

ROCK

★ Working to Extend Democracy to All ★

★ Volume 2, Number 3 ★

★ March 2013 ★

TO: THE CALIFORNIA STATE LEGISLATURE

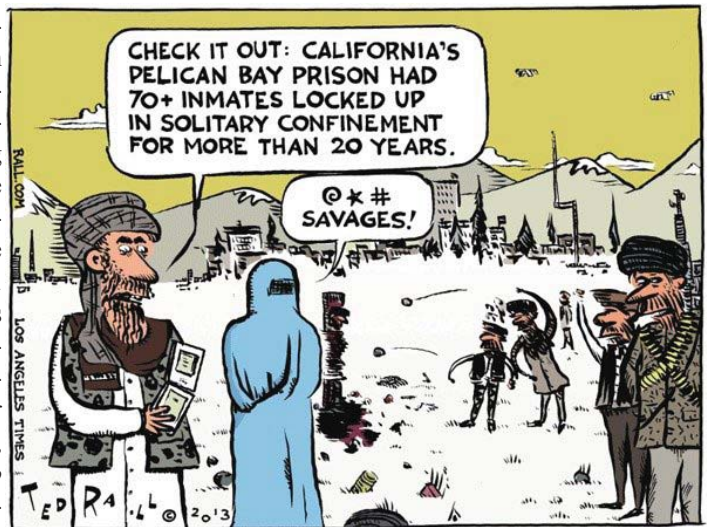
Dear California State Legislature:

Because you have the full authority to amend, repeal and make new state law, We, the PBSP-SHU Short-Corridor Representatives, respectfully request on behalf of all CDCR prisoners, male and female, that you please:

1. Amend California Penal Code sections 2600 and 2601, to *restore* the original “Inmate Bill of Rights” that was signed and enacted into law by the present Governor Jerry Brown in 1976. The Bill of Rights, for example, stated that CDCR prisoners, and thus their extended family members, were guaranteed rights to receive personal visits, subject only to such restrictions as were necessary for the reasonable security of the institution [see former *Id.* section 2601(d)].
2. Amend California Penal Code, section 2933.6, so that all SHU and Ad. Seg [D-

status] CDCR prisoners can *again* earn and receive one-third [1/3] good-behavior credit earning off their sentence for remaining disciplinary free while in SHU or Ad. Seg. Because, as it stands right now, these prisoners receive absolutely *zero* credit for this good behavior, which provides *zero* incentive whatsoever for them to remain

disciplinary free while in there. Also, under this current law, one who is validated as either a gang member or associate (which the majority of new and old CDCR prisoners will be labeled as being under the CDCR’s new “Security Threat Group” and “Step-Down Program” proposals, as stated at the beginning of our demands) who has no rule violation reports and remains disciplinary free, who for example has a “release date” [not a life term], those prisoners will be forced to complete their entire prison sentence in the SHU and then be released *straight* from SHU back to the free world pretty angry that he or she did not have their prison sentence reduced for their good behavior. So, we ask you, why should a CDCR prisoner even bother remaining disciplinary free? Especially if he or she will *still* be released at the end of their prison sentence, whether they remain disciplinary free or not? Therefore, amending the “original” law to remove the 1/3 good behavior credit earning so



D-status CDCR prisoners can no longer reduce their prison sentence was a grave error. Because, if you look back at the “original” bill and reasons for giving 1/3 credit for good behavior, you will discover that it was given as a “prison security” reason, so that CDCR prisoners will have a reason/incentive to remain disciplinary free, even while on D-status. We SHU Reps are life-term prisoners, so we are asking that this law be re-amended/repealed for all those who do have a release date, and who under CDCR’s new proposals will end up doing their entire sentence in SHU with no incentive to remain disciplinary free while in SHU or in Ad. Seg. Thus, not re-amending/repealing it is in itself a security threat not only for those prisoners and prison staff in SHU/Ad. Seg, but also to society as a whole when these prisoners are released back into the free world.

