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设计上,有不少研究采用的是单组前后测设计,在这些研究中,关注效应和成熟效应都会影响训练结果,研究者在新的研究中需要增加对照设计;从文献报道的结果看,所有研究报告的都是积极效果,那些未获得显著效果的研究可能未能发表,这就出现的文件柜效应,因此,未来研究需要加强对未发表文献的探究;在结果的统计分析上,一些研究<sup>[6-7,10,12-13]</sup>将心理素质训练的效果在不同级别的军人中进行了比较,结果均显示,不同层次的军人训练效果不同,这说明不同层次军人需要不同方式的训练方法,这就需要进一步探索适合于不同层次军人的心理训练方法,以提高心理训练的效果;最后,现有研究很少很少考虑到对心理素质训练的持续效果的研究,多数研究报告的都是训练后的即时效果,只有少数研究做了随访,因此要确定心理素质训练的长期效果,就要在未来的研究中加入随访环节。

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