


REVIEW ARTICLE

A systematic review of social support and related factors among burns patients

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Abstract

Burn injuries, as a major public health problem, can lead to high morbidity and mortality. Burns is considered as one of the most devastating injuries globally and the fourth most common injury after traffic accidents, falls and interpersonal violence. Burn injuries can affect human life, such as physical and mental health, functional skills, and performance. Changes in appearance, social isolation, stress, anxiety, depression, low self-esteem, unemployment, financial burden and family problems can occur in these patients. These burn complications can be exacerbated without adequate social support. This systematic review evaluated burn patients' social support and related factors. A systematic search was performed on the international electronic databases such as Scopus, PubMed, Web of Science and Persian electronic databases such as Iranmedex, and Scientific Information Database using keywords extracted from Medical Subject Headings such as 'Burns', 'Social support', 'Perceived social support' and 'Social care' from the earliest to 30 April 2022. The quality of the included studies in this review was assessed using the appraisal tool for cross-sectional studies (AXIS tool). A total of 1677 burn patients were included in this review from 12 studies. Mean score of social support in burn patients based on multidimensional scale of perceived social support, Phillips's social support questionnaire, social support questionnaire, social support scale and Norbeck social support questionnaire were 5.04 (SD = 1.59) of 7, 22.06 (SD = 3.05), 78.20 (SD = 15.00) of 95, 82.24 (SD = 13.70) and 4.14 (SD = 0.99), respectively. Factors such as income, educational attainment, burn surface area, reconstructive surgery, quality of life, self-esteem, socialisation, posttraumatic growth, spirituality, and ego resilience had a significant positive relationship with social support of burns patients. Social support in patients with burn had a significant negative relationship with factors such as psychological distress, having children, life satisfaction, neuroticism and post-traumatic stress

disorder. Overall, patients with burns had moderate levels of social support. Therefore, it is recommended that health policymakers and managers make it easier for burn patients to adapt to burns by providing psychological intervention programs and the social support needed by burn patients.

KEYWORDS

burns, perceived social support, social care, social support, systematic review

Key Messages

- mean score of social support in burn patients based on multidimensional scale of perceived social support, Phillips's social support questionnaire, social support questionnaire, social support scale and Norbeck social support questionnaire were 5.04 (SD = 1.59) of 7, 22.06 (SD = 3.05), 78.20 (SD = 15.00) of 95, 82.24 (SD = 13.70), and 4.14 (SD = 0.99), respectively
- factors such as income, educational attainment, burn surface area, reconstructive surgery, quality of life, self-esteem, socialisation, posttraumatic growth, spirituality and ego resilience had a significant positive relationship with social support of burns patients
- social support in patients with burn had a significant negative relationship with factors such as psychological distress, having children, life satisfaction, neuroticism and post-traumatic stress disorder
- overall, patients with burns had moderate levels of social support
- therefore, it is recommended that health policymakers and managers make it easier for burn patients to adapt to burns by providing psychological intervention programs and the social support needed by burn patients

1 | INTRODUCTION

Burn injuries, as a major public health problem, can lead to high morbidity and mortality.¹⁻¹³ Burns is considered one of the most devastating injuries globally¹⁴⁻³⁰ and the fourth most common injury after traffic accidents, falls and interpersonal violence.³¹ According to the latest data from the World Health Organization, 180 000 deaths occur from burns annually. In 2004, about 11 million people worldwide suffered severe burns and needed medical treatment.³²

Burns is the application of heat, electric current, flammable materials and chemicals to the internal and external surfaces of the body, which can lead to superficial and deep damage.³³ Burn injuries can affect human life, such as physical and mental health, functional skills, and performance.³⁴⁻³⁸ Changes in appearance, social isolation, stress, anxiety, depression, low self-esteem, unemployment, financial burden and family problems can occur in these patients.³³ These burn complications can be exacerbated without adequate social support.³⁹ Social support is help from others that the patient can understand and accept. The environmental support from the social support networks of burn patients has a positive effect on the physical and mental health of the patient and protects them

against stressors.⁴⁰ Social support can be provided in different ways, but what is important is the patient's perception of the support provided.⁴¹ Perceived social support is defined as a person's judgement and mental feelings about receiving help from family and friends in needed and stressful situations.⁴² Overall perceived social support can prevent the adverse effects of the disease by changing patients' perceptions of stressful conditions and ultimately improve physical and mental health.⁴¹

A study in India showed that perceived social support in burn patients is high and has a significant positive relationship with their quality of life; therefore, high perceived social support increases the quality of life.³⁹ Another study in Iran showed a significant positive relationship between perceived social support and the self-esteem of burn patients; with increasing social support, patients' self-esteem increases.⁴³

2 | RESEARCH QUESTIONS

- What is the mean score of social support among burns patients?
- What are the factors associated with the social support among burns patients?

