

# The Role of Sleep Quality, Social Support and Fatigue on Daily Life Self-Efficacy in People with Spinal Cord Injury

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## Abstract

**Introduction:** Spinal cord injury includes a range of disabilities for patients. One of the main concerns of these patients is the ability to adapt to various tasks of daily life. Thus, the present research aimed at investigating the role of social support, sleep quality, and fatigue in people with spinal cord injury.

**Methods:** Overall, 157 people with Spinal Cord Injury referring to Welfare Organization of Khorramabad city completed the Daily Living Self-Efficacy Scale, Multidimensional Scale of Perceived Social Support, the Fatigue Symptom Inventory, and the Sleep Quality Scale. Data were analyzed using path analysis and the Boot Strap method.

**Results:** The results showed that social support and sleep quality both directly and through emotional and physical dimensions of fatigue influenced daily life self-efficacy. In summary, social support, sleep quality, and fatigue explained 43% of daily life self-efficacy variance.

**Conclusions:** These findings showed that social support and sleep quality in patients with spinal cord injury affect fatigue and thus, are related to the feeling of efficacy in people with spinal cord injury.

**Keywords:** Social Support, Sleep Quality, Daily Life Self-Efficacy, Fatigue, People with Spinal Cord Injury