
Self-Assessment on Islam and Muslim Cultures

This assessment consists of two parts: Part I is made of multiple-choice questions and is aimed at examining the reader's knowledge of the Islamic beliefs, practices, history, and demography as well as the factors of attitude formation toward Muslims. Part II is a true/false questionnaire. It is intended to test the counselor's information about Islam, attitude toward Muslims, and understanding of biases when working with Muslim populations. Please take a moment to go through the survey and compare your answer to the answer sheet made available at the end of the survey.

Part I: Answer the following questions by selecting only one answer for each question. Correct answers are provided at the end of this questionnaire.

A. History, Beliefs, and Practices

1. Islam was founded in:
 - a. The fifth century.
 - b. The sixth century.
 - c. Before Christianity.
 - d. The 1500s.
 - e. None of the above.
 2. Muhammad represents to Muslims:
 - a. A divine-human figure.
 - b. Only an ordinary human like all others.
 - c. A prophet of God who is a role model for humanity.
 - d. All of the above.
 - e. None of the above.
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3. The holy book for Muslims is:
 - a. Hilal.
 - b. The Bible.
 - c. The Koran (Qur'an).
 - d. The Torah.
4. Islam Considers Jesus and Moses:
 - a. Great and noble men but who had no inspiration from God.
 - b. Great and noble men who were prophets of God.
 - c. Unworthy historic figures.
 - d. Jesus was the son of God while Moses was not.
 - e. None of the above.
5. Muslims believe in:
 - a. One God.
 - b. No God.
 - c. Many Gods.
 - d. Jesus Christ as God.
6. In Islam, Allah is:
 - a. The God for Muslims.
 - b. The Muslim God.
 - c. God for Muslims, Jews, and Christians.
 - d. The same as Muhammad.
 - e. All of the above.
7. Muslims' place of worship is called:
 - a. Church.
 - b. Mosque.
 - c. Temple.
 - d. Other.
8. Islamic fundamentals of faith include:
 - a. The oneness of God.
 - b. Life after death.
 - c. All prophets and messengers of God.
 - d. All scriptures of God.
 - e. All of the above.
9. Muslims pray to the direction of:
 - a. The sun.
 - b. The moon.
 - c. Jerusalem.
 - d. Mecca, Arabia.
 - e. None of the above.

10. To fulfill one of their religious obligations, Muslims pray:
 - a. Five times a day.
 - b. Only twice a day.
 - c. Only once a week.
 - d. As often as they can.
 - e. None of the above.
11. The weekly Sabbath for Muslims occurs on:
 - a. Any day of the week.
 - b. Sunday.
 - c. Saturday.
 - d. Friday.
 - e. Thursday.
12. Ramadan is:
 - a. A historic figure in Islam.
 - b. One of the prayers Muslims perform daily.
 - c. The month in which Muslims fast during the year.
 - d. The name of the Muslim calendar.
 - e. Another Islamic ritual.
13. Muslims' pilgrimage to Mecca in Arabia is called:
 - a. Hijra.
 - b. Hegira.
 - c. Hajj.
 - d. Zakat.
 - e. None of the above.
14. Charity is an Islamic obligation to be paid annually. Muslims know it as:
 - a. Hajj.
 - b. Zakat.
 - c. Sawm.
 - d. All of the above.
 - e. None of the above.

B. Demography

15. The number of Muslims worldwide is estimated at:
 - a. Several million.
 - b. One billion.
 - c. More than one billion.
 - d. Less than 50 million.
 - e. Two billion.

16. The largest Muslim population exists in:
 - a. The Middle East.
 - b. Africa.
 - c. Asia.
 - d. Europe.
 - e. The Americas.
17. Indonesia is:
 - a. The largest Muslim country in the world.
 - b. The only Muslim country in Asia.
 - c. The most diverse country in Asia.
 - d. The poorest Muslim country in the world.
 - e. None of the above.
18. Arabs are:
 - a. Only Muslims.
 - b. People who speak Arabic regardless of religion.
 - c. People of the Middle East.
 - d. All of the above.
 - e. None of the above.
19. The number of American Muslims is estimated at:
 - a. Fifty thousand.
 - b. Two and a half million.
 - c. Six to eight million.
 - d. One million.
 - e. None of the above.
20. The American Muslim community is made up of:
 - a. Mostly Arab immigrants.
 - b. Only African Americans.
 - c. People of diverse racial, ethnic, and national origin backgrounds.
 - d. Only refugees.
 - e. None of the above.
21. The Nation of Islam is:
 - a. The same as other Muslims.
 - b. Different from mainstream Muslims.
 - c. The American interpretation of Islam.
 - d. All of the above.
 - e. None of the above.

