



ISLAMOPHOBIA STUDIES CENTER  
BERKELEY, CALIFORNIA



Muslim Mental Health Lab  
Psychiatry and Behavioral Sciences



Islamophobia Research  
& Documentation Project

**2021**

# Islamophobia, Muslim Safety, and Violence Survey

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**Data.**  
**Research**  
**Advocacy.**

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# Methodology, Scope, and Context

The Islamophobia, Muslim Safety and Violence survey was designed on June 9 and administered from June 10 through midnight on June 13, 2021. Survey data was collected from 1614 individuals in North America (the US and Canada), representing a sizable sample from Muslim communities. Over the three days, the survey was shared online on Facebook, LinkedIn, Instagram, and Twitter. Also, the survey was sent to all national Muslim organizations, Shura councils, and numerous WhatsApp groups connected to diverse communities. Lastly, the Islamophobia Studies Center's email list was utilized to share the survey, urge everyone to share, and get as many people as possible to respond within the limited time frame.

Surveys reflect opinions and attitudes of a given set of the population that decides to respond within the allotted time frame. As such, the scope of the survey was intended to be general in scope on the Islamophobia front and offer a few narrowly tailored questions. In addition, we decided to limit the survey to 20 questions to reach a large audience, with under 5 minutes needed to complete it. Some additional questions could have been included, but the fear that a longer survey would have reduced the response rates and limited the reach to the diverse communities. A follow-up survey is warranted, and an additional set of questions will be added, modified, or completely removed. The plan is to make this an annual survey that provides an ongoing measurement of Muslim opinions, attitudes, and feelings on the Islamophobia front.

The context of the survey is also essential to highlight. Two significant events provided the context for the survey. The Islamophobia Studies Center designed the survey following several meetings (Zoom and in-

person) across North America in the aftermath of Israel's assault on Al-Aqsa Mosque and the bombing of Gaza on the last ten days of Ramadan, and the murder of 4 Muslims in the Islamophobic terrorist attack in London, Ontario. These two significant events impacted Muslim communities across the globe, and the effects are still unfolding and need more work to be measured and documented.

Before moving to the actual results, it is vital to recognize and point out the limitation and challenges in conducting this survey. First, the primary focus is on the rise of Islamophobia and how it was expressed concerning Israel's attacks and the London, Ontario terrorist attack. Thus, the survey did not deal with critical issues related to Islamophobia in Kashmir, India, China, and France, among many others. We will address this as we move forward to design another iteration of the survey in the future. Second, the survey responded to specific settings where Islamophobia and the silencing of Muslims in civil society, social media, and professional settings was normalized. Blanket protection of Israel and Zionism coalesced to create a hostile and unsupportive work environment.

Consequently, the survey did not delve into more complex and context-specific expressions of Islamophobia. The only primary exception was Islamophobia relating to Muslim women, who tend to be the primary targets for violent attacks in the public sphere. Lastly, the survey did not attempt or entertain any questions about the solution or possible responses to Islamophobia. A survey to identify and measure specific responses is outside the scope of this effort and cannot be accomplished within the limits of this work.

# Key Findings From the Survey

1. The survey results point to the persistence of isolation and lack of support for Muslims in Western civil society. A few questions brought this to light and called for an urgent examination of how Islamophobia functions to double the painful impacts on Muslim communities.

- 81.73% stated that Islamophobia is not taken seriously by civil society, corporate and political leadership.

- 79.32% feel (strongly or somewhat) insecure and afraid for their family and kids

- 14.01% feel (somewhat or strongly) secure and safe for their family and kids

- 64.69% expressed that Muslim women facing Islamophobic attacks are not supported by civil society's institutions and women's rights groups.

- 14.26% feel that Muslim women are supported (4.05% strongly and 10.21% agree)

- 38.59% said that Muslim professionals feel isolated and demonized in the workplace, while only 5.30% and 24.88% stated they are strongly or somewhat supported.

The results point to the lack of recognition of Islamophobia in general and the gap between Muslim experiences and civil society leaders and institutions. More work on this is needed, and possible mixed method research is needed to explore this serious problem. A mix of focus groups and a qualitative one-on-one interview with respondents may bring more issues to the surface. Also, the responses in the professional settings point to the limits of HR approaches to addressing Islamophobia at the corporate level, and more attention and new strategies are warranted.

2. Negative media coverage and association of Islam and violence are persistent concerns for Muslims. Research on media coverage of Islam and Muslims is possibly one of the most well-documented areas of Islamophobic discourses, an effort that pre-dates the event of September 11, 2001. Muslims' feelings toward media coverage can also be understood in the context of the rise of right-wing political discourses and the amplification of their voices across mainstream channels.

- 88.36% disagree or strongly disagree that media coverage of attacks directed at Muslims is covered fairly and equally.

- 1.99% feel that the media cover attacks on Muslims fairly and equally.

- 93.27% feel that the rise of right-wing political discourses and Islamophobic organizations contributes to violence against Muslims.

- Only 3.31% disagree or strongly disagree that the rise of right-wing political discourses and Islamophobic organizations contributes to violence against Muslims.

- 86.02% feel that the term terrorism is not used equally to describe all violent events targeting civilians for political purposes. Stated differently, respondents feel that the term terrorism in the media and political discourses is almost exclusively reserved for Muslims.

3. Islamophobia is expressed in many ways in society, and the survey attempts to get a sampling of what Muslims experience daily at work or in civil society. Indeed, Islamophobia has become normalized, and people feel emboldened to taunt and mock Muslims publicly and on social media platforms without reservations. If expressions of public racism are sanctioned, then it is in Islamophobia for the Muslims are posited as a legitimate target of bigotry and mockery.

- 46.91% of respondents stated that either they or a family member who wears the headscarf had experienced negative incidents directed at their headscarf.
- 52.47% of respondents expressed that over the past 12 months, they have experienced verbal Islamophobic incidents (this is during a lock-down pandemic).
- 2.12% of those responding experienced verbal Islamophobia 30 or more times in the past 12 months.
- 9.25% of those responding (148 individuals) said they had experienced a violent attack based on their Muslim identity.
- 24.22% of those responding (387 individuals) said they had experienced employment or professional settings Islamophobic incidents.
- 75.78% positively said that they had not experienced employment or professional settings Islamophobia incidents.

4. Speaking publicly about Palestine and having a sense of belonging in the society was a significant challenge for respondents. Expressing a political point of view is undoubtedly an area that can impact a person's standing within a group setting. However, Muslim respondents feel a double standard or attempt to silence their voices regarding Palestine.

- 73.46% felt strongly or somewhat discouraged and ostracized when speaking about Palestine in society and a professional setting.
- 2.87% strongly and 6.75% felt somewhat encouraged and welcome to do it.
- 57.43% of respondents expressed a little or no sense of belonging and inclusion when asked how they felt as Muslim in Western society.
- Only 2.56% had a great sense of belonging and inclusion while another 6.80% of a lot of belonging and inclusion.

5. Islamophobia and attacks on Al-Aqsa Mosque and the bombing of Gaza impacted Muslim mental state of being. The link between Islamophobia and mental health is a newly emerging area of research and focus, and this survey attempted to get a basic view of the problem. Indeed, a more detailed survey and further studies are needed to explore this link more systematically and methodically. However, the few questions in the survey provided a window into Islamophobia and the attacks on Palestine on the mental well-being of Muslims.

