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and Detwinning in Helium Irradiated
Small-Volume Copper**



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In Situ Study of Deformation Twinning and Detwinning in Helium Irradiated Small-Volume Copper

Wei-Zhong Han,* Ming-Shuai Ding, R. Lakshmi Narayana, and Zhi-Wei Shan^{Q2}

The influence of nanoscale helium bubbles on the deformation twinning and detwinning behavior of submicron-sized Cu is investigated under tension, compression, and cyclic loading. In situ nanomechanical tests performed inside a transmission electron microscope reveals that twinning and detwinning occurs readily in helium irradiated copper under both tension and compression. Continuous shearing of helium bubbles by Shockley partials leads to twin formation, whereas the residual back-stress accumulated from dislocation-bubble interactions assist in detwinning. These interactions also elevate the critical shear stress for partial dislocation slip in helium irradiated Cu compared to that in fully dense Cu. The growth twin boundary can significantly enhance the twinning stress in helium irradiated Cu pillar, and deformation twin-growth twin boundary interaction promotes the formation of internal crack and thus accelerates failure. The effect of crystallographic orientation and sample size on the overall deformation characteristics of helium irradiated Cu is briefly discussed. The current studies show that deformation twinning and detwinning are also active deformation models in helium irradiated small-volume copper.

microstructural evolution and deformation mechanisms needs to be understood in detail.

In the quest to manage the deleterious effects of helium bubbles, lots of studies were dedicated toward tuning their size and distribution by engineering well defined sinks such as dislocations, precipitates, grain boundaries, and interfaces.^[16–20] Experimental investigations indicated that such engineered sinks can effectively suppress the detrimental effects of helium bubbles.^[21–30] Therefore, nanolaminates, nanograined metals, and oxide dispersion-strengthened alloys, which meet these specific microstructural requirements were proposed as potential replacements for existing reactor materials.^[21–30]

Recent studies indicated that the effect of radiation helium bubbles on the mechanical properties of metals and alloys is sensitive to length scale. For example, in bulk metals, helium bubbles accumulate along sinks, such as grain boundaries, and

In nuclear reactor environments, helium ions are generated from $(n, \alpha)^{Q3}$ reactions that occur during high intensity of neutron Q4 irradiation.^[1,2] Being an insoluble element, when helium ions come in contact with metals, it preferentially combines with vacancies and precipitates out as gas bubbles.^[3–10] Furthermore, it agglomerates along microstructural sinks such as dislocations, precipitates, or interfaces, resulting in swelling, blistering, and high temperature embrittlement of the reactor components.^[11–16] Since the production of helium atoms is unavoidable in a nuclear reactor, the adverse effects of helium on the mechanical properties of reactor materials have to be accommodated or eliminated during design. For this purpose, the influence of helium production on

cause macroscopic embrittlement at elevated temperature.^[11–16] In contrast, nanoscale helium bubbles enhance the yield strength and deformability of submicron-sized single crystalline metals.^[31–37] This is because nanoscale helium bubbles not only behave as shearable dislocation obstructers, but also double up as active internal dislocation sources.^[36] Therefore, although nanoscale bubbles partially impede the motion of full dislocations, they also promote dislocation nucleation and dislocation-dislocation interactions, hence stabilizing the stress-strain response of the small-volume metals.^[36] Apart from dislocation slip, submicron-sized metallic specimens also show a tendency to accommodate plastic deformation by twinning.^[38–47] While twinning and its interactions with dislocations and grain boundaries has been studied extensively in pristine, non-irradiated materials, its behavior in the presence of irradiation induced nanoscale helium bubbles has not yet been explored in detail.

In this study, we performed in situ mechanical tests on helium implanted small-volume copper, inside a transmission electron microscope (TEM), and explored its deformation behavior while varying the loading geometry and sample orientation. Copper was chosen as a model material because it has a moderately stacking fault energy of $\approx 40 \text{ mJ m}^{-2}$.^[44] Low stacking fault energy promotes twinning in submicron-sized pillars and offers additional avenues for investigating the interactions between different defects.^[46] From our study, it was

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1 revealed that twinning and detwinning play a key role in the
2 plastic deformation of helium irradiated submicron-sized Cu
3 pillars.

4 2. Results and Discussion

5 2.1. Twinning in $[1\bar{1}\bar{3}]$ Helium Irradiated Cu Single Crystal 6 under In Situ Compression

7 TEM images taken at various stages of compression on a
8 rectangular helium nano bubbled Cu (NB-Cu) single crystal
9 pillar with width of ≈ 95 nm, loaded along its $[1\bar{1}\bar{3}]$ direction,
10 are shown in Figure 1. As can be seen in Figure 1a, the NB-Cu pillar,
11 prior to loading, has a high density of helium bubbles distributed
12 homogeneously across the whole sample. Inset in the figure^{Q5}
13 displays the selected area electron diffraction (SAED) pattern of
14 the region marked by the black circle in Figure 1a. From this
15 pattern, it was determined that the electron beam is roughly
16 parallel to the $[110]$ direction of the NB-Cu single crystal, which
17 is also the correct orientation for observing deformation
18 twinning in face-centered cubic metals. Upon loading this
19 pillar, no discernable changes can be observed on the sample up
20 to a strain of $\approx 6\%$ although the sample yield at a strain of $\approx 3\%$
21 with a yield strength of ≈ 1 GPa. However, once beyond 6%
22 engineering strain, three very thin, dark lines appear at the two
23 extremities of the pillar, and are marked with black arrows in
24 Figure 1b (for real-time viewing, see movie S1 in Supplementary
25 Information (SI)). Amongst the two lines formed near the

