

SCI论文写作要点——讨论撰写

授课人：张媛媛 编撰整理：陈靓

SCI 论文的讨论部分是整个文章的精华部分，也是论文写作中比较困难的一个环节。在 SCI 论文的讨论中，作者需要通过对研究结果的思考来阐明事物的内部联系和发展规律，从深度和广度方面提高对研究结果的进一步认识。这样可以帮读者更

好地理解和消化吸收研究结果，有助于科研成果的交流和传播。本次课程张教授介绍了讨论的作用、讨论的写法和其中的误区规避，让我们进一步了解讨论撰写的要点。

OUTLINE

- Structure of the discussion
- How to prepare an discussion
- Some tips



讨论的写作要素：

1. 总结研究的主要发现，根据这些结果，得出

的结论或推论，并指出结果的理论意义和实际应用；而不要过多重复方法和结果的内容。

Clearly state our key findings by category

Sample-1

The primary finding from this randomized, controlled exercise trial involving individuals with type 2 diabetes is that although both resistance and aerobic training provide benefits, only the combination of the 2 were associated with reductions in HbA_{1c} levels. Furthermore, cumulative benefit across all outcomes was greater in the combination training group compared with either aerobic or resistance training alone. To our knowledge, this is the first large randomized trial involving individuals with type 2 diabetes to directly test exercise prescriptions that are consistent with the 2008 Physical Activity Guidelines of 500 to 1000 MET-minutes per week combined with 2 days of resistance training.⁴ The 2 most important goals in the development of the exercise doses for HART-D were to keep the total duration of weekly exercise similar across groups while ensuring that the aerobic prescriptions met current guidelines. We achieved both goals: total time spent exercising across the groups was approximately 140 min/wk, and the aerobic and the combination training groups performed approximately 680 and 570 MET/min per week, respectively. Our findings strongly support the 2008 Physical Activity Guidelines recommendation that optimal physical activity programs consist of regular physical activity combined with resistance training.



2. 对本研究的不足之处加以分析和解释，提出今后研究的方向与问题。以SCI论文的研究目的为出发点，突出重点，紧扣论题。这往往对读者的思路也会有所启发。

Strength

Sample-1

Limitation

Strengths of the HART-D study include that this is an efficacy study, using tightly controlled exercise regimens, with all exercise completed in a laboratory with extensive monitoring of training. However, these ideal circumstances also represent a limitation in terms of dissemination. The population was diverse in age, sex, ethnicity, medication use, and comorbidities making our findings generalizable. Despite a population with many medical concerns, we obtained good exercise adherence and a low dropout rate. Furthermore, the exercise prescriptions performed are easily obtainable and well tolerated by individuals with diabetes, which has important implications for refining future physical activity recommendations. We used a food frequency questionnaire at baseline and follow-up to assess changes in diet, which limits our ability to identify changes in caloric intake and diet composition.

3. 最后，总结说明本文创新点和本研究的结果，演和盲目性结论。
这里面允许存疑和不肯定，但应该杜绝无根据的推

Sample-1

Conclusions

Among patients with type 2 diabetes mellitus, a combination of aerobic and resistance training compared with non-exercise control improved HbA_{1c} levels; this was not achieved by aerobic or resistance training alone.

- 总之，讨论撰写需要达到以下目标：
- 层次有序，条理清晰。

讨论的所有内容需要围绕研究结果展开，按照一定层次从多个角度来进行分析，主次分明，不要在次要问题上大费笔墨。

➤ 讨论的论据逻辑性要强，要有说服力。

除了应用本研究的结果来支持论据外，还可以从实验设计和理论原理出发，同时辅以已报道的
- 研究成果或分析方法来进行阐述也是很有说服力的。

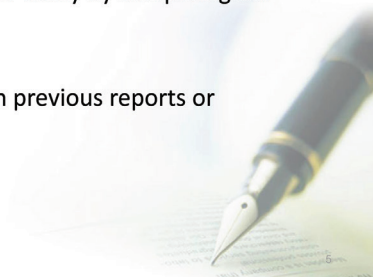
➤ 得出结论，突出创新性。

观点或结论的表述要清楚、准确。一定要注意始终保持和结果的一致性，即结果和讨论一一对应，前呼后应，相互衬托。同时还要在表述中突出本研究的创新性和现实意义。



Summary

1. Our key finding 1, 2, ...
 - Clearly state our key findings by category
 - Appropriately underline significance of our study by comparing our study with previous studies
2. Implications and limitations
 - Interpret your findings by comparing with previous reports or speculation
 - Clinical implications
 - Limitations
3. Conclusion



SCI 讨论部分是在结合自己的研究结果基础上，对整个文章研究成果的提炼和升华，这一部分是整个论文的精髓，往往起到画龙点睛的作用。相信通

过这次的学习，大家在今后的 SCI 论文写作中会更加得心应手！



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