



Wolters Kluwer



撰写高质量的科学论文：给中国作者的 写作策略和建议

**Writing a high-quality research manuscript:
Strategies and tips for Chinese authors**

Presenter: Dr. Gui Su, Medical Writer and Trainer, Editage

主讲人介绍



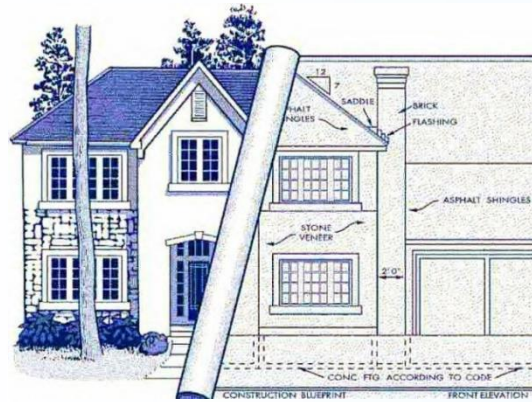
Medical Writer and Trainer

- 合理的研究计划是未来的论文能否成功发表的首要关键因素
- 有效的撰写论文 = 清晰明确地表达论文主题 +
简洁明了地呈现数据 +
令人信服的描述合理的结论

**Tip No.1: 合理的研究计划是
撰写高质量科学论文首要关键
因素**



发表文章如同盖房子



合理蓝图



成功的盖好房子



合理研究计划

OPEN ACCESS freely available online PLOS ONE

A Role for Parasites in Stabilising the Fig-Pollinator Mutualism

Derek W. Dunn^{1,2,3}, Simon T. Sagar^{4,5}, Jo Miller¹, Ruth Chan¹, Ross H. Crozier¹, Douglas W. Yu¹, James M. Cook^{6,7*}

Abstract: Mutualisms are interspecific interactions in which both players benefit. Explaining their maintenance is problematic, because cheaters, should outcompete cooperative counterparts, leading to mutualism instability. Mutualistic figs (Ficus) are pollinated by host-specific wasps (Aganaspidae), whose larvae gall ovaries in their "fruit" (syconium). Female pollinators deposit eggs from inside the receptive syconium. However, there are also parasitic wasps that deposit their eggs in the same ovules, and are prevented from ovipositing into, outer ovules, and this results in mutualism stability. However, the mechanisms preventing wasps from ovipositing into outer ovules remain unknown. We report that in *Ficus* syconia, offspring in outer ovules are vulnerable to attack by parasitic wasps that oviposit from outside the syconium. Parasitism is avoided, however, the arrival of the parasite, whose larvae gall ovaries in their "fruit", female pollinators to avoid outer ovules, and by forcing wasps to focus on "inner" ovules, reduce their galling rates. This parasitism stabilises the mutualism by increasing the benefits to the pollinator. Parasitism also acts as a selective pressure that breaks plant defences against pollinator oviposition, or physiological constraints on pollinators that prevent oviposition in all available ovules.

Introduction

In a biosphere driven by selection at the level of the individual gene [1], explaining the existence of cooperation, such as mutualisms, is a major scientific challenge. Mutualisms are interspecific ecological interactions, characterized by reciprocal benefits to both partners [2] that would involve costly investments by each. What factors then prevent one partner from exploiting the other? In some mutualisms, the larger, more visible partner manipulates the other by offering benefits to cooperative individuals and costs to cheaters [3–7]. However, a general consensus on mutualism persistence has only recently been formulated, and still clearly shows that a high level of trust exists of cooperating partners. In a classic example of an obligate mutualism [8, 9], the wasp pollinates the tree, and the tree provides resources for wasp offspring. In nonobligate *Ficus*, female wasps search their way through a specialized structure from receptive ovules (syconia) to "fruit", which are enclosed subterraneanly. The wasp oviposits into the syconium, and the tree provides resources for wasp offspring. This wasp egg laid into the tree one seed, but wasp offspring, the female, will oviposit deeper than the tree's pollen. It needs to produce both wings and seeds for the mutualism to persist, but instead selection should favour wasp traits that exploit the conditions provided by fig ovules in the short term, resulting in a cascading of larvae between wasp and tree. However, the mechanism has prevented this for at least 60 million years, and has facilitated more than 700 species pairs [10]. The mechanisms preventing wasp

from overexploiting fig remains unknown, despite intensive research over decades.