3. Amend California Penal Code, section 5006, relating to our “Inmate Welfare Fund” [IWF], so that it is used, for example, to purchase all the needed exercise/

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recreation and entertainment equipment, etc. [see attached demands at orders (26) through (28)]. This way, prisons cannot continue to play delay games with these monies as they have been doing with the monies set aside for that purpose from the CDCR budget. In addition, the IWF belongs to all CDCR prisoners. It was created to reimburse services to prisoners, including their training and education and to underwrite the prison canteens. Prisoners who are taxed for that purpose by the CDCR on purchases and the like have paid every penny themselves that goes into the IWF. Those monies are *not* court-ordered restitution funds, nor do they belong to CDCR—even though they act like it does. Again, the IWF belongs to all CDCR prisoners so the prisoners and their prisoner-representatives in every CDCR prison [GP, Ad. Seg/SHU, etc.] should also have a say how it should be spent at the institutional level. Therefore, when the issue is over *our* IWF, the legislature should write and pass bills that are written in clear plain language on issues like the ones we CDCR prisoners are requesting here so that *our* monies can be spent on our immediate needs and benefit. And so CDCR officials cannot continue to twist vague language into something else, like they have been doing for decades now.

- and
4. Amend California Penal Code section 2085.5, where the “restitution fines” that CDCR prisoners have to pay into the Restitution Funds be reduced to a reasonable level from 55% to 33% that a prisoner has to pay on all *incoming* monies. we request this of the legislature for the simple fact that CDCR no longer provides enough prison paying jobs. Where prisoners themselves used to pay 100% of their restitution, now, instead, their loved ones—not the prisoners—are the ones paying the 100% price whenever they send in any monies to their imprisoned love ones. All these loved ones are also free citizens, tax-payers and voters.

Thank you very much for considering our requests. ●

Respectfully submitted (1-13-2013),

Todd Ashker, C-58191, Sitawa Nantambu Jamaa (Dewberry), C-35671, Arturo Castellanos, C-17275, Antonio Guillen, P-81948, The PBSP-SHU-Prisoner-Short-Corridor-Representatives

EDITORIAL 2-3

The January issue of *Rock* was censored at Pelican Bay because of an article that started on page four and ended on page seven. The title of the article was “PBSP - SHU, Short Corridor Representatives Responsive Opposition to CDCR’s October 11, 2012 STG Pilot Program”, and was written on December 3rd. In this issue I am being extra careful not to print anything that may raise the ire of Pelican Bay’s censorship police.

Again, victims of the thought police should file 602s and go through the entire administrative appeal process. The censorship issue is getting out of hand. The warden did not respond to my administrative appeal, 602s are being “lost” until the appeal window has closed, etc.

The arrogance of your captors is appalling. All of this will and more be separate counts on our lawsuit. I am working with prisoners in drafting a Title 42, Sec. 1983 civil rights complaint in the Western District of Washington (it will probably be transferred to the Northern District of California). I plan to pay the filing fee of \$350. If any of you have extra money you can contribute toward this it will be a help. Send the money to me with a note that it is toward the filing fee, not the newsletter.

I’ve just learned that the February issue of *Rock* was also censored as a threat to the security and order of the prison. Of course, once again, the newsletter was only banned at Pelican Bay. Also censored from PBSP was the January issue of the *S.F. Bayview* newspaper and the latest *PHSS News*. I am in touch with Mary, the editor of the *Bayview*, and with some of the folks at *PHSS News*, regarding a community response to this heavy-handed government suppression of our right to communicate.

The lawsuit mentioned above presently only challenges the censorship of the November issue of *Rock*, but may be amended to include other issues of the newsletter and perhaps even other publications.

