



NEAR EAST UNIVERSITY
GRADUATE SCHOOL OF SOCIAL SCIENCES
GENERAL PSYCHOLOGY MASTER PROGRAM

MASTER THESIS

**FACTORS EFFECTING DEPRESSION LEVEL OF INMATES PRIOR TO
THEIR RELEASE**

NIHAD SAEED IBRAHİM GARDİ

20124926

SUPERVISOR: ASSOC.PROF.DR.EBRU ÇAKIÇI

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Prepared by: Nihad Saeed Ibrahim GARDI

Examining Committee in Charge

Prof. Dr. Mehmet ÇAKICI

Chairperson of the committee

Psychology Department

Near East University

Assoc. Prof. Dr. Ebru Tansel ÇAKICI

(Supervisor)

Department of the Psychology

Near East University

Assist. Prof. Dr. Zihniye OKRAY

Psychology Department

European University of Lefke

Approval of the Graduate School of Applied and Social Sciences

Prof. Dr. Çelik Aruoba – Dr. Muhittin Özsağlam



ÖZET

Cezaevinden Çıkmadan Önceki Dönemde Mahkûmlarda Depresyon Düzeyini Etkileyen Faktörler

Hazırlayan: **NIHAD SAEED İBRAHİM GARDİ**

Bu çalışmanın amacı mahkûmların cezaevinden çıkmadan önce depresyon yaşamasıyla ilgili risk faktörlerini belirlemektir. Irak Kürdistan Bölgesi'nde (IKB) 220 mahkûm ile Beck Depresyon Envanteri ve demografik bilgi formu uygulanarak görüşülmüştür. Çalışmada mahkûmların %57.3'ü evli veya boşanmış bulundu. Şehirde yaşayanlar cezaevinde kalanların çoğunluğunu (%52.7) oluşturmaktaydı. % 51.4'ü okuma-yazma bilmiyor ya da ilkokul mezunuydu. Mahkûmların çoğu (%79.1) cezaevine girmeden önce bir işte çalışmaktaydı. %84.5 düşük ekonomik düzeye sahipti ve aylık geliri düşüktü. Mahkûmlara aileleri destek olmaktaydı (67.7%). Çalışmaya katılanların yaş ortalaması 31.75 (18-64) bulundu. Cezaevinden çıktıktan sonra işe başlamayı uman, ekonomik durumu iyi olan ve yüksek geliri olan mahkûmlar daha düşük depresyon düzeyine sahipti. Boşanmış veya dul mahkûmlar arasında depresyon düzeyi daha yüksekti. Çalışma sonuçları mahkûmların cezaevinden çıktıktan sonra iş bulma konusunda destek almasının depresyonla baş etme konusunda etkili olabileceğini düşündürmektedir.

Anahtar kelimeler: mahkûm; depresyon; cezaevi popülasyonu; Irak Kürdistan Bölgesi; Beck depresyon envanteri

ABSTRACT

Factors Effecting Depression Level of Inmates Prior to their Release

Prepared by: **NIHAD SAEED IBRAHIM GARDI**

The aim of this study is to determine the risk factors related to depression experienced by the prisoners prior to their release .220 prisoners in Iraqi Kurdistan Region (IKR) were interviewed using Beck Depression Inventory (BDI) and a demographic questionnaire. The study demonstrated that (57.3 %) of the prisoners were either married or divorced. This research further indicates that those who live in urban areas (52.7%) forms majority of the inmates. 51.4% of inmates were illiterate or graduated only from primary school. Most of the inmates had a working career or were employed (79.1%) before being sent to prison. (84, 5%) had low economic and income per month was low. The inmates had been supported by their families (67.7%). The mean age of the prisoners was 31.75 (18-64). The results show that the inmates who expect to start job at once after release, and who have good economic status and high income had lower depression level. Depression level is found to be higher among the inmates divorced or widowed. Supporting inmates to get a job after release may be effective for coping up with depression.

Keywords: inmates; depression; Prison population; Iraqi Kurdistan Region; Beck depression inventory

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ABBREVIATIONS

IKR: Iraqi Kurdistan Region

BDI: Beck Depression Inventory

1. Introduction

This research is about all those prisoners who are in Iraqi Kurdistan Region (IKR). Kurdistan region government is recognized within Iraqi constitution and became a federal region within a federal state in 2005. The Iraqi constitution clearly recognizes the rights of Iraq's multiethnic society and affirms every right to engage them in social, economic and political life. The Kurds are the second largest population who are part of this new process and they have their own autonomous region. The Kurdish is second official language of the state Article 117 of constitution states that "First: This Constitution, upon coming into force, shall recognize the region of Kurdistan, along with its existing authorities, as a federal region. Second: This Constitution shall affirm new regions established in accordance with its provisions" (Brown, 2005, 14).

There are three prisons in Iraqi Kurdistan region in (Erbil, Sulaymani, Duhok). The system of management in administration, service, human rights are different from other prisons in Iraq. Historically in the Saddam Husain's era (1979-2003) there was a little difference between the prisons because Kurdistan was administratively and politically was a part of the capital Baghdad. During the Saddam Husain regime, the prisons were administrated by the military and the prisoners were treated cruelly and their rights were not considered. They were tormented both physically and mentally. After 2005 a regional government was declared and Iraq became a federal government, from then Kurdistan boomed. It developed economically, technologically and scientifically. This development caused problem for the individuals because they could not adapt themselves with these new changes. (Baito. 2006) About the prisoners, everything changed. Prisons were administratively handed over to the ministry of social affairs whereas it belonged to the ministry of interior before. After 2005 more psychologists and sociologists started to work at the prisons. This made the prisoners more comfortable, but this does not mean that they do not have problems especially those who are about to be released.

The prisoners think that the situation with the developments has changed and they have doubts if they can adapt themselves with the new situation outside the prison. This

has its impact on the social relations so prisoners are psychologically feel bad. Because of these reasons, research on psychological problems has its own importance. Indicating the problems will help the staff of management of the prisons to do their work well and help prisoners to go back to society with good health that needs a staff to work with them before releasing and prepare them to society completely. Also researches on psychological problems will be beneficial for government since they assist the government in planning for improving individuals.

The researcher has been working in the prison as a psychologist since 2013. Based on his observation that the prisoners who have short period to get released become lonely, walking more quickly and talking slowly, their anxiety and depression could be observed easily. And they mentioned about their fears about adapting to the changing conditions outside. Even some mentioned they would prefer to stay in the prison rather than entering a new, unknown environment. Based on these observations, in this study it was planned to investigate the risk factors for symptoms of depression experienced by the prisoners before release

1.1. Definition of inmate

A prison or penitentiary (from the Latin *pænitentia*, “repentance”) is generally larger than a jail, used by state or federal authorities to confine persons convicted of crimes with a sentence exceeding one year. Most states maintain different prisons for violent and nonviolent offenders, ranked as having minimum, medium, or maximum security. So-called supermax prisons confine the most dangerous inmates or those with records of escapes from custody. (Newton, 2010, 15). Prison is a setting that applies its impact upon the social relations of the individuals who enter its area. Moreover, according to Gillespie, (2002, 1). The detainees structure a general public of hostages bound together by the compelling hardships forced upon them with the prevailing sociocultural request. Prisonization includes the degree to which detainees receive standards that are characteristic of the detainee subculture. The precursors of prisonization incorporate both the hardships that prisoners experience inside jail and in addition the individual attributes

and contrasts transported in from the outside consequently, detainees may express this prisoned standardizing introduction through maladaptive practices, for example, mutilation toward oneself, suicide and resistance

Furthermore, some may feel that paying a little respect to a detainee's endeavors to restore himself or herself or the danger he or she would posture to society when discharged, the prisoner was sent to jail as a discipline for a wrong doing, consequently the prisoner ought to serve his or her full sentence (James, 2013, 44).

Volokh ,(2013, 415) would prefer not to support viewing detainees as a wellspring of entertainment (and free raises genuine security and access-to-stash issues), yet the thought of at any rate some community does appear to have a few favorable circumstances as far as responsibility. The jail encounters significant impact on the lives of customary prisoners, yet it additionally influenced watchmen, administrators, and policymakers. In a second sense, the idea alludes to the experience of each gathering in the public arena with other corrective foundation. Most European countries got to be usual for it sometime during the seventeenth and eighteenth hundreds of years. (Spierenburg 1991, 22). As prisoners enter the jails framework from the courts, they are normally surveyed at a grouping or gathering, office taking into account their wrongdoing, criminal history, departure hazard, behavioral issues (if any), and wellbeing and programming needs. Ladies and kids are grouped in particular offices from grown-up guys. This evaluation incorporates the survey of materials identified with the detainee, by gathering focus faculty, and tests and perception of the prisoner in regards to his or her hazards and amiability to treatment. In the wake of being surveyed by jail staff for a time of weeks or months, detainees are sent to the jail that the faculty accepts is the best fit, built first in light of security needs, emulated by space accessible, lastly the detainee's necessities. Prisoners by and large have no influence over which jail, they are sent to. When they have done sooner or later, prisoners may ask for that they be moved to an office that is closer to their family and companions, yet such contemplations are not a need for characterization and are more a choice for grown-up guys, as the offices accessible for exchange for grown-up females and adolescents are significantly more restricted in light of the fact that there are less of them. (Stohr, Walsh 2012, 109-110).

