

BACKGROUND:

- The minority stress model of health suggests that internalizing experiences of religious/racial discrimination can lead to lower psychological well-being, as well as lower self-esteem (Perry, 2014)
- However, research findings are mixed
- Some studies alternatively theorize that religious discrimination can adversely increase one's self-esteem as it leads to an increased sense of identification with their in-group (Perry, 2014)

OBJECTIVE/HYPOTHESIS

- To explore the effects of experienced/perceived religious discrimination on self esteem and mental health
 - To understand ways in which-
 - a. islamophobia could be reduced
 - b. Muslim identities could be better represented
- Hypothesis:
- Both experienced and perceived religious discrimination will be high amongst Muslims
 - Muslim students will exhibit lower self-esteem and lower mental health

METHODOLOGY: MIXED METHODS

QUANTITATIVE DATA

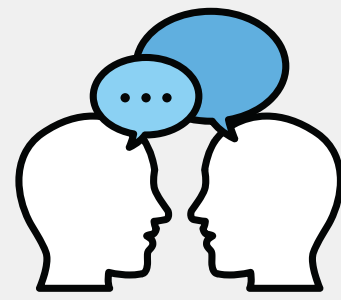
Survey (N= 290 undergraduate Uoft students)

Predictor variables:

Religion/ Religious categories

Outcome measures:

- Self-esteem
- Perceived religious discrimination
- Religious salience
- Coping strategies



QUALITATIVE DATA

- Focus groups were conducted
- N=34 Uoft students who are Muslim
- 8 questions centered around:
 - a. Experienced & anticipated religious discrimination
 - b. Ways in which islamophobia can be reduced through education

RESULTS

1. Muslims reported higher on the perceived discrimination scale

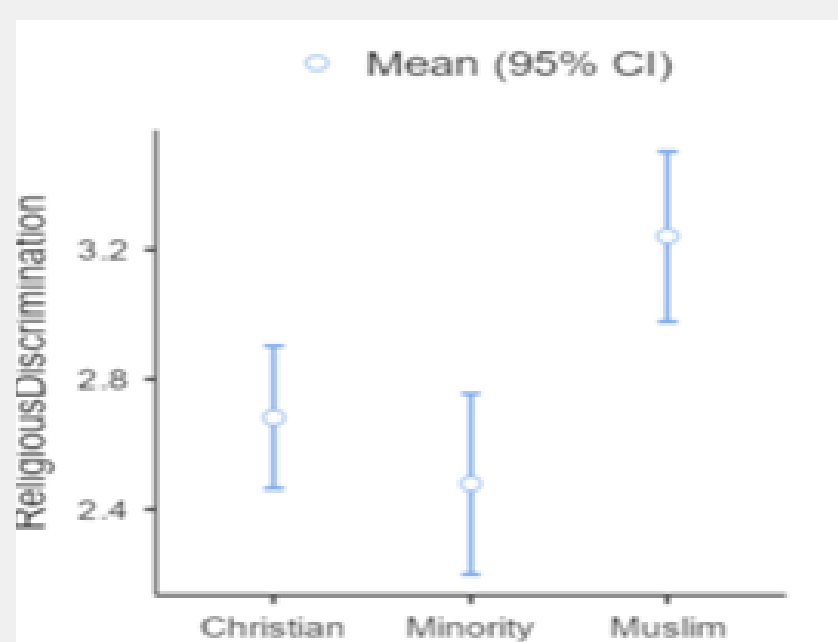


Figure 1. Comparison of mean of perceived religious discrimination across Christian, Muslim, and minority religions

2. Muslims reported higher on religious salience

3. Muslims were equally likely to use both positive coping strategies and negative/internalized coping strategies

4. Internalized/negative coping strategies were the biggest predictors of decreased self esteem

Figure 2. Predictors of self-esteem across participants of all beliefs

Model Coefficients - SelfEsteem					
Predictor	Estimate	SE	t	p	Stand. Estimate
Intercept	6.8509	0.8376	8.179	<.001	
ReligiousDiscrimination	-0.2281	0.1077	-2.118	0.037	-0.1961
ReligiousSalience	-0.0817	0.0669	-1.220	0.225	-0.1126
InternalizedCoping	-0.4311	0.1241	-3.473	<.001	-0.3243
ProactiveCoping	0.0781	0.1114	0.701	0.485	0.0648