The bottom line is this, in an effort to preclude the possibility of this issue being censored by your captors I have removed, gutted even, the very best of the newsletter’s content, including important articles containing news you can use, as well as the entire section of letters from subscribers (many of which addressed the ongoing inter-racial celling discussion and other important issues). Lastly, I apologize for sending out this watered version of *Rock*. ●

PRISON STUDIES OF SOLITARY CONFINEMENT:

A bibliography of research on psychological effects of social isolation, pre-trial isolation and supermax conditions

Are Haram Klykken, University of Tromsø

This is a bibliography of the psychological effects of solitary confinement, limited to studies based on samples of prison populations. Case studies, animal studies, autobiographies, and studies on volunteers are not included. After an extensive search of a range of research literature databases, 39 articles were found. The following are the results of 20 of these studies.

Questionnaire studies

Andersen et al. (2000) conducted a longitudinal study on Danish remand prisoner in solitary confinement (n = 133) and non-solitary confinement (n = 95). The method of assessment included questionnaires and clinical interviews. Results showed that incidence of psychiatric disorders was significantly higher in prisoners in solitary confinement. The most common disorder was adjustment disorder, followed by depression.

O’Keefe, Klebe, Stucker, Sturm, and Leggett (2010) studied prisoners in solitary confinement (n = 127) compared to prisoners in the general prison population (n = 76) and prisoners sent to a psychiatric care facility (n = 67). The method of assessment included questionnaires and clinical interviews. Results showed that mentally ill prisoners in solitary confinement improved slightly over time, while prisoners without mental illness did not change.

Zinger, Wichmann, and Andrews (2001) conducted a longitudinal study of prisoners in administrative segregation (n = 83) and prisoners from the general prison population (n = 53). The method of assessment included questionnaires and clinical interviews. Results showed no evidence for deterioration of the psychological health of segregated prisoners.

Gamman (1995) studied Norwegian remand prisoners in solitary confinement (n = 27) and non-solitary confinement (n = 27). Results showed that prisoners in solitary confinement experienced more sleep problems, concentration problems, prob-

lems with their circadian rhythm, anxiety symptoms, depressive symptoms, and pains. The study also found that treatment of depressive symptoms was ineffective during isolation.

Miller (1994) studied prisoners in administrative detention (n = 10), disciplinary segregation (n = 10), and the general prison population (n = 10). Results showed a positive correlation between level of restriction and level of psychological distress.

Miller and Young (1997), in a follow-up study of Miller (1994), studied prisoners in administrative detention (n = 10), disciplinary segregation (n = 10), and the general prison population (n = 10). Results showed a positive correlation between level of restriction and level of psychological distress, which replicated the previous study.

Suedfeld, Ramirez, Deaton, and Baker-Brown (1982) studied prisoners (n = 78) who had experienced solitary confinement and prisoners who had not experienced solitary confinement. The method of assessment included questionnaires and clinical interviews. Results showed no significant difference between the two groups.

Clinical interviews

Lovell (2008) studied prisoners in solitary confinement (n = 87). The method of assessment was clinical interviews and review of medical records. Results showed that 45% of prisoners in solitary confinement suffered from serious mental illness, marked psychological symptoms, psychological breakdowns, or brain damage.

Andersen, Sestoft, Lillebæk, Gabrielsen, and Hemmingsen (2003) conducted a longitudinal study on remand prisoners in solitary confinement (n = 133) and non-solitary confinement (n = 95). Results showed that the non-solitary confinement group had decreasing scores of psychopathology and improved functioning over time, while

the solitary confinement group remained unchanged. After transferral from solitary confinement to non-solitary confinement, scores on psychopathology were reduced. According to the authors, this indicates that the conditions in solitary confinement are distressing, and that the psychopathological symptoms are, at least partially, temporary.

Cloyes, Lovell, Allen, & Rhodes (2006) studied prisoners in solitary confinement (n = 87). Results showed that 22% of inmates in solitary confinement had a marked or severe degree of distress. This does not necessarily indicate serious mental illness, but rather what the authors describe as psychosocial impairment.

Hodgins and Côté (1991) studied prisoners in two types of solitary confinement units (n1 = 41, n2 = 32). Results show that severe mental disorders are more prevalent in solitary confinement prisoners. However, most of the mentally ill prisoners suffered from mental illness before they were sentenced to the penitentiary.

