

Running Head: TORTURE AND ITS EFFECT ON FORMER PRISONERS: THE CASE OF  
THE FEDERAL POLICE CRIME INVESTIGATION BUREAU (MAEKELAWI)

Torture and Its Effect on Former Prisoners: The Case of the Federal Police Crime  
Investigation Bureau (Maekelawi)

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**Declaration**

I, undersigned, hereby declare that this work is original and has not been presented in any other institution before. To the best of my knowledge and belief, I also declare that any information used has been duly acknowledged and cited.

Name: Roman Ayele Angelo

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**Verification**

I, Commander Demelash Kassaye, have read this thesis and approved it for examination.

Advisor: Commander Demmelash Kassaye (PhD)

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### **Acknowledgment**

First, I would like to thank the Almighty God for giving me the strength and determination throughout the entire research and all my life. Second, I would like to express my special thanks of gratitude to my advisor Dr. Demmelash Kassaye for his constructive comments and for sharing his pearls of wisdom with me through the course of finishing my research. Third, I would like to express my immense gratitude to my family, for their continuous encouragement and emotional support. Fourth, for my friends specially Architect Tamirat Tessema who have encouraged and supported me throughout finishing this research. Fifth, for the participants of the study for their willingness to share their time and their stories with me despite the emotional difficulty. And lastly, for Dr. Melese Getu for his continuous follow up and tireless effort to encourage us to finish our research on time.

### **Abstract**

Prisoners torture in most part of the world is an on-going epidemic and Ethiopia is no exception to this. There are various studies and researches conducted on prisons of different countries with the objectives to; assess the prevalence of prisoner torture, identify the forms of torture used, study associated consequences and effect of torture. There are few researches done that exposes the truth about prisoner torture in Ethiopia, however; the researches fail to provide detailed information about the different effects of torture on prisoners. After carefully reviewing the available data and taking into consideration the critical nature of the topic, the researcher believes that the topic still requires an ongoing study. The purpose of this paper is therefore, to investigate the act of torture and its effect on former prisoners of Maekelawi. Because of the above-mentioned reasons and personal interest, the researcher has chosen this topic for her thesis. The researcher has employed qualitative method of research as well as descriptive types of phenomenology as a framework for the entire study. The study was conducted using five participants and they were selected based on their prison experience particularly The Federal Police Crime Investigation Bureau commonly known as Maekelawi. The sampling technique used to conduct this research is non-probability sampling specifically snow ball sampling because of difficulty locating the target population. In-depth Interview with semi-structured nature was employed and probing technique was also applied to obtain primary data. Data gathered from informants has been analysed thematically and divided in to five themes and presented accordingly in the findings of the study. The finding of the study indicates, the participants of the study have been victims of physical torture which includes beating, hanging, strapping etc. and psychological torture which ranges from intimidation to being victim of mock execution and they have been deprived of their humane condition which consists of deprivation of food and water, sleep deprivation, withholding of medical care etc. while they were in prison. The finding of the study also identified being tortured led the participants of the study to experience physical effects such as loss of hearing, musculoskeletal pains, scars and psychological effects which includes anxiety, depression, nightmares etc. The researcher was also able to pull out the social and emotional effects of torture and the current living condition of the participants of the study and incorporated it in the conclusion part of the paper. The study has finally recommended plausible solutions to various sectors, governmental and non-governmental organizations which work towards protecting the Human Right of prisoners and provide different services for torture survivors.

*Key Terms: Torture, The Federal Police Crime Investigation Bureau (Maekelawi), prisoner*

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### **Abbreviation and Acronyms**

ACTV – The Situational Analysis on the Prevalence of Torture in Uganda

AHRE – Association for Human Rights in Ethiopia

APA – American Psychological Association

CAPS – Clinician-Administered PTSD Scale

CAT – Convention Against Torture

CoE – Counsel of Europe

CPT – Christian Peacemaker Team

CUD – Coalition for Unity and Democracy

DIGNITY - Danish Institute Against Torture

DSMB – District Standing Medical Board

DSMV – Diagnostic and Statistical Manual of Mental Disorders

EAPA – Ethiopia Amhara Party

FPA – Federal Prison Administration

GAM – General Aggression Model

ICCPR – International Covenant on Civil and Political Rights

JICS – Judicial Inspectorate for Correctional Services

LMIC – Low and Middle-Income Countries

MLC – Medical-Legal Certificate

OLF – Oromia Liberation Front

ONLF – Ogaden National Liberation Front

PTE – Potentially Traumatic Events

PTSD – Post-Traumatic Stress Disorder

UNCAT – United Nations Convention Against Torture

UDHR – - Universal Declaration of Human Right

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## CHAPTER ONE

### 1.1 Introduction

Defining torture and what constitutes as torture has emerged as a pressing legal, social and psychological issue. Today there are multiple legal definitions and interpretations of “torture”. The most widely accepted definition of Torture is found in the United Nations Convention Against Torture (CAT) treaty. The United Nations Convention Article 1 of the 1984 defines torture as:

any act by which severe pain or suffering, whether physical or mental, is intentionally inflicted on a person for such purpose as obtaining from him, or a third person, information or a confession, punishing him for an act he or a third person, or any reason based on discrimination of any kind, when such pain or suffering is inflicted by or at the instigation of or with the consent or acquiescence of a public official or other person acting in an official capacity. It does not include pain or suffering arising only from, inherent in, or incidental to, lawful sanctions.” (United Nations Centre for Human Rights: Convention against Torture and other cruel, inhuman, and degrading treatment or punishment, 1989 par. 1).

There are four elements which must be taken into consideration when qualifying one act as torture. I. Nature of the act: which encompasses both acts and omissions that inflict severe pain or suffering. II. Intention of the perpetrator: which implies that pain and suffering must intentionally be inflicted to the victim in order to qualify as torture. III. Purpose: the different purposes that an act of ill-treatment must fulfil to be considered as torture or cruel, inhuman and degrading treatment which includes a. purpose of extracting a confession, b. for obtaining from the victim or a third person information, c. for punishment, d. for intimidation and coercion and e. for discrimination. 4. Involvement of public officials or assimilated: Ill-treatment inflicted at the initiation of a public official is torture (Nowak, 2007).

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Torture includes both physical and psychological methods of causing pain, distress and harm. Physical torture includes, beatings, prolonged enforced standing, hanging, suffocating, burning, electric shock, sexual assault and rape, and exposure to extreme heat or cold. Psychological torture includes, verbal abuses, threats against family, friends and loved ones, false accusations, forced choices, mock executions, and being forced to witness torture, mutilation and murder of others. In 2010, new clients to The Centre for Victims of Torture (CVT) reported another form of torture, I. Deprivation of humane conditions which includes: deprivation of food and water, being held in isolation, restricted movement, blindfolding, sleep deprivation and withholding of medical care and Sensory over-stimulation: includes exposure to constant noise, screams and voices, powerful lights and forced ingestion of drugs (The Centre for Victims of Torture, 2011).

The above forms of Torture are known to result in long-term physical injury and pain, long-term psychological and emotional effects and temporary and permanent social effects. The physical injury includes scars, musculoskeletal pains, foot pain, hearing loss, dental pain, abdominal pain, cardio problem, sexual difficulties, amputation and neurological damage. Psychological effects include emotional suffering to long-term mental health problem that ranges from problem with impulse control, depression, anxiety to hallucination, and paranoia (The Centre for Victims of Torture, 2015). The social effects of torture on prisoners might range from difficulty connecting and integrating with their families and community as a whole to complete isolation.

In Ethiopia for decades, thousands of prisoners suffered from torture in prisons which are used as a detention facility for those under investigation for serious crimes and a place where successive governments tortured people with different political views than that of the ruling party and people affiliated with opponent political party even though the law of the land states differently.

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In Ethiopia there was little or no opportunity for researchers in the past to study the issue of prisoner torture but, as of last year, facts about prisoner torture which was going on for years was broadcasted to the public. In addition, allegation of torture in prisons of Ethiopia caused different non-governmental, non-partisan, and not-for-profit organisations dedicated towards the advancement of Human rights to conduct investigations on the alleged prisons. And this resulted in the release of thousands of prisoners with pardon and closing of one of the notorious prison of Maekelawi.

The researcher's perspective on the topic adopts the notion that torture of prisoners is a complete violation of the person human right and for whatever reason such an act is inflicted, is not good enough to justify it. The researcher believes the prison sentence by itself is punishment enough. Torture is still a global problem which is yet to be eradicated and so It is the researchers desire and hope to shade some light on the act of torture and the effects of torture on prisoners. Based on the notion that torturing of prisoners is a violation of their human right, prisoners who have been victims of torture qualify the criteria for being in the cluster of vulnerable groups of the community the researcher hopes to advocate on behalf of them in the future.

## 1.2 Statement of the problem

Andrew (2002) states the minimum rules for the treatment of prisoners according to rule 31 states that Corporal punishment, punishment by placing in a dark cell, and all cruel, inhuman or degrading punishments shall be completely prohibited as punishments for disciplinary offences.

As outlined above all prisoners shall be treated in a manner which compliments the respect of their human Rights and prison officials should make sure these rights are respected. Hence, the reality is that the Human Right of prisoners is being frequently violated.

The Christian Peacemaker Team (CPT) in the past years has received reports of torture allegation in more than half of the Counsel of Europe (CoE) Member States. The CPT has also found forensic medical and other evidence of both excessive use of force upon apprehension, and of various forms of ill-treatment - reaching from threats to beatings of the various parts of the body. Justice Project Pakistan (JPP) & Lowenstein Clinic (2012) on their investigation of allegations of abuse that occurred in Faisalabad from 2006 to 2012 found that prisoners are victims of multiple forms of torture.

The report by Association for Human Right in Ethiopia (2018) on torture of Ethiopian political prisoners in different prisons of Ethiopia namely *Qilinto*, *Zeway*, *Maekelawi* and *Shewa Robit* indicate repeated cases of varying forms of torture caused by prison officials, mainly to extract confessions during interrogations and implicate the detainees in alleged crime. It is also sometimes used as a form of punishment. Human Right Watch (2013) also conducted an investigation on allegation of torture in Maekelawi prison of Ethiopia. The report entitled *They want a confession* confirms the use of coercive methods amounting to torture on detainees to extract confessions, statements, and other information.

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REDRESS (2007) on its report about the effects of torture states torture has immediate and long term physical and psychological effect on victims. Victims of torture suffer injuries some resulting in disability, ill health, mental disorders, and death in some circumstances.

The Center for Victims of Torture (2015) on its report listed this as the effects of torture; long-term physical effects of torture include scars, headaches, musculoskeletal pains, foot pains, hearing loss, dental pain, visual problems, abdominal pains, cardiovascular/respiratory problems, sexual difficulties, and neurological damage. Long-term psychological effects include difficulty concentrating, nightmares, insomnia, memory loss, fatigue, anxiety, depression and posttraumatic stress disorder.

Association for Human Rights in Ethiopia (2018) in its investigation of torture of political prisoners listed broken limbs, removed nails, scar on hands and feet and bruises of chains on hands and feet as the physical effects observed on the bodies of the detainees.

The Ethiopian constitution gives its citizens a guarantee to be protected from all form of cruel and inhuman treatment and punishment and grants human dignity to all persons held in prison. But these laws don't seem to be implemented in prisons and prisoners are subject to frequent physical and psychological torture.

The literatures reviewed which are mentioned above all succeeded in exposing the prevalence of prisoner torture in Ethiopia and described the methods of torture used on the prisoners. Only one report which was conducted by the Association for Human Right in Ethiopia (2018) was able to list the physical effects of torture based on the medical files of prisoners and as evidenced in their bodies. However, they all failed to provide detailed data on the physical and psychological effects of torture. Taking in to account available literatures, the researcher concluded that there is shortage of data. This paper therefore, tried to add to

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the existing knowledge base and fill the gap by describing the psychological effects of torture on former prisoners of Maekelawi which was lacking from the literatures reviewed.

### **1.3 Objective of the Study**

#### **General Objective**

The overall objective of the research is to identify the forms of torture used and effects of torture on former prisoners of The Federal Police Crime Investigation Bureau (Maekelawi).

#### **Specific Objectives**

1. To identify the forms of torture used by the accounts of ex-prisoners of Maekelawi.
2. To identify the physical and psychological effects of torture.

### **1.4 Research Questions**

The research questions listed below which will be answered in this thesis are introduced to achieve the objectives mentioned above.

1. What forms of torture were used on former prisoners of Maekelawi?
2. What are the physical and psychological effects of torture?

### **1.5 Significance of the Study**

This research has considerable significance in shading light on the physical and psychological effects of torture on tortured Ethiopian prisoners and fill the existing knowledge gap. The research also adds to the existing knowledge base on harsh treatments of prisoners in Ethiopia.

This particular study could hopefully initiate the concerning bodies to work towards protecting the rights of prisoners and provide necessary rehabilitation services for torture

survivors. This research can also serve as a framework of reference for other researchers interested in studying the topic further and as information for the public as well.

### **1.6 Limitation of the Study**

At the beginning of the study, due to the high political sensitivity of the topic, the researcher feared there will be difficulty in getting sufficient primary data. But latter when the actual work started the researcher was able to obtain the required data to complete this research.

As a limitation there are few factors which tied up the researcher not to extend the number of participants to more than five. As it is mentioned in the abstract and methodology part of the research, In-depth interview was used to collect primary data. One of the respondents which I was interviewing apologized and asked me to stop twenty minutes in to the interview, he explained how difficult it is for him to talk about his experience and said he wasn't ready to share. Same thing happened with another respondent the interview was cut short because he felt anxious and stressed. One of the participants of the study started feeling stressed after 47 min so I had to stop the interview. Because it qualified the minimum time requirement of an in-depth interview the information was included in the finding of the study. Therefore, considering the time limitation, the researcher continued the research using the information obtained from five participants.

### **1.7 Organization of the Paper**

This paper contains different section divided in chapters. Chapter one includes background of the study, statement of the problem and significance of the study, limitation of the study, research objective and the research questions. Chapter two deals with literatures related to torture both physical and psychological and deprivation of humane condition and the physical and psychological effects of torture, history of torture, the legal frameworks. And chapter three deals with the research methods which in general contains the steps and

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methods to conducting this research. Chapter four focuses on findings of the study which presents the data analysed thematically and this chapter also gives answer to all the research questions stated in chapter one. Chapter five contains the discussion of the major finding in relation to previous studies by different scholars. Lastly, chapter six presents the Implications of the study which contains implication in social work, research, policy and practice.

## CHAPTER TWO

### Literature Review

#### 2.1 Definition and Concept of Torture

Defining the boundaries of what constitutes torture has unfortunately emerged as a pressing legal issue (Gail, 2000). Today there are multiple legal definitions and interpretations of the term “torture”. The most widely used definition of Torture is article 1 of the United Nations Convention Against Torture (UNCAT) which states:

any act by which severe pain or suffering, whether physical or mental, is intentionally inflicted on a person for such purpose as obtaining from him, or a third person, information or a confession, punishing him for an act he or a third person, or any reason based on discrimination of any kind, when such pain or suffering is inflicted by or at the instigation of or with the consent or acquiescence of a public official or other person acting in an official capacity. It does not include pain or suffering arising only from, inherent in, or incidental to, lawful sanctions. (UNCAT, 1984)

##### 2.1.1 What Qualifies as Torture?

The following are the elements to take in to account when qualifying one act as torture, 1. Nature of the act: encompasses both acts and omissions that inflict severe pain or suffering. 2. Intention of the perpetrator: Pain and suffering must intentionally be inflicted to the victim in order to qualify as torture (Committee against torture, 2000 para 35). 3. Purpose: The different purposes that an act of ill-treatment must fulfil to be considered as torture are the following: 1. for extracting a confession, 2. for obtaining from the victim or a third person information, 3. for punishment, 4. for intimidation and coercion and 5. for discrimination (Nowak, 2007). 4. Involvement of public officials or assimilated: Ill-treatment inflicted at the initiation of a public official or another person acting in an official capacity is considered as torture. However, it should be noted that the recognition of the term “another person acting in

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an official capacity” as an authority comparable to government authority is made case by case, on the basis of the circumstances in a given country and at a given time. (Interpretation of Torture in the Light of the Practice and Jurisprudence of International Bodies, 2010 p 3).

### **2.1.2 Torture and cruel, inhuman and degrading treatment**

Torture and cruel, inhuman and degrading treatment are concepts that might be difficult to distinguish. Indeed, while it might be easy to differentiate between degrading and inhuman treatment/torture, the separation between inhuman treatment and torture is much more complex. Torture is a severe form of inhuman treatment, but there is no objective element of distinction between the two categories (Nowak, 2007)

Powerlessness of the victim can enable to distinguish between torture and cruel or inhuman treatment. Thus, ill treatment applied in a situation of powerlessness (e.g. detention) will be more likely to amount to torture (Nowak, 2007).

Severity of the treatment: The assessment of this threshold of severity is made in regard of the specific circumstances of the case and the following should be considered: duration of treatment, physical effects of treatment, mental effects of treatment, and sex, age and state of health of the victim (European Court of Human Rights, 1989).

Purpose of Ill-treatment: According to the European Commission of Human Rights, the severity of pain and suffering enables to distinguish between inhuman and degrading treatment, it is the purpose of such conduct that is the critical feature in distinguishing cruel, inhuman and degrading treatment from torture (European court of Human Rights, Communication 3321/67). And when these five interrogation techniques 1. sleep deprivation, 2. maintaining in painful positions, 3. deprivation of food and drink, 4. subjection to noise and hooding were considered, the commission viewed them as circumstances amounting to torture (European Court of Human Rights, “The Greek case” 3321/67).

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The prohibition of torture and cruel, inhuman and degrading treatment is an absolute and non-derogatory right art 5 Universal Declaration of Human Rights, common art 3 of the Geneva Convention, art 3 European Convention on Human Rights, art 31 to 34 of the UN Minimum Rules for the Treatment of Prisoners, art 7 ICCPR, art 5 Inter-American Convention on Human Rights, art 5 African Charter on Human and People's Rights and General Comment n20 Committee on Civil and Political Rights para 3. This means that no derogation or exceptional circumstances, such as war, terrorism and similar public emergency threatening the life of the nation can be invoked as a justification (Convention against Torture, 1984). Likewise, an order of a superior officer cannot be invoked as a justification of such act (Convention against Torture, 1984).

### **2.2 Standard Minimum Rules for The Treatment of Prisoners**

An individual in prison is a person deprived of his/her liberty. When one state deprives a person of liberty, it assumes a duty of care to maintain the person's safety and safeguards the person's welfare. This places an obligation on all those responsible for deprivation of liberty and the care of the detainee (Human Rights Committee, 1994). The standard minimum rules are not intended to be absolutely applicable under all circumstances throughout the world. In view of the great variety of legal, social, economic and geographical conditions of the world, it is evident that not all of the rules are capable of applications in all places and at all times. They should, however, serve to stimulate a constant endeavour to overcome practical difficulties in the way of their application, in the knowledge that they represent, as a whole, the minimum condition which are accepted as suitable by the United Nations (Standard Minimum Rules for the Treatment of Prisoner, Rule 2).

