient or Prisoner"² which drew attention to the disparity between NHS and Prison healthcare. It recommended that the NHS include prisons within its orbit of responsibility. "The Future Organisation of Prison Healthcare", 1999³, recommended the setting up of a Taskforce to develop the Prison/NHS Partnership. "Improving Healthcare for Prisoners, 2000"⁴ laid out the timetable for action; each prison is now expected to receive health services equivalent to those offered in the community. As a result of this from 2001 each prison is required to have its own Health Improvement Programme, which is part of the NHS local plan.

This survey is part of a wider project looking into the health of prisoners in relation to their consumption of illegal drugs, and the services provided for them during and after their stay in Prison. It has been funded by the Kent and Medway and East Sussex Drug Actions Teams and the Prison Service.

The Kent, Surrey and Sussex (KSS) area includes 11 male prisons in the South / South East of England which encompass a range of both large and small prisons and different roles. Geographically within the area there are 4 female prisons which are administered as part of a separate Female Prison Estate. At the time of the survey there were four local male prisons⁵; the KSS estate has a range of levels of security and also whether they include remand or convicted prisoners. The Home Office Prison Population Brief in May 2002, indicated that there were 5265 male prisoners in custody across the area, which was approximately 8% of the total prison

² Her Majesty's Inspectorate of Prisons for England and Wales. Patient or prisoner? A new strategy for health care in prisons. London: Home Office, 1996.

³ Prison Health: The Future Organisation Of Prison Health Care - The Future Organisation of Prison Health Care: Report by the Joint Prison Service and National Health Service Executive Working Group, Prison Service/NHS Executive, March 1999. <http://www.doh.gov.uk/prisonhealth/prisonhealthcare.htm>

⁴ Improving Health Care Services for Prisoners Guidance (8 March 2000). <http://www.doh.gov.uk/prisonhealth/publications.htm>

⁵ A local prison receives prisoners directly from court on remand or that are newly sentenced. Training prisons accept adult sentenced prisoners where they are sent on initial or later allocation.

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population in England and Wales⁶. A greater proportion of adult and male prisoners reflects the overall prison population with roughly 1 in every 6 being classified as young prisoners⁷ and only 1 in 17 prisoners being female in England and Wales.

The aim of the survey is to assess needs and risks relating to prisoners health and drug use, and to evaluate (i.e. to estimate the effectiveness of) services for addiction in prisons in Kent, Surrey and Sussex Prisons (KSS).

The objectives of the survey were :-

- To map the health and health related behaviour of prisoners
- To document prisoners current attitudes and behaviour in relation to drug use, awareness and experience of treatment services for addiction in prison
- To explore experiences and pressures within the prison environment which have affected their drug taking careers
- To place these current attitudes and behaviours within the context of prisoners previous experience especially alcohol and drug misuse, offending, use of services and access to various support services
- To find out what prisoners anticipate they will do about drug and alcohol use on return to the community

This Report is about the first phase of a bigger programme of prison surveys, and reports on the first 4 prisons and covering the tobacco, alcohol and illegal drug taking experience of prisoners and the treatment services they have received. The survey also included mental health and this will be the subject of a further report. The survey is a self reported survey and results are subject to the degree of honesty with which the prisoners have approached the exercise.

⁶ Simes, J and Goodman, M. Prison Population Brief: England and Wales: November 2002. Home Office Research and Development Statistics www.homeoffice.gov.uk/rds/pdf2/prisonov02.pdf

⁷ Young prisoners include all those aged 15 to 20

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In spring 2003 the whole population (1938 prisoners) of four prison establishments was surveyed. These four establishments were a cross-section of local or training prisons, open or closed prisons and with varying levels of security (Appendix A).

- Local prison accepting those remanded into custody
- Category C industrial training prison
- Category B training Prison
- Category D open training prison

The type of prisoners this sample has produced are long or short term and 'on remand' or 'convicted'; prisoners have been asked their status and the length of time they have spent in this and any previous prison for the same conviction. All the prisoners were adult males; it is intended the survey will be implemented in establishments for young offenders and female prisoners in a later round of data collection.

How was the Survey carried out?

A pilot study of the survey was first conducted in another part of the south in October 2002 to assess the questionnaire and the best way of distribution within a prison environment; this was done in three Hampshire prisons which were considered to be serving similar populations. This was a small study carried out as a methodological exercise to assess the best method for administering the definitive survey and not intended to produce representative results.

The Pilot Study indicated that questionnaires being distributed by prison staff may have a negative effect on the response rate in the pilot, and that a better response would be obtained by using responsible prisoners who, for a small monetary incentive, distributed the questionnaire and would try and encourage completion. The results were used to develop the methodology for the actual survey.

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A self completion questionnaire (Appendix B) was distributed and collected in each of the four prisons between January and March 2003. A meeting between the researchers and 'responsible' prisoners (selected prisoners in each prisons) was arranged a week before distribution in each prison to discuss the survey and its delivery. The survey was discussed with them in advance and they were given time to look at the questionnaire and to discuss any anxieties or problems they envisaged so they were in a position to explain the purpose to their fellow prisoners and also so they understood the confidentiality measures taken to protect their data.

Posters were put around the prison to inform the prisoners of the survey a week in advance. When the survey was in progress, a new poster was put up round the prison explaining this. Each prisoner was given the questionnaire and an information sheet (Appendix C) under their cell door or in their dormitory; they were given 3-4 days for completion (usually a weekend). Prisoners were instructed to return their completed questionnaire in a sealed envelope, into a red post box situated on their wing⁸, by a specified date.

Response to the Survey

522 out of the 1938 prisoners surveyed responded; this is a 27% response rate. Response was highest in the Local Prison (38%) and lowest in the Open Prison (15%) (Table 1). 6 responders had not completed their questionnaire sufficiently for the data to be entered; 516 cases have been analysed.

⁸ In the Open Prison the prisoners were instructed to return their questionnaires to a post box in the communal dining hall

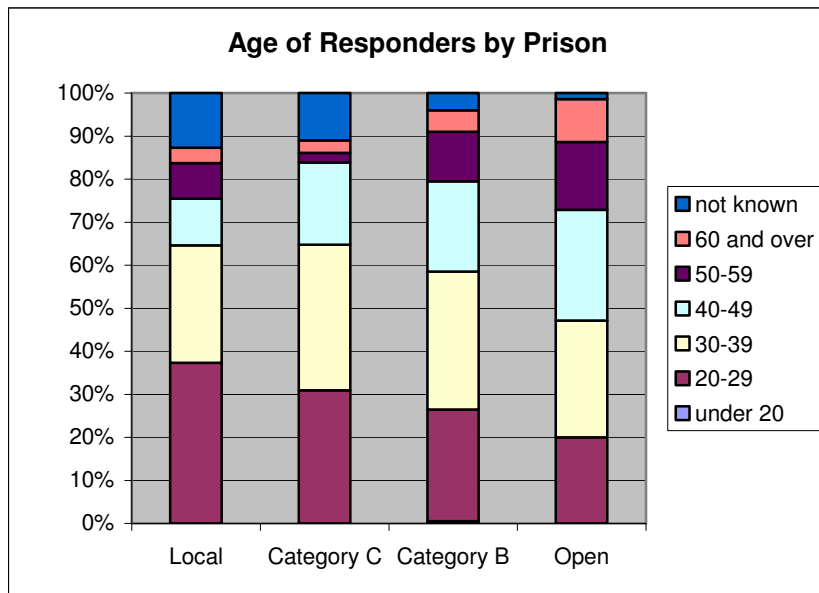
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Table 1
Response by Prison

	Sample	Returned	Response
Local Prison	296	112	38%
Category C	391	136	35%
Category B	766	203	27%
Category D Open Prison	485	71	15%
All Prisons	1938	522	27%

This compares with a 48% response rate from people under the age of 75 in Kent and Medway⁹, which was a postal survey of the general population with two reminders. Whilst this level of response is low, it needs to be seen in the context of falling response rates to health surveys in the general population; and in this case we are dealing with a population where it is estimated that approximately 30% are unable to read and write and there were concerns about confidentiality and the sensitivity of some of the questions.

Figure 1



⁹ Palmer A. A Survey of Health and Lifestyles in Kent and Medway – what have we learned? CHSS. University of Kent, 2003

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29% of respondents were aged under 30, 31% were aged between 30 and 39, 19% 40 and 49 and 14% reported they were aged over 50. The age of 7% of prisoners in the sample is not known; the proportion not reporting their age was greatest in the local prison. The Open Prison had the oldest population, the Local Prison the youngest (Figure 1).

The survey population is under representative of the younger age groups and over representative of the older age groups (Table 2). The profile of respondents in the local prison was younger than in the other prisons (Appendix D). This could be because the prevalence of drug using is higher among younger prisoners and some of these have refused to answer the questionnaire, however the experience in the population survey in Kent and Medway also showed that younger men are less likely to respond to surveys; thus this survey may under estimate the prevalence of drug use.

Table 2
Response to the Survey compared to the Prisons Population by age

Age Group	Survey sample		3 Prisons (not incl. the Open Prison) age structure
	No.	%	%
Under 20	1	0%	-
20-29	149	29%	36%
30-39	159	31%	39%
40-49	98	19%	20%
50-59	46	9%	5%
60 and over	25	5%	-
No answer	38	7%	-
Total	516	100%	100%

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What kind of Prisoners took part in this Survey?

