

# A study of interventions for self-harm in men's prisons

<b>Submission date</b> 17/08/2023	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
		<input type="checkbox"/> Protocol
<b>Registration date</b> 18/12/2023	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
<b>Last Edited</b> 03/07/2025	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Individual participant data
		<input checked="" type="checkbox"/> Record updated in last year

## Plain English summary of protocol

### Background and study aims

Self-harm is when someone deliberately hurts themselves. There are many reasons someone might self-harm. It is commoner in prison than in the general public. There were 47,136 self-harm incidents in men's prisons in the year to March 2019. This was 24% more than the previous year and the highest ever number. Men's self-harm is different to women's, but we know less about treating it in men. Self-harm causes physical harm and emotional upset. Men who self-harm are more likely to kill themselves. Self-harm causes anxiety to families, prison staff and other prisoners. It is expensive for the NHS and prison service to provide treatment and keep men safe. The costs of this are not known.

There is no treatment that has been tested in a clinical trial. Charities, the NHS and prison service have asked for new treatments. Past research into treatments has not listened to the men themselves.

We need to choose the right treatments to test in future clinical trials to see if they reduce self-harm.

We want to:

- Find out what treatments are being given in prisons.
- Understand men's and staff's past involvement with self-harm.
- Find out what they think of the treatments they have had, treatments that are given now, and possible new treatments.

This will let us find treatments that are practical to use in prisons, that men would like, and which might work. After this research we will apply for funding for trials to test these treatments. Future benefits will include reduced self-harm with reduced distress, harm and cost.

### Who can participate?

Adult remand and sentenced prisoners with personal experience of self-harm in prison, and prison staff.

### What does the study involve?

1. We will interview staff from 22 prisons in England. We will find out which treatments for self-harm they offer men.
2. We will hold discussion groups with staff from up to 11 prisons. We will ask about working with men who self-harm, what might help them and how treatments could be given in prison.

3. We will interview up to 30 men in those prisons. We will ask about their self-harm and treatment they have had. We will ask about possible treatments. These will include education, activities, computer treatments, and talking therapies.

#### **Patient and Public Involvement**

A discussion group with 10 men with direct experience of self-harm in prison helped to design this project. One of our team has self-harmed in prison. He has worked on designing the project and will carry out some of the research. Prison staff support this research. They will give us advice and make sure that prisoners can take part.

#### **What are the possible benefits and risks of participating?**

While there may be no direct benefits for the participants, being able to discuss their experiences and 'be heard/listened to' may have a positive effect on those participants who may previously have felt isolated and ignored. Talking about self-harm might be upsetting for some participants. In the event of a participant becoming upset or distressed about any issue, the usual prison support systems will be followed. Staff will be able to access the existing support systems available to them via the HM Prison Service, including private support and counselling support. The men in prison will be able to contact their personal officer, inreach psychology team, mental health staff, or a representative from the chaplaincy department. If a man is distressed and likely to self-harm, the prison will follow their usual procedure implementing the ACCT process.

#### **Where is the study run from?**

Lancashire and South Cumbria NHS Foundation Trust (UK)

#### **When is the study starting and how long is it expected to run for?**

June 2019 to July 2025

#### **Who is funding the study?**

National Institute for Health and Care Research (NIHR) Research for Patient Benefit Programme (UK).

#### **Who is the main contact?**

Dr Louise Robinson, [louise.robinson@manchester.ac.uk](mailto:louise.robinson@manchester.ac.uk)

## **Contact information**

#### **Type(s)**

Principal Investigator

#### **Contact name**

Dr Louise Robinson

#### **ORCID ID**

<https://orcid.org/0000-0001-6455-1360>

#### **Contact details**

Division of Psychology and Mental Health  
School of Health Sciences  
Faculty of Biology, Medicine and Health  
University of Manchester

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Manchester  
United Kingdom  
M13 9PL  
+44 1772 676134  
louise.robinson@manchester.ac.uk

## **Additional identifiers**

### **EudraCT/CTIS number**

Nil known

### **IRAS number**

262835

### **ClinicalTrials.gov number**

Nil known

### **Secondary identifying numbers**

IRAS 262835, CPMS 56010

## **Study information**

### **Scientific Title**

An exploratory study of interventions for self-harm in men's prisons

### **Acronym**

PrisScope

### **Study objectives**

To understand what self-harm interventions are currently being delivered to men in England and Wales in a representative sample of prisons, and to learn the treatment experiences and preferences of men who self-harm in prison and staff who work with them. This will inform the development of evidence-based interventions.