Generally, "the standard minimum rules for the treatment of prisoners" is divided in to two parts. Parts I converse the general management of institutions, and is applicable to all categories of prisoners, criminal or civil, untied or convicted, including prisoners subjected to

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“security measures” or corrective measures ordered by the judge on the other hand, part II contains five categories of prisoners and the rules applicable only to each of the categories. In this classification; section A contains rules applicable only to prisoners under sentence, section B contains rules applicable only to insane and mentally abnormal prisoners, section C contains rules applicable only to prisoners under arrest or awaiting trial (Untried prisoners), section D contains rules applicable only to civil prisoners, and section E contains rules applicable only to persons arrested or detained without charge. Nevertheless, the rules under section A, applicable to prisoners under sentence, B, C and D, provided they do not conflict with the rules governing those categories and are for their benefit (Standard Minimum Rules for the Treatment of Prisoner, Rule 4).

### **2.2.1 List of Issues in The Course of Treating Prisoners**

Below are lists of very important issues in the course of treating prisoners. Matters related to accommodation, food, clothing, bedding, medical services, personal hygiene, the need for separation of categories, exercise & sport, contact with the outside world, discipline & punishment, religion, books, and institutional personnel are some of the contents of the instrument designed as rules of general application- to all categories of prisoners whether convicted or untried, whether criminal or civil (Tesfaye, 2011).

*Accommodation:* Where sleeping accommodation is in individual cells or rooms, each prisoner shall occupy by night a cell or room by himself. If for special reasons, such as temporary overcrowding, it becomes necessary for the central prison administration to make an exception to this rule, it is not desirable to have two prisoners in a cell or room. Where dormitories are used, they shall be occupied by prisoners carefully selected as being suitable to associate with one another in those conditions. There shall also be regular supervision by night, in keeping with the nature of the institution. All accommodation provided for the use of prisoners and in particular all sleeping accommodation shall meet all requirements of

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health, due regard being paid to climatic conditions and particularly to cubic content of air, minimum floor space, lighting, heating and ventilation (Standard Minimum Rules for the Treatment of Prisoner, Rule 9-10).

Prisoners or detainees must be provided with accommodation suitable to the length of their detention, with sufficient space to maintain the physical and psychological well-being of the number of persons accommodated. Prisoners or detainees must have adequate living space which is well ventilated and clean. Their quarters should also be appropriately heated/cooled according to the climate. Prisoners or detainees also need regular access to the open air with sufficient space to walk about and exercise, so as to maintain their good health and well-being (Charlotte, 2001).

*Food and water:* regarding this essential element for survival, it is provided that every prisoner shall be provided by the administration at the usual hours with food of nutritional value adequate for health and strength, of wholesome quality and well prepared and served. Drinking water shall be available to every prisoner whenever he needs it (Standard Minimum Rules for the Treatment of Prisoner, Rule 20).

*Clothing and Bedding:* having respect to particular rules of prisons whether to allow or prohibit wearing of one's own cloth, every prisoner who is not allowed to wear his own clothing shall be provided with an outfit of clothing suitable for the climate and adequate to keep him in good health. Such clothing shall in no manner be degrading or humiliating. All clothing shall be clean and kept in proper condition. Underclothing shall be changed and washed as often as necessary for the maintenance of hygiene. In exceptional circumstances, whenever a prisoner is removed outside the institution for an authorized purpose, he shall be allowed to wear his own clothing or other inconspicuous clothing. If prisoners are allowed to wear their own clothing, arrangements shall be made on their admission to the institution to ensure that it shall be clean and fit for use ((Id, Rule 17-18). Every prisoner shall, in

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accordance with local or national standards, be provided with a separate bed, and with separate and sufficient bedding which shall be clean when issued, kept in good order and changed often enough to ensure its cleanliness (Id, Rule 19).

*Medical Services:* At every institution there shall be available the services of at least one qualified medical officer who should have some knowledge of psychiatry. It is also required that the medical services should be organized in close relationship to the general health administration of the community or nation. They shall include a psychiatric service for the diagnosis and, in proper cases, the treatment of states of mental abnormality. Sick prisoners who require specialist treatment shall be transferred to specialized institutions or to civil hospitals. Where hospital facilities are provided in an institution, their equipment, furnishings and pharmaceutical supplies shall be proper for the medical care and treatment of sick prisoners, and there shall be a staff of suitable trained officers. The services of a qualified dental officer shall also be available to every prisoner (Id, Rule 22).

*Personal Hygiene:* Prisoners shall be required to keep their persons clean, and to this end they shall be provided with water and with such toilet articles as are necessary for health and cleanliness. In order that prisoners may maintain a good appearance compatible with their self-respect, facilities shall be provided for the proper care of the hair and beard, and men shall be enabled to shave regularly (Id, Rule 15-16).

*Separation of Categories:* The purposes of classification shall be to separate from others those prisoners who, by reason of their criminal records or bad characters, are likely to exercise a bad influence and to divide the prisoners into classes in order to facilitate their treatment with a view to their social rehabilitation. The different categories of prisoners shall be kept in separate institutions or parts of institutions taking account of their sex, age, criminal record, the legal reason for their detention and the necessities of their treatment. Thus, men and women shall so far as possible be detained in separate institutions, in an

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institution which receives both men and women the whole of the premises allocated to women shall be entirely separate; untried prisoners shall be kept separate from convicted prisoners; persons imprisoned for debt and other civil prisoners shall be kept separate from persons imprisoned by reason of a criminal offence; and; young prisoners shall be kept separate from adults (Id, Rule 8).

*Exercise & Sport:* Every prisoner who is not employed in outdoor work shall have at least one hour of suitable exercise in the open air daily if the weather permits. Young prisoners, and others of suitable age and physique, shall receive physical and recreational training during the period of exercise. To this end space, installations and equipment should be provided (Id, Rule 19).

*Contact with The Outside World:* Every prisoner shall be allowed under necessary supervision to communicate with their family and reputable friends at regular intervals, both by correspondence and by receiving visits. Prisoners who are foreign nationals shall be allowed reasonable facilities to communicate with the diplomatic and consular representatives of the State to which they belong. Prisoners who are nationals of States without diplomatic or consular representation in the country and refugees or stateless persons shall be allowed similar facilities to communicate with the diplomatic representative of the State which takes charge of their interests or any national or international authority whose task it is to protect such persons. It is also provided that prisoners shall be kept informed regularly of the more important items of news by the reading of newspapers, periodicals or special institutional publications, by hearing wireless transmissions, by lectures or by any similar means as authorized or controlled by the administration (Id, Rule 37-39).

*Religion:* If the institution contains a sufficient number of prisoners of the same religion, a qualified representative of that religion shall be appointed or approved. If the number of prisoners justifies it and conditions permit, the arrangement should be on a full-

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time basis. This qualified representative shall be allowed to hold regular services and to pay pastoral visits in private to prisoners of his religion at proper times. On the other hand, if any prisoner should object to a visit of any religious representative, his attitude shall be fully respected (Id, Rule 41).

*Books:* Every institution shall have a library for the use of all categories of prisoners, adequately stocked with both recreational and instructional books, and prisoners shall be encouraged to make full use of it (Id, Rule 40).

*Discipline & Punishment:* Discipline and order shall be maintained with firmness, but with no more restriction than is necessary for safe custody and well-ordered community life. All conducts constituting a disciplinary offence, the types and duration of punishment which may be inflicted, and the authority competent to impose such punishment shall always be determined by the law or by the regulation of the competent administrative authority. No prisoner shall be punished except in accordance with the terms of such law or regulation, and never twice for the same offence. No prisoner shall be punished unless he has been informed of the offence alleged against him and given a proper opportunity of presenting his defense. The competent authority shall conduct a thorough examination of the case. Where necessary and practicable the prisoner shall be allowed to make his defense through an interpreter (Id, Rule 27-30). Corporal punishment, punishment by placing in a dark cell, and all cruel, inhuman or degrading punishments shall be completely prohibited as punishments for disciplinary offences. Punishment by close confinement or reduction of diet shall never be inflicted unless the medical officer has examined the prisoner and certified in writing that he is fit to sustain it. The same shall apply to any other punishment that may be prejudicial to the physical or mental health of a prisoner. In no case may such punishment be contrary to the prohibition of all cruel, inhuman or degrading punishments. A medical officer shall visit daily prisoners undergoing such punishments and shall advise the director if he considers the

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termination or alteration of the punishment necessary on grounds of physical or mental health (Id, Rule 31-32).

*Instruments of restraint:* Instruments of restraint, such as handcuffs, chains, irons and strait-jackets, shall never be applied as a punishment. Furthermore, chains or irons shall not be used as restraints. Other instruments of restraint shall not be used except in the following circumstances: as a precaution against escape during a transfer, provided that they shall be removed when the prisoner appears before a judicial or administrative authority; or on medical grounds by direction of the medical officer; or by order of the director, if other methods of control fail, in order to prevent a prisoner from injuring himself or others or from damaging property; in such instances the director shall at once consult the medical officer and report to the higher administrative authority. The patterns and manner of use of instruments of restraint shall be decided by the central prison administration. Such instruments must not be applied for any longer time than is strictly necessary (Id, Rule 33-34).

*Institutional Personnel and Inspection:* The prison administration shall provide for the careful selection of every grade of the personnel, since it is on their integrity, humanity, professional capacity and personal suitability for the work that the proper administration of the institutions depends. The personnel shall possess an adequate standard of education and intelligence. After entering on duty and during their career, the personnel shall maintain and improve their knowledge and professional capacity by attending courses of in-service training to be organized at suitable intervals. So far as possible, the personnel shall include a sufficient number of specialists such as psychiatrists, psychologists, social workers, teachers and trade instructors.<sup>246</sup> There shall be a regular inspection of penal institutions and services by qualified and experienced inspectors appointed by a competent authority. Their task shall be in particular to ensure that these institutions are administered in accordance with existing

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laws and regulations and with a view to bringing about the objectives of penal and correctional services (Id, Rule 55).

The instrument in addition to those rules of general application, under its Part II, deals with rules to be applied for different categories of prisoners, starting with prisoners under sentence.

*Prisoners under Sentence:* Unlike other prisoners under sentence must be provided with work, education and recreation. All prisoners under sentence shall be required to work, subject to their physical and mental fitness as determined by the medical officer. Sufficient work of a useful nature shall be provided to keep prisoners actively employed for a normal working day. Prison labour must not be of an afflictive nature. So far as possible the work provided shall be such as will maintain or increase the prisoners, ability to earn an honest living after release. Vocational training in useful trades shall be provided for prisoners able to profit thereby and especially for young prisoners. Within the limit's compatible with proper vocational selection and with the requirements of institutional administration and discipline, the prisoners shall be able to choose the type of work they wish to perform.

The organization and methods of work in the institutions shall resemble as closely as possible those of similar work outside institutions, so as to prepare prisoners for the conditions of normal occupational life. The interests of the prisoners and of their vocational training, however, must not be subordinated to the purpose of making a financial profit from an industry in the institution. Preferably institutional industries and farms should be operated directly by the administration and not by private contractors. Where prisoners are employed in work not controlled by the administration, they shall always be under the supervision of the institution's personnel. Unless the work is for other departments of the government the full normal wages for such work shall be paid to the administration by the persons to whom

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the labour is supplied, account being taken of the output of the prisoners (Id, section A; Rule 71-73).

*Insane and Mentally Abnormal Prisoners:* Persons who are found to be insane shall not be detained in prisons and arrangements shall be made to remove them to mental institutions as soon as possible. Prisoners who suffer from other mental diseases or abnormalities shall be observed and treated in specialized institutions under medical management. During their stay in a prison, such prisoners shall be placed under the special supervision of a medical officer (Id, Section B; Rule 82).

*Prisoners under Arrest or Awaiting Trial:* un convicted prisoners are presumed to be innocent and shall be treated as such. Untried prisoners shall be kept separate from convicted prisoners. Young untried prisoners shall be kept separate from adults and shall in principle be detained in separate institutions. Untried prisoners shall sleep singly in separate rooms, with the reservation of different local custom in respect of the climate (Id, Section C; Rule 84-86). An untried prisoner shall be allowed to wear his own clothing if it is clean and suitable. If he wears prison dress, it shall be different from that supplied to convicted prisoners. An untried prisoner shall always be offered opportunity to work but shall not be required to work. If he chooses to work, he shall be paid for it (Id, Section C; Rule 88-89).

### **2.3 The Practice of Torture: History and Current Reports**

Torture in the Ancient and Medieval World: Beginning in the 12th century, torture came to be used more frequently on citizens, both for ordinary criminal offenses and for the special crimes of heresy and witchcraft. As John Langbein (1977) has explained, the unusually high prevalence of torture in Medieval Europe resulted in large part from the unusual characteristics of the medieval legal code, particularly its use of an exceptionally high standard of proof. For medieval judges to find an accused party guilty, they needed to have either a confession or the testimony of two eyewitnesses to the crime. If there was much

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circumstantial evidence that indicated guilt, but no eyewitnesses or only one eyewitness, judges were not able to reach a finding of guilt if the accused party maintained his or her innocence. In these cases, judges would sometimes authorize torture to compel a confession. In Medieval Europe, as in previous historical periods, a citizen accused of a criminal offense could only be tortured if other evidence made his or her guilt seem probable.

In the ancient and medieval world, citizenship was the main determinant of protection from torture, as citizens were generally given immunity from torture or could only be tortured in very rare circumstances. In ancient Greece, citizens could never be subjected to torture, but slaves and foreigners could be tortured under a wide range of circumstances. Not only could slaves be tortured in criminal cases, but they could also be tortured when serving as witnesses in civil suits between free men. Normally, slaves were not allowed to testify in these suits, as they were noncitizens, but the use of torture was thought to lend credibility to the slave's testimony and made their testimony admissible. Little importance or moral objection seems to have been placed on the physical pain suffered by the slave (DuBois 1991; Peters 1996:11–18; Ruthven 1978:23–28).

The Roman Republic and early Empire prohibited torture against citizens, except in the case of treason, but this changed in the late Roman Empire, as the number of Roman citizens grew, and the category of citizens became divided into two classes. *Honestiores*, or first-class citizens, could not be tortured except in cases of treason, but *humiliores*, or second-class citizens, could be tortured in criminal cases, if the crime was serious and some evidence already existed to indicate guilt (Garnsey 1970:141–47; Peters 1996:18–33; Ruthven 1978:28–38). In the early Roman Empire, state authorities also periodically tortured Christians, whose refusal to worship the Emperor was considered to be a type of treason. Pagans feared that the gods would be angered by the Christians' refusal to pay homage to

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them, and when natural disasters occurred, pagan authorities sometimes tortured and executed Christians as a way of appeasing the gods (De Ste, 1999).

The political authorities of the Ottoman Empire used torture, despite the fact that traditional Islamic law considered confessions made under torture to be invalid. The Ottoman authorities used torture in cases where the accused had a prior criminal record, in cases where the suspect had given contradictory testimony that seemed to indicate guilt, and in cases where there was strong circumstantial evidence but no confession (Peters 1996:92–93). In medieval Japan, as in Europe, a confession was required for a conviction, and torture could be used in cases where circumstantial evidence indicated probable guilt, but the accused party refused to confess (Peters 1996:93–94). Similarly, in 19th-century Iran, torture was allowed only under strictly regulated conditions, where evidence already existed to indicate probable guilt (Rejali, 1994).

In 12<sup>th</sup> – 13<sup>th</sup> century France and Italy, torture was used extensively against citizens. This can be explained both by the seriousness of the crime of heresy, a type of treason, and by the perception that heresy represented a severe threat (Christopher, 2007).

In summary, the practice of torture in ancient and medieval period was used on cases of ordinary criminal offenses, for serious crimes like treason and special crimes like heresy and witchcraft. Even then enough evidence should be presented to support the alleged crimes and the person has to be found guilty to be subject to torture or in some cases torture is used to get confession from the accused. Torture of slaves, foreigners, and prisoners of war was common in this period of time. Torture was used to punish people with different religion. In some cases, the reason for torture is different according to the social class of the accused.

Torture in the Modern Period: The practice of torture remained legal during the early modern period, but its use in Europe slowly declined. European governments started to ban

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torture during the 18th century, and by 1851, torture was illegal throughout the continent (Christopher, 2007).

The practice of torture during the 20<sup>th</sup> century: seems significantly different from the practice of torture in earlier periods. In earlier periods torture was a formal legal procedure, ordered by judges, subject to regulation, and conducted in the open. During the 20th century, torture has been conducted outside of formal legal practice, by government security agents, without regulation, and in secret (Christopher, 2007).

While torture has been common throughout the world during the 20th century, the practice of torture has varied by region. In Europe, torture increased greatly in the 20th century with the rise of communism and fascism. The fascist regimes of Italy, Germany, and their allies used torture and other terror techniques against political opponents, prisoners of war, populations of occupied territories, and members of outsider groups, such as the Jews. The Nazis used torture primarily against individuals from whom they needed information, such as Resistance members, and against Jehovah's Witnesses, to force them to name other members of the religion. When information was not needed, the Nazis more often used mass killings and reprisals, instead of torture, to intimidate and control conquered peoples (Delarue 1964; Foot 1976:88–90; Johnson 1999; Liberman 1996; Peters 1996:124–15). Communist regimes in the Soviet Union and Eastern Europe used torture widely against political opponents (Amnesty International 1984; Brunner 1990:423–27; Courtois et al. 1999). In Latin America, torture occurred widely during the Cold War, as conservative governments cracked down on communist insurgencies in a number of countries, including Argentina (Feitlowitz 1998; Guest 1990; Lewis 2002), Brazil (Archdiocese of São Paulo 1986; Huggins 2002; Huggins et al. 2002), Chile (Ensalaco 2000), and El Salvador (Gomez 2003).

Both communist and non-communist states in Africa, the Middle East, and Asia have used torture widely against political opponents. However, the lack of information on the use

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of torture by 19th-century governments and colonial powers makes it difficult to tell whether the high rate of torture in the 20th century represents an increase over 19th-century levels. Information available from case studies of the Belgian Congo (Hochschild 1998) and British India (Ruthven 1978:183–217; Arnold 1985:81; Chattopadhyay 2000:89–92) suggests that torture may have been commonly practiced by colonial governments. Even so, torture seems to have increased in the 20th century, with the rise of nationalist and communist independence movements and the increasingly brutal methods that the colonial powers used to suppress them.

Only in the democratic countries of Western Europe, North America, and Australia was torture uncommon in the 20th century, but even in these countries torture did occur. In the late 19th and early 20th century, police in the United States commonly used beatings and other forms of torture to obtain confessions from criminal suspects, particularly when those suspects were blacks, immigrants, or whites of a low social class. Democratic countries have also used torture against prisoners of war and other noncitizens. The French used torture in Algeria (Maran 1989; Talbott 1980; Vidal-Naquet 1963), the Israelis have used torture against Palestinians (Felner 2005; Ron 1997), the British have used torture in Northern Ireland (Conroy 2000), and the United States and Great Britain have used torture against Iraqis and other prisoners in the global war on terror (Danner, 2004; Greenberg and Dratel, 2005).

While liberal democratic governments do use torture in some situations (Rejali, 2006), the rise of liberal democracy has helped reduce the prevalence of torture. As the governments of Western Europe became democratic in the 20th century, the practice of torture both of criminals and of political opponents nearly ceased. Both in the West and in the developing world, democratic countries are much less likely to use torture than nondemocratic countries, and this is true even when other relevant factors, such as the level

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of economic development, are controlled for (Cingranelli and Richards, 1999; Henderson, 1991; Howard and Donnelly, 1986; Poe and Tate, 1994; Poe, Tate, and Keith, 1999). Police torture of criminal suspects still occurs in Western democracies, but an extensive system of legal safeguards has helped make the torture of criminals very rare in present-day liberal democratic states (Evans and Morgan, 1998).