2.1 | Aim

Considering the importance of perceived social support in adaptation and reducing stressors after burns and the lack of a comprehensive study in this field, the present study was designed to systematically evaluate social support and its related factors in burn patients. It is hoped that the results of this study will help policymakers and health care providers identify the mental health needs of burn patients and provide comprehensive care and support for them.

3 | METHODS

3.1 | Study registration and reporting

The present systematic review was performed based on the Preferred Reporting Items for Systematic Reviews and Meta-Analysis (PRISMA) guidelines.⁴⁴ This review is also not recorded in the international prospective register of systematic reviews (PROSPERO) database.

3.2 | Search strategy

A systematic search was performed on the international electronic databases such as Scopus, PubMed, Web of Science and Persian electronic databases such as Iranmedex, and Scientific Information Database (SID) using keywords extracted from Medical Subject Headings such as 'Burns', 'Social support', 'Perceived social support' and 'Social care' from the earliest to April 30, 2022. For example, the search strategy in PubMed/MEDLINE database included search terms like (['Social support'] OR ['Perceived social support'] OR ['Social care']) AND (['Burns'] OR ['Burns patients']). Keywords were combined using 'OR' and 'AND' Boolean operators. The mentioned keywords were searched in the Persian language in Iranian electronic databases. Two researchers conducted the search process separately. This review study does not include grey literature such as expert opinions, conference presentations, dissertations, research and committee reports, and ongoing research. Grey literature refers to articles that have been published electronically but have not been evaluated by a commercial publisher.⁴⁵

3.3 | Inclusion and exclusion criteria

In the present review study, cross-sectional studies in English and Persian languages focusing on social support

in burn patients have been included. Letters to the editor, case reports, conference proceedings, experiments, studies with qualitative designs and reviews have also been excluded from this study.

3.4 | Study selection

The data in this review were managed using EndNote X8 software. Two researchers separately evaluated the study's selection criteria, which included removing duplicate articles, evaluating the title and abstract of the study, and evaluating the full text of the articles, electronically and manually, based on the inclusion and exclusion criteria. A third researcher resolved the differences between the two researchers regarding the evaluation of the studies. Finally, the study reference list was evaluated manually to prevent data loss.

3.5 | Data extraction and quality assessment

Information including the name of the first author, year of publication, location, sample size, male/female ratio, age, single/married ratio, level of education, occupation, type of burn injury, grade of burn injury, site of the burn, questionnaire and key results were extracted. The quality of the included studies in this review was assessed using the appraisal tool for cross-sectional studies (AXIS tool). This tool evaluates the quality of the included studies via 20 items with a two-point Likert, including yes (score of 1) and no (score of 0). This tool assesses report quality (7 items), study design quality (7 items) and the possible introduction of biases (6 items). Finally, AXIS rates the quality of studies at three levels: high (70%–100%), fair (60%–69.9%) and low (0%–59.9%).⁴⁶ Data extraction and evaluation of study quality were performed by two researchers independently.

4 | RESULTS

4.1 | Study selection

A total of 2853 articles were obtained by searching the electronic databases. In first, 541 were removed due to duplication. Of the remaining 2312 articles, 2160 articles were deleted due to non-compliance with the purpose of this systematic review. Also, 106 articles were deleted due to being non-cross-sectional. After a comprehensive review of the full text of the study, 15 studies were omitted due to inadequate design or results, and nine studies

