Who took part in the survey?

Almost 1,600 took part. This included staff from every Scottish prison, SPS Headquarters, College and Central Stores. Some only answered a few questions.

All the results presented here are based on 1,271 questionnaires from staff who:

- are based in prisons,
- completed the survey,
- representing about 27% of Scottish prison staff.

On average, staff had worked for around 15 years in prisons and around 11 years in their current prison.

Almost three-quarters (71%) were male.

Around 4 in 5 described themselves as Bands C or D, Prison Officer or PEI:

- Bands C and D/Prison Officer/PEI: 78%
- Bands E and F/First Line/Middle Manager: 16%
- Lower and higher grades: 6%

Exposure to tobacco smoke at work

On average, respondents worked 37 hours per week in a prison and reported being exposed to other people’s cigarette smoke in a prison for 16 hours per week.

Around 1 in 5 (19%) said they were never exposed to cigarette smoke at work...

...but over a third (37%) said they were exposed for over 20 hours per week.
Opinions about smoking and e-cigarettes

Around 2 in 3 (67%) of respondents thought current rules about prisoner smoking were not strict enough. Almost all the rest felt they were about right.

Almost all respondents either agreed or strongly agreed that prison staff should be protected from smoke at work, with 77% strongly agreeing and 19% agreeing. Similar numbers agreed that prisoners who don’t smoke should be protected from cigarette smoke.

How well were the rules about prison smoking followed?
- Just over 4 in 10 (43%) thought they were not well followed
- Almost half (46%) thought they were quite well followed
- 1 in 10 (11%) thought they were very well followed.

NHS stop smoking support for prisoners

A quarter said they were not able to rate the NHS stop smoking support for prisoners in their prison. Of those who gave an opinion, around 6 in 10 (61%) said it was quite good or very good, while around 4 in 10 (39%) said it was quite poor or very poor.

Around 7 in 10 (69%) either agreed or strongly agreed that there should be more NHS support for prisoners who want to stop smoking.

Opinions were divided about whether ‘prisoners should be forced to stop smoking’:
- Around 2 in 5 (39%) agreed or strongly agreed
- 2 in 5 (40%) disagreed or strongly disagreed
- Around 1 in 5 (21%) had no opinion

Opinions were also divided about whether ‘prisoners who smoke are unlikely to stop long-term’:
- Just over 2 in 5 (43%) agreed or strongly agreed it was unlikely
- Just under 2 in 5 (37%) thought prisoners might be able to stop
- 1 in 5 (20%) had no opinion

Around 4 in 5 (79%) either strongly agreed or agreed that smoking should not be allowed in any indoor areas of prisons. 6% had no opinion and 15% disagreed or strongly disagreed.

Views about smoking outdoors were more mixed. Almost 2 in 5 (38%) agreed or strongly agreed that smoking should not be allowed in any outdoor areas of prisons, while almost half (47%) disagreed or strongly disagreed. Just over 1 in 10 (14%) had no opinion.
There were also mixed opinions about electronic cigarettes for prisoners:

- 53% thought they should be available for prisoners to buy from the canteen, but 47% thought they should not.

- 47% thought they should be provided on a temporary basis to help with tobacco withdrawal when prisoners are admitted to prison, but 53% thought they should not.

- 54% thought they should be available to prisoners to help them stop smoking, but 46% thought they should not.

### 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>74%</td>
<td>7%</td>
<td>19%</td>
</tr>
<tr>
<td>Cause a lot of trouble</td>
<td>58%</td>
<td>20%</td>
<td>22%</td>
</tr>
<tr>
<td>Help prisoners stop smoking long-term</td>
<td>50%</td>
<td>30%</td>
<td>20%</td>
</tr>
<tr>
<td>Are hard to enforce</td>
<td>61%</td>
<td>9%</td>
<td>30%</td>
</tr>
<tr>
<td>Are wanted by most prison staff</td>
<td>62%</td>
<td>26%</td>
<td>12%</td>
</tr>
</tbody>
</table>

Around 4 in 5 (79%) would be in favour of increased smoking restrictions in Scotland, around 1 in 10 (9%) had no opinion and around 1 in 10 (12%) were against increased restrictions.

### Health

Around one third (35%) of respondents reported that their health was very good, while about half (53%) said it was good and around 1 in 10 (12%) that it was fair. Only very small numbers said it was bad or very bad.

### Days off work for health reasons

<table>
<thead>
<tr>
<th>Days off in past year</th>
<th>Up to a week off in past year</th>
<th>More than a week off in the past year</th>
</tr>
</thead>
<tbody>
<tr>
<td>50%</td>
<td>32%</td>
<td>18%</td>
</tr>
</tbody>
</table>

Around a quarter (26%) of respondents had not visited their GP in the past year, while another quarter (24%) had been once, and half (50%) had been more than once. Almost 1 in 5 (18%) had been four or more times.

Around 1 in 6 (15%) had been prescribed medicines in the past three months due to a cold, breathing problems or eye irritation, and 4 in 10 (41%) had bought over-the-counter medicines for the same conditions in the past three months.

1 in 5 (20%) had been told by a doctor that they had asthma.
Respiratory and related symptoms in the last 4 weeks were commonly reported. These included:

- A cold (reported by 36%)
- Wheezing or whistling in the chest (26%)
- Feeling short of breath (31%)
- Coughing first thing in the morning (30%)
- Coughing at other times of the day (50%)
- Bringing up phlegm (39%)
- Red or irritated eyes (35%)
- Runny nose, sneezing (55%)
- Sore or scratchy throat (41%)

When asked to report on ‘your health today’ 46% reported some pain or discomfort, and 34% some anxiety or depression. But almost no-one reported problems with walking, self-care or doing their usual activities.

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 80.

Smoking

Over half (56%) had ever smoked a cigarette, but most of these respondents were not current smokers.

Overall:

- 10% of respondents were current smokers
- 46% were ex-smokers
- 44% had never smoked

Current smokers tended to smoke fewer cigarettes on work days than on days off. But there was a big range in amounts smoked on both work days and days off.

Around 2 in 3 (62%) current smokers had used electronic cigarettes in the past year to help them stop smoking, and 1 in 3 (30%) had tried nicotine replacement (patches, gum etc). Very few had been to an NHS stop smoking programme or used prescribed medicines to help them stop.

1 in 5 (20%) of all respondents had tried an electronic cigarette, but less than 2% used them on a daily basis.