

相当量 σ_{eff} 为

$$\sigma_{\text{eff}} = \sqrt{\frac{1}{2}(\sigma_1 - \sigma_2)^2 + \frac{1}{2}(\sigma_2 - \sigma_3)^2 + \frac{1}{2}(\sigma_3 - \sigma_1)^2 + 3\tau^2}$$

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而

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