- 17% of respondents said they had never been in prison before, 8% had been in once, 13% twice, 13% 3-4 times and 20% 5-9 times. 16% said they had been inside 10 times or more; 13% didn't tell us
- 32% of respondents expected to be released within a year; 35% in 1-5 years and 15% thought they would be in longer. 11% didn't know and 6% didn't tell us.
- 50% of respondents had been in the current prison for less than one year, 20% for less than 3 months, whilst only just over 3% (17 respondents) had been in for 5 years or longer. When the previous prison was included (where there had been a direct transfer) 19% of those who had transferred had been in prison for less than a year and 5% had been in for 5 years or more.
- 8% of prisoners said they were on remand, and 87% convicted; status was not known for 5%. The Local Prison had 24% on remand, whilst the other 3 prisons had 3-4%. 40% of remand prisoners said they had been in this prison longer than 3 months, compared to 70% of convicted prisoners
- 5% of respondents were in segregation or categorised as vulnerable; 13% were on a treatment or rehabilitation wing. 13% were lifers, 1% said they were soon for release

65% of respondents said their offence was not related to drugs or alcohol; this varied with prison, for example it was 53% in the Open Prison but only 26% in the Category C Prison. 14% said their offence was related to a need for money in relation to drugs / alcohol.

- 24% said their conviction was for using drugs (only 11% of respondents from the Open Prison said their offence was using drugs); 7% said they were selling drugs and 7% said they were a drug dealer (54% of prisoners convicted of being a drug dealer also said they were convicted for selling drugs); 19% were importing drugs.

All respondents in this survey were male. 71% of respondents said they were white, 15% black, 2% Asian and 6% other, 6% are not known.

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33% of respondents said they were married or had been living as a couple, 20% were divorced and 36% single (the rest unknown). Remand prisoners were more likely to be single (46%).

- 50% of the respondents had been living with a partner or spouse before coming in, 11% with parents and 16% alone. 8% were of no fixed abode; 15% we don't know
- 30% of respondents said they came from London, 17% from Kent, 13% from Surrey or Sussex and 33% from elsewhere.

How healthy are people in prison?

Prisoners were asked :-

'In general, would you say your health is good, average, poor'

'Compared to one year ago, how would you rate your health in general now'

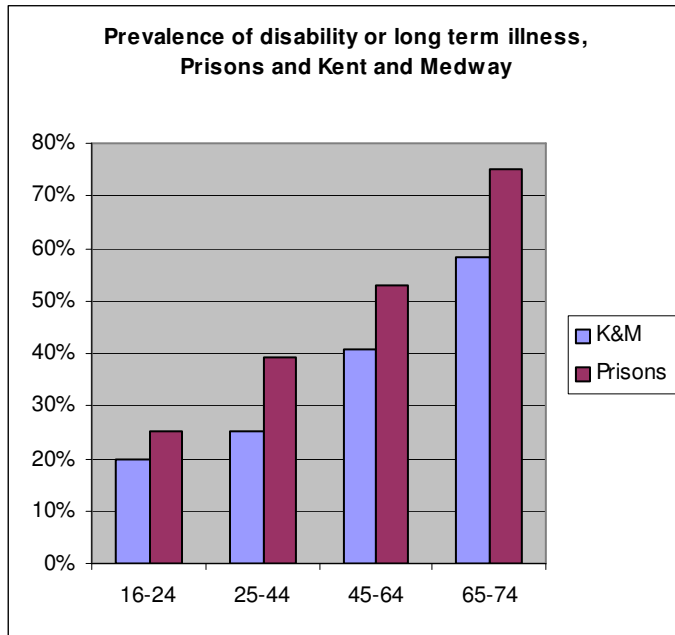
46% of the prisoners who responded said their health was good compared to 70% in general population of Kent and Medway¹⁰; 10% reported poor health compared to 6% in the Kent and Medway survey. 28% of survey respondents said their health was worse than a year ago; 29% said it was better and 40% about the same. Those reporting poor health were more likely to say their health was worse than a year ago. Prisoners aged 45-64 were most likely to report poor health / least likely to report good health.

13% in the Local Prison and 12% in the Category B Prison reported poor health. 10% of convicted prisoners and 15% of those on remand reported poor health. Status of the prisoner is more likely to indicate their health profile. 49% of remand, 47% of convicted, 46% in treatment and 43% of enhanced and of lifers, and only 37% of vulnerable or segregated prisoners reported good health. 51% of the respondents in the Open Prison reported good health.

¹⁰ Palmer A. A Survey of Health and Lifestyles in Kent and Medway – what have we learned? CHSS. University of Kent, 2003

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Figure 2



The questionnaire asked :-

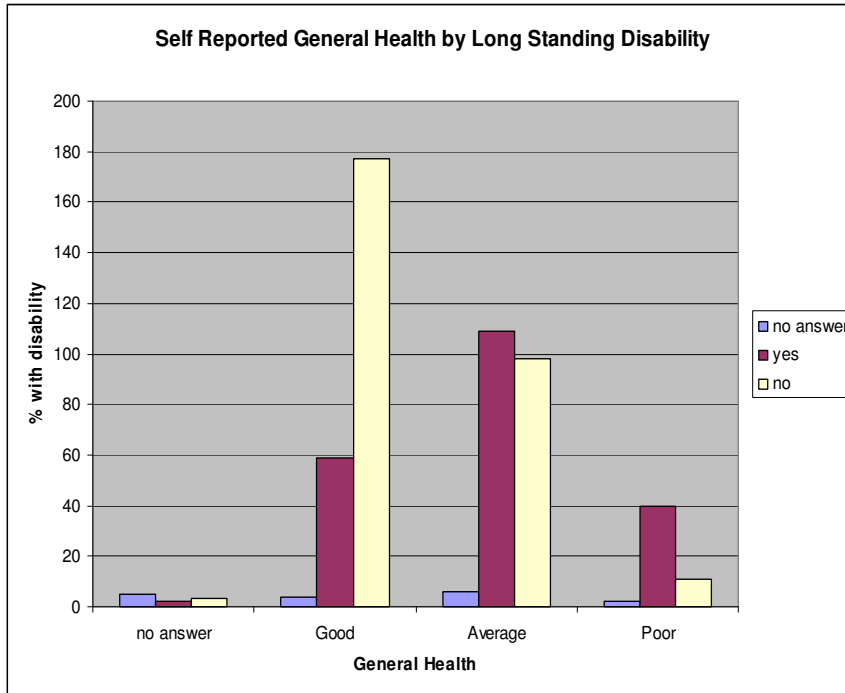
'Do you have any long standing illness or disability that has troubled you over a period of time, or that is likely to affect you over a period of time?'

The self-reported prevalence of long standing illness or disability amongst prison respondents is higher than found amongst men in the Kent and Medway survey in all age groups (Figure 2). 41% of prison respondents said they had a long standing illness or disability; the prevalence rose from 25% of prisoners aged under 25 (compared to 17% of the general population in Kent and Medway), 39% of those aged 25-44 (25% in Kent and Medway) and 53% of those aged 45-64 (41% in Kent and Medway).

28% of prisoners reporting good general health were also likely to report long standing disability compared to 51% of those with average health and 75% of those reporting poor health (Figure 3).

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Figure 3



Smoking in Prison

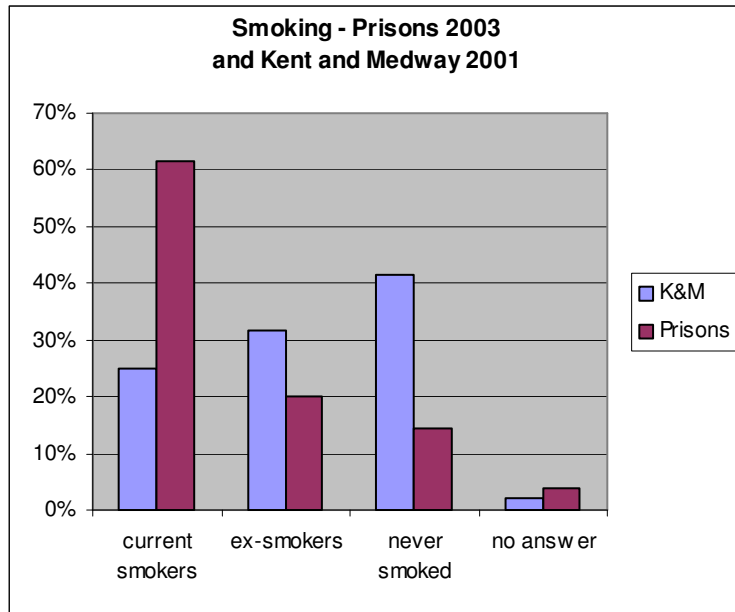
More than twice as many prisoners are smoking as in the general population. 57% of respondents admitted to smoking daily, and another 4.5% occasionally; this compares to 25% in the general population of Kent and Medway who smoke¹¹. 20% of prison respondents said they used to smoke but don't smoke at all now. Only 14.5% said they had never smoked; this compares to 41% in the Kent and Medway survey (Figure 4). Prisoners are more likely to be in a lower socio-economic group than the general population and smoking is class related, for example in the Health Survey of England 1995¹² 38% of men in Social Class V were current smokers, thus it is not surprising that more prisoners would be smoking than in the Kent and Medway population.

¹¹ Weighted population

¹² Bridgwood A et al. 1996. Health Survey of England 1995; What people know, what people think, what people do. Office of National Statistics.

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Figure 4



71% of respondents in the Local Prison currently smoke compared to 57% in the Category C Prison, 58% the Category B Prison and 34% in the Open Prison.

Smoking prevalence in the prison respondents is highest in the younger age groups; in the general population fewer men under 25 smoke.