22. The majority sect within Islam is called:
 - a. Sunni.
 - b. Shiite.
 - c. Black Muslims.
 - d. Middle Eastern.
 - e. All of the above.
 23. The Shiite population represents:
 - a. 35 percent of the total world Muslim population.
 - b. 50 percent of the total world Muslim population.
 - c. Approximately 15 percent of the total world Muslim population.
 - d. Less than 5 percent of the total world Muslim population.
 - e. None of the above.
 24. American Muslims:
 - a. Are religiously devout and understand Islam the same way.
 - b. Vary in their understanding and practice of Islam.
 - c. Are nonpracticing people.
 - d. Are all from immigrant backgrounds.
 - e. None of the above.
 25. Muslims' immigration to the United States dates back to:
 - a. The late twentieth century.
 - b. After World War I.
 - c. After World War II.
 - d. African slavery.
 - e. The late eighteenth and early nineteenth centuries.
- C. Attitude Formation
26. My main sources of knowing about Islam are:
 - a. Parents.
 - b. Religious institutions and religious leaders.
 - c. The media and political events.
 - d. All of the above.
 - e. None of the above.
 27. The events of September 11, 2001, helped:
 - a. Provide me with a good understanding of what Islam is and who the Muslims are.
 - b. Prove that all Muslims hate America.
 - c. Me to inquire more about Islam and ask more questions.
 - d. Prove that Muslims must not be allowed to live in America.
 - e. None of the above.

28. The study of Islam and Muslim cultures is important because:
 - a. It helps understand terrorism and terrorists' tactics.
 - b. It provides better understanding of the world for mutual cooperation.
 - c. It is necessary for graduation.
 - d. It is necessary for political correctness.
 - e. All of the above.
29. Islam as a religion spread widely in the world through:
 - a. Forceful conversion.
 - b. Wars and conflicts.
 - c. Trades and immigration.
 - d. Holy war.
 - e. None of the above.
30. Islamic civilization:
 - a. Contributed greatly to the Europeans' renaissance and created new fields of knowledge.
 - b. Damaged the world's resources and lives.
 - c. Created more conflicts and wars.
 - d. All of the above.
 - e. None of the above.
31. American Muslims would benefit greatly if they:
 - a. Converted to another religion.
 - b. Assimilated to the American culture.
 - c. Left the United States.
 - d. All of the above.
 - e. None of the above.
32. The Arab-Israeli conflict proved that:
 - a. Arabs do not like Jews to live among them.
 - b. Arabs do not like democracy.
 - c. Muslims hate Jews because of religious animosity.
 - d. All of the above.
 - e. None of the above.
33. Muslim women dress differently because:
 - a. Islam oppresses women.
 - b. Muslim men force their women to dress that way.
 - c. Muslim women are oppressed and cannot express their opinions.
 - d. All of the above.
 - e. None of the above.

34. American Muslims:
 - a. Appreciate democracy and pluralism.
 - b. Desire totalitarian dictatorships.
 - c. Hope to impose their way of life on others.
 - d. All of the above.
 - e. None of the above.
35. The American Muslim attitudes toward colleagues and neighbors of other faiths are:
 - a. Friendly and collegial.
 - b. Unfriendly and suspicious.
 - c. Hostile and antagonistic.
 - d. Mixed and unclear.
 - e. None of the above.
36. Muslim children are likely to suffer from:
 - a. Child abuse from Muslim parents.
 - b. Developmental problems due to parents' negligence.
 - c. Violence and domestic abuse in their homes.
 - d. All of the above.
 - e. None of the above.
37. Counselors should:
 - a. Advocate for religious accommodation for American Muslims.
 - b. Not advocate for religious accommodation for American Muslims.
 - c. Council American Muslims on how to hide their religious practices.
 - d. Help American Muslims abandon their religious values and principles.
 - e. None of the above.
38. Muslims' negative attitude toward counseling can be attributed to the following:
 - a. Muslims are uncivilized and oppose any modern service.
 - b. Muslims do not like to be helped by non-Muslims.
 - c. Muslims do not accept Western practices of mental health.
 - d. Most Muslims are not aware of the availability of counseling.
 - e. All of the above.