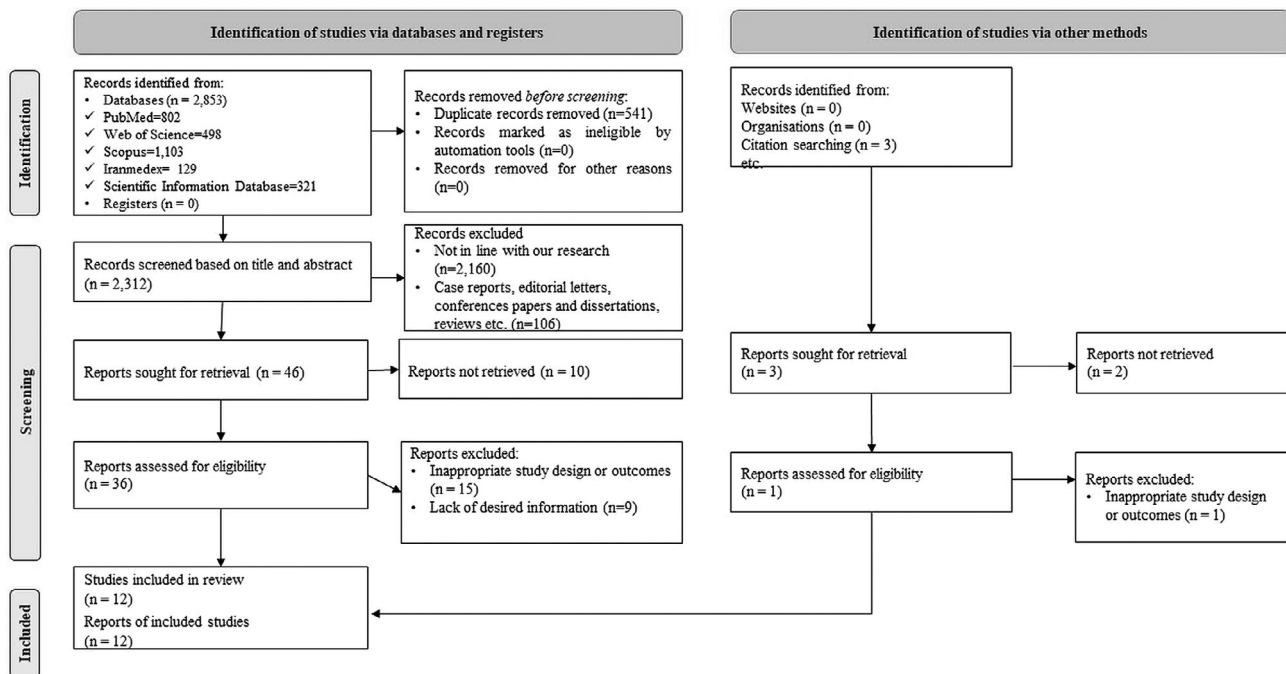


FIGURE 1 Flow diagram of the study selection process.

were excluded due to a lack of appropriate information. Finally, 12 studies^{39,43,47-56} were included in this systematic review (Figure 1).

4.2 | Study characteristics

A total of 1677 burn patients entered this systematic review in 12 cross-sectional studies.^{39,43,47-56} 59.63% of burn patients were female and 68.91% of them were married. The mean age of burn patients was 33.41 (SD = 12.93). The level of education of 80.40% of patients was lower than intermediate or intermediate. 50.70% of burn patients were employed (n = 7).^{39,43,47,48,53,54,56} 64.35% and 19.57% of patients had thermal and chemical burns, respectively (n = 7).^{39,43,47,48,50,53,56} To assess perceived social support in burn patients, eight studies^{39,43,47-50,55,56} used the multidimensional scale of perceived social support (MSPSS) scale, one study⁵¹ used the Phillips's social support questionnaire, one study⁵² used the social support questionnaire, one study⁵⁴ used the social support scale (SSS) and one study⁵³ used the Norbeck social support questionnaire (NSSQ). Countries whose studies were included in this systematic review included Iran (n = 4),^{43,47,51,53} Pakistan (n = 4),^{49,54-56} Brazil (n = 1),⁵² Turkey (n = 1),⁵⁰ India (n = 1)³⁹ and Jordan (n = 1).⁴⁸ Table 1 presents the characteristics of the included articles.

4.3 | Methodological quality of included study

Of the 12 studies^{39,43,47-56} in this systematic review, eleven^{39,43,47-50,52-56} were high quality, and one⁵¹ was fair. One study⁵¹ did not report the selection process representative; five studies^{48,51-53,56} did not report research limitations; five studies⁵¹⁻⁵⁵ did not report funding sources or conflicts of interest (Figure 2).