- In Prison
 - 66% of those under 25
 - 62% of those aged 25-44
 - 44% of those aged 45-64 were current smokers
- In Kent and Medway
 - 18% of men aged under 25
 - 27% aged 25-44
 - 20% aged 45-64 were current smokers

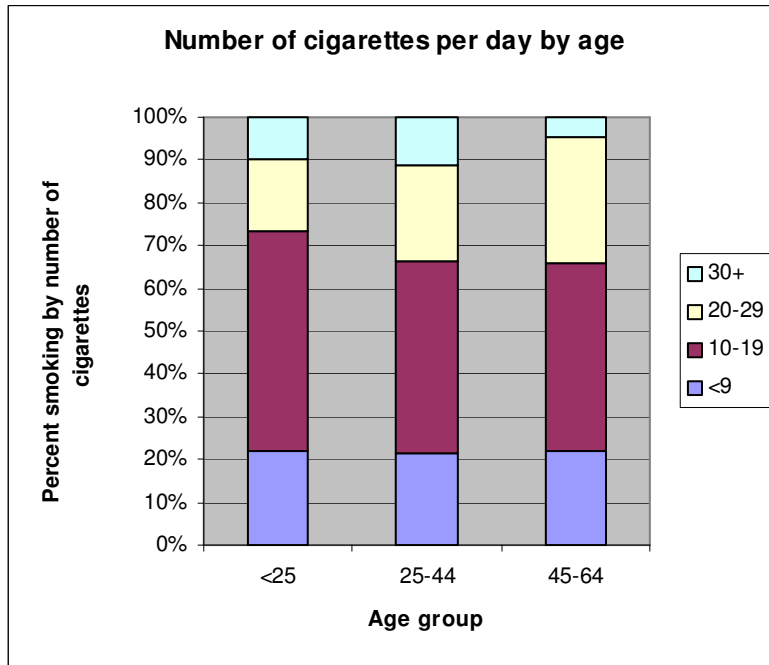
The survey asked :-

'about how many cigarettes do you smoke each day?'

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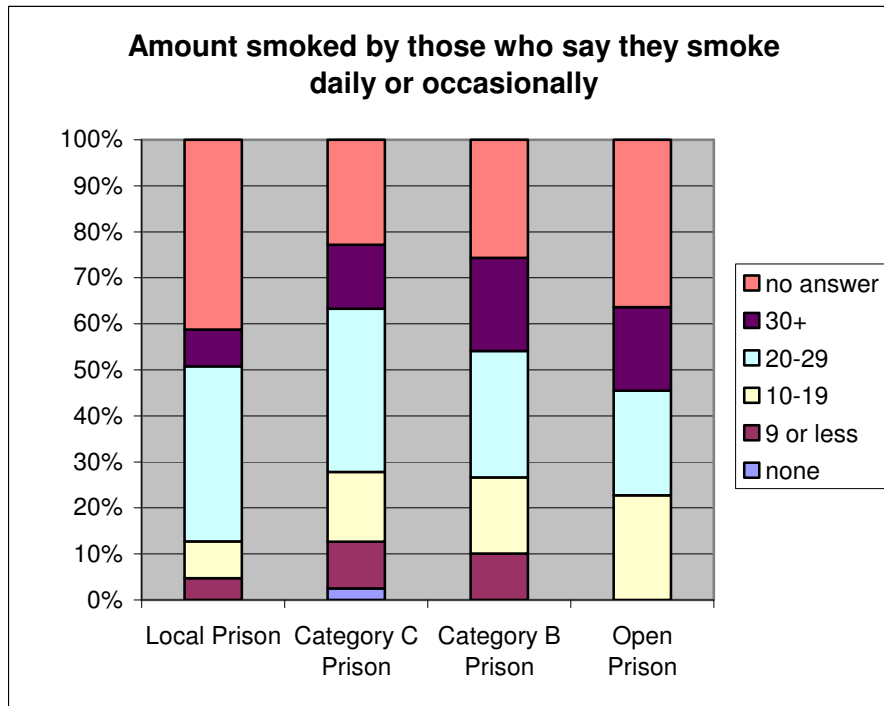
Although the number of prisoners smoking is less in the over 45 age group, those smoking are more likely to be smoking more than 20 a day than young prisoners (Figure 5). The survey did not ask what people smoked, and it is possible prisoners are rolling tobacco and this could have inflated the number of cigarettes smoked.

Figure 5



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Figure 6



48% of smokers in prisons were smoking more than 20 cigarettes a day compared with 33% in Kent and Medway. Smokers in the Category C and Category B Prisons appear to be smoking more heavily, with 49% of smokers¹³ smoking more than 20 a day. 48% in the Category B Prison smoke 20 or more a day, 46% in the Local Prison and 41% in the Open Prison (Figure 6). However, there were more than 30% of smokers overall and more than 40% in the Local Prison who did not tell us how many they smoke.

- 61% of prisoners on remand and 57% of convicted prisoners said they smoke daily, 5% smoke occasionally in both categories
- remand prisoners who were smoking were smoking more heavily, 58% of the smokers were smoking more than 20 cigarettes a day compared to 47% of convicted prisoners
- 8% of both remand and convicted prisoners who smoke were smoking less than 10 cigarettes
- 33% on treatment who smoke were smoking less than 20 a day (more than other groups).

¹³ includes smokers who did not answer the question on no. of cigs smoked but not those coded not applicable

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34 prisoners (7%) said they had suffered from tobacco withdrawal symptoms since being in prison; the proportion was slightly higher in the Category B Prison (8%) than the other three prisons.

Alcohol use before and whilst in prison

The survey asked :

'in the year before coming into prison how often did you have a drink containing alcohol?'

There is a very much higher prevalence of heavy drinkers in the prison population than in the general population of Kent and Medway.

Amongst the prison population 15% of responders said they never drank alcohol; 55% said they were having a drink on at least 2 days a week before coming into prison and 34% were drinking 4 times a week or more. 28% were drinking above the recommended limit of 21 units a week. In Kent and Medway¹⁴ 14% of men said they never drink, 6% said they were drinking more than 21 units a day. This may be related to socio-economic background in that the prison population is skewed towards Class V compared to the general population and drinking prevalence is class related. In the Health Survey of England 1995 28% of men in Social Class V were drinking more than 21 units a week. In this survey heavy drinking did not appear to be age-related, 36% of under 25s and 31% of those aged 45-64 had been drinking more than 21 units a day.

¹⁴ Palmer A. A Survey of Health and Lifestyles in Kent and Medway – what have we learned? CHSS. University of Kent, 2003

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On a daily or almost daily basis, prisoners said that:-

- 28% were drinking 6 or more units (although only 4 out of 5 had admitted drinking 21 units a week)
- 12% found they couldn't stop drinking
- 9% failed to do what was normally expected because of drink
- 11% needed a drink to get going after a heavy session
- 6% had experienced feelings of guilt or remorse after drinking
- 7% were unable to remember the night before

In addition :-

- 20% of respondents said they or someone else had been injured as a result of their drinking during the last year before prison.
- 27% have received treatment for their drinking, and 7% would like to but 62% have not received any treatment for alcohol problems while in prison.
- 18% said someone had expressed concern about their drinking in the last year before prison; 70% of these were cases where someone had been injured as a result of their drinking.

7% said they were drinking now, whilst in prison; this was across prisons and does not reflect practice in any one prison. 9% have received treatment in prison for alcohol problems; most of these are not currently drinking, conversely most people drinking while in prison are not receiving treatment.

7% of respondents said they had been suffering from withdrawal symptoms since being in prison. 14% of those in the Local Prison said they suffered alcohol withdrawal.

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Of those who have been drinking more than 21 units a week outside prison 20% have received treatment whilst in prison. Treatment for alcohol has focussed on the heavy drinkers, i.e. those drinking more than 6 units on a daily basis; however

65% of prisoners who had been drinking 6 or more units a day stated they had not received any treatment.

Of those currently drinking :-

- 8.3% are receiving treatment for alcohol problems whilst in prison
- 12.5% have received treatment
- 11% would like to receive treatment
- 64% have not received treatment

Drugs use before and whilst in prison

The survey asked :-

'which of these drugs have you ever used at any time in your life?'

29% of respondents said they never used drugs. 71% of prisoners responding to the survey said they have used drugs at some time

Non users

29% of respondents said they never used drugs.

6% of non users were on remand and 91% convicted (3% unknown)¹⁵. 89% of the remand prisoners who were non users were in the Local Prison, 11% in the Category C Prison.

Use prior to coming into prison

71% of prisoners responding to the survey said they have used drugs at some time. 89% of responders aged under 25 had used drugs compared to 76% aged 25-44 and 42% aged 45-64.

¹⁵ The number of non-users is lower than the total proportion of responders on remand (8%), this is explained because 30% of non users in the Local Prison were on remand which is higher than the 24% of responders in this Prison who were on remand.

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The survey asked a list of drugs; there was no drug presented in the survey list which no-one had used. Of those who have ever used :

- 60% have used cannabis
- 28% have used heroin
- 15% have used non-prescribed methadone
- 13% used prescribed methadone
- 46% have used cocaine powder
- 34% have used crack cocaine
- 34% have used LSD
- 40% have used ecstasy
- 36% have used amphetamines

54% of prisoners responding to the survey had used drugs in the year before coming into prison; 41% of all respondents had used drugs every day for 2 weeks or more in the 12 months before they came into prison. Only 13% of those who said they had used at some time had not used continuously for 2 weeks in this 12 month period. 49% had used drugs in the month before coming into prison (see flow chart, Appendix E).

