

6/10/2026

# Studying the Unitary Fermi Gas using Discretized Pion-less EFT on the Lattice.

Hunter Duggin (UNC), Charles Kacir (UNC), Amy Nicholson (UNC, LBNL), Dmitra Pefkou (LBNL, UC Berkeley)



The University  
of North Carolina  
at Chapel Hill

# Outline



## Unitary Fermi Gas

# Outline



Unitary Fermi  
Gas

Theoretical  
Methods

# Outline



Unitary Fermi  
Gas

Theoretical  
Methods

Effective Mass  
& Current Matrix  
Elements

# Outline



Unitary Fermi  
Gas

Theoretical  
Methods

Effective Mass  
& Current Matrix  
Elements

Conclusion &  
Future Work

# The Unitary Fermi Gas



# Optical Theorem



- We know from constraints given by the unitarity of the S-matrix, the **S-wave scattering amplitude** is given by

$$\mathcal{A} = \frac{4\pi}{M} \frac{1}{p \cot \delta_0 - ip}$$

# Optical Theorem



- We know from constraints given by the unitarity of the S-matrix, the **S-wave scattering amplitude** is given by

$$\mathcal{A} = \frac{4\pi}{M} \frac{1}{p \cot \delta_0 - ip}$$

- At low energies it makes sense to use the **Effective range** expansion

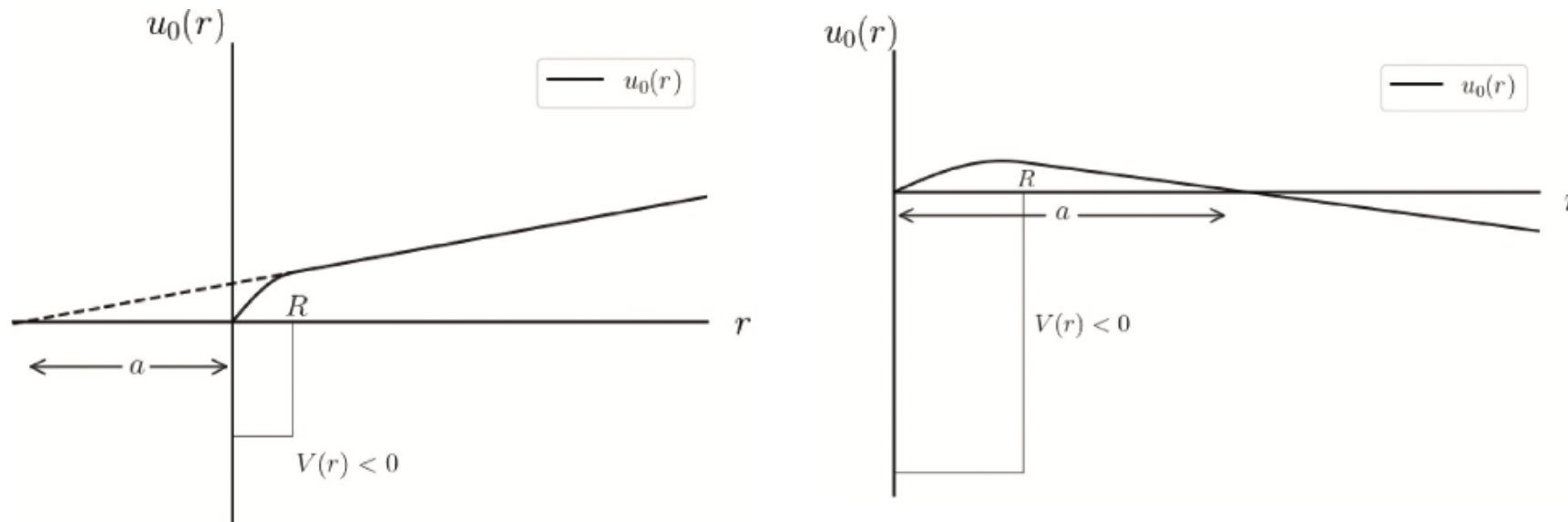
$$p \cot \delta_0 = -\frac{1}{a} + \frac{1}{2} r_0 p^2 \sum_{i=0}^{\infty} (r_i^2 p^2)^i$$

- Where **a** is the **scattering length**,  $r_0$  is known as the **effective range** and  $r_i$  are the **shape parameters**

# Unitarity



- **Unitarity** is the special limit where the scattering length goes to infinity, and the effective range goes to zero.



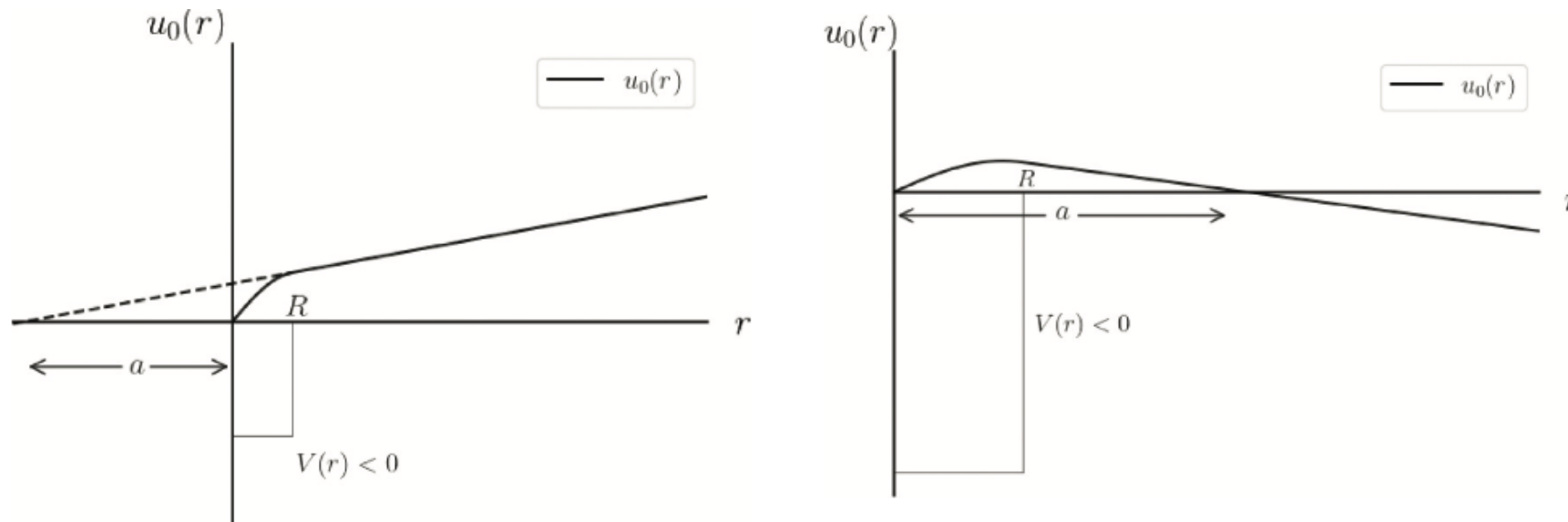
Revista Brasileira de Ensino de Física, vol. 45, e20230079 (2023)

- Unitarity is important to study because it removes all scales out of the problem, leads to **conformal physics**

# Unitarity



- **Unitarity** is the special limit where the scattering length goes to infinity, and the effective range goes to zero.



