

SOLITARY CONFINEMENT IN UK POLICE CUSTODY: MISCARRIAGES OF JUSTICE AND CONFESSIONS BROUGHT ON BY THE ACCUSED'S PSYCHOLOGICAL COLLAPSE AND SUFFERING

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Received	Revised	Accepted	Published
24 October, 2024	24 November, 2024	07 December, 2024	27 December, 2024

ABSTRACT

The practice of having suspects isolated in UK police custody has raised more of a worry about its psychological effect on detainees. Generate in that it is as of now related to miscarriages of equity. Although designed to prevent emulation and subsequent danger, the two here promote unbearable mental strain and often lead to psychological breakdowns. The given conditions can adversely affect a detainee's mental state so that under pressure he or she can confess to the crime he or she never committed. These confessions are not given a lot of credibility for many reasons; for instance, the accused is generally in a very bad state of mind, and therefore questions are raised on the fairness of justice systems. Historical cases that should be taken as examples include cases where solitary confinement led to wrongful convictions, the reason being: when an individual stays in solitary confinement long enough, they get emotionally and psychologically vulnerable, and when they get exhausted and they are asked questions regarding their crime, all they will say is, 'I did it.'. Legal and ethical consequences of these participations have resulted in a crescendo demanding reform, aiming at improving control and protection to ban accidental or intentional abuses. This paper examines the correlation between solitary confinement, psychological degradation, and injustice and calls for appropriate mechanisms that would help prevent subsequent effects on detainees and injustice outcomes.

Keywords: Solitary confinement, psychological collapse, miscarriages of justice, false confessions, UK police custody.

INTRODUCTION

Prolonged isolation in police custody has always been a subject of widespread debate in the UK criminal justice system because of the adverse psychological effects on detainees and possible implication to miscarriages of justice. For decades, critics have said that people will suffer from the negative effects of being isolated, going on to state that isolation erodes a person's mental state to the point where their mental defences completely fail. These impacts are potentially destructive in the

context of police detention because they can destabilise the accused's understanding of the situation and their behaviour at key stages in the criminal process, such as interrogation and confession (Kassin & Gudjonsson, 2004a).

Isolation, or solitary confinement, is used for different purposes, some of which include security detainees, detainees deemed as suspected of being a security risk, or some for the convenience of the police in managing detainees who they believed

should not be with other detainees for security reasons or to prevent them from harming them or others. There is a clear understanding about its legal application in multiple jurisdictions like PACE 1984, despite these guidelines being scarcely enforced or sometimes misinterpreted, that endures extreme solitude for a couple of days, some weeks, or even longer (Burt, 2023).

The social cost of such practices is now relatively easy to document, at least for the most developed nations. Research across the fields of psychological sciences has persistently revealed the fact that isolation in detentions results in a range of mental illnesses, such as anxiety, depression, hallucination, and suicidal thoughts. These conditions not only demean the individual but also serve to warp perception and instrumentalise knowledge such that one is unable to make rational decisions, especially when facing the police and undergoing interrogation. Thus, even confessions elicited through the use of force, in advance, directly or indirectly, in this environment, can prove highly inaccurate and misleading, thus contributing greatly to the likelihood of miscarriages of justice (Brooks & Greenberg, 2021).

It is problematic that solitary confinement can lead to false confessions that in this case are elicited while an individual is in police detention. Other negative psychological outcomes erode the suspect's or prisoner's resistance and make conditions in which people—usually weak and mentally ill—can incriminate themselves for crimes they never committed just to escape a hell of loneliness or to satisfy their interrogators. Research has shown that such confessions as are elicited when a suspect is in a state of psychological pressure or torment are as guilty of inaccuracies, distortion, or misidentification as they are considered to be inadmissible. They can be due to false memory, manipulation, or plain need to run away from the mental torture of loneliness (Hughes & King, 2024a).

In the UK, miscarriages of justice have previously been associated with false confessions, with many cases demonstrating the risks of oppressive interrogation techniques. The Servant Producers show another case, which is that of the Birmingham Six, six men who were wrongfully convicted of pub bombings in 1974. The right two succumbed to the

police pressure; their confessions, taken after several days in detention and isolation, were subsequently ruled to have been forced; the conviction was overturned after a very long fight and fresh evidence. This arguably raises the more general issue that the kinds of psychological pressures generated by solitary confinement make people confess things that they do not actually know about the crime (Century & Roach, 2024).