39. When counseling Muslims, counselors should:
 - a. Convince clients to adapt to new cultural values and trends.
 - b. Convince clients to change their cultural practices and norms.
 - c. Attempt to understand clients' cultural and value systems.
 - d. All of the above.
 - e. None of the above.
40. Islam can be described as:
 - a. A major world religion.
 - b. A cult.
 - c. A monolithic religion and culture.
 - d. An evil and violent religion.
 - e. All of the above.
41. Muslims can be described as:
 - a. Homogeneous religiously and culturally.
 - b. Diverse culturally but homogeneous religiously.
 - c. Diverse both religiously and culturally.
 - d. Homogeneous culturally but diverse religiously.
42. Muslim women:
 - a. Have many rights in Islam.
 - b. Have no rights in Islam.
 - c. Have rights in Islam less than other cultures.
 - d. Are the cause of men's problems.
 - e. None of the above.
43. Terrorism in the world is:
 - a. A Middle Eastern creation that must be stopped by force.
 - b. The Arab cultural norm and must be stopped.
 - c. Caused by Islam, and Muslims must reinterpret their religion in more peaceful ways.
 - d. A world phenomenon that warrants the world's attention.
 - e. None of the above.
44. I welcome having a Muslim as:
 - a. A friend.
 - b. A doctor.
 - c. A governor of my state.
 - d. All of the above.
 - e. None of the above.

45. In the Islamic tradition, the term *jihad* refers mainly to:
- a. Holy war.
 - b. Killing infidels.
 - c. Struggle in all aspects of life, including combating when it is necessary.
 - d. None of the above.

Part II:

No	Statement	True	False
1.	One of my sources on Islam and Muslims has been from the media	___	___
2.	One of my sources on Islam and Muslims has been from schools	___	___
3.	One of my sources on Islam and Muslims has been religious institutions	___	___
4.	One of my sources on Islam and Muslims has been my parents, relatives and friends	___	___
5.	One of my sources on Islam and Muslims has been from peers	___	___
6.	I have heard negative comments about Islam and Muslims from television	___	___
7.	I have read negative information about Islam and Muslims in books	___	___
8.	From my religious or spiritual leader, I have learned that Islam is not a good religion	___	___
9.	From my teachers, I have learned that Muslims are not trustworthy	___	___

10.	From my parent(s), I have heard negative comments on Islam and Muslims	—	—
11.	Most Muslims are from the Arab world	—	—
12.	I can identify Muslims by the way they look	—	—
13.	Islam oppresses women	—	—
14.	The media coverage of Islam has been mostly accurate	—	—
15.	Jihad gives legitimacy to killing people of different faiths.	—	—
16.	Islam condones terrorism.	—	—
17.	Islam forces its beliefs on others	—	—
18.	Muslims seek to dominate the world	—	—
19.	I would not elect a Muslim for public office	—	—
20.	I would not want to have a Muslim neighbor	—	—
21.	I would not let my children sleep over at their friend's house if they are Muslims	—	—
22.	I have all the knowledge and experience needed to work effectively with Muslim clients	—	—
23.	I should set the goals for my Muslim clients	—	—

24	I should help accelerate Muslim clients' integration into the society	—	—
25	I should counsel Muslim women to gain their freedom and independence from their husbands	—	—
26	Muslim clients should follow the advice of their counselors	—	—
27	Islam has a negative effect on the mental well being of Muslim clients	—	—
28	Muslim families are usually dysfunctional	—	—
29	Muslims most likely to end up receiving welfare assistance	—	—

Answers

Part I:

No. Question	Correct Answer	No. Question	Correct Answer
1	b	24	b
2	c	25	e
3	c	26	e
4	b	27	e
5	a	28	b
6	c	29	c
7	b	30	a
8	e	31	e
9	d	32	e
10	a	33	e
11	d	34	a
12	c	35	a
13	c	36	e
14	b	37	a
15	c	38	d
16	c	39	c
17	a	40	a
18	b	41	c
19	c	42	a
20	c	43	d
21	b	44	d
22	a	45	c
23	c		

Part II: All answers must be "false." Any "true" answer suggests a lack of understanding and negative attitudes toward the Islamic religion and the Muslim people on the part of the reader. This makes reading this book of great value, particularly for students and professionals of the mental health fields.