1.2. Rights of inmates

About a century ago, Sir Winston Churchill articulated the accompanying words in making the point that a "most unfailing test of the progress of any nation" was the manner by which it treated its sentenced offenders, its jail inmates. Many individuals see the expression detainee rights with bewilderment. They discover it characteristically opposing to discuss prisoner rights. Some individuals accept detainees relinquish their rights when they perpetrate unlawful acts. Be that as it may the law perceives a detainee as an individual, as somebody who holds a certain level of fundamental human dignity. In the first piece of the twentieth century, the term slave for the most part was dropped yet the idea continued as before detainees had few protected rights or none at all. In the 1960s and 1970s, nonetheless, the U.S. Incomparable Court perceived that detainees do hold some level of established rights while in jail (Hudson, 2007, 10-13).

According to International Centre for Criminal Law Reform and Criminal Justice Policy the rights of inmates can be summarized as follows:

A. General rights of prisoners

1. Right to humane treatment
2. Right to equality/freedom from discrimination
3. Use of least restrictive measures
4. Right to life, liberty, security
5. Protection against torture/mistreatment
6. Rights governing use of force, firearms and physical restraint
7. Limitations on disciplinary measures

B. Rights before the law

1. General
2. Rights upon arrest
3. Interrogation
4. Right to contact with the outside world
5. Right to legal consultation and recourse
6. Right to a prompt and fair trial

7. Right to compensation for unlawful detention

C. Rights during term of imprisonment

1. Duties of authorities and state officials
2. Right to information
3. Right to make complaints
4. Right to independent inspections
5. Right to compensation upon violation of rights
6. Visitation and correspondence
7. Right to privacy and confidentiality
8. Language rights
9. Religious rights
10. Education and culture
11. Recreation
12. Accommodation
13. Health, hygiene, clothing and nutrition
14. Protection against and prevention of enforced disappearance
15. Administrative safeguards against enforced disappearances
16. Protection against summary executions
17. Reintegration and release

D. Uncommon group rights

1. Insane and mentally disordered prisoners
2. Detainees/unconvict prisoners
3. Women's rights
4. Treatment of foreign prisoners
5. Rights of inmate's family

E. Adolescent justice

1. General rights
2. Rights under the law
3. Rights during imprisonment (Tkachuk, 2001, 146)

Worldwide human rights principles should be considered at prison management. The Universal Declaration on Human Rights (UDHR), 1948 is based on the crucial standard that human rights are taking into account the "characteristic pride of all individuals from the human family" and are the "establishment of flexibility, equity and peace on the planet". Three articles of the UDHR should not be forgotten at prison management: Article3.

Everybody has the privilege of life, freedom and security of individual.

Article5.

Nobody should be subjected to torment or to barbarous, barbaric or debasing treatment or discipline.

Article9.

Nobody should be subjected to discretionary capture, confinement or outcast. (UN, 2010, 3)

1.3. Information about prisons in Iraq and IKR

Baath regime under Saddam Hussein was a brutal dictatorship; it did not allow any other parties or affiliations to participate in political process. Therefore, to maintain this one-man one-rule political system Saddam designed institutions and made laws to aid his regime survival. This was done by spreading fear amongst Iraq public in particular the regime opponents for them to obey Baath rules and keep quiet. "Anyone insulting in any way the President of the Republic, or his office, the Revolutionary Command Council, Arab Baath Socialist Party or the Government, is punishable by life imprisonment. The punishment will be execution if the insult or attack is done in a blatant fashion" Decree signed by President Saddam Hussein in 1986 (Arnold, 2008, 23).

Saddam's penal system was one of many mechanisms in which it spread fears to suppress and punish all those who opposed the regime either by expression or political activities. The ministry for Social affairs and Labor administered the penal system in Iraq.

Standards of prisons were managed poorly. One could argue that this was a deliberate technique to inflict further psychological damages on prisoners despite receiving various other forms of torture and sufferings. There were three different types of prisoners: criminal detainees, political/security detainees and prisoners of war however, it is difficult to pinpoint the exact number of detainees. (Nalla, Newman, 2011, 280-282).

Iraq prisons in era of Baath regime were located all over the country nonetheless, the major and well-known prisons such Abu Gharib close to Baghdad and others near the provinces of Basrah, Babylon and Nineveh all of which contained thousands of prisoners with little if any information about the prisoners available to international human rights observers or even in many cases to the families of those held. When Baath party seized power in 1968 and subsequently Saddam in 1979, it virtually became impossible for anyone outside Iraq such as international human rights watch organizations to monitor or report on the conditions of prison and the captives within them. (Report, 2004).

Prisoners waiting for often-predetermined outcome trial were kept separate from convicted inmates, likewise females from males, felons from serious offenders and in most cases political were kept apart from common criminal offenders. (Roth, 2006, 137-138). The practice of torture was part of designed penal system hence, there has been many reports regarding the way prisoners were treated both before and after the fall of Saddams regime in 2003. It has been reported that many detainees suffer psychological illnesses such as Post-Traumatic Disorder (PTSD) and depression. The relatives of prisoners face many challenges in looking after them or to find and fund available treatments. (UNOPS, 2008-2011, 2-6).

The Iraq's ministry for human rights said it investigated many various complaints of torture both in prisons and detentions centers throughout the country. In addition, it concluded that the ministry investigation has led them to confirm severe human right abuses and there was a culture of "systematic use of torture". Based on these factors there is a real need to build and provide rehabilitation services in order to help the victims to live a normal life again (Iraq human right report 2013) In 2005 a national referendum, Iraqis vote in favor of a new constitution. The new constitution, which is approved by

78% of voters, recognizes the Kurdistan Region's institutions including the Kurdistan Regional Government and the Kurdistan Parliament (KRG, 2014).

In the Iraqi constitution article 121 first areas "The local forces might have the privilege to practice official, administrative, and legal powers as per this Constitution, aside from those powers stipulated in the restrictive powers of the national government" (Hamidi 2012).

Arranging trainings and workshops for judges and policemen, their office opened in Erbil after a solicitation in 2005 from the Iraqi government to the EU to support the nation in combining the guideline of law in Iraq and build up the legal framework, detainment facilities, and the police power (Rapport, 2011)

The KRG proceeded with its software engineer of enhancing the physical conditions in jails through the development, or arranged development, of new confinement offices, and the presentation of restoration developers. (Report, 2012). The directing system of prison in KRG different as compared to other areas of Iraq. For the first time on 4th of April 2008, ten researchers started working in Erbil prisons and they listened to the problems and cases of prisoners. On 17th of August 2008, prison was transferred from Ministry of Interior to Ministry of Social Affairs. Many experts and specialists were employed in different fields: directing, law, psychology and social to re-train the prisoners and better their behaviors so as to prepare them for the life while they will be released from prison. Many works and activities that have been done in prisons rehabilitation, that lead to improve the conduct and behavior of prisoners are as follows:

- 1- Home permission 2009
- 2- Improving food given at prison
- 3- Starting from 2010, providing clothes twice annually including 15 difference pieces of materials.
- 4- Preparing statistic for the prisoners, according to their types of crimes, those who are kept in prison and are set free (according to the date). And with a group of suggestions for the governmental personnel's.
- 5- Opening intellectual, handwriting, drawing and craftsmanship courses and performing many seminars.

- 6- Providing TV, heating and cooling devices and many necessary stuff for all the halls.
- 7- Bringing books from outside and equipping the prisons with big libraries for the prisoners.
- 8- Setting up family and close relatives meeting three times in a week till 1 o'clock in the afternoon.
- 9- Opening sports and training courses continually.
- 10- Equipping prisons with communication apparatus.
- 11- Opening sewing course for prisoners, there are many who benefitted from this opportunity so far.
- 12- Opening school. First, there were three students when school started running in 2009. Later, the numbers have increased year after year. Now there are 161 students, starting from 1th grade to 12th grade. In 2013-2014 school launched officially. Now two of our students study in an institution and one in a college.

1.4. Depression

Depression is a very frequent psychiatric disorder. so frequents those recent sources; it is maintained and intensified by activation of rumination and unhelpful response patterns. A typical trigger is a negative thought about the self, the future, or the world (Wells, 2011, 200). Depression is multiply determined by genetic propensities and environmental risk factors. (Stanovich, 2013, 149). It can affect every aspect of life. A patient undergoing a major depressive episode who receives treatment with any antidepressant will often experience symptomatic improvement. Understanding the neurobiology underlying depressive symptomatology may give clinicians the opportunity to treat the symptoms specifically, based upon brain mechanisms and the interplay among genes, circuits, and symptoms. (N.E.R, 2012, 1).

Major depressive disorder the common feature of all of these disorders is the presence of sad, empty, or irritable mood, accompanied by somatic and cognitive changes that significantly affect the individual's capacity to function. The individual must also

experience at least four additional symptoms drawn from a list that includes changes in appetite or weight, sleep, and psychomotor activity; decreased energy; feelings of worthlessness or guilt; difficulty thinking, concentrating, or making decisions; or recurrent thoughts of death or suicidal ideation or suicide plans or attempts. The mood in a major depressive episode is often described by the person as depressed, sad, hopeless, discouraged, or "down in the dumps". In some cases, sadness may be denied at first but may subsequently be elicited by interview. (DSM 5, 2013, 155-167)

1.5. Risk factors related to depression among inmates

Saddam Hussein and his regime cronies inflicted many sufferings and ill fate on their population, which the consequences for those who suffered will be dire. The risk to those individuals is major given, that person who enters or already locked-up in such imprisonment conditions and systems suffer from various psychological including depressions (Scott and other, 1982, 372-279). Moreover, according to Petersilia, (2000, 3) imprisonment can cause psychological breakdown, depression, or other mental illness or can reveal previously unrecognized personal problems.