4.4 | Social support in burn patients

The mean score of social support in burn patients based on MSPSS^{39,43,47-50,55,56} was 5.04 (SD = 1.59) out of 7, based on Phillips's social support questionnaire⁵¹ was 22.06 (SD = 3.05), based on social support questionnaire⁵² was 78.20 (SD = 15.00) out of 95, based on SSS⁵⁴ was 82.24 (SD = 13.70) and based on NSSQ⁵³ was 4.14 (SD = 0.99).

4.5 | Factors associated with the burn patients' social support

Factors associated with social support in burns patients were gender (n = 1)⁵⁶ and ethnicity (n = 1)⁵⁶ had a significant relationship with burn patients social support. Factors such as income (n = 1),⁴⁹ educational attainment

TABLE 1 Basic characteristics of the included studies in this systematic review.

First Author/year	Location	Sample size	Sample M/F ratio (%)	Age (mean ± SD)	Single/Married ratio (%)	Level of education (lower intermediate and upper-intermediate)	Occupation (%)	Type of burn injury (%)	Grade of burn injury (%)	Site of the burn (%)	Questionnaire	Key results	AXIS score
Enayati et al., ⁵¹	Iran	60	48.33/51.67	28.53 (SD = 11.00)	48.33/51.67	N/A	N/A	Chemical	N/A	N/A	Phillips's social support questionnaire	<ul style="list-style-type: none"> The mean score of social support was 22.06 (SD = 3.05). Self-inflicted burn patients had a higher score of social support than non-self-inflicted burn patients ($P < .05$). 	Fair
Frota & Zanini ⁵²	Brazil	48	31.25/68.75	29.13 (SD = 14.16)	N/A	N/A	N/A	N/A	N/A	N/A	Social support questionnaire	<ul style="list-style-type: none"> The mean score of social support was 78.20 (SD = 15.00). There was a significant positive relationship between socialisation and social support ($r = 0.37, P = .03$). There was a significant negative relationship between neuroticism and social support ($r = -0.45, P = .01$). 	High
Waqas et al., ⁵³	Pakistan	80	30.00/70.00	34.94 (SD = 11.20)	N/A	N/A	N/A	N/A	N/A	N/A	MSPSS	The mean score of perceived social support was 4.64 (SD = 1.10).	High
Haghdoust et al., ⁵³	Iran	379	64.12/35.88	35.81 (SD = 26.11)	25.33/74.67	78.10/21.90	<ul style="list-style-type: none"> Employed (83.38) Unemployed (16.62) 	<ul style="list-style-type: none"> Thermal (89.18) Chemical (4.49) Electrical (2.37) Others (3.96) 	N/A	<ul style="list-style-type: none"> Hands (79.68) Others (20.32) 	NNSQ	<ul style="list-style-type: none"> The mean score of social support was 4.14 (SD = 0.99). There was a significant negative relationship between life satisfaction and emotional support ($r = -0.22, P < .001$). There was a significant negative relationship between life satisfaction and material support ($r = -0.33, P < .001$). 	High
Idrees et al., ⁵⁴	Pakistan	35	0/100	N/A	20.00/80.00	100/0	<ul style="list-style-type: none"> Housewife (94.29) Employed (5.71) 	N/A	N/A	N/A	SSS	<ul style="list-style-type: none"> The mean score of social support was 82.24 (SD = 13.70). There was a significant negative relationship between psychological distress and social support ($r = -0.64, P < .01$). There was a significant negative relationship between PTSD and social support ($r = -0.47, P < .01$). 	High

(Continues)

TABLE 1 (Continued)