Coid et al. (2003a) studied prisoners from England and Wales in two stages (n1 = 3,141, n2 = 496). Results showed that prisoners with mental illness did not have a higher likelihood of being sent to solitary confinement than other prisoners.

Medical and prison records

O'Keefe (2007) studied prisoners with mental illness in administrative segregation (n = 443), prisoners with mental illness in the general prison population (n = 3,802), prisoners without mental illness in administrative segregation (n = 766), and prisoners without mental illness in the general prison population (n = 12,382). Results show that mental illness is both more prevalent and more severe in solitary confinement.

Sestoft (1998) studied Danish prisoners in solitary confinement (n = 152) and non-solitary confinement (n = 193). Results

showed that the incidence of psychiatric problems is higher in solitary confinement. The risk of getting psychiatric problems also increased with time spent in solitary confinement.

Lanes (2009) studied prisoners categorized with self-injurious behavior (n = 132)

compared to prisoners without self-injurious behavior (n = 132). Results showed that prisoners with self-injurious behavior, and that were being treated for mental disorder, had drastically reduced time between episodes of self-harm after being placed in solitary confinement.

Lovell, Johnson, and Cain (2007) studied prisoners (n = 200) in supermax prisons compared to a control group (n = 6,453) in Washington State. Results showed a significantly higher recidivism rate in prisoners released directly from supermax, compared to other prisoners. No significant relationship was found between time spent in supermax and recidivism.

Smith (2008) conducted an archival study on prisoners from a Pennsylvania-model prison and an Auburn-model prison in the period of 1878 – 1915. Results showed that one third of the prisoners were negatively affected by solitary confinement. Of mental health problems, what was described as “insanity” was the most common. The most common physical symptoms were lethargy and dyspeptic problems.

Mears and Bales (2009) studied prisoners from Florida in solitary confinement (n = 1,241) and matched prisoners from the general population (n = 1,241). Results showed that recidivism associated with solitary confinement prisoners is more often related to violent crimes. No relationship was found between time spent in solitary confinement and recidivism, as well as between direct release from solitary confinement and recidivism.

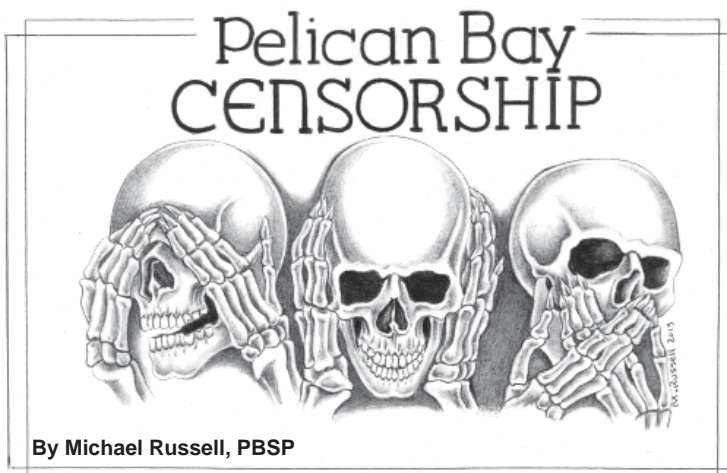
Psychophysiological studies

Ecclestone, Gendreau, and Knox (1974) studied prisoners in solitary confinement (n = 8) and prisoners from the general prison population (n = 8). The method of assessment was measurement of adrenocortical activity. Results showed that there was no significant difference in stress levels between the two groups.

Gendreau, Freedman, Wilde, and Scott (1972) studied prisoners in solitary confinement (n = 10) and prisoners from the general prison population (n = 10). The method of assessment was EEG measurement. Results showed that the prisoners in solitary confinement had reduced EEG frequencies, while the other group's EEG frequencies remained stable.

Conclusion

Thus, of the 20 studies summarized here, 15 studies found solitary confinement to



be detrimental, four studies had neutral results, and one study found it to be beneficial.