According to a study done by Amnesty international in 1991 on reports of torture and death in police custody in Pakistan states that there was deliberate torture of political prisoners in military detention centres where prisoners were frequently held and tortured during interrogation. This document reveals how police often tend to use torture in order to extract information and confessions from criminal suspects. After a suspect is taken in to custody they will be kept in detention for several days, during which time they may be ill-treated, intimidated and subjected to various form of torture. They may also be denied access to lawyers or relatives and are not brought to justice for several days. Some detainees may even be locked away in unofficial places making it hard for their relatives to know their whereabouts (Amnesty International, 1992).

In summary, Torture was widely used throughout the world in the 20th century. This prevalence has continued until the present time, and the most recent Amnesty International report (2000) on the subject estimates that the governments of over 132 countries use torture. While government secrecy makes estimating exact levels of torture impossible (Goldstein, 1992), Amnesty International, Human Rights Watch, Freedom House, and the U.S. Department of State have all released hundreds of reports on torture since these organizations began reporting on human rights abuses in the 1970s. Their reports indicate that torture has been widely practiced in many countries throughout the last three decades.

Torture in 21<sup>st</sup> Century: In 2004, the world was shocked by the sight of photos of torture conducted by U.S. soldiers at the Abu Ghraib prison in Iraq. Later news stories

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revealed that British soldiers had tortured Iraqi prisoners of war as well, and that U.S. forces had tortured prisoners in Afghanistan and at the U.S. military base at Guantanamo Bay, Cuba (Danner, 2004; Greenberg and Dratel, 2005).

Justice Project Pakistan (JPP) and the Allard K. Lowenstein International Human Rights Clinic at Yale Law School (Lowenstein Clinic) investigated allegations of abuse that occurred in Faisalabad from 2006 to 2012 by conducting in-person interviews and by gaining Medico-Legal Certificates (MLCs), which provide a unique opportunity to assess police misconduct in Pakistan. From the accounts of the interviewed victims' multiple forms of torture was used; the most common method was physical beatings, strappado, where police hang the victim by their wrists, with his arms pulled behind their back. Police used manji, which involves tying the victim's arms and legs to a bed and stretching them. Faisalabad police also beat people's feet with clubs and sticks in a method known as falaka/falanga. Police also sexually assaulted victims in a variety of ways, such as shoving chili peppers into their anuses (JPP & Allard K. Lowenstein, 2012 p.14).

The Christian Peacemaker Team (CPT) in the past years has received reports of torture allegation in more than half of the Counsel of Europe (CoE) Member States, the CPT has also found forensic medical and other evidence of both excessive use of force upon apprehension, and of various forms of ill-treatment - reaching from threats to beatings of the various parts of the body. (Julia. K; Asbjorn, and Danish institute against torture, 2018).

### **2.3.1 Prisoner Torture in South Africa**

The most recent 2015/2016 annual report, Judicial inspectorate for correctional services (JICS), a semi government prison watch dog, wrote that it has seen increase an inmate complaint about violence: 810 complaints about assault from warders, 364 about inhuman treatment and 15 complaints about torture. Their data also reveal that the use of force in correctional centres shot up to 619 reported incidents on 2014/15 (news24, 2017).

### **2.3.2 Prisoner Torture in Ethiopia**

Human Rights Watch on its report entitled *They want a confession* confirms the use of coercive methods amounting to torture on detainees to extract confessions, statements, and other information. It also states that detainees are denied access to lawyers and visitation from family members depending on their compliance to the demands of investigators. The report also mentions that detainees are punished or rewarded with denial or access to water food, light, and other basic needs. As stated in this report forms of torture used on detainees were: being repeatedly slapped, kicked, punched, beaten with sticks and gun butts, being forced in to painful stress position, such as being hung by their wrists from the ceiling or being made to stand with their hands tied above their heads for several hours at a time often while being beaten, prolonged handcuffing's in their cell and frequent verbal threats during interrogations, prolonged solitary confinement, inadequate food, severe restriction on access to daylight, poor sanitary conditions, limited medical treatment (Human Rights Watch, 2013).

On a report published on 2018 by the Association for Human Rights in Ethiopia (AHRE) about Ethiopian Political Prisoners and their accounts of torture states that detainees are subjected with various forms of ill treatment and abuse in prison. They report to undergo severe forms of abuse and torture mainly for the purpose of extracting forced confessions. Association for Human Rights in Ethiopia on its report also briefly summarises the effects of torture on different parts of the prisoner's bodies. Broken limbs, removed nails, scar on hands and feet, bruises of chains on hands and feet are the lists of sustained wounds (Association for Human Rights in Ethiopia, 2018).

Human Rights Watch on its report entitled *We are like the Dead* state's prisoners have been incarcerated and tortured for years by prison officials and security forces in jail Ogaden. This report which is 88-page long includes a description of ruthless and frequent patterns of

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abuse, torture, rape and humiliation and stories of prisoners who have had little access to medical care, family, lawyers and at times food (Human Right Watch, 2018).

### 2.4 Forms of Torture

Torture includes both physical and psychological methods of causing pain, distress and harm. Common forms of physical torture include beatings, burning, suspensions and stress positions, suffocation and drowning and electrical shocks. Psychological torture is most commonly seen in the form of threats of execution and torture, threats against family members, mock executions, extended solitary confinement, sensory deprivation or overload, sleep deprivation, humiliation, and the forced participation in torture of others (McColl et al., 2010 p.20).

#### 2.4.1 Physical Torture

Torture can take many forms, some of which are quite common and other are specific to certain geographical regions. Below are lists of different forms of torture found in the International Encyclopedia of public health (Piwowarczyk, Moreno, and Grodin, 2008).

|   |                                    |
|---|------------------------------------|
| Beating                                     | With hands or fists,               |
|   | With batons, rods, sticks, canes,  |
|   | On the soles of the feet (falanga) |
| Kicking, pushing, being jumped on           |                                    |
| Being suspended or restrained               |                                    |
| Being forced to hold certain body positions |                                    |
| Forced to walk on one's knees               |                                    |
| Electric shocks                             |                                    |
| Asphyxiation                                | Chocking                           |
|   | Submersion                         |
|   | With Chemicals                     |

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|  |                                   |
|--|-----------------------------------|
| Dry Asphyxiation                       | Covering of Head with Plastic Bag |
|  | Use of Ligature                   |
| Burning With                           | Cigarette Butts                   |
|  | Rubber                            |
|  | Wax, Hot Oil                      |
|  | Battery Acid                      |
| Excessive noise, cold, heat, isolation |                                   |
| Sexual violence                        |                                   |
| rape, attempted rape                   |                                   |

**Table 1** Examples of Physical forms of Torture

According to a report on brutality and torture by the police in Faisalabad, Pakistan (2014); multiple forms of physical torture was used on prisoners such as; the most common method was physical beatings, strappado, where police hang the victim by their wrists, with their arms pulled behind their back. Police used manji, which involves tying the victim's arms and legs to a bed and stretching them. Faisalabad police also beat people's feet with clubs and sticks in a method known as falaka/falanga. Police also sexually assaulted victims in a variety of ways, such as shoving chili peppers into their anuses (JPP and Allard, 2012).

Prisoners also have been subjected to stretching or crushing which include the cheera, the jack, and the roola/roller which all involve police officials stretching or crushing the limbs of victims to cause intense pain. Cheera, or stretching, is a technique in which "[t]he victim is seated on the floor, often with an officer behind him with a knee in his back and pulling the head back by the hair. The legs are stretched apart, either suddenly or gradually, until they reach as much as 180 degrees. There is often a sound and sensation of tearing and, of course, the pain is excruciating (Crushing and Stretching Injuries, supra note 19).

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Similarly, the jack involves officers stretching the victim's legs until they touch the victim's back. The roola/roller involves police officers crushing the victim's limbs with a wooden roller or a metal rod. As illustrated in Figure 5 below, officers apply a roller against the thighs and buttocks of the victim and sometimes stand on the roller to increase its weight. "The immediate effects are extensive bruising and inability to walk and even years later there is usually pain on walking far." (Id. 15-16).

According to a study conducted on situation of torture survivors in Uganda the common patterns of torture used on detainees include; Illegal detention, detention incommunicado, threats, intimidation, forced disappearance and extra-judicial killings. These result into fear, wrong confessions and prosecutions, injuries, ill health, disability and death of victims (REDRESS, 2007).

On a situational analysis done by African Centre for Treatment and Rehabilitation of Torture Victims (ACTV) on the prevalence of torture in Uganda states some of the patterns of torture in Uganda as in indicated by various reports I) Being held incommunicado – where a person is arrested, detained and no access is allowed and no opportunity to communicate with other people, ii) Extra-judicial executions – where suspects are executed without going through the due process of law and in most cases where they lack sufficient evidence on a case, iii) Threats and intimidation through text messages and phone calls, iv) Enforced disappearance – where a person is arrested in context of terrorism and treason suspects then disappears with trace and explanation and lastly no v) Cases of rape by government and rebel forces during the conflict in Northern Uganda (African Centre for Treatment and Rehabilitation of Torture Victims (ACTV), 2015).

An investigation conducted by the Association for Human Rights in Ethiopia on political prisoners in different prison of Ethiopia listed this forms of physical torture based on the accounts of the victims: beatings on different parts of their body; tying water bottles to

their testicles; being electrocuted, their inner feet were beaten while they were hanged upside down; they were beaten while rolling on the sand and doing heavy physical exercise, receiving slurs targeted at Muslim detainees; being held in a dark room for three months during which they could not go outside during the day for fresh air, (Association for Human Rights in Ethiopia, 2018).

#### 2.4.2 Psychological Torture

|  |
|--|
| Nudity or Humiliation                              |
| Instrumentation                                    |
| Direct Sexual Trauma                               |
| Waterboarding                                      |
| Threats to Self or Family                          |
| Mock Executions                                    |
| Forced to Sign Fake Confessions or Denounce Others |
| Witness the Torture of Others                      |
| Forced to Participate in the Torture of Other      |

**Table 2** Examples of Psychological forms of Torture

Psychological torture can be defined as “acts prepared and carried out deliberately against the victim in order to suppress his psychic resistance and force him to incriminate himself or confess certain criminal behaviours or to submit him to punishment modalities additional to deprivation of liberty itself” (Inter-American Court of Human Rights, 2004 par. 104).

The Centre for Victims of Torture listed the following as psychological Tortures; verbal abuses, threats against family, friends and loved ones, false accusations, forced choices, mock executions, and being forced to witness torture, mutilation and murder of

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others (The Centre for Victims of Torture, 2015). The following can be considered

Psychological and mental torture:

Threat to be tortured: “the threats and real danger of submitting a person to physical injuries produces, in certain circumstances, a moral anguish of such degree that it may be considered psychological torture”. (Inter-American Court of Human Rights, 2006 par. 92).

Psychological impact of physical torture: serious acts of physical and mental violence during a prolonged period of time for the said purpose and, thus, intentionally placed in a situation of anguish and intense physical suffering, which can only be qualified as both physical and mental torture (Inter-American Court of Human Rights, 2000).

Threat against his/her life or life of relatives: “repeated threats against his/her life by the police, often accompanied by acts of brutality, caused grave psychological suffering” (Committee on Civil and Political Rights, 2007).

Threat of using a syringe infected by AIDS/HIV: Threatening to inject using a syringe infected by AIDS/HIV” (European Court of Human Rights, 1999).

Threat by dogs: “rescind any interrogation technique, including methods involving sexual humiliation, waterboarding, short shackling and using dogs to induce fear, that constitutes torture or cruel, inhuman or degrading treatment or punishment” (Committee against Torture, Concluding Observations on USA para 24).

### **2.4.3 Deprivation of the Humane condition**

The Centre for Victims of Torture listed the following as Deprivation of Humane Conditions: deprivation of food and water, being held in isolation, restricted movement, blindfolding, sleep deprivation and withholding of medical care. (The Centre for Victims of Torture, 2015). The decision delivered by the European commission of Human Rights explicitly held that deprivation of food and other items constitutes an *act* of torture (Nowak, 2007).

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*Based on the evidence collected, the Ethiopian Human Rights Commission in its report confirms that the suspects of the Qilinto fire outbreak had in fact sustained “bodily injuries”. In addition, based on witness interviews, its own earlier investigation, and visiting the prison physically, it was able to verify that 38 defendants were indeed detained in segregated confinement, which has two rooms, a shower room, and toilets. The rooms, according to the report, are too small to hold 38 detainees (Association for Human Rights in Ethiopia, 2018). Prisoners held in isolation or solitary confinement qualifies as deprivation of their human condition according to the list by The Centre for Victims of Torture (CVT). The practice of placing prisoners in solitary confinement dates back to the 1820s in America when people thought it would help in rehabilitation of the prisoners. solitary confinement is an obvious punishment that in 2011, the U.N. special rapporteur on torture and the cruel, inhuman or degrading treatment or punishment condemned its use except in exceptional circumstances and for a short period of time and banned the practice completely for people with mental illness and juveniles (Wesely & Katznelson, 2018).*

In addition to the above statements there are also reports of sustenance and denying of medical access to prisoners. *Denying medical visits in Ethiopia’s prisons is an all too familiar story that has been recurrently recorded by different institutes in different occasions.* The report mentions six individuals as notable examples to being victim of poor prison conditions, ill-treatments, and malnutrition. Some of them were not allowed to take a shower for 22 days; they were not given food for two days in *Shewa Robit* prison (Association for Human Rights in Ethiopia, 2018).

### **2.5 Effects of Torture**

The word of Jean Amery, a victim of torture, Summarize the last effects of torture on the human mind, “*anyone who has been tortured remains tortured. Anyone who has suffered*

*torture never again will be at ease in the world. Faith in humanity, already cracked by the first slap in the face, then demolished by torture, is never acquired again” (Amery, 1980).*

### 2.5.1 Physical Effect

According to Piwowarczyk, Moreno and Grodin (2000) in their journal on Health care of torture survivors they have listed the following as physical effects of torture;

|                       |   |
|-----------------------|---|
| Skin                  | Scars from lesions inflicted by torture, such as abrasions, contusions, lacerations, puncture wounds, cutting wounds, gunshot wounds; burns from cigarettes or heated instruments; electrical injuries; injuries to nail beds |
| Face                  | Evidence of fracture, crepitation, swelling or pain   |
| Eyes                  | Conjunctival haemorrhage, lens dislocation, subhyeloid haemorrhage, retrobulbar haemorrhage, retinal haemorrhage, and visual loss   |
| Ears                  | Rupture of the tympanic membrane; hearing loss; otorrhea, vestibular dysfunction  |
| Nose                  | Misalignment, crepitation, and deviation of the nasal septum  |
| Jaw, neck, oropharynx | Mandibular fractures and/or dislocations, temporomandibular joint syndrome, crepitation of the hyoid bone or laryngeal cartilages, lesions in the oropharynx, injury to parotid gland or ducts                                |
| Oral cavity/teeth     | Tooth avulsions, fractures of the teeth, dislocated fillings and broken prostheses  |
| Chest and abdomen     | Lesions of the skin; pain; tenderness and discomfort related to injuries of the musculature, ribs (including rib fractures), or abdominal organs; retroperitoneal, intramuscular, and intra-abdominal hematomas               |
| Musculoskeletal       | Musculoskeletal aches and pains including changes in mobility of joints, contractures,  |

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|                        |   |
|------------------------|---|
| system                 | compartment syndrome (acutely), fractures with or without deformity, and dislocations, amputations  |
| Genitourinary system   | In females: bruises, lacerations, tears, bleeding, or vaginal discharge, ecchymoses, sexually transmitted diseases (including human immunodeficiency virus), scarring, and deformity In males: pain and sensitivity, hydrocele and haematocele, testicular torsion, erectile dysfunction, injuries to the penile ligaments, strictures, atrophy of the testes, and scarring Anal region: fissures, rectal tears, disruption of the rugal pattern/scarring, skin tags, and purulent drainage |
| Central nervous system | Cognitive and mental status changes; motor and sensory neuropathies related to trauma (including painful peripheral neuropathies); brachial plexopathy; radiculopathies; cranial nerve deficits; hyperalgesia; parenthesis; hyperesthesia; change in position and temperature sensation, motor function; gait and coordination disturbances   |

**Table 3** Physical Response to Torture; Adapted from Piwowarczyk LA, Moreno A, and Grodin M (2000).

Long-term physical effects of torture include scars, headaches, musculoskeletal pains, foot pains, hearing loss, dental pain, visual problems, abdominal pains, cardiovascular/respiratory problems, sexual difficulties, and neurological damage (CVT, 2015). Prisoners who have been subjected to stretching or crushing method of physical torture usually tend to experience extensive bruising and inability to walk and even years later there is usually pain on walking far. There is often a sound and sensation of tearing and, of course, the pain is excruciating (Justice Project Pakistan (JPP) and. Lowenstein Clinic,

2014). Victims of torture suffer injuries, ill health, disability and death in some circumstance (REDRESS, 2007).

As stated on the report by the Association for Human Rights in Ethiopian listed names of sixteen detainees from whom it said to have seen sustained wounds on different parts of their body, including: Broken limbs, Removed nails, Scar on hands and feet, Broken limbs, Bruises of chains on hands and feet, Bruises on two detainees and the torture inflicted on one of the detainees indicated presence of bruises on his foot caused by nail piercing, a big scar on the right leg; and a bruise from what appears to be caused by flogging. It also listed 7 other detainees having different scars on their hands, feet, knees, forehead, and a mark under the nose of one of the 7 detainees (Association for Human Rights in Ethiopia, 2018).

Due to poor prison conditions, ill-treatments, and malnutrition, inmates often suffer from diseases such as, stomach ache, kidney failures, and neurological complications. Prisoners and families report about not getting medical access. This is even more true especially during earlier stages of illness; this often complicates what could have been easily treated. Some die because of lack of treatments; others, are allowed treatment following public outcry after their condition reaches a critical stage (Ethiomeia.com, 2017).

On its report, Association for Human Rights in Ethiopian listed names of prisoners who lost their lives as a result of ill-treatment and absence of medical care (Association for Human Rights in Ethiopia, 2018).

### **2.5.2 Psychological Effects**

According to Piwowarczyk, Moreno and Grodin (2000) below are the common psychological response to Torture;

|   |
|---|
| Post-traumatic stress disorder                |
| Somatic complaints such as pain and headaches |
| Depressive disorder                           |

|                                |
|--------------------------------|
| Substance abuse                |
| Neuropsychological impairments |
| Psychosis                      |
| Enduring personality change    |
| Generalized anxiety disorder   |
| Panic disorder                 |
| Acute stress disorder          |
| Somatoform disorder            |
| Bipolar disorder               |
| Phobias                        |

**Table 4** Psychological Response to Torture; Adapted from Piwowarczyk LA, Moreno A, and Grodin M (2000).

Chronic pain is a common problem among torture survivors, so are symptoms of posttraumatic stress disorder (PTSD), anxiety, depression, difficulty concentrating, nightmares, insomnia, memory loss, and fatigue. Several individual reports in which authors have stated Post-traumatic stress disorder (PTSD) is a major health problem among prisoners because of high rates of exposure to physical, sexual, and emotional violence in imprisoned people over their lifespan (Widom, 1989; Battle et. al., 2003).

The centre for Victims of Torture (2015) stated difficulty concentrating, nightmares, insomnia, memory loss, fatigue, anxiety, depression and posttraumatic stress disorder as long-term psychological effects on its report (The centre for Victims of Torture, 2015).

Below are the psychological effects specific to the forms of torture used:

Threats of Death or Injury: Survivors say mock executions left them feeling like they were already dead, Survivors relive these near-death experiences in their nightmares or flashbacks. CVT clients have told us that they pleaded with their torturers to kill them,

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preferring real death over the constant threat and intolerable pain it caused (The centre for victims of torture, 2015).