Within receptive syconia, the lengths of floral ovules are highly variable [11, 12], and cooperative pollinators often dissect flower ovaries with shorter ovules for their offspring [13, 14]. Short and perfect lengths of flowers are strongly correlated. Shorter floral ovules, showing less access to galls (ovules in parenthesis) near the syconium inner cavity, which would have had ovules showing less access to the ovary wall [15, 16] (Figure 1). These patterns have been shown to reflect the ovipositing preferences of females, and are unlikely to be the result of greater elongation of polliniferous ovules during sexual maturation, because in an early stage ovary [16]. These developmental observations have been linked to later, and necessarily mutually exclusive, mechanisms that have been proposed to stabilize the fig-pollinator mutualism [11, 12]. Individually, each mechanism could be a partial development [21]. However, no mechanism has yet been identified [2]. Short ovipositing-pollinator responses may be too short to fully generate the long ovules of

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成功的发表文章

一个合理的研究计划的基本逻辑思路：

发现并描述一个新的现象 (What)



解释并证明造成这个现象的机制 (How and Why)



新发现的治疗学方面的意义

全面地展示的机制方面的研究并提供充分的试验
证据可极大地提高科学论文的质量

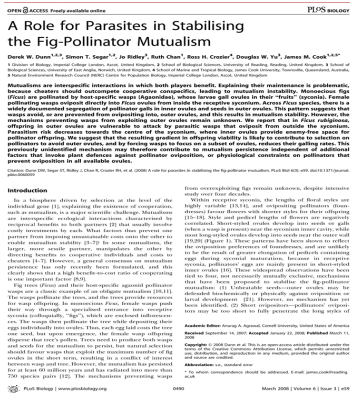
如何撰写高质量科学论文

撰写科学论文的目的:

- 我们希望读者能看懂论文
- 现实原因: 毕业, 结束课题, 升职称
- 理想原因: 让世界分享我们的科研成果

撰写科学论文 \approx 写侦探小说 \neq 写散文

- Introduction = 故事铺垫
- Result = 故事情节
- Discussion = 情节分析
- Conclusion = 故事结局



什么时候开始写

- 等全部实验都做完了，数据都收集好了，然后开始写吗？

阅读文献 → 研究计划 → 实验设计 → 收集数据

- 是不是还有其他的策略？

↓
开始写文章

↓
还没有数据，写什么呢？



从哪部分开始写

- 是按照论文的每个部分的顺序写吗？

摘要 → 介绍 → 材料与amp;方法 → 结果 → 讨论

- 还是有更高效的写作顺序吗？

材料方法 → 结果 → 介绍 → 讨论 → 摘要

容易  难

成就感



**Tip No.2: 首先撰写方法和结果
部分可以显著提高写作效率**



材料与方法：研究伦理声明

如果你在研究中，使用了实验动物或者患者的任何信息，你**必须**在材料与方法部分的**最开始**，明确写明研究伦理声明必须。



通常的格式是：

- This study **has been approved** by the Institutional Ethics Committee of “XYZ” hospital or university. All the patients signed the informed consent form.
- All the procedures described in this study **are in accordance with** the policy of Ethics Committee for Animal Experiments of “XYZ” hospital or university.

材料与方法：研究伦理声明

For example: in “Circulation”:

- **Experimental animals:** State the species, strain, number used, and pertinent descriptive characteristics. When describing surgical procedures, identify the preanesthetic and anesthetic agents used and the amounts, concentrations, routes, and frequency of administration of each. Paralytic agents are not considered acceptable substitutes for anesthetics. For other invasive procedures on animals, report the analgesic or tranquilizing drug used. If none were used, provide justification for exclusion.
- **Human studies:** Indicate that the study was approved by an institutional review committee and that the subjects gave informed consent.

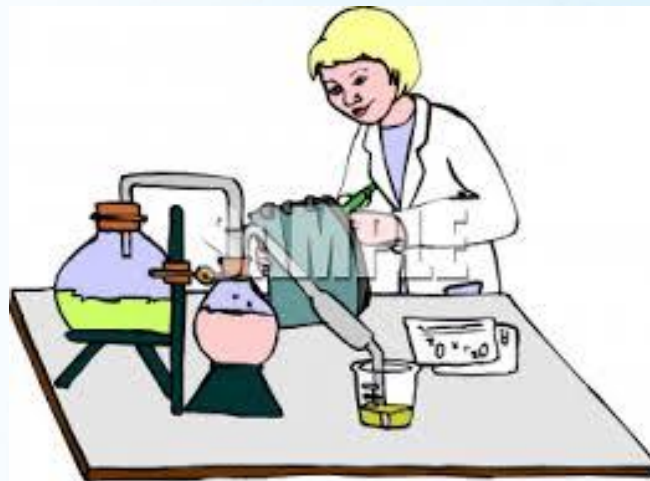


材料与方法：其他必要的部分

- 除了伦理声明，统计分析 (Statistical Analysis) 也是**必须**的，通常在这部分的**最后**。对于大量数据的统计分析，在准备研究计划和方案的时候，应该咨询数理统计专业人士。
- 实验材料部分中，动物的来源和饲养方法与环境要详细说明。患者的样品的来源和临床特征要详细说明，通常紧随伦理声明。