$$p \cot(\delta_0) = 0$$

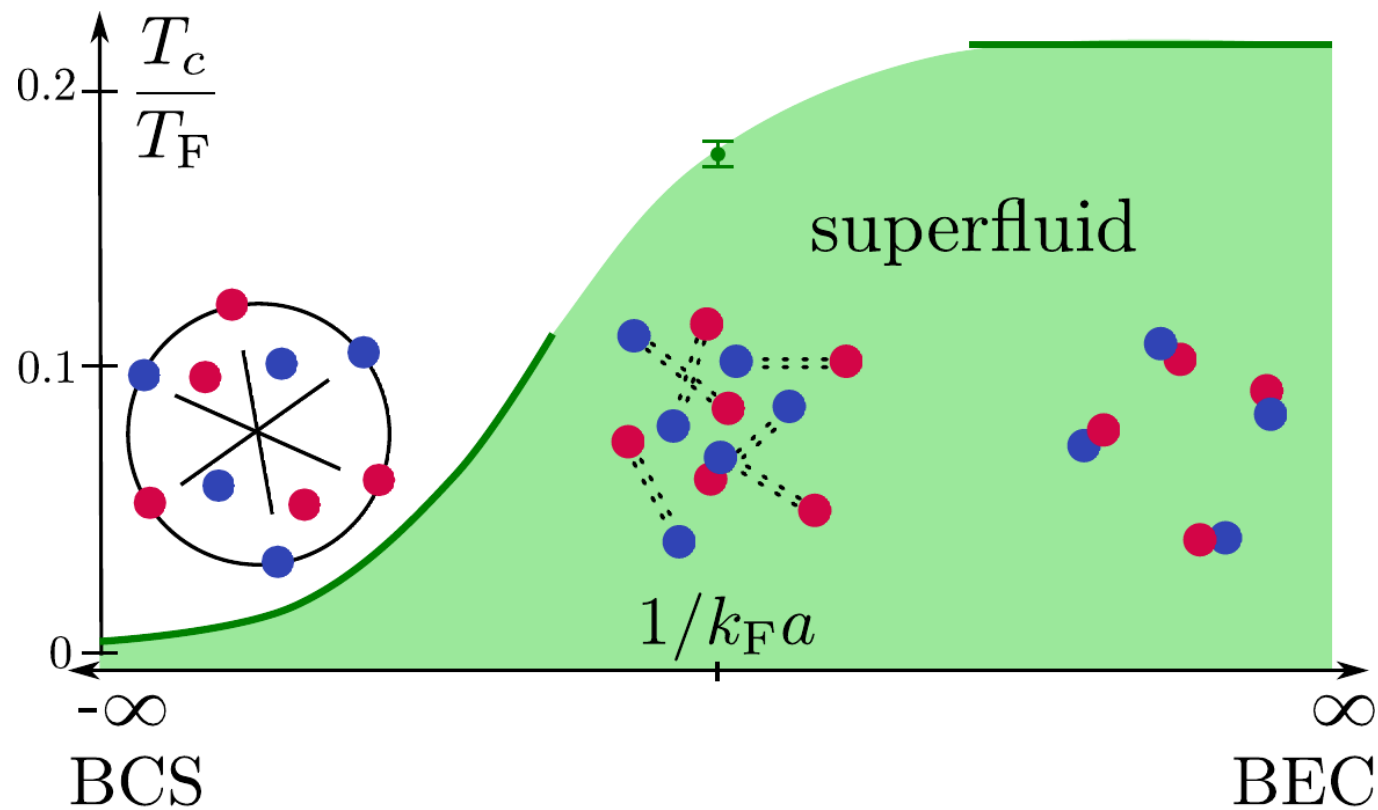
Revista Brasileira de Ensino de Física, vol. 45, e20230079 (2023)

- Unitarity is important to study because it removes all scales out of the problem, leads to **conformal physics**



# The Unitary Fermi Gas

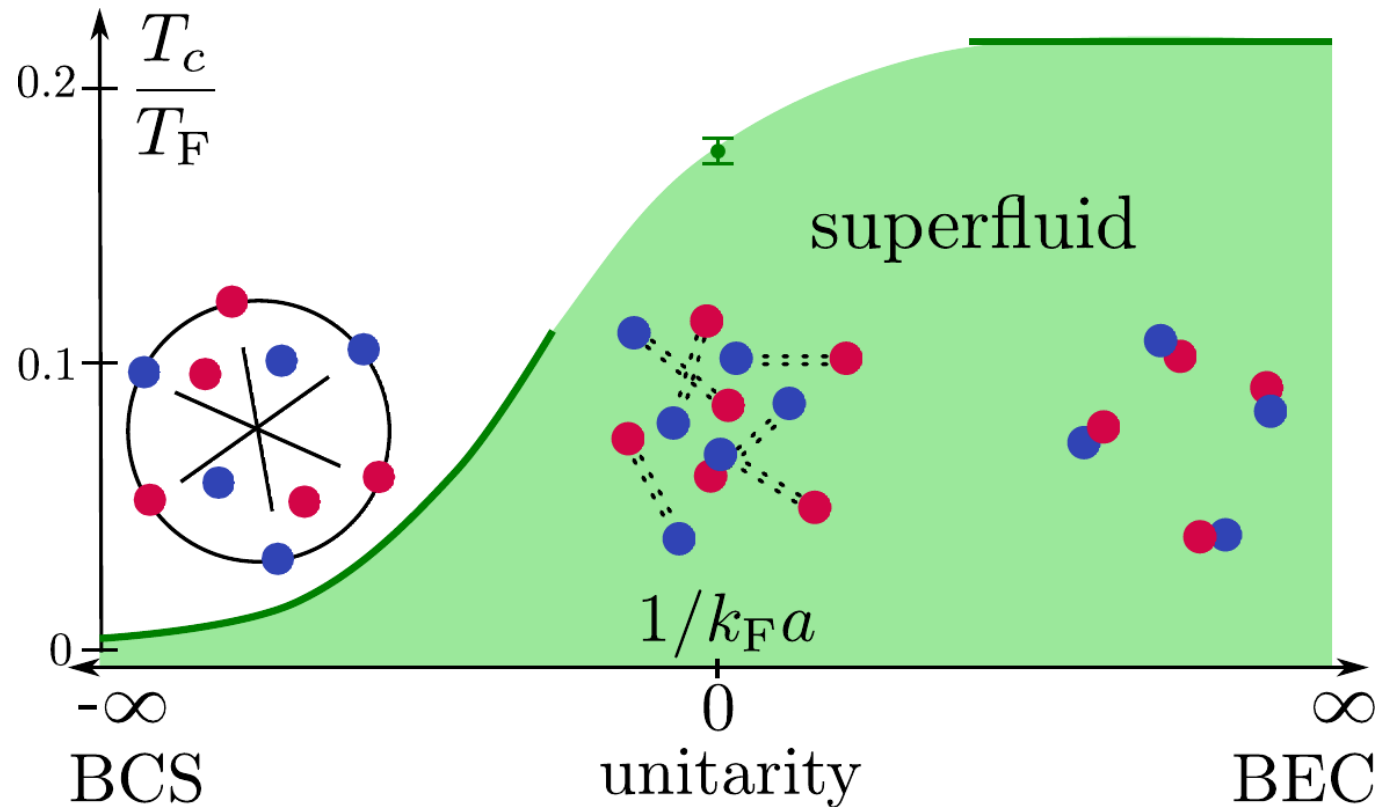
- The **UFG** is a gas of Fermions tuned to the **unitary limit**
- Applicable to systems with large numbers of fermions (like neutrons!)



# The Unitary Fermi Gas



- The **UFG** is a gas of Fermions tuned to the **unitary limit**
- Applicable to systems with large numbers of fermions (like neutrons!)