**Sexual Humiliation:** Sexual humiliation leads to symptoms of post-traumatic stress disorder (PTSD) and major depression; victims often have flashbacks or nightmares about their experiences; male and female victims feel shame, grief and fear. Forced nakedness creates a power differential, stripping the victims of their identity, inducing immediate shame and creating an environment where the threat of sexual and physical assault is always present. Male victims feel degraded in their manhood, especially if the perpetrator was female (The centre for victims of torture, 2015).

**Sleep Deprivation:** Causes a host of negative psychological effects, the most prominent is cognitive impairment. Sleep-deprived individuals take longer to respond to stimuli and sleep loss causes attention deficits, decreases short-term memory, speech impairments, perseveration and inflexible thinking. These symptoms may appear after one night of total sleep deprivation or after only a few nights of sleep restriction (5 hours of sleep per night). Sleep restrictions can result in hypertension and other cardiovascular disease. (Physicians for Human Rights, 2015).

**Sensory Deprivation, including Solitary Confinement:** all forms of sensory deprivation can have profound and long-lasting psychological consequences. Effects of solitary confinement include depression, anxiety, difficulty with concentration and memory, hypersensitivity to external stimuli, hallucinations, perception distortions, paranoia and problems with impulse control (The centre for victims of torture, 2015).

The Berlin Centre treated ex-political prisoners from East Germany who experienced solitary confinement with sensory deprivation for long periods (from several months to several years). Torture methods included sleep deprivation, long lasting interrogation night and day and disorientation techniques. The prisoners reported that they no longer trusted their

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own perceptions. They went through psychotic states with delusions and hallucinations and experienced a total loss of cognitive function. (Physicians for Human Rights, 2015).

A study by Punamaki, Qouta and Sarraj (2010) showed that frequency of psychological and physical torture and their combination increases PTSD symptoms. However, whether torture experience itself is related to chronic psychological dysfunction is controversial. Torture does not predict PTSD after controlling other traumatic life events (Kira et al., 2006). These findings suggest that the confounding effects of torture and post-torture stressors should be clarified. These stressors related to post-torture environment were investigated as risk factor for post-traumatic stress. Poor socio-economic status and the absence of social support are important factors related to post-traumatic responses of tortured political prisoners (Basoglu et al., 1994; Emmelkamp, Komproe, van Ommeren, & Schagen, 2002; Maercker, Gäbler, O'Neil, Schützwohl, & Müller, 2013).

Another study reported that torture-related chronic injuries fully mediate the relationship between torture and the numbing symptoms of PTSD among torture survivors of human rights violations (Rasmussen, Rosenfeld, Reeves, & Keller, 2007). These studies also point out the severity of torture, which is intense enough to provoke fear and dissociation at the time of trauma, and strongly predict the development of PTSD.

Studies about the effects of torture among South Korean survivors, who were persecuted under past military dictatorship of its own regime, are rare. Research conducted by structured interviews shows a high prevalence rate of psychological disorders, such as 33.3% for PTSD and 41.6% for depressive disorders (Choi, Lee, & Lee, 2012).

Dr. Stuart Grassian in his speech at Harvard medical school "Behind Bars: Ethics and Human Rights in U.S Prisons" conference, stated his evaluation of fourteen individuals placed in solitary confinement and found the same symptoms in many of them: Hypersensitivity to external stimuli; perceptual disturbances, hallucinations, and derealization

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experiences; affective disturbances such as anxiety and panic attacks; difficulty with thinking, memory and concentration; the emergence of fantasies such as of revenge and torture of the guards; paranoia. Problem with impulse control; and a rapid decrease in symptoms immediately following release from isolation. Taken together, Dr. Grassian proposed that these symptoms amount to a pathopsychological syndrome. Supporting this study social psychologist Dr. Craig Haney interviewed people in Pelican Bay state prison and told the New York Times that 63% of men kept in solitary confinement for 10 – 28 years said they consistently felt on the verge of an “Impending breakdown”, compared to 4% of individuals in maximum security prisons. He also reported that 73% of people in solitary confinement felt chronically depressed, compared to 48% of those in maximum-security settings (Wesley & Katznelson, 2018).

The psychological effects of isolation last long after individuals are removed from isolation. Years after their release, many of them who have been in solitary confinement experience difficulty integrating in to society, felt emotional numb, experienced anxiety and depression and preferred to remain in confined spaces. In addition to these effects suicide rates for those in solitary confinement are five times higher than that of the general prison community (Wesley & Katznelson, 2018).

### **2.5.3 Social Effects**

On a documentary about torture and rapping of prisoners of Maekelawi done by Ethiopian Television News (ETV), interviewed former prisoners of Maekelawi and from the interviewees one of them said due to the extreme and continuous beating on his testicles he is now unable to bear a child. One other interviewee also said his friend in the prison was raped by one of the prison guards (ETV, 2018). From the documentary the researcher can conclude that torture results in situational infertility which beside the psychological consequences can lead to disintegration of families. The researcher also reached on a conclusion that torture

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causes complete isolation from families, friends and loved ones and might be the cause for change in sexual orientation if we consider the rape case. In general, the social effects of torture for this case are disintegration of families, complete isolation and change in sexual orientation leading to being outcasted in the society.

### **2.6 International Legal framework**

The Convention Against Torture requires States Parties to ensure that their domestic legislative framework prohibits conduct amounting to torture and that State Parties abstain from them. It also requires States Parties to take specific and positive measures to ensure practical implementation of the prohibition of torture and measures of prevention, ensuring adequate and effective mechanisms to investigate allegations of torture and where sufficient evidence exist to initiate prosecutions (Convention against Torture, 1984).

The Universal Declaration of Human Rights (UDHR) adopted in 1948, prohibits the use of torture and other cruel, inhuman degrading treatment or punishment on human beings in all circumstances. It provides that “No one shall be subjected to torture or to cruel, inhuman or degrading treatment or punishment (Universal Declaration of Human Rights (UDHR), 1948).

Since 1994, Ethiopia has been a party to the Convention Against Torture and other Cruel, Inhuman or Degrading Treatment or Punishment, and ratified the International Covenant on Civil and Political Rights (ICCPR) and the African Charter on Human and Peoples’ Right (ACHPR).

### **2.7 National Legal Framework**

The FDRE constitution, Article 18 guarantees the right of everyone to be protected from all forms of cruel, in human and degrading treatment and punishment, and the observance of human dignity of all persons held in custody and those serving prison terms. The constitution also states that the right to be protected from torture would not be also

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subjected for derogation under any circumstance, even under extraordinary situations like in state of emergency (The FDRE Constitution, 1995). The Federal Police Commission Proclamation No. 313/2003 and the Federal Police Commission Administration Regulation No. 86/2003 clearly stated that among other duties and responsibilities, any police officers should perform any of its activities by fully complying and observing human and democratic rights ensured by the Constitution. Any violations of human rights and democratic rights, specifically, any inhuman or degrading treatment or act that have prohibited under the constitution would entail rigorous penalties and disciplinary measures.

There are different legislations and administrative regulations that govern the rules of detention and imprisonments. This include the Criminal Procedure Code; the Federal Wardens Administration Council of Ministers Regulations No. 137/2007; and the Treatment of Federal Prisoners Council of Ministers Regulations No. 138/2007. Other directives that contain basic standards and the fulfilment of prison conditions include the right to sufficient and adequate facilities; the right to family visit; the right to consult a lawyer and to legal advice, the right to be treated in clinics and to hospital in time of sickness, the right to compline before the prison administration, the right access books, newspapers, magazines, and radio, the right to practice their religion, the right to physical integrity and honour, and other basic rights of prisoners that have guarantee under the constitution.

### **2.8 Theoretical Perspectives**

Most people would agree that hurting someone or subjecting them to pain is wrong. However, punishment, by definition, involves the infliction of pain. Does this make punishment wrong? Philosophers are divided on this issue. One group believes that inflicting pain as punishment is fundamentally different from inflicting pain on innocents, and therefore is not inherently wrong. Another group believes that punishment is a wrong that can be justified only if it results in a “greater good” (Murphy, 1995).

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Those who hold the first view do not feel it necessary to justify punishment beyond the fact that the individual deserves it. This would be considered a retributive approach. The second view justifies punishment through the secondary rationales of deterrence, incapacitation, or rehabilitation. This will be called the utilitarian approach (Durham, 1994).

### **2.8.1 Retributive Rationale**

The first philosophical approach (or rationale) is that punishment, strictly defined, is not evil. Retribution is a term that means balancing a wrong through punishment. While revenge is personal and not necessarily proportional to the victim's injury, retribution is impersonal and balanced. Newman, although recognizing the difficulty of defining punishment, defines it in this way: "Punishment is a pain or other unpleasant consequence that results from an offense against a rule and that is administered by others, who represent legal authority, to the offender who broke the rule" (Newman 1978). The idea of the above statement is that by strictly limiting what can be done, to whom and by whom, the evilness of the action is negated. There are two equally important elements to this view: first, that society has a right to punish, and second, that the criminal has the right to be punished.

One of the elements of the retributive rationale is that the criminal deserves the punishment and, indeed, has a right to be punished. Only by forcing the individual to suffer the consequences of his actions does one accord them the rights of an equal citizen. Herbert Morris explains this view: 1<sup>st</sup> we have a right to punishment; 2<sup>nd</sup> this right derives from a fundamental human right to be treated as a person; 3<sup>rd</sup> this fundamental right is a natural, inalienable, and absolute right; and, 4<sup>th</sup> the denial of this right implies the denial of all moral rights and duties (Morris and Murphy 1995).

It is a primitive, almost instinctual, response of humankind to punish wrongdoers, as noted by French sociologist Émile Durkheim (Durham, 1994). Punishment is believed to be an essential feature of civilization. The state takes over the act of revenge and elevates it to

something noble rather than base, something proportional rather than unlimited. Immanuel Kant (1724–1804) supported a retributive rationale:

Juridical punishment can be inflicted on a criminal, never just as instrumental to the achievement of some other good for the criminal himself or for the civil society, but only because he has committed a crime: for a man may never be used just as a means to the end of another person, Penal law is a categorical imperative. Thus, whatever undeserved evil you inflict on another person, you inflict on yourself (Borchert and Stewart 1986, p.322).

In conclusion, the retributive rationale for punishment says that because of natural law and the social contract, society has the right to punish, and the criminal has the right to be punished. According to Newman (1978) *There is little grace in punishment. Only justice.*

### **2.8.2 Utilitarian Rationale**

The utilitarian rationale defines punishment as essentially evil and seeks to justify it by the greater benefits that result. Under a utilitarian philosophical system, or utilitarianism, what is good is that which benefits “the many.” Thus, even if it were painful to the individual, if the majority benefit from a certain act, then utilitarianism would define that act as good. In our discussion, if punishment did deter or incapacitate or facilitate rehabilitation, then “the many” (all of society) would benefit, and punishment, by definition, would be good.

Under the utilitarian rationale, punishment is evil, but it is justified when punishment accomplishes better than the evil it represents. Cesare Beccaria (1738–1794), another utilitarian thinker, suggested that in some instances the benefits of punishment do not outweigh the evil.

But all punishment is mischief: all punishment in itself is evil. Upon the principle of utility, if it ought at all to be admitted, it ought only to be admitted in as far as it promises to exclude some greater evil.... It is plain, therefore, that in the following cases punishment ought not to be inflicted. 1. Where it is groundless: where there is no mischief for it to

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prevent; the act not being mischievous upon the whole, 2. Where it must be inefficacious: where it cannot act so as to prevent the mischief, 3. Where it is unprofitable, or too expensive: where the mischief it would produce would be greater than what it prevented and Where it is needless: where the mischief may be prevented, or cease of itself, without it: that is, at a cheaper rate (Murphy 1995, p.24).

### **2.8.3 Conservatism: Deterrence and Incapacitation**

The conservative approach characterized by views of deterrence and incapacitation was strong throughout pre-Jacksonian America and Europe. The philosophy of punishment in general, and of prison specifically, was to deter and punish.

### **2.8.4 Liberalism: Reformation and Rehabilitation**

At some point during the 19th century, the philosophy behind imprisonment changed. Prison became viewed as more than an alternative to brutal corporal punishments. It was seen as redemptive and capable of changing the individuals within to become better people (Conley, 1992).

David Rothman (1971), one of the definitive authorities on the reformatory origins of the prison, proposes that the idea of reforming the individual criminal was at odds with the Calvinist doctrine of original sin. Before the 1800s, punishment remained retributive and was associated with expiation (a religious term meaning personal redemption through suffering). People were viewed as not capable of reform. Once the possibility of individual change was born, the idea of prison developed as the site of the “reform” (Hirsch, 1987).

Although the penitentiary might have been an idea born in Europe, its development was purely American. Hirsch (1987) and others (McKelvey, 1987) describe a shift in penal philosophy as the concept developed in the United States and Europeans began to look to American models of penal institutions.

### **2.8.5 Radicalism: Prison and Economics**

Rothman (1971) accepted the rhetoric of penal philosophy at face value. That is, the writings of the time indicated that the motivation and purpose of prison was to reform offenders, and this goal was accepted as fact. Others see the rhetoric of early prison reformers as masking a more subtle and insidious philosophy of imprisonment, one based on economy rather than reformation, and on power rather than benevolence. Rusche and Kirchheimer (1939) suggested that imprisonment emerged as the dominant method of punishment because of a desire to exploit and train captive labour. A scarcity of labour served as the impetus for the modern prison because of its role in training and exploiting labour reserves. For instance, in his study of New York prison history, Gardner found that harsher punishment often resulted from attempts to maintain and increase the production of essential commodities in overcrowded, tumultuous prisons (Gardner, 1987).

## **2.9 Aggression**

Human aggression is a social behavior and it has been studied from different perspective. Hence it is the theoretical models and empirical research from the field of social psychology that have provided the strongest framework from which to understand it.

### **2.9.1 Definition of Aggression**

Historically there have been different definition of aggression. More recently, definitions of aggression among social psychologists have landed on the notion that aggression is any behavior enacted with the intention to harm another person who is motivated to avoid that harm (Anderson and Bushman, 2002; Bushman and Huesmann, 2010).

There is a common practice of using the term ‘violence’ interchangeably with the term ‘aggression.’ Treating these as synonymous creates miscommunications and confusion among researchers, public policy-makers, and the general public. Among most social

psychologists, violence is a subtype of aggression. More precisely, 'violence' is aggression that is intended to cause harm extreme enough to require medical attention or to cause death. Many social psychologists extend this definition to include causing severe emotional harm. Thus, all violent behavior is aggression, but most aggression is not violence. Note that this definition of violence is not synonymous with 'violent crime,' which is a legal term, not a scientific one (Anderson and Bushman, 2002; Bushman and Huesmann, 2010).

### **2.9.2 Types and Characteristics of Aggression**

When considering the many ways in which one human can harm another, it is useful to distinguish between different forms of aggression, and between the different functions that aggression can perform. Different forms of aggression include physically harming another (i.e., physical aggression such as hitting, biting, kicking, clubbing, stabbing, shooting), hurting another with spoken words (i.e., verbal aggression such as yelling, screaming, swearing, name calling), or hurting another's reputation or friendships through what is said to others verbally or digitally (i.e., relational aggression). Aggression may also be direct (with the victim physically present) or indirect (enacted in the absence of the victim; for example, smashing someone's property or spreading rumors about them) (Anderson and Bushman, 2003).

Aggression also differs by function. It may involve a relatively pure intent to punish/hurt the target person, as in reacting aggressively to provocation (i.e., reactive, affective, hostile, hot, impulsive, or retaliatory aggression) or it may involve a considered and deliberate plan to harm another to gain a desired outcome (i.e., instrumental, proactive, planned, or cold aggression). A viable alternative approach to understanding the function of aggression is to locate aggressive acts on three dimensions – the degree to which the goal is to harm the victim versus benefit the perpetrator; the level of hostile or agitated emotion that

is present; and the degree to which the aggressive act was thought-through (Anderson and Huesmann, 2003).

### **2.9.3 Theories of Aggression**

According to Bandura (1973), a comprehensive analysis of aggressive behavior requires careful attention to three issues (1) the ways such actions are acquired (“Origins of aggression”), (2) the factors that instigate their occurrence (“Instigators of aggression”), and (3) the conditions that maintain their performance (“Regulators of aggression”). In short, to understand aggressive behavior, we need exactly the same kind of analyses that would be required for any other kind of behavior. A wide variety of reinforcers appear to play a role (“Origins of aggression”) (1) acquisition of material incentives, (2) social approval or increased status, (3) the alleviation of aversion treatment, and (4) pain and suffering on the part of the victim. Although people sometimes learn aggressive behavior by trial and error, most complex skills are learned vicariously by observing others. According to Bandura, learning by observation involves four interrelated processes. First, one must notice or pay attention to the cues, behavior, and outcomes of the modeled event. Then the observations must be encoded into some form of memory representation. Third, these cognitive processes are transformed into new imitative response patterns. Finally, given the appropriate incentives, the modeled behavior will be performed (Bjørkly, 2001).

#### **2.9.3.1 Social Psychological Theories of Aggression**

Biological psychology provides many relevant findings, including links to genetic predispositions, hormones, malformation, or damage of brain structures and levels of cortical and nervous system arousal. Psychodynamic approaches and animal psychology have emphasized aggressive drives, and evolutionary and animal psychology have focused on aggression in terms of factors related to reproductive success and survival (e.g., dominance and resource-holding potential). Social psychological approaches have tended to include such

biological, genetic and personality factors as ‘person’ factors in their models, but typically have not explored detailed interrelationships among these and related social factors (Wayne & Craig, 2015).

### **Early Social Psychological Theories**

For more than 7 decades, social psychology has provided a variety of frameworks from which hypotheses about the causes and consequences of aggression could be derived and tested. These theories, although distinct, have also tended to overlap as new knowledge has extended an existing framework of aggressive behavior. The earliest influential theory from social psychology was the frustration-aggression hypothesis (Wayne & Craig, 2015).

#### **2.9.3.2 The Frustration-Aggression Hypothesis**

During 1939, partially in response to World War II and partially in response to the spreading influence of psychodynamic theories in the US, Dollard et al. (1939) proposed the first systematic theory of aggression. Using assumptions from psychoanalytic theory, they focused on the frustration caused when a goal is blocked and suggested that; *the occurrence of aggressive behavior always presupposes the existence of frustration,” and that “the existence of frustration always leads to some form of aggression (p.1)*. It became quickly obvious that frustration does not always lead to aggression, and that not every act of aggression can be traced back to frustration. Frustration-aggression theory was revised to incorporate the possibility that frustrations can elicit responses other than aggression (e.g., to escape or to find another way to achieve a goal), and that the inclination which will be acted upon is the one that best reduces frustration. In this revised formulation, people learn through experience to respond to frustrations with aggressive or nonaggressive responses (Wayne & Craig, 2015).

### **2.9.3.3 Learning Theory**

The earliest theory of learning in modern psychology explains behavior in terms of classical conditioning – learning to associate one thing with another. Pioneered by Pavlov, this approach suggests that once people mentally pair things together, they become ‘conditioned’ to expect those things to always occur together. This theory was later supplemented with theories of operant conditioning developed by Thorndike and Skinner, which suggest that people are more likely to repeat a behavior that has been rewarded and less likely to repeat a behavior that has been punished. In aggression research it has been shown that children can be taught to behave aggressively through rewarding aggressive behavior (positive reinforcement) or removing a painful consequence after aggression (negative reinforcement). In addition, children learn to discriminate between situations where aggression has a desirable consequence and when it does not, and to generalize this knowledge to new situations. Although such research demonstrates that aggression can be learned through conditioning (Eron et al., 1971), it was clear by the 1960s that such processes could not explain the acquisition of all learned aggression.