loading end of the pillar, the one situated closer to the diamond
1 punch is narrow and corresponds to a stacking fault, whereas the
2 one lying above it, is much thicker and resembles a microtwin.
3 Alternatively, the dark thin line formed at the other end of the
4 pillar corresponds to a stacking fault. The observation of stacking
5 faults in the pillar suggests that Shockley partial dislocations can
6 easily penetrate the high density of helium bubbles in NB-Cu. In
7 fact, continuous slip of these Shockley partials are responsible
8 for the formation of a microtwin. With further compressive
9 loading, the microtwin starts to thicken and reaches a width of
10 ≈ 10 nm, as shown in Figure 1c. Following this, the twin
11 boundaries propagate outward and at a peak load of 1.3 GPa, the
12 thickness of twin was found to be ≈ 38 nm, as indicated in
13 Figure 1d. It is noteworthy that the surface of the NB-Cu pillar
14 has a zigzag appearance due to the occurrence of deformation
15 twinning. In contrast, owing to full dislocation slip, the surfaces
16 of fully dense Cu (FD-Cu) pillars and NB-Cu pillars contain
17 sharp slip steps and a curved smooth surface, respectively.^[36] 18

During unloading, the diamond punch adheres to the NB-Cu
19 pillar and introduces a tensile load of ≈ 300 MPa, which appears
20 as a negative overshoot in the unloading segment of the stress-
21 strain curve displayed in Figure 1g. As seen from the movie S1,
22 this small tensile stress is sufficient to nucleate a small internal
23 twin or secondary twin while also triggering the partial
24 detwinning of the previously formed primary twin (the primary
25 twin thickness was reduced obviously when comparing
26 Figure 1d,e). These features have been specifically highlighted
27 in Figure 1e and f. The inset in Figure 1e, which contains the
28

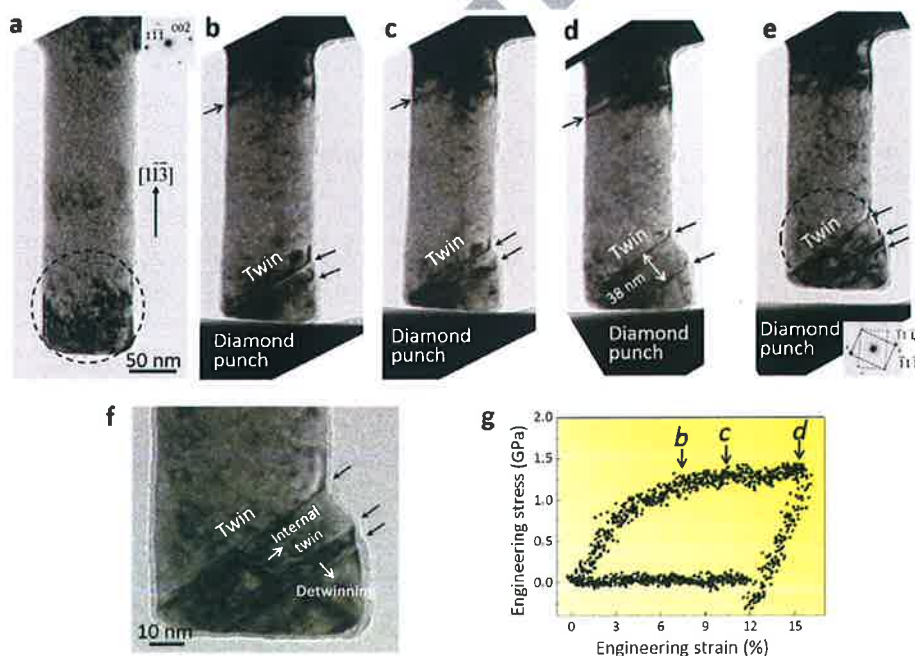


Figure 1. In situ compression test of helium irradiated Cu, loaded along $[1\bar{1}\bar{3}]$. (a) TEM image of a rectangular helium irradiated Cu sample used for in situ compression; (b) Deformation twins nucleate near the extremities of the pillar, once strain $>6\%$; (c) twin thickens with further compression; (d) A zigzag surface feature is formed after twinning; (e) A small internal twin is formed, and partial de-twinning of the primary twin occurs during unloading and subsequent load reversal; (f) Magnified image showing the newly formed internal twin and occurrence of partial de-twinning; (g) engineering stress-strain curve of the compression test (points marked on the curve with black arrows correspond to the image labels b-d).