One more important example is the Guildford Four, guilty of a pub bombing in 1974 and serving time in prison because of it. The statements they made after being detained with the help of solitary confinement for a long time were recanted as being made under pressure; however, before that, they sent an innocent man to prison. The following are not unique incidents; they are a representation of a broader problem in the justice system where isolation in police custody turns a citizen's life around if they were locked up for a crime they did not commit (Hughes & King, 2024b).

The consequences of such practices are, however, very wide-reaching. Most cases of wrongful confessions, especially those elicited through psychological pressure or coercion, diminish the public trust in the justice system. They erode the credibility of police, legal procedures, and the legal profession (Shahid, Baig, et al., 2024). They also result in the innocent being convicted and being subjected to personal tragedy, which is unchangeable. Such injustices create, as far as the accused persons and their families and friends are concerned, lifelong suffering, which in any sensitive human being produces deep feelings of anger and frustration, not to mention other psychological anxiety and social toll, while in the society at large lead to social decay because the real wrongdoers go scot-free (Kassin & Gudjonsson, 2004b).

However, the UK attitude to these concerns has not been sharp. That is why modern reforms of the treatment of prisoners, although intended to avoid the harshest forms of solitary confinement, do not always work: guidelines for its duration in cases of violence against prisoners and guidelines for monitoring the psychological condition of detainees have not always been properly addressed. One concern persists about the absence of monitoring during the most vulnerable early hours of police custody when mistreatment and forced confessions

are most likely. Some of the protections include being allowed to have an attorney during questioning, doing the interrogations on video or with documentation and being able to receive psychiatric help if needed, but many of these are not as respected or followed as they should be (Kassin, 1997).

Besides, the negative impact of solitary confinement on the prisoner's mental health can be overlooked until life becomes unbearable for the inmates. The intention of the current study is to contribute to the knowledge base of torture-specific effects by examining the willingness to confess to a crime that was not committed, with the null hypothesis that such predisposition may be insignificant in the process of torture, where a person has already been volunteered to confess to something he or she did not do. This has prompted the need for a rethink of the way detainees are handled during their time in custody and the long-term effects of solitary confinement on detainees' mental health (Kassin, 2008).

Therefore, the use of solitary confinement as a detention policy in police custody in the UK triggers an integrity deficit in the justice system. The psychological effect of isolation: fear, loneliness, anxiety, and depression may make an accused person's mind to wane off, to an extent that he or she lacks the capacity to reason effectively, and therefore compellable confessions are nugatory and usually Conexional. Such confessions, in their turn, may lead to acquittals and other miscarriages of justice with severe, lifelong implications for persons unjustly accused. However, attempts have been made to tackle these problems, but the excessive use of solitary confinement poses a continued question that requires solutions, change, as well as supervision to spare more sufferings (Resnik et al., 2020a).

Legality of Provisions Authorizing Solitary Confinement

Isolation for example in the context of police detention in the UK has caused a great deal of controversy and has been characterised to be unlawful and to lead to miscarriages of justice. Basically, solitary confinement during police detention means placing a subject in solitary confinement for a long time as a way to force the

target person to confess or provide information. This practice, though used for security purposes for detainees, or to head off disturbances, can have serious psychological impacts on the persons involved. The legal issue associated with such provisions pertains to a kind of tension between the rights of the accused and the goal of the police (NA & James, 2017).

2.1 Legal Framework for Detention in Police Custody

Currently the United Kingdom law regulating the detention of persons in police custody is mostly encapsulated in the Police and Criminal Evidence Act 1984 (PACE). PACE also allow law enforcement police officers to arrest a person suspected of a crime and take him to the police station for a first period which can be done subsequently for another period with the permission of a court or in some cases with the permission of senior members of the police force. Nevertheless, PACE also contains measures aimed at ensuring the rights of detainees, specific restrictions on the right to talk to a solicitor and banned ill-treatment (Dershowitz, 1972a).

The UK is also a member of the European Convention on Human Rights (ECHR) and Article 3 of the convention prohibits the subjecting of a person to inhuman or degrading treatment or punishment. This article also covers not only the direct physical abuse but also the one leading to serious mental abuse. When solitary confinement is used as a strategy within police detention, one wonders if they are being violated by these human rights (Haney & Lynch, 1997a).