- 85.92% had a negative or very negative impact on their mental state of being since the attacks on Al-Aqsa Mosque and bombing of Gaza.
- Only 2.12% had a very positive and 2.74% positive mental state of being since the attacks.
- 23.69% of Muslim respondents are extremely anxious or very anxious in public space, while 41.83% are somewhat anxious.
- Only 13.97% are not anxious in public space and another 20.51% slightly anxious.
- Put differently, 86.03% of Muslims feel anxious at one level or another in public space.
- 33.97% of respondents rated fair or poor (424 and 122 individuals) their overall mental and emotional health, while 32.05% said it was good (515 individuals).
- 33.98% rated excellent or very good (188 and 358 individuals) their overall mental and emotional health.

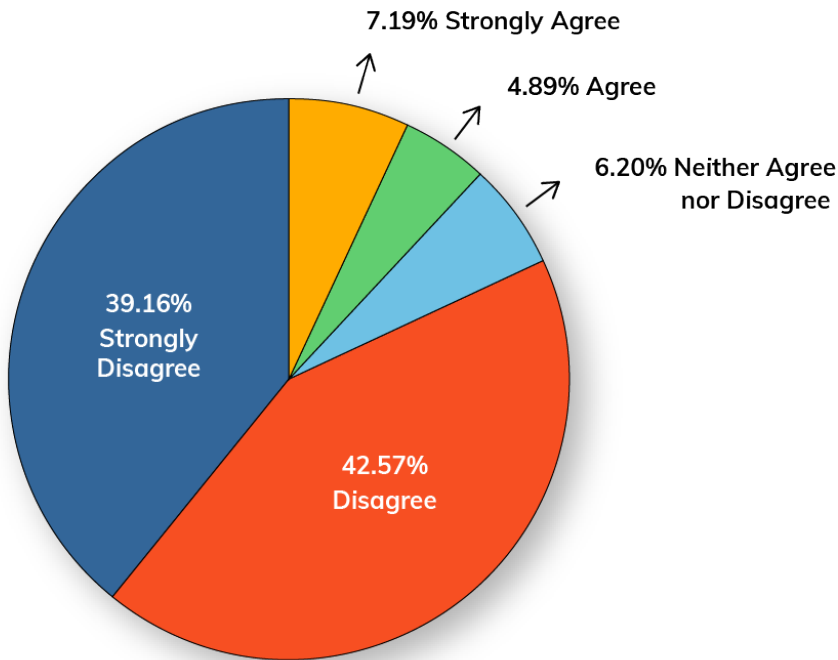
The Islamophobia, Muslim Safety and Violence survey provided a snapshot of the North American Muslim community during a difficult and challenging period. Not to imply that the period in question is distinct or different than what is experienced daily by Muslims; on the contrary, the survey captures the overall persistence of Islamophobia in civil society and the lack of sustained efforts to address it by decision-makers. Symbolic acts of solidarity are welcomed and essential after a terrorist or violent attacks on Muslims. However, they are a first step and not the end results in confronting the scourge of Islamophobia. The political leadership goes back to pushing latent Islamophobia by stitching into policy a mosaic of securitization, surveillance, demonization of Muslims, and the all too familiar unconditional support for Israel's violence against the Palestinians and the Apartheid regime. Confronting and challenging Islamophobia must go beyond symbolic gestures and enter the arena of substantive and transformative approaches to the pressing problem. We hope that this survey can initiate a much-needed conversation and discussion on making a real difference to arrive at a more inclusive and transformative horizon.

# Survey

## Question 1

As a Muslim, I feel Islamophobia is taken seriously by civil society, corporate and political leadership

Answered: 1,614 Skipped: 0



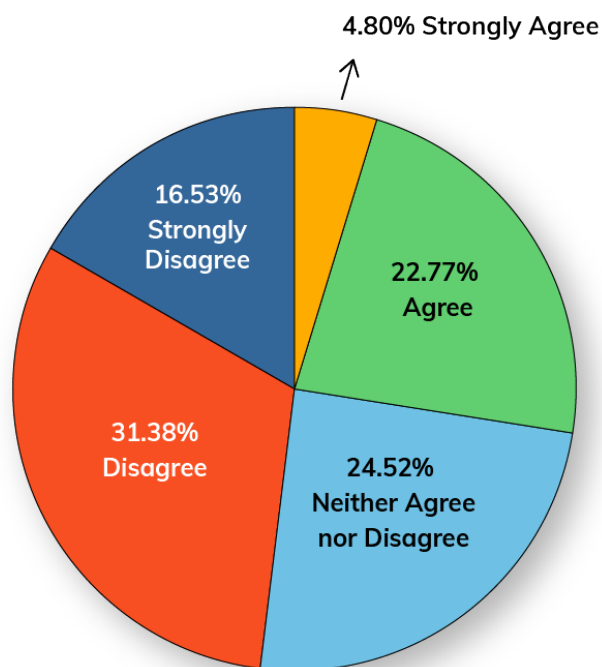
Answer Choices	%	#
Strongly Agree	7.19%	116
Agree	4.89%	79
Neither Agree nor Disagree	6.20%	100
Disagree	42.57%	687
Strongly Disagree	39.16%	632
Total		1,614



## Question 2

In my opinion, the Canadian and Western political leadership's response to the London, Ontario attack was appropriate and inclusive.

Answered: 1,603 Skipped: 11

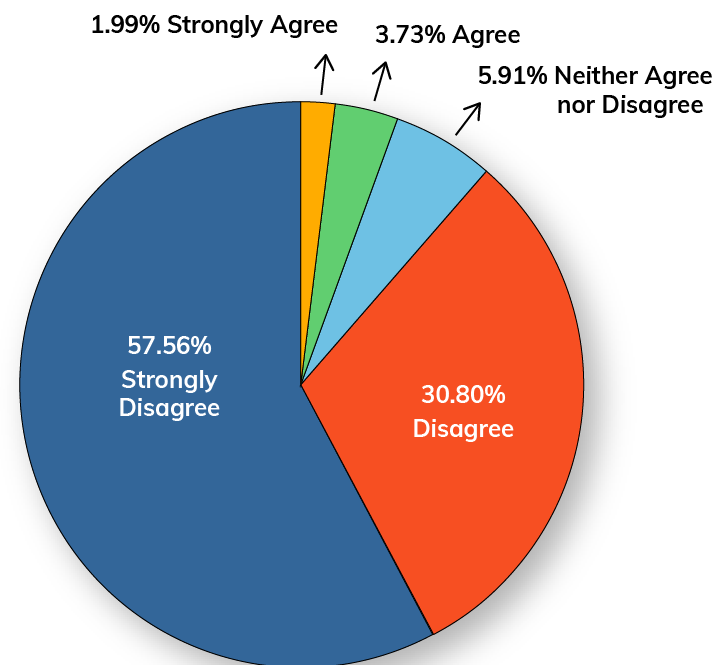


Answer Choices	%	#
Strongly Agree	4.80%	77
Agree	22.77%	365
Neither Agree nor Disagree	24.52%	393
Disagree	31.38%	503
Strongly Disagree	16.53%	265
<b>Total</b>		<b>1,603</b>

## Question 3

I feel that media coverage of attacks directed at Muslims is covered fairly and equally

