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Dissertation

Title

Are the mental health needs of prisoners being met within the prison
service?

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Introduction

This project seeks to answer whether the current standards are being followed and are sufficient to protect the prisoners and staff.

The literature that was reviewed included the different guidelines available, the history of mental health and the relation between mental health and the prison service. Many surveys and guidelines have stated similar recommendations and finding over the years which prison Her Majesties Inspectorate of Prisons (2007) confirms. There have been issues that have been prevalent till today in the prison service. For example, overcrowding which is known to negatively affect the wellbeing of prisoners and staff has been known since the 1990s. There were individuals who identified the issue such as The Director General of the English and Welsh Prison Service stated in Prisons and Probation Ombudsman (2017). The Director General had openly warred that the service needed to quickly deal with the issue of overcrowding because it will decrease the quality of care and the whole prison service. There have been increasing level of self-harm and suicide with the increasing number of prisoners in the prison system according to University of Manchester (2020). There increase have been steady and do it is expected to continue to increase for the coming years. The project had changed one of the research tools which was stated to be used within the research proposal. The questionnaire research tool was not used within this research because of the difficulties in gathering relevant data for this project. There will be greater detail and the reasoning within the methodology chapter of this project.

Literature Review

Introduction

A literature review compiles the current literature and the knowledge available on a particular subject explains Hart (2018). A literature review is placed within a dissertation to gather all the important findings, theoretical contributions and methodological contributions of previous researchers. Hart (2018) continues with literature reviews will gather the relevant knowledge and findings that have relations to the research question. The literature review can demonstrate the scope of knowledge the researcher has on that subject and the level the researcher has researched into the subject. A literature review can assist a researcher to develop their own theoretical framework by gathering the work of other researchers. The knowledge, observations and ideas within the literature can used to test and develop the researcher's theory or hypothesis. The examples of other literature can be researched to understand how they have defined key concepts and if the key concepts are connected to one another. The literature that was gathered within this literature review is related to what the standards of care for prisoners, what are standards of care other organisations have released for those who suffer from mental health. The literature review gathered data on the development of laws associated with mental health, the development of regulations and guidelines to care for those suffering from mental health. Research on the link between mental health and offences will be gathered to understand if there are any correlations between them. Data such as statistics and percentages will be gathered on self-harm and deaths within custody to understand how the prison service implement changes to reduce such incidents.

The sources of secondary data are from a broad range of sources such as websites, academic journals, books and surveys conducted within this subject. One of the largest sources and most trustworthy data within this subject is the data realised by the government who conduct annual reviews and guidance on the prison service within the United Kingdom. The World Health Organisation is another source which is a trustworthy source of data for this dissertation. A large amount of data gathered for the

literature review was from the two sources above they are leading representatives for the subject of mental health. These sources are less likely to release data that has been influenced by biases. The government surveys which are mostly completed with quantitative data are less likely to contain biases especially on the statics and percentages realised through the surveys.

Aims and Objectives

The aims and objectives of this literature review is to gather data from a broad range of sources which will show a comprehensive guide to how and why the current standards within prisons were developed. The literature review aims to explain the different relations between mental health and offences and the current research on it. Data on deaths and self-harm will be discussed and aims to understand the current situation within the prison service with mental health.

The Development of Mental Health Services

One of the largest developments of the treatment of the mental health of prisoners is the Mental Health Act 1983. The NHS also known as National Health Service (2019) states that this piece of legislation is the main piece that includes the assessment of people to identify their mental health, the treatment provided and the rights that patient with mental health illness are entitled to. One of the reasons for this legislation is because those that have been diagnosed with mental health conditions are of a greater risk of self-harm within custody explains Ian (2020).

According to The NHS (2019) the Mental Health Act 1983 brought methods to ensure that the patient with mental health conditions is kept safe and have their rights safeguarded. For example, under the Mental Health Act 1983 the patient can be treated even if they refuse treatment is deemed that they should receive treatment. This is because it is believed that the patient does not have sufficient capacity to make an informed decision about the matter. There are also second opinion appointed doctors and approved mental health professional as stated in The NHS (2019). Second opinion appointed doctors are there to ensure that their rights are protected under the Mental Health Act. If the patient refuses to receive the treatment or is

incapable of giving their consent, then second opinion appointed doctors can be consulted to make sure none of the rights of the patient are violated. Approved mental health professional can be consulted by the patient under the Mental Health Act. These mental health workers are professional in mental health who have received special training. They have the power to decide if the person needs to be sectioned as part of treatment and oversee making sure that the rights of the person being detained are not violated.

The codes and practice that the Mental Health Act 1983 aids professionals in carrying out their responsibilities listed under the Mental Health Act and providing greater quality and safer care the Department of Health and Social Care (2017) confirms this. The government realise many codes and practices and are summaries of key points to remember from legislation and guidelines. Another legislation that was developed that benefits patient with mental health conditions is the Health and Social Care Act 2012 explains the Department of Health and Social Care (2012). It aims to tackle inequalities it does this by clearly setting out specific duties for all the health bodies seeking to reduce the health inequalities of different people. There are several organisations and guidance available from different sources other than through legislation. An example is a toolkit which was realised to assist in understanding the needs of local population through combining health data policy and knowledge such as the JSNA toolkit. According to Public Health England (2019) the JSNA or joint strategic needs assessment aims to assist by considering metrics such as prevalence risk and protective factors that affect mental health. It is a combination of mental health guidelines and services. There are also international organisations such as the European Committee for the Prevention of Torture and Inhuman or Degrading Treatment or Punishment (CPT) who actively visit prisons and other places of detention to review and evaluate the areas and assess if treatment is within their rights. The CPT will also visit regularly to see if the standards are met.

The Prison Service and Mental Health

The definition of health is defined as by World Health Organisation (2003) where the physical, mental and social wellbeing of a person is complete and is not because the person does not have a disease or infirmity. The World Health Organisation (2003)

continues with the concept of mental health which are subjective wellbeing, perceived self-efficacy, autonomy and the ability to recognise their own intellectual and emotional potential. Another definition is the ability to cope with stress, have productive work, recognises their own abilities and contribute to their communities.

Since April of 2006, the healthcare of all prisoners has been under the supervision of the National Health Service (NHS) as stated in Siva (2010). The NHS is responsible for all health-related areas within the prison service this is confirmed in NHS England (2020). There are a broad range of areas that the NHS and justice is responsible for and they are responsible for commission £503 for services in detained and secured settings and sexual assault and abuse cases.

According to Her Majesties Inspectorate of Prisons (2007) there have been a continue increase in the number of people entering prisons. This has led to a greater amount of individual with mental health conditions within prisons. The care giving to prisoners with mental health conditions could not meet the demand necessary. Her Majesties Inspectorate of Prisons (2007) argues that this in turn made a situation where the care needed for those with mental health conditions was not high enough, and others developing mental health conditions because of the standards not meeting the demand. There had been several services to improve the quality of care and improve the awareness of mental health including specialist teams and training. For example, in 80% of all prisons had nurse led mental health in reach teams, who aim to help those who are not serious enough to be sectioned. However, majority of the specialist were trained to deal with secondary mental health needs which does not reflect the demand of the prisoners. They have complex and high levels of psychiatric morbidity and have high primary mental healthcare needs as stated in Her Majesties Inspectorate of Prisons (2007). Changes had been made however there were still reports of people with mental health conditions being wrongfully criminalised, and prisons not meeting the needs of prisoners.