2.2 Impact on Psychological Well-being and the Legal Implications

Although the police detention is one of the effective and necessary measures within the framework of the criminal justice system, its further use of solitary confinement in such facilities is discussed mainly due to negative psychoaatrial impact (Manzoor, Baig, Usman, et al., 2020) . There is evidence that any kind of isolation significantly impairs the psychological health of people as it can cause anxiety and depression, hallucination and even suicidal thoughts. These effects are even worse where the individual is isolated for many hours or

days, with little contact with other prisoners, or with access to play or learning facilities (Cloud et al., 2015).

Such psychological deterioration can cause a injustice system if it leads to false confessions. In general, due to the pressure created by isolation a detainee may have a mental breakdown and, in order to ease the suffering, or to simply try to get out from the pressure put on them, may confess to crimes they did not commit. From where we sit there are a number of recorded circumstances where suspect who have been subjected to the use of solitary confinement while in police custody, have been forced to confess to charges they never for a moment were involved in, only for those forced confessions to be rejected as fabricated ones. Similar statements, elicited under coercion, may then serve as the foundation for wrongful confessions leading to compromised credibility of the justice system as a whole (Resnik et al., 2020b).

2.3 Legal Safeguards and Constraints on Solitary Confinement

Despite the provisions stated by PACE and the ECHR, solitary confinement or its misuse capability persists even now. The law in the UK allows detainees subjected to police detention to be solitary confined for up to 24 hours without supervision by a judge. In any event, for additional detainees, the authorities must consult a magistrate who in turn reviews the reason for detention. This gives some guarantees of judicial control but it does not directly regulate the psychological torture resulting from long-term isolation (Dershowitz, 1972b).

The United Nations Standard Minimum Rules for the Treatment of Prisoners (Nelson Mandela Rules), to which the United Kingdom is a signatory, requires that time spent in solitary confinement is restricted and calls for special caution with prisoners with mental health problems or requiring other special treatment or attention as regards their health (Shahid, Hashim, et al., 2024) . These guidelines state that a prisoner should not at all be subjected to solitary confinement for more than 15 Days at a stretch. In the United Kingdom, however, the use of long-term isolation in police stations is still relatively unfixed, and while there seems to be no strict legal rules against such practices, human

rights activists and lawyers should be alarmed (Reiter, 2012).

Regarding the legal rights, the person detained in solitary confinement in the police custody needs to be provided with the possibility to see someone independently of the police officers, it is implemented through the scheme called Independent Custody Visiting Scheme. Furthermore, there are safety measures that demand the detainee be told several of their rights such as accessing an attorney. But, the above measures are not enough to reverse the detrimental effect of isolation on psychological health of the individuals affected by this condition (Howden, 2002).

2.4 Miscarriages of Justice and Legal Accountability

More and more people of legal opinion has been observing that it is often unreasonable to use solitary confinement when people are in police custody. With reference to psychological collapse leading to miscarriages of justice, there is a legal vacuum within the detention process. Despite these preventive measures put in place, they are rarely well implemented and while addressing psychological and emotional issues of detainees, operational issues take priority.

Where the police coerce suspects into confessing to crimes they did not commit, justice requires that those who inflict the torture carry the can for wrongful convictions. Changing detentions to protect people from psychological pressure and which ultimately aims to prevent miscarriage of justice would include a restriction of solitary confinements and improvement of corresponding monitoring systems (Roach & Trotter, 2004).

Comparison with International Human Rights Laws

As inherited from the United Nations Standard Minimum Rules for the Treatment of Prisoners, the Nelson Mandela Rules, the use of prolonged solitary confinement is prohibited. Under these rules solitary confinement for 15 or more consecutive days is defined as a torture or as treatment as cruel, inhuman or degrading punishment. This prohibition is due to understanding that segregation Brews mental illness, which leads to compromise of the

affected person's psychological well-being as well as vulnerability (Mackay, 2015).

The ECHR also bars torture and inhuman or degrading treatment, and this is under Article 3 of the text. The ECHR has held that detention in solitary confinement in particular where the situation is not regulated by law, can infringe on rights of a detainee under this article. The Court has also pointed out that in this context, the authorities must guarantee that a detainee suffers in manner which is not worse than suffering of experiencing confinement (Smith, 2006).