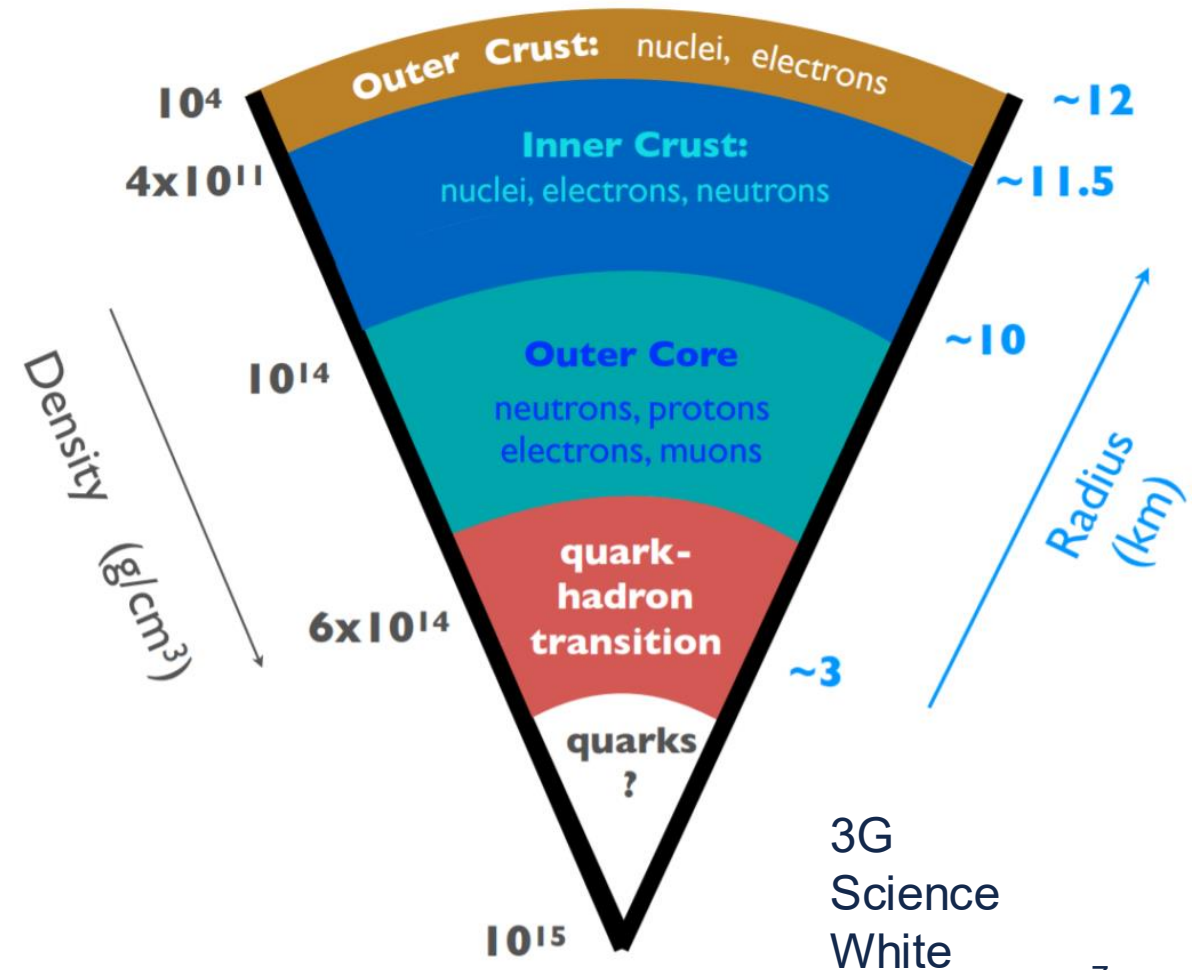
# Neutron Stars



- The **Outer Core** region of a neutron star



ESA



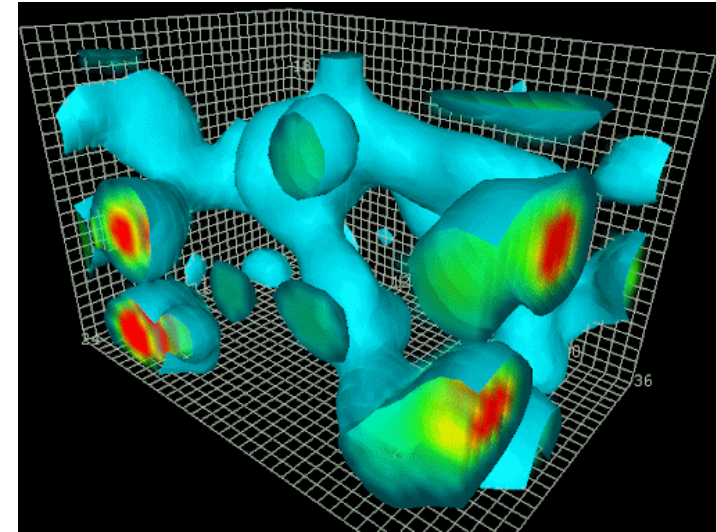
3G  
Science  
White



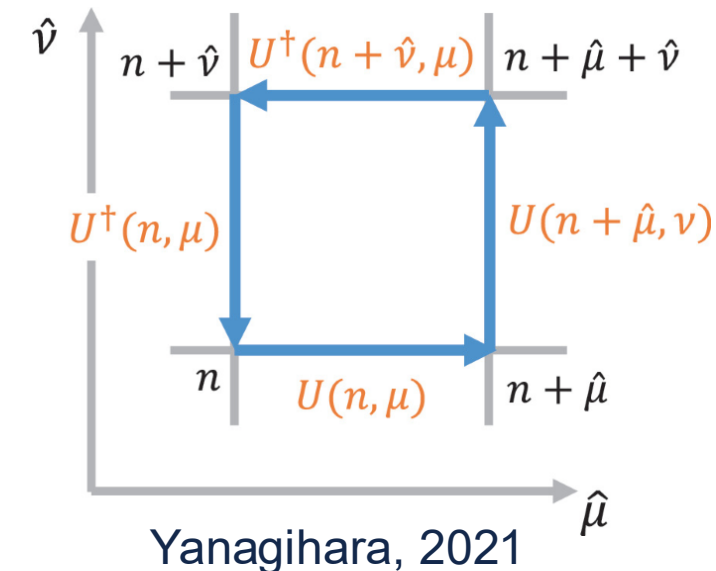
# Theoretical Methods: Lattice EFT

# Lattice Field Theory

- Lattice field theory is a **non-perturbative** tool used to study properties of **strongly interacting** field theories.
- Allows for **direct evaluation** of the path integral using numerical techniques.
- Has **well documented** systematic errors.
- Naturally **regulates** the theory.



Leinweber – QCD Vacuum



# Pion-less EFT



$$\mathcal{L}_{\text{eff}} = \psi^\dagger \left( i\partial_t + \frac{\nabla^2}{2M} \right) \psi + g_0 (\psi^\dagger \psi)^2 + \dots$$

- Effective field theory involving two point-like nucleons interacting via contact interactions.

$$A = \begin{array}{c} \diagup \quad \diagdown \\ \diagdown \quad \diagup \\ g_0 \end{array} + \begin{array}{c} \diagup \quad \diagdown \\ \diagdown \quad \diagup \\ \text{circle} \end{array} + \begin{array}{c} \diagup \quad \diagdown \\ \diagdown \quad \diagup \\ \text{two circles} \end{array} + \dots$$

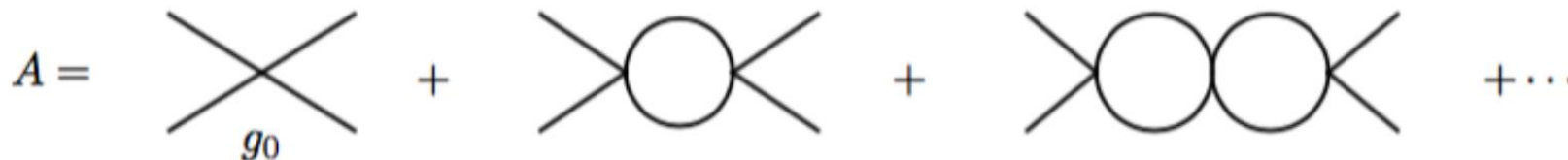
- The scattering amplitude is a geometric sum of **bubble diagrams**



# Pion-less EFT

$$\mathcal{L}_{\text{eff}} = \psi^\dagger \left( i\partial_t + \frac{\nabla^2}{2M} \right) \psi + g_0 (\psi^\dagger \psi)^2 + \dots$$

- Effective field theory involving two point-like nucleons interacting via contact interactions.



- The scattering amplitude is a geometric sum of **bubble diagrams**

A large blue arrow labeled "Geometric Series" points to a central box containing an equation. A large blue arrow labeled "Optical Theorem" points to the same box from the right.

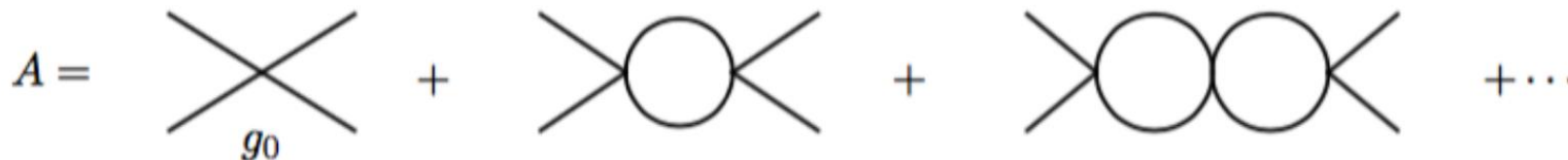
$$\frac{\sum C_{2n}(\mu) p^{2n}}{1 - I_0 \sum C_{2n}(\mu) p^{2n}} = \frac{4\pi}{M} \frac{1}{p \cot \delta - ip}$$



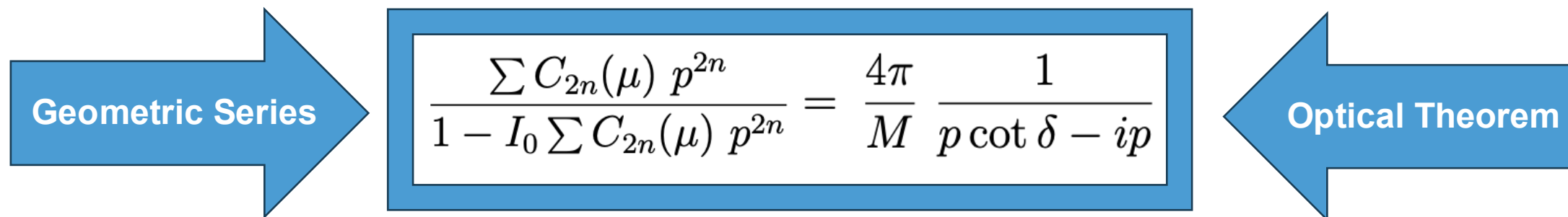
# Pion-less EFT

$$\mathcal{L}_{\text{eff}} = \psi^\dagger \left( i\partial_t + \frac{\nabla^2}{2M} \right) \psi + g_0 (\psi^\dagger \psi)^2 + \dots$$

- Effective field theory involving two point-like nucleons interacting via contact interactions.