The NHS in collaboration with others gathered data to create a strategic guid for the health service to aspire for within the justice system NHS England (2016) confirms this. The data was gathered from the health and justice commission, clinics and other partners Her Majesty's Prison and Probation Service and Public Health England. The strategic document stated several differences in the level care and its quality between

those within the prison service and the wider public. Several recommendations and directions for improvement were decided upon. There were 7 key areas that the strategic document identified that need to be improved explains the NHS England (2016). The 7 priorities were chosen to improve the quality of service and to reduce the number of individuals detained because of undiagnosed and untreated mental health issues. The priorities also aim to reduce the variations of service these were implemented in 2016 and aimed to for an improvement by 2020. The first priority was targeted at improving the health of the most vulnerable and to reduce any health inequalities. The second priority was to have the Liaison and Diversion services to support a radical upgrade to the early intervention service. The third priority was to change the service towards a person-centred caring system and to give the correct treatment and support. The fourth priority was an increase in the voice and involvement of with experience. The fifth was the improvement of rehabilitation and a move towards pathways to recovery. The sixth priority aims to have the healthcare services within the justice setting, detainee setting and community settings to work closer together which would improve the continuity of care on reception and post release. The last priority listed was in improve the partnerships, collaborations and deliveries to have a greater integration between all the services sated in NHS England (2016). The priorities that are listed above are repeated in different surveys sometimes in different words within the prison Her Majesties Inspectorate of Prisons (2007) confirms this. Priorities such as improving of collaboration and early intervention have been identified continuously in different surveys over the years. The concerns of the prison service not meeting the demands of the prison service have been know and identified since 2001 and were identified in the survey by NHS England (2016).

Many of the issues that both the Her Majesties Inspectorate of Prisons (2007) and the NHS England (2016) explained above others have linked to the current overcrowding problem of the prison service. It is also argued that to improve the quality of care of prisoners that the overcrowding problems should be addressed first and would then lead to the improvement of the service explains Prisons and Probation Ombudsman (2017). Overcrowding issue was identified as a serious problem as early as the 1990s. The Director General of the English and Welsh Prison Service at the time believed that overcrowding in prisons needed to be tackled quickly. To ensure that the services quality is maintained and further improved within the prison system.

United Nations Office on Drugs and Crime (2017) states that to ensure the sound mental health of prisoners a safe environment is needed and adequate levels of care. If conditions of prisons do not meet the needs of prisoners, then it can lead to prisoners developing health conditions. For example, conditions negatively affecting their physical wellbeing such as the hygiene of the prison may fall leading to a possible increase in the spread of diseases and infections. Another example according to United Nations Office on Drugs and Crime (2017) are conditions related to mental wellbeing such as increase levels of stress and the above conditions combined can lead to an increase in violent outbursts.

Surveys done by the government explain that prison staff that are working within an overcrowded prison have an increased possibility of encountering violent prisoners, infections, stress and mental health issues Ministry of Justice (2020a) confirms this. Ministry of Justice (2020a) with there being increasing number of prison staff leaving the prison service. This combined with the increasing levels of prisoners, and inadequate resources rendering the issues more complex and difficult to solve.

Overcrowding in prisons is a global issue which Penal Reform International (2020) explains. There have identified that over 124 countries have prisons that have gone above their maximum population limit. 23 of these have more than double the maximum population limit in their prison systems. MacDonald (2018) also argues that the overcrowding of prison services is on the biggest issue that the prisons face and negatively effects every area of the service provided. The increase in the number of prisoners in most cases is a failure the criminal justice system not an increase in the levels of criminal activity as stated in Penal Reform International (2020). The two biggest contributors to the overcrowding of the prison service are pre-trial detentions and the number of custodial sentences giving to petty crimes. This leads to the possibility of basic human needs not being met and negatively effects rehabilitation services, education and vocational training.

Pre-trial detainees are those that are detained whilst the investigation continues because of the risk of the person effecting the investigation of fleeing according to Schönteich (2013). Worldwide there are on an average day one out of three prisoners is a pre-trial detainee which is estimated to be 3.2 million people. These people in pre-trial detention are detained collectively for 640 million days with some there for a

couple of day and other weeks or months. Schönteich (2013) continues that England and Wales are considered to use pre-trial detention relatively less than other areas have. Half of those in pre-trial detention would later receive custodial sentences because of committing petty crimes. In 2007 the concerns and pressure of increasing numbers of individual in prison and those in the pre-trial detention, lead to the labour government at that time to introduce an early release scheme stated in Criminal Justice Alliance (2012). This scheme was called the Endo of Custody Licence scheme and would free up space in prisons by allowing prisoners to be released up to 18 days early. This scheme was criticised by a broad range of individual including the public which lead to the abolishment before the elections of 2010.

Pitts et al (2014) states that the problem of overcrowding of the prison service leads to a reduction in the standards of care giving to the prisoners this includes the aim of prisons which is rehabilitation. The quality of rehabilitation is affected by the resources available. Many countries prisons as they increase in population cost more to operate and do not receive an increase in budget Pitts et al (2014) confirms this. Without adequate rehabilitation there is a higher possibility that they will re-offend. The two most discussed solutions are the building of more prisons which need resources, time and land and the other are early release programmes explains MacDonald (2018).

The resources for each prisoner are reduced as the number of prisoners increase but the available resources stay the same or decrease in some cases. Clements (1982) states that the resources available for each prisoner is there to assist in their rehabilitation and to help keep their mentality and physique healthy. Some prisoners might spend a great amount of a day doing nothing instead of a variety of activities. Their social support service also become strained because of the increase in prisoners. Clements (1982) continues that the process of release for prisoner can become slowed because of the increase in workload which leads in turn to more prisoners detained than being released creating a cycle of increasing workload.

Because of how much overcrowding has affected prisoner's health the Penal Reform International (2012) realised a plan to address the issue of overcrowding in prisons. The single biggest problem that effects all prisons in the world is overcrowding and to tackle this problem a 10-point plan that introduces ways to alleviate the overcrowding in prisons. Overcrowding can vary from negatively affecting the everyday process of

prisons service to the possibility of it becoming life threatening. Penal Reform International (2012) identifies current guidelines and rules which ensure that a prison functions correctly and is safe. These were taken into consideration when creating the 10-point plan. For example, the guidelines from the United Nations that were considered within the 10-point plan was the United Nations Standard Minimum Rules for Treatment of Prisoners. According to the United Nations (2016) the United Nations Standard Minimum Rules for Treatment of Prisoners is the foremost document on the most appropriate ways to care for prisoners, what human rights and to improve standards of living. This document gathers data from many sources such as international laws and other regulatory bodies to create rules and regulations to improve the social progress and living standards. The Penal Reform International (2012) explains that the most appropriate way to improve the overcrowding issue is to build more prisons however this is costly. Therefore a 10-point plan was created to deal with the issue in a cost effective and systematic way. Examples of the points include the investment and creation of non-custodial systems which can target pre-trial and post sentencing detention. Another point is to remove a number of minor or petty case out of the jurisdiction of the criminal justice system. Investing into crime prevention and intervention to reduce the number of crimes. A method to decrease the number of pre-trial detentions is to improve the access to justice. Creating a special system that targets vulnerable groups such as children and those with mental health conditions.

One reason that the health system and justice system according to NHS (2016) cooperate is because there is evidence available that supports that offenders and re-offenders have a link with mental health. Trebilcock and Samantha (2019) also confirm this as there have been an increasing amount of research undertaken attempting to understand the link between offending and mental disorder. There are a number of mental illness that have an increase likelihood of influencing a person to behave more violently confirms Hodgins cited in Soothill et al (2008). Trebilcock and Samantha (2019) continues that many of the research undertaking only analyse a single mental illness and a single offence. Vinkers et al (2011) that whilst there is a connection between mental disorders and offences, the connection is not very great therefore it should not be considered strongly in the actions of individuals. Farrington (2008) argues that the link between mental health and offence is strong. If intervention is done

at an early enough stage targeting key risk factors related to mental health, social exclusion and offending then if successful in reducing a single factor then it can have a wide range of benefits in reducing the others. Farrington (2008) states this is because of the link between them all. A possible reason for developing a mental health condition is poor mental health and poor personal wellbeing within a person's childhood and adolescence Fergusson et al (2005) confirms this. If an adult is confirmed to have the above conditions then they have an increase chance of suicide, increase levels of anti-social behaviour, involvement in crime, smoking, alcohol, drugs misuse and lower levels of employment.

Deaths and Self-harm in Prisons

The number of self-harm and deaths within prisons have been increasing over the years. This is one of the reasons there have been increasing concerns on treatment and care giving to prisoners.