First Author/year	Location	Sample size	Sample M/F ratio (%)	Age (mean \pm SD)	Single/Married ratio (%)	Level of education (lower intermediate and upper-intermediate) %	Occupation (%)	Type of burn injury (%)	Grade of burn injury (%)	Site of the burn (%)	Questionnaire	Key results	AXIS score
Ashfaq et al., ⁴⁹	Pakistan	80	30.00/70.00	35.74 (SD = 11.15)	28.75/71.25	N/A	N/A	N/A	N/A	N/A	MSPSS	<ul style="list-style-type: none"> The mean score of perceived social support was 4.14 (SD = 0.56). There was a significant positive relationship between income and perceived social support ($P < .001$). 	High
Waqas et al., ⁵⁶	Pakistan	343	47.23/52.77	30.60 (SD = 10.31)	23.32/76.68	N/A	<ul style="list-style-type: none"> Employed (64.14) Unemployed (35.86) 	<ul style="list-style-type: none"> Chemical (18.66) Thermal (55.40) Electrical (10.50) Hot water (12.54) Other (2.90) 	N/A	<ul style="list-style-type: none"> Face (20.11) Other (79.89) 	MSPSS	<ul style="list-style-type: none"> The mean score of perceived social support was 4.80 (SD = 1.13). There was a significant relationship between gender and perceived social support ($\beta = -.269, P = .01$). There was a significant relationship between ethnicity and perceived social support ($\beta = -.138, P = .05$). There was a significant negative relationship between employment status and perceived social support ($\beta = -.320, P = .00$). There was a significant negative relationship between having children and perceived social support ($\beta = -.187, P = .01$). There was a significant positive relationship between educational attainment and perceived social support ($\beta = .161, P = .05$). There was a significant positive relationship between burn surface area and perceived social support ($\beta = .270, P = .00$). There was a significant positive relationship between reconstructive surgery and perceived social support ($\beta = -.129, P = .05$). 	High

TABLE 1 (Continued)

First Author/year	Location	Sample size	Sample M/F ratio (%)	Age (mean ± SD)	Single/Married ratio (%)	Level of education (lower intermediate and upper-intermediate) %	Occupation (%)	Type of burn injury (%)	Grade of burn injury (%)	Site of the burn (%)	Questionnaire	Key results	AXIS score
Ajoudani et al. ⁴⁷	Iran	102	40.12/59.80	27.50 (SD = 8.14)	N/A	83.33/16.67	<ul style="list-style-type: none"> Inactive (30.39) Employed (69.61) 	<ul style="list-style-type: none"> Thermal (74.51) Hot water (18.63) Electrical and third (9.80) Chemical (1.96) 	<ul style="list-style-type: none"> Second (11.76) Third (18.63) Second and third (69.61) 	N/A	MSPSS	<ul style="list-style-type: none"> There was a significant positive relationship between ego resilience and perceived social support ($\beta = 0.286, P = .00$). The mean score of perceived social support was 4.77 (SD = 0.99) There was a significant positive relationship between posttraumatic growth and perceived social support ($r = 0.332, P < .01$). There was a significant positive relationship between spirituality and perceived social support ($r = 0.442, P < .01$). 	High
Ayhan et al. ⁵⁰	Turkey	106	50.94/49.06	45.17 (SD = 15.19)	35.85/64.15	75.47/24.53	N/A	<ul style="list-style-type: none"> Thermal (87.74) Chemical (3.77) Electrical (8.49) 	<ul style="list-style-type: none"> Second (73.58) Third (26.42) 	<ul style="list-style-type: none"> Head, face, or neck (17.92) Other regions (82.08) 	MSPSS	<ul style="list-style-type: none"> The mean score of perceived social support was 5.69 (SD = 1.51). 	High
Ghorbani et al. ⁴³	Iran	120	39.17/60.83	35.40 (SD = 12.38)	37.50/62.50	80.00/20.00	<ul style="list-style-type: none"> Housewife (32.50) Unemployed (8.33) Worker (15.00) Employed (43.33) Student (3.34) 	<ul style="list-style-type: none"> Thermal (69.16) Hot water (8.33) Electrical (4.18) Chemical (11.66) 	<ul style="list-style-type: none"> N/A 	<ul style="list-style-type: none"> Face (0.83) Upper limb (0.83) Lower limb (3.33) Face and upper limb (11.68) Face and lower limb (0.83) Face and trunk (2.50) Upper and lower limb (7.50) Upper and trunk (3.33) More than three areas (69.17) 	MSPSS	<ul style="list-style-type: none"> The mean score of perceived social support was 6.14 (SD = 4.45). There was a significant positive relationship between self-esteem and perceived social support ($r = 0.288, P = .001$). 	High
Kadam et al. ³⁹	India	100	47.00/53.00	29.56 (SD = 8.64)	25.00/75.00	95.00/5.00	<ul style="list-style-type: none"> Unemployed (72.00) 	<ul style="list-style-type: none"> Thermal (62.00) 	<ul style="list-style-type: none"> N/A 	N/A	MSPSS	<ul style="list-style-type: none"> The mean score of perceived social support was 5.12 (SD = 1.39). 	High

(Continues)

TABLE 1 (Continued)