材料与amp;方法：描述实验方法顺序

- 描述实验方法的顺序，最好是相应的实验数据在结果部分展现的顺序。这样方便读者查找。



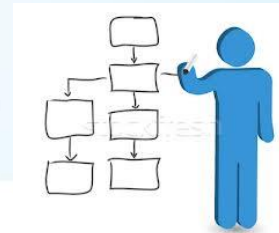
材料与方法： 细节还是概述

可以概述的方法：

- 被广泛认可的方法。例如： **Western Blot**。
- 可以引用文献。
- 关键的信息要详细描述。例如： 抗体的信息。

必须详细描述的方法：

- 你的研究中独特的实验方法。例如一个新的手术方式。
如果需要，可以提供一个示意图解释新的实验方法。示意图比文字解释能更容易地让读者准确和快速的理解实验方法。



材料与amp;方法：被动语态，简单过去时时态

- 通常在这部分，是用**被动语态**，因为我们这里要强调的是动作的内容和结果，而不是动作的主语。

例如： **The medication was administered by the nurse.**

这里我们要强调的是**Medication**，而不是**nurse**。

- 通常在这部分，是用**简单过去时时态**，因为动作是过去做的。不能用现在时时态。

材料与方法:总结

- 如果研究涉及实验动物和患者样品的任何信息，必须有研究伦理声明
- 必须包括统计分析
- 每个实验描述的顺序最好和相对应的数据展现的顺序一致
- 常规方法可以概述，独特的实验方法一定要清楚描述细节
- 通常使用被动语态和简单过去时时态

Tip No.3: 简介、明了、整洁、直观的呈现数据可以提高论文的质量



结果：内容要符合目标杂志的要求

不同的杂志要求不一样：

- 大多数生物医学类的杂志要求有单独的结果部分，那么这部分只限于描述实验结果。**尽量不要**掺入对结果的讨论和分析。
- 某些杂志，结果和讨论部分是一个整体。例如：
Bioengineering 领域的杂志

结果：写作原则

- 简洁明了
- 突出整个报告的创新点
- 让读者在最短的时间内掌握最关键的发现



怎样做呢？

结果：怎样写？

1. 数据展示的顺序要有逻辑性

描述现象

揭示现象背后的机制

例如：先描述新药在动物模型上的疗效 → 例如：然后展示新药的疗效的作用机制

2. 描述每个实验结果之前，最好简单解释一下为什么做这个实验

例如：

To investigate the mechanism underlying....., we performed


To further confirm the role of molecule X in, we then analyzed.....




结果：怎样写？

3. 要充分强调结果部分的亮点（研究的创新点）

描述结果时，最忌讳平铺直叙的描述。 要强调不同处。

例如：Our results show that the cell proliferation is 1 in control group and 2 in the treated group. 

Our results show that the cell proliferation in the treated group is **significantly increased compared with** that in the control group (2 versus 1, $P < 0.05$). 

结果：简单过去时的时态，被动或主动的语态

- 收集实验结果是写论文之前发生的行为，所以要用简单过去时的时态。

例如：The author **interviewed** doctors and nurses in XYZ hospital to discover care models relating to depression.

- 当你想强调宾语时，用被动语态。当你想强调主语时，用主动语态。

例如：The **care model** was seen as a credible and holistic approach to

Doctors were keen to avoid over-prescribing of antidepressants。

结果： 小标题最好是描述试验结果

小标题 (subheading) 是不是要和试验方法的小标题一致？

例如：



1. Western blot analysis of the expression of molecule X in control and treated group
2. The effects of inhibition of molecule X on Z cell proliferation



1. The expression of molecule X in treated group increased significantly compared with that in control group
2. Inhibition of molecule X markedly reduced Z cell proliferation