Self-harm incidents in prisons can be of any severity or type to identified as a self-harm incident in a prison explains Government (2020). These incidents include cutting, overdosing and hangings. Her Majesty's Prison and Probation Service (2019) have released guidance on suicide and self-harm prevention within prisons. It is common for people who enter prison to struggle to adapt to the difference between the two environments. Research has shown data on those that are more vulnerable than others and more likely to consider self-harm or suicide. Her Majesty's Prison and Probation Service (2019) explains that suicide is most common in middle aged men with low socioeconomic background and young people are the most likely to self-harm. The risk factors associated with of suicide are found in prisons very often prisoner is considered a high-risk group for self-harm and suicide. There is link between self-harm and suicides where over half of people who have died from suicide have a history of self-harm, but not everyone who have previously self-harmed have thoughts of suicide stated in Her Majesty's Prison and Probation Service (2019).

Favril et al (2020) states the most prevalent illness in prisons is self-harm. This is despite risk factors related to self-harm being identified there are still many who suffer from self-harm in prisons. The risk factors that are associated with self-harm according to Favril et al (2020) are those that previously have had suicidal thoughts in their life,

those that have been diagnosed with a previous mental condition such as depression and borderline personality disorder. The prison environment is also a risk factor where those that stayed in solitary confinement, had disciplinary infractions and sexual or physical victimisation in prison are the greatest risk factors found explains Favril et al (2020). There have been increasing concerns for the figures of self-harm in prisons. One of the highest ever recorded cases of self-harm incidents were between September 2018 and September 2019 explains the Government (2020). There were 700 self-harm incidents per 1,000 prisoners and it further increased to 777 per 1,000 prisoners the following year. This is having been on a sharp increase since 2014 and its previous 12 months which were recorded at 278 self-harm incidents per 1,000 prisoners the Government (2020) confirms this.

There are many deaths in the prison service these include both self-inflicted deaths and non-self-inflicted deaths. There have continues high levels of deaths within the prison service over last couple of years for the 12 months before December 2019 there were 300 deaths, which was a decrease of 25 deaths from the previous year stated in Ministry of Justice (2020b). 84 deaths out of the 300 deaths were classified as self-inflicted, which was a decrease from the previous year of 92 deaths self-inflicted out of 325 deaths.

There are also organisations such as Inquest who attempt to improve the conditions and quality of care in prisons stated in Inquest (2020a). Inquest had completed their own inquiry and research into the number of deaths in prison. According to Inquest (2020b) there is a person that takes their own life in prison every four days and there has been increase evidence that the quality of healthcare giving was associated with these deaths. Inquest (2020c) argues that there have been too many years with high levels of non-self-inflicted death classed as natural for the 12 months before December 2019 there were 165 deaths. These 165 deaths were classified as natural deaths however Inquest (2020c) explains through their observations and investigation many of the deaths should not have been classified as natural. There were also 3 deaths that were homicides for 12 months before December 2019. There are also projects that aim to understand and improve the prison service. One such project is on the suicides rates within prisons is an international project called National Confidential Inquiry into Suicide and Safety in Mental Health (NCISH). The project gathers data on suicides in the United Kingdom and has continued since 1996 stated in the University

of Manchester (2020). A study by the NCISH had investigated and gathered data on individuals committing homicides how had been diagnosed with a mental illness which Favril et al (2020) argued above.

There are also statistics showing high numbers of suicide for those that are in pre-trial detention. The World Health Organisation (2000) explains that on average the number of pre-trial detainees suicide rates are three times higher than suicide rates of those already convicted. This is another criticism of the pre-trial detention system which others above have argued that it brings more pressure to the prison services. Majority of those in pre-trial detention are usually those that have committed petty crimes.

Methodology

Introduction

This chapter of the dissertation is the methodology that was followed within this research. This chapter will include the different approaches which were considered for this research and the reasoning for the decision on the approach chosen. The methodology will explain the approaches and methods that were considered to show the reasoning that the approach and methods taken were suitable to the research aims of this dissertation. The areas within this methodology are the research paradigm, research method, research tool and the research process.

Research Paradigms

Collis and Hussey (2014) states that a research paradigm is a philosophical framework which can be used to help guide a researcher through their research including how it might be conducted. The research paradigm also considers the nature of knowledge, assumptions of the world and their personal philosophies. There are several different research paradigms that were considered for the thesis. The most common paradigms researchers have used explains Collis and Hussey (2014) are positivism, antipositivism, critical realism and pragmatism. Positivism according to Jennings and Moriarty (2019) was a thought method primarily from the west the current positivism is from the early 19th century and was formulated by Auguste Comte a philosopher. antipositivism also known as Interpretivism was crated due to several researchers not satisfied with positivism as it they believed it did not reflect the nuances and variabilities within and between humans. Antipositivism emerged within the 18th century by Giambattista Vico over time there have been several researchers who contributed to the development of antipositivism such as Max Weber further developed antipositivism and confirmed in Peter (1974). Critical realism according to Altheide and Johnson cited in Denzin and Lincoln (2011) is formed from both the general philosophy of science and social science and was first created by Roy Bhaskar within the mid to late 20th century. The philosophy of pragmatism was first created within the United Sates in the late 19th century by the philosopher William James stated in Peirce (1878).

The philosophers Charles Sanders Peirce and John Dewey are considered to be the foremost developers of pragmatism within the 20th century explains Peirce (1878).

Each of these paradigms have different focuses and methodology than each other however some do have similarities. Collis and Hussey (2014) states that the different paradigms are stated to allow other researchers to analyse the steps and processes taken within the research and understand how the researcher had come to a particular conclusion. The paradigms according to Collis and Hussey (2014) assist with this by explaining the researcher's philosophy of research, their assumptions of the world and how they the nature of knowledge. The paradigm can also assist with how to carry out the research as a guide to the researcher and to keep the research from straying from the focus of the research they have chosen to carry out. Collis and Hussey (2014) continues with the research paradigm allows other researchers to understand, before reading the research, how it would have been carried out, the focus the researcher would have taken, and the type of data used within the research and how it would be interpreted.

The research paradigm positivism Collins (2010) explains is followed for research that will focus on factual knowledge that was acquired through the methods of observation and measurement. Positivism only believes that the data acquired is trustworthy through the process of observation and measurement. Positivism as stated Collis and Hussey (2014) is focused on the gathering of data in an objective process without any emotion or personal beliefs swaying the data collected. According to Borgatta and Borgatta (1992) positivism focuses on the observable and quantifiable and uses this data to conduct a statistical analyse that has a deductive approach to research. Wilson (2010) explains that positivism does not consider any moral considerations as it only considers what is logical and can be scientifically proven and nothing metaphysical. The aim of positivism confirmed in Collins (2010) is to analyse, understand and explain the operative dynamics of the social universe through the sensory experience of people and interpreted through both reason and logic to achieve an answer. The gathering of data through senses is also known as empirical evidence due to this according to Macionis and Gerber (2010) positivism is founded on empiricism. Due to the nature of positivism, it is most appropriate to be used in research that aims to gather quantitative data. Jupp (2006) argues that due to how positivism sees the world

as quantifiable, and its phenomenon can be measure it is most commonly use in researchers using quantitative data.

One of the criticisms of positivism is of one of the core beliefs of positivist which is the observation of the society. Gray et al (2009) explains it is also criticised for the facts observable through logic and measurement is not found outside of the person but due to the person being a part of society and the link between society and human consciousness. The first criticism of positivism according to Gray et al (2009) argued that people are products of society and throughout history it has mediated human consciousness. Another philosopher named Max Horkheimer argued that there are 2 grounds for criticising positivism Adorno and Horkheimer (2016) confirms this. The first ground was that human social actions were not reflected within positivism. The first criticism by Max Horkheimer found faults in not grasping the number of social facts that the gathered were not within the objective were the observer were a part of the society and the historical human consciousness. Because the observer is not considered within positivism Max Horkheimer argued that positivism fails to analyse the representations of social ideas, and how they are influenced by the social and historical conditions. Adorno and Horkheimer (2016) continues with the second ground that Max Horkheimer identified the representation of social reality by positivism was both conservative inherently and artificially. Max Horkheimer argued that positivism was not challenging the status quo but was instead supporting it and this might be related to its popularity, despite the criticisms of the philosophy, within specific political groups.

