

12.学术论文摘要与关键词优化策略

White Paper

2026-02-28

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学术论文摘要与关键词优化策略

Strategies for Optimizing Academic Abstracts and Keywords

一、引言 | Introduction

【中文】摘要是论文的“门面”，关键词是论文的“指纹”。高质量的摘要与精准的关键词直接影响论文被检索、阅读和引用的频率。常见问题包括：

摘要信息不完整

关键词不覆盖核心概念

语言冗长或不精炼 本白皮书提出系统策略，指导作者编写高效、可检索、可理解的摘要与关键词。

【English】 The abstract is the “ face ” of the paper, and keywords are its “ fingerprint. ” High-quality abstracts and precise keywords directly affect discoverability, readership, and citation frequency. Common issues include:

incomplete information in abstracts

keywords not covering core concepts

verbose or imprecise language This white paper provides systematic strategies for writing efficient, searchable, and understandable abstracts and keywords.

二、摘要的功能与类型 | Functions and Types of Abstracts

【中文】

信息浓缩：概述研究背景、问题、方法、结果、结论

检索优化：包含核心术语，提高数据库可检索性

吸引读者：用简洁语言突出创新与贡献

类型：

描述性摘要：仅介绍内容（适合会议或短文）

信息性摘要：包含背景、方法、结果、结论（适合期刊）

结构化摘要：分段明确每一功能（适合医学、教育、心理学领域）

【English】

Information condensation: summarize background, problem, methods, results, conclusion

Retrieval optimization: include core terms to improve database discoverability

Reader attraction: highlight novelty and contribution concisely

Types:

Descriptive: outlines content only (for conferences, short papers)

Informative: includes background, methods, results, conclusion (journal-oriented)

Structured: segmented by function (common in medicine, education, psychology)

三、摘要的核心结构 | Core Structure of Abstracts

【中文】

研究背景/问题 (1-2句)

研究目标/假设 (1句)

方法 (2-3句)

主要结果 (2-3句)

结论与意义 (1-2句)

【English】

Background/Problem (1-2 sentences)

Objectives/Hypotheses (1 sentence)

Methods (2-3 sentences)

Key Results (2-3 sentences)

Conclusion & Implications (1-2 sentences)

四、摘要写作原则 | Principles of Abstract Writing

信息完整：覆盖背景、方法、结果、结论

语言精炼：避免重复、避免模糊词

数据支持：关键结果用数字或效应量

逻辑清晰：按背景 方法 结果 结论顺序

创新突出：明确创新点和研究贡献

五、数字化呈现与可量化信息 | Quantitative Presentation in Abstracts

【中文】

使用统计量、百分比或效应量提高可信度

避免仅说“显著”而无量化数据

例如：“干预组PSS评分平均下降5.6分（ $d=.45, p<.01$ ）”

【English】

Include statistics, percentages, or effect sizes to enhance credibility

Avoid stating significance without quantification

Example: “Parental stress scores decreased by 5.6 points in the intervention group ($d=.45, p<.01$)”

六、关键词的选择与优化 | Keyword Selection and Optimization

【中文】

包含核心概念、研究对象、方法

避免过于宽泛或冗余

使用国际通用术语，利于数据库检索

通常 4-6 个关键词

策略示例：

正确：Singing Bowl; parental stress; randomized controlled trial; mindfulness

不佳：stress; parenting; intervention

【English】

Include core concepts, population, methods

Avoid overly broad or redundant terms

Use internationally recognized terms for database indexing

Typically 4 – 6 keywords

Example:

Good: Singing Bowl; parental stress; randomized controlled trial; mindfulness

Poor: stress; parenting; intervention

七、检索优化技巧 (SEO for Research) | Search Optimization Strategies

【中文】

将关键词放入摘要首句或方法句

保留主要术语原文 (尤其是专有名词)

使用常用缩写后首次全称

避免拼写错误或同义词混用

【English】

Place keywords early in abstract

Retain primary terms in original form (especially proper nouns)

Introduce abbreviations with full term at first mention

Avoid typos or inconsistent synonyms

八、跨学科摘要策略 | Cross-Disciplinary Abstract Strategy

使用易懂术语，兼顾不同学科读者

提供简短背景解释

在方法部分明确学科术语或工具

图示可辅助理解复杂方法 (可附在线补充材料)

九、审稿心理与摘要设计 | Reviewer Psychology and Abstract Design

【中文】

摘要是审稿人“快速判断论文价值”的首要信息

第一印象决定可读性和关注度

精炼、结构化、数字化的摘要更易获得积极评价

【English】

The abstract is reviewers' primary tool to assess paper value

First impression shapes readability and attention

Concise, structured, and quantified abstracts are more positively received

十、AI辅助摘要写作注意事项 | AI-Assisted Abstract Writing Caution

AI可辅助语言精炼和结构化

必须人工校对，确保信息准确

核查关键数字、方法描述与原文一致

防止生成模糊或超出数据支持的结论

十一、典型摘要示例 | Example Abstract

【中文】

本研究旨在探讨Singing Bowl干预对育儿压力的影响。采用随机对照试验设计，纳入120名育儿家长，干预组接受四周Singing Bowl练习。结果显示干预组PSS评分平均下降5.6分（ $d=.45, p<.01$ ），显著低于对照组。研究表明Singing Bowl可作为缓解育儿压力的有效辅助工具。关键词：Singing Bowl；育儿压力；随机对照试验；正念

【English】

This study examined the effects of Singing Bowl intervention on parental stress. In a randomized controlled trial including 120 parents, the intervention group underwent four weeks of Singing Bowl practice. Results showed a significant decrease in parental stress scores in the intervention group (mean reduction = 5.6, $d=.45, p<.01$) compared to controls. Findings suggest Singing Bowl as an effective complementary tool for alleviating parental stress. Keywords: Singing Bowl; parental stress; randomized controlled trial; mindfulness

十二、写作检查表 | Checklist

摘要包含背景、方法、结果、结论

The abstract should include background, methods, results, and conclusions.

主要结果数字化呈现

Present the main findings with specific numerical results.

创新点明确

Clearly state the innovative aspects of the study.

关键词准确覆盖核心概念

Ensure keywords accurately reflect the core concepts of the study.

摘要逻辑清晰，语言精炼

Maintain logical clarity and concise language in the abstract.

缩写首次出现全称

Spell out abbreviations in full upon first use.

格式符合期刊要求

Ensure the format complies with the target journal 's requirements.

AI辅助内容已校对

All AI-assisted content has been carefully proofread.

十三、结论 | Conclusion

【中文】高质量的摘要与关键词是论文传播和影响力的关键。通过结构化、数字化、创新突出的摘要设计，以及精准、标准化的关键词选择，作者可以提升论文可检索性、可理解性和学术价值。

【English】 High-quality abstracts and keywords are key to dissemination and impact. Structured, quantified, and innovation-highlighted abstracts, together with precise and standardized keywords, enhance discoverability, readability, and scholarly value.

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