

# 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.

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## Strengths:

1. **Rigorous Methodology:** The utilization of a quantitative method with a structured questionnaire enhances the reliability and validity of the study findings.
2. **Novel Contribution:** The research offers a comprehensive analysis of the interplay between social support, fatigue, and quality of life in healthcare professionals, filling a crucial gap in the existing literature.
3. **Practical Implications:** The study underscores the importance of addressing fatigue and enhancing social support to improve the well-being and performance of healthcare professionals.

## Weaknesses:

1. **Limited Generalizability:** The study's sample size from a specific geographical region restricts the generalizability of the findings to a broader population of healthcare professionals.
2. **Measurement Tools:** The use of specific scales for data collection may limit the depth of insights obtained, suggesting the potential for alternative tools in future research.
3. **Lack of Qualitative Exploration:** The quantitative nature of the study precludes a nuanced understanding of respondents' experiences and perspectives, highlighting the need for qualitative or mixed-method approaches in future investigations.

## Recommendations:

1. **Diversification of Sample:** Future research should involve a more diverse sample of healthcare professionals to enhance the external validity of the findings.
2. **Mixed-Methods Approach:** Incorporating qualitative methods alongside quantitative measures can provide a richer understanding of the complex dynamics at play.
3. **Longitudinal Studies:** Conducting longitudinal studies to track changes in social support, fatigue, and quality of life over time can offer valuable insights into the long-term effects on healthcare professionals.

Overall, the study by Theofilou and Varemenos makes a significant contribution to the literature on healthcare professionals' well-being, highlighting the critical role of social support in mitigating fatigue and enhancing quality of life. The findings underscore the importance of implementing targeted interventions to support the mental and physical health of healthcare workers, ultimately benefiting both the professionals and the healthcare services they provide.