Other philosophise have also criticised positivism stated in Heisenberg (1971) which has a limit in its ability to explain the world. Positivism states only what is observable and measurable is a valid fact as such Heisenberg (1971) criticised positivism as splitting the world into 2 one side is observable and the other is not but and disregarding the unobservable as what is observable is easily explained as it can easily be seen. The criticisms of positivism continue with Hanson (2008) explaining how many still debate over the philosophy however positivism has had new variations of views such as logical positivism and post positivism.

A positive approach was considered for the research as the primary source of data are statistics giving from the government and their reviews into their prisoners. The

statistics given by the government majority of the time was quantitative data which as stated by Jupp (2006) positivism is most commonly used in research with quantitative data. The positivism philosophy was considered for the research and these were some of the considerations taken. Some of the data available did not only contain quantitative data but also qualitative data this was one of the reasons that positivism was considered. Another reason that it was considered was the aspect of the prisoners and the data gathered was a mixture of qualitative and quantitative. Some of the data gathered by others may have been from a subjective view instead of objective. Researchers have used several methods and not only observing the prisons for the data, but other methods for example interviews withing the prison for qualitative data which would be the prisoners and staff's subjective thoughts and opinions.

One of the areas that this research analysed was how those within the prison felt about their environments such as if they believed their needs were met or if they had the option to seek assistance for their mental health. The data on the views and opinions of others on the treatment of the prisoners was considered and this data is qualitative in nature and needs to be considered when chosen the research paradigm. As stated above in both Heisenberg (1971) and Adorno and Horkheimer (2016) the subjective data would be unobservable and would not be suitable to be within research with a positivist philosophy. Such data would be of the thoughts such as the human consciousness which is subjective and not observable. Qualitative data was used withing this research and it would assist in the aims of this research. The positivism philosophy was taken to be this research paradigm after considering the above. Qualitative data was not the primary source of data but quantitative data in this research therefore positivism philosophy was used. The data shown from the sources such as the government has a large amount of the data in statistics, graphs and numbers which was the reason for chosen the positivist philosophy.

The second research paradigm that will be discussed is the antipositivism also known as interpretivism According to Macdonis and Gerber (2010) this philosophy was created due to criticisms of positivism for not considering what is not observable and the human consciousness on the social society. Peter (1974) explains that it started with the research into natural history which humans have no control over and human history that humans created themselves. Due to the above Peter (1974) continues antipositivism is of an epistemological distinction between both the social realms and

the natural world. According to Collis and Hussey (2014) social reality can be investigated and can be affected by its investigation. Antipositivism explains that social reality is within each person's minds and each has their own view of social reality making it subjective. Elkind (2005) also states that social reality is the creation of human intelligence as such it is subjective including the social constructivism theory. Collins (2010) confirms that antipositivism is aligned with the philosophy of idealism and believe the world can be affected through the investigation of it. This is not the same as the philosophy of positivism which can be considered as the opposite of antipositivism who do not consider the observer can affect the world due to it being objective.

Antipositivism according to Stockman (2013) seeks to understand the world through investigating human thoughts and their conciseness. Due to this the data gathered through this philosophy is qualitative unlike positivism that gathers quantitative data. As stated by Miles et al (2014) qualitative data has a greater description and can be more difficult to gather and analyse. Unlike positivism which is primarily quantitative data which can be set out in a precise manner to analyse and compare to other data. Miles et al (2014) continues that the number of sources of data that can be gathered is usually smaller than quantitative. Due to gathering data taking more time and the amount of time needed to be used in each piece of data needing more time to analyse the number of sources of information is usually smaller than quantitative methods.

Antipositivism was considered due to the relation of qualitative data, and the philosophy of social reality being affected by humans explained in Stockman (2013). The research investigated the staff and prisoners to understand if they believed the prison was meeting the standards need for the prisoners. Qualitative data which Miles et al (2014) confirms is more descriptive than quantitative data, therefore qualitative data was gathered on the thoughts of the staff and prisoners. Qualitative data was gathered for this area of the research and antipositivism would be suitable for this research. However, the research method chosen was not qualitative data alone but a mixed method. Because of other philosophies were more suitable for the scientific research than antipositivism it was not chosen.

The third research paradigm is realism which is a scientific approach according to Collier (1994) has different groups such as direct realism and critical realism. Gram

and Gram (2012) explains that direct realism or naïve realism seeks to understand the world through the perception of the human senses. This philosophy was first found to be described by Aristotle stated in Bernecker (2006) who was a Greek philosopher. Direct realism was mentioned in his book *On the Soul* in 350 BC. Bernecker (2006) continues with Thomas Aquinas defending the philosophy in the 13th century. It believes that the world that is perceived as reality this it because the human's sense is used to depict the and believe it to be unchanging. Critical realism was created by Roy Bhaskar in the 20th century confirmed in Collier (1994). The philosophy of critical realism was developed through the combination of philosophy of science and philosophy of social science. Critical realism as stated by Novikov and Novikov (2013) looks deeper into the perception of human senses and to what the persons senses. Critical realism argues that there is a single reality that everyone sense however there are many different interpretations of the reality by the different people. Novikov and Novikov (2013) continues with the possibility of the reality that is sensed to not be the real world, because the sensations and images that people perceive may be misleading and not reflect the reality completely. Bhaskar (2014) explains that critical realism has become one of the major social sciences that can rival other social sciences such as positivism.

Critical realism opposes positivism and other empiricism as it views science as understanding and identifying social mechanisms. Critical realism in the late 20th century had confronted both the number of forms of postmodernism and poststructuralism because of emphasising on the reality of objective existence. Altheide and Johnson cited in Denzin and Lincoln (2011) states critical realism is different to positivism's methodological foundation and poststructuralism's epistemological foundations. As critical realism states that social science should be constructed from ontology.

According to Maxwell (2012) there is a possibility of biases that may influence the data analyse. Maxwell (2012) argues this is especially true for qualitative research such as realism and critical realism. Due to this Maxwell (2012) suggest that a triangulation method to improve the quality of the research and reduce the possibility of biases impacting the research. This can be considered a criticism of critical realism and other subjective philosophies due to the data gathered will have the thoughts of the sources and the research may impact the research if the researcher does not take precautions.

The research method for data gathering included both quantitative research and qualitative research. Qualitative research as stated by Maxwell (2012) is appropriate for the philosophy of critical realism which primarily gathers qualitative data from the senses of people. This philosophy was not chosen due to deciding to use more quantitative data from sources such as the government reviews. Due to more quantitative data than qualitative data gathered for this research the critical realism philosophy was not considered further.

The fourth research paradigm pragmatism according to Peirce (1878) is associated with the philosophers in the late 19th century such as Charles Sanders Peirce and William James. The pragmatism philosophy sees the world differently from the above philosophies. The other philosophies have their own beliefs on the truth of the world and the effect humans have on the world. Pragmatism Peirce (1878) continues does not hold a single belief on the world the researcher can change their interpretation of the world they see. For example, the interpretation of the world can follow the belief of positivism which uses an objective view on the world or the belief of antipositivism which argues that the world is created through the human consciousness and can be affected by it. It is also possible for both philosophies above to be combined within the research. According to Saunders et al (2012) pragmatism argues that the world has several interpretations and there is no single interpretation that can fully understand the world as it has multiple realities. Collis and Hussey (2014) explains that pragmatism's research paradigm allows the researcher to adapt to the circumstances whilst undertaking the research. Pragmatism allows the researcher to change the assumption of the world at different points throughout the research. It allows the researcher to be subjective or objective in the research. This also allows different data to be gathered at different points in the research. Collis and Hussey (2014) continues that it further explains how the pragmatism philosophy allows the researcher to adapt throughout the research. The researcher can not only change its interpretation of the world but also its sources of the data gathered. For example, quantitative data can be gathered at the beginning of the research. The researcher can later change to gathering qualitative data if there are findings that support the change to achieve the aim of the research. Collis and Hussey (2014) states pragmatism can change its approach to the research chosen either a deductive approach or an inductive approach. These approaches can also be combined within the research.