Answered: 1,607 Skipped: 7

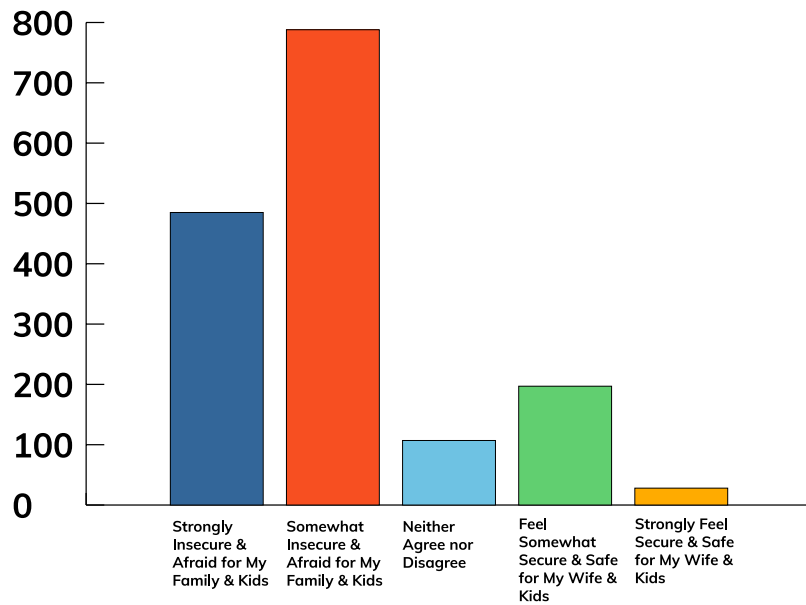


Answer Choices	%	#
Strongly Agree	1.99%	32
Agree	3.73%	60
Neither Agree nor Disagree	5.91%	95
Disagree	30.80%	495
Strongly Disagree	57.56%	925
<b>Total</b>		<b>1,607</b>

#### Question 4

As a Muslim living in the West (North America and Europe), I feel more ...

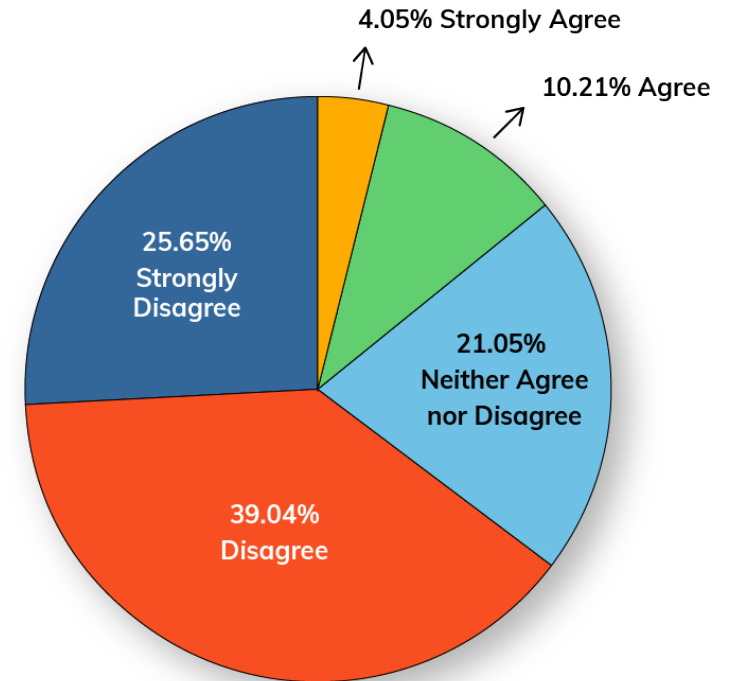
Answered: 1,605 Skipped: 9



#### Question 5

Muslim women facing Islamophobic attacks are supported by civil society's institutions and women's rights organizations

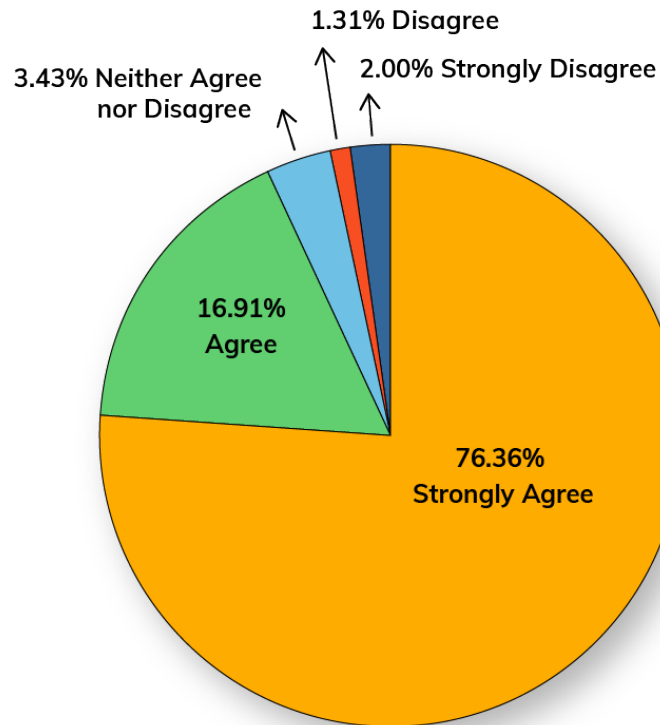
Answered: 1,606 Skipped: 8



### Question 6

The rise of rightwing political discourses and Islamophobic organizations contributes to violence against Muslims.

Answered: 1,603 Skipped: 11



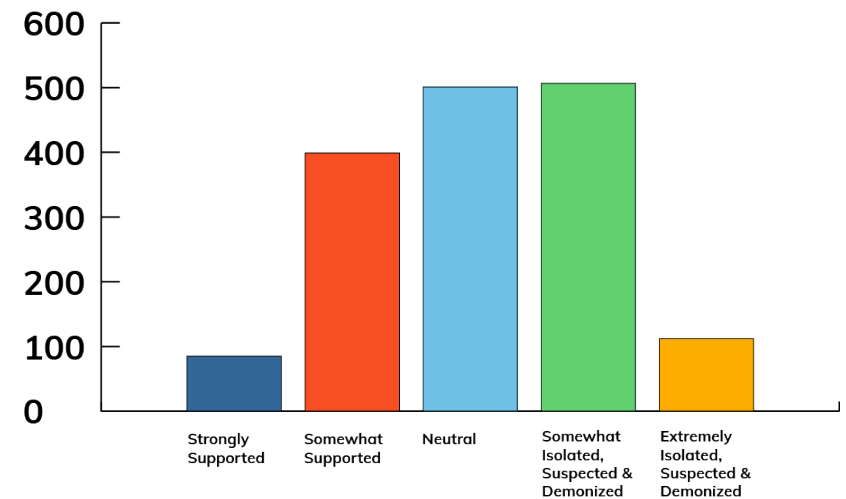
Answer Choices	%	#
Strongly Agree	76.36%	1,224
Agree	16.91%	271
Neither Agree nor Disagree	3.43%	55
Disagree	1.31%	21
Strongly Disagree	2.00%	32
<b>Total</b>		<b>1,603</b>

20

### Question 7

As a Muslim professional in the workplace and in society, I feel ...