However, as it is revealed in the next sections, the UK's application of solitary confinement in police custody has not always complied with these human rights safeguards. Though torture and abuse of detainee are prohibited and controlled, solitary confinement extended is still under control, and psychological abuse is not a big concern (Manzoor, Baig, Malik, et al., 2020). The end is that detainees may be subjected to psychological injury particularly those of the vulnerable category to give fabricated confessions and such lead to unfair trials. It thus requires a closer adherence to the national standards, as well as the international standards in order to minimize abuse and to protect detainees (Cunneen et al., 2018a).

Psychological Impact of Solitary Confinement

Isolation in police cells in the UK has been a topical issue for many years, the effects of which have been depths of depression in the victims. Problems involving detainment under extreme conditions of isolation with sensory stimuli deprivation, and total seclusion from fellow human beings have been factors that cause severe psychological strain that augments the vulnerability of detainees hence possible cases of miscarriages of law. This is particularly so where such isolation leads into compellable confessions, which can clearly be motivated by psychological breakdown than actual truth (Arrigo & Bullock, 2008a).

4.1 Psychological Effects of Solitary Confinement

It is also used extensively, and it is well known to combine all sorts of psychological dysfunction. In its most common form of isolation detention, individuals are held in small, naked cells with little contact with other people, and they develop a range

of psychological symptoms (Asghar & Khan, 2024). Inmates written by concerned parties have cited that they suffer from anxiety, depression, paranoia, and conforming distortion as early as the first moments of solitary confinement. These symptoms may be aggravated in a period of isolation; the individual may experience severe emotional distress, hallucination, and thoughts of suicide in worst-case scenarios (Arrigo & Bullock, 2008b).

Psychologically people suffer from isolation, boredom, and unpredictability of their schedules. In any given country, these conditions are dangerous because the detained persons are usually under high emotional stress due to arrest and the future prospects of their case. Not only is the legal process unpredictable and therefore threatening, for the accused it is made far worse by isolation (Wright et al., 2023).

4.2 Cognitive and Emotional Deterioration

The brain of an individual also becomes endangered of degrading when they are barred from the social setting for some time. Research has found out that, being alone makes one to lose the capacity to think straight, concentrate and come up with positive decisions. This deterioration can greatly hinder a detainee from making rational decisions where to keep mum or to cooperate with the police. Over time their memories may fail and it becomes even hard for them to separate between illusion and reality due to lack of engagement of their sensory capabilities (Haney, 2018a).

This loss of cognitive prowess occurs hand-in-hand with the loss of the load carrying capacity of the emotional muscles. Pre-existing vulnerable detainees may even be in the police custody with existing stressed up heart conditions. Long-term isolation makes citizens, especially prisoners, more helpless and hopeless, it increases rates of hopelessness and helpless instances that start mental breakdowns that disable people's rationality and cause them to do things they wouldn't otherwise do. These emotional breakdowns mean that manipulation is possible, and the detainee will admit to the crimes he never committed just to stop being punished in a solitary confinement (Grassian, 2006a).

4.3 Coerced Confessions and the Risk of Miscarriages of Justice

This is basically one of the ways by which detainees involved in solitary confinement in police custody stand high risks of being forced to confess. Another disadvantage is that a detainee, who already suffers from psychological consequences of solitude, is easy to influence by the representatives of law enforcement agencies. The despair that results from being placed in isolation can make a human being crave to be relieved of his suffering no matter that it will be done by implicating his self in a crime (Kassin et al., 2010).

This paper posits that the consistent isolation makes detainees develop feelings of fear, powerlessness and desperation and therefore bow to pressure from the police and forget prisons they were innocent in order to be released. Social psychological pressure on an individual to produce a confession, especially when accompanied with the threat of additional punishment or an extension of solitary confinement, weakens a rational demeanor. This is specially so, and dangerous when, it happens within a system of law that heavily bases its guilt determinations from confessions only (Gudjonsson, 2021a).

It is therefore vivid that some people have been forced to provide a fallacious detail of the crime not true performed simply because of the effect of solitary confinement stress. For instance, the miscarriage of justice fairly perpetrated on the Birmingham Six in the UK resulted from alleged confessions obtained through compelled statements in police custody possibly through coerced isolation (Kanwel et al., 2024). The case of Birmingham Six may have ended in their discharge, once their prolonged injustice was finally erased, the case clearly demonstrates that highly questionable methods for obtaining confessions should not be used (Kassin & Gudjonsson, 2004c).