The philosophy of pragmatism was concerned for this dissertation because of its flexibility and can adapt throughout the research which Collis and Hussey (2014) explained above. A pragmatist philosophy believes that there are many different interpretations of the world. Such an approach would allow the data gathered to be analysed from different perspectives and uses a subjective view to gather more qualitative data. However, this philosophy was not used for this research because of the decision to use an objective view on and for quantitative data to be used primarily. The pragmatist approach as stated by Collis and Hussey (2014) allows for different approaches however it was decided that the view and method would be left unchanged during the research.

According to Glynn and Woodside (2009) the most popular forms of constructing a theory is the deductive approach and the inductive approach. These approaches are considered to be opposites. A deductive approach begins with an existing theory and begins to test that theory creating hypotheses from the research. This approach aim is this method will lead to an empirical generalisation. Glynn and Woodside (2009) continues with the inductive approach not testing an existing theory, but the approach seeks to develop existing theories. The inductive approach seeks to create a broad generalised conclusion creating a conceptual framework from relevant variables.

After considering all the above research paradigms positivism was chosen for this research. Despite the criticism that have been shown above this research aim aligns with the objective method of positivism. One of the biggest reasons for the positivist approach was due to the quantitative data from the sources such as the government in the form of statistics and graphs. The process that was chosen for developing a theory was the deductive method to understand the standards of the government and how they are implemented.

Research Methods

A research method confirmed in Williamson and Johanson (2017) explains the process the researcher used in collecting data and the nature of the data collected. There are 3 research methods that were considered for the dissertation. According to Williamson and Johanson (2017) the 3 methods are quantitative, qualitative and a mix method which is a mixture of both qualitative and quantitative data. Each method gathers specific data from a different perspective and source. For example,

quantitative data is associated with an objective approach and qualitative data with a subjective approach. There are occasions where a mixed method is used in research where both qualitative data and quantitative data is gathered.

Quantitative research as stated by Taylor (2005) focuses on collecting data through an objective and rational approach. The biggest purpose of quantitative research is to gather quantitative data which is used to create a valid and objective description of the phenomena of the world. Quantitative data is used to analyse the phenomenon and to understand how phenomenon can be controlled through the manipulation of different variables. Quantitative research methods also seek to understand relationship between variables through the manipulation of variables within a controlled setting. Given (2008) defines quantitative data as any data which are in numerical forms. For example, data in the form of percentages and statistics. Given (2008) continues that the objective of quantitative research is to use mathematical models, theories and hypotheses referring to phenomena.

Quantitative research according to Bryman (2012) is the collection of quantitative data objective nature. Quantitative research method is of a deductive process which was discussed above. Bryman (2012) continues with the deductive approach test a theory, which is influenced by both the empiricist and positivist philosophies. Quantitative research is related with a number of sciences such as social science and natural sciences. The research method supports the investigation of phenomenon through objective empirical investigation. This data is quantified by collecting and analysing data through quantifying methods and techniques. Quantitative research stated in Given (2008) brings the fundamental connection of both the empirical observation and mathematical expression of quantitative relationships, through the process of measurement which is considered the core of quantitative research.

The research must be completed in an objective manner without any personal biases influencing the research. For example, person biases should not influence the analysis of the data gathered and not within the interpretation of data either. Quantitative research explains Glesne (2011) is used quantitative methods to assist the researcher in reducing the amount of bias when interpreting and analysing data. Quantitative data can also use the results to apply a generalisation to a larger group. According to Hunter and Erin (2008) quantitative research is undertaken is more popular than qualitative

research. Quantitative research is used in a wide range of areas such as psychology, economics, political science, community health and more. Hunter and Erin (2008) continues that within the time of 1935 and 2005 there were 1274 articles published within the two most popular American sociology journals and around two thirds of the article were using a quantitative method.

Goertzen (2017) explains that there are limitations to the quantitative research methods. Those that participate with the research do not explain their reasoning behind their answers and no context may be provided. The research method also does not often reach underrepresented populations and the generalisation may not represent the picture. Goertzen (2017) continues with the amount of time needed to gather the data can be very long. The data gathering process needs not only a large amount of time but also a large pool of data to analyse. The number of participants or the sources of data must reach a suitable amount to begin the analyses and measurement which may take a long time to gather such a number. The quantitative research method was considered because of the large amount of data on the subject of the research of this method. The quantitative research method was also considered because of the choice of research paradigm of this research being positivism its compatibility was discussed above.

This research method was not chosen because the research will gather data on the individual within the prisons and understand the reasoning and opinions of those connected to the research subject. Qualitative data was gathered, which is subjective in nature, to understand the reasoning of participants and their opinions on the standards implemented.

Qualitative research is considered to be the opposite of quantitative research explains Miles et al (2014). Unlike quantitative research that seeks to measure and generalise qualitative research seeks to understand each individuals' thoughts. Qualitative research analyses the thinking process of individuals and seeks to describe and explain that process. According to Creswell (2014) the data gathered for qualitative research is often relies on first-hand observations and interviews. This data is usually not numerical unlike quantitative research. Qualitative research methods include ethnography and grounded theory. The different sources of qualitative data are usually first-hand methods such as interviews, focus groups and books explains Given (2008).

Given (2008) continues with the most appropriate source of qualitative data is from case study method, because of its ability to gather depth, detail and context for the researcher. Teeter and Sandberg (2016) states the use of the triangulation method is a popular choice to use when conducting qualitative research. The triangulation method is used commonly in qualitative research it increases the reliability of the data and minimises the possibility of biases in the interpretation and analyses of the data gathered. According to Bogdan and Biklen (2007) the triangulation method is where the researcher uses and combines a number of different research methods to study the same phenomenon.

Bell et al (2019) states qualitative research is a study into the understanding of individuals and how they understand their personal social reality. According to Glesne (2011) qualitative research as explaining and describing the meaning of specific experiences deeply through qualitative methods. Qualitative research aims to develop themes that are only applicable to that specific case or participants. Hunter and Erin (2008) explains that the majority of qualitative research data due to its nature is only applicable to the single case that was studied. If there are any conclusions brought from the study, then it can only be used as a hypothesis. Miles et al (2014) states qualitative can assist researchers to generate or revise conceptual frameworks and possibly circumvent initial conceptions. Another source of qualitative data is autoethnography this method uses the views and thoughts, opinions and experiences of the researcher to understand the issue posed within the research explains Ellis (2004). Ellis (2004) continues with autoethnography having the researcher self-reflections and experiences and is compared and connected to the world's cultural, political and social understandings.

Miles et al (2014) argues that due to the nature of qualitative research the data gathered is difficult to quantify unlike quantitative research. Because of this the section of the research on compiling of different sources of data and analysing to acquire an answer can be more time consuming than through the quantifiable method. Another criticism of qualitative research is the trustworthiness or credibility of the research explains Smith and Sparkes (2016). According to Teeter and Sandberg (2016) the two most common ways to ensure that the research is trustworthy are data triangulation, which was explained above, and compiling examples of the interviewee's accounts of the interview. Participant reactivity confirmed in Bloomberg and Volpe (2008) is one of

the limitations of qualitative research where the participant behaves differently when they are aware, they are being observed. Neergaard and Uihøi (2007) states another limitation that may occur which is the over-identifying with the participants. An example of this is where the researcher observing a focus group and identifying characteristic more than necessary on one or more of the participants.

A Qualitative research was considered for the research however it was not chosen because qualitative data is of a smaller amount than quantitative data and each piece needs to be analysed. The limitations above were also one of the reasons for not deciding on a qualitative research method. For example, the explanation from Hunter and Erin (2008) where each case study may only be applicable to a single case and where a cases conclusion might only be a hypothesis. However, the qualitative data allowed for a greater understanding on the individual within the prisons and their thoughts on the current standards. The data shared by the government, which was one of the primary sources of data, is commonly shown as statistics and percentages which are quantitative data. Therefore, the qualitative research method was not selected for this dissertation.