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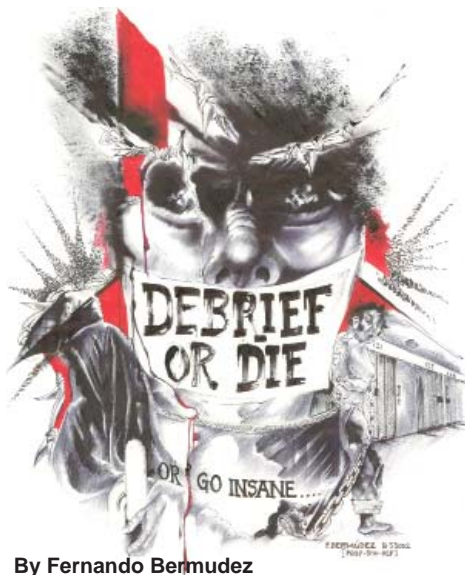
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NY STATE BAR ASSOCIATION CALLS FOR RESTRICTIONS ON USE OF LONG-TERM SOLITARY CONFINEMENT

Citing strong evidence that demonstrates long-term negative impacts of housing inmates in solitary confinement, the New York State Bar Association today called for significant cutbacks in the use of long-term inmate isolation and new protocols for separating violent and nonviolent prisoners.

The Association's House of Delegates approved the report on solitary confinement, prepared by the Committee on Civil Rights, at its January 25 meeting in New York City.



By Fernando Bermudez

Of the approximately 56,000 inmates being held in New York's 60 state prisons, about 4,500—or 8 percent—are in solitary confinement at any time, according to the report. Nearly 2,800 New York inmates are serving more than a year in solitary confinement, the report states. A disproportionate number of inmates in isolation are African-Americans and Latinos.

"Inmates in long-term solitary confinement often suffer serious psychological problems, including depression, hallucinations, emotional breakdowns and suicidal behavior," said State Bar Association President Seymour W. James (The Legal Aid Society in New York City.) "New York needs to adopt other means of separating prisoners who violate institutional rules from the general prison population without resorting to such harmful and outdated measures."

Civil Rights Committee Chair Diana Sagorika Sen of New York City (Office of Federal Contract Compliance Programs) said, "The practice is applied at a significantly higher rate to blacks and Latinos, and unduly targets those with mental health and substance abuse problems."

The report cites numerous experts and studies on solitary confinement's detrimental effects on mental health in reaching its conclusions. "Courts of law, legal scholars, medical commentators and independent observers have documented the wide range of deleterious effects that solitary confinement can have on the confined individual," the report states.

In support of its recommendations, the committee cited a report by the New York Civil Liberties Union issued in October 2012 that found that New York's use of solitary confinement is "arbitrary and unjustified, harms prison and corrections staff, and negatively impacts prison and community safety."

Solitary confinement, according to several studies, has been shown to have an impact on inmate suicide rates, particularly among those suffering from mental illness. A 1996 U.S. Department of Justice study concluded that "based chiefly on overwhelming consistent research, isolation should be avoided whenever possible."

One inmate who was subjected to long-term solitary confinement, quoted in a report by Prisoners' Legal Services of New York, compared being released into the general population after years in isolation to "leaving a hungry dog in a cage and then releasing it. ... There is nothing beneficial

or therapeutic regarding this confinement."

During a forum on solitary confinement held during the State Bar's Annual Meeting in January 2012, David Fathi, director of the American Civil Liberties Union's National Prison Project in New York, agreed that there are times when certain inmates need to be separated from others. But he questioned the methods and extent of the confinement and whether long-term solitary confinement actually improves prison safety.

Solitary confinement should be profoundly restricted in state prisons and locally operated jails

In addition to the extreme psychological effects that long-term isolation has on inmates, particularly the mentally ill, substance abusers and young inmates, the practice also promotes racial tensions in prison and contributes to additional violent behavior within the prison after isolated inmates are returned to the general population, the report states.