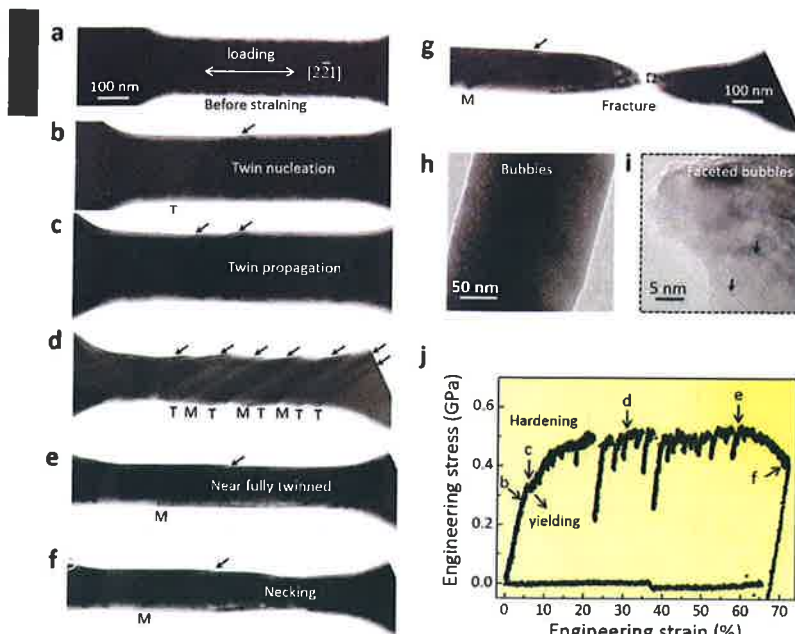


Figure 2. In situ tensile test of helium irradiated Cu, loaded along $[2\bar{2}1]$. (a) TEM image of a single crystalline dog-bone helium irradiated Cu sample used for the in situ tensile study; (b) A twin embryo nucleates, creating a surface offset on the upper edge of the specimen; (c) Multiple deformation twins nucleate with increasing tensile strain; (d) alternating layers of twins (T) and matrix (M) imparts a zigzag appearance on both edges of the specimen (e) Twins propagate throughout the sample with increasing strain; (f) Dislocation slip initiates after complete twinning (one matrix colony remains) and sample necks; (g) sample necks down to a point before fracture; (h) Magnified image highlighting nanoscale helium bubbles in the fractured sample; (i) Local high resolution image reveals faceting of bubbles and existence of stacking fault debris; (j) Engineering stress strain curve of the tensile test (points marked on the curve with black arrows correspond to the image labels b–f).

1 SAED pattern of the region marked in the figure, indicates the twin-matrix orientation relationship. The internal twin or secondary twin, formed inside the primary thick deformation twin, is oriented at an angle of 70.5° , with respect to the primary twinning plane. It is also observed that partial detwinning only occurs in the lower part of the primary twin, but also facilitates its shrinkage (see Figure 1f).

8 By synchronously observing the evolution of engineering stress and strain with the recording of movie S1, all critical events mentioned in the preceding discussion have been marked on the engineering stress–strain curve shown in Figure 1g. In the entire loading process, the engineering stress–strain curve remains free from sudden strain jumps that usually accompany twin nucleation. The steady response of the stress–strain curve in this test likely due to the strong obstructive effect of helium bubbles and the complex state of stress imposed on it during compression.^[36] Also, from this figure, it was revealed that the primary deformation twin forms at a stress level of ≈ 1.25 GPa, which further corresponds to a critical resolved shear stress (CRSS) of 0.5 GPa. However, as noted before, internal deformation twinning and partial detwinning of the primary twin occurs at a much lower stress level (≈ 300 MPa), which is comparable to the detwinning induced by the migration of incoherent twin boundary in a nanotwinned copper.^[48] This implies that the back

stress developed from dislocation-bubble interactions during compression was sufficient to assist detwinning and internal twinning during unloading.

2.2. Twinning in Helium Irradiated Cu Single Crystal under In Situ Tension

The NB–Cu tensile sample, as shown in Figure 2a, has an initial width of ≈ 205 nm and was loaded along its $[2\bar{2}1]$ direction. On loading the sample, a deformation twin embryo nucleates just before the onset of yielding and is marked with a black arrow in Figure 2b (also see movie S2). This twin embryo nucleates at a stress of 0.3 GPa, which corresponds to a CRSS of 0.14 GPa (marked with a black arrow in the engineering stress–strain curve shown in Figure 2j). Also, while the upper surface of the sample develops a tiny offset when the twin embryo forms, the lower surface remains smooth (see Figure 2b). Since the deformation twin embryo front has not propagated to the other edge of the specimen, the stress–strain response shown in Figure 2j remains linear elastic, even beyond the twin embryo nucleation point. Once the deformation twin embryo penetrates the entire pillar, as seen in Figure 2c, the stress–strain curve also registers a yield event (see the tiny strain jump at yielding in Figure 2j). Further straining promotes the formation of multiple deformation twins, all of which contribute to the zigzag appearance of the NB–Cu pillar surfaces, as seen in Figure 2d. These alternating layers of

the twin (marked as T) and the untwinned part (marked as M) resemble a multilayered structure with twin boundaries as interfaces. In Figure 2j, between points c and d marked on the engineering stress–strain curve, the stress continuously increases from ≈ 0.35 to 0.5 GPa, implying that the sample undergoes significant strain hardening within this range. It is likely that the observed hardening behavior is a consequence of the continuous activation of twins, whose sources require a higher critical stress to operate. Unlike single source dislocation slip, where the source can keep operating at a constant stress level, and produce a large slip step on the slip plane, the twinning process induces a zigzag morphology across the specimen. Besides, after twins nucleate in the specimen, the numerous interfaces, in the form of twin boundaries can further enhance strain hardening by blocking dislocation slip.^[49–53]