The third research method that was considered was the mixed method. The combination of both quantitative research and qualitative research is commonly referred to as a mixed method research explains Diriwächter and Valsiner (2006). A mixed method allows the researcher to use both qualitative methods and quantitative methods which gather data from different perspectives. Doyle et al (2009) states the mixed method approach was developed because of the limitations of using qualitative or quantitative research methods individually. A mixed method is considered to be a third option to the alternative methods and has many uses for social science especially research into healthcare. Doyle et al (2009) continues with the research philosophy of pragmatism assists and can guide researchers who use a mixed method approach within their research. The philosophy encourages the use of different interpretations, perspectives and approaches to the answering of questions which the qualitative and quantitative methods cannot be achieve alone. The mixed method according to Tariq and Woodman (2013) can be of great benefit to researchers who are conducting research into healthcare. The reason for this is because of the number of methods available within a mixed method of research it can be of assistance within the healthcare sector. The research problems that are commonly found within the

healthcare sector explains Doyle et al (2009) are usually complex and multifaceted which the mixed method is suitable for such problems.

Hunter and Erin (2008) states the use of both qualitative methods and quantitative methods can gather a broader range of data. Quantitative methods can be used to improve qualitative methods an example can be seen below. The qualitative methods conclusions usually lead to hypotheses and may only be applicable to the case study this limitation can be overcome through a mixed method. Hunter and Erin (2008) continues with the hypotheses can be verified through quantitative methods to identify which of the hypotheses are true. Quantitative methods can be used to find themes within the qualitative research, and this can be measured and analysed.

Qualitative methods can improve the data gathered from a quantitative approach an example of this can be seen below. Public Health England (2020) argues that a mixed method allows for greater understanding as qualitative, and quantitative methods answer different questions. For example, quantitative data may be similar to asking what something is and qualitative data can then be used to understand the why and how of the results of the question. Using the examples above a greater range of data can be gathered that can be used within the research. According to Public Health England (2020) there are both positives and negatives that should be considered when undertaking research with a mixed method. The use of both qualitative data and quantitative methods can reduce the limitations of the methods of each other. With a mixed method it is possible that the findings and conclusion of the research can be stronger because of a mixed method increase in the range of data gathering stronger evidence for the researcher. The mixed approach can lead to an increase in the detail of the data gathered than using only a single method. However as Public Health England (2020) explains there are things to consider before using a mixed method for the research. The first consideration is because of the use of different methods from different research methods the research might become more complex to complete than using a single research method. The research may have a higher level needed to undertake the collection and analyses of the data. The interpreting of the findings may also need the researcher to have a higher level of expertise than what using a single research method. Public Health England (2020) continues with the implementation of the different methods available within the mixed method approach is likely to need greater amounts of resources than if a single research method was

used for the research. These resources include the amount of time needed to gather data, analyse the data and conclude. A greater amount of money might be needed to conduct the different methods to gather enough data from the sources.

A mixed method was decided for the use within this dissertation because it will allow a broader range and understanding of the data gathered. A mixed method as explained by Tariq and Woodman (2013) and Doyle et al (2009) above has been popular within research problems within the healthcare sector. This dissertation will also look at aspects of healthcare within the prisons which a mixed method approach has been known to be suitable for. One of the reasons for deciding on a mixed method is because of the suitability for one of the areas of this research. A mixed method was also chosen due to the primary research tool of data analyses because the data may have been collected through different methods allowing a greater possibility of the data within a piece to potentially be relevant for this dissertation. A mixed method allows the change between qualitative methods and quantitative methods throughout the research. The dynamic nature of the mixed method within this research can be used to reduce the limitations of the methods used and understand the data gathered in greater depth. For example, gathering and analysing data gathered through a quantitative method might have the number of individuals satisfied or unsatisfied. This data can be understood further through qualitative methods to understand the context and thoughts of the individual to understand the why for their satisfaction or dissatisfaction. The quantitative methods can be used to gather a large number of data which can be used to find themes and trends which Taylor (2005) explains. Because of the above considerations a mixed method was chosen to be used within this dissertation.

Research Tools

Research tools stated in Bradley (2013) are different ways to gather data these methods are called research tools. Research tools can be used to gather different types of data such quantitative and qualitative and some research tools are better suited for different types of data. Examples of research tools according to Leavy (2020) the most popular research tools currently in use include interviews, questionnaires and data analyses of existing data.

The first research tool is interviews stated in Innes (2012) are a popular chose of research tool in the gathering of qualitative data. Interviews usually take place in a quiet place and the interviewer ask questions to the interviewee. An interview dose not usually have many participants at one time because each participant's answer might influence the other participants, and some may speak more than others effecting the data gathered. In most interviews the interviewer should not speak more than the interviewee, they should ask open-ended questions and occasionally guide the interviewee to gather specific data. According to Courage and Baxter (2005) interviews can be gather in depth data from the participants where they can speak about their subjective thoughts and opinions and the interviewer can ask to make sure they understand and are interpreting the interviewee correctly. An interview can be a flexible research tool where the interviewer asks a single question, and the interviewee can speak as much as they wish in order to answer the question. Because the interviewer is there in person with the interviewee and the data is gathered first-hand, the interviewer can ask the interviewee to elaborate, and the data gathered is considered to be accurate. However there some limitations that Courage and Baxter (2005) identify which the interviewer should be aware. Interviews can be time consuming both parties need to choose a time and the method of the interview where it is in person or over the internet and the interview itself can take any amount of time. An interviewer may record the interview to analyse in greater detail at a later time increasing the amount of time needed for the reach tool. Another aspect confirmed in Courage and Baxter (2005) is to be aware of is the cost of an interview. The cost might vary greatly depending on if a quiet room is needed to be rented, food and drinks for the participants and recording equipment.

The research tool interviews were not included within this research after considering who the participants would be. The participants would be considered for interview would people related to the prison service and prisoners. It would be difficult to contact these people for interviews and some of the topics and subjects discussed would be sensitive. Interviews are best arranged in a quiet place and with plenty of time to complete the interview because of the challenges included in setting up an interview and possible cost was another reason that interviews were not included in the dissertation. Relevant qualitative data for the dissertation could be gathered though interviews however the participants may not be willing to answers the questions

because of the reasons stated the research tool interviews was not used within this dissertation.

Questionnaires are considered to be a good research tool for the gathering of quantitative data according to Gillham (2008). A questionnaire is a list of closed ended questions which usually does not take a lot of time to complete. Questionnaires are used for gathering quantitative data because statistics of how the participants answered is easily seen. For example, for a question that is yes or no the researcher can count the number of participants who answered for yes or no. Gillham (2008) continues with questionnaires being are best suited for research that needs a large amount of data from different participants. There are many benefits for using a questionnaire for research such as the ability to send the questionnaire to a large number of participants easily and is cost effective. Questionnaires are also considered to be easy to analyse and can be compared to previous research. Questionnaires could keep the participants anonymous if they chose to and questionnaires can be used in a wide range of topics. Participants can answer the questionnaires in their own time removing any pressure and providing them a chance for them to think about their answers. Gillham (2008) states that there are some limitations with questionnaires one of these is the possibility that participants are dishonest when answering questions especially if the questionnaire does not require any personal details of the participants. It is possible that participants can leave midway through answering the questionnaire or chose to rush through the answer without considering them fully. It is difficult for participants to get in contact with the researcher if they have any questions or are unable to understand a question. Questionnaires can be used to gather qualitative data one of the methods for this is to use opened questions. However, participants are unlikely to ponder on questions for too long which may lead to poor quality of data and it is possible to not understand their answer explains Gillham (2008).

Questionnaire were to be used withing this research however this had changed. Because of the aim of the research was of the prisons not many people might not be able to assist in this research. It was decided that other research tool could gather more relevant data that could assist in the answering of this research question than the research tool questionnaire. A large amount of data released by the government

was relevant to the dissertation, which was another reason for chosen to not use questionnaire. Another reason for not using questionnaires was because of the difficulties of gathering participants who are related to the prison service and it would most likely have been only the general public answering the questionnaires. The reasons above are why the research tool questionnaire was not used for this dissertation.