- The scattering amplitude is a geometric sum of **bubble diagrams**



$$I_0 = \left( \frac{\mu}{2} \right)^{4-D} \int \frac{d^{D-1}\mathbf{q}}{(2\pi)^{D-1}} \frac{1}{E - \frac{|\mathbf{q}|^2}{M} + i\epsilon}$$



# Pion-less EFT: Finite to Infinite Volume

- Looking for poles in the amplitude, we see

$$\frac{1}{\sum C_{2n}(\mu) p^{2n}} - \text{Re}(I_0^{(PDS)}(L)) = 0 \quad I_0^{(PDS)}(L) = -\frac{M}{4\pi}\mu + \frac{1}{L^3} \sum_{\mathbf{k}}^{\Lambda} \frac{1}{E - \frac{|\mathbf{k}|^2}{M}} + M \int^{\Lambda} \frac{d^3\mathbf{k}}{(2\pi)^3} \frac{1}{|\mathbf{k}|^2}$$

- This relates the **discrete energy spectrum** to the **infinite volume scattering amplitude**
- Analogous to the **Lüscher** quantization condition
- We can solve this for the states to see the following eigenvalue problem



# Pion-less EFT: Finite to Infinite Volume

- Looking for poles in the amplitude, we see

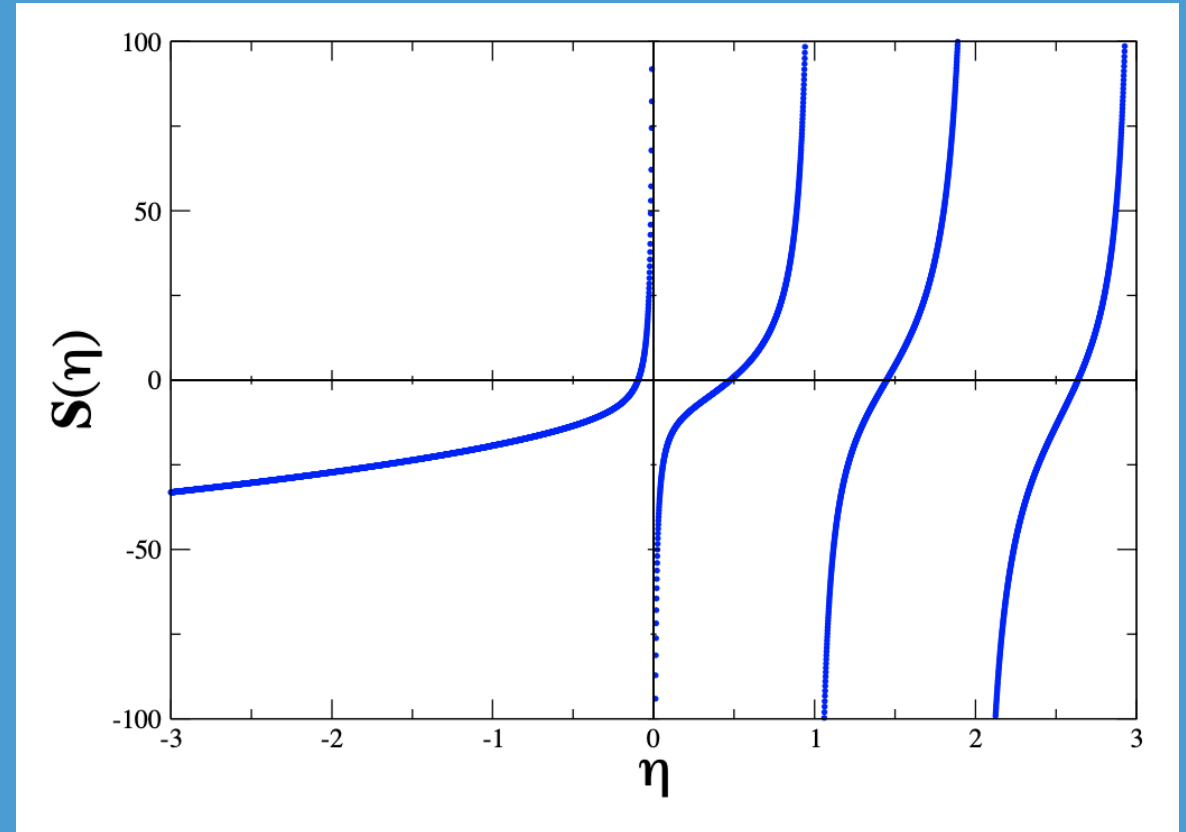
$$\frac{1}{\sum C_{2n}(\mu) p^{2n}} - \text{Re}(I_0^{(PDS)}(L)) = 0 \quad I_0^{(PDS)}(L) = -\frac{M}{4\pi}\mu + \frac{1}{L^3} \sum_{\mathbf{k}}^{\Lambda} \frac{1}{E - \frac{|\mathbf{k}|^2}{M}} + M \int^{\Lambda} \frac{d^3\mathbf{k}}{(2\pi)^3} \frac{1}{|\mathbf{k}|^2}$$

- This relates the **discrete energy spectrum** to the **infinite volume scattering amplitude**
- Analogous to the **Lüscher** quantization condition
- We can solve this for the states to see the following eigenvalue problem

$$p \cot \delta(p) = \frac{1}{\pi L} \mathbf{S} \left( \left( \frac{Lp}{2\pi} \right)^2 \right) \quad \text{where} \quad \mathbf{S}(\eta) \equiv \sum_{\mathbf{j}}^{\Lambda_j} \frac{1}{|\mathbf{j}|^2 - \eta} - 4\pi\Lambda_j$$



# Pion-less EFT: States

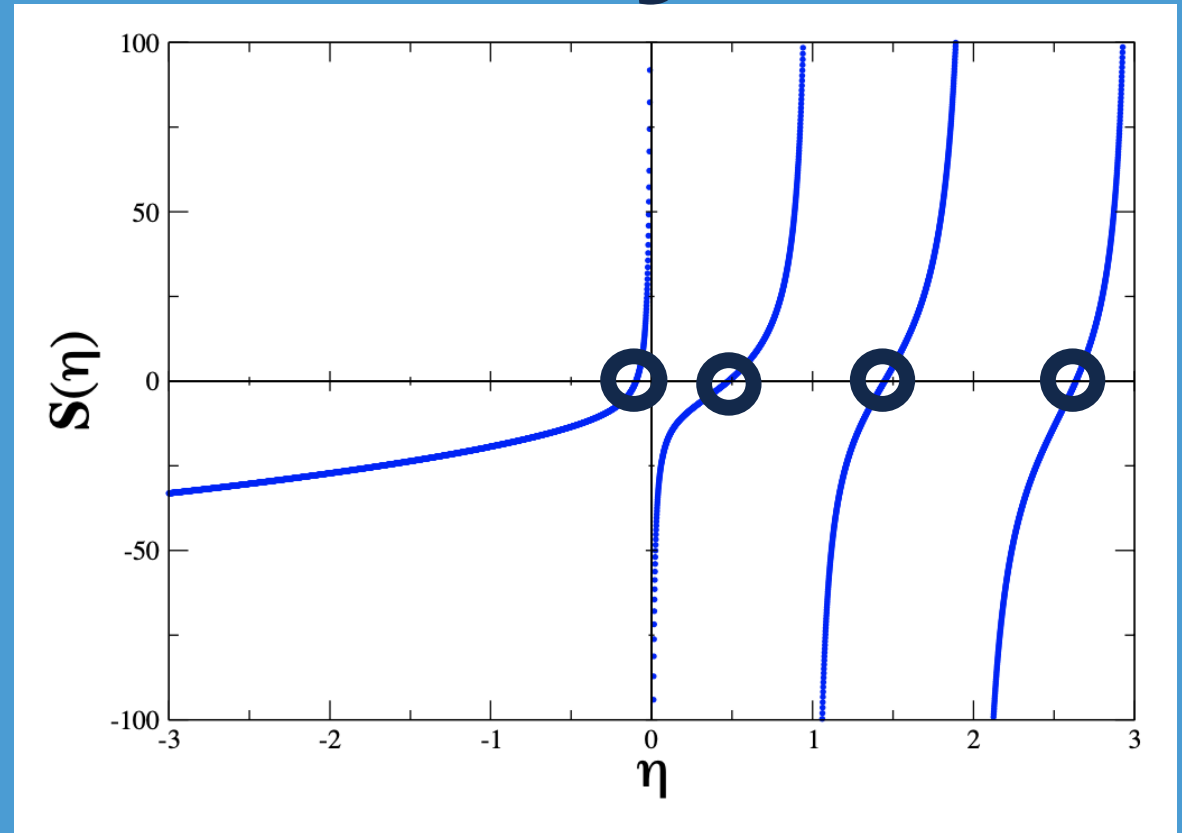


[S.R. Beane](#), [P.F. Bedaque](#), [A. Parreno](#), [M.J. Savage](#),  
Two Nucleons on the Lattice



# Pion-less EFT: States

# Unitarity



[S.R. Beane](#), [P.F. Bedaque](#), [A. Parreno](#), [M.J. Savage](#),  
Two Nucleons on the Lattice



# But Wait! There are Fermions!

As seen in Kostas Originos's lectures, **Fermions have issues on the lattice**

We introduce a bosonic auxiliary field that mediates the interaction

$$\mathcal{L}_{int} \rightarrow \sqrt{b_t g_0} \phi_{t, \vec{x}} \psi_{t, \vec{x}}^\dagger \psi_{t-1, \vec{x}}$$

We also have the freedom to pick the auxiliary field provided it is **compact** and has **mean zero**



# But Wait! There are Fermions!

As seen in Kostas Originos's lectures, **Fermions have issues on the lattice**

We introduce a bosonic auxiliary field that mediates the interaction

$$\mathcal{L}_{int} \rightarrow \sqrt{b_t g_0} \phi_{t, \vec{x}} \psi_{t, \vec{x}}^\dagger \psi_{t-1, \vec{x}}$$