A study by Moller and Stover (2007, 26) has shown that on global scale more than one million prisoners suffer from severe mental illness such as psychosis and depression. They further argue that to some extent all imprisonment causes depressed mood and stress symptoms while at the same time many prisoners take their own lives during imprisonment period. Thus, one could clearly argue that any imprisonment without proper plan and rehabilitation service to make the offender become an active and helping member for their community and country is bound for further complications of the prisoner's life and more suffering for relatives.

Prisoner apart from suffering that is inflicted upon them by brutal penal system such as Saddam's Iraq, also suffer from the freedom of movement and confined space in which they are deprived of normal social choice making. For instance, prisoners during incarceration cannot be free to decide where to live, with whom to interact or socialize and how to spend their time.

Once the inmates are banished from all social relations of their choice, as a result they suffer moral depression and many commit suicide (Bernault, 2003,75). Depression in a prison causes suffering especially when a cruel jailer as in case Saddam regime jails you. In prison you are pitifully alone. While also it is an isolation, which changes even your perception of your environment and sometimes, giving the depression and feelings of fear as great as that of death (Rowe, 2003, 1-12). As Scott, (1986, 1349). Notes, to understand such as prisoner is a unique experience, to follow his prison career is another experience while seen him back on street 10-15 years later is a paradoxical revelation.

It is worth mentioning that under Saddam Hussein regime inmates suffered greatly through abuse, torture and poor prison conditions all of which were plans designed to undermine the prisoner mental and to damage their physical being. Consequently, in many cases they were segregated. Administered segregation causes substantial psychological damages such as depression and schizophrenia. Furthermore, according to (Allen and other ,2004, 46-51) isolation of inmates often leads to increased symptoms for many prisoners in particular when inmates are placed in higher security setting where the access to reforming programs, work released assignments and community-work is non or limited; none of which existed under the penal and imprisonment systems Iraq's dictatorial regime.

Gemeda (2013) investigated the prevalence of psychopathological symptoms among inmates in Ethiopia with CORE psychopathological questionnaire. The study population included prisoners who have been sentenced at least a month period of time to lifelong, the total number of participants was 420 (i.e., 384 males and 36 females). He found that 48% (CI95 = -0.08, 0.05) of inmates have been experiencing psychopathological symptoms.

Naidoo, and Mkize (2012) investigated the prevalence of mental disorders in a prison population in Durban, South Africa. 193 prisoners were interviewed using the Mini Neuropsychiatric Interview, a screening questionnaire and a demographic questionnaire. The study demonstrated that 55.4% of prisoners had an Axis 1 disorder. The most common disorder was substance and alcohol use disorders (42.0%). 23.3% of prisoners

were diagnosed with current psychotic, bipolar, depressive and anxiety disorders. 46.1% were diagnosed with antisocial personality disorder.

Stewart, (2007) 90% of prisoners have a diagnosable mental health problem, including psychosis, anxiety and/or depression, personality disorder, substance misuse problems or a complex combination of two or more conditions. 72% of men in prison have two or more mental disorders compared to 5% in the general male population.

Pomeroy and other (2000) investigated the effects of psych education reducing depression, anxiety, and trauma of male inmates: at an HIV/AIDS psycho educational group intervention. The group participants in the study were drawn from the population of male inmates incarcerated at a large southeastern metropolitan county jail in USA. Research study found that a 10-session psych educational group intervention was effective in increasing knowledge of AIDS and decreasing depression, anxiety, and trauma symptoms among male inmates in a large southeastern jail facility. The group intervention consisted of both AIDS education topics and psychological support. Results indicated significant differences between the experimental and comparison group participants.

Ahmad and Mazlan (2014) compare the prevalence of stress and depression between men and women inmates in Malaysia, and to determine the association between stress and depression. The Perceived Stress Scale (PSS) Depression scales (CES-D) were used at the study. A cross-sectional study involving 426 inmates (227 males, 199 females) was designed. The findings showed that stress and depression were high among inmates, especially female inmates. Comparison analysis confirmed that stress and depression were significantly higher in female inmates than in male inmates. Furthermore, stress and depression showed significant association in both male and female inmates.

Shookd and others (2011) investigated incarcerating juveniles in adult prisons as a factor in Depression. Depression Scale (CES-D, Radloff, 1977) is used a record based comparison of depression among youths in different types of incarceration with non-incarcerated youths, controlling for other predictors of depression, namely offense type, family poverty, parents' history of incarceration, and demographic profile. Data were from two sources. First, data on incarcerated youths who have committed very serious offenses in Michigan are from interviews conducted as part of a larger study of juveniles

committed to adult prisons in Michigan. The 47 Michigan youths in adult prisons were identified by the Department of Corrections (DOC) as individuals who had been included in a larger sample of 2,240 youth sentenced as juveniles to the DOC between 1985 and 2004. All of them had originally been charged as adults for offences which were committed when they were under 17 years old. They found youths in adult placements were significantly more likely to be depressed than youths in juvenile placements and community-based youths.

Scheyett and others (2010) investigated depression and implications for release back to communities among HIV-infected prison inmates they used Depression Scale (CES-D). A sample of HIV-infected inmates in North Carolina prisons (N=101) were taken in to the study to determine what proportion of this sample screened positive for depression and whether depression was associated with different pre-incarceration characteristics or post-release needs. A high proportion of HIV infected inmates (44.5%) screened positive for depression. Depressed inmates were significantly more likely have low coping self-efficacy scores (180 vs. 214), to report having had resource needs (OR=2.91) prior to incarceration and to anticipate needing income (OR=2.81), housing (OR=4.07), transportation (OR=9.15), and assistance with adherence (OR=8.67) post-release.

Værøy, (2011) investigated depression, anxiety, and history of substance abuse among Norwegian inmates in preventive detention. Completion of self-report questionnaires was followed by face-to-face clinical interviews with 26 of the 56 male inmates on preventive detention in Norway's Ila Prison. To assess anxiety and depression, the Hospital Anxiety and Depression Scale (HADS), the Clinical Anxiety Scale (CAS), and the Montgomery Asberg Depression Rating Scale (MADRS) were used. Scores on the MADRS revealed that 46.1% of inmates had symptoms of mild depression. The HADS depression subscale showed that 19.2% scored above the cut-off for depression. The CAS anxiety score was above the cut-off for 30.7% of the subjects, while 34.6% also scored above the cut-off on the HADS anxiety subscale. Almost 70% of all these inmates, and more than 80% of those convicted of sex crimes, had a history of alcohol and/or drug abuse.

Baillargeon and others (2002) were investigated anti-depressant prescribing patterns among prison inmates with depressive disorders. The study population consisted of 5,305

Texas Department of Criminal Justice inmates who were diagnosed with one of three depressive disorders: major depression, dysthymia, and bipolar disorder. Over 50 percent of all inmates diagnosed depression disorders were treated with tricyclic anti-depressants; approximately 31 percent were treated with selective serotonin re-uptake inhibitors (SSRI); and over 20 percent were not treated with any form of antidepressant medication.

Pinese, and others (2010) were investigated demographic and clinical predictors of depressive symptoms among incarcerated women. A total of 100 of 300 women in a female penitentiary were interviewed. A questionnaire with socio demographic, clinical and penal situation information was used, along with the Beck Depression Inventory. The authors performed bivariate and multivariate analysis regarding depression.

In all, 82 women presented signs of depression (light = 33, mild = 29 and severe = 20). Comorbidities, lack of religious practice, absence of visitors and presence of eating disorders were risk factors for depression ($P = 0.03, 0.03, 0.02, 0.04, \text{ and } 0.01$). Being older was a protection factor against severe depression; for women over 30, the risk of depression was multiplied by 0.12. The rate of depression among women prisoners was high.

The review literature above suggests increased risk for psychopathology, especially depression, among inmates.

2. Method of the study

2.1. The aim of the study

This study investigates the risk factors related to depression experienced by the prisoners prior to their release. The research questions of this particular study are as follows:

- a- Do the socio demographic factors (like age, marital status, education level, and economic status, number of family members) affect depression level?
- b- Do the features related with the assault (like duration of imprisonment, type of assault) effect depression level?
- c- Does social support received during imprisonment effect depression level?
- d- Do the conditions expected after release (like a safe place to stay, expectation of assault, possibilities of having a job) effect depression level?

2.2. Population and sample

- Population: Male prisoners in IKR (Erbil, Duhok, Sulaymani) who were older than 18, sentenced for more than one year and who will be released within 3 months period.
- Sample: The sample was formed from all the prisoners who fulfilled these criteria and accepted to participate the study. The sample was composed of a total of 220 prisoners. 90 prisoners from Erbil, 68 prisoners from Duhok and 62 prisoner's from Sulaymani.

2.3. Limitations of the study

The results of the study are restricted with the:

- IKR prisons of Erbil, Duhok and Sulaymani
- Prisoners sentenced for one year or more
- Prisoners older than 18 years old
- Only male inmates.