Answered: 1,604 Skipped: 10



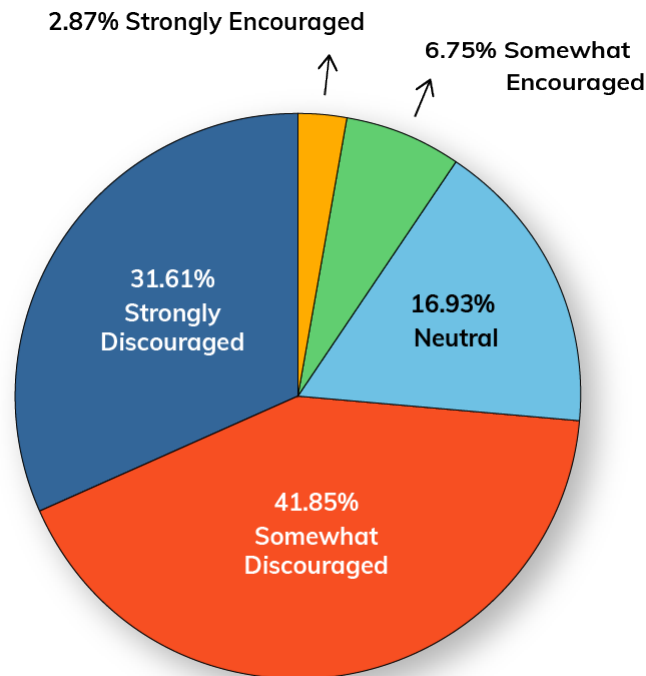
Answer Choices	%	#
Strongly Supported	5.30%	85
Somewhat Supported	24.88%	399
Neutral	31.23%	501
Somewhat Isolated, Suspected & Demonized	31.61%	507
Extremely Isolated, Suspected & Demonized	6.98%	112
<b>Total</b>		<b>1,604</b>

21

### Question 8

When speaking about Palestine in society and a professional setting, as a Muslim, I feel ...

Answered: 1,601 Skipped: 13



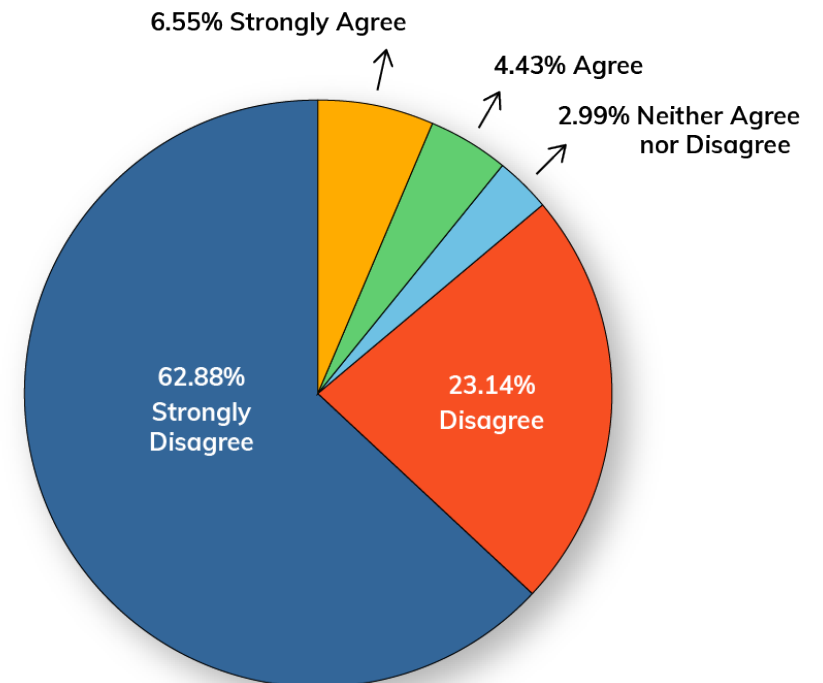
Answer Choices	%	#
Strongly Encouraged & Welcomed to do it.	2.87%	46
Somewhat Encouraged & Welcomed to do it.	6.75%	108
Neutral	16.93%	271
Somewhat Discouraged & Welcomed to do it.	41.85%	670
Strongly Discouraged & Welcomed to do it.	31.61%	506
<b>Total</b>		<b>1,601</b>

22

### Question 9

The term terrorism is used equally to describe all violent events targeting civilians for political purposes

Answered: 1,603 Skipped: 11



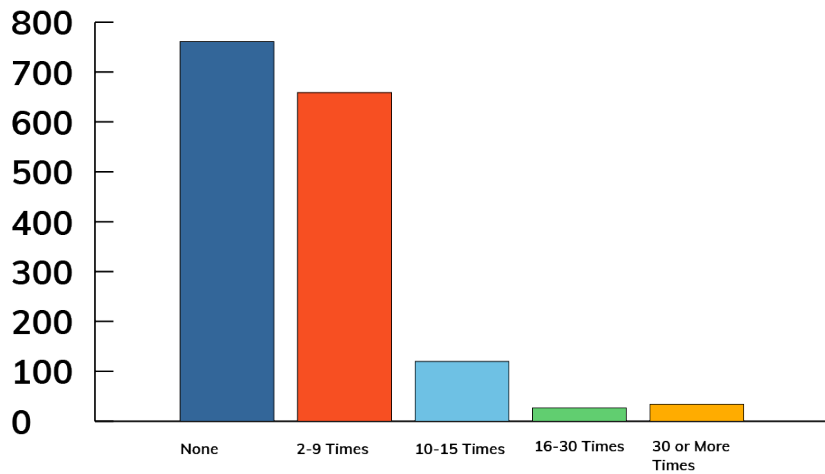
Answer Choices	%	#
Strongly Agree	6.55%	32
Agree	4.43%	60
Neither Agree nor Disagree	2.99%	95
Disagree	23.14%	495
Strongly Disagree	62.88%	925
<b>Total</b>		<b>1,603</b>

23

### Question 10

Over the past 12 months, how often have you experienced verbal Islamophobic incidents?

Answered: 1,601 Skipped: 13



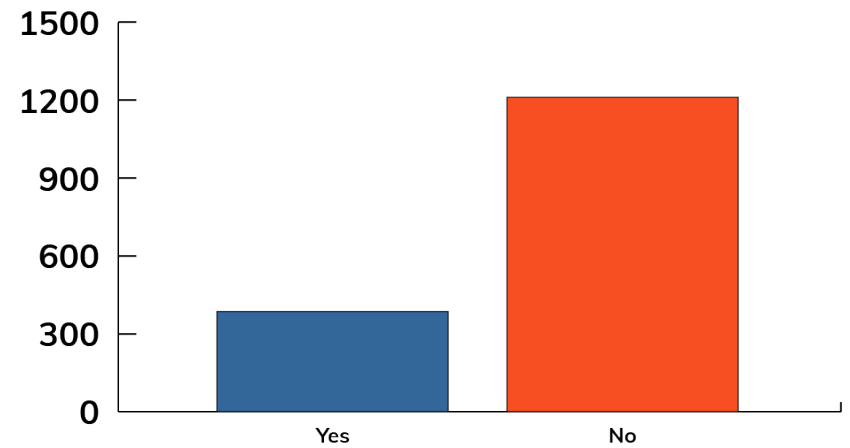
Answer Choices	%	#
None	47.53%	761
2-9 Times	41.16%	659
10-15 Times	7.50%	120
16-30 Times	1.69%	27
30 or More Times	2.12%	34
<b>Total</b>		<b>1,601</b>

24

### Question 11

In the past 12 months, have you experienced employment or professional settings Islamophobic incidents?