Among the recommendations in the report approved by the House of Delegates for addressing problems associated with solitary confinement in New York's prisons are:

Solitary confinement should be profoundly restricted in state prisons and locally operated jails by adopting strict standards to ensure it is used in very limited and legitimate circumstances.

Prison and jail officials should adopt stringent criteria for separating violent and nonviolent prisoners; set standards for ensuring separation under the "least restrictive conditions practicable;" identify inmates who should not be in solitary confinement; and reduce the number of Special Housing Unit beds.

Solitary confinement sentences should be limited to no more than 15 days. Craig Haney, a renowned solitary confinement expert, is quoted in the report as saying that negative psychological effects take effect within 10 days

The state Legislature should enact measures needed to restrict the use of solitary confinement in state and local facilities across the state. In addition, it should conduct public hearings to examine the harmful effects of long-term solitary confinement.

The report is available at www.nysba.org/solitaryconfinement.

APPEALS COURT AFFIRMS NO RACE BASED ACTIONS

The court reiterates its orders in the case of *Escalera v. Terhune*. Specifically, CDCR staff at PBSP is ordered to refrain from affording preferential treatment to inmates on the basis of ethnicity. In their discretion, the [habeas petition] respondents may lock down the prison, and may release inmates from lockdown based upon individual behavior, and upon informed predictions of individual behavior; but not on the basis of ethnicity. On a short term emergency basis, respondents may separate inmates on the basis of ethnicity, if prison security requires it, so long as it is not done preferentially. CDCR staff at Pelican Bay State Prison is ordered, within 60 days, to cease and desist from managing inmates as members or associates of disruptive groups, unless those inmates have been individually validated as members or associates pursuant to [California Code of Regulations, title 15, section] 3378. Inmates who are not parties to this case, or to the case of *Escalera v. Terhune* may seek enforcement of the orders made herein by filing a pleading in this case. ●

The entire opinion can be found here:
<http://www.courts.ca.gov/opinions/documents/A132816.PDF>

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VENEZUELA PRISON RIOT

A riot at the Uribana prison in Barquisimeta, Venezuela, left at least 61 people dead, a hospital director in the city said on January 26th. About 120 more people were wounded in clashes that erupted late Friday between the inmates and national guard soldiers. Media outlets reported that most of the dead were inmates. Government officials pledged a thorough investigation. Uribana prison was built to hold up to 850 inmates but currently has about 1,400.

Media outlets reported that most of the dead were inmates.

Similar though less deadly clashes have flared repeatedly during the past few years. In April and May, a prison uprising in La Planta prison in Caracas blocked authorities from going inside for nearly three weeks. One prisoner was killed and five people were wounded, including two National Guard soldiers and three inmates. Two months later, another riot broke out at a penitentiary in Merida, and the Venezuelan Prisons Observatory reported 30 killed. In August, 25 people were killed and 43 wounded when two groups of inmates fought a gun battle inside Yare I prison south of Caracas. ●

Seattle Times, January 28, 3013



By Fernando Bermudez

Quote Box

“The notion that a radical is one who hates his country is naïve and usually idiotic. He is, more likely, one who likes his country more than the rest of us, and is thus more disturbed than the rest of us when he sees it debauched. He is not a bad citizen turning to crime; he is a good citizen driven to despair.”

H. L. Mencken

As People crushed by laws, have no hope but to evade power. If the laws are their enemies, they will be enemies to the law; and those who have much to hope for and nothing to lose will always be dangerous.”

Edmund Burke

“When bad men combine, the good must associate; else they will fall, one by one, an unpitied sacrifice in a contemptible struggle.”

George Berkeley

“Over grown military establishments are under any form of government inauspicious to liberty, and are to be regarded as particularly hostile to republican liberty.”

George Washington

“The spirit of this country is totally adverse to a large military force.”

