The views of prisoners from all Scottish prisons were collected using TIPs questionnaires between November 2016 and April 2017.

In 12 prisons these were handed out by staff before an overnight lock-up and collected in the morning. In the other 3 prisons they were given out by TIPs research staff.

The results here are from 2,512 prisoners who answered one or more questions. This is about one third of all prisoners in Scotland.

### Smoking

Three quarters (74%) were currently smokers.

#### Among current smokers:
- Almost all (98%) smoked in their cell.
- Almost half (45%) had craved cigarettes ‘quite a bit’ or ‘a great deal’ on the survey day.
- Almost half (47%) had started or gone back to smoking during their current prison stay.
- Just over half (53%) had felt like they wanted to stop smoking.
- Two-thirds (68%) had not managed to stop for even a very short time during their current prison stay.

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Smokers had spent around £13 each on cigarettes or tobacco from the canteen in the week of the survey.

They had smoked an average of 19 cigarettes or roll-ups each day.
Opinions about smoking and smoking bans

Around **three-quarters** thought the current rules about prisoner smoking were either **very well** (36%) or **quite well** (40%) followed in their prison, but around a **quarter** (24%) thought they were **not** well followed.

Over half (56%) **agreed** or **strongly agreed** that prison staff should be protected from cigarette smoke at work. Two-thirds (68%) **agreed** or **strongly agreed** that prisoners who don’t smoke should be protected from cigarette smoke.

Most (79%) **agreed** or **strongly agreed** that prisoners who smoke should **not be forced to stop smoking**.

Almost **half** (44%) **agreed** or **strongly agreed** that smoking should **not** be allowed **indoors** in prisons.

But **a lot less** (18%) **agreed** or **strongly agreed** that smoking should **not** be allowed in **outdoor** areas of prisons.

### Opinions about prison smoking bans

<table>
<thead>
<tr>
<th>Prison smoking bans</th>
<th>Agree</th>
<th>No opinion</th>
<th>Disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>Are a good idea</td>
<td>22%</td>
<td>8%</td>
<td>70%</td>
</tr>
<tr>
<td>Cause a lot of trouble</td>
<td>81%</td>
<td>10%</td>
<td>9%</td>
</tr>
<tr>
<td>Help prisoners stop smoking long-term</td>
<td>21%</td>
<td>25%</td>
<td>54%</td>
</tr>
<tr>
<td>Are hard to enforce</td>
<td>65%</td>
<td>21%</td>
<td>14%</td>
</tr>
<tr>
<td>Are wanted by most prison staff</td>
<td>33%</td>
<td>44%</td>
<td>23%</td>
</tr>
<tr>
<td>Would be OK if enough stop smoking support was available</td>
<td>37%</td>
<td>21%</td>
<td>42%</td>
</tr>
<tr>
<td>Would be OK if prisoners were allowed e-cigs or vapes</td>
<td>48%</td>
<td>18%</td>
<td>34%</td>
</tr>
</tbody>
</table>

Around a quarter (24%) supported **more** smoking restrictions in **Scotland**, some (18%) had **no opinion** and over half (58%) were **against** this.

### Electronic cigarettes

Almost **half** (47%) had tried an **e-cig** or **vape**. Over half said that if they could get e-cigs in prison they would be **very likely** (42%) or **quite likely** (15%) to use them. Almost **all** thought **e-cigs** should be **sold** in the **canteen** (87%) and that prisoners should be able to get **e-cigs** to help them **stop smoking** (90%).
Most prisoners said their health was either very good (19%), good (41%) or fair (30%). A few (10%) said it was bad or very bad.

A quarter (25%) had been told by a doctor they had asthma.

Colds, breathing problems or eye irritation were common.

In the last 4 weeks:
- 24% reported having a cold
- 37% reported wheezing or whistling in the chest
- 38% reported feeling short of breath
- 40% reported coughing first thing in the morning
- 48% reported coughing at other times of the day
- 47% reported bringing up phlegm
- 21% reported red or irritated eyes
- 45% reported a runny nose or sneezing
- 29% reported a sore or scratchy throat

In the last 3 months, almost a quarter (22%) had seen a doctor or nurse because of a cold, breathing problems or eye irritation.

Almost a fifth (18%) had been prescribed medicines because of a cold, breathing problems or eye irritation.

When asked to report on ‘your health today’:
- 47% reported some pain or discomfort
- 65% reported some anxiety or depression
- 23% reported some mobility problems
- 18% reported problems doing their usual activities
- 9% reported problems with self-care

When asked to rate ‘your health today’ on a scale where 0 was ‘the worst health you can imagine’ and 100 was ‘the best health you can imagine’, the average rating was 69.
Opinions about NHS stop smoking support

Three-quarters (76%) either agreed or strongly agreed that there should be more NHS stop smoking support for prisoners.

Around a quarter (28%) said they couldn’t rate NHS stop smoking support for prisoners in their prison. Of those who could:

- Just over half (56%) said it was quite good or very good.
- Just under half (44%) said it was quite poor or very poor.

When smokers were asked who they thought would be a lot of help if they wanted to stop or cut down smoking:

- 33% said family
- 17% said friends outside
- 7% said other prisoners
- 11% said prison staff

Who took part?

Those who took part were the people who chose to do so. Most answered every question, but a few wrote and drew on their questionnaire without answering any questions.

Nearly all the prisoners who took part were male (93%).

Around 4 in 5 were convicted (83%).

Their ages ranged from 18 to 84 years.

The average age was 38.

29% were in prison for the first time, but 42% had been in prison more than 5 times.

Prisoners from every Scottish prison took part.

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