4.4 The Impact on Legal Rights and Fair Trials

Solitary confinement also degrades a detainee's possibility to assert and exercise his/her legal capacity to get an advocate or have a fair trial. The effects of isolation on a detainee not only beset their mental health but will further compromise their comprehending of the charges made against them or even effectively interacting with one's legal counsel,

or engaging in one's own defense. When the person becomes confused and nervous at that stage, he or she may have memory lapse, fail to understand legal counsel given or may fail to provide direction to the lawyer as required (Haney & Lynch, 1997b).

Furthermore, the mental effects of solitary confinement are likely to impair a detainee's rational grasp of the accrual penalty of a confession. Realizing the heavy psychological pressure of the situation, a person may testify to a crime they have not committed and not realize the consequences of that decision for their life, including but not limited to a wrongful conviction (Toney, 2001).

4.5 International Human Rights and Reform

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Miscarriages of Justice and False Confessions

Solitary confinement in police custody is a highly controversial practice, often leading to severe psychological effects on those subjected to it. In the UK, as in many other countries, individuals in custody, especially those facing serious charges, may be held in solitary confinement for extended periods (Afzal et al., 2023). While the stated intention behind this is often to prevent interference with investigations, the psychological impact of such confinement can be devastating. It can lead to miscarriages of justice, particularly in the form of false confessions. This essay explores the

relationship between solitary confinement, the psychological collapse of detainees, and the emergence of false confessions, with a focus on the UK context (Gudjonsson, 2021b).

5.1 The Psychological Impact of Solitary Confinement

Isolation can be described as the incapacitation of an inmate in a cell, without contact with others, for more than 22 hours in a day. What is conducted is not only physically somewhat painful but can have deep-seated mental impacts. Research suggests that temporary seclusion causes severe emotional problems such as anxiety, depression, hallucination and affects cognitive abilities of the patients. That is why long-term confinement, during which appeals to rationality are the most effective, can have a worse prognosis compared to acute full-symptom schizophrenia: suicidal intentions and complete psychological demoralization are possible outcomes of such conditions (Arrigo & Bullock, 2008c).

In cases where people are detained and especially when the suspect is facing prosecuting for terrible offenses, the feeling of being taken through solitary confinement is crazy. This isolation only intensifies helplessness, fear and also desperation leading to detainee's susceptibility to various types of coercion and inducement including psychological coercion from the police. When a person is locked up and prevented from seeing anyone, let alone a lawyer, for a long period of time, and then subjected to police interrogation, the detainee might consider any method, including faking a crime, to leave their pain behind (Haney & Lynch, 1997c).

5.2 The Coercion of Confessions in Custody

These are Mourning dejected and False confessions which is among the most dangerous effects of the psychological pressure of solitary confinement. A lonely person who lacks external support; a person who was subjected to a long interrogation and feels psychological pressure may make a confession when everyone wants it because it is less painful than enduring the tortur (Kanwel et al., n.d.)e. This is especially so when people hold the hope of leniency insofar as they complied with the required action or failed to do as was expected of them This is especially the case when the individuals were led to believe that cooperation leads to a more lenient

outcome even though such an outcome may not necessarily be tenable (Skinns & Wooff, 2021a).

Often times detainees are made to undergo 'gentle' pressure not in an ominous style but rather in a more intelligent style. For instance, policemen may tell the detainee and or imply that their pain may stop if only they tell the police what they want to know or demonstrate that they are innocent by telling the police the truth; that is, by making a confession. In such circumstances, even a formidable suspect provides a confession to an indiscretion he/she did not perpetrate in the course of enduring the intrinsic mental and emotional torment (Geijsen, 2018).

The effects of solitary confinement psychologically rattle an individual to a state that his/her ability to reason is compromised due to despair he/she may easily succumb to pressural tactics. Studies demonstrate that people in cognition impairment are more willing to make decision they would not normally make, for instance, to plead guilty to an offense they did not commit. In many circumstances, such confessions are withdrawn, but the accused may have already been convicted through the given confession (K. M. Campbell & Walker, 2007).