Thomas Jefferson

“The military caste did not originate as a party of patriots, but as a party of bandits”

Henry Louis Mencken

“An unconscious people, an indoctrinated people, a people fed only partisan information and opinion that confirm their own bias, a people made morbidly obese in mind and spirit by the junk food of propaganda, is less inclined to put up a fight, ask questions and be skeptical. That kind of orthodoxy can kill a democracy - or worse.”

Bill Moyers

“Sit down before fact as a little child, be prepared to give up every preconceived notion, follow humbly wherever and whatever abysses nature leads, or you will learn nothing.”

Thomas Henry Huxley

RALLYING TO END WOMEN'S PRISON CRISIS IN CALIFORNIA

By Angela Y. Davis and Windy Click, 1-24-2013

Just a couple of weeks ago, Gov. Jerry Brown declared California's prison crisis over and demanded an end to federal oversight of the state prison system.

This declaration was especially troubling given that it coincided with reports of severe overcrowding at Central California Women's Facility (CCWF), which is filled to twice its capacity, and news that the Valley State Prison for Women (VSPW), just across the road, would be closed as a women's prison and then filled with men.

Furthermore, the California Department of Corrections and Rehabilitation (CDCR) plans to open a new facility for women at the notorious Folsom Prison.

Despite threats of retaliation, more than 1,000 prisoners inside CCWF and VSPW sent declarations demanding that VSPW not be converted to a men's facility, that it be shut down and that thousands of women who sit needlessly in horrendous conditions in places like CCWF be released.

Those of us working to end the prison crisis, and those of us who have lived inside these prisons, can tell countless stories of ongoing suffering: up to eight people living in cells that were built for four, or even two; lack of basic hygiene; the spread of infections; and failure to address preventable illnesses leading to health disasters.

One of us knew a woman who suffered from a severe stomachache for more than six months and when she was finally seen by a doctor was given only Pepto-Bismol. Ultimately, she was diagnosed with stage IV stomach cancer and died shortly thereafter.

The effects of poor health conditions and crowding are especially difficult for elderly prisoners, and the widespread use of lockdowns are contributing to mental

health problems, including suicide. Access to jobs, programs and legal resources are largely unavailable. People living inside these prisons, along with their advocates on the outside, have noted that these unimaginable conditions and the state's decision to continue to crowd women and transgendered people into these prisons constitute clear violations of human and civil rights.

In 2006, then Gov. Arnold Schwarzenegger announced that 4,500 people in women's prisons could be released. Five years later, the prison administration said that 4,000 prisoners -- female, pregnant or primary caregivers with less than two years of their sentences left -- were eligible to serve the rest of their time in residential homes, residential substance-abuse treatment programs or transitional facilities. However, since this Alternative Custody Program went into effect, only a few hundred people have been released. Why does such suffering continue?



One reason given by the prison administration is that there is a lack of services and programs at the local level that would support their release. Yet while the state offers huge financial incentives for counties to build new jails, it offers nothing to expand housing and health care programs that are underfunded in most communities, and it opens a new facility for women at Folsom Prison. What are we left to assume? That even though the prison administration has said that thousands of women could safely be sent home, there is a priority on keeping them locked up and on expanding the number of cages for them. What does this say about how we view the lives of these overwhelmingly poor women and transgendered people of color?

We are joining thousands of prisoners and families when we declare it is past time to bring our loved ones home. It is past time to stop the prison and jail expansion that has devastated our communities. It is past time to stop the criminalizing of our families, friends and neighbors. It is time to end policies like Three Strikes that leave many to needlessly die of old age in cages. It is time to institute and expand parole for sick and elderly people. It is time to widen alternatives to imprisonment. Thousands



of people in women's prisons can be freed right now. Money saved by reducing the prison population could provide drug treatment, re-entry services, mental health support and job programs.

On Saturday, people from throughout the state will get on buses and travel to Chowchilla to stand in solidarity with the 3,900 women and transgendered prisoners who are being crammed into space designed for 2,000, who against all odds have spoken out against the terrible conditions of their confinement.