We also have the freedom to pick the auxiliary field provided it is **compact** and has **mean zero**

Common choices are

- $\mathbb{Z}_2$  Valued field  $\Rightarrow$  evaluating the path integral amounts to summing over  $\pm 1$
- Gaussian field\*
- Compact continuous

$$Z = \int \mathcal{D}\phi \mathcal{D}\psi^\dagger \mathcal{D}\psi \rho[\phi] e^{-S[\phi, \psi^\dagger \psi]} \quad \rho[\phi] = \begin{cases} \prod_n e^{-\phi_n^2/2} & \text{Gaussian} \\ \prod_n \frac{1}{2} (\delta_{\phi_n, 1} + \delta_{\phi_n, -1}) & \mathbb{Z}_2 \\ \prod_n (\theta(-\pi + \phi_n) \theta(\pi - \phi_n)) & \text{compact continuous} \end{cases}$$



# Discretizing Pion-less EFT

We start by discretizing the pion-less EFT action in the following way

$$S = \frac{1}{b_t} \sum_{t,t'} \psi_{t'}^\dagger [K(\phi)]_{t't} \psi_t \quad K(\phi) \equiv \begin{pmatrix} D & -X(\phi_{T-1}) & 0 & 0 & \dots & \cdot \\ 0 & D & -X(\phi_{T-2}) & 0 & \dots & \cdot \\ \cdot & \cdot & \cdot & \cdot & \cdot & \cdot \\ \cdot & \cdot & \cdot & \cdot & \cdot & \cdot \\ \cdot & \cdot & \cdot & \cdot & D & X(\phi_0) \\ X(\phi_T) & \cdot & \cdot & \cdot & 0 & D \end{pmatrix}.$$

M. G. Endres, D. B. Kaplan, J.-W. Lee, and A. N. Nicholson, Phys. Rev. A 84, 043644 (2011).



# Discretizing Pion-less EFT

We start by discretizing the pion-less EFT action in the following way

$$S = \frac{1}{b_t} \sum_{t,t'} \psi_{t'}^\dagger [K(\phi)]_{t't} \psi_t \quad K(\phi) \equiv \begin{pmatrix} D & -X(\phi_{T-1}) & 0 & 0 & \dots & \cdot \\ 0 & D & -X(\phi_{T-2}) & 0 & \dots & \cdot \\ \cdot & \cdot & \cdot & \cdot & \cdot & \cdot \\ \cdot & \cdot & \cdot & \cdot & \cdot & \cdot \\ \cdot & \cdot & \cdot & \cdot & D & X(\phi_0) \\ X(\phi_T) & \cdot & \cdot & \cdot & 0 & D \end{pmatrix}.$$

M. G. Endres, D. B. Kaplan, J.-W. Lee, and A. N. Nicholson, Phys. Rev. A 84, 043644 (2011).

- K is a T x T block matrix, where each entry is an L<sup>3</sup> x L<sup>3</sup> matrix in itself
- D is a discretized kinetic operator  $D \equiv 1 - \frac{b_s \nabla_L^2}{2}$
- X(φ<sub>t</sub>) is a rewriting of the Fermion interaction in terms of a **bosonic auxiliary field** that mediates the interaction

$$X(\phi_t) \equiv 1 - \sqrt{g_0} \phi_t$$

- We also choose φ<sub>0</sub> to only live on the **temporal links** to make our lives simpler

# Tuning $g_0$ : Connecting to the Spectral Decomposition



From statistical mechanics:

$$\begin{aligned} C(\tau) &= \langle \Psi_{\text{snk},2} | e^{-H\tau} | \Psi_{\text{src},2} \rangle \\ &= \langle \Psi_{\text{snk},2} | [e^{-H}]^\tau | \Psi_{\text{src},2} \rangle \end{aligned}$$

Now we know that the logarithms of the eigenvalues of the transfer matrix give us the 2 body spectrum!

In principle, we could diagonalize  $\mathcal{T}$ , and its eigenvalues would be the 2-body spectrum.

# Tuning $g_0$ : Connecting to the Spectral Decomposition



From statistical mechanics:

$$C(\tau) = \langle \Psi_{\text{snk},2} | e^{-H\tau} | \Psi_{\text{src},2} \rangle$$
$$= \langle \Psi_{\text{snk},2} | [e^{-H}]^\tau | \Psi_{\text{src},2} \rangle$$

Now we know that the logarithms of the eigenvalues of the transfer matrix give us the 2 body spectrum!

In principle, we could diagonalize  $\mathcal{T}$ , and its eigenvalues would be the 2-body spectrum.

$$\langle pq | \mathcal{T} | p' q' \rangle = \frac{\delta_{pp'} \delta_{qq'} + \frac{g_0}{V} \delta_{p+q, p'+q'}}{\sqrt{\xi(p)\xi(q)\xi(q')\xi(p')}}$$

Where

$$\xi(p) \equiv 1 + \frac{\Delta(q)}{M}, \quad \Delta(q) \equiv -\frac{1}{2} \langle \mathbf{q} | \Delta_L^2 | \mathbf{q} \rangle$$

# Tuning $g_0$ : Connecting to the Spectral Decomposition



From statistical mechanics:

$$C(\tau) = \langle \Psi_{\text{snk},2} | e^{-H\tau} | \Psi_{\text{src},2} \rangle$$
$$= \langle \Psi_{\text{snk},2} | [e^{-H}]^\tau | \Psi_{\text{src},2} \rangle$$

Now we know that the logarithms of the eigenvalues of the transfer matrix give us the 2 body spectrum!

In principle, we could diagonalize  $\mathcal{T}$ , and its eigenvalues would be the 2-body spectrum.

$$\langle pq | \mathcal{T} | p' q' \rangle = \frac{\delta_{pp'} \delta_{qq'} + \frac{g_0}{V} \delta_{p+q, p'+q'}}{\sqrt{\xi(p)\xi(q)\xi(q')\xi(p')}} \quad \text{Where}$$
$$\xi(p) \equiv 1 + \frac{\Delta(q)}{M}, \quad \Delta(q) \equiv -\frac{1}{2} \langle \mathbf{q} | \Delta_L^2 | \mathbf{q} \rangle$$

We can compare this result to the one discussed earlier using Lüscher methods to **tune the coupling,  $g_0$**



# **Effective Mass & Current Insertion Matrix Elements**

# Effective Mass



In general, the transfer matrix with  $N \geq 4$  **cannot be solved** because the dimension increases with particle number

This is why we form **N-point** correlation functions in the following way

$$C_N(\tau) = \frac{1}{Z} \int \mathcal{D}\phi \mathcal{D}\psi^\dagger \mathcal{D}\psi e^{-S[\psi^\dagger, \psi, \phi]} \Psi_{b_1 \dots b_N}^{(b)}(\tau) \Psi_{a_1 \dots a_N}^{\dagger(a)}(0) ,$$

where

$$\Psi_{a_1 \dots a_N}^{\dagger(a)}(\tau) = \int dx_1 \dots dx_N A^{(a)}(x_1 \dots x_N) \psi_{a_1}(x_1, \tau) \dots \psi_{a_N}(x_N, \tau)$$



# Effective Mass

In general, the transfer matrix with  $N \geq 4$  **cannot be solved** because the dimension increases with particle number