小标题 (subheading) 最好是简洁的试验结果总结

结果： 图表要直观和美观

	Parameter 1		Parameter 2	
	1A	1B	2A	2B
Group 1				
Group 2				
P value				

	Group 1	Group 2	P value
Parameter 1			
1A			
1B			
Parameter 2			
2A			
2B			

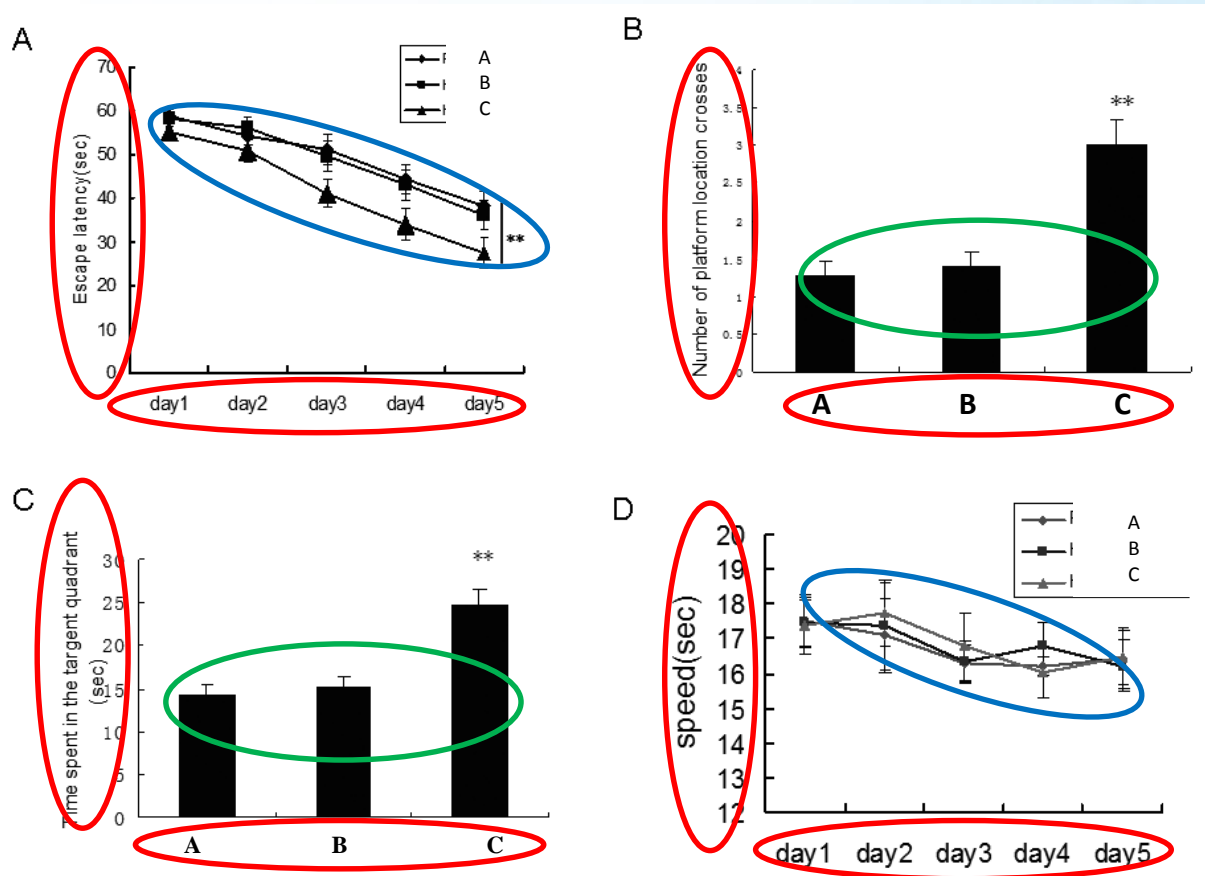
Not a standard format



A standard format for a Chi-square table



结果：图要整洁美观 (Neat)