39% of remand prisoners admitted taking drugs continuously in the year before coming into prison compared to 43% of convicted prisoners. This does not support the theory that longer stay prisoners were less likely to have used.

The Category C Prison had the highest proportion (57%) who admitted to continuous drug use in the 12 months before coming into prison. The Local Prison was next with 45%, the Category B Prison had 37% and the Open Prison 20% (Table 3).

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Table 3
Drug use outside by Prison

	Local Prison	Category C Prison	Category B Prison	Open Prison
Use in 12 months before prison this time	75%	77%	78%	67%
Continuous use for 2 weeks	45%	57%	37%	20%

68% of the prisoners using drugs in the year before coming into prison had used daily and a further 17% had used several times a week. 75% of those using drugs in the month before coming into prison used daily.

Continuous drug use was age dependent; 63% of prisoners aged under 25 had used for two weeks continuously compared to 46% aged 25-44 and 21% aged 45-64.

This may also relate to the length of time already spent in prison and the prevalence of drug taking at the time of conviction; only 7.5% said they were on remand.

14% of respondents said they had been suffering from drugs withdrawal symptoms since coming into prison; 27% of men in the Local Prison claimed to have suffered from drugs withdrawal compared with 12% in the Category C Prison and 11% in the Category B Prison.

10% of prisoners suffering from drugs withdrawal also said they had symptoms of alcohol and tobacco withdrawal; 15% more experienced alcohol withdrawal in addition to drugs withdrawal and 5% suffered tobacco in addition to drugs withdrawal.

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Age of first using drugs

3.3% of respondents said they were aged under 10 when they started using drugs; 25% were aged 10-14, 21% were aged 15-19 and only 10% were aged over 20 whilst 29% had never used drugs.

This is a population who have started using drugs at a very young age and it is the younger prisoners who are using now.

- 60% of those who have used drugs and who are now aged under 25 and 42% of those now aged 25-44 and using drugs had been aged under 15 when they started using drugs.
- 80% of prisoners who started using drugs when they were under 15 (and 100% of those under 10) had used daily before coming into prison compared with 44% of those who were 15-19, 35% of those who were 20-24 and 19% who were older than 25.

Drug Use Inside Prison

64% of the prisoners who said they had used drugs in the year before coming into prison have used inside any prison; 74% of those who have used inside any prison were using daily in the month before coming into this prison.

Table 4
Drug use inside by Prison

	Local Prison	Category C Prison	Category D Prison	Open Prison
Ever used inside any prison	41%	54%	62%	36%
Used inside prison this time	23%	41%	29%	10%

- 52% of respondents said they had at some time used drugs inside any prison; prisoners responding in the Category D Prison (62%) were most likely to have used drugs inside any prison (Table 4)

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- 28% of prisoners responding to the survey have used drugs while in prison *this time*; this ranged from 10% in the Open Prison to 41% in the Category C Prison

Current Drug Use

10% of respondents admitted to using drugs at the time of the survey. 92% of these said they had used in the 12 months before prison but 10% said they had first used inside this prison this time¹⁶.

4% of all prisoners said they had used for the first time while in prison this time; they were more likely to have been introduced to drugs in the Category C Prison and the Category B Prison, and to be using 2-3 times a week or more in these two prisons.

- 30% of those admitting to using drugs currently said they had used more than 100 times in this prison; and 30% used 10-100 times.
- 26% said they were using daily, 20% 2-3 times a week and 26% once a week and 24% less often.

Cannabis (87%), Cocaine (18%) and Heroin (55%) are the drugs most commonly used in prison (Table 5).

Table 5
Drugs currently in use

	Current users	Used in prison this time
Cannabis	88%	87%
Heroin	60%	55%
Cocaine (powder and crack)	27%	18%
Amphetamines	10%	8%
Ecstasy	20%	16%
Total	50 (100%)	147 (100%)

¹⁶ This is one respondent who seems to have claimed both

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Does drug use change in prison?

32% of those who have ever used drugs say their drug use has changed since they came into this prison this time. Drug use was most likely to have changed in the Category C Prison (40%) and least likely in the Open Prison (15%) where fewer men were using drugs. 78% of the prisoners saying they had used in the month before prison had changed their drug use in prison this time.

Of the respondents whose drug use has changed :

- 96% have used inside a prison
- 91% were using in the 12 months before coming in this time
- 78% were using daily in the month before coming in
- 38% have experienced a drug overdose
- 13% said they started using in this prison this time
- 32% said they were using now
- 5% have injected while in prison

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Those whose drug use had changed were using less drugs

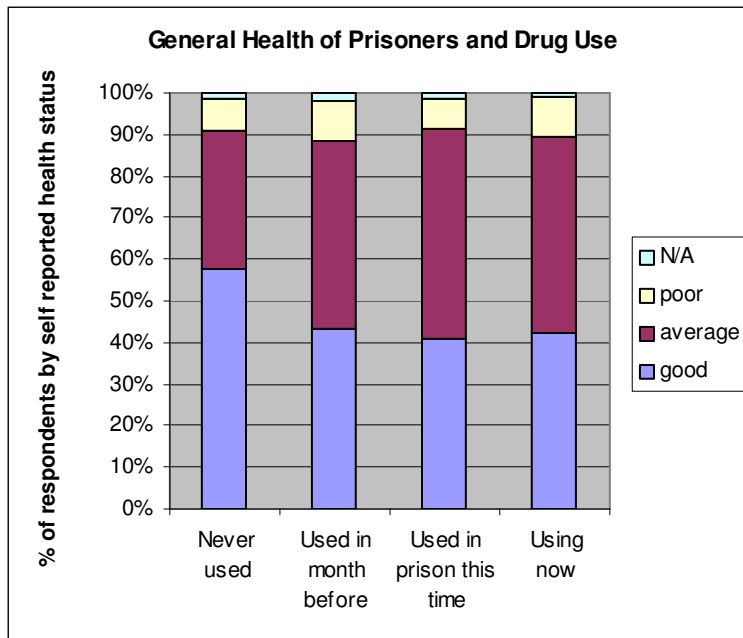
- 32% of those who said their drug use had changed were currently using compared to 43% of those whose use had not changed.
- They were slightly less likely to have used more than 100 times (17% v. 23%) and more likely to have used less than 10 times (52% v. 47%) than those who said their use had not changed in prison this time.

Health Status of Drug Users

Prisoners who had never used drugs were more likely to report good health than those who had used in the month before coming into prison, or in this prison (Figure 7). There was very little difference in the prevalence of self reported long term disability between those who had never used drugs (39%) and those who had used in prison (40%).

Figure 7

General Health by Drug Use



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23% of prisoners responding that they have ever used drugs said they had overdosed at some time (Table 6).

Table 6
Drug Users and Overdose

	No accidental overdose or not known	Accidental Overdose
No deliberate overdose or not known	67.3%	18.1%
Deliberate Overdose	10.4%	4.1%

22% had experienced an accidental drug overdose; of these :-

- 60% said they had overdosed more than once
- 22% more than three times
- 10% more than 10 times

14.5% had experienced a deliberate overdose; of these :-

- 74% said they had overdosed more than once
- 40% more than three times
- 17% more than ten times

Of the respondents who said they had overdosed at some time 14% have overdosed in prison this time; 6% had accidentally and 10% had deliberately overdosed in the current prison. 67% had never overdosed and 4% had overdosed both accidentally and deliberately.

27% of users said they had injected at some time; 11% of these admitted to injecting inside a prison. 11% of users had injected on a daily basis before prison this time; another 9% injected 2-3 times a week. Only 9% of injecting prisoners had injected whilst in the current prison; 7% had injected within the past month and 5% were currently injecting. 45% of injectors had used heroin

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in the current prison, this was more likely in the Category C Prison (48% of injectors) and the Category B Prison (58% of injectors).

46% of injectors had shared injecting equipment at some time; 12% had shared in the four weeks before prison this time. 14% said they have shared equipment in prison this time, 6% more than ten times. 33% of those who admitted injecting in prison this time had received needles through a needle / syringe exchange in prison.

The survey indicates there had been no recent injecting in the Open Prison or the Category B Prison.

- 58% of people who had injected at some time had been offered hepatitis immunisation in this prison, this ranges from 33% in the Open Prison to 85% in the Category C Prison; 28% had been offered immunisation in the community.
- 57% of people who had injected had been offered an HIV test.
- 21% of people who had injected said they had never been offered a hepatitis jab; 9% said they have shared equipment and 7% have not been offered an HIV test either.

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Treatment in Prison

Table 7
Benefits of Treatment

Type of treatment	Currently in treatment			Were in treatment		
	Number who received	Beneficial	Not beneficial	Number who received	Beneficial	Not beneficial
Advice / information	25	12%	32%	17	29%	12%
Counselling	25	8%	28%	24	17%	21%
CARAT group work	27	15%	26%	30	20%	20%
Prescription	8	25%	50%	3	100%	-
Rehab programme	18	22%	28%	17	12%	23%
Education courses	8	12%	37%	16	31%	12%
Detoxification				17	29%	23%
Social and life skills	6	17%	50%	12	-	25%
Vocational courses	5	-	40%	8	50%	12%
Problem solving	6	17%	17%	11	18%	27%
Enhanced thinking skills	10	20%	10%	17	18%	23%
Offender behaviour courses	10	10%	30%	12	17%	25%
Key skills	4	-	75%	7	14%	29%
Other	8	12%	12%	12	25%	17%
None	-			1		
Total	37	20%	27%	40	13%	24%

7% of respondents said they were currently in treatment and 8% said they had been; another 2% would like to receive treatment. Treatment in prison included those who needed help with alcohol problems as well as drugs. The type of treatments on offer and their take up is set out in Table 7;

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the most common treatment was advice and information, counselling, CARAT group work, and rehabilitation.

