

# Review of: "Perceived Social Support as a Predictive Factor of Fatigue and Quality of Life Among Healthcare Professionals in Greece"

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Potential competing interests: No potential competing interests to declare.

I commend the authors for their comprehensive investigation into the interplay of stress, burnout, social support, and overall quality of life among healthcare professionals in the post-pandemic era. The abstract presents a compelling argument for the necessity of understanding these factors holistically, rather than in isolation, which is crucial for developing effective interventions and support systems.

The decision to employ a quantitative method with a structured questionnaire on a sizable sample of 506 health workers from various hospitals in the 6th Healthcare Region of Greece is commendable. This approach not only provides robust data but also ensures the generalizability of findings within a specific context.

The findings of the study, notably the identification of a fairly high level of fatigue, an alarmingly low level of social support, and a moderate to high level of general health among healthcare professionals, underscore the urgency of addressing these issues. Moreover, the significant negative correlation between fatigue and social support highlights the intricate relationship between these variables.

One of the strengths of this research lies in its emphasis on the correlation between various dimensions of fatigue, social support, and general health. The positive correlation between general health and social support, as well as its individual subscales, suggests that enhancing social support systems could potentially mitigate the adverse effects of fatigue on healthcare professionals' well-being.

The implications of this study extend beyond the individual well-being of healthcare professionals. By acknowledging the cumulative effects of fatigue and low quality of life on the efficiency and level of healthcare services provided, the research contributes significantly to the development of novel approaches aimed at preventing burnout and promoting overall well-being among healthcare workers.

In conclusion, this research fills a critical gap in the literature by offering a nuanced understanding of the multifaceted challenges faced by healthcare professionals in the post-pandemic era. Its findings underscore the importance of implementing tailored interventions and support mechanisms to safeguard the well-being of those who tirelessly serve our communities. I recommend this paper for publication, as it not only adds to the existing body of knowledge but also provides valuable insights for healthcare policymakers, practitioners, and researchers alike.