First Author/year	Location	Sample size	M/F ratio (%)	Age (mean ± SD)	Single/Married ratio (%)	Level of education (lower intermediate and upper-intermediate) %	Occupation (%)	Type of burn injury (%)	Grade of burn injury (%)	Site of the burn (%)	Questionnaire	Key results	AXIS score
Al-Ghabeesh ⁴⁸	Jordan	224	56.25/43.75	35.13 (SD = 13.91)	35.71/64.29	50.89/49.11	<ul style="list-style-type: none"> Employed (24.00) Student (4.00) 	<ul style="list-style-type: none"> Hot water (34.00) Chemical (4.00) 	<ul style="list-style-type: none"> Second (47.32) Third (21.43) First and second (16.07) Second and third (15.18) 	N/A	MSPSS	<ul style="list-style-type: none"> There was a significant positive relationship between quality of life and perceived social support ($r = 0.56, P < .0001$). 	High
							<ul style="list-style-type: none"> Employed (64.73) Unemployed (35.27) 	<ul style="list-style-type: none"> Thermal (76.79) Chemical (12.05) Others (11.16) 	<ul style="list-style-type: none"> Second (47.32) Third (21.43) First and second (16.07) Second and third (15.18) 			<ul style="list-style-type: none"> There was a significant negative relationship between psychological distress and perceived social support ($r = -0.383, P < .01$). 	

Abbreviations: MSPSS, Multidimensional scale of perceived social support; NNSQ, Norbeck Social Support Questionnaire; SSS, Social support scale.

		Enayati et al., 2006	Frota & Zainini, 2013	Waqas et al., 2016	Hughdoost et al., 2017	Idrees et al., 2017	Ashfaq et al., 2018	Waqas et al., 2018	Ajoudani et al., 2019	Ayhan et al., 2021	Ghorbani et al., 2021	Kadum et al., 2021	Al-Ghabeesh, 2022
Introduction	Clear aims	*	*	*	*	*	*	*	*	*	*	*	*
	Appropriate design	*	*	*	*	*	*	*	*	*	*	*	*
Methods	Sample size justified	*	*	*	*	*	*	*	*	*	*	*	*
	Population defined	*	*	*	*	*	*	*	*	*	*	*	*
	Sample representative of population	*	*	*	*	*	*	*	*	*	*	*	*
	Selection process representative	-	*	*	*	*	*	*	*	*	*	*	*
	Measures to address non-responders	-	-	-	-	-	-	-	-	-	-	-	-
	Appropriate outcome variables	*	*	*	*	*	*	*	*	*	*	*	*
	Valid measures	*	*	*	*	*	*	*	*	*	*	*	*
	Defined statistical significance	*	*	*	*	*	*	*	*	*	*	*	*
	Methods described	*	*	*	*	*	*	*	*	*	*	*	*
	Results	Results data described	*	*	*	*	*	*	*	*	*	*	*
Concerns about non-response bias		-	-	-	-	-	-	-	-	-	-	-	-
Non-responder information described		-	-	-	-	-	-	-	-	-	-	-	-
Results internally consistent		*	*	*	*	*	*	*	*	*	*	*	*
Results presented for analyses		*	*	*	*	*	*	*	*	*	*	*	*
Discussion	Conclusions justified	*	*	*	*	*	*	*	*	*	*	*	*
	Limitations identified	-	-	*	-	*	-	-	*	*	*	*	-
Others	Funding sources or conflicts of interests	-	-	-	-	-	*	*	*	*	*	*	*
	Ethical approval/consent attained	-	*	*	*	*	*	*	*	*	*	*	*

FIGURE 2 Assessment of the quality of the included articles.

(n = 1),⁵⁶ burn surface area (n = 1),⁵⁶ reconstructive surgery (n = 1),⁵⁶ quality of life (n = 1),³⁹ self-esteem (n = 1),⁴³ socialisation (n = 1),⁵² posttraumatic growth (n = 1),⁴⁷ spirituality (n = 1)⁴⁷ and ego resilience (n = 1)⁵⁶ had a significant positive relationship with social support of burns patient. However, social support in patients with burn had a significant negative relationship with psychological distress (n = 2),^{48,54} having children (n = 1),⁵⁶ life satisfaction (n = 1),⁵³ neuroticism (n = 1)⁵² and post-traumatic stress disorder (n = 1)⁵⁴ factors.