### **Ethics approval required**

Ethics approval required

### **Ethics approval(s)**

Approved 14/06/2019, North East - York Research Ethics Committee (NHSBT Newcastle Blood Donor Centre, Newcastle upon Tyne, Newcastle upon Tyne, United Kingdom; +44 207 1048091; nrescommittee.northeast-york@nhs.net), ref: 19/NE/0129

### **Study design**

Observational qualitative multi-centre

### **Primary study design**

Observational

## **Secondary study design**

Cross sectional study

## **Study setting(s)**

Prison/detention

## **Study type(s)**

Other

## **Participant information sheet**

Not available in web format, please use contact details to request a participant information sheet

## **Health condition(s) or problem(s) studied**

Self-Harm

## **Interventions**

1. Mapping study: telephone interviews with staff from 22 prisons in England and Wales to identify interventions for self-harm being offered to men
2. Focus groups/interviews with multidisciplinary staff exploring experience and views of prison self-harm and interventions
3. Individual interviews with men with history of self-harm regarding self-harm and interventions

## **Intervention Type**

Other

## **Primary outcome measure**

Measured at a single time point:

1. Current service provision for self-harm measured using the TIDieR checklist
2. Prisoners' views on self-harm interventions using qualitative interviews, analysed using Framework Analysis
3. Prison staff views on self-harm interventions using qualitative interviews, analysed using Framework Analysis

## **Secondary outcome measures**

There are no secondary outcome measures

## **Overall study start date**

14/06/2019

## **Completion date**

20/02/2025

# **Eligibility**

## **Key inclusion criteria**

Study Participants – Men in Prison

1. Remand and sentenced prisoners with personal experience of self-harm in prison.
2. 18 years or over.

### Staff Participants (Mapping)

1. 22 Safer Custody staff (prison staff who manage risk of self-harm), 22 secondary mental health staff

### Staff Participants (Focus groups/interviews)

1. A least one representative from prison officers, primary care and secondary mental healthcare, Safer Custody

### Participant type(s)

Health professional, Other

### Age group

Adult

### Lower age limit

18 Years

### Sex

Both

### Target number of participants

162

### Total final enrolment

127

### Key exclusion criteria

Study Participants – Men in Prison

1. Unable to provide informed consent.
2. Men where risk to others means that individual interviews could not be conducted.
3. Unable to take part in an interview in English.
4. Men who are too distressed/unwell to participate.

### Staff Participants (Mapping)

1. Staff without experience of working with men who self-harm.
2. Staff who are unable to take part in an interview in English.

### Staff Participants (Focus groups/interviews)

1. Staff without experience of working with men who self-harm.
2. Staff unable to take part in an interview in English

### Date of first enrolment

01/09/2023

### Date of final enrolment

28/02/2025

## Locations

### Countries of recruitment

England

United Kingdom

Wales

**Study participating centre**

**Hmp Buckley Hall**

H M Prison, Buckley Hall  
Buckley Farm Lane  
Rochdale  
United Kingdom  
OL12 9DP

**Study participating centre**

**Hmp/yoi Deerbolt**

H M Young Offenders Institution  
Bowes Road  
Barnard Castle  
United Kingdom  
DL12 9BG

**Study participating centre**

**Hmp Durham**

H M Prison  
19b Old Elvet  
Durham  
United Kingdom  
DH1 3HU

**Study participating centre**

**Hmp Garth**

Ulnes Walton Road  
Leyland  
United Kingdom  
PR26 8NE

**Study participating centre**

**Hmp Humber**

H M Prison  
The Wolds

Everthorpe  
Brough  
United Kingdom  
HU15 2JZ

**Study participating centre**

**Hmp Leeds**

H M Prison, Armley Jail  
Gloucester Terrace  
Armley  
Leeds  
United Kingdom  
LS12 2TJ

**Study participating centre**

**Hmp Northumberland**

Acklington  
Morpeth  
United Kingdom  
NE65 9XG

**Study participating centre**

**Hmp Preston**

2 Ribblesdale Lane  
Preston  
United Kingdom  
PR1 5AB

**Study participating centre**

**Hmp Wakefield**

5 Love Lane  
Wakefield  
United Kingdom  
WF2 9AG

**Study participating centre**

**Hmp Altcourse**

Higher Lane  
Fazakerley

Liverpool  
United Kingdom  
L9 7LH

**Study participating centre**

**Hmp Forest Bank**

Agecroft Road  
Pendlebury  
Swinton  
Manchester  
United Kingdom  
M27 8UE

**Study participating centre**

**Hmp Frankland**

H M Prison Frankland  
Brasside  
Durham  
United Kingdom  
DH1 5YD

**Study participating centre**

**Hmp Full Sutton**

Full Sutton  
York  
United Kingdom  
YO41 1PS

**Study participating centre**

**Hmp & Yoi Hindley (j/yoi)**

Gibson Street  
Bickershaw  
Wigan  
United Kingdom  
WN2 5TH

**Study participating centre**

**Hmp Lancaster Farms Idts**

Lancaster Farms  
Stone Row Head  
Lancaster



United Kingdom  
LA1 3QZ

**Study participating centre**

**Hmp Lindholme**

Bawtry Road  
Hatfield Woodhouse  
Lindholme  
Doncaster  
United Kingdom  
DN7 6EE