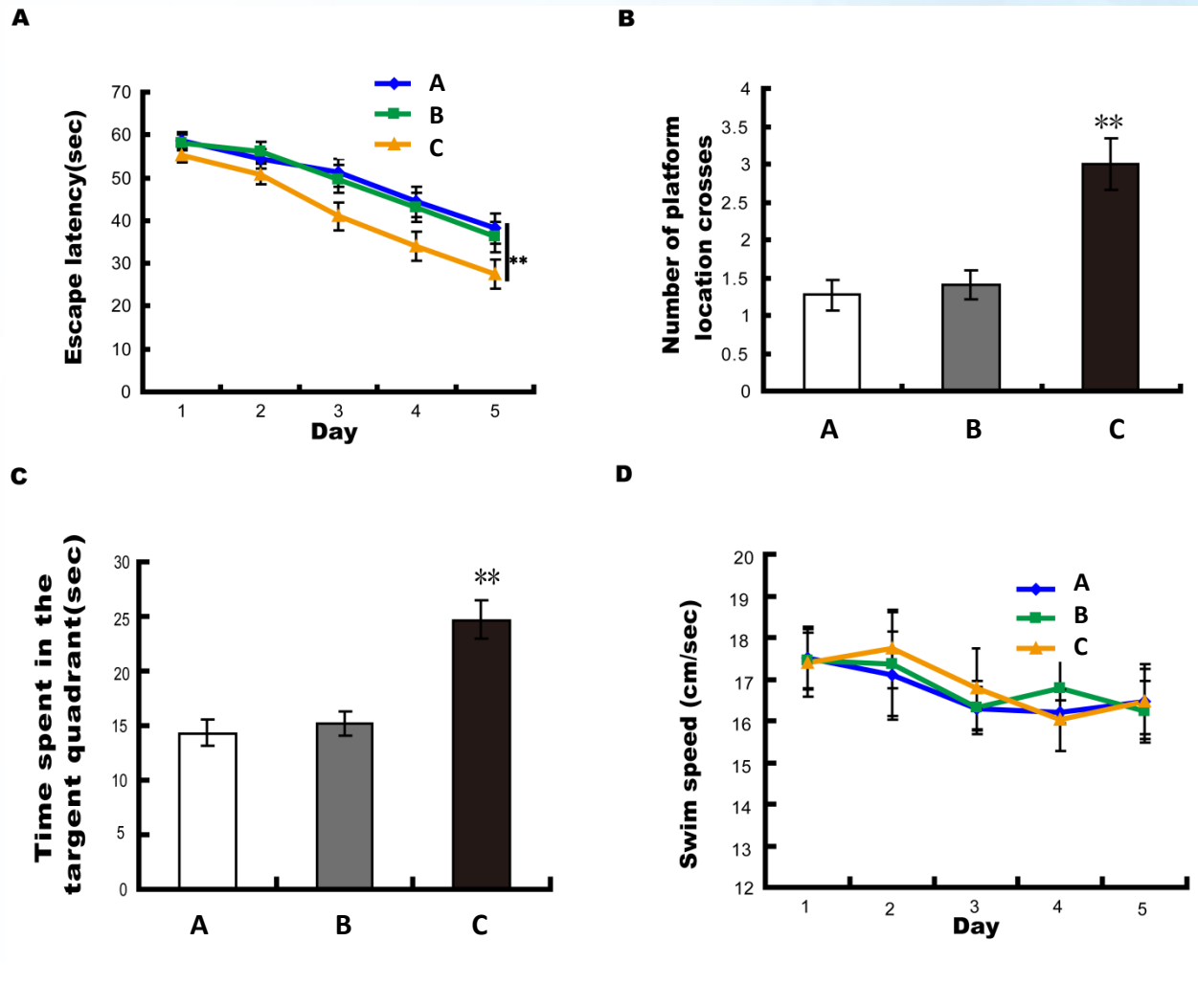


字体和字的大小不一致

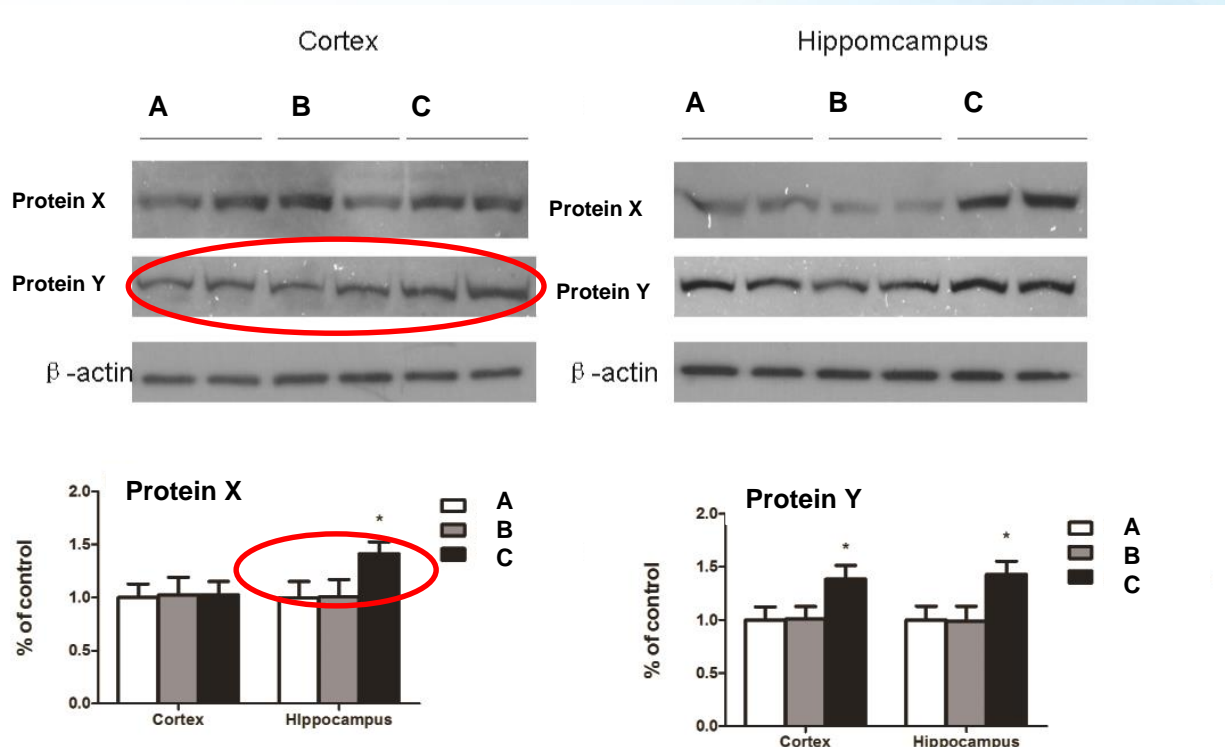
不同的组，确用了同样的表现形式

尽管不同的组有不同的symbol, 但确用了同样的实线。所以，从图上很难区分不同的组

结果：图要整洁美观 (Neat)