Bandura (1986) proposed that social behaviors, including aggression, could be learned through observing and imitating others (i.e., via observational learning). In his classic experiments, children observed a film of an actor hitting a ‘Bobo Doll’ in several novel ways. The children later imitated the behavior in the absence of any classical or operant conditioning. Bandura also developed the concept of vicarious learning of aggression and showed that children were especially likely to imitate models that had been rewarded for behaving aggressively. In social learning theory (later called social cognitive theory), Bandura hypothesized that the way people mentally construct their experiences is crucial. People may see one person hit another but will also decide how competent they feel to do the same and will make assumptions about what constitutes a normal way to respond when

someone provokes you. In this way, making inferences about observed aggression not only increases the likelihood of imitating it, but also expands the range of situations to which that response might be generalized. There is considerable research support for social cognitive explanations of aggression. People sometimes imitate aggressive models, especially if the aggressive behavior is rewarded or carried out by a person who is heroic, admired, of high status, attractive, or similar (Wayne & Craig, 2015).

### **2.9.3.4 Arousal: Cognitive Labelling and Excitation Transfer**

The emergence of cognitive psychology inspired a plethora of new approaches to aggression by social psychologists. Early in this period, researchers explored the way people make meaning of physiological arousal, a known precursor to aggression. Researchers such as Schacter found that when people are aroused, they look for cues in the environment to help them attribute the cause of their arousal. For example, Schacter and colleagues found that if aroused people were exposed to another person who was angry, they tended to cognitively label their arousal as being angry themselves. Zillmann (1979) extended this concept with excitation-transfer theory (ETT). Physiological arousal, however produced, dissipates slowly. ETT posits that if two arousing events are separated by a short amount of time, arousal from the first event will add to arousal from the second. However, the cognitive label given to the second event will be misattributed as being relevant to all of the arousal experienced, thus producing an inappropriately strong response (e.g., becoming angry to a level far greater than might be expected for a minor provocation). Because the cognitive label (or attribution) is crucial in determining behavior, strong anger related to excitation transfer may persist long after the arousal itself has dissipated.

### **2.9.3.5 Mainstream Cognitive Theories**

#### ***Information Processing and Script Theories***

The confluence of computer availability and the growing dominance of cognitive approaches to psychology in the 1980s heralded a major change of direction in social psychological aggression research. For the first time, researchers started to conceptualize the acquisition of social behavior in terms of computerlike processes – inputs, outputs, and the processing of information. Two key theories of aggression emerged – the Social Information Processing (SIP) theory of Dodge (1980) and Script theory from Huesmann (1982). SIP theory emphasized the way people perceive the behavior of others and make attributions about their motives. A key construct in SIP theory is the hostile attributional bias – a tendency to interpret ambiguous events (such as being bumped in a corridor) as being motivated by hostile intent. This bias has been extensively studied and has been found to reliably predict aggressive behavior.

Script theory emphasizes the acquisition of scripts for behavior (much like an actor's script) through either direct experience or observational learning. Once encoded in semantic memory, scripts define particular situations and provide a guide for how to behave in them. In script theory, a person faced with a particular situation first considers a script relevant to that situation, assumes a role in the script, assesses the appropriateness or likely outcome of enacting the script, and if judged appropriate, then behaves according to the script. If a person habitually responds to conflict by using scripts that include behaving aggressively, these scripts may become more easily brought to mind (i.e., chronically accessible), become automatic, and generalize to other situations, increasing the likelihood of aggression in a growing number of spheres of life.

### **2.9.3.6 Cognitive Neo-association Theory**

Cognitive Neo-association Theory (CNA) reformulated the frustration-aggression hypothesis within the framework of emerging knowledge about neural connectivity. Assuming that concepts, emotions, memories, and action tendencies are interconnected within the brain's associative neural network, Berkowitz (1989) posited that aversive events such as frustrations, provocations, or unpleasant physical environments produce negative affect, which is neurally linked to various thoughts, feelings, and behavioral tendencies that are themselves linked to both fight and flight tendencies. Depending on the characteristics of the person and the situation, one response set will eventually dominate, with dominant 'fight' responses linked with anger and being more likely to elicit aggression. Importantly, higher-order processes such as making attributions about another's motives or thinking through the consequences of an aggressive response may cause a person to moderate an aggressive impulse in this model.

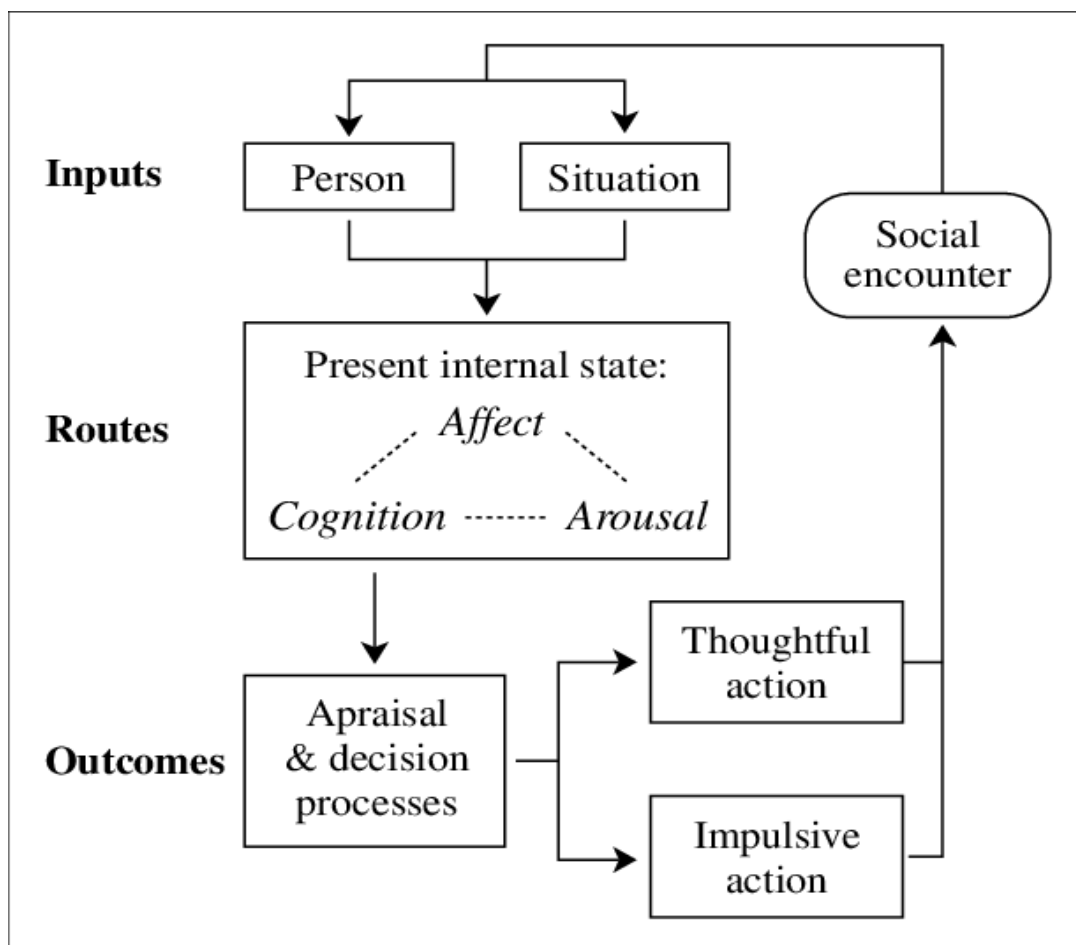
## **2.10 Current Theories**

### **2.10.1 The General Aggression Model**

The General Aggression Model (GAM; Anderson and Bushman, 2002) is the most recent and broadest theory of aggression processes to date. It is a biosocial-cognitive model designed to account for both short- and long-term (developmental) effects of an extensive range of variables on aggression. GAM can explain the widest range of aggressive behaviors, including those not based around aversive events or negative affect. In addition, it is arguably the model that has the most empirical support. GAM unifies previous major models of aggression from the field of social psychology into a single framework, but also incorporates knowledge from other disciplines in psychology.

The model itself is deceptively parsimonious. Every instance of aggression involves a person, with all their characteristics (e.g., biology, genes, personality, attitudes, beliefs,

behavioral scripts), responding to an environmental trigger such as a provocation, an aversive event, or an aggression-related cue (lower portion of Figure 1). These person and situation variables influence the person's present internal state – cognitions, affects, and physiological arousal. Depending on the nature of activated knowledge structures (which include affect), and on how aroused the person is, the person's immediate response may be an impulse to aggress. The person may act on this impulse, but if they have the time and cognitive resources to do so, and if the immediate response is undesirable, a period of appraisal and reappraisal will follow. Consequences are then thought through, alternate responses considered, and a considered response made. The resulting behavioral action may or may not be aggressive, but in any case, all actions feed back into the immediate situation and also influence the person's psychological make-up (i.e., their personality) (Wayne & Craig, 2015).



**Figure 1** Anderson's General Aggression Model

Fundamentally the General Aggression Model (GAM) are detailed assumptions that take into account a myriad of within-person factors, a range of possible triggers for aggression, known internal psychological processes, and the means by which behavior is reinforced and learned. In terms of the latter, knowledge structures such as schemas (a grouping of knowledge, feelings, memories, perceptions and notions about typical behavior that is centered around a particular theme) and scripts (knowledge about how people typically behave in a given situation such as during conflict) are person factors that can not only impel a person to be aggressive in the moment, but also change to reflect our experiences (upper portion of Figure 1). Thus, experience leads to changes in the type, content, and accessibility of knowledge structures, which are seen as the basis of personality (Wayne & Craig, 2015).

Together, these features of GAM can be used to explain short- and long-term aggression across a range of forms and functions, including the three key dimensions already noted: degree of hostile/agitated affect; degree of automaticity versus conscious thought; and degree to which the goal is to harm the victim versus benefit the perpetrator. Phenomena as different as sexual and nonsexual aggression against women (e.g., Anderson and Anderson, 2008), personality effects on violent crime (Hosie et al., 2014), and dozens more are well explained by GAM (Wayne & Craig, 2015).

There are different factors which can justify a person's behavior of aggression (Determinants of Aggression).

### **Person factors**

Numerous factors in a person's make-up have been shown to increase the likelihood of aggressive behavior. Not all are studied directly in social psychology, but all are taken into account in current social psychological models of aggression (Wayne & Craig, 2015).

### **Callous Unemotional Personality Traits**

There are three personality styles under this umbrella – psychopathy, Machiavellianism, and narcissism. All three are linked with high levels of aggression, lack of empathy, and curtailed emotional responding. Individuals of all three types routinely use aggression instrumentally to obtain desired goals, but narcissists and psychopaths are also prone to reactive aggression. Narcissists often respond aggressively when they feel threatened (particularly by insults, humiliations, or other threats to their inflated ego), or when they fear that their flaws may be exposed. Psychopaths, particularly those with secondary psychopathy characteristics, are often impulsive, fearless, and unconcerned about negative consequences to themselves or victims – a potent mix for a person already predisposed to aggression. Machiavellians most typically use instrumental aggression to achieve their goals and feel little or any remorse for harmful consequences to others. They do, however, consider potential consequences to themselves, and are thus more likely to aggress indirectly so that there is little likelihood of being held responsible for their actions (Wayne & Craig, 2015).

### **Impulsivity, Executive Control, and Self-Control**

Impulsivity is a temperament variable often noticeable from early infancy, and is a reliable predictor of aggression, presumably because impulsive people have difficulty curbing aggressive impulses. In contrast, people are less aggressive if they have greater control over their emotions, greater self-control, and a stronger capacity to inhibit their impulses (Moffitt et al., 2011).

### **Intelligence**

There is no great deal of research done on IQ and aggression, but some studies have found links between low IQ and higher levels of aggression in children, particularly in children with poor verbal intelligence and/or with low self-control.

### **Personality Traits – The ‘Big Five’**

Research on the ‘Big Five’ personality traits and aggression has generally found that people low in agreeableness and high in neuroticism are more aggressive and violent. Furthermore, both of these dimensions are associated with aggressive emotions, and low agreeableness is also associated with greater aggressive thinking (Barlett and Anderson, 2012).

### **Hormones**

The hormone most consistently linked with aggression is testosterone. Males have around 10 times as much testosterone as females, and levels are much higher in older teenagers and young adults than in older men. Interestingly, when people dominate others, their testosterone levels typically increase, along with their levels of aggression. There is also evidence that testosterone’s effect on aggression is a by-product of its effect on dominance. There also may be links between low levels of estrogen and progesterone and aggression, although results are mixed. Finally, emerging evidence suggests that low levels of oxytocin may be linked with increased aggression (Wayne & Craig, 2015).

### **Environmental factors and Cues for aggression**

#### **Provocation**

Perhaps the single greatest trigger for aggression is provocation by another person (Bettencourt et al., 2006). However, provocation does not need to be direct. People can be provoked to aggression by social exclusion, having rumors spread about them and a range of other ‘indirect’ provocations (Wayne & Craig, 2015).

#### **Violent Environment**

According to social cognitive models, people who are exposed to a lot of violence, virtual or real, will have an associative neural network with a lot of aggression-related knowledge structures, including aggressive behavioral scripts. This is borne out by research

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demonstrating that people from violent environments, whether homes, neighbourhoods, or war-torn countries, have a greater predisposition to be aggressive (Aguilar et al., 2000).

### **Weapons**

Weapons are one stimulus that almost all people conceptually link with aggressive behavior. Research consistently shows a ‘weapons effect’ whereby people who view a real or virtual weapon tend to have aggression-related cognitions primed in semantic memory and become more likely to behave aggressively (Wayne & Craig, 2015).

### **Anonymity**

Anonymity in some circumstances increases the likelihood of aggressive behavior. It is much easier to hurt another if an individual believes there will be no consequences, and anonymity allows a person to experience ‘deindividuation’ – a lessening of the restraints on antisocial behavior normally accorded to people perceived as being ‘individuals’ (Wayne & Craig, 2015).

### **Social Rejection**

Humans have a fundamental need to feel socially included and to have supportive and enduring relationships. When this need is thwarted through social exclusion or rejection, people sometimes behave more pro-socially to facilitate reinclusion. However, the dominant response to such rejection is to aggress, especially when the person can do so without significant social reprisals (Warburton et al., 2006).

### **Substances**

Alcohol intoxication consistently causes both men and women to behave more aggressively inside and outside the laboratory, and is linked with a substantial proportion of murders, assaults, rapes, and incidents of intimate partner violence. Importantly, this increase is due to the aggressor experiencing a diminished ability to inhibit their aggressive impulses. Thus, people who are predisposed to behave aggressively are most affected (Giancola, 2000).

Aggression has also been linked with other substances that cause disinhibition and/or an increase in physiological arousal, such as stimulants, amphetamines, and methamphetamines.

The previous section examined factors within the person and in the environment that can trigger or increase the likelihood of aggression. This section deals with the three key types of internal processes noted in GAM that can increase or decrease the likelihood of aggression.

### **Emotion/Affect**

Early models of aggression placed considerable emphasis on the role of negative emotions in causing aggressive behavior, and research has linked several emotions to an increased likelihood of aggression, most notably anger, shame, jealousy, and frustration of these, anger is the most researched. Although anger can precede aggression, the pathway is far from a simple cause and effect. Anger increases aggression primarily through reducing inhibitions, narrowing attentional focus to cues for aggression, and alerting people to cues for potential threats (Anderson and Bushman, 2002). Shame has also been linked to increases in aggression, primarily when the shamed person feels their personal flaws have been exposed. Jealousy has also been linked with aggression and in particular with intimate partner violence.

Recent research suggests that the anticipation of how one will feel in the future can be as important as how one currently feels in determining whether a person will be aggressive. It should be noted that some emotions can be a protective factor for aggression. For example, empathy (taking another person's perspective and having concern for them) is consistently related to lower aggression.

### **Cognition**

Recent models of aggression have focused increasingly on the cognitions that may underlie aggression. These include attitudes, beliefs, expectations, perceptions, ideas, and

concepts as well as aggregated cognitions such as schemas and scripts. It is clear that a variety of external triggers can increase the accessibility of aggressive cognitions in semantic memory. These cognitions may be activated but below the threshold of awareness or activated to the point of conscious awareness. In either case they can elicit an aggressive behavioral tendency through the priming of aggression-related action-tendencies, the activation of aggressive scripts for behavior, or through the influence of hostile biases on the interpretation of cues from the environment.

The greater the number of risk factors and the stronger their influence, the more likely it is an individual will behave aggressively, especially when protective factors are few or of little impact (Anderson et al., 2007).

Human aggression has been researched by social psychologists and others for many decades. The result is a large body of knowledge about the factors within people and from the environment that increase the likelihood of aggression, along with a more detailed understanding of the processes that occur in the mind and brain during an instance of aggression.

### **Arousal**

Physiological arousal and emotional arousal are both linked with increased aggression, and this is true regardless of what caused the arousal in the first instance. This may be due to one or more of several factors. First, arousal increases the likelihood that a person will act on an aggressive action tendency or impulse rather than think through the consequences of an aggressive action. Second, excessive levels of arousal feel unpleasant, and can elicit aggression in the same way as other unpleasant experiences. Third, arousal may be part of a fight or flight response system that bypasses rational thought and impels aggressive action. Fourth, arousal may be cognitively labeled as resulting from anger, thus causing the person to feel and act angry. Excitation transfer may compound this effect,

leading to a disproportionately aggressive response. Finally, low levels of arousal may facilitate aggression if people lack the energy and motivation to inhibit aggressive impulses (Wayne & Craig, 2015).

### **2.11 Theories on torture induced psychological symptoms**

#### **2.11.1 The psychodynamic theory**

##### **Anxiety**

The psychodynamic theory explains anxiety as a conflict between the Id and ego. Aggressive and impulsive drives may be experienced as unacceptable resulting in repression. These repressed drives may break through repression, producing automatic anxiety.

Cognitive theory has explained anxiety as the tendency to overestimate the potential for danger. People with anxiety tend to imagine the worst possible scenario and avoid situations they think are dangerous, such as crowds, social interaction.

## **CHAPTER THREE**

### **Research Methods**

The researcher of this study employed relevant techniques of data collection and analysis. Thus, this chapter deals with the methods and techniques the researcher used in the research process which is composed of the study design, study participants and study area, sample techniques, Selection Criteria, method of data collection, data analysis techniques that were employed.

#### **3.1 Researchers World view**

The selected guiding framework for this study is constructivist approach in which the researcher believes reality is subjective for those people who are living in it. Constructivism or social constructivism is such a perspective, and it is typically seen as an approach to qualitative research (Creswell, 2014). Constructivists claim that truth is relative and that it is dependent on one's perspective (Baxter and Jack, 2008), therefore, the issue of Torture and its effects on former prisoners of Maekelawi described based on participant's subjective meaning of their life experiences.

#### **3.2 Study Design**

There are three types of research approaches qualitative, quantitative and mixed. Quantitative research method is based on measurement of quantity or amount. Its applicable in phenomena that can be expressed in terms of quantity. Qualitative research method on the other hand, is concerned with qualitative phenomena subjective assessment of attitudes, opinions and behaviours. And Mixed research is the combination of both qualitative and quantitative research methods (Denzin and Lincoln 2005). Based on the aim of the research the researcher decided to use qualitative method of research. Qualitative research seeks to describe various aspects about behaviour and other factors studied in social science and

humanities. Some argue that the purpose of qualitative research should be to advance a social justice agenda (Denzin and Lincoln 2005).