2.4 Instruments

2.4.1 Demographic information form

Demographic information form is prepared by researcher in order to determine the socio-demographic characteristics of the prisoner participated in sampling such as age, marital status, address before being imprisoned, level of education, the job before being imprisoned, economical status, family income for one month, number of persons within the family, from whom they got support, who visited them at the prison, whom they expected to visit you but did not, type and severity of the crime, duration of the sentence, if after the release they have a safe place to stay, where they are going to stay, after the release how much difficulty they expect to experience while they establish their life again, if they expect any assault from someone who may want to get revenge related with the crime, if they have a job to start working at once or if they believe they can find a job easily.

2.4.2 Beck Depression Inventory (BDI)

BDI is one of the most widely used tests for assessing depression. It is a 21 item likert type measure originally developed by Beck, Rush, Shaw and Emery in order to measure somatic, emotional, cognitive and motivational Symptoms (Stone , 2011). BDI was translated to Kurdish by Mohammad Azeem Raheem in 2013 for the study "Depressive symptoms among Anfal operation survivors and their children in Shorsh area – Iraqi Kurdistan (Raheem, 2013).

2.5 Procedure data collection

The survey form was given to the participants who were inmates. It took about 15-20 minutes to fill the form. During the process of the study, all participants were free to ask to the researcher if they had difficulty to understand the questions. The questions were read to the participants who were illiterate, and replied one by one.

2.6 Data analysis

Data of the research was investigated by using Frequency, descriptive statistics Correlation, T-Test and One-Way Anova analysis method. Finding provided were evaluated as statistically meaningful at $p \leq 0.05$ level.

Statistical Package for Social Sciences (SPSS)-Version 18.0 was used for statistical analysis.

3. Results of the study

Table 1. Frequency of marital status of the participants

Marital status	n	%
Single	94	42.7
Married	108	49.1
Divorced	9	4.1
Dead	9	4.1
Total	220	100.0

94 (42.7%) of the participants were single, 108 (49.1%) participants were married, 9 (4.1%) participants were divorced and n= 9(4.1%) of them had lost their spouse.

Table 2. Frequency of the participants' address before being imprison

Address	n	%
Village	28	12.7
Town	76	34.5
City	116	52.7
Total	220	100.0

28(12.7%) of the participants' lived in village, 76(34.5%) of the participants' lived in town and 116(52.7%) of the participants' lived in city before being imprison.

Table 3. Frequency of the education status of participants

Education Status	n	%
Illiterate	44	20
Primary	69	31.4
Secondary	58	26.4
High school	31	14.1

University and above	18	8.2
Total	220	100

44(20%) of the participants were illiterate, 69(31.4%) of the participants studied primary school, 58(26.4%) of the participants finished secondary school, 31(14.1%) of the participants studied high school and 18(8.2%) of the participants studied university or above.

Table 4. Frequency of the participants' job before being imprison

The job	n	%
Employed	174	79.1
Unemployed	46	20.9
Total	220	100

174(79.1) participants were employed and 46 (20.9%) participants were unemployed.

Table 5. Frequency of the participants' economic status

Economic Status	n	%
Very good	13	5.9
Good	110	50
Bad	52	23.6
Very bad	45	20.5
Total	220	100

13(5.9%) of the participants' economic status is very good, 110(50%) of the participants' economic is good, 52(23.6%) of the participants' economic is bad and 45(20.5%) of the participants' economic is very bad.

Table 6. Frequency of the participants' family income per month

Income per month	n	%
300,000-500,000Dinars	134	60.9
600,000-800,000 Dinars	52	23.6
900,000-1,100,000Dinars	22	10
More	12	5.5
Total	220	100

134(60.9%) of the participants' families incomes are between 300,000 and 500,000 Iraqi Dinars per month, 52(23.6%) of the participants' families incomes are between 600,000 and 800,000 Iraqi Dinars per month, 22(10%) of the participants' families incomes are between 900,000 and 1,100,000 Iraqi Dinars per month and 12(5.5%) of the participants' families incomes are more than 1,100,000 Iraqi Dinars per month.

Table 7. Frequency of the people who supported the participant the most

Family Support	n	%
Family	149	67.7
Relatives	45	20.5
Friends	7	3.2
All	18	8.2
None of them	1	0.5
Total	220	100.0

149(67.7%) of the participants believe family gave them support during the time they were imprisoned, 45(20.5%) of the participants believe relatives gave them support during the time they were imprisoned, 7(3.2%) of the participants believe friends gave them support during the time they were imprisoned, 18(8.2%) of the participants believe all (family, relatives and friends) gave them support during the time they were imprisoned and 1(0.5%) of the participants believe none of family, relatives and friends gave him support during the time they were imprisoned.

Table 8. Frequency of the visitors who visited the participants the most

Visitor of the participants	n	%
Family	127	57.7
Relatives	20	9.1
Friends	4	1.8
All	66	30.0
None of them	3	1.4
Total	220	100.0

127(57.7%) of the participants were visited by their family during the time they were imprisoned, 20(9.1%) of the participants were visited by their relatives during the time they were imprisoned, 4(1.8%) of the participants were visited by their friends during the time they were imprisoned, 66(30 %) of the participants were visited by their family, relatives, and friends during the time they were imprisoned and 3(1.4%) of the participants were not visited by family, relatives or friends during the time they were imprisoned.

Table 9. Frequency of the expecting visitor but did not happened

Expecting visit from	n	%
Parents	15	6.8
Family	14	6.4
Wife	15	6.8
Children	8	3.6
Relative	21	9.5
Friends	47	21.4
Missing System	100	45.5
Total	220	100

15(6.8%) of the participants expected visit from parents, but parents did not visit them during the time they were imprisoned, 14(6.4%) of the participants expected visit from family, but family did not visit them during the time they were imprisoned, 15(6.8%) of



the participants expected visit from wife, but wife did not visit them during the time they were imprisoned, 8(3.6 %) of the participants expected visit from children, but children did not visit them during the time they were imprisoned, 21(9.5%) of the participants expected visit from relatives, but relatives did not visit them during the time they were imprisoned, 47(21.4%) of the participants expected visit from friends, but friends did not visit them during the time they were imprisoned and 100(45.5) of the participants did not answer this question .

Table 10. Frequency of the participants' type of crime

Type of crime	n	%
Against object	64	29.1
Against person	61	27.7
Against society	95	43.2
Total	220	100

64(29.1%) of the participants' crime was against object (stealing, etc.) 61(27.7%) of the participants' crime was against person (rape, murder, etc.) and 95(43.2%) of the participants' crime was against society (terrorism, illegal drugs, etc.)

Table 11. Frequency of severity of the crimes

Severity of Crime	n	%
Mild	93	42.3
Severe	127	57.7
Total	220	100

93(42.3%) of the participants' crimes were mild (prisoners whose sentenced between 12-18 months) and 127(57.7%) of the participants' crimes were severe (prisoners sentenced between 19- 300 months)

Table 12. Frequency of the Participants' safe place to stay after release

Place to Stay	n	%
Yes	189	85.9
No	31	14.1
Total	220	100

189(85.9%) of the participants have safe place to stay after their release and 31(14.1%) of the participants have no safe place to stay after their release.

Table 13. Frequency of the participants' place to stay after release

Where are you going	n	%
Own house	134	60.9
Parents house	48	21.8
Relatives house	5	2.3
Friend's house	1	0.5
Other	1	0.5
Missing system	31	14.1
Total	220	100

134(60.9%) of the participants are going to stay at their own house, 48(21.8%) of the participants are going to stay at their parents' house, 5(2.3%) of the participants are going to stay at their relatives house, =1(0.5%) of the participants are going to stay at their friends house, 1(0.5%) of the participants are going to stay at other place and 31(14.1%) of the participants did not answer this question.

Table 14. Frequency of the participants' expectation after release

Expectation after release	n	%
No difficulty at all	94	42.7
Some difficulties	55	25
Several difficulty	71	32.3
Total	220	100

94(42.7%) of the participants expect to experience no difficulty at all while establishing their life again after their release, 55(25%) of the participants expect to experience some difficulties while establishing their life again after their release and 71(32.3%) of the participants expect to experience severe difficulties while establishing their life again after their release.

Table 15. Frequency of the participants' expecting assault from someone after release

Expecting Assault	n	%
Yes	74	33.6
No	146	66.4
Total	220	100

74(33.6%) of the participants expect an assault from someone who may harm them to get revenge after the release, and 146(66.4%) of the participants do not expect an assault from someone who may harm them to get revenge after the release

Table 16. Frequency of the participants having a job at once after release

Job to Start at once	n	%
Yes	127	57.7
No	93	42.3
Total	220	100

127(57.7%) of the participants have a job to start at once after the release and 93(42.3%) of the participants do not have a job to start at once after the release.

Table 17. Frequency of the participants believe to find job after release

Finding Job Easily	n	%
Yes	134	60.9
No	86	39.1
Total	220	100

134(60.9%) of the participants believe they can find job easily after release and 86(39.1%) of the participants do not believe they can find job easily after release.

Table 18. Frequency of job before imprisoned

Have a job	n	%
Unemployed	46	20.9
Employed (civil servant)	27	12.3
Employed (armed forces)	38	17.3
Employed (private sector)	109	49.5
Total	220	100

46(20.9%) of the participants were unemployed, 27(12.3%) of the participants were employed and worked to civil servant, 38(17.3%) of the participants were employed and worked in armed forces, and 109(49.5%) of the participants were employed and worked in private sector.

Table 19. The means of the age, number of persons within family and duration of sentence

	n	Mean	Minimum	Maximum	Std.deviation
Age	220	31.75	18	64	10.06
Number of family members	220	7.06	1	25	3.36
Duration of the sentence (month)	220	46.60	12	300	68.75

The mean age of the participants was 31.75 ± 10.6 (18-64).

