

# Solitary Watch

## Criminal Justice Issues and Prisoners' Rights

<https://solitarywatch.org/2011/06/04/solitary-watch-fact-sheet-psychological-effects-of-solitary-confinement/>

## Policy Issue Resources

close

Search

close

close

by [Jean Casella and James Ridgeway](#) | June 4, 2011

Now available is the first of a series of fact sheets on various aspects of solitary confinement in U.S. prisons and jails. The two-page fact sheet is available as a PDF at the following link:

[FACT SHEET Psychological Effects of Solitary Confinement](#)

This fact sheet, which references research on how solitary confinement affects the mental health of prisoners with and without underlying mental illness, was written by Sal Rodriguez, who is working with Solitary Watch this summer as a reporter/researcher. Sal is a student at Reed College and has completed internships with the Drug Policy Alliance and the Partnership for Safety and Justice. Watch for more fact sheets from Sal as the summer continues!



James Ridgeway (1936-2021) was the founder and co-director of Solitary Watch. An investigative journalist for over 60 years, he served as Washington Correspondent for the Village Voice and Mother Jones, reporting domestically on subjects ranging from electoral politics to corporate malfeasance to the rise of the racist far-right, and abroad from Central America, Northern Ireland, Eastern Europe, Haiti, and the former Yugoslavia. Earlier, he wrote for The New Republic and Ramparts, and his work appeared in dozens of other publications. He was the co-director of two films and author of 20 books, including a forthcoming posthumous edition of his groundbreaking 1991 work on the far right, *Blood in the Face*. Jean Casella is the director of Solitary Watch. She has also published work in The Guardian, The Nation, and Mother Jones, and is co-editor of the book *Hell Is a Very Small Place: Voices from Solitary Confinement*. She has received a Soros Justice Media Fellowship and an Alicia Patterson Fellowship. She tweets @solitarywatch.

Accurate information and authentic storytelling can serve as powerful antidotes to ignorance and injustice. We have helped generate public awareness, mainstream media attention, and informed policymaking on what was once an invisible domestic human rights crisis.

Only with your support can we continue this groundbreaking work, shining light into the darkest corners of the U.S. criminal punishment system.

by [Juan Moreno Haines](#)

October 25, 2022

by [Solitary Watch Guest Author](#)

October 13, 2022

by [Vaidya Gullapalli](#)

September 29, 2022

Solitary Watch encourages comments and welcomes a range of ideas, opinions, debates, and respectful disagreement. We do not allow name-calling, bullying, cursing, or personal attacks of any kind. Any embedded links should be to information relevant to the conversation. Comments that violate these guidelines will be removed, and repeat offenders will be blocked. Thank you for your cooperation.

Hear is what i think about solitary confinement its a bunch of bull to what happened to those poor people you feel me dawg!!!!!!!!!!

holy shit did you hear the black panther that died yesterday the one who fought his way out of solitary and prison he was innocent and yesterday he died how sad that we have the loss of such a great man at least he no longer suffers the scars of solitary but now a nuther man a nuther hero in the war on solitary is fallen may god justly welcome him and give him the reward he so truly deserves for all he

has done for those who suffer a hero who wanted no metal no parade just an end to cruelty of a nation's own god take care that man he should get nothing less than a hero's welcome

ok all i can say is how many of the things they stated that solitary does and how many i have of them all i can say is thanks a lot oakhill school you suck to put it internet friendly lol not to mention the 17 months in state of life as a orphan in Romania ya them tribunals don't give a damn about me now or did they then so they suck to lol again putting it lightly lol point to be learned at the end of the day solitary confinement is a bitch drugs and drinking can be stopped and healed solitary scars can not you what i say like dare did to you when you were young just say hell no to solitary confinement lol

Thank you Solitary Watch. You provide us with some of the best information and statistics available on the conditions and inhumane practices within America's prisons.

P.O. Box 11374  
Washington, DC 20008

[info@solitarywatch.org](mailto:info@solitarywatch.org)

Solitary Watch

Copyright 2022, Solitary Watch

Read about [rights and permissions](#).



**Solitary Watch News**