The other type of research is descriptive and analytical. Descriptive research includes surveys and fact-finding enquiries of different kinds. It helps to report what has happened or what is happening. In analytical research, on the other hand, the researcher has to use facts or information already available and analyse these to make a critical evaluation of the material. The study therefore has employed descriptive type of research in its overall framework since the study will attempt to discover facts and describe the reality.

Various approaches such as ground theory, case study, phenomenology, ethnography and narrative research are used as a framework in qualitative research approach (Creswell, 2007). Thus, the researcher employed phenomenological theory (phenomenology). The rationale of the researcher for using this theory is; the essentiality in exploring the lived experience and existed phenomena of the population under study as they understand it (Creswell, 2003). The type of problem best suited for this form of research is one in which it is important to understand several individuals common or shared experiences of phenomenon. It would be important to understand these common experiences in order to develop practices or policies or to develop a deeper understanding about the features of the phenomenon (Creswell, 2007).

### **3.3 Description Study Area**

Addis Ababa is divided into 10 boroughs, called sub-cities ([Amharic](#): ክፍለ ከተማ kifle ketema), and 99 wards ([Amharic](#): ቀበሌ, [kebele](#)). This study was conducted in the city of Addis Ababa on one selected prison, The Federal Police Crime Investigation Bureau (Maekelawi). Maekelawi (meaning central in Amharic) is located in the heart of the capital Addis Ababa. The bureau is authorized by the federal police, which reports to the Ministry of Federal Affairs (Kalkidan Y. & Tesfalem W. 2016).

## **Types of main blocks in Maekelawi**

### **Siberia**

Named after the freezing Siberia region in Northern Russia, Siberia holds detainees that are under investigations. Each cell is numbered 2,3,4,5,6,7,8,9, and 10; no 1 is not currently functioning. Each cell, except no 8, holds up to 25 detainees. Inside each cell lie mattresses, food items, and plastic bottles used for urinating. Detainees sleep crammed in the small cells in the evenings; and take turns for naps during day times. It is often dark as the light that enters through the small windows is too weak. Detainees in Siberia can use the toilets twice a day and go outside for fresh air daily for 10 minutes.

Number 8 is the most recognized Dark Room in Maekelawi. The room is divided into 4 cells named 1, 2, 3, and 4. Other than the vague light that comes from the corridor in front, the cells are otherwise completely dark, and shelter only one detainee in each cell. Number 8 holds the most tortured detainees that are mainly interrogated in the middle of the nights. Those who refuse to admit to coerced confessions are left here for longer periods; and they are not allowed to talk to other detainees. If and when they give a forced testimony, they are then moved to other sections of the detention centre.

### **Sheraton**

Detainees in this block enjoy a relative freedom such as going to other cells in the same block and talking to other detainees; sitting at the door steps for an access to a sunlight; and access to family visits. The block is named after the luxury hotel in the capital Addis Ababa due to the relative comfort it provides. Detainees who completed their interrogation and are awaiting official charge are detained here. The block is partitioned into 12 cells.

***Tawla bet* (Amharic for wooden house)**

Is partitioned into four cells, of which two are used to keep female detainees. The block also houses detainee witnesses who gave consent to testify against fellow detainees. Sitting at the door steps for an access to a sunlight and relative movement is allowed here.

**Services and Facilities**

Food is served three times a day, but quality of the food is poor. Many detainees receive food from family members. There is a library in the premises, but depending on the type of charge, detainees can be denied from using the library. Prisoners take turn to use the library which could sometimes take up to more than one month until a detainee gets his turn. (Getachew Shiferaw, 2017 and Addis Standard, 2016).

**3.4 Selection Criteria**

The study has 5 respondents. The respondents were selected using snow sampling. To select the study respondents for the interview, the following inclusion criteria were set. Individuals who used to be incarcerated and at any time during their imprisonment did time in Maekelawi.

**3.5 Sampling Technique**

Sampling is the method of selecting a representative subset of the population called sample. Sampling makes research more accurate and economical. It's the sampling method which actually determines the generalizability of the research findings (Nayeem and Parveen, 2017 p.3). There are two types of sampling a research participant, probability and non-probability sampling. In probability sampling each sample has an equal probability of being part of the research participant. Non-probability sampling technique uses non-randomized methods to draw the sample.

In this study non-probability sampling method was used to select the subjects of the research particularly snowball sampling was employed. Snowball sampling is one of

sampling techniques in qualitative research approach. Researchers briefly emphasized about snowball sampling technique in non-probability sampling as follows:

The term 'snowball sampling' has been applied in two types of procedures related to network sampling. In one type a few identified members of a rare population are asked to identify other members of the population, those identified are asked to identify others, and so on, for the purpose of obtaining a non-probability sample or for constructing a frame from which to sample. In the other type, individuals in the sample are asked to identify other individuals, for a fixed number of stages, for the purpose of estimating the number of 'mutual relationships' or 'social circles' in the population." Other definitions of "snowball sampling" are consistent with this duality in usage (Handcock and Gile, 2011, P.3). Due to the difficulty of locating the target population the researcher employed such method of sampling.

There are various arguments in determining sample size of a study. For instance, Groenewald (2004) recommended that ten individuals are relevant as participants under a given study. On the other hand, Mason (2010), by taking different scholars' ideas in to account, agreed on the point that five to twenty-five individuals are important as participants in a given study. A total of four participants were selected to conduct interview. After the researcher have conducted the interview with the first study participants she then asked for the participant to introduce her to another individual.

### **3.6 Method of Data collection**

Several methods of data collection are available in qualitative research. However, the researcher utilized primary and secondary data sources in the study process to accomplish the research in appropriate manner.

Primary source: In-depth interview is one of the important tools of data collection in qualitative research. In-depth interview is interactive in nature; the material is generated with the interaction between the interviewer and the interviewee (Dey, 1993). Accordingly, the

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researcher employed in- depth interview since it is the most widely used technique to know deeply about the feeling of informants that are difficult to express through discussion.

Hancock & Algozzine expressed Semi structured interview as “a type of interview that invites interviewees to express themselves openly and freely and to define the world from their own perspectives, not solely from the perspective of the researcher” (Hancock and Algozzine, 2006 p. 91). Hence, semi structured interview was used for this research. By applying this approach, the researcher asked predetermined but flexibly worded questions. In addition to posing predetermined questions, the researcher used semi structured interviews to ask follow-up questions designed to probe more deeply in to the experience of the interviewees and the research objective.

**Secondary Sources:** Secondary sources are sources which discuss about a given event as secondary evidence or without being present at the event area. Secondary data is information already obtained by researches that is an initial and evidence for the new conduct research (Boeije and Hox, 2005). In the same way, Acaps Better Assessments Better Aid (2012, p.3) elaborates secondary data as *Secondary data can comprise published research, internet materials, media reports, and data which has been cleaned, analysed and collected for a purpose other than the needs assessment, such as academic research or an agency or sector specific monitoring reports.* Accordingly, the researcher utilized all materials such as journal, articles, different organizations’ reports, documentary, published and unpublished materials which are important in accomplishing the study on torture and its effects in case of ex-prisoners of The Federal Police Crime Investigation Bureau (Maekelawi).

### **3.7 Data analysis procedures**

Data analysis is one of the critical points in any scientific study. Data analysis in qualitative research consists of preparing and organizing the data (i.e., audio data as in transcript, or image data as in photographs) for analysis, then reducing the data in to themes

through a process of coding and condensing the codes, and finally representing the data in figures, tables or a discussion (Creswell, 2007). Different data analysis approaches are available in qualitative research: Descriptive, Thematic and Narrative analysis.

Therefore, the researcher adopted thematic data analysis method, which was developed by Braun and Clark (2006), in which the data obtained through in-depth interview will be analysed. Thematic analysis goes beyond simply counting phrases or words in a text, it moves to identify implicit and explicit ideas within the data (<http://en.m.wikipedia.org>).

### **3.8 Ethical Considerations**

“Ethical consideration should be acknowledged before the commencement of data analysis” (Alston and Bowles, 2003, p. 126). As a researcher in order to maintain the ethics of conducting a research a formal letter was secured from Addis Ababa University, School of Social Work to build a rapporteur with individuals who are participants of the research. In addition to the letter, a clear clarification about the role of their participation in the research and brief but detailed explanation about the research purpose and objective was given to all interview participants. Ethical principles tend to focus on protecting participants from harm or in some cases on empowering them (Someleh and Cathy, 2005). These include; the need to ensure confidentiality for informants and the need to gain permission from agencies to examine client records if these are to be used for gathering information (Alston and Bowles, 2003). To this end verbal consent was secured about their voluntary participation before the interview begun. Confidentiality involves both an individual right to have control over the case or access of his or her personal information, as well as the right to have the information that he or she shares with the research team to be kept private (Marcyzk et. Al., 2005 p.244). Taking in to account this statement any issue related to confidentiality was discussed with the study participants.

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In conclusion, the conduct of the interview and all materials used during the interview was are handled carefully. It is safe to say the study was conducted in an ethical manner.

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## **CHAPTER FOUR**

### **Finding of The Study**

#### **4.1 Introduction**

Chapter four presents the findings of the study from In-depth interview from five different participants. The major goal of the finding is to respond to the research questions and objectives set by the researcher which is identifying the forms of torture used and describing the different effects of torture on former prisoners of Maekelawi. The major sections in this finding are; the physical and psychological forms of torture and deprivation of humane condition, and the physical and psychological effects of torture.

Most of the prisoners in Maekelawi are imprisoned either because of their political views or based on their ethnicity therefore, the population of the prison was comprised of politician, journalist, activists and people from different ethnical background. I have tried to get an interview with few other individuals beside those presented in the research who were imprisoned in Maekelawi for their involvement in politics and individuals who were sentenced to life in prison hence, because of their schedule I wasn't able to conduct the interview with them.

In this section, the researcher has identified four general themes: Physical and psychological torture and deprivation of the humane conditions and physical and psychological effect. The information that lead to this chapter are collected from five former prisoners of Maekelawi which their backgrounds are presented below and one legal professional.

#### **4.2 Background Information of Participants**

##### **Informant 1**

Informant 1 went to kokebetsebeah school when TPLF first came to power in 1991. Because of Eritrean referendum and other political issues happening in the country he

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became part of a political movement. In 1993 informant one started a movement together with other likeminded students to make a move towards bringing a democratic leadership in the country. But later the government found out and banned the movement and so, he couldn't continue his education in kokebetsebah. He then left kokebetsebah and joined St. Joseph school and finished the rest of his education there. Due to his involvement in such political movements he mentioned he was in the verge of getting killed therefore, he stopped his activities until he finished high school.

After he finished his high school education he joined Addis Ababa University to study social anthropology and then history. Here he was actively involved and was part of the student council for 2 years. He even ran for president of the student council, but he was beaten by one vote. Even though he didn't win the presidency he remained the academic and administrative chairman of the council. After he graduated from university he had plans to start his own political party. Hence, he put aside his idea of starting his own party and joined Coalition for unity party (*Kinijit*) which was already formed.

Because of his affiliation to *Kinijit* political party which was then the number one political opponent of the ruling party he was imprisoned in 2005. He stayed in prison for two years and released on pardon. After his release there were false documents implicating him in a crime and witnesses which gave false testimonies against him. After the election many members of *Kinijit* part left the country, but he remained in Ethiopia and continued his political movement. According to the deal he was given, if he was found involved in another political movement the pardon would be taken and he would be sentenced to death or given life sentence. As predicted he was incarcerated again and was sentenced to death but because of the influence and intervention from the world community the death row was changed to a life sentence in 2007. This time he stayed in prison for 6years and a half.

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Despite the predictable future of his political involvement Informant 1 continued to pursue politics until today.

I always had some sense of justice and sense of history. I am an optimist in the short run and pessimist in the long run. Meaning I can't extend my life line and I know life is short but as far I am alive I want to contribute something worthy. Death is inevitable, and I hate dying but, at least I should die trying to make a difference. I believe I am not bigger than anyone and no one is bigger than me. I don't make others fear me and I don't want anyone to make me feel scared, so I kept on fighting for change even though I knew my fate which was; prison life (Informant 1, May 14).

### **Informant 2**

Informant 2 was studying plant science at Hawassa University. By that time there were cases of student killings and student arrest and unfair treatment of students was very common like the case of Addis Ababa University where three hundred students were dismissed from the university with no justification. Because of this reason, Informant 2 was involved in peaceful demonstrations to make a stop to such atrocity.

He was walking down the street with his three friends when the police came and started firing at them. The shots fired killed two of his friends right there on the street, one as soon as he reached the hospital and Informant 2 was shot on the leg. After he was shot they took him to police hospital where he stayed for one month and ten days. While he was in police hospital his leg was amputated three times.

When they decapitated my left legs the first time I was unconscious, and they didn't ask for a consent from me or my family. And when they were about to decapitate my leg the second time which was below the knee, I was awake, and I refused the procedure, but they gave me anaesthesia and I passed out and

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when I wake up they gave me another dose of anaesthesia. I was hurt badly and didn't have strength, so I couldn't do anything. As any hospital rule the doctors were supposed to get consent from me to perform such procedure and I am supposed to get counselling before they decapitate my legs. And if I wasn't awake or strong enough to give the consent my family should be contacted and get a consent from them before going through with the procedure, but they did neither of the ethical requirements. And when I wake up my leg was amputated three times, now it won't even be ten inches that's left of my leg. I sometimes wonder if there was a chance to save my legs? I am no expert, but I think there could have been a chance to save some of it maybe with the right medication and treatment. They said it had a chance of getting infected like gangrene, but I was in the hospital the whole 1 month and ten days' and the chance of getting gangrene three times was very rare (Informant 2, May 18).

After Informant 2 was released from the hospital he was taken to The Federal Police Crime Investigation Bureau (Maekelawi) where he stayed for 9 months. Because of his imprisonment he lost a great deal of things in his life. His father died because of anger when he heard Informant 2's incarceration. His mother had a stroke at an early age and she can barely walk now. His sister developed diseases like diabetes, heart disease and blood pressure because of continuous intimidation and abuse security officials inflicted on her because of him. Soon after his sentence he was forced to let go of the women he was going to marry because he couldn't bear the thought of her waiting for him for all those years to come.

They had their assumption that I was an important and point person of the then Oromia Liberation Front (OLF) and all they wanted was to keep me alive long enough to get the information they needed. But the information they got about

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me or my involvement with OLF was wrong and once they made a mistake they couldn't take back, they just let me rot in prison (Informant 2, May 18).

Throughout the court process they were not able to present any evidence for all 7 open cases. *They wouldn't need evidence to imprison someone because there was no law that governs the place. Even if there is evidence against me they wouldn't care to search for it because there was no strong court or law that could challenge what is presented.*

After my imprisonment I went to court *SEBER CHILOT* and there were seven cases open on me and if I was found guilty of these crimes I would be sentenced to death. I have done nothing which could neither put me in jail for a week nor would it lead to life sentence (Informant 2, May 18).

I went to court again and again for a year and three months but still there was no evidence presented and the prosecutor would say he forgot to attach the evidence to the case file just to delay the trial date. Previous to my trial date the judge asked why I was still brought to court with no evidence to support the charges and the prosecutor announced they don't want to present any evidence to the court. And so, the judge ordered the court to bring evidence on the next court date. On my last court date, the Judge announced the evidence was brought to them indirectly and so they have reached the verdict. After going to court for more than a year I was sentenced to death with no evidence to support the charges against me. Due to the physical damage I endured during my capture the death sentence was changed to life (Informant 2, May 18).

After Informant 2 entered Meakelawi he didn't see his family for five months. And one time his sister went to visit him, and she took a court order *Keakal Netsa Mawitat* but the

prison official at that time took the paper and tore it in front of him and said *ወንድ ከሆነ ች እስከ ተታስፈታል*”.

### **Informant 3**

Informant 3 is a 42-year-old ex-prisoner of Meakelawi and a father of two. Informant 3 was born in Gonder around *Beles*. Around his district there was EAPA (Ethiopia Amhara Party) camp and growing up he used to spend most of his time with EAPA soldiers. They used to gun train them and sometimes soldiers would hunt *MIDAKO's* and feed them and other kids. His perspective about politics is based on the experience he had with this soldier. The appreciation they had for their duties and respect and love they have for their country, the poor and vulnerable citizens. For him politics is loving your country, loving the poor and fighting for the vulnerable.

Informant 3 has a college diploma in Biology and professionally he is a teacher. He was also a law school extension student when he first got arrested and after two years of his release from his first incarceration he wanted to continue his law education, but they wouldn't accept his old university papers because of the years in between and also the curriculum was different. Therefore, he enrolled in a Management class in St. Mary University.

Starting from 1990's Informant 3 was involved in politics. He started his political journey with EDEPA (Ethiopian Democratic party) and before that when he was in high school at the age of 18 or 19 he used to follow a party called *MEHAT*. He was then involved strongly from *Wereda* leader to *Mikir Bet* (council office) under *Andinet* party. He was also one of the creators and administrative leaders of this party. He was also on the management team of the Blue party and he continued with his political path after his release. Before he was arrested he used to get pressured by security officials to spill a secret about the party he was involved with using materials things like money, house. Though he knew he would end

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up in prison he refused to submit to their offer. *When they came to arrest me the second time, my oldest son was preparing food for his mother and me. Dozen police officials came to my house and they took put me in handcuffs and took me with force in front of my children.*

### **Informant 4**

Informant 4 attended his higher education in Addis Ababa University and Graduated in Bachelor of Arts Degree in Geography in 1987. After graduating he worked on different positions in different governmental and non-governmental organizations.

Informant 4 was the former central committee member for Coalition for Unity and Democracy (CUD) or *Kinijit*. He was imprisoned and tortured because of his different political views than that of the ruling party. Informant 4 was imprisoned in Addis Ababa Police Crime Investigation Bureau (*Maekelawi*) for 45 days.

In January 28, 2006 at 12:00 noon in my absence 10 members of the Federal police and 3 security men in civilian clothe arrested my daughter of age 15 and my son aged 11 without any court warrant. They searched my house for 6 hours and taken away my computer and private documents. On February 6, 2006 at 1:00 pm, three men in civilian clothes arrested me when I was in my routine work with an NGO known as Mary Joy Aid through development and detained me at the criminal investigation centre. On February 21 and March 7, 2006, I appeared before *Arada* criminal court. Session no 1; the case was adjourned to 7 March 2006; the court then decided to release me on bail. Despite the decision of the court, the police continued to detain me, further weeks.

For Informant 4 the outcome of his imprisonment and related torture made him to choose the undesirable choice.

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*I was given a choice and picked one which I have never-ever desired. I flew to Europe in search of freedom and safety and became migrant. My family life was decided by TPLF leadership and I was forced to migrate, abandoning my family with nothing. This has left a great psychological and social scar on me, my family and the then young children of mine in particular.*

### **Informant 5**

Informant 5 Is a 35-year-old former prisoner of Maekelawi. He was imprisoned for alleged involvement with the Oromo Liberation Front (OLF). Informant 5 was in Maekelawi for five months in which time he was repeatedly tortured. He was in his routine life when five civilians and three security men captured him, put him in a car and blind fold him and started beating him.