73% of those currently in treatment said they had used drugs in prison this time.

- 14% of respondents in the Category C Prison were currently in treatment compared to 6.5% in the Category B Prison and 4.5% in the Local Prison

In addition 12% in the Category C Prison had been in treatment compared to 6% in the Local Prison and 7% in the Category B Prison

4.5% of respondents in the Local Prison said they would like to be in treatment. 89% of respondents in the Open Prison had not had treatment. Only 2.7% of all respondents and 9% of those who have received treatment for drug addiction whilst in prison this time replied that the treatment was beneficial; 13% of those currently in treatment and 20% of those who had been in treatment said it was beneficial. The question on benefit was linked to a question on detoxification and prisoners would have responded specifically relating to this treatment.

Prisoners were most likely to report benefits from detoxification if they had also received a prescription, a rehabilitation programme, education and vocational courses, and enhanced thinking skills. Prisoners who had completed their treatment were more likely to be satisfied (Table 7).

Treatment in prison has been received from the following providers :-

- Prison medical staff 6% (25% of those who have had drug addiction treatment)
- Outside agency 5% (21% of those who have had drug addiction treatment)
- Other 6% (15% of those who have had drug addiction treatment)

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Other providers included mainly treatment from the Rehabilitation of Addictive Prisoners Trust (3% whole sample, 4% of those who have had drug addiction treatment). Past treatment appears to have been most beneficial when delivered by prison medical staff; least beneficial was current treatment delivered by an outside agency (Table 8).

Table 8
Providers of treatment

Treatment received from	Currently in treatment			Were in treatment		
	Number who received	Beneficial	Not beneficial	Number who received	Beneficial	Not beneficial
Prison medical staff	4	-	25%	18	33%	33%
Outside agency	16	6%	25%	13	15%	15%
Other	18	17%	39%	12	17%	33%

Detoxification

14% of users said they had been in detoxification in prison; 15% said they had been in rehabilitation; only 4% had been in both. Only 16% of those who had been in detoxification said treatment was beneficial, 20% said it was not; and only 11% of those in rehabilitation and 9% in CARAT groups said treatment was beneficial

55% of those who had been in detoxification said it had controlled their symptoms; 43% of these said treatment had been beneficial, this was 86% of all people who found treatment beneficial.

11% of all respondents said they had ever been prescribed methadone; 74% of these were in the Category C Prison or the Category B Prison; only 10% of prisoners responding from the Local Prison and 5% of those from the Open Prison said they had been prescribed methadone. Only 6% of all respondents had had methadone in the 12 months before coming into prison this time.

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Of the 14% of users who had been in detoxification, only 10% had received methadone inside a prison and 4% within 4 weeks of coming in this time. 3% of all respondents had received methadone whilst in prison; 27% were prescribed by prison medical staff, 20% by an outside agency and 27% by an other provider; the rest is not known.

35% of those who had been in treatment in prison and had at some time received methadone thought treatment had been beneficial. It is difficult from the way the questions were asked to attribute benefit to the methadone or a particular treatment programme.

Links with Community services

9% of respondents said they had been offered links with local drug and alcohol services when they get out of prison.

- 20% of people in the Category C Prison had been offered links compared with 10% in the Local Prison and 3% in the Category B Prison.
- 7% of respondents didn't know if they would be offered links. 8% were happy with the arrangements.
- Prisoners in the Category C Prison were most likely to be satisfied with 16% saying they were happy with arrangements compared to 6% in the Local Prison and the Open Prison and 3% in the Category B Prison.

14% of people who had been offered links had never been in prison before; 74% who had never been in before had not been offered links. 59% of people who had been offered links had been in prison before; 73% of people who had been in before had not been offered links.

There was no relationship to length of time in prison; 47% of people who had been offered links expect to leave prison within the next year, 29% within 1-5 years. 14% of prisoners leaving within the next year had been offered links with local services.

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Discussion

Response Rate

This survey is not likely to be representative of all prisons; each prison has its own kind of population and differs from the others in whether they house remand prisoners, the level of security, and the regime they have. The survey of four prisons only targets male prisoners. The response rate is low; health surveys have been attracting lower and lower response over the past twenty years¹⁷ but this survey has achieved more than a 20% lower response (27%) than Kent and Medway (48% for people aged 16-74). A lower response rate was obtained amongst younger offenders and since the survey indicates their drug use is higher, the prevalence of drug use in prisons is probably under-estimated. A survey of a prison in South Wales¹⁸ which used a different methodology with researchers present at tables in the main hall available for the prisoners to come and complete the survey, achieved 60% response. Response in the Open Prison is so low it cannot be expected to be representative.

It is quoted that 30% of prisoners have reading difficulties¹⁹, this is likely to mean there is a systematic bias towards the more educated prisoners. Experience with prison visits meant we learned of anxieties over confidentiality, and although the use of responsible prisoners was aimed to minimize this as a problem, it is still likely to have reduced the response rate and also to have affected the likelihood of prisoners admitting to drug and alcohol use.

The questionnaire was 16 pages long, and the length and complexity may have inhibited response. The results indicate a higher response amongst older prisoners, hence the survey probably under-estimates the prevalence of drug use as the survey shows this is higher in the younger prison population.

¹⁷ CHSS experience with Apple a Day (1984-92), HealthQuest SouthEast (1992), Kent and Medway (2001) and Health Counts (2003).

¹⁸ Out of Sight, Out of Mind. Mental Health in Prisons. Dr. Ann John IMH Swansea, Nic Bowler Univ of Wales, Swansea. UKPHA Annual Public Health Forum, 18-20 March, 2003. Cardiff.

¹⁹ Geoff Cooke, personal communication

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Health of Prisoners

Prison populations are skewed towards the lower social class profile compared to the general population; inequalities between the health of people by social class are well known and the health of people in a lower social class is increasingly becoming poorer with declining socio-economic position²⁰, thus comparisons with the general population need to take this into account.

The prisoners responding to the survey have poorer general health than the population of Kent and Medway; their perception of their health is poorer, they report more disability, currently smoke twice as much, 5 times as many people have been drinking over the recommended level before coming into prison than was found in the general population in Kent and Medway, and the younger prisoners have been taking drugs since their early teens. 71% have used drugs and 41% have used daily for at least 2 weeks.

The survey indicates at least a small number of prisoners continue to use alcohol and drugs whilst in prison. Not all of these have taken advantage of treatment programmes which are on offer; of those who have not many have been satisfied with the outcome, and only one in ten has a firm offer of continuity after leaving prison. These results probably under-estimate the true level of alcohol and drug taking.

Smoking is extra-ordinarily high; in 1976 45% of men in England and 50% of men in Scotland were smoking²¹. This had reduced to 28% in 1996, and was as low as 20% in Ashford, Kent in 2001. In this survey of prisoners 57% are currently smoking overall and in one prison this is as high as 71%. Smoking is implicated in a number of serious diseases including coronary heart disease, lung cancer and chronic bronchitis.

The results of the survey in relation to alcohol are just as worrying; not only are the prison population themselves at risk of liver cirrhosis and portal hypertension, but a high proportion of respondents admitted to the social consequences such as not being able to remember what had

²⁰ Drever F and Whitehead M. 1997. Health Inequalities. Office of National Statistics.

²¹ ONS. Living in Britain; results from the 1996 General Household Survey. HMSO. 1998

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happened the night before, failure to do what was expected of them and injury to themselves or others.

Whilst a proportion had been involved in treatment whilst in prison, few have attended CARAT or Rehabilitation programmes, and a great many are in need of more focused interventions in relation to tobacco, alcohol and drugs, and in the development of links with outside community services for when they go home.

Feedback and Communication of the Results

Prisoners were keen to know that the results would be used constructively to improve health services in prison; the researchers agreed to work with the prisons to feed back results to prisoners by use of posters and newsletters. Prison Staff also would benefit from constructive feedback of the information found in the survey, this could be used in developing programmes to enable better management of drug and alcohol users in prisons. The results should be fed into the HIMP, Drug Strategy and other prison strategies and the Drug Action Team work.

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Recommendations

1. The implications of the low response rates must be taken into account in interpreting the results; it is expected that associations between variables will be more reliable than any interpretation of individual prison results.
2. The analysis should be re-run when the results of the next four prisons are available to provide a larger sample.
3. Results should be made available to prison staff and to the prisoners themselves in a constructive and programmed manner
4. Results should be used to help educate prisoners about the size of the problem that their addictive behaviour is causing to their own health and to society as a whole
5. Treatment programmes are tailored to take account of the prevalence of smoking and alcohol problems as well as drugs
6. The programme of surveys should be rolled out across the prisons to enable others to position themselves in terms of the prevalence of smoking, alcohol and drug problems and their response
7. The results are used in the Health Improvement Programmes to set targets for reduction of drug use in prison and more effective provision of drug and alcohol treatment programmes.
8. The results should be used in the development of the Prison Drug Strategy.
9. Further analysis of the data is recommended for example to compare drug and alcohol use to mental health indicators.
10. The survey could be repeated in 3 years time to measure change.

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APPENDIX A – Description of Prisons Involved

Local Prison

This prison opened as a House of Correction in 1808. Expanded in several stages during the 19th century the prison closed in 1937 and re-opened in 1948. It accepts male prisoners remanded into custody from the courts in its catchment area. It is a small local prison.