When the strain increases further, the NB–Cu pillar continues deforming via twinning and finally evolves into a fully twinned sample with a new twin orientation, barring one remaining tiny matrix colony marked in Figure 2e. This tiny matrix colony might have survived twinning when slipping Shockley partials, which initiated twinning, were locally obstructed by the helium bubbles and dislocation debris. Up until this point, each abrupt stress drop in the stress–strain curve roughly corresponds to a twinning event in the sample. Beyond this strain level, the

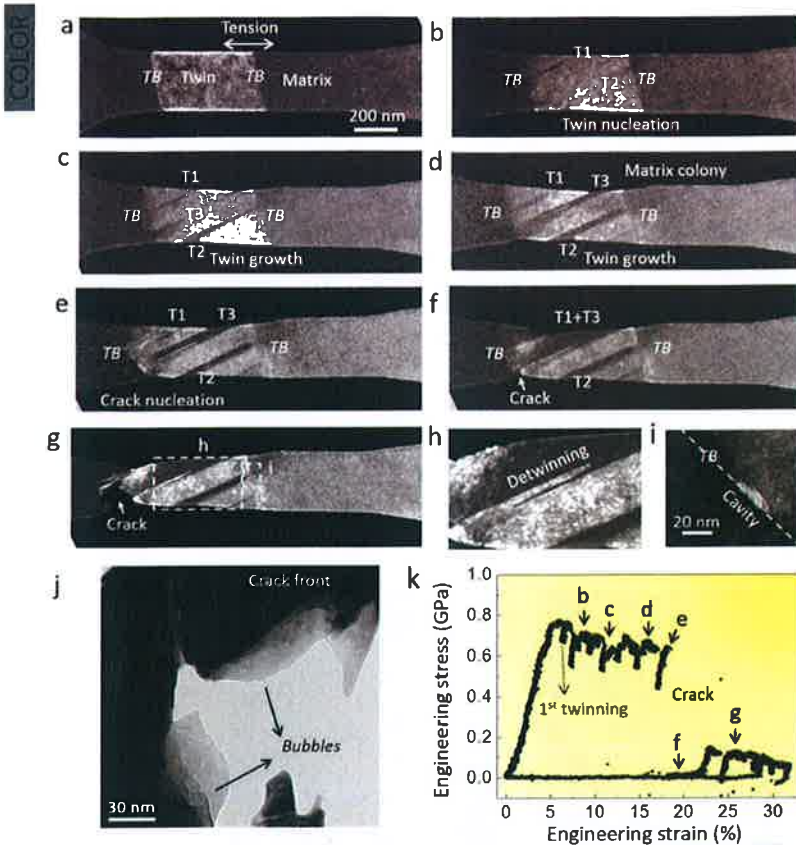


Figure 3. In situ tensile deformation of a growth twin embedded helium irradiated Cu sample. (a) Dark field TEM image showing the growth twin in the tensile sample; (b) Secondary twins nucleate inside the growth twin on loading; (c) More deformation twins nucleate from the sample edges in the growth twin, with straining; (d) Deformation twins interact with the boundaries of growth twin; (e) stress concentration develops at the deformation twin-growth twin boundary interface. (f) Crack nucleates from the stress concentration. (g) Partial detwinning of deformation twin occurs due to crack formation induced strain relaxation; (h) Magnified image of partially detwinning region in (g); (i) Magnified image of a cavity nucleated at the growth twin boundary-deformation twin interface, on unloading; (j) Enlarged helium bubbles seen at the fracture surface, indicating their coalescence; (k) Engineering stress strain curve of the tensile test (points marked on the curve with black arrows correspond to the image labels b–g).

on the fractured NB–Cu specimen in Figure 2g, is displayed in Figure 2i. From this figure, one can observe several faceted helium bubbles embedded in the twinned Cu along with some line-like structures (marked by arrows), that possibly correspond to stacking fault debris formed during plastic deformation. Compared to the twinning stress of 0.5 GPa for the 95 nm compressive sample (See section 2.1), the 205 nm tensile specimen requires only 0.14 GPa to initiate twinning. This suggests that the twinning stress in NB–Cu samples is likely dependent on both the sample size and loading conditions.

2.3. Deformation Twin and Growth Twin Interactions

Figure 3a shows a NB–Cu pillar containing a growth twin, with its twin boundaries (TBs) oriented almost perpendicular to the loading axis. The sample is tested in tension and the tensile loading axis is along the $[7\bar{7}5]$ direction of the NB–Cu pillar. On loading, the sample yields at a stress of ≈ 0.75 GPa, followed by a very short stable deformation stage, as shown in the engineering stress–strain curve displayed in Figure 3k. This stage is followed by the occurrence of a sudden strain jump in the stress–strain curve that corresponds to a twin nucleating adjacent to the left TB. In Figure 3b and movie S3, this deformation twin is visible and has been marked as T1 for reference. The CRSS for twinning in this sample was measured as ≈ 0.3 GPa. Since the stress required to nucleate a deformation twin in an initially ‘twin-free’ NB–Cu tensile sample is lower (See section 2.2), which means that presence of growth twins can strengthen the pillar. With further straining, more deformation twins get nucleated, as marked in Figure 3c as T2 and T3, and are accompanied by corresponding stress drops on the stress–strain curve (see Figure 3k).