Answered: 1,598 Skipped: 16



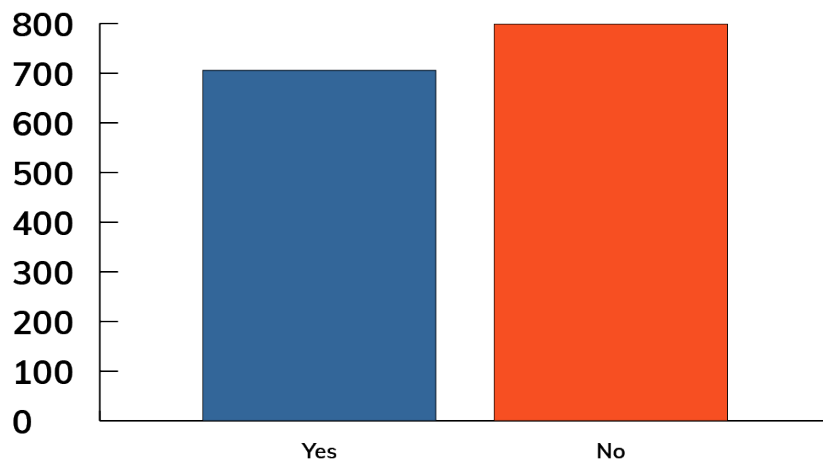
Answer Choices	%	#
Yes	24.22%	387
No	75.78%	1,211
<b>Total</b>		<b>1,598</b>

25

### Question 12

For Muslim women wearing a headscarf, in the past 12 months, have you or a family member experienced negative incidents directed at your headscarf?

Answered: 1,505 Skipped: 109

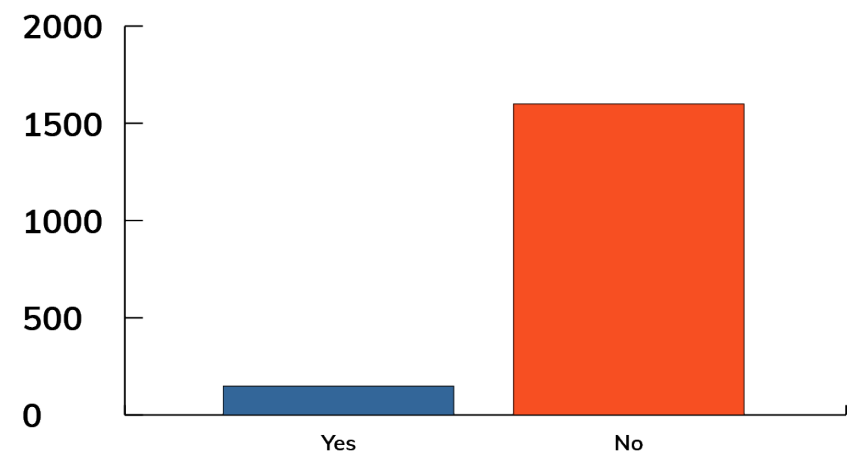


Answer Choices	%	#
Yes	46.91%	706
No	53.09%	799
Total		1,604

### Question 13

In the past 12 months, have you experienced a violent attack based on your Muslim religious identity?

Answered: 1,600 Skipped: 14

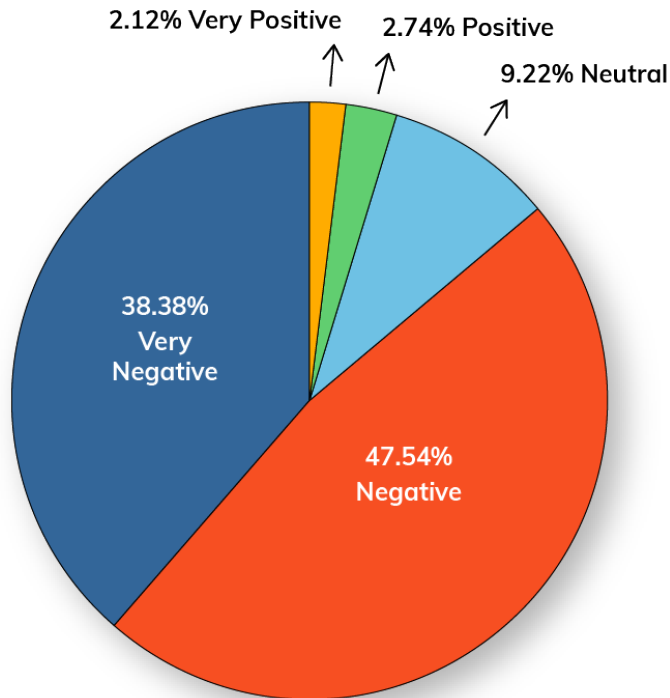


Answer Choices	%	#
Yes	9.25%	148
No	90.75%	1,452
Total		1,600

### Question 14

Since the attacks on Al-Aqsa Mosque and Gaza Palestine, my mental state of being was affected in a

