

Wisconsin Committee for the Ethical and Humane Treatment of Prisoners
Mental Health and Stress Evaluation Form

Note: The purpose of this questionnaire is to garner both individual and collective data. The information here will not be disclosed to anyone outside of WCEHTP without your consent.

Feel free to use extra paper- just write the number of questions you are answering

- 1) Your name _____ prison ID# _____
- 2) Prison name and address _____
- 3) Your age _____
- 4) Any serious mental health conditions already diagnosed

- 5) Any psychological or mental diagnosis _____
- 6) Who made the diagnosis? _____ List any diagnoses you got before incarceration And who made these diagnoses (institution or person) _____
- 7) ***List your emotional happiness for the week . for example, 1 is poor, 10 is happy. List week and days. If you experience the same emotion for all seven days or most of the days, what is the determining factor?.**
- 8) How much sleep do you get on the most stress free day?
- 9) How much sleep do you get to the most stressful day?
- 10) How many times in the week do you feel hopeless?
- 11) How long have you been in **solitary** confinement? How long have you been incarcerated in total?
- 12) What is the longest period of **solitary** confinement you have experienced prior to your present confinement?
- 13) Do you feel you will ever be released?
- 14) Do you have people outside of prisoner that keep contact with you?
- 15) If so, how often do you receive mail from them?
- 16) If you have relatively little contact with the outside, how does this make you feel?
- 17) When feeling stressful, how do you get rid of the stress?

- 18) If and when you feel low, what kinds of things do you do to help you get over this?

- 19) Are you permitted to have photographs of your family, friends and loved ones?
- 20) Magazines, newspapers?
- 21) How long does your low period usually last?
- 22) When watching tv or listening to a story or reading a book that is sad, do you ever empathize with that sadness or ever cry?
- 23) After having slept for more than 8 hours do you ever feel tired or emotionally exhausted?
- 24) Have you lost any family or friends or anyone you care for while in the hole? If so, how did you cope?
- 25) Describe in approximately 6 words how your family and loved ones feel about you being in **solitary** confinement this long: in words they have personally used with you.
- 26) Has being in **solitary** confinement caused disputes between you and those on the outside?
- 27) Without being too descriptive, describe one example of such a dispute.

- 28) If you have tried unsuccessfully to used the court system to be released, how does this make you feel?

- 29) Have you ever said these words in regards to trying to prove you are no longer a threat and should be released: "(explicative)" I'm through trying to _____
(fill in the blank with your words).

- 30) How often do you make the above statement (29)
- 31) Will you try again to seek relief from the court system?