We will join them in demanding no more cells, no new women's facilities, no new men's facilities. We are calling this a Freedom Rally because we are fighting for the dignity and humanity of our loved ones. We are fighting to bring them -- as well as their families -- home to communities that are safe, sustainable and strong.

Angela Y. Davis is a political activist, author and distinguished professor emerita at University of California at Santa Cruz. Wendy Click is a former inmate at Valley State Prison for Women. ●

Read more here: <http://www.fresnobee.com/2013/01/24/3147163/davis-and-click-rallying-to-end.html#storylink=cpy>

Photos: Bottom left, demonstrators park their cars near the entrance to the women's prison at Chowchilla. Middle column, demonstrators march to prison. Top right column, people gather in front of the prison to protest in support of women prisoners.



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SOCIAL DEPRIVATION AS TORTURE:

A bibliography of research about adult animals in social isolation

Linn-Therese Brattli Mortensen,
University of Tromsø

Humans are social mammals, of the primate order. Our biology, our behavior, and our pathologies are not unique to us. In a quest to understand, and reduce, solitary confinement, one source of information is the many reports of social isolation of other social mammals, especially primates.

The following is a bibliography of research reports on social isolation and social deprivation of adult animals can be informative about the consequences of solitary confinement on humans. This bibliography is a first attempt to create an exhaustive bibliography of such literature. If readers find errors or omission, we would be pleased to be informed. Contact: Floyd.Rudmin@UiT.No

Not all of the bibliography has been read and summarized yet. But a sample of 54 articles shows that social deprivation of animals has a many negative effects, including changes in behavior and in brain anatomy and brain physiology.

Studies show that socially isolated animals are more depressed and more anxious than animals that are grouped together (Berry, 2012; Garzon, 1981; Suomi, 1975). Isolated rodents showed a significant increase in locomotor activity (Garzon, 1981), were more immobile in the forced swim test (Martin, 2010), and had increased emotionality and hypothalamic pituitary adrenal axis reactivity (Berry, 2012). Isolated primates showed several symptoms of depressive behavior, higher levels of stereotypy, less grooming, higher levels of self-clasping and more passivity to social stimuli long after the experiment was over (Suomi, 1975).

Social isolation has also been linked to more aggressive behavior (Malkesman, 2006; Miczek, 1978). Rats that were isolated when they were 2 months old, showed a constant aggressiveness in their first year of life (Garzon, 1981). Isolated male mice also show increased tendencies to fight after isolation (Crawley, 1975), and generally became more aggressive (Goldsmith,

1978).

Social isolation causes animals to consume alcohol and other drugs when available (Apter, 2006; McKenzie-Quirk, 2008; Parker, 1974; Wolffgramm, 1991). Isolated rats consumed 30% more ethanol than grouped housed rats (Wolffgramm, 1991). Similarly, isolated adult rats drank significantly more ethanol than paired-grouped rats (Parker, 1974). Squirrel monkeys experiencing prolonged social isolation increased alcohol drinking, but this was only true for male monkeys (McKenzie-Quirk, 2008).

Isolated animals have shown memory disorders (Hock, 1988; Huang, 2011; Voikar, 2005) and sleep disorders (Greco, 1989; Greco, 1990; Kaushal, 2012). They also have higher risk of developing diseases (Karelina, 2009; Lyons, 1999; Watson, 1998).

The social isolation of adult animals can also cause change in brain physiology and anatomy. In isolated animals, researchers have observed decreased opiate receptors in the frontal cortex, striatum, hippocampus, and periaqueductal grey matter (Petkov, 1985) and changed norepinephrine levels, compare to grouped housed animals (Stolk, 1974). Isolated rats have shown less BDNF protein in the hippocampus (Scaccianoce, 2006). Isolated of rats also showed changes in the hypothalamic- pituitary adrenal axis (Serra, 2005).

There also seems to be different consequences of social isolation when it comes to strain and sex. For example, social isolation had more negative consequences for the "Wistar-kyoto" strain of rat, than the "Flinders sensitive line" strain (Malkesman, 2006). There also seems to be some sex differences (Brown, 1995).

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