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

**Submission date**
17/08/2023

**Recruitment status**
No longer recruiting

**Registration date**
18/12/2023

**Overall study status**
Completed

**Last Edited**
03/07/2025

**Condition category**
Mental and Behavioural Disorders

[ ] Prospectively registered
[ ] Protocol
[ ] Statistical analysis plan
[ ] Results
[ ] Individual participant data
[ ] 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

# Contact information

### Type(s)
Principal investigator

### Contact name
Dr Louise Robinson

### ORCID ID
https://orcid.org/0000-0001-6455-1360

### Contact details
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School of Health Sciences
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Manchester
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M13 9PL
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louise.robinson@manchester.ac.uk

# Additional identifiers

### Integrated Research Application System (IRAS)
262835

### Central Portfolio Management System (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

### Primary study design
Observational

### Study design
Observational qualitative multi-centre

### Study type(s)
Other

### 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(s)
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

### Key secondary outcome(s)
There are no secondary outcome measures

### 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

### Healthy volunteers allowed
No

### Age group
Adult

### Lower age limit
18 Years

### Sex
All

### 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
United Kingdom

England

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 Ribbleton 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

## Funder(s)

### Funder type
Government

### Funder Name

Research for Patient Benefit Programme

### Alternative Name(s)
NIHR Research for Patient Benefit Programme, Research for Patient Benefit (RfPB), The NIHR Research for Patient Benefit (RfPB), RfPB

### Funding Body Type
Government organisation

### Funding Body Subtype
National government

### Location
United Kingdom

## Results and Publications

### 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