1 sample deforms via full dislocation slip, and undergoes near
2 uniform elongation followed by local necking, as shown in
3 Figure 2f. During this stage, the stress strain curve is smooth,
4 but shows a gradual drop in slope with increasing strain.
5 However, the observed strain softening is merely a consequence
6 of the reduction in cross section area of the sample after large
7 strains. Since the sample is much thinner and narrower than
8 what it was before loading, it is now only capable of supporting
9 lower loads while undergoing deformation via full dislocation
10 slip.

11 Final fracture occurs when the specimen necks down to a tiny
12 point, as can be seen in Figure 2g. Since the sample thickness
13 dramatically reduces after such severe plastic straining, helium
14 bubbles become more visible, as highlighted in Figure 2h. The
15 high resolution magnified image of the area marked by a square

As can be seen in Figure 3d, when T3 thickens with increasing strain, a thin matrix colony starts appearing within the twin owing to variations in the local microstructure (likely containing harder helium bubbles or more dislocation debris) of the pillar. This matrix colony possibly remains untransformed because of the inhomogeneous distribution of bubbles, or bubbles with higher internal pressure, or more preexisting dislocation debris. It has been reported earlier that these factors can selectively affect the slip of dislocations.^[54]

When the deformation twins start interacting with the existing growth TBs, a localized stress concentration develops in the sample. This stress concentration is identified as the bright contrast appearing near the left TB of the growth twin in Figure 3e. A massive stress drop seen in the stress–strain curves between point e and f corresponds to some internal crack

1 nucleation and its partial propagation resulting from the local
2 stress concentration. Also, when the crack propagates through
3 the sample, stress relaxation occurs and the accumulated back
4 stresses generated from dislocation-bubble interactions elicit
5 partial detwinning of the deformation twins, as shown in
6 Figure 3g. From Figure 3h, it can be seen that, as a result of
7 detwinning, the matrix colony now extends up to the lower edge
8 of the specimen. Additionally, this strain relaxation induced by
9 crack propagation, is responsible for the formation of a small
10 cavity/crack at the interaction point of T2 deformation twin and
11 growth twin boundary interface, as marked in Figure 3i.
12 Furthermore, several large helium bubbles can be observed near
13 the fracture surface in Figure 3j, which suggest that bubble
14 coalescence also play a major role during the final fracture
15 process of current growth twin embedded copper sample.^[36]
16 Although some studies^[49–53] have predicted the nucleation of
17 deformation twins within an annealing or growth twin and their
18 interactions induced crack nucleation, our in situ experimental

tests serve as the first and most compelling form of experimental
evidence supporting such an internal crack nucleation
mechanism.

2.4. Twinning and Detwinning in Helium Irradiated Cu under Cyclic Loading

A NB-Cu sample with width of ≈ 150 nm was cyclically loaded
along its $[1\bar{1}2]$ direction using a specially designed push to pull
sample geometry in order to achieve stable in situ loading on a
thin TEM foil,^[55] as shown in Figure 4. In the first tensile loading
segment, the sample shear localizes along two major slip planes,
marked in Figure 4b as “twin” and “slip” (more obvious in movie
S4). Due to the localized nature of twinning and slipping, two
sharp surface steps can be seen at the lower edge of the sample
(Figure 4b). After the first tensile loading, the deformation twin
thickness is ≈ 16 nm. However, on reversing the load to