**Study participating centre**

**Hmp Liverpool**

68 Hornby Road  
Liverpool  
United Kingdom  
L9 3DF

**Study participating centre**

**Hmp Wymott**

Ulnes Walton Lane  
Leyland  
United Kingdom  
PR26 8LW

**Study participating centre**

**Hmp Bedford**

St. Loyes Street  
Bedford  
United Kingdom  
MK40 1HG

**Study participating centre**

**Hmp Berwyn**

Health and Wellbeing Centre  
Bridge Road  
Wrexham Industrial Estate  
Wrexham  
United Kingdom  
LL13 9QE

**Study participating centre**

**Hmp Cardiff**

Knox Road  
Cardiff  
United Kingdom  
CF24 0UG

**Study participating centre**

**Hmp Dartmoor**

Princetown  
Yelverton  
United Kingdom  
PL20 6RR

**Study participating centre**

**Hmp Elmley**

H M Prison, Elmley  
Church Road  
Eastchurch  
Sheerness  
United Kingdom  
ME12 4DZ

**Study participating centre**

**Hmp Erlestoke**

Erlestoke House  
Erlestoke  
Devizes  
United Kingdom  
SN10 5TU

**Study participating centre**

**Hmp Highpoint**

H M Prison Highpoint  
Highpoint  
Stradishall  
Newmarket  
United Kingdom  
CB8 9YG

**Study participating centre**

**Hmp Huntercombe**

H M Young Offenders Institute  
Huntercombe PLACE  
Nuffield  
Henley-on-thames  
United Kingdom  
RG9 5SB

**Study participating centre**

**Hmp Leeds**

H M Prison, Armley Jail  
Gloucester Terrace  
Armley  
Leeds  
United Kingdom  
LS12 2TJ

**Study participating centre**

**Hmp Liverpool**

68 Hornby Road  
Liverpool  
United Kingdom  
L9 3DF

**Study participating centre**

**Hmp Stafford**

54 Gaol Road  
Stafford  
United Kingdom  
ST16 3AW

**Study participating centre**

**Hmp Stocken**

H M Prison  
Stocken Hall Road  
Stretton  
Oakham  
United Kingdom  
LE15 7RD

**Study participating centre**

**Hmp the Verne**

H M Prison  
The Verne  
Portland  
United Kingdom  
DT5 1EQ

**Study participating centre**

**Hmp Usk / Prescoed**

Usk and Prescoed  
Coedypaen  
Pontypool  
United Kingdom  
NP4 0TB

**Study participating centre**

**Hmp Whatton**

New Lane  
Whatton  
Nottingham  
United Kingdom  
NG13 9FQ

**Study participating centre**

**Hmp Whitemoor**

H M Prison  
Whitemoor  
Longhill Road  
March  
United Kingdom  
PE15 0PR

**Study participating centre**

**Hmp Wormwood Scrubs Health Inreach Team**

H M Prison  
Wormwood Scrubs  
Du Cane Road  
London  
United Kingdom  
W12 0AE

# Sponsor information

## Organisation

Lancashire and South Cumbria NHS Foundation Trust

## Sponsor details

The Lantern Centre

Vicarage Lane

Fulwood

Preston

England

United Kingdom

PR2 8DW

+44 1772 773498

farah.lunat@lscft.nhs.uk

## Sponsor type

Hospital/treatment centre

# Funder(s)

## Funder type

Government

## Funder Name

Research for Patient Benefit Programme

## Alternative Name(s)

NIHR Research for Patient Benefit Programme, RfPB

## Funding Body Type

Government organisation

## Funding Body Subtype

National government

## Location

United Kingdom

# Results and Publications

## Publication and dissemination plan

Findings will be disseminated widely, ensuring maximum impact by engaging all key stakeholders. We have longstanding relationships with prison healthcare stakeholders in NHS England/PHE as well as the Ministry of Justice and HMPPS. These contacts will assist in dissemination of results to prison staff and policymakers.

As a team we have partnerships with national/international groups eg Worldwide Prison Health Research and Engagement Network, Offender Health Research Network, Self-Injury Support and One Small Thing. We will use these relationships to share our work.

We will develop lay research summaries to share with participants and other prisoners, eg by publishing in Inside Times. We shall also run dissemination events in our study prisons.

We will submit papers to peer-reviewed international journals and present findings at an academic and professional conference. Our study outcomes will be shared via social media.

#### **Intention to publish date**

30/09/2025

#### **Individual participant data (IPD) sharing plan**

The datasets generated during and/or analysed during the current study are not expected to be made available due to participants not providing consent for data sharing.

#### **IPD sharing plan summary**

Not expected to be made available