5.3 Miscarriages of Justice in the UK

Other past cases suggest that the UK has had miscarriages of justice some of which are believed to be associated with fake confessions by detainees after days of solitary confinement in police custody. A particular example of miscarriage of justice can be the Birmingham Six, six men who were convicted of the 1974 bombings of two pubs in Birmingham (Zafar et al., 2024). The accused were deprived of their right of liberty and kept in isolation for a long time, the torture included intensive interrogation. They later on, recanted through psychological and physical coercion and this was discovered after they were exonerated after being convicted unjustly for several years (K. Campbell & Denov, 2005).

Another example is the Guildford Four, which consist of people that were convicted for an incorrect bombing of a pub in Guildford in 1974. The accused people were forced to confess during days of isolation and constant pressuring that began when they were detained, and the confessions were not considered valid. The case also showed the

pitfall of circulating a case on confessions where such confessions are gotten through coercion (Bevan, 2022).

Actual psychological breakdown that comes with solitary confinement is most of time at the heart of these injustices. In both the Birmingham Six and Guildford Four cases, the confessions made by the accused during the police detention were held to have been false but at the time when the accused recanted the confessions they had already been harmful. These examples illustrate that, and more so when enhanced by isolation as well as other forms of compulsion, the penalty is harmful because it results in credible confessions (Haney & Lynch, 1997d).

5.4 Legal Protections and the Need for Reform

With a view to avoiding such injustices, it is paramount to change solitude practice within UK police custody. The law today mandates certain humane treatment for detainees: has to be treated with respect and reverence for his/her self-esteem; has to be allowed to consult a lawyer; is allowed to make paroles; is to be provided proper medical care. However, the concept of psychological effects common in solitary confinement is overlooked, and the likelihood of which may compel inmates to confess to a crime they did not commit is real (Grassian, 2006b).

Criminal protection should be enhanced for that the confessional statements that were made under compulsion or while enduring demoralizing stresses should not be admissible in the court. Monitoring of police procedure during interrogations and conditions of custody is central to guarantee that detainee rights to liberty and freedom from torture are not denied them. In addition, police officers should be knowledgeable when it comes to detecting possible victim psychopathology along with the practices that enhance the likelihood of false confessions (A. Grounds, 2004).

Suggestions for Improvement

While defining the subject of the study, it is crucial also to provide the details of the kind of solitary confinement that is utilised in the United Kingdom to hold police custody. Certain differences have to be made between solitary confinement during pre-trial detention and long-term imprisonment. Explain

for what purpose solitary confinement is used in the UK—whether for investigation or as a precautionary measure against the inmate harming oneself or others; how long the confinement lasts (Poyser & Milne, 2018).

- i. Gather Key Points Early During the discussion present the psychological consequences of solitary confinement as one of the key points. Provide information from prior psychological research or other Ministry of Justice, or Human Rights Watch reports that indicate such effects of isolation in police custody as anxiety, depression, and in the worst cases, impairments in reason and speech (A. T. Grounds, 2005).
- ii. Connect the dots: Solitary confinement and miscarriages of justice Argue and explain why the two concepts are related. Emphasise particular instances of the studies wherein the suspects are forced to fake confessions or may experience psychological breakdowns because of isolation for long periods. Referring to all those infamous examples from judicial practice like Guildford Four or Birmingham Six, more sanction to the assertion that coercion in interrogation escalated by solitary confinement may prod suspects into false confessions (Haney & Lynch, 1997e).
- iii. Legal analusi and HR issues Briefly examine Human rights law especially the ECHR notably; Article 3- Prohibition of inhuman or degrading treatment and Article 6, the right to fair hearing. On the chosen topic, it is required to describe how long-term segregation may infringe on the above rights and probable changes in the law that may help to curb its misuse in police stations (Haney, 2018b).
- iv. Recommendations In light of it all, the following should be done as measures, which can help to reduce the impact of solitary confinement. Recommendations including but not limited to the restriction of the duration of SIV, the psychological evaluation of inmates who are placed in isolation, the constant supervision of such inmates, or the practice of putting prisoners in SIV but in groups or under better

conditions should be emphasized (Grassian, 2006c; Haney & Lynch, 1997f).