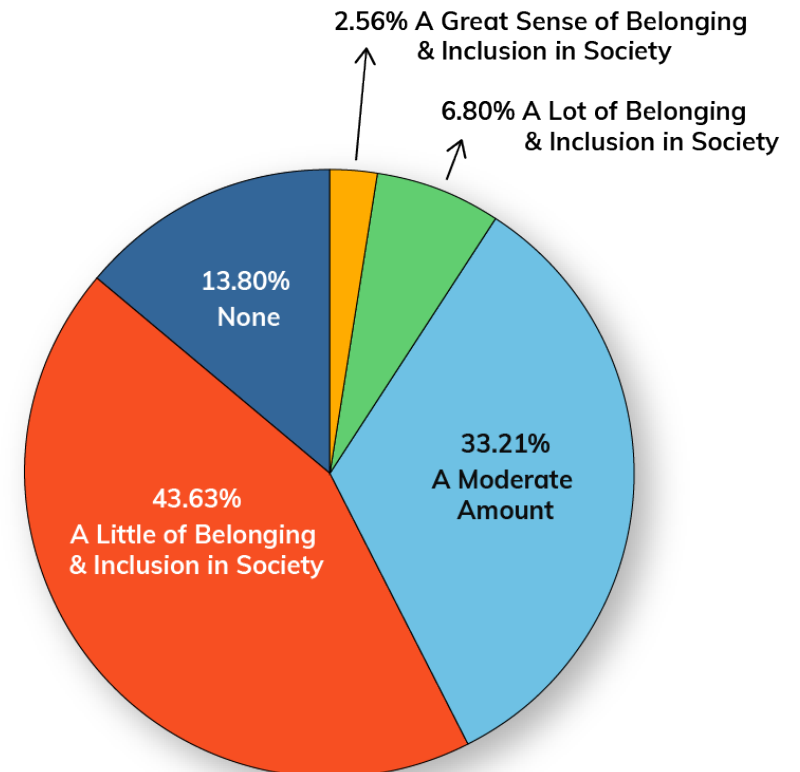
Answered: 1,605 Skipped: 9



### Question 15

As a Muslim in Western society, I feel a

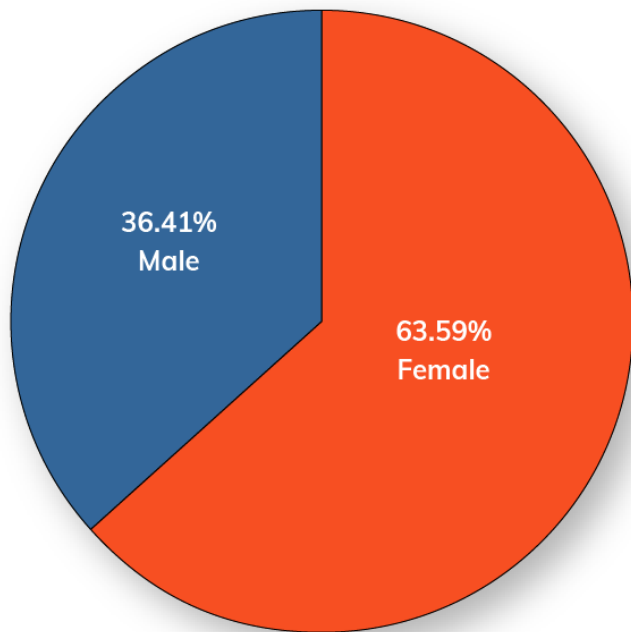
Answered: 1,602 Skipped: 12



### Question 16

## What is your gender?

Answered: 1,604 Skipped: 10



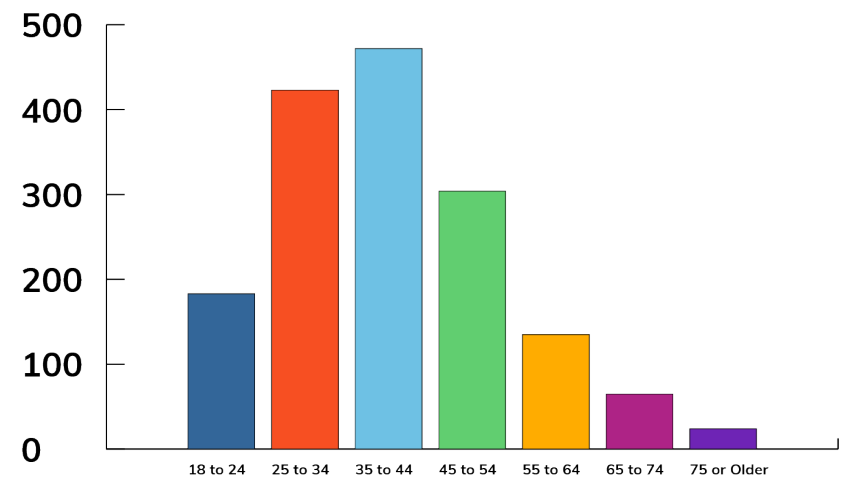
Answer Choices	%	#
Female	63.59%	1020
Male	36.41%	584
Total		1,604

30

### Question 17

## What is your age?

Answered: 1,606 Skipped: 8



Answer Choices	%	#
18 to 24	11.39%	183
25 to 34	36.34%	423
35 to 44	29.39%	472
45 to 54	18.93%	304
55 to 64	8.41%	135
65 to 74	4.05%	65
75 or Older	1.49%	24
Total		1,606

31



## Question 18

### Do you have any other comments, questions or concerns?

Selected Comments

#### R. 12

Islamophobia should end. How many more lives do we have to lose before we see end of hate, harassment, discrimination and violence due to Islamophobia.

#### R. 13

I feel like the human rights which are celebrated in North America don't apply to Muslims. There is a lot of hypocrisy.

#### R. 14

I feel anxious depending on where I'm at... more red areas make me anxious

#### R. 15

Islamophobia is real and is thriving in our communities.

#### R. 16

Society supports other minority groups far more than Muslims. If one talks about Palestine in a public setting, they instantly labeled as antisemitic.

#### R. 19

I was attacked in 2017 and pushed to the ground by someone who came up from behind me. I had to have surgery on my collar bone.

#### R. 22

Terrorism should be address the same way regardless race or gender and color of your skin.

#### R. 24

As a convert I already carry some worries and fears with things regarding family, they do not know I'm Muslim. I'd like to wear the hijab one day but knowing their reaction to me being Muslim will most likely be negative I feel even more scared to. Seeing what has happened in London has made me feel nervous for my Muslim friends around me and feel more scared to share that I am Muslim with my family.

#### R. 26

I feel like people brush off Muslim feelings of anxiety towards society

#### R. 27

People have not gone out as much due to the pandemic, so this could impact the number of personal experiences with Islamophobic/bigoted harassment. I think that definitely applies to me as a woman that wears hijab.

#### R. 36

September 12 2001 to June 12 2021 with no systematic change (political/legal) or media/hollywood bias. I am fearful for my parents who are visibly Muslim and that anti-Muslim rhetoric will continue on for future generations

#### R. 37

Have experienced an Islamophobic incident with children alone and when I went inside a restaurant those employees did NOTHING TO help stop despite witnessing the incident... absolutely Unacceptable.

#### R. 39

The leaders of this country need to do their part and not be hypocrites by attending vigils showing solidarity and then declining no on a motion condemning Islamophobia. Action is now!

#### R. 40

When will Islamophobia be criminalized and taught appropriately in our school systems?

#### R. 41

concern for the safety of my daughters and granddaughters in future.

#### R. 43

Most of the increasing Islamophobia is directly connected to the history of western Christian religious intolerance and hypocrisy and its intersectionality with neo fascist movements from Europe. There is also the growing influence of Zionism and the political hypocrisy of several Arab middle eastern countries who negatively inflame the political thinking and actions of its citizens and their paid mercenaries who commit negative and un-Islamic actions that indirectly result in Islamophobic attitudes and actions.

#### R. 46

Sometimes feel paralyzed with anxiety. in professional settings especially and in public being muslim and some ppl's negative view of it informs how they treat me and it leads to a lot of unhappiness. i would just rather stay at home in a safe bubble and be at peace however at this time in my life i need income to support myself.

#### R. 47

Most incidents or feeling isolated aren't overt instances of Islamophobia. It's being stared at, or being spoken at with a strong, dismissive voice (maybe assuming I can't speak English, or exasperated to have to deal with an 'uneducated' person they may assume I am). Often it's when you're brushed off or spoken down to, or given looks of annoyance for no reason at all.

## R. 50

I think islamophobia will stop if the government of USA and politicians see and treat Muslims as human beings.

## R. 55

I feel the Americans have been brainwashed with negative information bout Islam and Arabs. I wish there was a little open mindedness and willing to learn. America used to represent hope for me, but sadly it no longer does. I came to the realization that American leaders have little value for people that look like me, especially Middle Eastern and Muslims. I feel like they consider Muslim's lives like flies, with no dignity or human value. Okay to exterminate. I.e That is why they allow Israel perpetrate genocide on Palestinians. I can't find any other explanation. The double standard and hypocrisy by the western leadership is sickening... I can keep going....

## R. 56

When it comes to Muslims everyone just shuts and says nothing. But imagine if the Muslim family that was killed in Canada imagine if a Muslim guy killed a white family the whole world would've been in a big chaos blaming all the Muslims. WE WANT OUR RIGHTS.

## R. 66

I am just hoping that once the emotions of the London incident cools off the quest for action is not forgotten like most times. We only tend to rise during crisis and then forget to take action.

## R. 67

I am a Muslim revert since Jan 2020 and I don't wear the headscarf yet because I am afraid of the backlash and I haven't told my employer because I'm not sure if I will be accepted.

## R. 72

I am scared disclosing my identity as a Muslim. I am scared i will be judged, attacked or hurt. Muslims are not included in this society. There are no halal McDonalds or Chic fil a. Schools do not have halal options. No holidays for Eid or Ramadan.