5 | DISCUSSION

Perceived social support can be related to several factors. The present systematic review of 12 studies, which involved 1677 burn patients showed that burn patients have a moderate level of perceived social support based on MSPSS. Most studies in this review study reported a significant relationship between perceived social support and factors such as gender, income, ethnicity, employment status, educational attainment, having children burn surface, reconstructive surgery, ego resilience, socialisation, neuroticism, psychological distress, post-traumatic stress disorder, post-traumatic growth, life satisfaction, quality of life and self-esteem.

Burn injuries are unpredictable and painful injuries that can affect individuals, families and communities and lead to physical and psychological problems.⁵⁷⁻⁷⁵ Perceived social support is one of the aspects that is affected

in burn patients.⁴³ Perceived social support is the financial and spiritual support of people close to the patient, which has a protective role against physical and mental problems.⁷⁶ The results of the present systematic review showed that burn patients have moderate perceived social support. However, the difference in perceived social support of burn patients can be due to demographic characteristics, burn characteristics, ego resilience, socialisation, neuroticism, psychological distress, post-traumatic stress disorder, post-traumatic growth, life satisfaction, quality of life and self-esteem.

As presented in this study, post-traumatic stress disorder, post-traumatic growth and resilience had a significant relationship with patients' perceived social support. A study in Pakistan showed that post-traumatic stress disorder had a significant negative relationship with resilience in burn patients, and women also had more stress symptoms and less resilience.⁷⁷ Another study in Egypt showed that 95.9% of burn patients had symptoms of post-traumatic stress disorder.⁷⁸ A study in Iran showed that burn patient candidates for skin grafting had moderate resilience.⁷⁹ A study in Taiwan showed that the rate of post-traumatic stress disorder and post-traumatic growth was high in burn patients.⁸⁰ Therefore, it is recommended that healthcare policymakers adopt strategies to improve resilience and reduce post-traumatic stress disorder by providing psychological intervention programs so that patients can cope more easily with stressful situations.

According to the results of this study, quality of life and self-esteem are influential factors in patients'

perceived social support. A study in India showed that burn patients with exposed scars had lower self-esteem and quality of life.⁸¹ The results of another study in Iran showed that in the long run, burns are associated with psychological challenges such as reduced quality of life of patients.⁸² Hence, social support after discharge or psychiatric screening and regular follow-up of patients helps to eliminate psychiatric complications and improve the quality of life. Based on the present systematic review findings, it is suggested that future studies use rehabilitation strategies to deal with the psychological problems caused by burns.

6 | LIMITATIONS

There were some limitations to this systematic review. It was impossible to perform a meta-analysis due to methodological and instrumental diversity in this review. Lack of meta-analysis can lead to heterogeneity of findings, but the systematic approach to data collection, sorting, and analysis of studies remained strong in the present study. Despite a comprehensive search of databases, not all studies on this subject may have been found. Finally, only studies in English and Persian were included in the present study, so it may have language limitations.

6.1 | Implications for health managers and policymakers

Social support in burn patients is an important issue that affects the individual, family and society and affects the quality of life. Health policymakers and managers can make it easier for burn patients to adapt to burns by providing psychological intervention programs and the social support they need.

6.2 | Implications for future research

Based on the present systematic review results, it is suggested that more attention be paid to the factors related to social support in patients with burns in future studies. It is also suggested that future studies examine the impact of rehabilitation strategies on psychological problems caused by burns.

7 | CONCLUSION

Overall, patients with burns had moderate levels of social support. However, the difference in perceived social

support of burn patients can be due to the influence of factors such as gender, income, ethnicity, employment status, educational attainment, having children burn surface, reconstructive surgery, ego resilience, socialisation, neuroticism, psychological distress, post-traumatic stress disorder, post-traumatic growth, life satisfaction, quality of life and self-esteem. Therefore, it is recommended that health policymakers and managers make it easier for burn patients to adapt to burns by providing psychological intervention programs and social support needed by burn patients.

AUTHOR CONTRIBUTIONS

All authors: idea for the review, study selection, data extraction, interpretation of results, writing of the manuscript. All authors read and approved the final manuscript.

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CONFLICT OF INTEREST STATEMENT

The authors declare that there is no conflict of interest.

DATA AVAILABILITY STATEMENT

The datasets used during the current study are available from the corresponding author on request.

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