The mean number of member within the family of the participants was 7.06 ± 3.36 (1-25).

The mean of duration of the sentence of the participants as month was 46.60 ± 68.75 (1-300).

Table 20. Correlation between mean score of BDI and age, duration of sentence and number of family members

	Age	Duration	Number of family
Duration	$r = 0.292^{**}$ $p = 0.000$		
Numbers of family	$r = -0.140^{*}$ $p = 0.038$	$r = 0.010$ $p = 0.880$	
Beck total	$r = 0.033$ $p = 0.625$	$r = 0.046$ $p = 0.500$	$r = 0.195$ $p = 0.004^{*}$

$P \leq 0.05^{*}$ $P < 0.001^{**}$

The relation between mean score of BDI and age, duration of the sentence and number of family was investigated with Pearson correlation analysis and mild positive correlation was found only with number of family ($r = 0.195$, $p = 0.004^{*}$)

Table 21. Comparison of BDI means scores of the participants according to employment status before imprisonment

BDI	Employed	Unemployed	t	df	p
BDI score	23.12 \pm 11.19 (n=174)	24.02 \pm 13.58 (n= 46)	0.464	218	0.643

When BDI mean scores of the participants were compared according to employment status with t-test analysis, no significant difference was found.

Table 22. Comparison of BDI means scores of the participants according to severity of the crime

BDI	Mild	Severe	T	Df	p
BDI score	22.92 \pm 11.67 n=93	23.59 \pm 11.76 n=127	-0.416	218	0.678

When BDI mean scores of the participants were compared according to severity of the crime with t-test analysis, no significant difference was found

Table 23 .Comparison of BDI means scores of the participants according to safe place to stay after release.

BDI	Yes	No	t	Df	p
BDI scores	22.76 \pm 11.78 n= 189	26.68 \pm 10.80 n= 31	-1.737	218	0.084

When BDI mean scores of the participants were compared according safe place to stay after release with t-test analysis, no significant difference was found

Table 24. Comparison of BDI means scores of the participants according to expectation of assault from someone after release.

BDI	Yes	No	t	Df	p
BDI scores	25.63± 12.0 n= 74	22.13±11.08 n= 146	2.115	218	0.036*

$P \leq 0.05^*$ $P < 0.001^{**}$

When BDI mean scores of the participants were compared according to whether they expect an assault from someone after release with t-test analysis, the participants who expected an assault had significantly higher BDI scores than the ones who do not expect an assault.

Table 25. Comparison of BDI means scores of the participants according to start job at once after release

BDI	Yes	No	t	Df	p
BDI scores	21.42± 10.89 n= 127	25.89± 12.32 n= 93	-2.847	218	0.005*

$P \leq 0.05^*$ $P < 0.001^{**}$

When BDI mean scores of the participants were compared according to starting job at once after release with t-test analysis, the participants who expected to start job at once had significantly lower BDI scores than the ones who did not.

Table 26. Comparison of BDI means scores of the participants according to expectation of finding a job easily

BDI	Yes	No	T	Df	p
BDI scores	22.16± 11.54 n= 134	25.10±11.79 n= 86	-1.833	218	0.068

When BDI mean scores of the participants were compared according to find a job easily with t-test analysis, no significant difference was found

Table 27. Comparison of mean scores of BDI among participants who are single, married and or divorced- dead

BDI scores	Single	Married	Divorced or spouse dead
BDI	23.26± 12.52 (n=94)	21.92±9.79 (n=108)	31.94±14.56 (n=18)

df=2 , f=5.920 , p=0.003*

When BDI mean scores of the participants were compared according to their marital status with one-way ANOVA, significant difference was found ($p=0.003$), when the differences between the groups were further analyzed by Tukey analysis, the participants who were divorced or lost their spouse had significantly higher BDI scores then the participants who were single ($p=0.010$) or married ($p= 0.002$)

Table 28 . Comparison of mean scores of BDI among participants according to their address before being imprisoned

BDI scores	Village	Town	City
BDI	23.39±11.29 (n=28)	24.03±11.26 (n=76)	22.82±12.15 (n=116)

df=2 , f= 0.243 , p= 0.748

When BDI mean scores of the participants were compared according to their address before being imprisoned with one-way ANOVA, no significant difference was found ($p=0.748$).

Table29. Comparison of mean scores of BDI among participants their educational background

BDI scores	Illiterate	Primary	Secondary	High school	University and above
BDI	24.89±12.61 (n=44)	25.20±11.81 (n=69)	20.76±11.06 (n=58)	23.03±10.78 (n=31)	20.89±11.81 (n=18)

df=4 , f= 1.552 , p= 0.188

When BDI mean scores of the participants were compared according to their educational background before being imprisoned with one-way ANOVA, no significant difference was found (p=0.748).

Table30. Comparison of mean scores of BDI among participants employment status before imprisoned

BDI scores	Unemployed	Emp(Civil servant)	Emp(armed forces)	Epm(private sector)
BDI	24.02±13.58 (n=46)	20.59±12.09 (n=27)	22.71±13.54 (n=38)	23.89±10.01 (n=109)

df=3 , f= 0.661 , p= 0.577

When BDI mean scores of the participants were compared according to their employment status before being imprisoned with one-way ANOVA, no significant difference was found (p=0.577)

Table 31. Comparison of mean scores of BDI among participants according to economic status

BDI scores	Very good	Good	Bad	Very bad
BDI	24.62±12.45 (n=13)	20.94±11.08 (n=110)	23.79±11.67 (n=52)	28.18±11.76 (n=45)

df=3 , f=4.380 , p= 0.005*

When BDI mean scores of the participants were compared according to their economic status with One-Way ANOVA, significant difference was found (p=0.005), when the difference between the groups was further analyzed by Tukey analysis, the participants

who were economic status were “very bad” had significantly higher BDI scores then the participants who had “good” economic status ($p= 0.002$) .

Table 32. Comparison of mean scores of BDI among participants’ according to family income per month

BDI scores	300,000-500,000 Iraqi dinars	600,000-800,000 Iraqi dinars	900,000-1,100,000 Iraqi dinars	More than
BDI	25.37±11.28 (n=134)	20.06±10.56 (n=52)	19.05±14.06 (n=22)	22.17±12.44 (n=12)

df=3 , f= 3.886 , p= 0.010*

When BDI mean scores of the participants were compared according to their family income per month with One-Way ANOVA, significant difference was found ($p=0.010$), when the difference between the groups was further analyzed by Tukey analysis, the participants who were family income was “300,000-500.000” had Significantly higher BDI scores then the participants with family income of “600.000-800.000”(p=0.026)

Table 33 .Comparison of mean scores of BDI among the participants according to who supported the participant the most

BDI score	Family	Relative	Friends	All	None of them
BDI	23.58±11.75 (n=149)	22.24±11.98 (n=45)	23.57±17.95 (n=7)	23.78±8.48 (n=18)	20.00±0.00 (n=1)

df=4 , f= 0.139 , p= 0.967

When BDI mean scores of the participants were compared according to who supported the participant the most with one-way ANOVA, no meaningful difference was found (p=0.967)

Table 34. Comparison of means scores of BDI among the participants according to who visited the participants the most

BDI score	Family	Relative	Friends	All	None of them
BDI	24.18±12.36 (n=127)	20.45±9.63 (n=20)	32.25±16.96 (n=4)	21.86±10.63 (n=66)	25.33±5.03 (n=3)

df= 4 , f= 1.341 , p=0.256

When BDI mean scores of the participants were compared according to who visited the participant the most with one-way ANOVA, no meaningful difference was found (p=0.256)

Table 35. Comparison of mean scores of BDI among the participants' according to type of crime

BDI scores	Against object	Against person	Against society
BDI	24.17±12.82 (n=64)	24.54±12.78 (n=61)	21.94±10.06 (n=95)

df= 2 , f= 1.167 , p=0.313

When BDI mean scores of the participants were compared according to type of crime with one-way ANOVA, no meaningful difference was found (p=0.313)

Table 36. Comparison of mean scores of BDI among the participants' according to expectation to find a job after release

BDI scores	No difficulty at all	Some difficulties	severe difficulties
BDI	20.74±11.11 (n=94)	23.60±12.59 (n=55)	26.48±11.09 (n=71)

df= 2 , f= 5.058 , p= 0.007

When BDI mean scores of the participants were compared according to expectation after release with One-Way ANOVA, significant difference was found (p=0.007), when the difference between the groups was further analyzed by Tukey analysis, the participants who expected to face severe difficulty to find a job after release had significantly higher BDI scores than the one who expected no difficulty at all (p=0.005)

4. DISCUSSION

The aim of this study was to find out the risk factors for depression among inmates who are to be released within 3 months period. The difference of this research in comparison with others is that, this study explores the psychological status of prisoners who were on the verge of being released. The participants knew they would be released and accordingly we assumed that their answers to research questions would be more accurate given that they soon will be freed; hence, more cooperative and honest in description of their imprisonment experience.

