

# Review of: "Influencing variables of health: dimensions and their determinants – A systematic review"

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Influencing variables of health: dimensions and their determinants – A systematic review

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The title of the paper was enticing and I expected an extremely informative article. However, I am disappointed to see many blanks at Level 4 of the Figures for 4–8. This shows a lot of work is still needed. Whatever factors identified at Level 2 and Level 3 were not surprising and, to me, they did not seem to contribute to our knowledge.

I have not been able to access the authors' first paper on the same topic but the extensive citation of that paper in this article indicates that the present article may be overlapping (substantially duplicate) of their previous paper. If the authors are using their own paper for validation, the argument is circular and does not add much.

I have not been able to review their additional files but from whatever I could see from this article, I can suggest the following for its improvement

1. The variables identified in this article are mostly abstract and not quantifiable. The authors may like to suggest the indicators that can measure these variables.
2. It may be better to stick to the classification salutogenic and pathogenetic for clarity. These can be incorporated in Figure 2 at Level 2 and the 'variables' at Level 3 and Level 4 fully specified for each dimension. At present, Levels in Figure 2 seem repeated.
3. I am not clear how "behaviour" can be a good determinant of physical dimension of Health.
4. For physical dimension of health, several protective factors are known such as endorphins and dopamine. The review has not been able to capture these. Including BP, cholesterol, and glucose is a very incomplete list of undirected variables at Level 4.