## R. 73

I feel especially isolated in the town where I live because there are many Zionists who live here and have shown much intolerance toward me as a Palestinian.

## R. 74

We are planning to move away from here.

## R. 75

I'm 17 but I've been called a terrorist in the 8th grade and the teacher didn't do a thing.

## R. 81

I am concerned that after all that has happen the tragedy in London will be swapped under the rug and ignored. I am worried that nothing is going to change. I am sick and tired of politicians coming for a photo OP and sharing their empty words

## R. 84

I do not feel safe when I go out as people treat me as if I am a 3rd class citizen

## R. 88

Often times attacks or discrimination is not direct. However, some elements of it are institutionalized either by media (like not showing a mugshot of the attacker), by organizations/ companies/civil service (with silent assumptions about Islamic faith and practice, or lack of pro-active programs addressing violence). This silent assumption does impact decision-making and behavior, perhaps not overtly racist but somewhat at least.

## R. 95

We need hate crime laws including hate speech! We need positive news coverage of Muslims and not only the extremists. Religion and race should not be mentioned. News coverage of Palestine needs to be fair and unbiased. Our government should ban any form of aid to Isreal and should hold them accountable for all the human rights violations, war crimes and other crimes that they continue to commit. Our government needs to investigate white supremacy groups and perhaps organize events where they can actually meet and learn to understand their local Muslim neighbors in a safe setting with police present. Hate and such murders occur when we don't communicate and allow propaganda to brainwash us and divide us. Thoughts and prayers are a nice gesture. We need policy and change to offer justice to the victims and to avoid further murders.

## R. 103

Attacks on Muslims should be taken as seriously as for any other race or religion. I know so many muslims who had been attacked just cause they were muslims and they didnt report to the police, they felt that the police would side with the criminals who attacked them. They wouldn't get fare treatment. Muslims women were even kicked out of the public bus by the bus drivers and other passengers just cause their head and body was covered. No action was taken by anybody.( the elderly women walked home crying). Pulling off of headscarfs, so many had experienced Being called terrorists in public Statements such "go back home" yelled at them. Yet these poor weak women humbly walked away.

## R. 113

It's tough being Muslim in this country and FYI, I live in NYC, one of if not the most diverse and inclusive city in America. I can only imagine the hardship my fellow muslims go through in smaller towns.

## R. 115

I hate being invisible in society. I may ignore this problem for myself but so worried about my kids.

## R. 118

Attacks on Muslims are normally ignored by media and never called terrorism.

## R. 126

A lot of the in-person Islamophobia I experienced happened earlier in life, when I was a child/teenager and in university. As an adult when I was working (I'm currently not working), it was more of a subtle isolation, where I felt that I had to hide parts of myself or over-explain myself. Now (especially with covid and not working), the only Islamophobia I personally experience is online on social media, usually in the comments section of anything to do with Muslims. This is still very painful because it feels like we can't just live our lives. Everything we do has to be explained, justified, and still our experiences aren't believed. This has affected my mental health, and whenever anything to do with Muslims happens in the news (ex. Palestine, what happened in London), I have to take time off of social media because people's comments and gaslighting hurt so much. We just aren't believed, no matter what.

## R. 131

Living in an affluent neighborhood offers a skewed sense of safety; while most of the neighbors are nice and friendly to my face, I can sense their insecurity when they choose not to go beyond a "hello" and "how are you" with my family. We have been making conscious efforts to extend kindness with them, but it seems like a lost effort, unfortunately. We will continue to spread the peace and kindness because we know ultimately our goal is with the Creator and not the creation. Thank you for collecting this survey!

## R. 137

Me and my family were almost killed in Quebec in an incident involving a racist man who pushed us off the highway with his truck. Thankfully we are alive today but there was little repercussions to the accused and we did not take this to the media.

## R. 148.

I'm a stay home mother and have intentionally become a recluse. For the longest time, I have stopped going out for walks on my own, due to violent incidents against hijabi women in Calgary and Edmonton. There was a time when I was very thankful to Allah for giving me the opportunity to be mobile in this country, compared to my growing years in Karachi where I was very home bound owing to the hostile political and social environment during the 90s. The price for immigration is culture and heritage. I ask myself everyday, was it worth it.

## R. 158

When a person does a crime, it should be portrayed that that person (white, black, brown, etc) did the crime. There's no need to say they were Muslim, because you're associating that crime with Islam, and Islam is against crime. When a non Muslim commits a crime, no where does it say a Christian committed a crime, or a Hindu, a Buddhist, a Jewish person, etc. Also, when a Muslim commits a crime, or a person of colour, it's said there was intent. When a white person commits a crime, especially a big crime, they have "mental issues". That needs to stop.

## R. 163

Islamophobia thrives in systems. It may not be over but it's there. In public schools, no senior leadership identifies as Muslim, even when the school board is over 20% Muslim. Taking off Eid is difficult and requires notes from an Imam, even though it's a recognized Islamic holy day. The London attacks happened because these systems aren't changing. Their breeding hate and giving it a place to grow.

## R. 178

I don't feel like I can be my whole self in public or at work. I feel like I always have to conform to what others think is acceptable. I worry for my family if we are out together as I do wear hijab. I worry when I'm commuting to work that someone will try to push me on to the train/subway tracks. It's exhausting living in constant fear and weighs heavily on my mind.

## R. 181

Beyond the overt acts of racism, as a hijab wearing women, I constantly feel a sense of dread waiting for something to happen. Before the London Ontario attack and after. Like I'm waiting for a ticking time bomb, not sure which person I encounter will explode and attack.

## R. 185

It's emotionally tiring to feel unsafe and be in a constant state of alertness.

## R. 195

As a convert I often hear: why do we associate with terrorists? Just let go and live a normal life.

## R. 204

I feel a lot of micro aggressions living in Dublin CA, dirty looks, bad customer service. White ppl talking down to me. Nothing I can hold someone accountable for without looking like a crazy person, but I can feel the hate. My kids can feel it for me too. They have often told me when someone gives me a dirty look behind my back or treated me differently. It makes me hesitant to leave my house sometimes.

## R. 211

I find that, although I thankfully have never personally experienced an outright violent Islamophobic attack, the cases I experience mostly are in the form of subtly Islamophobic comments or existing structures which require me to either “adapt” and compromise myself and my faith to make others more comfortable, or face consequences. These situations are very very common in my daily life. They implement a status quo that “others” you effectively pushes the feeling that “you are not part of us, and so you are not welcome here”.

## R. 218

I’m scared for my people. I feel helpless. I feel like there’s no hope. I feel like running with my people to safety, but where is the safety? And growing up here, I feel completely lied to. I feel betrayed. Those same bullies that bullied me for 9/11, for being brown, for being a muslim, when I was a 6 year old... well they run the country now. To Allah we belong, and to Allah we will return. Thank you for doing this.

## R. 221

It wasn’t in the past 12 months, but prior to COVID, I had extremely Islamophobic neighbors who would harass, stalk, and threaten violence against me on a daily basis even going as far as to call CPS on me regularly to be vindictive (I know this because I overheard a couple of their calls and Alhamdulillah the CPS agent was aware that they were being vindictive so no one ever came out but still it was terrifying). I actually fled my home at the beginning of COVID with my daughter because they started to threaten that they would beat me to a pulp and abduct my daughter. It was terrifying and there was no way I was observing lockdown with my one year old daughter in that environment; I moved back in to my parents’ home. I’m a visibly Muslim woman and I am scared. I’m scared that people feel emboldened to do these things and that we aren’t taken seriously when we try to stand up for ourselves (I contacted police multiple times about these neighbors but they did nothing). I developed PTSD from this. I really wish more people would take Islamophobia seriously because it is very dangerous and a very real threat.

