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Psychiatry and Behavioral Sciences

Mental Health of Muslim Healthcare Workers: Appendix

1: PHQ-4:

Over the last 2 weeks, how often have you been bothered by the following problems:	Not at all	Several days	More than half the days	Nearly every day
Little interest or pleasure in doing things				
Feeling down, depressed, or hopeless				
Feeling nervous, anxious, or on edge				
Not being able to stop or control worrying				

2: Coping and PHQ-4:

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
VARIABLES	Mild	Moderate or severe	Anxiety	Depression	Mild	Moderate or severe	Anxiety	Depression	Mild psych	Moderate or severe	Anxiety	Depression	Mild	Moderate or severe	Anxiety	Depression
Healthy																

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copi ng strat egies																		
Journaling																		
No (Ref.)																		
Yes	1.696 *	1.976 *	1.638 *	1.423														
Exercising																		
No (Ref.)																		
Yes	0.794	0.858	1.095	1.127														
Calling friends and family																		
No (Ref.)																		
Yes	1.036	0.864	0.971	0.653														
Healthy religious coping strategies																		
Extra prayer (salat)																		

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No (Ref.)																		
Yes					1.087	0.978	1.017	0.645										
Extra du'aa																		
No (Ref.)																		
Yes					1.302	2.135*	1.529	1.356										
Reading Quran																		
No (Ref.)																		
Yes					0.793	0.884	1.034	1.333										
Looking for a lesson from Allah in the situation																		
No (Ref.)																		
Yes					1.325	1.049	0.782	0.842										
Telling myself that suffering may bring me closer to Allah																		
No (Ref.)																		

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Yes					0.975	1.004	0.908	1.119							
Trying to remember my blessings and thank Allah															
No (Ref.)															
Yes					1.069	0.379*	0.543	0.490							
Unhealthy coping strategies															
Eating comfort food															
No (Ref.)															
Yes									1.390	2.240*	2.395*		1.846		
Tobacco products															
No (Ref.)															

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Yes								0.977	5.733**	4.374**	1.045			
Drugs and/or alcohol														
No (Ref.)														
Yes								0.874	1.525	1.037	2.692			
Sleeping more than usual														
No (Ref.)														
Yes								1.830**	2.067**	1.704*	2.047**			
Shopping online														
No (Ref.)														
Yes								1.023	2.339***	2.147**	2.587***			
Unhealthy religious coping strategies														
Feeling angry with Allah														

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No (Ref.)																
Yes												1.129	1.737	1.241	2.625*	
Wondering if I am being punished by Allah																
No (Ref.)																
Yes												2.026*	4.913***	2.948***	2.417*	
Losing my faith in Allah's wisdom or compassion																
No (Ref.)																
Yes												0.960	1.183	1.248	1.846	
Models controlled for race, gender, age.																
*** p<0.001, ** p<0.01, * p<0.05																

3: Feeling Angry and PHQ-4

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	Feeling angry (“Occasionally” or “Regularly”) since the start of the pandemic
VARIABLES	
Unhealthy religious coping strategies	
Feeling angry with Allah	
No (Ref.)	
Yes	8.205**
	(1.823 - 36.93)
Wondering if I am being punished by Allah	
No (Ref.)	
Yes	1.829*
	(1.075 - 3.110)
Losing my faith in Allah's wisdom or compassion	
No (Ref.)	
Yes	1.457
	(0.559 - 3.796)
Models controlled for race, gender, age.	
*** p<0.001, ** p<0.01, * p<0.05	

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4: Seeing a Mental Health Professional and PHQ-4:

	1	2	3	4
VARIABLES	Mild psychological distress	Moderate / severe psychological distress	Anxiety	Depression
Had you ever seen a mental health professional prior to COVID-19?				
No (ref.)				
Yes	0.639	0.710	1.011	0.761
	(0.404 - 1.013)	(0.423 - 1.192)	(0.638 - 1.603)	(0.459 - 1.261)
Did you see a mental health professional to get help with the impact of COVID-19				
No (ref.)				
Yes	0.274**	0.132***	0.437**	0.496*
	(0.125 - 0.602)	(0.0594 - 0.295)	(0.259 - 0.737)	(0.281 - 0.874)
Models controlled for race, gender, age.				
*** p<0.001, ** p<0.01, * p<0.05				

5: Discrimination and PHQ-4

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VARIABLES	Mild psychological distress	Moderate / severe psychological distress
Discrimination		
Islamophobia outside & racial within work	5.319*	6.654*
	(1.049 - 26.98)	(1.209 - 36.63)
Islamophobia outside & gender disc within work	2.606	3.140
	(0.640 - 10.61)	(0.692 - 14.25)
Islamophobia outside & within & racial within work	1.715	5.172**
	(0.561 - 5.245)	(1.734 - 15.43)
Other (any combination of the 4)	5.135**	9.162***
	(1.794 - 14.70)	(3.047 - 27.55)
All four	1.912	1.308
	(0.838 - 4.362)	(0.493 - 3.469)
Models controlled for race, gender, age.		
*** p<0.001, ** p<0.01, * p<0.05		

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6: Discrimination and Coping Mechanisms

VARIABLES	Healthy coping strategies	Healthy religious coping strategies	Unhealthy coping strategies	Unhealthy religious coping strategies
Islamophobia within the workplace				
No (Ref.)				
Rarely	0.267**	0.328	0.0989	-0.0152
	(0.0834 - 0.450)	(-0.0495 - 0.706)	(-0.116 - 0.314)	(-0.167 - 0.137)
Occasionally	0.302*	0.637*	0.214	0.00148
	(0.0270 - 0.578)	(0.0690 - 1.206)	(-0.109 - 0.537)	(-0.227 - 0.230)
Regularly	0.0877	0.412	-0.0425	-0.504*
	(-0.434 - 0.610)	(-0.659 - 1.483)	(-0.651 - 0.566)	(-0.935 - 0.0736)
Racial discrimination within the workplace				
No (Ref.)				
Rarely	-0.241**	-0.0855	-0.0156	0.166*
	(-0.415 - -0.0676)	(-0.444 - 0.273)	(-0.219 - 0.188)	(0.0217 - 0.310)
Occasionally	-0.229	-0.0117	0.0127	0.221*



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	(-0.469 - 0.0105)	(-0.507 - 0.484)	(-0.269 - 0.294)	(0.0218 - 0.420)
Regularly	-0.106	-0.123	-0.0371	0.587**
	(-0.638 - 0.425)	(-1.214 - 0.968)	(-0.657 - 0.583)	(0.148 - 1.026)

Models controlled for race, gender, age.

*** p<0.001, ** p<0.01, * p<0.05