### **Finding of the study**

The following findings are inferred from the semi-structured In-depth interviews. The individuals that participated in the interview represent former prisoners of Maekelawi. Numbering of their names as informant 1,2,3,4, and 5 is used to protect the identity of the study participants and keep confidentiality. Each part of this finding is expressed with detail to get in-depth understanding of their experiences.

### **4.3 Forms of Torture Used**

Most of the participants of this study have experienced different forms of torture including physical torture (beatings, prolonged enforced standing, exposure to extreme cold), psychological tortures (verbal abuses, threats against family, friends and loved ones, false accusations, forced choices, mock executions, and being forced to witness torture of others) & Deprivation of humane conditions (deprivation of materials, being held in isolation, restricted movement, sleep deprivation, & withholding of medical care).

#### 4.3.1 Physical Torture

All of the respondents of the study were physically tortured while they were in prison. By the account of the respondents of this study different forms of physical torture were used to cause them pain and suffering. Informant 1 of the respondents of this study described his experience as follows:

They used to wake me up in the middle of the night and make me sleep naked in a wet cement floor to use my body heat to dry it and when the floor is dry enough they would stand me up to splash water on it and finally take me to my cell. They would put me in an Icy room which was called "Siberia. They also made me sleep on the floor for more than two years and a half without any mattress.

In support of what has been said by informant 1, Informant 2 shares his experience of physical torture as follows:

I was physically tortured for almost all my time in Maekelawi. They used to hang me and beat me until I lose consciousness and leave me there until I gain consciousness and when i do they would continue beating me. Sometimes they would just hung me and leave me there for more than four hours and they would come back and start beating me. They will also use me to intimidate other political prisoners by beating/punching/slapping me in front of them or bring them to see me hanged. Sometimes they would come to my cell in the middle of the night, take me outside and drag me on aggregate floor. They used to pull my decapitated legs which was still healing using "Pinsa" and sometimes the bandage would fall off. Sometimes when they feel like it they would tie me to the table and leave me there the whole night and come back in the morning and tie my hands and my back to a chair. The prison ward which I

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was first taken in too was very populated and had no windows and the air used to get suffocated and hot vapor used to drip from the ceiling.

According to another respondent of the study Informant 3, the physical torture he endured has been stated as follows:

I was tortured every day for all the two months I was in Meakelawi. They would roll and drag me on aggregate floor. They would strap my wrist to the ceiling and stretch the tie until I can only stand with the tip of my feet for 24 hours. They sometimes will come in the middle of the night all high with drugs and take me to a place where they interrogate me by beating, punching or slapping. Sometimes when I was almost passed out and so weak to even walk or stand by myself, they will drag me to another place and beat me until I pass out completely.

In congruence with the other statements made by respondents of the study, Informant 4 also endured physical torture while in prison and he describes his experience like this: *Physical torture was always the case in Makelawi prison. In my case, I was beaten, punched or slapped throughout my prison time.*

In addition to the four participants of the study, Informant 5 has shared his experience of torture in these words:

They used to hang me and beat me with their police stick, electric cable and punch me for hours. They would force me to the floor with their shoes on my chest and one of them will hit me with his shoes and stick. They would tie me to a table and beat me with their stick on my stomach. They would strip me naked and make me sit on the cold floor and tie my hands and leave me there. One time they tie me up to a pole and beat me on my private parts.

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As indicated in the above statements made by the respondents of the study all of them were victims of torture. The forms and magnitude of torture is not the same for everyone. In general, these forms of torture were used on the participants of the study; beating, hanging, suffocation, exposure to extreme cold, strapping, dragging and rolling them on aggregate floor, using other objects to harm their body part.

### 4.3.2 Psychological Torture

Most of the respondents of the study were also psychologically tortured when they were prisoned in Maekelawi prison. The forms of psychological torture used are described by the respondents of the study as follows:

As indicated by Informant 1 there were so many attempts to disrupt his mental and emotional wellbeing. They used continuous intimidation to gain false testimony from him and passed verbal threats to scare him. He was also put in a dark cell *Chelema Bet*. Informant 1's family was also verbally threatened because of his involvement with opponent political party. Informant 1 has also been a victim of threat to be tortured or killed and was forced to witness another inmate being tortured. Informant One describes his experience in his own word as follows:

Whenever they want to force a confession out of me, to punish me or to break me they will put me in isolation in a place called *Chelema Bet* Amharic for dark room. One time they put me in *Chelema Bet* for straight 36 days all by myself. They also used to bring another inmate beaten up badly and put him in the same cell with me for the sake of intimidating and scaring me. They would also put me in the same ward with very dangerous criminals like killers and rapists, one time one of them which I think was collaborating with the prison officials tried to kill me and If it wasn't for another inmate who tried to help me, I would have died back then. They would come in the middle of the night

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and take me to some *GuranGur* Place to scare me and verbally threaten me to make me assume they are going to kill me right there on the spot. I was a political prisoner and my story was known to the world community and because they feared my story will reach the newspapers they made me witness others being tortured instead of using very daunting form of torture like they use in other prisoners. They continuously abused my whole family whenever they came to visit me in prison and they would also go to my wife's work place and threaten her.

Informant 2 was no exception to intimidation and verbal threat, threats against once family, being put in *Chelema Bet* or dark cell, forced to witness other inmates being tortured and mock execution. In support of what has been said by Informant 1, Informant 2's experience is written below:

Prison officials at that time gathered 24 prisoners including me, took us to an underground cell and then their leader took out his gun and pointed on us and said, *one day if we either get bored or if some riot arises in the prison, we will come and kill you all because you are the top 24 notorious prisoners.* Then they put us in 4 different cells with 6 prisoners in each cell. My older sister was continuously threatened and was even prisoned for some time. Beside the verbal threats she was forced to close her shop because they threatened the people who came to buy from her and ordered them not to use her shop anymore and they taxed her more money than what was right legally. Due to this she really struggled to survive. The house my mother owned in the rural area was tore down and now she is forced to live with me. Most times prisoners are put in a dark cell which lasts for days to few weeks, but I was in a dark cell for all of the nine months I was in meakelawi. As a result, my skin

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colour even changed and when the prison officials fill the release form from Meakelawi I was registered as light skin. The only time I see sun light was when they took me to court and even then, they had covered vehicles which we referred as *Bollo*. And the only time I even see an electric light is when they come to torture me. They would come in the middle of the night, blind fold me and put me in covered car and drive off to another place. And when we reach our destination they would take of the blind fold and toss me with their feet in to a hole which looks like a grave. They would stand on top of me and say; *you're going to die today* and start to slide soil inside the hole. When it's almost morning they would take me out and return me to the prison. When I was left with 15 – 17 days before I was transferred out of Meakelawi to another prison, I was taken to a ward with smaller number of prisoners and here they used to make me witness while they beat and torture other prisoners.

Informant 3 and his wife were both teachers and they are considered as a lower-class family according to Informant 3. And they used his social and economic status to attack him psychologically and used Informant 3's financial status to belittle him and degrade his dignity. And comparing his status to other political prisoner just to make him abandon his political views and give them information. Informant 3's family were also victims of threats and abuse. Informant 3 describes his experience accordingly:

They used to say to me if you're imprisoned for one year, your wife can't even afford to come to see you once a week but if your friends are imprisoned for 30 years they have families that can afford to come and see them every day.

They called me poor (DEHA) እደዚ ደኃ ነኝ ክኣ ገር ትበጠብጥህ ክመጅ መሆኖ ልጆቻህን. They used to ask me *Mindinew Keakimih Belay Miyanterarah*.

They have tried to manipulate me with money and house and authority”.

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“Whenever I asked to kill they will say በቁምነት አስረን እናስቃይሃልን እንጂ አንገልግላለን። After I was arrested military forces intimidated and threatened my wife. And the threat goes beyond my wife. The owners of the school which my wife was working at where also continuously threatened because of me. They said, *you are employing criminal's wife (ye ashebari mist new mitaserut)* and so she was fired from her job. One time after they tortured me for hours and they couldn't get any confession from me they put me in a dark cell.

Informant 4's experience of prison also goes in line with the statements made by other participants of the study and he stated his experience of intimidation in the prison as follows:

Police used strong words to intimidate me; if I wasn't willing to do as they say. I was given a choice either to abandon my political views or leave my country; or else there would be some danger against me and my family.

Informant 5 was also a victim of psychological torture as the other respondents and it is stated below using his words:

They used to threaten my family if I don't give them information. They had information on the where-about of my family and they would make threats and tell me how they are planning to harm them. And they did also put me in *Chelema Bet* which I stayed most of my time. I was forced to witness other inmates getting beaten with sticks and *Goma* (Amharic for plastic water pipe) a couple of times.

All of the participants of this study have been intimidated and verbally abused while they were in prison. The intimidation techniques were used to get false testimonies from them, to force confessions out of them or to simply scare them. Almost all of the study participants family were victims of intimidations and verbal threats and were forced to witness other inmates being tortured. The threats were passed either by going to their work

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places or when they come to the prison to visit them. Even though the time frame differs most of the participants of the study were put in *Chelema Bet* or dark cell. One of the participants of this study was a victim of mock execution.

### **4.3.3 Deprivation of Humane conditions**

The last form of torture considered in this study is deprivation of humane condition. Most of the participants of the study were deprived of at least one of the humane conditions which in general include deprivation of food and water, being held in isolation, restricted movement, sleep deprivation and withholding of medical care. Informant One has described his experience as follows:

I wasn't allowed to go outside and the only time I was allowed was in the morning at 6:00 AM and night 12:00 PM. The rest of the days I was put in a cell all by myself and I was not allowed to socialize with other people. They would dig the floor inside my cell where the mattress is placed and make me sleep uncomfortable position. They would give me a mattress full of flies. I had cholesterol before I was sentenced to Meakelawi and I am required to get medical treatment, but after a while they discontinued my cholesterol medicine. I was refused medical care not just for the cholesterol but for my back pain which I developed while I was in Meakelawi because of the sleeping condition at the prison.

In support of the statement made by Informant 1, Informant 2 expresses his experience accordingly:

I had asthma before my imprisonment. Because of the room suffocation at the prison I used to get sick all the time so, they would take me to the infirmary to get treated but sometimes the infirmary will be occupied with tortured prisoners needing medical attention I would return to my cell without getting

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the medical care I needed or they would take me to a place we called Ward and leave me there for the night. And other times they would simply refuse to give any medical care. One time I got very sick, my asthma was back, and my legs were infected, and the smell was so bad it was hard for other prisoners to be around me and even then, I didn't get the medical care I needed. They assumed I was going to die so they just transferred me to Kality federal prison not to raise any questions and suspicions. Because there were so many prisoners in Kality if I died they can say I got sick and died among other prisoners. When I was in the dark cell I was deprived of water for drinking and hot water to treat my legs which got infected because of their continuous pulling using `Pinsa` and lack of medical treatment. After I was taken to Meakelawi I wasn't allowed any visitation for more than five months. The bathroom wasn't fit to accommodate people with disabilities and so other prisoners will have to carry me and help me use the toilet. Through time the prisoners built me a mobile toilet with a chair and fabric on top and even when this breaks the prison didn't do anything to fix it, so we tear the side of our bed sheet and fixed the breakage.

Informant 3 also shares almost the same but not quite form of abuse as the above participants and he talks about his experience as follows:

They won't let me sleep; most times they come in the middle of the night to take you for interrogation which involves beating and hanging. What you can wish for on such times is the moment they are done with you and you can go and sleep and never wake up. Some days they will just slide their police stick on the cell doors just to scare us. The doors are so loud and whenever you hear the sound of the stick on the doors you lay awake all night hopping they

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won't come for you.

Informant 4 also summarized his experience of being held in isolation and restriction of movement as follows: "One time I was in a food strike and they restricted my movement and put in a room alone for days".

Informant 5 was also deprived of the humane condition in ways described below:

I was not allowed to go outside, I was in *Chelema Bet* for most of my time where the only time I was allowed to go out was when they want to torture me. Most of the time they come and take me in the middle of the night and even then, I won't be able to see the day light. I wasn't allowed visitations for some time, the first time my family came to visit me was one month and twenty-six days before my release. Because of the cuffs on both my legs and hand I couldn't sleep at night. I was refused medical treatment for the injuries which I endured because of the physical tortures.

### 4.4 Effects of Torture

#### 4.4.1 Physical Effects

Because of the sleeping condition in the prison Informant 1 developed diseases which he has described below:

Due to the uncomfortable position of my mattress and sleeping on plain floor for more than two years I developed severe back pain which is excruciatingly painful. I have also developed a disease called Vertigo. I was in *Chelema Bet* for most of my time and this created slight defect in my sight.

Informant 2 also stated he experienced the following physical effects:

They used to pull my decapitated legs using external objects like `Pinsa` and my stich will remove, and this led to an infection of my legs. Due to the beatings I have Scars. Physical disability: I believe due to the unethical and

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unequipped doctors of the Police Hospital my legs were decapitated three times and I would say I was tortured before I was even taken in Maekelawi.

Informant 3 says torture caused him to have the following physical effects and he describes his experience as follows:

Due to the continuous beatings and punching blood used to come out of my ears and I lost complete sense of hearing in my one ear for long time. It took five years of treatment to get my hearing back but still I can only hear partially. I also experienced huge damage to my legs and I had to use crutch for 3 months. After continuous medical treatment I started walking without it. But sometimes when the weather is cold and when I do heavy activities or exert too much pressure on it, I start to feel pain on my legs. Also scaring on my body parts.

Informant 4 stated his experience of torture caused him to have scars.

I was punched and slapped, and this caused me to have bruises, but the continuous beatings led to me having scars for life.

In support of what has been said by the participants of the study, Informant 4 disclosed he was in pain for a long time and describes in detail as follows:

The long hour beatings with the electric cable caused me to have scars on my body. I had bruises almost all the time while I was in prison. It didn't cause me to have long term effects but the beating on my private part caused me to feel excruciating pain for some time.

Participants of the study due to the physical tortures inflicted on them they experienced different kinds of physical effects. These physical effects include pains, musculoskeletal pains, disease like vertigo, Visual problems, physical disability, loss of hearing, leg pain, reduced function of the leg, bruises and scars.

#### **4.4.2 Psychological Effects**

Due to the physical and psychological tortures inflicted on him, Informant 1 has developed different psychological symptoms and he expressed his experience as follows:

I would get frustrated and anxious when so many people are around. When I sit in my office I have the need to lock the door with a key just to feel at ease. When I get so stressed while I was in prison I would try to do different things to put my mind off things but now I can't read or do things because I can't seem to concentrate for long. Sometimes I plan and try to do things, but I can't because I have difficulty concentrating. I sometimes do very weird things when I am out with people like; I might leave in the middle of a conversation, I will laugh without any thing funny happening or try to make others laugh. I get upset so fast about things which are very silly and not upsetting. I get either so excited or so depressed. I get so many thoughts which are so unorganized and that creates chaos in my mind. I can't engage in a serious situation because it will get stressful.

Informant 2 also says torture caused him different psychological effects and he talks about it as follows:

As a disabled person you will always deal with the psychological damage for the rest of your life. For e.g. I cannot easily move to places like other people, so this by itself makes me feel like a prisoner. When someone is doing something the wrong way like fixing things I want to show them by doing it myself, but I couldn't so I fight with myself and also, I shout on that person. When I see something dropped on the floor I want to move and pick it up, but I can't, and this frustrates me. My feelings easily get hurt. I get so upset and irritated easily. I tried to kill myself while I was in Meakelawi. I stopped

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eating for almost a week hoping it would kill me. At that moment dying felt like my graduation, or like dying after a long time fighting a war like some prideful act. I feel depressed, since my release I have been surrounded by people and all I want to do now is just go somewhere and talk with myself.

### Informant 3

They used to strip him naked in front of so many people including females and make him stand there and splash water on him, throw water bottles, slap me and bully me. This made me feel humiliated and so ashamed and lead me to try to kill himself and I even begged them to kill me. All I kept wishing for was the moment I never wake up. I tried to throw myself from the third-floor building. Before and after my release I have nightmares most nights. Seeing police and security forces triggers the feeling I felt while I was in prison getting tortured. I also developed extreme hate and despise towards them. My body is also very weak now compared to what it used to be.

### Informant 4

After my release some of my relatives, friends and workmates distanced me because of my imprisonment related to my political views. I felt lonely, hopeless and helpless. Then after I developed some kind hatred about the way many Ethiopians viewed politics and decided to distance myself from involving in Ethiopian politics.

In support of the above Informant 5 due to both physical and psychological torture he endured, he had suicidal thoughts during his time in Maekelawi.

I felt hopeless because I wasn't able to stop what they were doing to me. And I contemplated my death.

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The psychological effects which participants of the study experienced and are still experiencing include: Frustration, anxiety, stress, difficulty concentrating, depression, hypersensitivity, suicidal tendencies, nightmares, post-traumatic stress disorder, fatigue and feelings of hopelessness, helplessness and loneliness.

## CHAPTER FIVE

### Discussion of The Major Findings

#### 5.1 Introduction

This section is devoted to the discussion of the findings under different sub themes in light of the research objectives and research questions. In addition, the researcher will indicate which points of the new finding in this study is similar and contradicts to the previous findings of studies conducted by scholars stated under the literature review part of the study.

Based on the widely used definition of torture of article 1 of the United Nations Convention Against Torture (UNCAT), the acts inflicted on the participant of this study is considered as Torture. The elements presented below are used to qualify one act as torture also supplements the above statements.



**Figure 2** Elements used to qualify one act as torture

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According to the findings of the study the acts inflicted on the participants of the study caused them to have severe pain and suffering, the acts the participants of the study experienced were in-fact done intentionally to cause them pain and suffering. The finding of the study also indicates the acts inflicted on the study participants were used either to gain information about the political party they are involved with, for gaining false confession from them, to intimidate them or just for punishing them. Based on the findings of study every act inflicted on the participants of the study are done by prison officials and Individuals who are not particularly working in the prison but were acting in an official capacity.

### **5.2 Prevalence of Prisoners Torture**

The findings of this study showed that prisoners of Maekelawi were victims of both physical and psychological torture and they were deprived of the humane condition. This is incongruence with the finding of (Human Rights Watch, 2013) in its report on torture and ill-treatment in Ethiopia's Maekelawi police station which confirms on the prevalence of detainees suffering from all manners of abuses amounting to torture. Similarly, the finding of is also in consistent with the Association for Human Rights in Ethiopia (2018) reports of abuse of political prisoners in Ethiopia at the hands of prison officials. Detainees are mistreated, abused and tortured in various forms mainly to extract forced confessions that can be used to incriminate them in to alleged crime or sometimes just for punishment purposes.

### **5.3 Forms of torture**

#### **5.3.1 Physical Torture**

The finding of this study confirmed that different forms of physical torture were repeatedly inflicted on the study participants while they were in Maekelawi which include; beating, hanging of their wrists from the ceiling often while being beaten, suffocation, exposure to extreme cold, tying of their hands to a chair or a table, dragging and rolling them on aggregate floor, using tools to pull their body part. The current study finding goes in line

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with the (Human Rights Watch, 2013) report which documented repetitive slapping, kicking, punching and beating with sticks and gun butts, being hung by their wrists from the ceiling or being made to stand with their hands tied above their heads for several hours at a time, often while being beaten as forms of physical torture used on prisoners of Maekelawi. Association for Human Rights in Ethiopia (2018) on its report stated security officers tortured detainees by hanging them on a ceiling, putting them in a solitary confinement for hours; beating them with sticks, electric cables, and other hard objects; or tying water bottles to men's testicles. With the exception of tying of water bottles to their testicles the finding of the study goes in line with the forms of torture listed in the above report.