## R. 224

When a Muslim is involved in any negative incident, his picture and whole life history and is blown out of proportion in all news media. But when any other person from other religion does even a mass murder...his identity is not given out at all in media nor his religion mentioned. Why is this double standard?

## R. 232

I feel terrified for my life and my daughter’s life. I have been feeling the effects of islamophobia since I could remember. Especially after 9/11. A few local Zionists smeared my name in the community and the response felt disproportionately against me if the shoes were reversed. I feel scared to go outside in my neighborhood now.

## R. 237

I feel islamophobia is the only accepted prejudice today. When I reported to Facebook about a comment that said “all Muslims should die” it came back “it didn’t violate community standards.” If that same sentence was uttered about literally ANY other group it would have been taken down. I know this survey is not about Facebook, but the example Reflect what I see in the community at large.

## R. 238

Media constantly whitewashes white or Christian terrorists portraying them as “nice guys”, never scrutinizing their faith and affiliations the way it does when the criminal processes Islam as his religion. Media is biased and prejudiced against Muslims.

## R. 247

I am not hijabi and I am Turkish as is my name so I am able to blend in and go unnoticed in many settings. I generally hide my muslim identity in hopes of avoiding ridiculous conversations regarding women in Islam.

## R. 253

More than anything else, I resent how anti-Muslim and anti-Arab prejudice is so normalized in American society, by both political parties and throughout mainstream America. Public discourse in the media is absolutely atrocious and I feel that the media really hates Muslims.

## R. 254

I am so afraid for my children. I have nightmares.

## R. 255

Our political leadership and the media doesn’t feel as eager to call out Islamophobia as they are to call out anti-Semitism.

## R. 258

I have been told by my own family members to hide the fact that I'm Muslim for my own safety and security.

## R. 262

As a woman wearing a hijab I often question certain decisions. Like when I'm planning a beach trip I wonder if certain beaches are more Islamophobia than others. Or how diverse a neighborhood is if I plan to live there.

## R. 267

As a Muslim I feel we are the only group that's attacked by both right wing extremists/hate groups and political leaders within moderate and even progressive circles. Islamophobia is not taken seriously and we are made to feel that asking for our basic rights is asking for too much.

## R. 268.

I'm considering moving out of the West and living in a remote place. I'm just tired of everything.

## R. 270

In Quebec Montréal specifically there has been no walk no vigils the response has been next to nothing. The province is more racially divided than the rest of Canada. I personally find it difficult to integrate easily.

## R. 271

1) I was carded at a local airbase. The cops basically admitted to discrimination 2) flying from Canada to the US, Canadian security forces all those wearing religious head coverings to undergo explosive testing (hand swabs). I have written letters to the Minister of Transport, the Prime Minister, and others. No response.

## R. 272

Questions about the past 12 months are not accurate due to the pandemic where we have been quarantined and haven't been as exposed to people outside. I have experienced incident where I was scared. When I was on the subway, someone threatened to kill me if I moved, simply because I was a Muslim. No one said anything or did anything. He did seem like he was on something, but it was scary and I was worried he would follow me out of the train. Another incident, professionally, I was told that asking about a place to pray is unprofessional and I should keep it separate -- despite these accommodations being protected.

## R. 274

I'm concerned not for me but for my daughter's who have a hard time openly embracing their Muslim identity in today's world. If they feel less, their kids will feel ever further less and so on.

## R. 275

Islamophobia increased because of the media feeding it and the authority fueling racism

## R. 276

I feel constantly anxious about being randomly attacked just because I wear a Hijab in my town where Islam isn't popular. I fear for my safety and for my toddler every time we go for a walk or go outside. I have had to literally run home out of fear simply because too many people were staring and I felt unsafe. The events such as in Canada with the whole family being ran over out of hatred has only made my anxiety worse. I live in California.

## R. 277

I feel that I always need to prove my worth. It is horrible to feel inadequate all the time.

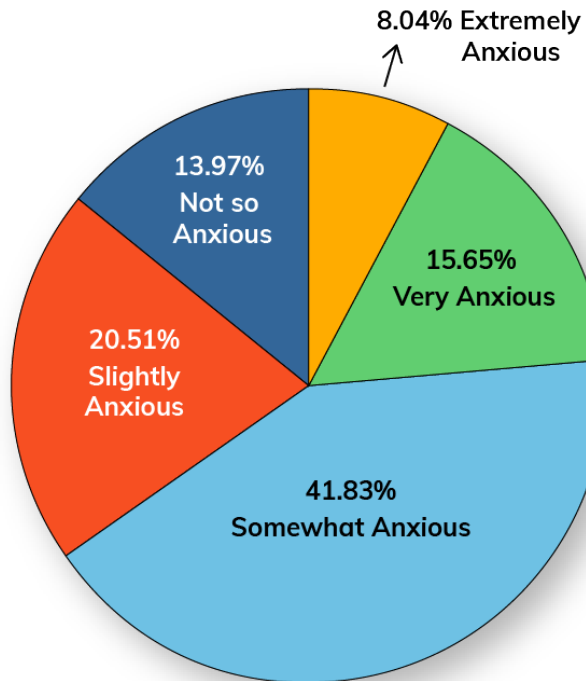
## R. 278

As a hijabi woman, I fear for my life when I am in certain communities, I get a lot of people look at me as if they hate me with passion, they don't even know me personally. I hear them talking negatively about me sometimes. It gets so bad that I remove my head scarf when I go to certain places in which there isn't a lot of diversity.

### Question 19

How anxious do you feel as a Muslim in public space?

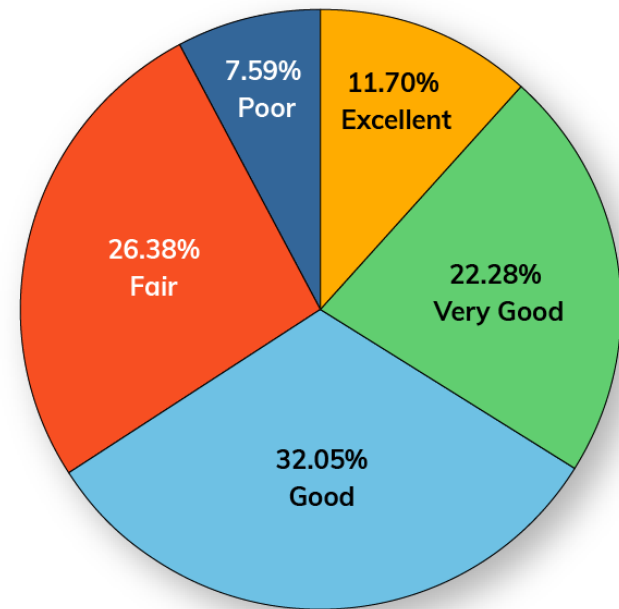
Answered: 1,604 Skipped: 10



### Question 20

In general, how would you rate your overall mental or emotional health?

Answered: 1,607 Skipped: 7



End Survey





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Muslim Mental Health Lab  
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