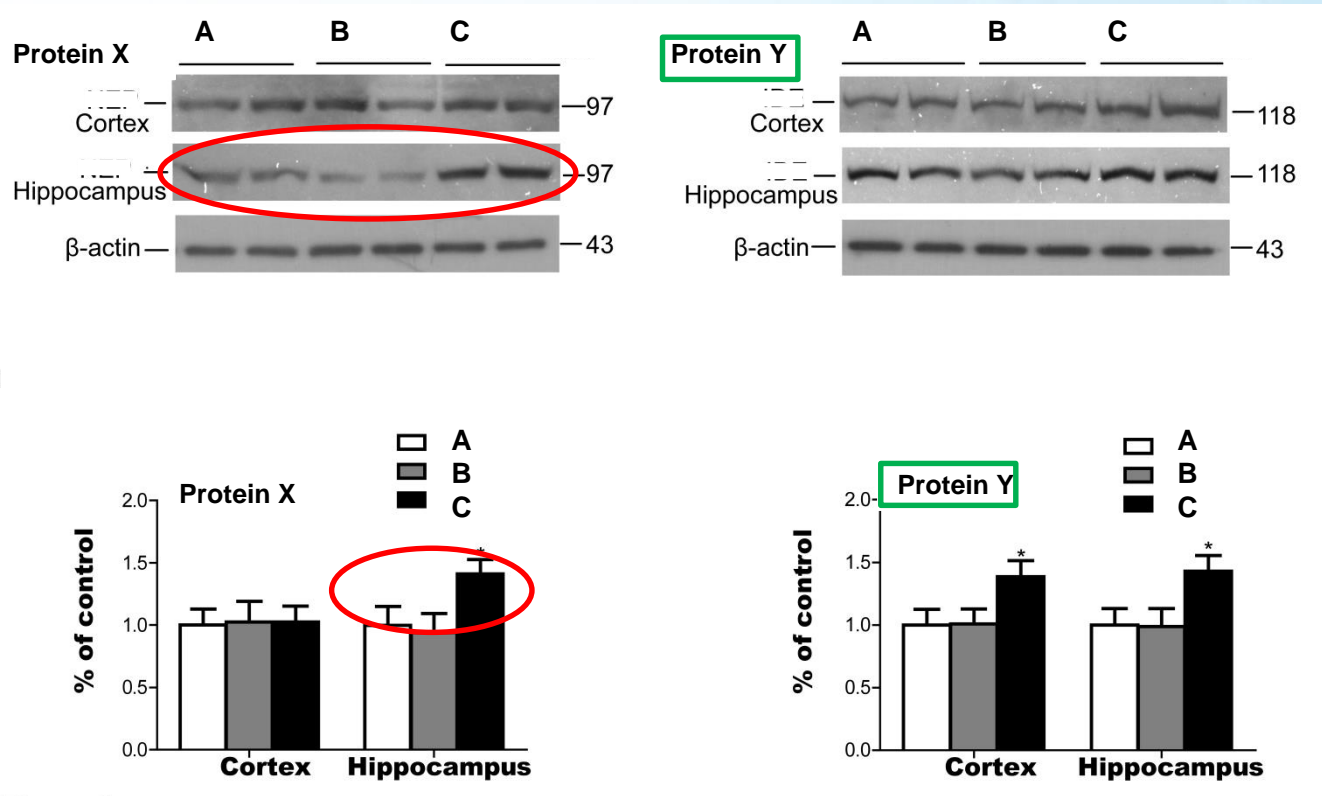


结果：图要直观 (Intuitive)



Reviewer's comment : There is no significant change in Protein X based on the western blot.

结果:图要直观 (Intuitive)



结果：总结

- 内容要符合目标杂志的要求
- 数据的展示要有逻辑性
- 充分强调结果的亮点和创新的发现
- 小标题是简洁的试验结果总结
- 表格要符合国际规范
- 图的展示要整洁、美观、和直观



Tip No.4: 背景介绍要以论文的 研究目的为中心



介绍：故事的引子

- 这部分非常重要，是给读者的第一印象
- 内容：背景介绍！？

不仅仅是背景介绍，要把背景概述和你的论文的内容巧妙的关联在一起，让读者清楚地了解你的论文的主要目的和独特的创新处。



怎么办呢？

介绍：要回答的关键问题

1. 目前领域内主要的问题是什么？

例如，Disease Y 在中国发病率越来越高



2. 解决这个问题，什么是目前最普遍接受的方案或方法？

例如，目前治疗Disease Y 常用的手段是Z。



3. 这个方案或方法有什么局限性？

例如，但是手段 Z 常常会造成一些并发症，或者患者预后效果不理想。



4. 你论文的主要目的就是要突破或者解决这个局限性。

例如，我们的研究的目的是探索改进手段 Z，从而改善患者预后和临床结局。

背景介绍

→ 论文的内容

介绍：时态

- 通常用简单现在时时态来描述一个普遍被接受的事实，或者是被发表的数据。

例如：DNA **is** the code of life.

In industrialized countries, approximately 5-15% of families **experience** food insecurity...[1-6].

- 现在完成时时态用来描述一个从过去一直持续至今的行为，或者介绍一个过去发表的研究。

例如：Persistence **has most often been studied** in terms of cultural differences.

Prior research **has shown** that food insecurity predicts poor health and developmental outcomes in children [7-13].

- 简单现在时或者简单过去时来描述你的研究。

例如：In the present study, we **test** the relationship between A and B.
In the present study, we **tested** the relationship between.....

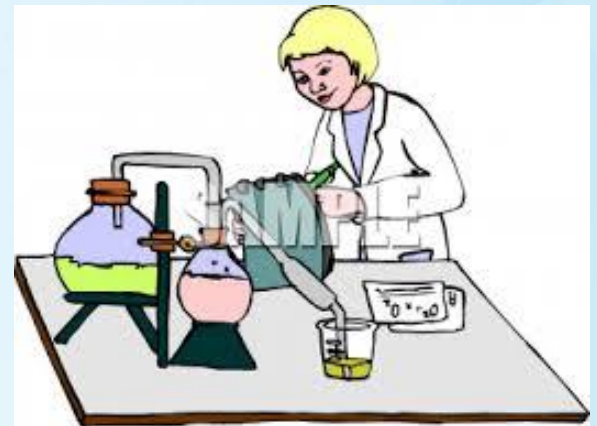
介绍：总结

- 背景介绍要和论文的研究目的相关
- 一定要明确写明你的研究目的和研究的创新处

The purpose of our study was to.....