Prisoners are employed within the prison's workshops and works department. The Education Department has succeeded in obtaining 112 nationally accredited qualifications for inmates during 1998. This record is probably without equal in a small local prison.

All inmates are interviewed about their drug taking habits on reception. Addicts are encouraged to tackle their problems with the help of the relevant specialists. Long term users who refuse to address their addictions are kept on a basic regime until they change their ways.

The Medical Officer provides medical support for inmates with withdrawal symptoms. The Probation Service offers one to one counselling for addicts. The Addiction Team runs groups for drug users, and the prison is represented on the local Drug Action Team

The highest priority is given to stopping the flow of drugs into the prison through visits. Any visitor found in possession of drugs is referred to the police and prosecuted.

Category C Prison

This is an industrial training prison, which was opened in 1969 as a cat B industrial prison. In 1993 it was redesignated as a category C prison. It accepts prisoners serving 4 years and over including life sentenced prisoners. The regime includes provision of farms and gardens and industrial workshop places. Standard and enhanced prisoners on voluntary drug treatment units (VDT) have access to in-cell television. There is a Listeners Scheme for inmates deemed to be at risk from suicide or self harm. The prison also has a 10 place Resettlement Unit.

CARATs is now fully in place to assess prisoners needs. Prisoners are identified and assessed through the induction procedure and referrals made to agencies within the establishment where appropriate. All prisoners are expected to participate in voluntary drug testing. Through CARATs prisoners can be identified to transfer to attend the Rehab Unit.

Arrangements for rehabilitation, treatment, education and counselling adopt a multi - disciplinary approach including:

- Rehabilitation of Addicted Prisoners - a 12 step rehabilitation programme with 20 full time spaces
- Community Drug and Alcohol Services - a harm minimisation, relapse prevention drug education programme which is the CARAT provider.
- Narcotics Anonymous and Alcoholics Anonymous

The prison is also represented on the Drug Reference Group. The providers are also members of the prison's Drug Strategy Team

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Category B Prison

This prison opened in 1998 as a Category B Training Prison and accepts prisoners who are serving 4 years or more or should have at least 24 months left to serve. This prison offers a wide range of activities for inmates including education classes, workshop places, and programmes aimed at addressing offending behaviour. These include Reasoning and Rehabilitation and Cognitive self change programmes.

In addition there are Job Club schemes and a listener scheme for those prisoners who may be at risk from suicide or self harm. Rehabilitation of Addicted Prisoners provides six full-time workers who work with prisoners to address their substance misuse problems. There are 68 prisoners located on a VTU and a further 52 on a DTU. There are a further three drug-free areas within the prison with a capacity for 518 prisoners.

The prison is also represented on the local Drug Action team, and community drugs agencies are members of the Prison's Drug Strategy Team.

Category D Open Prison

This Category D training establishment is a former Fleet Air Arm Station which was converted into an open prison in 1960. Most of the buildings date from before 1960. New buildings include a Gatehouse/Visits Complex, and a Chapel. New education and probation departments were built in 1986 and in 1995 an additional accommodation unit was constructed which houses up to 60 inmates.

This prison does not accept prisoners convicted of arson or sexual offences. There is no maximum or minimum length of sentence for prisoners, although it will not normally accept those who have more than 2 years left to complete of their sentence. The regime includes provision of farms and gardens and workshop places. There is a job club contracted out to Specialist Training Services which provides a full range of job seeking activities to prisoners.

There is a Listeners Scheme and Inmate Support Group for those deemed to be at risk of self harm. The community service department (which currently places some 30+ inmates daily on rehabilitative and reparation work in the community) helps life sentence and long term prisoners work towards their release. There is also an inmate support group to help prisoners settle in to the prison.

Prisoners with a drug problem are identified in a variety of ways including:

1. Risk assessment arrangements on first arrival.
2. Mandatory drug testing (MDT) results.
3. Referral to medical officer, probation and substance misuse counsellor.

Serious drug abusers are returned to the prison establishment that they came from. Arrangements for detoxification, rehabilitation, treatment, education, counselling include:

1. Confidential substance misuse service
2. Drug education courses
3. One to one counselling
4. Medical officer diagnosis and treatment (methadone is not available).

The prison also makes use of outside agencies, including drug awareness courses, to which all positive MDT inmates are automatically referred and where they are given advice/support. Participation is voluntary. Where appropriate there are procedures in place for onward referral to community based rehabilitation

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programmes for those who have reached the end of their sentence.

A senior member of the prison's management team represents the prison on the local Drug Action Team (DAT), and also acts as the establishments Drug Strategy Team Co-ordinator. Other members include representatives of local community based initiatives.

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Appendix B

Please read the information sheet provided before beginning to answer the questions. Complete the following survey as honestly as possible by ticking the appropriate boxes or writing in your answers. If you feel that none of the tick box answers match the answer you want to give, then please write in your answer next to the question.

FIRST SOME QUESTIONS ABOUT YOUR GENERAL HEALTH AND HOW YOU FEEL

Q1 In general, would you say your health is:

Good Average Poor

Q2 Compared to one year ago, how would you rate your health in general now?

Much better now than 1 year ago
Somewhat better now than 1 year ago
About the same now as 1 year ago
Somewhat worse now than 1 year ago
Much worse now than 1 year ago

Q3 Do you have any long standing illness or disability that has troubled you over a period of time, or that is likely to affect you over a period of time?

Yes No

If yes, what is the matter with you?

.....

Q4 During the past 4 weeks, have you had any of the following problems with your regular daily activities as a result of any emotional problems (such as feeling depressed or anxious)? (Please answer yes or no to each question)

	Yes	No
a) Accomplished less than you would like	<input type="checkbox"/>	<input type="checkbox"/>
b) Didn't do work or other activities as carefully as usual	<input type="checkbox"/>	<input type="checkbox"/>

Q5 On how many of the past seven nights did you have problems with your sleep?

4 nights or more 1-3 nights none
→ If none, please go to Q10

Q6 Thinking of the night you had least sleep in the past week, how long did you spend getting back to sleep? (Allowing a quarter of an hour for getting back to sleep)

Less than 15 minutes
At least 15 minutes but less than one hour

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At least one hour but less than 3 hours
3 hours or more

Q7 In the past week on how many nights did you spend 3 hours or more trying to get back to sleep?

4 nights or more 1-3 nights none

Q8 Thinking about the night you slept the longest in the past week, how much longer did you sleep compared to how long you normally sleep?

Less than 15 minutes
At least 15 minutes but less than one hour
At least one hour but less than 3 hours
3 hours or more

Q9 In the past week on how many nights did you sleep for more than 3 hours longer than you normally sleep?

4 nights or more 1-3 nights none

Q10 Many people get short-tempered, irritable or angry. In the past seven days, on how many days have you felt irritable or short-tempered?

4 days or more 1-3 days none → If none, please go to Q 13

Q11 In total have you felt irritable, short tempered or angry for more than one hour on any day in the past week?

Yes No → If no, please go to Q 13

Q12 During the past week have you felt so irritable, short tempered or angry that you have wanted to shout at someone, even if you have not actually shouted?

Yes No

Q13 In the past seven days have you had arguments, rows or quarrels or lost your temper with anyone?

Yes No → If no, please go to Q 14

Did this happen more than once in the past week?

Yes No

Do you think this was justified on every occasion?

Yes No, at least once it was unjustified

Q14 Thinking about the past seven days, on how many days have you found yourself worrying that you might have a serious physical illness?

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- 4 days or more 1-3 days
None → if none – please go to Q18
- Q15 In your opinion have you been worrying too much in view of your actual health?**
Yes No
- Q16 In the past week has your worrying been**
very unpleasant a little unpleasant not unpleasant
- Q17 In the past week have you been able to take your mind off your health by doing something else?**
Yes No
- Q18 In the past week, have you been able to enjoy or take an interest in things as much as usual?**
Yes No
- Q19 During the past week, on how many days have you felt sad, miserable or depressed or unable to enjoy or take an interest in things?**
4 or more days 2-3 days
1 day none → if none, please go to Q22
- Q20 Have you felt sad, miserable or depressed or unable to enjoy or take an interest in things as much as you usually do for 3 hours in total in any day in the past week?**
Yes No
- Q21 In the past week when you felt sad, miserable or depressed or unable to enjoy or take an interest in things as much as you usually do, did you ever become happier when something happened or when you were in company?**
Yes, at least once No
- Q22 On how many of the past seven days have you felt generally anxious, nervous or tense?**
4 days or more 1-3 days
none → If none, please go to Q 26
- Q23 In the past week, has your anxiety, nervousness, tension been**
very unpleasant a little unpleasant

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not unpleasant

Q24 Which of these symptoms did you have when you felt anxious, nervous or tense?

- Heart racing or pounding
- Hands sweating or shaking
- Feeling dizzy
- Difficulty in getting your breath
- Butterflies in your stomach
- Dry mouth
- Nausea or feeling as though you wanted to be sick

Q25 Have you felt anxious, nervous or tense for more than 3 hours in total on any one of the past seven days?

Yes No

Q26 Please tell us what you find stressful or helpful about being in prison

	I find this helpful	I find this stressful
Isolation	<input type="checkbox"/>	<input type="checkbox"/>
Contact with other prisoners	<input type="checkbox"/>	<input type="checkbox"/>
Contact with my family	<input type="checkbox"/>	<input type="checkbox"/>
Contact with my friends	<input type="checkbox"/>	<input type="checkbox"/>
Treatment	<input type="checkbox"/>	<input type="checkbox"/>
Contact with your counsellor	<input type="checkbox"/>	<input type="checkbox"/>

Q27 Are there any other pressures in prison you think affect your health, which has not been mentioned?