Another study similar to the findings of the study is the report done by Justice Project Pakistan & Allard K. Lowenstein International Human Rights Clinic (2014) about police brutality and torture in Pakistan prisons which listed hanging of their wrists from the ceiling often while being beaten, severe beating, suspension as common forms of torture used on prisoners.

Finally, in comparison with the examples of forms of torture listed by Piwowarczyk, Moreno, and Grodin (2008) with the exception of Forced to walk on one's knees, Asphyxiation, dry asphyxiation, burning, exposure to excessive noise and heat, Sexual violence, rape, attempted rape all seem to be incongruence with the current finding of the study.

### **5.3.2 Psychological Torture**

The current finding on the psychological forms of torture used on the study participants attested that: prisoners usually get verbally threatened and intimidated to get false testimonies or to force confessions out of them, they were also verbally abused, their families were victims of intimidations and verbal threats, they were victims of forced nudity, forced to witness torture of other prisoners, being subject to long period of interrogation and mock

execution. Justice Project Pakistan & Allard K. Lowenstein International Human Rights Clinic (2014) report on policing as torture in Pakistan prison matches the finding of this research and thus it states mock execution and forced to witness torture of other inmates as forms of psychological torture applied by prison officials. Also, The Centre for Victims of Torture (2011) listed intimidation and verbal threats, threats against one family as forms of psychological torture being used in the U.S prisons.

In comparison with the examples of forms of torture listed by Piwowarczyk, Moreno, and Grodin (2008) with the exception of Instrumentation, Direct Sexual Trauma, Waterboarding, Forced to Participate in the Torture of Other all seem to be incongruence with the current finding of the study. Prison officials were at some point forced participants of the study to sign fake confessions or denounce others but despite their effort they have not succeeding in getting it.

Similarly, a study conducted in Uganda by REDRESS (2007) confirms, threats and intimidation as the common forms of torture used in detainees. Another study conducted by ACTV (2015) attested being held in isolation one of the forms of torture used in Uganda.

### **5.3.3 Deprivation of Humane conditions**

The finding of this study confirms that all of the participants of this study where deprived of their rights of visitation from family and friends, they were also held in isolation (solitary confinement), denial of appropriate living condition, restricted movement, blind folding, sleep deprivation and withholding of medical care. This finding goes hand to hand with the report by the Centre for victims of Torture (2010) on the effects of psychological Torture which states almost all of these forms of torture as being used by the U.S.

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Based on the evidence collected, the Ethiopian Human Rights Commission in its report confirms that the suspects of the Qilinto fire outbreak had in fact sustained “bodily injuries”. In addition, based on witness interviews, its own earlier investigation, and visiting the prison physically, it was able to verify that 38 defendants were indeed detained in segregated confinement, which has two rooms, a shower room, and toilets. The rooms, according to the report, are too small to hold 38 detainees (Association for Human Rights in Ethiopia, 2018). The current finding of the study also goes in line with the above statement as it has stated prisoners of Maekelawi have been denied of appropriate living condition. According to United Nations congress (1957) important issues in the course of treating prisoners Rule 9-10 matters of accommodation which states each prisoner shall occupy by night a cell or a room by himself and if for special reasons such as overcrowding it becomes necessary for the central prison administration to make an exception to this rule, even then prisoners carefully selected as being suitable to associate with one another share a dormitory. All accommodation provided for the use of prisoners and in particular all sleeping accommodation shall meet all requirements of health, due regard being paid to climatic conditions and particularly to cubic content of air, minimum floor space, lighting, heating and ventilation. In conclusion the findings of the study confirmed prisoners have been denied the appropriate living conditions.

The finding of the study also confirmed withholding of medical care as one of the ways prisoners of Maekelawi were deprived of the humane condition. Similarly, Association for Human Rights in Ethiopia (2018) reported sustenance and denying of medical access to prisoners. It stated denying medical visits in Ethiopia’s prisons is an all too familiar story that has been recurrently recorded by different institutes in different occasions. The report also mentions six individuals as notable examples to being victim of

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poor prison conditions, ill-treatments, and malnutrition. Some of them were not allowed to take a shower for 22 days; they were not given food for two days.

The United Nations congress (1957) rule 22 of important issues in the course of treating prisoners' states at every institution there shall be available the services of at least one qualified medical officer who should have some knowledge of psychiatry. Sick prisoners who require specialist treatment shall be transferred to specialized institutions or to civil hospitals. And Where hospital facilities are provided in an institution, their equipment, furnishings and pharmaceutical supplies shall be proper for the medical care and treatment of sick prisoners, and there shall be a staff of suitable trained officers. The finding of the study contradicts this rule of prisoner's treatment regarding receiving medical care as it has clearly showed the existence of withholding of medical care in prison of Maekelawi.

### **5.4 Effects of Torture**

The finding of the study confirms due to continuous exposure to physical and psychological torture and deprivation of the humane condition participants of the study experience physical and psychological effects.

#### **5.4.1 Physical Effects**

Participants of the study due to the physical and psychological tortures have been affected physically. These physical effects include musculoskeletal pains, disease like vertigo which makes a person dizzy and difficult to maintain erect position, Visual problems, physical disability, loss of hearing, leg pain, reduced function of the leg, bruises and scars. This finding is in good agreement with the result of the report by the centre for Victims of Torture (2011) which revealed that scars, headaches, musculoskeletal pains, foot pains, hearing loss, dental pain, visual problems, abdominal pains, cardiovascular/respiratory problems, sexual difficulties, and neurological damages the physical effects of torture.

Findings of this research are similar in many ways with the physical effects of torture listed by Piwowarczyk, Moreno and Grodin (2000) which include scars, pain, visual loss, hearing loss, musculoskeletal aches and pains, motor function and Cognitive and mental status changes. Though they have not been stated specifically Vertigo can be included in the central nervous system section.

### **5.4.2 Psychological Effects**

The psychological effects which participants of the study experienced and are still experiencing include: Frustration, anxiety, stress, difficulty concentrating, depression, hypersensitivity, suicidal tendencies, fatigue, nightmares, signs of post-traumatic stress disorder, feeling of hopelessness and humiliation. This finding of the study is found among the list of psychological effects of torture which is found in the report by the Centre for Victims of Torture (2011) which states difficulty concentrating, nightmares, insomnia, memory loss, fatigue, anxiety, depression and posttraumatic stress disorder as the common psychological effects.

The finding of this research is incongruence with the finding of Dr. Grassian (1999) study which showed that individuals in solitary confinement show symptoms of Hypersensitivity to external stimuli; perceptual disturbances, hallucinations, and derealization experiences; affective disturbances such as anxiety and panic attacks; difficulty with thinking, memory and concentration; the emergence of fantasies such as of revenge and torture of the guards; paranoia. Problem with impulse control; and a rapid decrease in symptoms immediately following release from isolation. Taken together, Dr. Grassian proposed that these symptoms amount to a pathopsychological syndrome. Supporting this study social psychologist Dr. Craig Haney interviewed people in Pelican Bay state prison and told the New York Times that 63% of men kept in solitary confinement for 10 – 28 years said they consistently felt on the verge of an “Impending breakdown”, compared to 4% of individuals

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in maximum security prisons. He also reported that 73% of people in solitary confinement felt chronically depressed, compared to 48% of those in maximum-security settings (Wesley & Katznelson, 2018).

The current finding also goes along with the claim made by Wesley & Katznelson, (2018) about the lasting psychological effects of being held in isolation even after individuals are removed from isolation. Years after their release, many of them who have been in solitary confinement experience difficulty integrating in to society, felt emotional numb, experienced anxiety and depression and preferred to remain in confined spaces. In addition to these effects suicide rates for those in solitary confinement are five times higher than that of the general prison community. According to the finding of the study few of the individuals had suicidal tendencies while they were in prison which was because of the continuous physical torture and longer solitary confinement. In relation to the above finding of Wesley & Katznelson the finding of this study also confirmed participants of the study experience feeling of anxiety and depression.

In addition to the above, the CVT (2015) report states Sexual humiliation leads to symptoms of post-traumatic stress disorder (PTSD) and major depression; victims often have flashbacks or nightmares about their experiences; male and female victims feel shame, grief and fear. Forced nakedness or nudity creates a power differential, stripping the victims of their identity, inducing immediate shame and creating an environment where the threat of sexual and physical assault is always present. Male victims feel degraded in their manhood, especially if the perpetrator was female.

Another study by Rasmussen, Rosenfeld, Reeves, & Keller (2007) reported that torture-related chronic injuries fully mediate the relationship between torture and the numbing symptoms of PTSD among torture survivors of human rights violations. These studies also point out the severity of torture, which is intense enough to provoke fear and

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dissociation at the time of trauma, and strongly predict the development of PTSD. A study about the effects of torture among South Korean survivors, who were persecuted under past military dictatorship of its own regime conducted by Choi, Lee, & Lee (2012) showed a high prevalence rate of psychological disorders, such as 33.3% for PTSD and 41.6% for depressive disorders. Both studies have confirmed torture lead to the development of PTSD and depressive disorders which goes in line with the finding of this research mentioned above.

Piwoarczyk, Moreno and Grodin (2000) listed common psychological response to torture such as Post-traumatic stress disorder, Depressive disorder, Generalized anxiety disorder, Acute stress disorder and Phobias. The finding of the study also has attested these responses.

According to Cognitive theory which explains anxiety as the tendency to overestimate the potential for danger. People with anxiety tend to imagine the worst possible scenario and avoid situations they think are dangerous, such as crowds, social interaction. As the aim of torturing is creating the feeling of helplessness

## CONCLUSION

Over the past decades, Ethiopia was known for torturing prisoners. Torture has been common means to crush the outlook of those with different political views. The result of the current study showed that all five former prisoners of Maekelawi which served as informants for this study have been victims of physical and psychological torture and been deprived of their humane rights. From the in-depth interviews the researcher also identified torture led the participants of the study to experience social and emotional effects beside the physical and psychological effects stated in the finding of the study. The emotional effects experienced due to the physical and psychological tortures inflicted on the study participants include: feeling of anger, shame, humiliation, loneliness, hopelessness, sadness, feeling outcasted and isolated, feeling of hurt and broke, loss of self-esteem, feeling as if their dignity is taken away from them. One of the participants of the study experienced feeling of pride and strength developed because of his experience of torture. The social effects of torture experienced by

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the participants of the study are: keeping very narrow social circles, not involving in social activities, not trusting the people around them and difficulty connecting with people even their families.

The researcher was also able to summarize the current living condition of the participants of the study. Based on the interview with informant 1 the researcher was able to capture his life after his release. It was very difficult for him and his family. Even though they visited him in prison once in a while when they are allowed his kids treated him as a stranger for the first few weeks. Even at some point he mentioned one of his kid heard his voice and called his mom screaming and said there is a thief in the house. Informant 1 was isolated while he was in prison and now it is very difficult for him to be around people and socialize. In conclusion informant 1 prefers to be alone and this has affected the relationship with his family.

When Informant 2 was released there were so many people out to welcome him and he stated it made him happy but for many months after that people used to come to see him and this stressed him a lot and he felt suffocated because he wasn't able to have a talk with himself and organize his thoughts and deal with the new environment. Informant 1 after his release, the town of *Sebeta* gave him money and also promised to give him government house (*Kebele Bet*). Hence, he hasn't received the house yet because there are people still living in it. For the first few months he stayed in his sister's place until he moved to a house located little bit outside of Addis Ababa which one of his relative helped him in building it. Informant 2 also stated that he missed out a lot in life because of his imprisonment and still because of his disability he feels like a prisoner. "Even if I forget about my disability and not let it affect me i won't be able to reach to the level where my old friends are. People my age are either holding a PHD, are assistant Lectures and they have built a family of their own and they have fulfilled their dreams". After informant 2 was released he tried to open an NGO in

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collaboration with other people, but the plan wasn't able to come to life because the government was putting pressure on them. Informant 2 finally stated he will soon start his own family.

The most important thing for Informant 3 is family and his country. He mentioned a couple of times that he loves his family and his country, and he tries his best to help family and contribute something to his country. All the experiences in the prison made informant 3 to feel proud spiritually. He said he scarified all this so that his kids can grow in a better Ethiopia and this notion still gives him the strength to continue on the path which got him arrested in the first place. After the security officials threaten the owners of the school where his wife was working in and got her fired his wife reached to a decision never to work again. While informant was in prison they were barely surviving. After he was released he started to work and supporting his family as much as he can, but he says it is very difficult to support two kids and a wife with just one salary. He said taking care of the family all by herself made his wife to age beyond her age. He said he wishes to have another child because he was not around to raise the two kids he already has but his financial problem and personal issues doesn't allow him to. After he was released Informant 3 continued his education in a private college/university in business, but he wishes to pursue law or politics if the situation permits.

*Informant 4* has been away from his family for more than a decade and he hasn't seen his daughter in 13 years. And in these times, he missed a lot of events like graduations, a lot of birthdays and other things which a father and daughter should share. After his release he was fired from his job here in Ethiopia and officials made sure he will never get work and he really struggled to deal with being jobless and this brought a lot of disagreements between him and his wife. He then went abroad to seek asylum and his family joined him after 5 years but the disagreements and the fights which started when he was in Ethiopia continued and this led to their divorce. He says living apart all those years and the space it created on the

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marriage added a fuel to the fire. He states he still tries to involve himself in politics but the situation in Ethiopia don't seem to be promising until now. *Informant 5* mentioned he wasn't able to join the work sector after his release until now because he feels like he is not stable enough. And he doesn't seem to like the idea of going out and socializing.

In conclusion participants of the study who were former prisoners of Maekelawi have been victims of different forms of torture and this has affected them a great deal. Even though Maekelawi is closed now and its great news to all, it doesn't foretell the ceasing of prisoner torture in Ethiopia because there still exist prisons which were accused of torturing prisoners in recent months. The current reform has taken progressive steps by releasing thousands of prisoners, however; the situation is volatile, and the future is unpredictable. Therefore, it is overwhelming belief of the researcher that all stakeholder-holders who are committed to preventing the violation of the human right of prisoners in the existing prisons should work closely in order to bring the desired outcomes.

### **IMPLICATION OF THE STUDY**

The findings of the current study indicated that former prisoners of Maekelawi were victims of both physical, psychological forms of torture and were deprived of their humane condition and as result they suffer from physical and psychological, emotional and social effects.

The implications forwarded in this study emanates from the researcher, literature reviewed and from the ideas which was forwarded from the study participants during the interview. The researcher has a strong conviction that the issues raised in the research can be rectified with commitment from concerning bodies and continuous follow-ups, if the following recommendations can be considered.

#### **Implications for Social work**

This research has clearly depicted that former prisoners of Maekelawi were tortured and due to that they suffer from physical, psychological, emotional and social effects.

The contribution of social workers in the criminal justice system in Ethiopia is limited to the court. At the very core of social work is the principle that every human being has inherent dignity and worth and that everyone, regardless of ethnicity, creed or social class should be treated in a caring, respectful manner and have access to basic human needs and services (National Association of Social Work *Code of Ethics* 1996) this includes all people who are incarcerated. Correctional social workers can play a vital role in monitoring prison practice and conditions. Therefore, the school of social work should work closely with the Ministry of peace to accommodate social workers in the prison system. Having correctional social workers in the system will help address unethical conduct and discrimination against prisoners which has been confirmed to exist by this research and others reviewed in the literature.

### **Implication for Research**

To the best of my knowledge, I have not seen any study in Ethiopia which focuses greatly on effects of torture and the researcher believes that this topic should further be studied.

The researcher also believes that researches should be conducted on prison system and structure to find the best way to facilitate an environment to embark on protection of prisoner's right and avoid prisoners suffering from the after-effects of torture.

Researches should be conducted on prison facilities and their service delivery to avoid further suffering of prisoners from deprivation of the humane condition.

### **Implication for Policy**

Amend the Charities and Societies Proclamation and the Anti-Terrorism Proclamation to bring them into line with the Ethiopian constitution and Ethiopia's obligations under international law regarding freedom of association, expression, and peaceful assembly.

According to the Article 14 of the United Nations Convention against Torture and Other Cruel, Inhuman or Degrading Treatment or Punishment (UNCAT, Article 14) all victims of torture have an explicit right to rehabilitation, this should be incorporated in the FDRE constitution.

### **Implication for Practice**

The Federal Police Administration (FPA) should also allocate considerable amounts of budget to build facilities which can accommodate the usually overcrowded population of the prison. Even though Maekelawi is closed now this might apply to other prison which are still hosting prisoners. Therefore, the FPA must build facilities including considerable number of cells to avoid extreme overcrowding, well-equipped and bigger medical facility, Bathrooms equipped for people with disabilities.

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The FPA must design a manual and give trainings to make prison staffs aware of the prohibition on torture or cruel inhuman or degrading treatment or punishment in the pre-recruitment trainings. Particularly prison authorities also must use this prohibition as their main slogan in every activity of the prison community.

Both the FPA and particular prison authorities must arrange on-work human rights lesson, particularly related to the treatment of prisoners, training for the prison wards with assistance from different NGO's working on human rights.

Prisons should be accessible to NGO's working toward the protection of Human Rights to ensure violation of prisoners right does not exist.

Rehabilitation centres aimed to restore, as far as possible, torture victims' independence, physical, mental, social and vocational ability, as well as their full inclusion and participation in society either through the direct provision of rehabilitation services or through funding private medical, legal and other services, including those administered by non-governmental organizations (NGOs).

An environment must be facilitated to pay compensation to prisoners who have been victims of torture.

Counselling and different therapy services must be provided to torture survivors to minimize the hardship of integrating with the community. Implementation of the manuals of psychotherapy that can respond to the genuine needs of torture survivors from an understanding and respect for the social and political context in which such an act occurre

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## **Appendices**

### **Appendix- A**

#### **Consent form for Participants of the Study**

##### **Introduction**

Dear participant!

Good morning/ afternoon, my name is Roman Ayele, I am master's student in Addis Ababa University school of social work. The purpose of this study is to gather information from former prisoners of Maekelawi about their experiences of torture and the effects of torture on them.

##### **Confidentiality and Consent**

Any information you may give will not be disclosed without your consent or permission, any information that I gather in this study will be kept confidential and will not be attach to anyone. You have the right to ask for clarification for any confusion and you can skip questions that you do not want to answer. Finally, dear participant I appreciate your cooperation and willingness in the name of Addis Ababa University, School of Social Work

Thanks for your participation!

## **Appendix B**

### **In-depth Interview Question**

1. Background of the participants
  - 1.1 Introduce yourself
  - 1.2 Can you please tell me how old you are?
  - 1.3 What is your marital status?
  - 1.4 Tell me about your living status currently?
2. Forms of torture used
  - 2.1 where you tortured physically?
  - 2.2 Can you tell me what forms of torture were inflicted on you?
  - 2.3 What can be done to prevent torture of prisoners?
3. Effects of torture
  - 3.1 How were you affected by the torture?
  - 3.2 What is the physical effect of torture in your case?
  - 3.3 How did torture affect you psychologically?
  - 3.4 What should have been done for you before your release to help you integrate well in the society or community?
  - 3.5 What do you suggest should be done for the victims of prison torture in general?

**TORTURE AND ITS EFFECT ON FORMER PRISONERS: THE CASE OF THE  
FEDERAL POLICE CRIME INVESTIGATION BUREAU (MAEKELAWI)**

**-By-  
Roman Ayele Angelo**

**Approved by Board of Examiners**

**Signature**

**Date**

**Advisor  
Commander Demelash Kassaye (PhD)**

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**Examiner**

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