- v. It should be concluded therefore with a strong Call for Action that is geared towards improving the conditions under which detainee rights are violated especially under police custody so that the need for security does not override the human rights of detainees. Point out the necessity of supervision, the need for transparency in police custody practices, the need to provide justice while, at the same time protecting the accused from psychological abuse (Haney, 2003a).

Necessity of Provisions Authorizing Solitary Confinement

Isolation is special type of punishment widely applied in detention centers around the globe including United Kingdom for the way of isolating prisoners from other individuals. In reference to UK police custody particularly it takes the form of containing a suspect or an individual under investigation to ensure that he or she does not talk to other people or tamper with things that may be used as evidence. However, there we have provisions of law allowing for solitary confinement, but it is important that we look at the need for it especially in the probationary of miscarriage of justice, psychological threat and the much debated confessions that can be extorted under such circumstances (Frank, 1995).

7.1 Legal Framework and Justification for Solitary Confinement

In England and Wales policing of solitary confinement in police custody falls under PACE Act of 1984, with amendments from prior decades. According to Section 38 of PACE, police officers can hold suspects in custody in order to interview them. At other times, isolation is used preventatively to stop suspects from talking with other people for various reasons, one being to guard the identity of the investigation or to save lives. The reasons often tend to be security-based, and include a desire to stop suspects from communicating with one another, and to protect witnesses and exhibit (Haney, 2003b).

There is, however, a difference in this respect between clinging your suspect or using an isolation booth for realistic investigative work and putting man into solitary confinement for hours and days. The need to put a detainee in solitary, therefore, should be balanced against a real risk of mistreatment and probably psychiatric destabilization (Cochran et al., 2018a).

7.2 Psychological Impact and Miscarriages of Justice

A well-known problem connected with using solitary confinement as an isolation measure in police custody is that it is psychologically destructive. Estudios on the effects on solitary contempt have said that anyone who is kept alone for long hours must develop several mental disorders of depression, anxiety, hallucinating, and confusion. The mental degradation resulting from isolation is expressed in the subject's decreased competency of his/her rights recognition and rational decision-making abilities as well as in the inaccuracy of the given testimony (Bonta & Gendreau, 1990).

Police detainees, especially if innocent or persons with pre-existing mental health conditions, can undergo such extremes of stress and misery in solitary confinement as to obtain a confession of anything. Psychological pressure sometimes applied on those that are suspected to have engaged in wrong doings may reach a point where the suspect feels that the only way out is to admit to having done it whether guilty or not. This is apparent most dictator like situations especially when people are locked up for long without lawyer or families (Clear et al., 2012).

In typical British history, numerous cases reporting false confessions due to pressures or owing to their psychological breakdown because of solitary confinement have been reported. These cases show the potential of having been subjected to unfair treatment granted that isolation remains a regular way of detaining suspects in police stations. It is not just the fact and nature of the isolation but the conditions which can be created following the removal of an individual from society: coercion and continuous psychological pressure (Wardrop et al., 2021).

7.3 Ethical Concerns and the Necessity of Regulation

Although solitary confinement may, in some circumstances, be regarded as operationally required, this As outside ethical concerns MUST be closely monitored and controlled. To lose the principle ‘innocent until proven guilty’ is tantamount to losing the basic tenets of the justice system and anything that has the potential of eroding this principle has to undergo test and JACK was no exception. Working in isolation for a long period might compromise the mental wellbeing of an individual and such experience may lead to suffering that may not be honorable in framing the actions of the suspect (Skinns & Wooff, 2021b). Practices of solitary confinement should not be imposed due to necessity argument but the options that must have measures that show when it has to be used and for how long. Some detainees certainly ought to be isolated, for the protection of themselves or others, or to facilitate orderly investigation and administration of their cases. Further, it is necessary to determine non-shady criteria of using the isolation in order to avoid turning it into mere psychological pressure on suspects (Skinns, 2009).

Pros and Cons of Solitary Confinement

Secured (lock-down) system, which involves the detention of an accused person alone in a small cell for long periods without much contact with other persons is standard within the criminal justice system; police custody in the UK included. It is used to supplement force in keeping order or to warn suspects against soliciting help. However, it prompts essential ethical, legal, and psychological issues, especially when it results in injustice (Glancy & Murray, 2006).

