



MUSLIM INTERSCHOLASTIC
TOURNAMENT

**THE WEIGHT
OF POWER:
RULING THE SELF
TO SERVE OTHERS**

MIST QUIZ BOWL TOPIC 4: THE
MUSLIM MIND AND MENTAL
HEALTH

2023 NATIONALS



MIST Quiz Bowl Topic 4: The Muslim Mind and Mental Health

For MIST Quiz Bowl Topic 4: **The Muslim Mind and Mental Health**, the questions will be asked from the following Yaqeen Institute Materials:

The entire episode of Double Take: [Are Religiosity and Mental Health Connected](#)

[Islam's Legacy of Mental Health](#) by Yaqeen Institute

[Prophet Muhammad's Approach to Mental Health](#) | Holistic Healing with Dr. Rania Awaad

Note:

The questions for the topic will include questions on the hadiths that have been cited. These can be answered in Arabic or in English.

Example:

Question: According to Ibn Kathir, the companion Jabir (r.a.) is reported to have said that when this word was revealed, the clouds shifted eastwards, the winds halted, the ocean became still, animals were hearing it and fire was showered on Satan. What is this word?

Answer: "Bismillah" or in English "In the name of Allah."