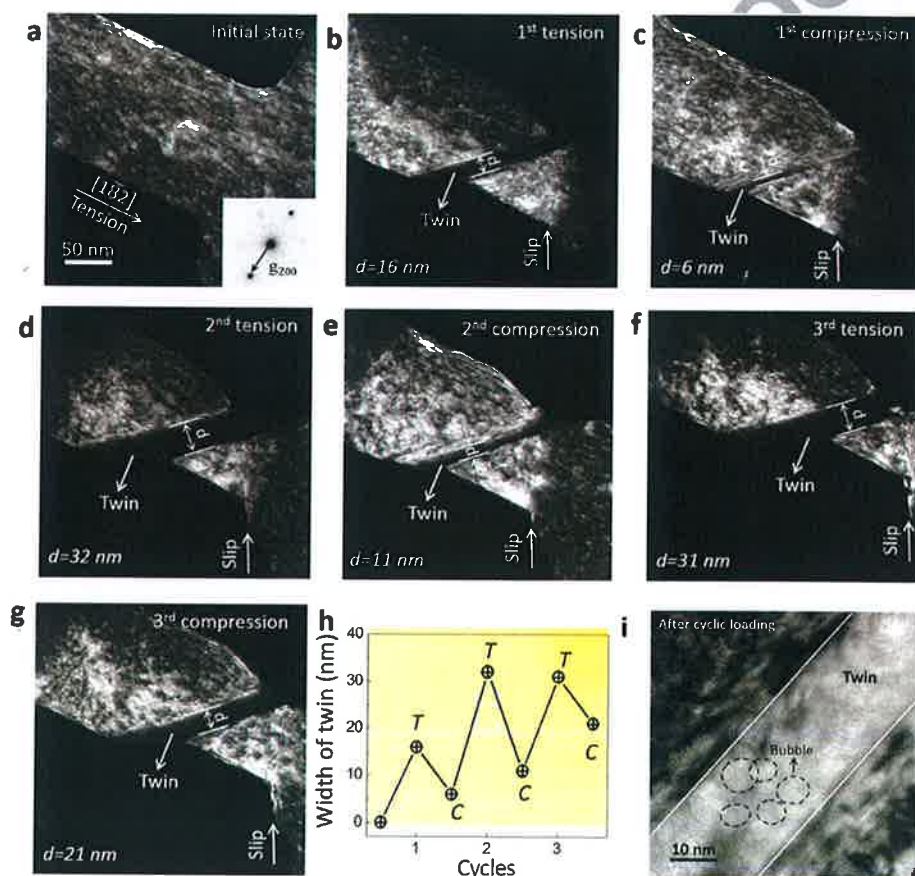


Figure 4. Cyclic loading induced twinning and detwinning of helium irradiated Cu. (a) Dark field image of the helium irradiated Cu sample with loading axis along $[1\bar{1}2]$; (b) Tensile stress in the first cycle induces deformation twinning in the sample; (c) Compression in the next half of the cycle promotes detwinning and reduces the thickness of the deformation twin; (d) Second cycle of tensile deformation, increases the twin thickness compared to thickness in first tensile cycle; (e) Twin shrinks after the second cycle of compression; (f) Twin again thickens during tensile deformation; (g) After three cycles of tension-compression loading, the final thickness of the deformation twin is 21 nm; (h) Schematic illustration of the variation in the twin thickness with the cyclic loading (T and C corresponds to tension and compression, respectively); (i) Magnified image of the deformed bubbles inside the deformation twin after cyclic loading.

1 compression, detwinning occurs and the deformation twin
2 width reduces to ≈ 6 nm, as shown in Figure 4c. This detwinning
3 is mostly driven by the combined effect of dislocation-bubble
4 interaction generated back stress, and partially assisted by the
5 applied compressive stress. In the next loading cycle, tensile
6 loading thickens the twin to 32 nm, while unloading induced
7 detwinning and the sample shrinks it to 11 nm. The final twin
8 thickness after successive twinning and detwinning, in the third
9 cycle, increases to 21 nm. The progressive increase in the twin
10 thickness during tension and compression, also illustrated by
11 the curve in Figure 4h and movie S4, is due to the buildup of
12 plastic strain that manifests from the inherent kinematic
13 irreversibility of the bubble–Shockley partial dislocation
14 interactions.

15 After cyclic loading, the helium bubbles distort to a more
16 elliptical shape from their original spherical shape. To illustrate
17 this effect, some of the distorted bubbles have been traced with
18 dashed lines in the magnified view of the twin displayed in
19 Figure 4i. Theoretically, since the twinning process generates a
20 local shear strain of 0.707, the bubbles located inside the twin
21 should deform to the elliptical shape. However, these bubbles
22 (see Figure 4i) appear to be less deformed than what was
23 expected. For this discrepancy, we propose that, besides
24 twinning, plastic strain in the sample is also accommodated
25 by dislocation slip that occurs on other slip planes intersecting
26 the twinning plane. Therefore, dislocations cutting across
27 bubbles from different directions evens out the shear strain
28 introduced by twinning, and saves them from gross distortion.

29 2.5. Orientation and Sample Size Effect on Plasticity of 30 Helium Irradiated Cu Pillar

31 In Figure 5a, the orientation dependence of deformation
32 twinning and dislocation slip in submicron-sized NB–Cu and
33 FD–Cu pillars under uniaxial loading for different crystal
34 orientations is projected on a traditional inverse pole figure plot
35 using the data acquired from this study (labeled by numbers) and
36 other related reports.^[36,46] It can be found that Cu single crystals
37 that have a single slip orientation, as depicted by the blue points
38 located in the middle of the inverse pole figure, mostly deform
39 via full dislocation slip. Conversely, the samples with polyslip
40 orientation, marked on lines (011)–(111) and (001)–(111), can
41 deform either by twinning or full dislocation slip. Apart from
42 crystal orientation, the sample size and its surface conditions
43 also play an important role in determining the dominant
44 deformation model. In that context, the CRSS for twinning,
45 detwinning and slipping in NB–Cu and FD–Cu single crystals
46 under compressive or tensile loading is plotted as a function of
47 sample size in Figure 5b. Several interesting observations can be
48 made and we have discussed them below. First, all NB–Cu single
49 crystals, under both loading configurations, exhibit a much
50 higher CRSS than the FD–Cu pillars, which indicates the
51 obvious strengthening effect of the dense nanoscale helium
52 bubbles formed by helium irradiation in NB–Cu pillars. The
53 stress required to trigger twinning and detwinning is deter-
54 mined by the combined effect of helium bubble spacing, the
55 stacking fault energy and the orientation of the sample. Second,
56 the CRSS of both NB–Cu and FD–Cu submicron-sized pillars, in