Majority (57.3 %) of the participants were either married or divorced. The research results indicated that those who have committed crimes were those who had already established family life, having wife and kids. One likely assumption for this factor is that those who have family burden such as providing for their family may be under more stress because of economic, social and financial burdens. A study by Karaca (2010) in Turkey had also found that, most of the inmates people were married. This research further indicates that those who live in urban areas (52.7%) forms majority of the inmates. About 27 years ago in Saddam Hussein's regime, about 4500 villages were destroyed and the survivors were forced to migrate to city centres also, at that time he killed 182,000 men Kurdish people (Mahmodalunda, 2006 , 19). Many people who left their villages for bigger cities might have come under stress and pressure in trying to adapt to inner-city life. The process facing various social and financial troubles might have eventually led to higher rates of crimes in cities.

The present study also, indicated that, 51.4% of inmates were illiterate or graduated only from primary school. Most of the participants were employment before their imprisonment. A research about factors that affect the quality of life of prison inmates on antiretroviral treatment in Spain found that, most of the inmates participants (53.1%) were illiterate or graduated only from primary school (Perez and other., 2006) so, the result of the study was the similar of the present study .

This research also indicates most of the inmates had a working career or were employed (79.1%) before being sent to prison. A study by (Abramzon and other, 2014, 50) about

employment and unemployment people in IKR was found that, the general percentage of unemployment in IKR was 7.4%. While that percentage was not low, so, the situation in IKR was better than most countries. For example, in 2012, the unemployment rate in Turkey reached 8.4%, and in Egypt in 2012 the rate of unemployment reached 12.6%. The researcher is of opinion this is down to factors such as high level of work-related stress and other social interaction issues with people along with easy access to guns and other means by which they could easily commit crime.

Also at this research it was found that majority of the inmates (84, 5%) economic and income per month was low, maybe that it is the best factor to crime because most of them had a job and less money achieved per month. A research by Armiya'u and other (2013) found that most of the inmates had low level of economic.

The inmates had been supported by their families (67.7%) and their relative (20.5%) the most. Support from the family and relatives, is a positive factor for the overall well-being of inmates through their imprisonment period. In the prison there is a system all prisoners could see their families or anyone two days in the week and on weekends. In north Iraq also known as IKR area, the appointment system for convicts to meet their relatives while in prison is as follows:

Two days in a week are designated for both genders to meet their family members and friends. Monday is for man and Thursdays is for women; the meeting times starts from 8 am to 1 pm. Every prisoner regardless of gender is entitled to be with his/her family during the arranged time for meetings.

The meeting is designed with the intention of family setting and gathering in order to make sure that both the prisoner and their family enjoy their time together as best as possible. Moreover, Tuesday of each week is designated for those prisoners who help the prison staff on daily basis to meet their visitors. At the meantime all convicts and prisoners waiting trials can arrange to meet anyone they wish to as needed and whenever. In addition, every other day all inmates have 10 minutes of calling time to talk to anyone they wish to, is further supported by prison system where by inmates family can visit on regular basis sometime weekly and other times monthly.

This study shows that prisoners were disappointed as they were not visited especially (21.4%) by their close friends. There may be various reasons, one of which is cultural meaning it is embarrassment to pay visit to those committed crime and also a close watch by the authorities as to who visits the inmates and how they know each other. The research also found the most severe crimes committed were against society as whole mainly because of Baath regime educational system which was based on selfishness and distrust to a point where people were washed of any sense of nationalism or patriotism but more towards individualism and self-interest. This trend was further reinforced after the USA and its alliances invasion leaving behind security, political, legal and social cohesion vacuum. All this factors contributed to huge looting, killings, kidnapping and the break of Iraqi social fabric resulting in huge surge in the rates of crime along with further hatred and distrust amongst people and their community members. Nonetheless, one positive aspect that is out this misery not merely for inmates but also for Iraqi public at large is that, the prisoners after their release had an optimistic view about their future. This was down to continues family support as well as the reforming programs such as training to lean more towards normal life and to become an active members for their community again. After release the inmates were also looking forwards to find job easily, this they said that's because they had jobs and work-related experiences before going to prison.

The mean age of the prisoners was 31.75 (18-64). A study by Rocheleau 2011 at Northeastern University was also found that, most of the inmates around 30-39 ages. This is in stark difference with predictable assumption that people at this age are more responsible social members. In addition, this age group inmates had large family members meaning big family had brought upon them social and financial pressure. Moreover, this study shows that age and imprisonment have a positive correlation at the rate of 0.292 while at the same time there is a negative correlation between age and number of family members while the depression itself has no relations with what age group the inmates are. In addition, there was no correlation and types of crimes and work, while at the same time a tranquil environment has to do with depression.

Other factors that related to depression is that the released inmates have constant fears of been targeted by those whom they have committed against, despite been punished.

The results show that the inmates who expect to start job at once after release (table 25), who have good economic status (table 31) and high income (table 32) had lower depression level. Better financial status seems to be protective factor from depression among inmates. A research by Ahmad (2014) found that, there is a negative relation between depression and economic status.

Depression level is found to be higher among the inmates divorced or lost their spouse (table 27). The research by Karakartal (2014) also found that, people who had been divorced had higher level of depression than other marital status. When the depression scores of the inmates were compared according to the place where they used to live before prison (table 28), their educational background (table 29) and employment status before imprisonment (table 30), no significant difference was found. Most of the inmates of the study were illiterate, they had a job before imprisonment and many of them were married.

The study also shows that the place of residence is not related or has not contributed to the level of depression. This research also concludes that those having better educational level suffer less depression in comparison to those who are illiterate. Also, it is indicated that there is no difference between those who were employed or unemployed in terms of depression level suffered. Moreover, there is a strong correlation between economic status and regular income when it comes to depression level. Finally, the result of the study indicated that, there was a negative correlation among financial status and depression.

5. CONCLUSION

In conclusion this research has found that depression level amongst inmates who are to be released within 3 months period in IKR is especially related to economic factors and family. Inmates who were divorced or widowed and those who had higher number of family members had higher depression level. Inmates who defined their economic status as very bad, who had low income per month had higher depression level. Expecting to find a job and start working at once after release was related with lower depression level. Type and severity of the crime was not related with depression level but expectation of assault after release related with the crime was related with increased depression level.

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APPENDIX**Demographic information form**

**Near East University- Cyprus
Graduate School of Social Sciences
General Psychology Master Program**

Dear Participant,

This questionnaire is prepared as a part of a research investigation of the “**FACTORS EFFECTING DEPRESSION LEVEL OF INMATES PRIOR TO THEIR RELEASE**”. Please choose the appropriate answer for you for each question. There is no wrong or true answer, because each question is about personal experience. I assure you that no one will see your answers except the researcher and the data will be used as a part of the large group of participants without mentioning their names. You are free to participate or withdraw from this study. Your participation is a valuable contribution for this scientific research .Please be careful and complete filling the questionnaire is important. Thank you for your contributions.

Thank you.....

Supervisor:

Assoc.Prof.Dr.Ebru Cakigi

Researcher:

Nihad Saeed Ibrahim

1. Age? (.....years)
2. Marital status?
 - a. Single
 - b. Married
 - c. Divorced
 - d. dead
3. Address before being imprisoned?
 - a. Village
 - b. Town
 - c. City
4. Level of education?
 - a. Illiterate
 - b. Primary
 - c. Secondary
 - d. High school
 - e. University and above
5. The job before being imprisoned?
 - a. Unemployed, if unemployed skip to question (7)
 - b. Employed
6. If you were employed, what was your job?
 - a. Civil servant
 - b. Armed forces
 - c. Private sector
7. Economic status?
 - a. Very good
 - b. Good
 - c. Bad
 - d. Very bad
8. How much is your family income for one month?
 - a. 300-500
 - b. 600- 800
 - c. 900 -1100
 - d. More
9. How many persons is your family consisted of? (.....persons)
10. During the time you were imprisoned, whom do you believe gave you enough support? (you can mark more than one answer)
 - a. Family
 - b. Relatives
 - c. Friends
 - d. All
 - e. None of them
11. During the time you were imprisoned, who visited you? (you can mark more than one answer)
 - a. Family
 - b. Relatives
 - c. Friends
 - d. All
 - e. None of them.
12. During the time you were imprisoned, whom did you expect to visit you but did not?
.....
13. Type of crime?
14. Duration of the sentence (punishment)?
15. After the release do you have a safe place to stay?
 - a. Yes
 - b. No
 , if your answer is No skip to question number 17

16. If your answer is yes where are you going to stay?

- a. Own house b. Parents house c. Relatives house
d. Friend house e. Other (please mention.....)

17. After the release how much difficulty do you expect to experience while you establish your life again?

- a. No difficulty at all b. Some difficulties c. severe difficulties

18. After the release do you expect any assault from someone who may harm you to get revenge related with your crime?

- a. Yes b. No

19. After the release do you have a job to start working at once?

- a. Yes b. No

20. After the release do you believe you can find a job easily?

- a. Yes b. No

Demographic information form

زانكۆى نىيەر ئىست - قوبرس
كۆلىزى زانستە مروفايەتتەكان
دەروونزانى گشتى / خويندنى ماستەر

بەشداربووى بەرپىز.....