8.1 Pros of Solitary Confinement

- i. **Security and Control:** It has similar uses as brutality because it can be employed to manage disorder in overcrowded and violent prisons. When placing inmates or suspects in solitary confinement, it will inactivate them, prevent them from inflicting harm on other inmates or themselves, and cannot force other inmates or witnesses to do what he wants. This is

very important especially in military analysis where people arrested maybe denied the opportunity to interact with other people during interrogations (Cochran et al., 2018b).

- ii. **Preventing Escape:** Persons suspected to have committed grave offenses or those in connection with organized crime might be isolated to minimize escape chances or to hamper most of the crime clique. They chose this tactic because a suspect can be “managed” during police operations, which translates to “enslaving” them in the criminal world (Haney & Lynch, 1997f).
- iii. **Protecting Others:** In some instances the isolation is used as a way of safeguarding inmates for instance those at a high risk of attack from fellow prisoners or being assaulted again if they are police custody detainees who should not be placed among other prisoners (Haney, 2003a).

8.2 Cons of Solitary Confinement

- i. **Psychological Impact:** Long term solitary confinement will always affect the prisoners in question in a psychological way. Lack of social interaction can contribute to anxiety, depression, hallucination and other related mental illness. But for those who find themselves detained by police these lasting images from this confinement may make them break psychologically to the extent of confessing to crimes they did not commit or giving false statements. Science has also confirmed that mental torture leads a man to prison for a crime he was not involved but only for a company (Grassian, 2006c).
- ii. **Miscarriages of Justice:** Another of the worst issues related to isolation, including imprisonment, most notably when it takes place in police stations, is miscarriages of justice. The prolonged isolation of vulnerable persons may make them more vulnerable, or they agree to commit a crime although they did not because of the strain. He also added that the use of the confessions which are often got by force and without adequate protection is particularly undesirable (Haney & Lynch, 1997f).

- iii. **Violation of Human Rights:** Several human rights bodies opine that keeping inmates in solitary confinement and for long duration infringes on rights. The United Nations' Mandela Rules address how confined isolation is inhumane and can be used for more than fifteen days. It creates doubts in police custody where without proper supervision certain persons undergo solitary confinement which might be inhuman treatment of the rights of any person to fair treatment and dignity (Haney & Lynch, 1997e).
- iv. **Undermines Trust in the Justice System:** The use of solitary confinement especially where the outcome of a trial is prejudicial can dent the people's confidence on the police and the justice system. Preventive detention making suspects confess when they are mentally broken triggers a system that is not free from compromise (A. T. Grounds, 2005).

Conclusion

The condition of isolation in general, or solitary confinement in particular, in UK police custody, especially in connection with miscarriages of justice and/or forced confessions, is still a pertinent issue in the criminal justice system. The method of isolation in detention has been condemned for years due to the serious impact it has on the psyche, which often results in deleterious consequences, nervous breakdowns, confusion, as well as the total failure in mental health. These consequences may, in turn, lead to false confessions as a way of freeing them from the torture of long solitude.

Many research studies done on solitary confinement have established that its effects psychologically are pretty devastating. People with specific mental challenges or health issues, someone waiting to be interrogated for some extended time, it is sad they suffer from paradigms, depression, and anxiety given the lack of societal contact and interaction. These mental pressures can distort the thought process of detainees such that they say things in a state of mental breakdown that they would not normally say.

The problem of unfair trials becomes most acute when these confessions are produced as evidence in criminal cases. Admissions made under force—

physical or otherwise—or through torture amount to coercive compulsion and therefore bring about wrongful convictions. This is perhaps more worrying where a person is detained for long without appropriate lawyer attention or witnessing; accommodation is made for the detainee to say anything, no matter the truth, to be out of the blues simply because of the cruelty of solitary confinement.

According to the laws of the country and the norms of international law, the UK has to protect the non-acceptable level of risk, which means that detainees are to be protected from the irreversible harm while being detained. Subject to the elimination of miscarriages of justice, there should be better regulation of solitary confinement performance, including checking not only for the extralegal coercion of confessions but also the psychological pressure that may taint them as well. In order to safeguard justice and guarantee the accountability of the judicial procedure, independent monitoring and access to sufficient legal assistance cannot be overestimated.

Finally, it is about human rights that are violated due to the use of solitary confinement while in police custody or other forms of police custody. Furthermore, it is about a legal process that is distorted or skewed through the use of solitary confinement, hence denying legal process its every basic principle of fairness and justice.

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