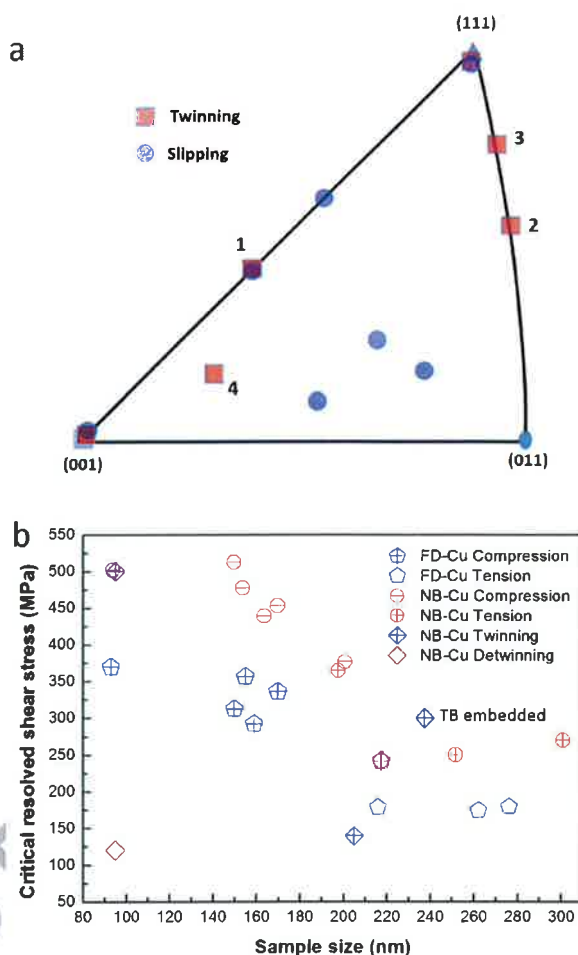


Figure 5. Orientation and sample size dependent deformation twinning and slip of submicron-sized Cu with and without nanoscale embedded helium bubbles. (a) The inverse pole figure of Cu illustrating the orientation dependence of twinning and slipping; The numbers in the triangle marked the orientations of the samples tested in Figure 1–4. (b) Variation of the critical resolved shear stress for twinning, detwinning and slipping in FD–Cu and NB–Cu as a function of sample size.

general, exhibits some size-dependence, such that smaller
appears to be stronger.^[55] It should be mentioned that the size
effect observed in NB–Cu pillars is different from the very weak
size effect observed in pillars containing shear-resistant
particles^[56–60] as the current NB–Cu pillar contains helium
bubbles can be cut through by dislocations at elevated stresses,
which could induce some extent of size-dependence as the Cu
pillars containing high density of irradiation induced stacking
fault tetrahedrals.^[61] Third, the CRSS measured in tension
is lower than that in compression for both submicron-sized
NB–Cu and FD–Cu pillars, suggesting that the loading
configuration/geometrical effect has a marked influence on
their yield strength and plasticity. This difference in CRSS for
compression and tension can be attributed to the different
magnitude of normal stresses on their shear deformation planes
under compression or tension.^[62,63] Under compression, the

1 normal stress on the shear plane is positive and suppresses shear
2 deformation, whereas under tension, the normal stress on shear
3 plane is negative and assists both slip and twinning. We can also
4 extend this concept to explain the observed tension-compression
5 asymmetry in the twinning stress of the pillars. Finally, owing to
6 accumulated back stress between dislocation and bubbles
7 interaction, detwinning occurs at a lower stress compared to
8 twinning in submicron-sized NB-Cu samples.

9 3. Conclusion

10 By using in situ nanomechanical testing method, we found that
11 deformation twinning and detwinning are readily activated in
12 submicron-sized Cu pillars containing high density of nanoscale
13 helium bubbles under uniaxial tension and compression. This
14 process is initiated by Shockley partial dislocations, which are
15 capable of cutting through multiple helium bubbles and assist
16 the formation of stacking faults in the samples. With further
17 straining, continuous partial dislocation slip occurs and leads to
18 the nucleation of deformation twins. With the assistance of
19 accumulated back stress, partial detwinning occurs at lower
20 stress level when the strains are relaxed due to fracture or when
21 the loading direction is reversed, in the NB-Cu samples.
22 Although twinning shears the spherical bubbles to a more
23 elliptical shape, the shape change is not exaggerated as plasticity
24 is accommodated along other slip planes. These studies
25 indicated that deformation twinning and detwinning are also
26 active deformation models in helium irradiated submicron-sized
27 copper.