ئەم پىومەرى لە بەر دەستت دايە بەشكە لە پىومەرى تويژىنەوەى (فاكتەرە كارىگەرىيەكانى خەمۇكى بۇ سزادراوان ئەوانەى لە سەروپەندى ئازادگردندان) سە. تەكايە بۇ ھەر پرسىيارىك ئەو وەلامە ھەلپىزە كە پىتوايە لە گەل تۇدا دەگونجىت. لىرەدا وەلامى راست و ھەلە بۇ ھىچ بەرگەيەك نىيە، بەلكو ھەر بەرگەيەك گوزارشت لە گەشتىكى دەروونى كەسك دەكات. دلنات دەكەمەو كە ھىچ كەسك وەلامەكان نابىنىت جگە لە تويژەر و ئەم ھۆرمە دابەش دەكرىت بە سەر كۆمەلەك لە بەشداربووان بى ئەوەى ھىچ كام ناوەكانيان بنووسن. تۆ ئازادى لە بەشدارى كردن يان ئەكردنى ئەم تويژىنەوەيە. بەشدارى كردنت نرخ و بەھايەك دەبەخشىت بەم تويژىنەوە زانستىيە، وورىابە وەلامدانەوەى گشت بەرگەكان گرینگە بۇ ئەم تويژىنەوەيە. سوپاس بۇ بەشدارى كردنت

زۆر سوپاس بۇ ھاوكارى كردنت....

تويژەر

نېھاد سەعید ئىبراھىم

سەرپەرشتىار

پ.ى. د. ئىبرۆ چاگجى

1. تەمەن؟ سال
2. بارى كۆمەلەيتى؟ سەلت خىزاندار ج. جىبابوۋە د. ژن مردوو
3. شوئىنى نىشتەجى بوۋنى پىش دەستگىر كردنت؟ لادى ب. شارۋچكە ج. شار
4. ئاستى خويىندەۋارى؟ نه خويىندەۋار ب. سەرەتايى ج. ناۋەندى د. ئامادەيى ه. زانكۆي و سەرۋوي زانكۆ
5. پىشەي بەر لە دەستگىر كردنت؟ بىكار ئەگەر بىكارىت برۆ بۇ پىرسىارى (7) ب. كرىكار
6. ئەگەر كرىكار بوۋيىت، جۆرى كارەكەت جى بوو؟ ئەفرمانبەرى مىرى ب. چەكدار ج. كاسىكار
7. بارى ئابوۋرى؟ زۇرباش ب. باش ج. خراپ د. زۆر خراپ
8. داھاتى مانگانەي خانەۋادەكەت چەند بوو؟ 500-300 ب. 800-600 ج. 1100-900 د. زياتر
9. خىزانەكەت لە چەند نەفەر پىك ھاتوۋە؟ نەفەر
10. لەم كاتەي كە سزادراۋىت ، بە پرواى تۆ كى بە تەۋاۋەتى پىشگىرى كردوۋىت؟ خىزانەكەم ب. خزم و كەسەكانم ج. ھاورىكانم د. گىشتيان ه. ھىچ كاميان
11. لەو كاتەي كە تۆ سزادراۋىت ، كى سەردانى كردوۋىت؟ دەتوانى زياتر لە ۋەلامىك ھەلبىزىرىت. ب. خزم و كەسەكانم ج. ھاورىكانم د. گىشتيان ه. ھىچ كاميان
12. لەو كاتەۋەي كە سزادراۋىت ، چاۋەروانى كىت دەكرد كە سەردانت بكت بەلام نەھات؟ 13. جۆرى تاۋانەكەت؟ 14. ماۋەي سزاكەت؟ 15. دواى ئازادبوۋىت ، شوئىكى گونجاۋ ھەيە بۇ مانەۋە؟ ب. نەخىر ئەگەر ۋەلامەكەت نەخىر بوو برۆ بۇ پىرسىارى (17)

16. نه گهر ولامه کهت بهلی بوو ، نهو شوینه کوپیه که دته ویت تیايدا بږیت؟
 ا. مالی خوم

ب. مالی باوانم
 ج. مالی خرم و کهسه کانم
 د. مالی هاوریکانم

ه. نهوانی تر ا تکایه روونی بکهره وه

17. دواي نازادبوونت ، تا چند ناسته نگ ده بینیت که جاريکی تر ده ست به زيانی ناسايی بکته وه ؟

ا. هيچ ناسته نگ نايينم
 ب. هه نديک ناسته نگ هه ن
 ج. زور ناسته نگ

هه ن

18. دواي نازادبوونت ، تو له و بروايه دايت که که سيک هه بيت نازارت پی بگه بينيت به هو ي تاوانه که ته وه ؟ ا. به لي

ب. نه خير

19. دواي نازادبوونت ، هيچ کاريکت هه يه که جاريکی تر ده ستی پی بکته وه ؟
 ا. به لي
 ب. نه خير

20. دواي نازادبوونت ، ده توانی به ناسانی کار بدو زيته وه ؟
 ا. به لي
 ب. نه خير

Beck Depression inventory

1. Sadness

- 0. I do not feel sad.
- 1. I feel sad
- 2. I am sad all the time and I can't snap out of it.
- 3. I am so sad and unhappy that I can't stand it.

2. Pessimism

- 0. I am not particularly discouraged about the future.
- 1. I feel discouraged about the future.
- 2. I feel I have nothing to look forward to.
- 3. I feel the future is hopeless and that things cannot improve.

3. Past failure

- 0. I do not feel like a failure.
- 1. I feel I have failed more than the average person.
- 2. As I look back on my life, all I can see is a lot of failures.
- 3. I feel I am a complete failure as a person.

4. Loss of pleasure

- 0. I get as much satisfaction out of things as I used to.
- 1. I don't enjoy things the way I used to.
- 2. I don't get real satisfaction out of anything anymore.
- 3. I am dissatisfied or bored with everything.

5. Guilty feeling

- 0. I don't feel particularly guilty
- 1. I feel guilty a good part of the time.
- 2. I feel quite guilty most of the time.
- 3. I feel guilty all of the time.

6. Punishment

- 0. I don't feel I am being punished.
- 1. I feel I may be punished.
- 2. I expect to be punished.
- 3. I feel I am being punished.

7. Self- dislike

- 0. I don't feel disappointed in myself.
- 1. I am disappointed in myself.
- 2. I am disgusted with myself.
- 3. I hate myself.

8. Self-criticalness

- 0. I don't feel I am any worse than anybody else.
- 1. I am critical of myself for my weaknesses or mistakes.
- 2. I blame myself all the time for my faults.
- 3. I blame myself for everything bad that happens.

9. Suicidal thoughts or wishes

- 0. I don't have any thoughts of killing myself.
- 1. I have thoughts of killing myself, but I would not carry them out.
- 2. I would like to kill myself.
- 3. I would kill myself if I had the chance.

10. Crying

- 0. I don't cry any more than usual.
- 1. I cry more now than I used to.
- 2. I cry all the time now.
- 3. I used to be able to cry, but now I can't cry even though I want to.

11. Agitation

- 0. I am no more irritated by things than I ever was.
- 1. I am slightly more irritated now than usual.
- 2. I am quite annoyed or irritated a good deal of the time.
- 3. I feel irritated all the time.

12. Loss of interest

- 0. I have not lost interest in other people.
- 1. I am less interested in other people than I used to be.
- 2. I have lost most of my interest in other people.
- 3. I have lost all of my interest in other people.

13. Indecisiveness

- 0. I make decisions about as well as I ever could.
- 1. I put off making decisions more than I used to.
- 2. I have greater difficulty in making decisions more than I used to.
- 3. I can't make decisions at all anymore.

14. Worthlessness

- 0. I don't feel that I look any worse than I used to.
- 1. I am worried that I am looking old or unattractive.
- 2. I feel there are permanent changes in my appearance that make me look unattractive
- 3. I believe that I look ugly.

15. Loss of energy

- 0. I can work about as well as before.
- 1. It takes an extra effort to get started at doing something.
- 2. I have to push myself very hard to do anything.
- 3. I can't do any work at all.

16. Changes in sleeping pattern

- 0. I can sleep as well as usual.
- 1. I don't sleep as well as I used to.
- 2. I wake up 1-2 hours earlier than usual and find it hard to get back to sleep.
- 3. I wake up several hours earlier than I used to and cannot get back to sleep.

17. Irritability

- 0. I don't get more tired than usual.
- 1. I get tired more easily than I used to.
- 2. I get tired from doing almost anything.
- 3. I am too tired to do anything.

18. Changes in appetite

- 0. My appetite is no worse than usual.
- 1. My appetite is not as good as it used to be.
- 2. My appetite is much worse now.
- 3. I have no appetite at all anymore.

19. Concentration difficulty

- 0. I haven't lost much weight, if any, lately.
- 1. I have lost more than five pounds.
- 2. I have lost more than ten pounds.
- 3. I have lost more than fifteen pounds.

20. Tiredness or fatigue

- 0. I am no more worried about my health than usual.
- 1. I am worried about physical problems like aches, pains, upset stomach, or constipation.
- 2. I am very worried about physical problems and it's hard to think of much else.
- 3. I am so worried about my physical problems that I cannot think of anything else.

21. Loss of interest in sex

- 0. I have not noticed any recent change in my interest in sex.
- 1. I am less interested in sex than I used to be.
- 2. I have almost no interest in sex.
- 3. I have lost interest in sex completely.

0 من هست به خمباری ناکم

- 1 من زۆربەى كات ھەست بە خەمبارى دەكم
- 2 من ھەموو كات ھەست بە خەمبارى دەكم
- 3 من نەوئەدە خەمبار و ناشام كە بەرگەى ناگرم

0 من بهرامبر داھانووم یی وورہنیم.