Our study aimed to

- 要使用正确的时态



Tip No. 5: 讨论部分要避免重复结果和背景内容，并明确区分自己的结果和对他人结果的讨论。



讨论：内容

不应该做的：

- 重复描述实验结果
- 重复陈述背景内容



应该做的：

- 解释你的研究结果
- 描述你的研究的局限性
- 如何通过未来的研究克服本研究的局限性
- 阐明你的研究对这个领域的贡献和应用价值



讨论：解释研究结果

解释你的研究结果：

1. 你是否达到了你的最初研究目？

→ 研究目的

例如：In the current study that **evaluated an artificial lighting system designed for the classroom environment, we found that “increasing the quality of artificial light positively affected students’ oral reading fluency”.**

→ 研究结果



讨论：解释研究结果

解释你的研究结果：

2. 你的研究发现和其他类似研究的报告的发现是否一致，
或者有分歧？

如果有分歧，是什么可能的原因造成的？

- 实验手段不同？
- 数据分析方法不同？
- 研究对象，研究样品不同？

3. 你的结果对疾病发生发展的机制，或者是某种公认的假说是不是有新的创新的解释。

讨论：阐述局限性和未来研究

描述你的研究的局限性

- **One limitation of the study was recall bias: results were a compilation of a self-reported survey requesting participant to recall events that had occurred over 5 years.**
- **The number of patients is small. 病人数太少。**
- **The follow-up time is short. 随访时间过短。**
- **Lack of proper control. 缺少恰当的对照。**

讨论：阐述局限性和未来研究

如何通过未来的研究克服本研究的局限性

- **We are recruiting XXXX patients to further investigate.....**
- **We will follow-up these patients for XX months.**
- **The reason we did not include the XX control is that..... In our future study, we will**

讨论：阐述研究结果对领域的贡献和应用意义

阐明你的研究对这个领域的贡献和应用价值

- **Our study sheds new light on.....**
- **Our study significantly advances our understanding of**
- **Our finding might indicates molecule X could be a therapeutic target for...**
- **Our finding suggests that Z might be a promising surgical approach for**
- **Our results suggest that the expression of molecule X might be an effective marker for.....**

讨论：有指南可循 (CONSORT)

对于临床医学研究论文，要遵循特定的国际指南

<http://www.consort-statement.org/>

1. **Statement of principal findings**
2. **Strengths and weaknesses of the study**
3. **Strengths and weaknesses in relation to other studies:
important differences in results**
4. **Meaning of the study: possible explanations and
policymakers**
5. **Unanswered questions and future research**



讨论：最常见的错误

拒稿原因之一

没有明确写明哪些是你的发现，哪些是别人的研究结果！



例如：

It was found that molecule X regulated the progression of disease Y. Molecule X has also been shown to play a role in disease Z [1].

In this study, molecule X was found.....

Our results show that molecule X.....

We found that molecule X.....



讨论:总结

- 不能重复描述结果和背景
- 解释你的研究结果
- 描述你的研究的局限性
- 如何通过未来的研究克服本研究的局限性
- 阐明你的研究对这个领域的贡献和应用价值
- 明确区别你的论文结果和其他人的发现

**Tip No 5: 结论部分应尽量用确
定性低的词，更容易让读者接受
你的观点。**



结论：正确使用确定性的动词

以下不同的动词，表达的肯定性是递减的

- This result **demonstrates**... + 事实
- Evidence **shows** a strong correlation between... + 事实
- X **might be** associated with y （一种可能性，也许还有其他的可能性）
- Evidence **suggests** that X might regulate y （一种可能性，也许还有其他的可能性）
- Our results **indicate** that X play a critical role in.... （只是一种可能性）



使用确定性低的动词来写结论时，可以给自己留些余地，更容易让读者接受你的观点

致谢

- 感谢所有帮助过你的人
- 给你提供试验材料的人
- 提供试验设计咨询的人
- 提供编校服务的人或公司
- 提供科研资金的机构

摘要

- 一定要简洁明了
- 字数要符合目标期刊的投稿要求，通常是200 - 350字
- 通常的结构是：
 1. 背景介绍1-2句话 (Describe the unsolved problem)
 2. 研究的目的 (The purpose of this study was to)
 3. 研究方法 (被动语态)
 4. 结果
 5. 结论 (Our findings suggest that)

这部分非常重要，决定了你的文章是否会被送审，还是被直接退稿

题目

1. 最基本的原则：简短、易懂、吸引读者、明确表达
文章内容

2. 如何撰写：

- 总结文章里最精华，最创新的发现
- 避免使用一连串的名词

✗ New archaeological research and teaching technologies

✓ New technologies for research and teaching in Archaeology

- 尽量使用简短的词

Achieve vs. gain; utilize vs. use, evaluate vs. assess

总结

- 清晰明确地表达论文主题
- 简洁明了地呈现数据
- 令人信服的描述合理的结论
- 每个部分的撰写要符合目标杂志的格式要求



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