This is why we form **N-point** correlation functions in the following way

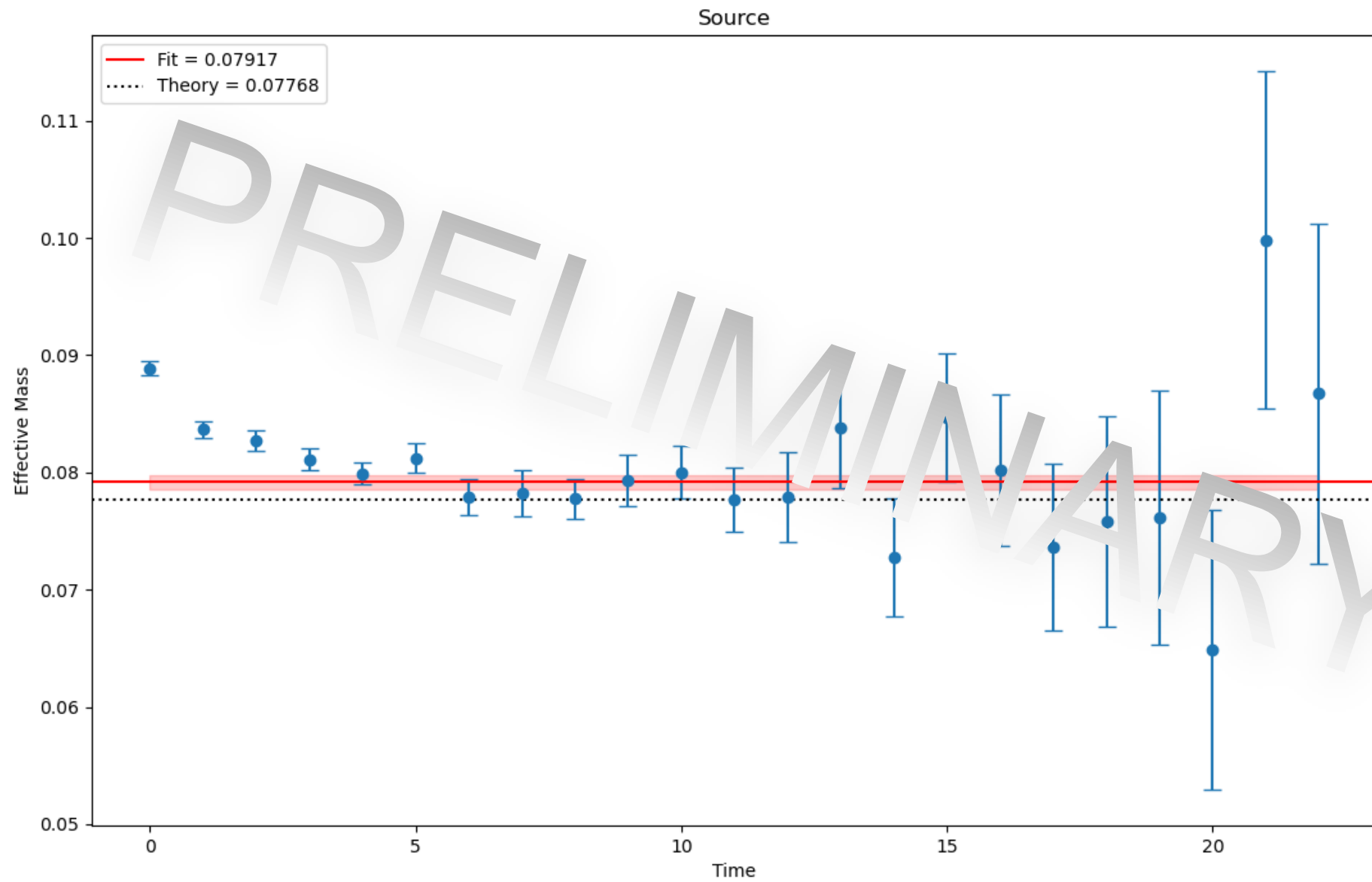
$$C_N(\tau) = \frac{1}{Z} \int \mathcal{D}\phi \mathcal{D}\psi^\dagger \mathcal{D}\psi e^{-S[\psi^\dagger, \psi, \phi]} \Psi_{b_1 \dots b_N}^{(b)}(\tau) \Psi_{a_1 \dots a_N}^{\dagger(a)}(0) ,$$

where

$$\Psi_{a_1 \dots a_N}^{\dagger(a)}(\tau) = \int dx_1 \dots dx_N A^{(a)}(x_1 \dots x_N) \psi_{a_1}(x_1, \tau) \dots \psi_{a_N}(x_N, \tau)$$

Using this correlation function, we can calculate the system's **Effective Mass**

$$M_{\text{eff}}(\tau) \equiv \ln \frac{C(\tau)}{C(\tau + 1)} \xrightarrow{\tau \rightarrow \infty} E_0$$





# Gravitational (Mechanical) Form Factors

- Related to the **Lorentz decomposition** of **EMT current matrix** elements
- GFFs can be related to **GPD** physics (through computing GPD moments)

$$J^q(t) = \frac{1}{2} \int_{-1}^1 dx x [H^q(x, \xi, t) + E^q(x, \xi, t)]$$

e.g. Proton form factors related to GPD moments  
(Girod, 2018)

$$M_2(t) + \frac{4}{5} d_1(t) \xi^2 = \frac{1}{2} \int_{-1}^1 dx x H^q(x, \xi, t)$$

- Following the methods discussed in Kostas Originos's lectures, we can extract matrix elements relevant to GFFs for the **unitary fermi gas** by taking **constrained ratios** of 3-pt and 2-pt functions!



# Future Work

# Future Work



- Change **wavefunction parameters** to make the effective mass plateau

# Future Work

---



- Change **wavefunction parameters** to make the effective mass plateau
- **Lorentz decompose** the EMT and interpret the meaning of the GFFs

# Future Work

---

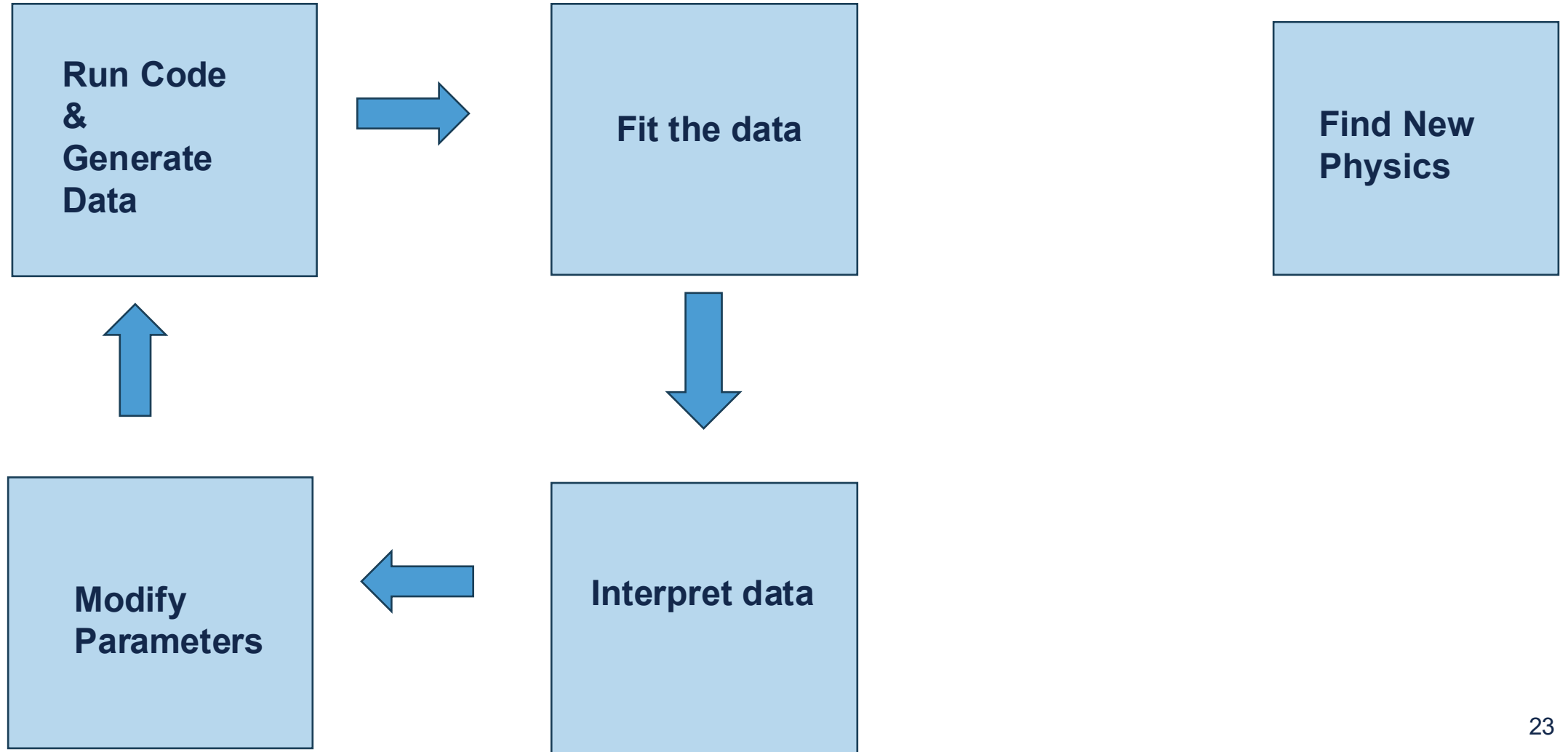


- Change **wavefunction parameters** to make the effective mass plateau
- **Lorentz decompose** the EMT and interpret the meaning of the GFFs
- Extract GFFs using the **ratio of 3pt and 2pt** functions

# Where are we at now?



# Where we are actually at





# Thank You! Questions?

[hpduffin@unc.edu](mailto:hpduffin@unc.edu)



# BONUS SLIDES

# Review: Field Theory

- Field theory concerns itself with calculating probability amplitudes for relativistic quantum systems
- The probability amplitude for a particle to propagate from one point ( $x$ ) to another point ( $y$ ) is called the **2-point function**.

$$G_{(2)}(x, y) = \langle 0 | T \{ \phi(x) \phi(y) \} | 0 \rangle$$

- In a free theory, the 2-point function is known as a **propagator**
- You can find propagators by direct integration, or by finding the Green function for the equations of motion.
- If we have an **Interacting theory** the calculation of 2-point functions becomes more complicated

$${}_H \langle 0 | T \{ \phi_H(x) \phi_H(y) \} | 0 \rangle_H = \frac{{}_I \langle 0 | T \{ \phi_I(x) \phi_I(y) e^{iS_{int}} \} | 0 \rangle_I}{{}_I \langle 0 | T \{ e^{iS_{int}} \} | 0 \rangle_I}$$