The research tool of data analyse gathers data from existing sources of data and analysed explains Goodwin (2012). This research tool is considered to be a secondary data analyse which can be used to with qualitative data, quantitative data or a mixed. This research tool has been used since the 20th century and is widely used especially for analysing existing statical data from sources such as surveys. It was not until around the mid-1990s that the number of researchers using data analysis on existing qualitative research had begun to increase. The different types of existing quantitative data that can be found include public records, social surveys and census data. These are considered according to Goodwin (2012) to be examples of statistical data that has been used in secondary social sciences. The surveys and the data released by the government was one of the primary sources of data for the data analyse. Goodwin (2012) continues with organisations, academics such as journals and the government release their data for example a social survey for the purpose for others to use the data for data analyse. There are surveys that are released for others these have been called multi-purpose surveys these surveys are done to provide data to multiple individuals. Examples of multi-purpose surveys in the United Kingdom include the General Household Survey (GHS) and Labour Force Survey which are undertaken by the Office for National Statistics (ONS) Goodwin (2012) confirms this. Qualitative data sources are less common than quantitative data. Qualitative data sources include interviews, focus groups, open-ended questionnaires, field notes and observational records. Data analyses on qualitative sources is less common than quantitative sources however qualitative data analyse has recently become more recognised in social research. Goodwin (2012) states that whilst quantitative data can be verified through the data analyses however qualitative data is unlikely to be verified through data analyses because of the nature of qualitative data. The research tool data analyse is considered to be very accurate because of its sources such as the government. The data realised by organisations and the government is considered to be trustworthy.

The sources of data are very easy to gather. For example, the data realised by the government is uploaded to their websites and is categorised with dates such as annual reports and can be accessed without any trouble. The data realised may be difficult to understand and evaluate through data analyse especially for those without expertise in the area. Another consideration is the difficulty with qualitative data analyse which Goodwin (2012) explained above.

The data analyse was chosen for the research tool of dissertation. Some of the examples of how the data analyse decided on its sources and what data was gathered for this dissertation. The sources were chosen for their data on the current situation in the prisons and relevance of the prisons. Other sources were chosen for their data on prisoner statistics such as deaths within custody and guidance on how to keep the prisoners safe in custody. Qualitive and quantitative data is compatible with the research tool data analyse. Because of limitations of the other research tools data analyse was chosen after considering the viability of completing the dissertation with the other research tools.

The research process that was used for this dissertation was first to select an area to research. Second was creating the aim and objectives. Third was creating the literature review. Fourth was creating the methodology. Fifth was the gathering of data. Sixth was the analysing of the data gathered. Seventh was the writing of the conclusion and recommendations. Eighth was concluding the dissertation.

Findings

The sources of data gathered for the findings of this dissertation include the government surveys on different topics of the prison service which are primarily quantitative data. The data was analysed to understand the current situating and to then evaluate the effectiveness of the standards in place and comparisons on statistics from different years. Trustworthy qualitative data was more difficult to gather and this data was gathered to have an in depth understanding on the individuals in the prison service and their thoughts on the quality of care, services and support available to them. There were also considerations taking for Covid 19s impact on the prisons therefore majority of the data is up to March 2020.

The prison populations have continued to increase over the years the population of prisons in England and Wales has increased by 4 times since 1990 stated in House of Commons (2020). Despite this great increase the prison staff were reduced. There were previously in 2010 25,000 prison staff however this number had continuously decreased, and it had reached 18,000 in 2016 explains Beard et al (2020). There are not only the prison staff numbers but also amount of experience each officer has decreased since 2010. In 2010 7% of all officers had less than 2 years of experience however it has increased to 35% in 2019. This might be one of the reasons for issues within the prison service. For those with more than 10 years of experience was at 56% but that had dropped to 46% by 2019. Both showing a decrease in the number of experienced officers within the service. Beard et al (2020) continues with the number of assaults on prison staff doubling since 2010 to 33,000 and concerns about the safety of staff have been growing. This might be one of reason for the decrease in the number of staff with experience and not just the decrease from the government.

According to the Ministry of Justice (2021) there have been decreasing number of crimes however there have been increasing number of custodial sentences with longer and longer durations. Custodial sentence giving for durations of less than 1 year and between 4 and 1 years has been continually decreasing since 2005. There had also been a decrease for custodial sentences over 4 years between 2005 and 2010 however it had then changed to a continued increase until 2020.

As of March 2020, the prison population is at 82,990 with 31% in between the age of 31 and 39 and a large increase in the number over 50s since the early 2000s. The NHS realised data on the risk factors of self-harm and suicides. Those that self-harm may do it because of tension and aggression as way to relive themselves of them according to Her Majesty's Prison and Probation Service (2019). There may be a link between the increasing number of assaults in prisons and self-harm incidents. The Government (2020) explains that for the period between September 2019 and 2020 there were 777 self-harm incidents for every 1,000 prisoners an increase of 77 since the prior year. The Ministry of Justice (2020b) released data on the statics of deaths within the prison service for the 12 months leading to December 2019 had 300 deaths. These deaths were split into 84 deaths that were self-inflicted and the rest were either natural or waiting classification. There were more deaths that were natural than those that had committed suicide.

Inquest (2020c) gathered data on prisoners and individuals associated with those in the prison. One of the deaths that were listed as natural was of a Jordan Hullock who was diagnosed with meningitis and a pre-existing heart condition however they were not treated correctly and after died. such finding had to be requested from the relatives. This incident shows an example of a death that possible could have been avoided because the failings of the prison service. One of reasons this might have been missed is due to the increased amount of work each prison staff has and overcrowding in prisons. There are also cases of individual not receiving correct medical care such as is the case with Annabella Landsberg who had type 2 diabetes and was ignored believing she was faking it by when lying of the floor Inquest (2020c) confirms this. She lay on the floor for 21 hours before someone had entered to investigate. Many of these cases are of people with health conditions not being cared for correctly and not being observed to ensure their safety. Many had been waiting for hours before dying which possibly could have been avoided if the correct care were giving. There are also issues with the carrying out of such cases where their deaths were not classified correctly as preventable deaths. Such data demonstrates the current situation within the prisons with those in need to receiving the correct quality of care that they should.

In 2015 there were a drop in the number of Her Majesty's Prison and Probation Service full time staff, and it took until 2018 for the number of staff to return to its previous amount. Whilst there have been increases and decreases in staff of until March 2019

there has not been any large changes Ministry of Justice (2020a) confirms this. Staff are also a key part of the prison service and their state can affect the quality of service. The condition of prison staff seems to be worsening with increasing numbers of resignations and absence of sickness despite the government driving to increase the number of staff. Such data can possibly be interpreted as the prison service failing to meet the needs of both the prisoner and staff.

On average the amount of absence of sickness lost had been decreasing steadily since March 2015 up until March 2018 stated in Ministry of Justice (2020c). This is especially true for the youth custody service which dropped from an average of 17 working days to almost 12 working days. However, this drop has begun to sharply increase since March 2018 and as of March 2019 was at an average of 15 days. The total absence for the Prison Service Establishment, National Probation Service and Her Majesty's Prison and Probation Service whilst had a gradual drop from March 2015 to March 2018 and is almost returned to where it was on March 2015. The increase of each areas had begun to increase together. There were several changes in the prison service leading to 2015 such as a large decrease in the number of prisons. Another argument that there is a large amount of workload and stress for the staff working within prisons is the number of absences because of sickness. Arguably the data below supports the claim that the prison staff are under a lot of stress which may affect the quality of care giving in prisons.

The largest number of absences because of sickness in terms of the number of days were lost were categorised into mental and behavioural disorder explains Ministry of Justice (2020d). For the 12 months leading to March 2020 the number of absences because of sickness for mental and behaviours disorder was at 40.6% almost half. When the most common category is compared to the second most common category it is arguably showing that there is a larger issue with current quality of care giving to staff. The second most common category for absences because of sickness are those categorised within musculoskeletal system at 21.7%. The 2 most common absences because of sickness are related to both the physical and mental health of the staff the 2 most common categories combined reaches 62.3% more than half of all the absence because of sickness combined. Mental and behavioural disorder category was the highest for probation officers.