5. Majority of Muslim students reported lower mental health

6. There were no significant differences in self-esteem

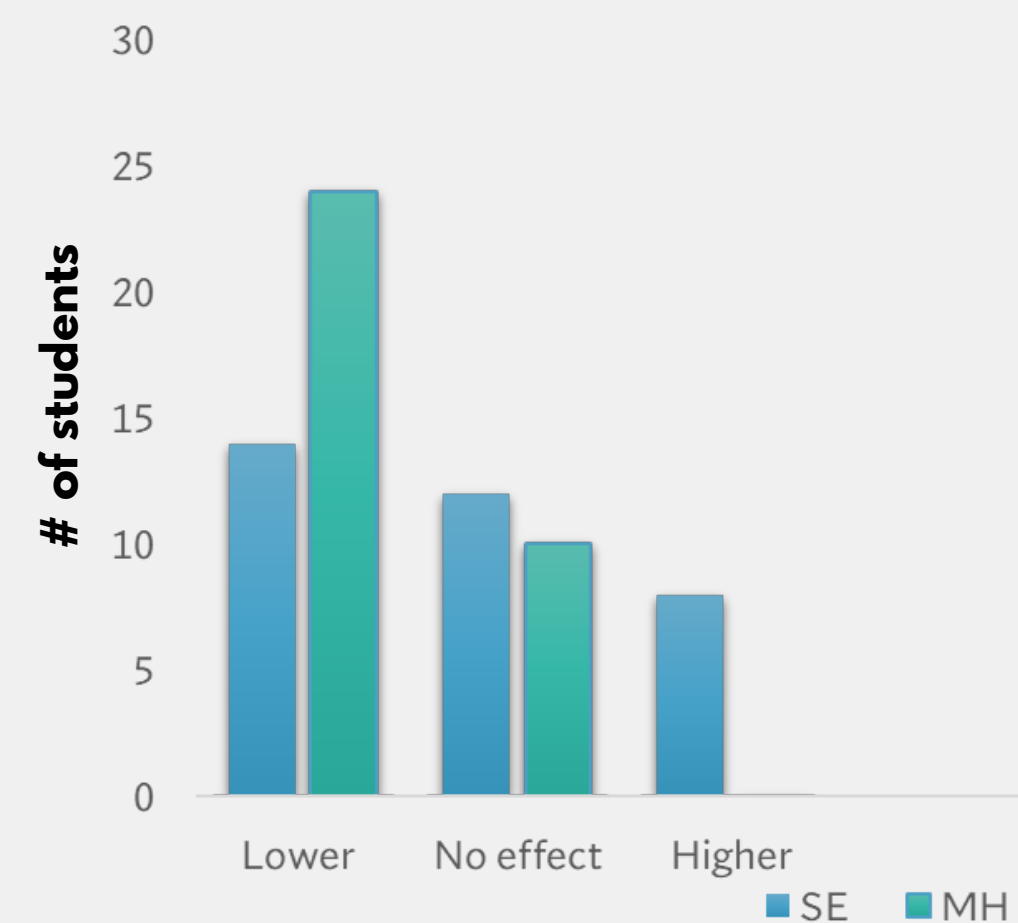
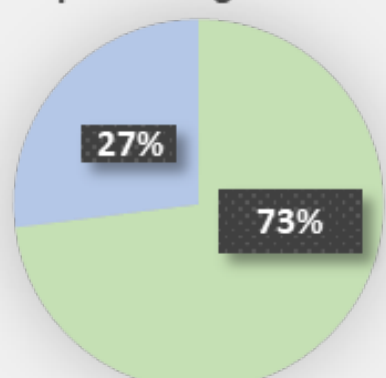


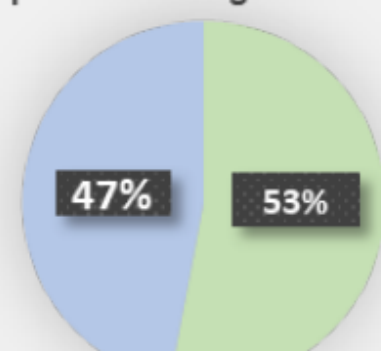
Figure 3. Reported self-esteem and mental health of Muslim students as a consequence of religious discrimination

7. Muslim students reported high levels of both experienced and anticipated religious discrimination

Anticipated Religious Discrimination



Experienced Religious Discrimination



How can islamophobia be addressed?

Better media representation



Government policies



Personal responsibility

Course content & Academia