1. مەن بەرامبەر داھاتووم زۆر بۆلۈشۈم ئەپتۇر
2. مەن پېشېنى ناكەم شۇم بۆ جېنەجى بېت
3. مەن ھەست دەكەم داھاتووم جىنى نانومىدىيە و نەنھا بەرە خراپىر دەجىت

0 من هه‌ست ناکه‌م شکست خوارد و ووم

- 1 من تووشی شکست بوم زیاد لهومی که دهباویه تووشبیم
- 2 که دهباونه باردوو زور شکست دهبینم
- 3 من هست دهکهم وه که سیک به تهاوای بریتیم له شکست

0 من وهك بيشتر چيز دهينم له وشنانهى كه به نه جامدانان چيزم دهيني

1. من وهك پيشتر چيڙ نابينم لهوشانه ۍ كه چيڙم ليده بينين
2. من زور كه ځيڙ له وشانه دوه بينم كه پيشتر چيڙم ليده بينين
3. ناتوانم هيڅ چيڙك له وشانه بينم، كه پيشتر چيڙم ليده بينين.

0 من ههست به تاوانباریه کی دباریکراو ناکم

- 1 من هست به تاوانباری دهکم بهرامبر زوشت که کردو من یان دبوو بمکردنایه
- 2 من زو بهی کات هست دهکم تم و او تاوانبارم
- 3 من هموو کاتیگ هست به تاوانباری دهکم

6- ھەستى سزا دراۋى

- 0 مەن ھەستى ناكەم كە سزا دراۋىم
- 1 مەن ھەستى دەكەم پەنگە سزا بىرىم
- 2 مەن پېشىبېنى دەكەم سزا بىرىم
- 3 مەن ھەستى دەكەم سزا دراۋىم

7- پىق لەخۇبۇنەپە

- 0 مەن ھەستىم بەرامبەر خۇم ھەر ۋەك پېشىتر ۋاپە
- 1 مەن مەنجانەم بەخۇم لەدەست داۋە
- 2 مەن بەرامبەر بەخۇم ئاتۇمىدىم
- 3 مەن پىق لە خۇمە

8- پەخنە لە خۇگىرتىن

- 0 مەن لەبارى ناسايى زىياتر پەخنە لە خۇم ناكىرم يان لۆمەنى خۇم ناكەم
- 1 مەن لە جاران زىياتر پەخنە لە خۇم دەگىرم
- 2 مەن لەسەر ھەمىۋو ھەلەكانىم پەخنە لە خۇم دەگىرم
- 3 مەن لەسەر پوۋدانى ھەرىشتىكى خراپ لۆمەنى خۇم دەكەم

9- بېرى خۇكەشتىن يان ئارەزوۋى خۇكەشتىن

- 0 مەن ھېچ بېرۈكەيەكى خۇكەشتىنم نېيە
- 1 مەن بېرۈكەيە خۇكەشتىنم ھەيە، بەلۇم، ۋەھا نېيە جېيەجېيى بىكەم
- 2 مەن دەزدەكەم خۇم بىكۈژم
- 3 مەن خۇم دەكۈژم نەگەر ھەلم بۇ بىرەخسېت

10- گىربان

- 0 مەن ھېچ زىياتر لە جاران ناكىرىم
- 1 مەن زىياتر لە جاران دەگىرىم
- 2 مەن بۇ ھەر شىتېك بچۇكىش بېت دەگىرىم
- 3 مەن ھەستى دەكەم دەسەۋېت بىگىرىم، بەلۇم ئاتوانم

0 מן כלי המלחמה וזו ו' נותרו
1 מן המלחמה וזו ו' נותרו
2 מן המלחמה וזו ו' נותרו
3 מן המלחמה וזו ו' נותרו

15 - 15

3. התאחדות העובדים – ארגון העובדים הראשון שהוקם, שייך למפלגת הפועל.
 4. התאחדות העובדים – ארגון העובדים הראשון שהוקם, שייך למפלגת הפועל.
 5. התאחדות העובדים – ארגון העובדים הראשון שהוקם, שייך למפלגת הפועל.
 6. התאחדות העובדים – ארגון העובדים הראשון שהוקם, שייך למפלגת הפועל.
 7. התאחדות העובדים – ארגון העובדים הראשון שהוקם, שייך למפלגת הפועל.
 8. התאחדות העובדים – ארגון העובדים הראשון שהוקם, שייך למפלגת הפועל.
 9. התאחדות העובדים – ארגון העובדים הראשון שהוקם, שייך למפלגת הפועל.
 10. התאחדות העובדים – ארגון העובדים הראשון שהוקם, שייך למפלגת הפועל.

14-11111

0. אברהם אבינו
1. יצחק אבינו
2. יעקב אבינו
3. יוסף אבינו

13-111

፩ ክፍል ስለሚገኝ ስለሚታይ ስለሚታይ ስለሚታይ
 ፪ ስለሚታይ ስለሚታይ ስለሚታይ ስለሚታይ ስለሚታይ
 ፫ ስለሚታይ ስለሚታይ ስለሚታይ ስለሚታይ ስለሚታይ
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12-12

3. Երբ օրինակում կա օրինակ, ապա օրինակը կ'ընթերցվի
 2. Երբ օրինակում կա օրինակ, ապա օրինակը կ'ընթերցվի
 1. Երբ օրինակում կա օրինակ, ապա օրինակը կ'ընթերցվի
 0. Երբ օրինակում կա օրինակ, ապա օրինակը կ'ընթերցվի

۱۱-۱۲

20- ماندویتی بیا شهکەتی

- 0 مە لە باری ناسایی زیاتر شهکەت و ماندوئیم
- 1 مە لە باری ناسایی ناسانتر شهکەت و ماندو دەبم
- 2 مە شهکەت و ماندو ترم لەوەی زۆر شت بکەم کە پێشتر دەمکرد
- 3 مە زۆر شهکەت و ماندوترم لەوەی کە زۆربەیی نوو شتانه بکەم کە پێشتر دەمکرد.

21- لە دەستدانی نارهزووی سیکسی

- 0 مە بەم دوایانە تێبینی هیچ گۆڕانێکم لە نارهزووی سیکسیمدا نەکردووە
- 1 مە نارهزووی سیکسیم لە پێشتر کەمترە
- 2 مە نێشنا نارهزووی سیکسیم زۆر کەمه
- 3 مە بەتەواوەتی نارهزووی سیکسیم لە دەست داووە

□

□

□

Application letter of the author to ministry of labor and social affair to conduct the research at the prisons

بەريز بەريو بەري گشتى چاكسازى كۆمەلەيتى

بابەت/رەزىمەندى

تەكايە رەزىمەندىتەن بىر مەمۇرىي بەريگە يېزىم بە مەمۇرىي نە نەجىمەندى تەييارىنى ماستەر بە ناوئىشانى (ھەندىك گىرەتتى دەرونى لاي سزادراوان ئەوانەى ئە سەروىەندى نازادگەردىيان دان) كە فەرمانبەرم ئە بەريو بەريە تەيەكەتەن ئىستە قوتابىم ئە زانگۇى (near east university) قېرىس بەشى توركيا . كۆمەلگەى تەييارىنى ۋەكەم بىرىتىن ئە ھەرسى چاكسازى گەورانى ھەرىمى كوردستان .

ئەگەل رىزەدە....

داۋاكار
قوتابى ماسلەر
نېھاد سەيد ابراهيم
۲۰۱۱/۹/۴

۷۸
۷۹
۷۹
۷۹

Permission letter of ministry of labor and social affair for this research to be conducted at the prisons

<p>هه‌وێسی کوردستان - عێراق له‌نجومه‌نی وه‌زیران زاره‌تی کار و کاروباری کۆمه‌ڵایه‌تی به‌ڕێوه‌به‌رایه‌تی گشتی چاکسازی کۆمه‌ڵایه‌تی پلان</p>	 <p>Council of Ministers Ministry of labor & Social Affairs General Directorate of social Reformatory</p>	<p>أقليم كوردستان - العراق مجلس الوزراء وزارة العمل والشؤون الاجتماعية المديرية العامة للإصلاح الاجتماعي التخطيط</p>
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ماره : ١٠ / ٢٠١٤

هوت : ٢٧ / ٩ / ٢٠١٤

بۆ / به‌ڕێوه‌به‌رایه‌تییه‌کانی چاکسازی گه‌وران / هه‌ولێر - سلێمانی - ده‌هۆک

بابه‌ت / هاوکاری

سه‌باره‌ت به‌ سه‌ردانی کردنی خوێندکار (نیهاد سعید ابراهیم) که خوێندکاری ماسته‌ره له به‌شی ده‌روونناسی / زانکۆی (Near East University) ئێمه لاریمان نیه له سه‌ردانه‌که‌ی به مه‌یه‌ستی کۆکردنه‌وه‌ی زانیاری بۆ توێژینه‌وه‌ی ماسته‌ره‌که‌ی که به ناوێشیانی (هه‌ندیک گه‌رفتی ده‌روونی لای سزادراوان نه‌وانه‌ی له سه‌رویه‌ندی ئازادکردنیان دان) ه ، به په‌یوه‌وکردنی یاسا و رێنماییه‌کانی چاکسازی هاوکاری بکه‌ن .

له‌ گه‌ل رێژدا ...

احمد نجم الدين احمد
 به‌ڕێوه‌به‌ری گشتی
 ٢٠١٤/٩/٤

پێکه‌یه‌ک بۆ :

- کارگیری
- پلان له‌گه‌ل به‌رایه‌یه‌کان
- دۆسیه‌ی گشتی

تێلڤۆن : ٠٦٦٢٥١٩٦٢٤ & ٠٦٦٢٢٢٨٧٥٩٠

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