Another key data on the possible high levels of workload and stress is the continued increase of resignations and leaving rates of permanent staff. The number of permanent staff leaving the prison service annually since March 2015 has on average been increasing with the leaving rates on average for March 2020 being higher than previous years or within 1% according to Ministry of Justice (2021). The Her Majesty's Prison and Probation Service total and band 3-5 officers has had a constant increase in the number of leaving since March 2016. The resignation rates for the Her Majesty's Prison and Probation Service total for March 2020 was 6.6%. There is a continued increase in the number of resignations since March 2015 and March 2020 was the highest percentage yet and the continued trend may further increase in the future. Band 2 operational support had the highest number of resignations was a little above 8% as of March 2020. A band 2 operational support worker has many duties which might be a reason for their high number of resignations because of the workload. Ministry of Justice (2021) continues with 5,088 people joining the Her Majesty's Prison and Probation Service for the previous 12 months leading to December 2020 however there were 4,528 that left for the same duration of time. There was a small increase in the number of staff however the number of staff leaving has been a continued trend it has been increasing over the years and might affect the number of staff in the future. Such data on number of leavings and resignations increasing over the years may be linked to the increasing workload within prisons and possible stress from it.

The current understaffing issues in prisons is not only because of the overcrowding issues in prison but the reduction in prisons staff. The number of incidents in 2017 can be linked to not only overcrowding but also this steady decrease in the number of prison staff over the years. It can be argued that there is also a link between the statistics of absences of sickness and the understaffing in prisons where there has been a steady increase in absences of sickness since March 2018. There have been many resignations in the prison service and leaving which may be linked to this. There are dangerous that understaffing prisons brings which not only negatively affects the prisoners but also affects the staff. The most extreme case of understaffing can lead to riots which can be seen in 2017 where a category C men's prison in Hertfordshire called the Mount had riots for 2 days stated in Easton (2018). The prisoners had taken control of a section of the prison and a riot team needed to be dispatched to retake control. There had been concerns raised before the riot about the issue of

understaffing and relatives had spoken about the treatment of prisoners falling where the prisoners were kept within their cells for days which they said was because of the lack of staff. There were at the time in the Mount 20 staff on duty supervising a prison with more than 1,000 prisoners. This is an example of the possible dangers of understaffing prisons can be and how prisoners might be kept in their cells for prolonged durations of time because of understaffing prisons. Within 2017 there were many other prisons that had issues controlling the prisons population with increase in smuggling, drug use, violence and riots. The link between these incidents in different prison was understaffing prisons, prohibited items and prisoner spending long amounts of time in cell. There is also a link with overcrowding which is a big concern in the prison service. The House of Commons (2020) explains that all prisons have a Certified Normal Accommodation (CNA) and if this is exceeded then the prison is classified as overcrowded. As of May 2020, there are 49% of all the prison in the United Kingdom classified as overcrowded. On average prisons have 6,900 more prisoners than what the CNA state. The data shows that is a real concern within the prison service with thousands of prisoners being held outside of the CNAs recommended holdings. According to Penal Reform International (2020) the biggest contributors towards overcrowding are custodial sentences for petty crimes and pre-trial detention. Where one third of the prisoners on average are pre-trial detainees and half of those pre-trial detainees are there for petty crimes.

It is possible where prison staff had previously being capable of controlling a prison and ensure the quality of care with more prisoners entering the prison and the staff number stay the same can lead problems arising within the prison. From the data above it can be argued that there is a strong link between the number of prison staff and prisoners not only to control the prison but also for the distribution of resources, quality of care and safety. Prisoners have been left in their cells for project periods of time can make the prisoner more violent and effect their health and arguably the biggest reason for prisoner staying prolonged periods of time in cells is because of the number staff not meeting the demands of the prisons. There has been a drive for requirement for the prison service however there have been increasing number of resignations of permanent staff. There are many issues in prison service not only the prisons itself but also the justice system with custodial sentences increasing and pre-trial detentions further impacting the service.

Conclusion

The issues that the prison service faces are many with possibly some having connections between each other. The biggest issues that were concluded from the finding is the quality of care giving to the prisoners and overcrowding in prisons. There were those that had not received correct care and died and possibly some had chosen to release their frustrations on themselves or staff resulting in higher rates of self-harm and assaults. The number of assaults has continued to rise, and the number of experienced staff leaving and resigned from their work in the prison. It is possible that the changing work environment may have led to the reduction in staff. The reduction in experienced staff is one of the issues identified within the findings experienced staff are capable of sharing knowledge with other and usually more capable. However, the percentage of those with less than 2 years of experience continues to rise stated in Beard et al (2020) which is worrying.

There has been increase in the number of prisoners might be one of the reasons for an increase in self-harm and assaults but the increase in percentages is an argument against this. There was also a large increase in over 50s who may be more vulnerable than others. The guidance giving by Her Majesty's Prison and Probation Service (2019) identifies a number key risk associated with self-harm. One of these is those that self-harm may do it because of a build-up of tension and aggression which might have a connection to the increase in the number of assaults. Not only has self-harm incidents increased continuously over the years but also assaults. This might data could be interpreted as the prisoners feeling more tension and feel more aggressive in prison which might be related to their environment and quality of care. One issues which could be linked to the above is overcrowding in prisons. Almost half of all prisons were classified as overcrowded which is known to negatively impact the staff and the quality of care giving to prisoner. Which was discussed above with the example giving by Easton (2018) where prisoner was not let out of their cells for a prolonged duration.

To conclude this research many of the issues are due to the number of staff not sufficient to deal with the number of prisoners. The 2 areas are respectably overcrowding and understaffing prisons. The understanding issue might be associated with the number of staff leaving which might be linked to the workload and number of

assaults on staff and prisoners. Overcrowding has been linked to the increase in custodial sentences. Overcrowding has been known to negatively impact the prisoners making them more irritable sometimes they do not get to leave their cells for days which may lead to increased stress and tension. This might be linked to the increase of assaults within prisons. It is possible that if the issues of overcrowding are tackled then other areas of the prison service will be able to improve with the change in environment for the staff and prisoners.

Recommendations

Despite changes and implementing improvements to the prisons service many issues have only continued to grow over time. Self-harm is an example where it has continued to increase year after year hitting new record highs. Deaths are not as extreme as self-harm incidents, but it continues to remain high for consecutive years. These are not the only issues assaults and overcrowding are also issues that are continuing to grow and may have connections with each other where improving one might lead to improvement of the others. These recommendations are created from the data gathered and what was concluded through analysing the data. The first recommendation is to reduce the number of custodial sentences or to create an alternative as there are too many prisoners with around half of all prisons classified as overcrowded. The second is to increase the awareness of risk factors associated with self-harm and suicides and to have more staff communicate about these topics to improve their identification and care of such people. Because self-harm keeps increasing might indicate that the implementations are not very effective especially when self-harm incidents continue to increase, and deaths stay at high levels. Which is why one recommendation is to increase the workforce in prisons to deal with the overcrowding issue that has been prevalent for many years. There have been cases of human rights not being kept in prisons despite there being individuals whose work is to ensure that their rights are ensured. To tackle this there should be more training so the staff can understand what are their responsibilities for. The solving of the overcrowding or at least reducing it should be one of the biggest priorities. It is recommended to either reduce the number of custodial sentences given or reduce those waiting in pre-trial detention. Creating another system that deals with petty crimes and has the power to judge it may be one option with the aim to reduce the number of custodial sentences. Another is to find an alternative for pre-trial detention such as using technology. For example having them stay at home with trackers to ensure they do not escape might be a better option, than the continued increase in the prison population. Improving the overcrowding and staffing issues might lead to the improvement in other issues as well. One of the biggest recommendations is to increase the budget that the prison service has, because any change or improvement

is likely to need more resources such as training, building prisons or creating an alternative for custodial sentences.

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DECLARATION

This work has not previously been accepted in substance for any degree and is not being concurrently submitted in candidature for any degree.

Signed R.Davies..... (candidate)

Date 12/03/21.....

STATEMENT 1

This thesis is the result of my own investigations, except where otherwise stated. Where correction services have been used the extent and nature of the correction is clearly marked in a footnote(s). Other sources are acknowledged by footnotes giving explicit references. A bibliography is appended.

Signed R.Davies..... (candidate)

Date 12/03/21.....

STATEMENT 2

I hereby give consent for my thesis, if accepted, to be available for deposit in the University's digital repository.

Signed R.Davies..... (candidate)

Date 12/03/21.....