

ISSA Infographic Sources

- Mental Distress
 - Many Muslims live in fear of hate crimes, anxiety about the future, threats to their safety, loss of community and isolation
 - U.S. Muslims are two times more likely to have attempted suicide compared with other religious groups
 - As a religious minority in the U.S., Muslims are highly vulnerable to religious discrimination, which is associated with depression, anxiety and paranoia.
 - <https://felton.org/wp-content/uploads/2016/10/Ciftci-Jones-2013.pdf>
 - <https://www.npr.org/2021/08/10/1025430083/muslims-suicide-attempts-study-religion-american>
- Substance use disorder
 - Illicit drug use among Muslim students was 24.6%
 - Marijuana use was 23.9% most of which had their first experience before 18 yrs
 - 46.2% of Muslim students consume alcohol
 - https://www.academia.edu/7314437/Prevalence_of_risk_behaviors_among_U.S._Muslim_college_students
- Domestic violence
 - 31% experienced abuse w/ an intimate partner
 - 53% experienced domestic violence in their lifetime
 - <https://www.peacefulfamilies.org/statistics.html>
- Newcomer integration
 - Following September 11, Muslim immigrants in the US have faced greater struggles as they acculturate to American society.
 - <https://digitalcommons.pepperdine.edu/cgi/viewcontent.cgi?article=1059&context=pjcr>
- Intergenerational challenges
 - Many youth have reported feeling torn between their parents' cultures and mainstream American culture
 - https://www.researchgate.net/publication/233031256_Challenges_and_Opportunities_Facing_American_Muslim_Youth
- Incarceration and reentry
 - <https://www.taybafoundation.org/reentry>
- Stigma
 - Because of concerns with family social standing, many researchers report that disclosure of mental illness is considered “shameful”
 - Out of 459 participants, 15.7% of the participants reported a need for counseling while only 11.1% reported ever seeking mental health services.
 - Muslim women may avoid sharing personal distress and seeking help from counselors due to fear of negative consequences with respect to marital prospects or their current marriages.
 - <https://felton.org/wp-content/uploads/2016/10/Ciftci-Jones-2013.pdf>

- Nearly one-third of Muslim Americans perceived discrimination in health care settings
- 60% of Muslim Americans reported some level of religious discrimination in 2016, surpassing all other religious groups
- Recent travel and immigration restrictions directed primarily at Muslim countries by the U.S. government have led to traumatizing experiences for many Muslim Americans.
- <https://www.psychiatry.org/File%20Library/Psychiatrists/Cultural-Competency/Mental-Health-Disparities/Mental-Health-Facts-for-Muslim-Americans.pdf>