28 Experimental Section

29 *Sample Information:* In this study, a NB-Cu sample was produced by
30 implanting helium on an annealed, coarse-grained (average grain size
31 20–30 μm) Cu thin foil. To minimize the unintentional formation of other
32 radiation defects such as dislocation loops and stacking fault tetrahedrals,
33 the process was carried out by implanting 200 keV helium ions on Cu,
34 with a fluence of 2×10^{17} ions cm^{-2} , at a temperature of 450 °C (high
35 temperature promote the annihilation of dislocation loops and other
36 single point defects etc). The sample used in current study is similar to the
37 one used in our previous studies.^[36,64] Subsequent damage and helium
38 distribution is then estimated by performing stopping and range of ions in
39 matter (SRIM) calculations using an average displacement energy of
40 29 eV for copper.^[65] Additionally, the helium bubble distribution was also
41 experimentally evaluated by imaging the cross section of a sample,
42 prepared by the lift-out technique, inside a TEM, and is shown in
43 Figure S1a. In this image, within the region marked by white lines, the
44 helium concentration varies from 3 to 8 at%. From a magnified view of
45 this region, shown in Figure S1b, the typical shape and structure of helium
46 bubbles can be observed. Also, apart from helium bubbles, no other
47 radiation defects were detected in the sample as expected. The average
48 diameter of helium bubbles was measured as $\langle D \rangle \approx 6.6$ nm and their
49 internal pressure, which does not exceed 1 GPa, was estimated based on
50 the density and size of the helium bubbles. More details on this can be
51 found elsewhere.^[36] All the in situ mechanical tests performed on the
52 submicron-sized Cu samples were machined from this intermediate
53 irradiated region (marked as NB-Cu in Figure S1c) with high density of
54 helium bubbles, as schematically illustrated in Figure S1c. The region
55 below the helium implanted (with width of ≈ 760 nm from the top surface)
56 are fully dense Cu matrix without any helium bubble and other radiation
57 defects. The fully dense Cu pillars were cut from this part.

In situ Nanomechanical Test: In situ nanomechanical compression and
1 tension samples were fabricated by milling this sample with a Ga-source
2 focused ion beam (FIB, FEI Helios Nanolab 600) operated at an
3 accelerating voltage of 30 kV, with the ion beam current not exceeding
4 28 pA in the final stages of polishing. In spite of exercising caution during
5 machining, a ≈ 1 –2 nm thick damage layer inevitably forms on the surface
6 of some samples. The design and geometry of compressive and tensile
7 samples employed in the tests are illustrated for reference in Figure S1d.
8 All the pillars were cut along the normal direction and within the region
9 marked with NB-Cu in Figure S1c and the final loading direction of the
10 pillars were along the normal of Figure S1c, as shown in Figure S1d. To
11 avoid surface contamination, the samples were quickly transferred to a
12 TEM after machining. In situ mechanical tests were conducted using a
13 Hysitron PicoIndenter (PI95) diamond tip inside a FEG JEOL 2100F TEM,
14 which operates at an accelerating voltage of 200 kV. The displacement
15 rates in compression and tension were programmed as 3 and 5 nm s^{-1} ,
16 respectively, to ensure that all tests were uniformly carried out at a strain
17 rate of $\approx 10^{-3} \text{ s}^{-1}$. Prior to testing, pillars were carefully aligned with the
18 diamond punch or tensile grip to establish uniaxial testing conditions.
19 The whole deformation processes of the specimens during loading was
20 recorded by a Charge-Coupled Device (CCD, Gatan 833) camera, which
21 captured images at the rate of 10 frame per second. All the movies of in
22 situ tests were recorded under defocused imaging conditions in order to
23 identify the helium bubbles (with a defocus of -300 to -500 nm).
24

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Supporting Information

Supporting Information is available online from the Wiley Online Library
34 or from the author.
35

Conflict of Interests

xx^{Q6}xx
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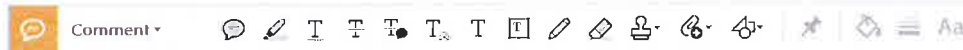
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
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
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
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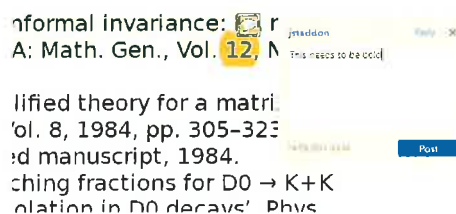
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
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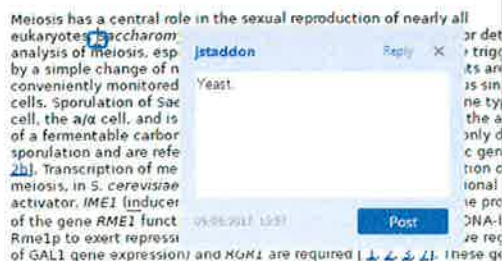


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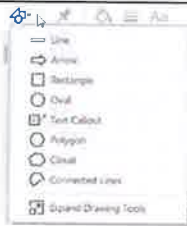
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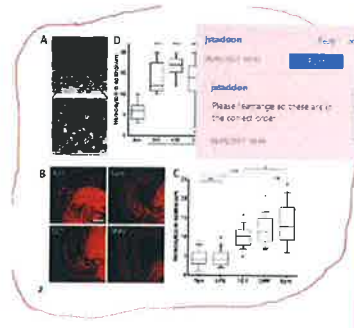


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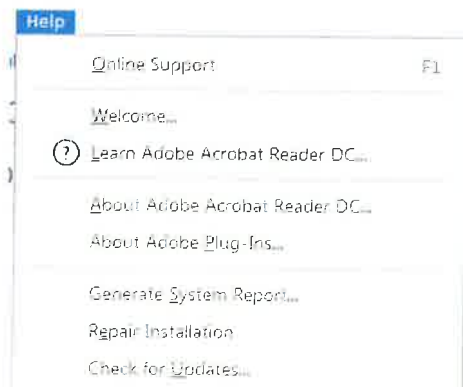
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