- Typically, we expand the exponential in the above expression and apply **Wick's Theorem** to relate the time ordered vacuum expectation values (later time to the left) to normal ordered expectation values (all creation operators are to the left of annihilation operators).
- This process gives us a diagrammatic expansion of the amplitude we are interested in
- This can be generalized for **n-point functions** as well

# Review: Path integrals

- Another way to calculate these amplitudes is to use the **path integral formulation** of QFT
- We define the generating free functional  $Z_0[J]$  as

$$\bullet \quad Z_0[J(x)] \equiv \langle 0|T\{e^{i \int d^4x J(x)\phi(x)}\}|0 \rangle \rightarrow N \int \mathcal{D}\phi e^{i \int d^4x \mathcal{L}_{free} + J(x)\phi(x)}$$

Such that

$$\frac{(-i)^2 \delta^2 Z[J]}{\delta J(z_1) \delta J(z_2)} \Big|_{J=0} = \langle 0|T\{\phi(z_1)\phi(z_2)\}|0 \rangle$$

If we are in an interacting theory, the generating functional is written as

$$Z[J] = N' \int \mathcal{D}\phi e^{i \int d^4x \mathcal{L}_{int}(\frac{(-i)\delta}{\delta J})} Z_0[J]$$

In analogy with statistical mechanics,  $Z$  is sometimes known as the **partition function**. We can expand the exponentials in powers of the coupling and take derivatives of  $Z$  w.r.t.  $J$  to get the interacting  $n$ -point functions in terms of free propagators.

# Review: Divergences

- When performing such calculations, either using Wick's theorem or path integrals, **divergences** arise in the calculation.
- We can **regulate** these divergences however we like to make the integrals finite.

e.g.  $\phi^4$  scalar theory

$$\int \frac{d^4 p}{(2\pi)^4} G_2(p) \rightarrow \infty$$

$$\int_0^\Lambda \frac{d^4 p}{(2\pi)^4} G_2(p) \propto \Lambda^2 + m^2 \log\left(\frac{m^2}{m^2 + \Lambda^2}\right) \qquad \int_0^\infty \frac{\mu^\epsilon d^{4-\epsilon} p}{(2\pi)^{4-\epsilon}} G_2(p) \propto (m^2)^{1-\frac{\epsilon}{2}} \pi \csc\left(\frac{\pi\epsilon}{2}\right)$$

Momentum (UV) cutoff regulator

\*Dimensional Regularization ( $d = 4 - \epsilon$ )

# When does perturbation theory fail?

- PT fails when the coupling is  $> 1$ .
- Terms higher order in the coupling become more important.
- e.g. Low energy QCD, high energy QED, various many body systems

## What non-perturbative techniques can we use?

- Functional RG
- Instantons
- Large N expansions
- **Lattice field theory**

# The Lattice

- The lattice turns derivatives into differences and integrals into sums.

$$\partial_{\hat{k}}^{(L)} f_j = \frac{1}{b_s} [f_{j+\hat{k}} - f_j] \quad \nabla_L^2 f_j = \sum_k \frac{1}{b_s^2} [f_{j+\hat{k}} + f_{j-\hat{k}} - 2f_j] \quad S_{\text{free}} = \sum_{\tau, \tau'} \frac{1}{b_\tau} \psi_{\tau'}^\dagger [K_0]_{\tau, \tau'} \psi_\tau$$

Nicholson 2016

- Finite Euclidian volume (L).
  - Quantizes the momentum
- Lattice simulations give the **n-point functions** by directly evaluating the path integral using monte-carlo sampling.

$$G_{c,2pt}(x, y) = \frac{\delta^2 \log(Z[J])}{\delta J(x) \delta J(y)} \Big|_{J=0}$$

# Problems on the Lattice

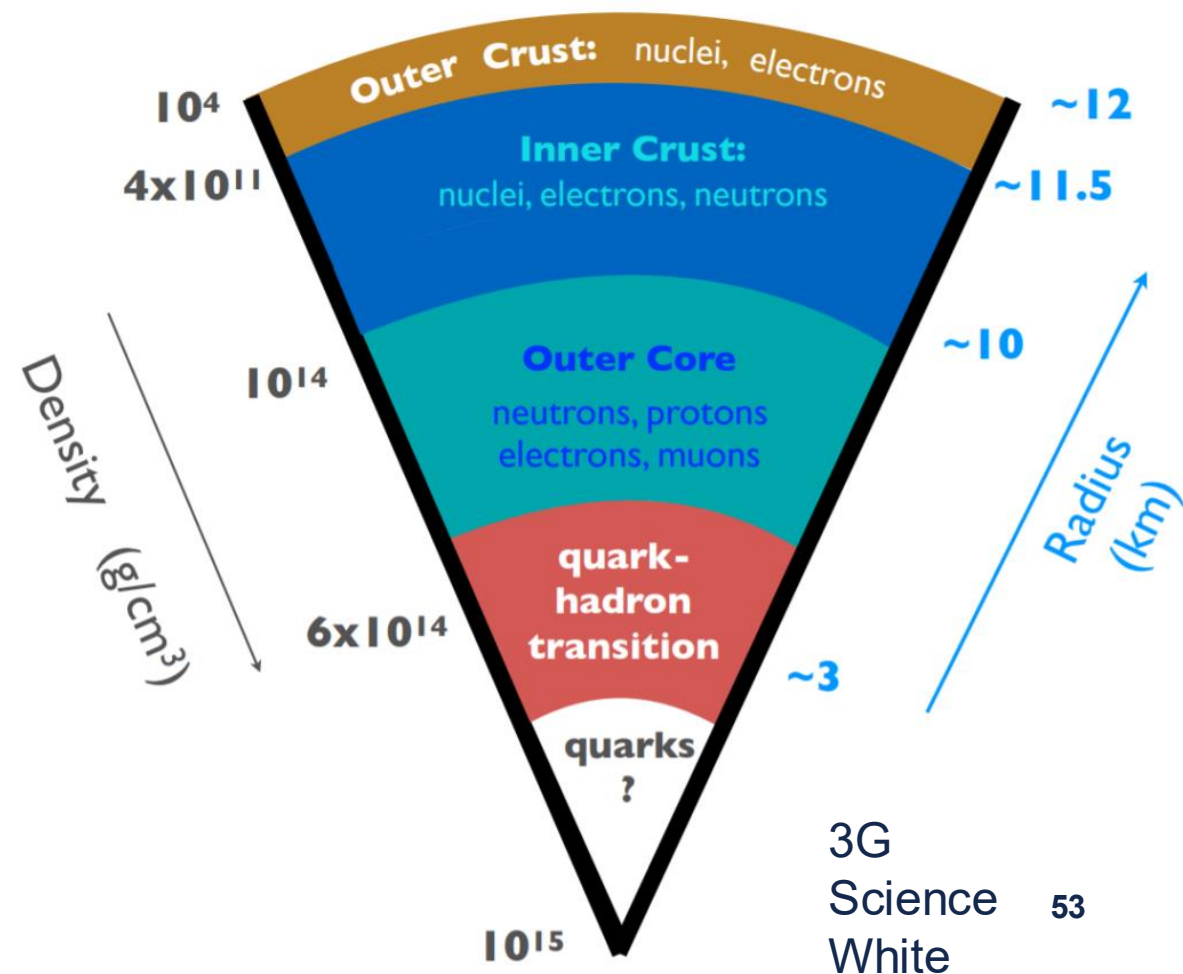
- Euclidian space
  - $\Rightarrow$  Only **time independent** quantities can be calculated on the lattice.
  - Integrals go from oscillating to exponentially decaying
- Signal to noise problem
- Sign problem
- Symmetries continuous  $\rightarrow$  discrete

# The Unitary Fermi Gas

- The system of interest is a gas of Fermions tuned to the **unitary limit**
- Applicable to systems with large numbers of fermions



ESA



# Pion-less EFT

- 
- Effective field theory involving two point-like nucleons interacting via contact interactions.

$$\mathcal{L}_{\text{eff}} = \psi^\dagger \left( i\partial_t + \frac{\nabla^2}{2M} \right) \psi + g_0 (\psi^\dagger \psi)^2 + \dots$$

- Higher order terms add derivatives of fields, and therefore, different couplings to different spin states. Thus, we ignore the spin of the nucleons.

$$Z = \int \mathcal{D}\psi^\dagger \mathcal{D}\psi e^{-\int d\tau d^3x [\mathcal{L}(\psi^\dagger, \psi)]}$$

- Z is the Euclidian path integral for this theory.

