

**Name of Organizer:** Uzma Jamil  
 Email:  
 Organization: Transcultural Research & Intervention team, McGill

Title of Workshop: Consequences of the 'war on terror' on mental health for Arab and Muslim communities

Format of Workshop: Workshop

Theme: Citizenship and social, cultural, linguistic and civic integration

---

Name of first presenter: Cécile Rousseau  
 Email:  
 Organization: Social and Cultural Psychiatry, McGill  
 Title/Theme: A global framework for understanding mental health and the war on terror

Name of second presenter: Ghayda Hassan  
 Email :  
 Organization: Psychology, Université du Québec à Montréal  
 Title/Theme: The role of religiosity in mental health

Name of third presenter: Nicolas Moreau  
 Email:  
 Organization: School of Social Work, University of Ottawa  
 Title/Theme: Discrimination et impact sur la santé mentale des nouveaux immigrants montréalais: Étude comparative pré-post 11 septembre 2001.

Name of fourth presenter: Uzma Jamil  
 Email:  
 Organization: Transcultural Research & Intervention team, McGill  
 Title/Theme: South Asian Muslim families in Parc Extension, Montreal

Name of fifth presenter: Matlub Hussain  
 Email:  
 Organization: Pakistani Canadian Society of Quebec  
 Title/Theme: South Asian community perspectives

Name of discussant: Sadeq Rahimi  
 Email:  
 Organization: Medical Anthropology, University of Saskatchewan  
 Title/Theme: Discussant

---

### Abstract

This workshop looks at how the post 9/11 global context affects Arab and Muslim communities living in Quebec. It focuses on the themes of mental health, discrimination and inter-community relations, all of which shape their process of social integration in the host society.

### Summary

This workshop describes the results of different research studies which focus on Arab and/or Muslim families in the greater Montreal area. The first quantitative research project examines the increase in perceived discrimination by the Arab community in Montreal and its impact on mental health. The results suggest that discrimination has risen sharply following the events of September 11<sup>th</sup> 2001, but the impact on mental health has, however, not been felt instantaneously. On one hand, this can be explained structurally as the prosperous economic situation of Quebec has allowed for a relatively substantive integration of immigrants into the labor market, which is positive in terms of mental health for immigrants. On the other hand, from a psychological perspective, discrimination paradoxically reinforces collective self-esteem and cohesion through religiosity in a process of defensive identity affirmation, which can be protective for mental health. The second is a qualitative research study with South Asian Muslim families living in the neighbourhood of Parc Extension, Montreal. It demonstrates the complexity of the interaction between feelings of vulnerability and agency in determining how parents manage the impact of the international context on their daily lives, as well as how they convey their understanding of these events to their children. The workshop considers the implications of these observations on the issue of "living together" in Quebec, considering the links between the fear of the "other",

the representation of self and the mental health of Arab/Muslim minorities and how it affects their process of integration in the host society.