

# PSSARP

Psychological Strategies  
for the Sexual and Affective  
Re-education of Prisoners



## A Europe-wide study on affectivity in prisons

Between September 2023 and September 2024, the PSSARP project focused on the creation of a transnational qualitative-quantitative research study aiming to shed light on the emotional and relational needs of inmates and their family members. Spearheaded by Penitenciarul București Jilava and supported by Europe Unlimited e.V. (Germany) and Igor Vitale International (Italy), this research brought together psychology, sociology, and human rights into an evidence-based framework for affective re-education in prisons.

More than 100 participants - including prisoners and their spouses - shared their experiences and perceptions through a specially designed 30-item questionnaire. The tool, developed in both paper and digital formats, explored specific areas:

- Barriers to affective expression in penitentiary environments
- Psychological and social impacts of affective deprivation
- Strategies for fostering emotional resilience and intimate well-being
- Best practices and recommendations from lived experiences

The research integrated both closed and open-ended questions, allowing for both statistical analysis and in-depth narrative insights. The result? A clearer, richer picture of what it means to love, suffer, and hope within the confines of prison walls.

Research teams from the three partner countries contributed to literature reviews, data collection, and analysis. The findings will serve as the evidence base for the upcoming development of an online training course aimed at prison educators and support professionals. This course will be tailored to the real, lived needs identified through the research and will serve as a tool for transformation within and beyond the prison system.

This activity reflects the PSSARP's mission to humanize the prison experience by strengthening emotional rehabilitation.

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**The following partners have  
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**Bucharest Jilava Penitentiary**



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