.....

Q28 Over the past year have there been times when you felt very happy indeed without a break for days on end?

Yes Unsure No

Q29 Over the past year have you ever felt your thoughts were directly interfered with or controlled by some outside force or person?

Yes Unsure No

Q30 Over the past year have there been times when you felt that people were against you?

Yes Unsure No

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Q31 Over the past year have there been times when you thought that something strange was going on?

Yes Unsure No

Q32 Over the past year have there been times when you heard or saw things that other people couldn't?

Yes Unsure No

Q33 Are you taking any pills or tablets or any other medication by mouth which has been prescribed for you by a doctor?

Yes No → If no, please go to Q 34

If yes, can you tell us what this is for?

.....

Were you taking this before you came into prison this time?

Yes No

Q34 Have you received any help or treatment for being anxious or depressed, or for a mental, nervous or emotional problem during the past year?

Yes No → If no, please go to Q 35

Were you told what was the matter with you?

Yes No
Don't know / can't remember

If yes, what were you told is the matter with you?

.....

Q35 Have you ever been admitted to a hospital ward that specialises in caring for people with mental health problems?

Yes No → If no, please go to Q 36

If yes, have you ever stayed in a hospital ward that specialises in mental health problems for more than 6 months at one time?

Yes No

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Have you ever stayed in a locked psychiatric ward or a secure hospital?

Yes No

NEXT SOME QUESTIONS ABOUT CIGARETTE AND TOBACCO SMOKING

Q36 Which of the following best describes you? (Please tick only one)

- I smoke daily I smoke occasionally
I used to smoke daily but do not smoke at all now → Please go to
Q37
I used to smoke occasionally but do not smoke at all now → Please go to
Q37
I have never smoked → Please go to
Q37

About how many cigarettes do you now smoke each day? If none write 0

Per day on weekdays:-
Per day on weekends:-

NEXT SOME QUESTIONS ABOUT YOUR USE OF ALCOHOL

Q37 In the year before coming into prison, on average how often did you have a drink containing alcohol?

- Never Monthly or less
2-4 times a month 2-3 times a week
4 or more times a week → If you don't drink, please go to
Q48

In the year before prison, how many units of alcohol, on average, would you have had throughout the whole week?

Please use the following to help you answer	
Half pint (beer, cider)	= 1 unit
1 pint (beer, cider)	= 2 units
1 glass wine, sherry, vermouth	= 1 units
1 measure short (whisky, gin, vodka etc)	= 1 unit
Double measure short (whisky, gin, vodka, etc)	= 2 units

- 1 or 2 units per week 3 or 4 units per week
5 to 8 units per week 9 to 14 units per week
15 to 21 units per week more than 21 units per week

Q38 In the year before prison, how often did you have six or more units on one occasion? For example; more than three pints of beer or three double vodkas

Never Less than monthly Monthly

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Weekly Daily or almost daily

Q39 How often during that year did you find that you were not able to stop drinking once you had started?

Never Less than monthly Monthly
Weekly Daily or almost daily

Q40 How often during that year did you fail to do what was normally expected from you because of drinking?

Never Less than monthly Monthly
Weekly Daily or almost daily

Q41 How often during that year did you need a drink to get yourself going after a heavy drinking session?

Never Less than monthly Monthly
Weekly Daily or almost daily

Q42 How often during that year did you have a feeling of guilt or remorse after drinking?

Never Less than monthly Monthly
Weekly Daily or almost daily

Q43 How often during that year were you been unable to remember what happened the night before because you had been drinking?

Never Less than monthly Monthly
Weekly Daily or almost daily

Q44 Have you or someone else been injured as a result of your drinking?

Yes, during the last year before prison
Yes, but not in the last year before prison
No

Q45 Has a relative, a friend, or a doctor or other health worker been concerned about your drinking or suggested you cut down?

Yes, during the last year before prison
Yes, but not in the last year before prison
No

Q46 Do you drink alcohol now, while you are in this prison?

Yes No

Q47 Have you been receiving treatment for alcohol problems while you are in this prison?

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Yes, I am now	<input type="checkbox"/>	Yes, I was	<input type="checkbox"/>
No, I would like to	<input type="checkbox"/>	No	<input type="checkbox"/>

NEXT SOME QUESTIONS ABOUT YOUR USE OF DRUGS

Q48 Which of these drugs have you ever used at any time in your life?
(you may tick more than one)

Cannabis	<input type="checkbox"/>	Heroin	<input type="checkbox"/>
Non-prescribed Methadone	<input type="checkbox"/>	Prescribed Methadone	<input type="checkbox"/>
Cocaine Powder	<input type="checkbox"/>	Crack / rock cocaine	<input type="checkbox"/>
LSD	<input type="checkbox"/>	Ecstasy	<input type="checkbox"/>
Amphetamines	<input type="checkbox"/>	Solvents	<input type="checkbox"/>
Illicit Tranquillisers	<input type="checkbox"/>	Please specify:-.....	
Prescribed Tranquillisers	<input type="checkbox"/>	Please specify:-.....	
Other	<input type="checkbox"/>	Please specify:-.....	

None, I have never used these drugs

→ If you have never used drugs, please go to Q70
→ If you have never used alcohol as well, please go to Q82

Q49 If you have used drugs, how old were you when you first used them?

.....

Q50 How many times have you ever used drugs?

Less than 10 times 10 – 100 times more than 100 times

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Q51 Were you using drugs in the 12 months before you came into prison this time?

Yes No → If no please go to Q59

Q52 In the 12 months before coming into prison this time, had you used drugs every day for two weeks or more?

Yes No

Q53 In the 12 months before coming into prison this time, had you used drugs to the extent that you felt like you needed them or were dependent on them?

Yes No

Q54 In the 12 months before coming into prison this time, have you tried to cut down on any drugs but found you could not do it?

Yes No

Q55 In the 12 months before coming into prison this time, did you find that you needed larger amounts of drugs to get the same effect?

Yes No

Q56 In the 12 months before coming into prison this time, had you had withdrawal symptoms such as feeling sick because you stopped or cut down on your drugs intake?

Yes No

Q57 Were you using drugs in the month before you came into prison this time?

Yes No → If no please go to Q59

Q58 About how often were you using drugs in the month before you came into prison?

About daily 2-3 times a week
About once a week Less than once a week

SOME QUESTIONS ABOUT YOUR USE OF DRUGS INSIDE THIS PRISON

Q59 Have you ever used any of these drugs mentioned in Q48 inside any prison?

Yes No → If no, please go to Q67

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Q60 Have you used drugs while in this prison this time?

Yes No → If no, please go to Q67

Q61 Did you first use drugs whilst in this prison this time?

Yes No

Q62 About how many times have you used drugs whilst inside this prison this time?

Less than 10 times 10 – 100 times more than 100 times

Q63 What drugs have you used whilst inside prison for this offence? (you may tick more than one)

Cannabis	<input type="checkbox"/>	Heroin	<input type="checkbox"/>
Non-prescribed Methadone	<input type="checkbox"/>	Prescribed Methadone	<input type="checkbox"/>
Cocaine Powder	<input type="checkbox"/>	Crack / rock cocaine	<input type="checkbox"/>
LSD	<input type="checkbox"/>	Ecstasy	<input type="checkbox"/>
Amphetamines	<input type="checkbox"/>	Solvents	<input type="checkbox"/>
Illicit Tranquillisers	<input type="checkbox"/>	Please specify:-.....	
Prescribed Tranquillisers	<input type="checkbox"/>	Please specify:-.....	
Other	<input type="checkbox"/>	Please specify:-.....	

Q64 Are you using drugs inside this prison now?

Q66 Yes No → If no, please go to

Q65 About how often have you used drugs inside this prison in the past month?

About daily	<input type="checkbox"/>	2-3 times a week	<input type="checkbox"/>
About once a week	<input type="checkbox"/>	Less than once a week	<input type="checkbox"/>

Q66 Has your drug use changed since you came into this prison this time?

Yes No

If 'Yes' please describe the way in which your drug use has changed and why

.....

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SOME QUESTIONS ABOUT DRUG OVERDOSE

Q67 Have you ever experienced a drugs overdose where you took too much or the drug was stronger than you were used to?

Yes, accidentally Yes, deliberately No

→ If no please go to Q69

If yes, how many times in your life have you experienced an overdose?

Once 2-3 times 4-5 times
6-9 times 10 or more times

Q68 Have you ever overdosed whilst in this prison this time?

Yes, accidentally Yes, deliberately No

SOME QUESTIONS ABOUT INJECTING OF ANY DRUGS NOT PRESCRIBED BY A DOCTOR

Q69 Have you ever injected? Yes No

→ if you have never injected, please go to Q70

How old were you when you first injected?

Was this inside a prison? Yes No

How often did you inject in the 4 weeks before coming into prison this time?

Not at all About daily
2-3 times a week About once a week
less than once a week

Have you injected in the last four weeks in this prison?

Yes No

Have you injected at any time whilst in this prison this time?

Yes No

Have you ever shared injecting equipment?

Yes No if no, please go to Q70

Did you share in the four weeks before coming into prison this time?

Yes No

How many times have you shared equipment whilst in this prison this time?

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Less than 10 times 10 – 100 times
more than 100 times

Have you shared equipment in the last four weeks in this prison?

Yes No

SOME QUESTIONS ABOUT INFECTION

Q70 Have you ever been offered a Hepatitis jab?

Yes, inside this prison Yes, in the community
No Don't know

Q71 Have you ever had an HIV blood test?

