

Summary of supplementary files

The supplementary files include codes for calculating: 1) the Eshelby's tensor S_{ij} and the dimensionless matrix M_{ij} (in Eq. 8), which are used to calculate the residual stress or strain (*Calculate_Eshelby.m*); 2) the best-fitted effective ellipsoid's axes lengths and orientations (*Fit_Ellipsoid.m*). 3) the strain tensor based on lattice parameters at reference room P - T conditions and entrapment conditions for any symmetry systems. Details of the codes are given here for users to apply them. The raw data from FE simulation are also provided for reproduction of the figures.