Yes, inside this prison Yes, in the community
No Don't know

SOME QUESTIONS ABOUT YOUR USE OF SERVICES FOR DRUG AND ALCOHOL PROBLEMS

Q72 Outside prison, have you ever received any treatment, help or advice because you were using drugs and / or alcohol?

Yes No → if no – go to Q74

Did you receive treatment in the 12 months before coming into prison?

Yes No → if no – go to Q74

If 'Yes' who was this from?

GP or family doctor or other practice staff
Community Drug Team (CDT)
Hospital (Out Patient and / or In Patient)
Residential Rehab Unit

Other (please specify)

What sort of treatment did you go there for? (you may tick more than one box)

Advice and information Needle / syringe exchange
Counselling Substitute Prescribing
Detoxification Rehabilitation Programme
Day Programme
Other (Please specify)

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Q73 In your view was the treatment you received outside prison successful?

Yes No

Please tell us about it

.....

**Q74 What sort of treatment have you received whilst in prison this time?
 (you may tick more than one)**

- | | | | |
|---|--------------------------|----------------------------------|--------------------------|
| Advice and information | <input type="checkbox"/> | Needle / syringe exchange | <input type="checkbox"/> |
| Counselling | <input type="checkbox"/> | CARAT Group Work | <input type="checkbox"/> |
| Prescription e.g. Methadone
or Subutex | <input type="checkbox"/> | Rehabilitation Programme (rehab) | <input type="checkbox"/> |
| | | Education Courses | <input type="checkbox"/> |
| Detoxification (detox) | <input type="checkbox"/> | Social and Life Skills | <input type="checkbox"/> |
| Vocational Courses | <input type="checkbox"/> | Problem Solving | <input type="checkbox"/> |
| Enhanced Thinking Skills | <input type="checkbox"/> | Offender behaviour Courses | <input type="checkbox"/> |
| Key Skills | <input type="checkbox"/> | | |
| Other (Please specify) | <input type="checkbox"/> | | |
| None | <input type="checkbox"/> | | |

Q75 Have you been in treatment for drug addiction since you came into this prison for this offence?

Yes, I am now Yes, I was
 No, I would like to No
→ if no – go to Q78

If yes, who was that from?

Prison medical staff Outside Agency

Other (please specify).....

Q76 Have you been in detoxification (detox) whilst in this prison for this offence?

→ if no – go to Q77

Did detox control your symptoms? Yes No

Would you say the treatment was beneficial? Yes No

If the drug addiction treatment was not helpful for you, why was this?

.....

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Q77 What other services would be useful for you in relation to your use of alcohol and / or drugs problem?

- | | | | |
|---|--------------------------|--|--------------------------|
| Health education | <input type="checkbox"/> | Hepatitis Vaccination | <input type="checkbox"/> |
| Information on how to reduce the chance of harming yourself through using drugs | <input type="checkbox"/> | Motivational work to help in making up your mind to change | <input type="checkbox"/> |
| One to one working with a counsellor | <input type="checkbox"/> | Group Working | <input type="checkbox"/> |
| Access to rehabilitation services | <input type="checkbox"/> | Access to a Therapeutic Community | <input type="checkbox"/> |
| None | <input type="checkbox"/> | | |

What other help would you like to receive whilst in this prison in relation to your use of alcohol and/or drug problem?

.....

Q78 Have you been suffering from withdrawal symptoms since coming into this prison?

- | | | | |
|------------------|--------------------------|-------------------|--------------------------|
| Yes from alcohol | <input type="checkbox"/> | Yes from drugs | <input type="checkbox"/> |
| Yes from tobacco | <input type="checkbox"/> | No, none of these | <input type="checkbox"/> |
| Don't know | <input type="checkbox"/> | | |

Q79 Have you ever been prescribed Methadone?

- Yes No → If no, please go to Q80

Were you prescribed methadone in the 12 months before you came into prison this time?

- Yes No

Have you ever been prescribed methadone inside a prison?

- Yes No → If no, please go to Q80

Were you prescribed methadone by a prison doctor, in the 4 weeks after you came into this prison this time?

- Yes No

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Q80 What assistance would you like when you return to the outside community to stay off drugs?

.....

Have you been offered a link with local Drug and/or Alcohol services for when you get out?

Yes No Don't know → If no, please go to Q81

If 'Yes' are you happy with these arrangements?

Yes No Don't know

Q81 What was your experience of drug use on return to the outside community following the last time you were in prison?

I have never been in prison before
I have been in prison
(my experience of return to the community is described below)

.....

NEXT SOME QUESTIONS ABOUT YOUR PRISON EXPERIENCE

Q82 When did you come into this prison? Please give date:

Month Year

If you came in from another prison when did you go into that prison? Please give date:

Month Year

Q83 Are you? On remand Convicted

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Q84 Was your most recent offence related to drugs and / or alcohol in any way? (you may tick more than one)

- No my offence was unrelated to drugs / alcohol
- Yes, I needed money to buy drugs
- Yes, I was using drugs
- Yes, I was a drug dealer
- Yes, I was under the influence of drugs when I offended
- Yes, I was under the influence of alcohol when I offended
- Yes, other (please specify)

Q85 Have you ever been in prison before?

- Yes
- No

If yes, how many times have you been in prison before this offence ?

Q86 When do you expect to leave prison?

- Within a year
- 6-10 years
- Don't know
- 1-5 years
- More than 10 years

WE WOULD LIKE TO KNOW ABOUT YOUR FAMILY AND FRIENDS

Q87 Before coming into prison, were you living with:

- Parents
- Lived alone
- Other
- Partner / spouse
- No Fixed Abode
- Please Specify _____

Q88 Will you return to your home on release from prison?

- Yes
- No
- Don't Know
- I haven't got a home to go to
- I am planning to go to a new place to live

Q89 How often do you see your visitors now, in this prison?

- Daily
- Less often
- Weekly
- Not at all
- Monthly

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Q90 You may tick more than one of the answers to the following questions

	Drug User?	Non-Drug User?
Are most of your friends	<input type="checkbox"/>	<input type="checkbox"/>
Is your partner (if you have one)	<input type="checkbox"/>	<input type="checkbox"/>
Any members of your family	<input type="checkbox"/>	<input type="checkbox"/>

Q91 Please say how true these statements are for you?

Among my friends and family there are people I know

	Not true	Partly true	Certainly true
Who do things to make me happy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Who make me feel loved	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Who can be relied upon no matter what happens	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Who would see that I am taken care of if I needed to be	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Who accept me just as I am	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Who make me feel an important part of their lives	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Who give me support and encouragement	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Q92 Generally speaking, would you say that most people can be trusted or that you can't be too careful in dealing with people ?

Most people can be trusted You can't be too careful
 I don't know

LASTLY SOME QUESTIONS ABOUT YOURSELF

Q93 How old are you? _____

Q94 What is your marital status?

Single (never married) Married or living as a couple
 Widowed Divorced or separated

Q95 Which of these best describes your ethnic origin?

White Asian Pakistani
 Black Caribbean Asian Bangladeshi
 Black African Chinese
 Black (other) Other (please specify)

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Q96 Where were you living before you came into prison?

Kent Surrey Sussex London Other

Q97 Were you living

In accommodation that you owned In accommodation you rented
In a bed-sit or rooms you shared Were you living on the streets

In a hostel or other temporary accommodation
Have you recently arrived in this country
Other (please specify)

.....

Q98 Which was your nearest town? _____

We would like to thank you for taking time to complete this questionnaire as it will help us to improve and develop healthcare services in prisons. The information contained in it is for confidential healthcare use only and is anonymous.

If you would like to talk to someone confidentially about any of your answers on this page please let your Personal Officer know.

We would like to know what you thought of the questionnaire so please complete the comment sheet on the back of this page.

INFORMATION SHEET



*We would like you to complete the survey to help improve health services in prison.
Please complete the questionnaire by the day stated on the label on the inside cover of
your booklet. Thank you.*

Who are we?

The Centre for Health Service Studies at the University of Kent.

What are we doing?

The survey is designed to look at peoples Health and Lifestyles in prisons in Kent, Surrey and Sussex.

Who sees the information?

Only the researchers from the University will see your answers. All the information we collect will be confidential, so do not put your name on the survey.

What are we asking you to do?

Enclosed is a survey, which we would like you to fill in. Most questions can be answered by placing ticks in the boxes. When you answer one question always go onto the next one unless you are advised otherwise. If you find that none of the boxes are like the answer you want to give, then please write in your own answer under the question.

You do not have to answer all the questions but please be as honest as you can if you choose to answer. We would really like to hear your comments about it, so please complete the comment sheet on the back of the survey, even if you don't answer all the questions. When you have completed the survey please put it back in the envelope and seal it ready for collection

Why fill the survey in?

It is very important you complete the survey as this kind of information can only come from people who have been in prison. The information you provide will make people more aware of the health issues people may face in prison and can then be used to make services better.

What if I am worried about my health?

If you are worried about your health after filling this survey in you should speak to your Personal Officer or ask to speak to a member of staff from Healthcare, for example, a Doctor or Nurse.

Thanks

We would like to thank you for filling in the survey and any comments you have made.

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Appendix D

Age Profile of Respondents by Prison

Prison age structure

	Local	Category C	Category B	Open
under 20			0.5	
20-29	37.3	30.9	26	20
30-39	27.3	33.8	32	27.1
40-49	10.9	19.1	21	25.7
50-59	8.2	2.2	11.5	15.7
60 and over	3.6	2.9	5	10
not known	12.7	11	4	1.4

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Appendix E
FOUR Prisons study – Flow Chart