# Pion-less EFT: 2 body amplitude calculation (small $g_0$ )

- Scattering amplitude is a sum of bubble diagrams

$$A = \begin{array}{c} \diagup \quad \diagdown \\ \diagdown \quad \diagup \\ g_0 \end{array} + \begin{array}{c} \diagup \quad \diagdown \\ \diagdown \quad \diagup \\ \text{circle} \end{array} + \begin{array}{c} \diagup \quad \diagdown \\ \diagdown \quad \diagup \\ \text{two circles} \end{array} + \dots$$

- But, we know from the optical theorem that

$$\mathcal{A} = \frac{4\pi}{M} \frac{1}{p \cot \delta - ip}$$

- Therefore, we know that if the coupling is small

$$\frac{\sum C_{2n}(\mu) p^{2n}}{1 - I_0 \sum C_{2n}(\mu) p^{2n}} = \frac{4\pi}{M} \frac{1}{p \cot \delta - ip} \quad I_0 = \left(\frac{\mu}{2}\right)^{4-D} \int \frac{d^{D-1}\mathbf{q}}{(2\pi)^{D-1}} \frac{1}{E - \frac{|\mathbf{q}|^2}{M} + i\epsilon}$$

# Discretizing Pion-less EFT

We start by discretizing the pion-less EFT action in the following way

$$S = \frac{1}{b_t} \sum_{t,t'} \psi_{t'}^\dagger [K(\phi)]_{t't} \psi_t \quad K(\phi) \equiv \begin{pmatrix} D & -X(\phi_{T-1}) & 0 & 0 & \cdot & \cdot & \cdot \\ 0 & D & -X(\phi_{T-2}) & 0 & \cdot & \cdot & \cdot \\ \cdot & \cdot & \cdot & \cdot & \cdot & \cdot & \cdot \\ \cdot & \cdot & \cdot & \cdot & \cdot & \cdot & \cdot \\ \cdot & \cdot & \cdot & \cdot & \cdot & D & X(\phi_0) \\ X(\phi_T) & \cdot & \cdot & \cdot & \cdot & 0 & D \end{pmatrix} .$$

- K is a T x T block matrix, where each entry is an L<sup>3</sup> x L<sup>3</sup> matrix in itself
- D is a discretized kinetic operator  

$$D \equiv 1 - \frac{b_s \nabla_L^2}{2}$$
- X(φ<sub>t</sub>) is a rewriting of the Fermion interaction in terms of a **bosonic auxiliary field** that mediates the interaction

$$X(\phi_t) \equiv 1 - \sqrt{g_0} \phi_t$$

- We also choose φ<sub>0</sub> to only live on the **temporal links** to make our lives simpler

# Calculating the spectrum of the 2 body system

- The two body correlation function becomes  $C_2(\tau) = \frac{1}{Z} \int \mathcal{D}\phi \mathcal{D}\psi^\dagger \mathcal{D}\psi e^{-S[\psi^\dagger, \psi, \phi]} \Psi_{\text{src},2}^\dagger \Psi_{\text{snk},2}$
- We can integrate out the fermion fields to see

$$Z_\phi = \int \mathcal{D}\phi P[\phi] \quad P[\phi] \equiv \rho[\phi] \det K[\phi]$$

$$\begin{aligned} C_2(\tau) &= \frac{1}{Z_\phi} \int \mathcal{D}\phi P[\phi] \langle \Psi_{\text{snk},2} | K^{-1}(\tau, 0) \otimes K^{-1}(\tau, 0) | \Psi_{\text{src},2} \rangle \\ &= \frac{1}{4\tau} \sum_{\phi=\pm 1} \langle \Psi_{\text{snk},2} | D^{-1} \otimes D^{-1} X(\phi_\tau) \otimes X(\phi_\tau) D^{-1} \otimes D^{-1} X(\phi_{\tau-1}) \otimes X(\phi_{\tau-1}) \cdots | \Psi_{\text{src},2} \rangle \end{aligned}$$

- After a bunch of simplification  $\langle x_1 x'_1 | D^{-1} | x_2 x'_2 \rangle \equiv D_{x_1 x'_1}^{-1} D_{x_2 x'_2}^{-1}$ ,  $\langle x_1 x_2 | \mathcal{V} | x'_1 x'_2 \rangle \equiv g_0 \delta_{x_1 x'_1} \delta_{x_2 x'_2} \delta_{x_1 x_2}$

$$\begin{aligned} C_2(\tau) &= \langle \Psi_{\text{snk},2} | \mathcal{D}^{-1} (1 + \mathcal{V}) \mathcal{D}^{-1} (1 + \mathcal{V}) \cdots \mathcal{D}^{-1} (1 + \mathcal{V}) \mathcal{D}^{-1} | \Psi_{\text{src}} \rangle \\ &= \langle \Psi_{\text{snk}} | \mathcal{D}^{-1/2} \mathcal{T} \mathcal{D}^{-1/2} | \Psi_{\text{src},2} \rangle, \end{aligned} \quad \mathcal{T} \equiv \mathcal{D}^{-1/2} (1 + \mathcal{V}) \mathcal{D}^{-1/2}$$

**Transfer  
Matrix**

# Calculating the spectrum of the 2 body system

From statistical mechanics:

$$C(\tau) = \langle \Psi_{\text{snk},2} | e^{-H\tau} | \Psi_{\text{src},2} \rangle$$
$$= \langle \Psi_{\text{snk},2} | [e^{-H}]^\tau | \Psi_{\text{src},2} \rangle$$

Now we know that the logarithms of the eigenvalues of the transfer matrix give us the 2 body spectrum!

In principle, we could diagonalize  $\mathcal{T}$  and its eigenvalues would be the 2-body spectrum.

$$\langle pq | \mathcal{T} | p' q' \rangle = \frac{\delta_{pp'} \delta_{qq'} + \frac{g_0}{V} \delta_{p+q, p'+q'}}{\sqrt{\xi(p)\xi(q)\xi(q')\xi(p')}} \quad \text{Where}$$
$$\xi(p) \equiv 1 + \frac{\Delta(q)}{M}, \quad \Delta(q) \equiv -\frac{1}{2} \langle \mathbf{q} | \Delta_L^2 | \mathbf{q} \rangle$$

We can compare this result to the one discussed earlier using Lüscher methods to tune the coupling

# Effective Mass

In general, the transfer matrix with  $N \geq 4$  cannot be solved because the dimension increases with particle number

This is why we form N-point correlation functions

$$C_N(\tau) = \frac{1}{Z} \int \mathcal{D}\phi \mathcal{D}\psi^\dagger \mathcal{D}\psi e^{-S[\psi^\dagger, \psi, \phi]} \Psi_{b_1 \dots b_N}^{(b)}(\tau) \Psi_{a_1 \dots a_N}^{\dagger(a)}(0) ,$$

where

$$\Psi_{a_1 \dots a_N}^{\dagger(a)}(\tau) = \int dx_1 \dots dx_N A^{(a)}(x_1 \dots x_N) \psi_{a_1}(x_1, \tau) \dots \psi_{a_N}(x_N, \tau)$$

# Effective Mass

We can expand  $C_N(\tau)$

$$\begin{aligned} C_N(\tau) &= \frac{1}{Z} \langle \tilde{\Psi}_{a_1 \dots a_N}^{(a)} | e^{-H\tau} | \tilde{\Psi}_{b_1 \dots b_N}^{(b)} \rangle = \frac{1}{Z} \sum_{m,n} \langle \tilde{\Psi}_{a_1 \dots a_N}^{(a)} | m \rangle \langle m | e^{-H\tau} | n \rangle \langle n | \tilde{\Psi}_{b_1 \dots b_N}^{(b)} \rangle \\ &= \sum_m Z_m^{(a)} Z_m^{*(b)} e^{-E_m \tau} , \end{aligned}$$

$Z_m^{(a)}$  is the overlap of the wavefunction a with the eigenstate m

In the zero-temperature limit (large Euclidian time) we expect

$$C_N(\tau) \xrightarrow{\tau \rightarrow \infty} Z_0^{(a)} Z_0^{*(b)} e^{-E_0 \tau}$$

# Effective Mass

$$C_N(\tau) \xrightarrow{\tau \rightarrow \infty} Z_0^{(a)} Z_0^{*(b)} e^{-E_0 \tau}$$

We can expect excited states to be exponentially suppressed by  $e^{-\Delta E \tau}$

A common way to extract the ground state is to construct the so called “**effective mass function**” and let Euclidian time approach infinity

$$M_{\text{eff}}(\tau) \equiv \ln \frac{C(\tau)}{C(\tau + 1)} \xrightarrow{\tau \rightarrow \infty} E_0$$

# Approach to calculating GFF's on the lattice

# Gravitational Form Factors (GFFs)

- A form factors are functions that describe the shape, size, and distributions of various different types of charges
- They can be calculated from scattering cross sections (observed experimentally)
- Related to the decomposition of current matrix elements
- GFFs can be related to GPD physics (through GPD moments)
- The gravitational form factors (GFFs) describe the angular momentum, mass, and force distributions in your system

$$J^q(t) = \frac{1}{2} \int_{-1}^1 dx x [H^q(x, \xi, t) + E^q(x, \xi, t)]$$

$$M_2(t) + \frac{4}{5} d_1(t) \xi^2 = \frac{1}{2} \int_{-1}^1 dx x H^q(x, \xi, t)$$

e.g. Proton form factors  
related to GPD  
moments  
(Girod, 2018)

# Current Insertion

Proton GFF matrix  
element  
decomposition

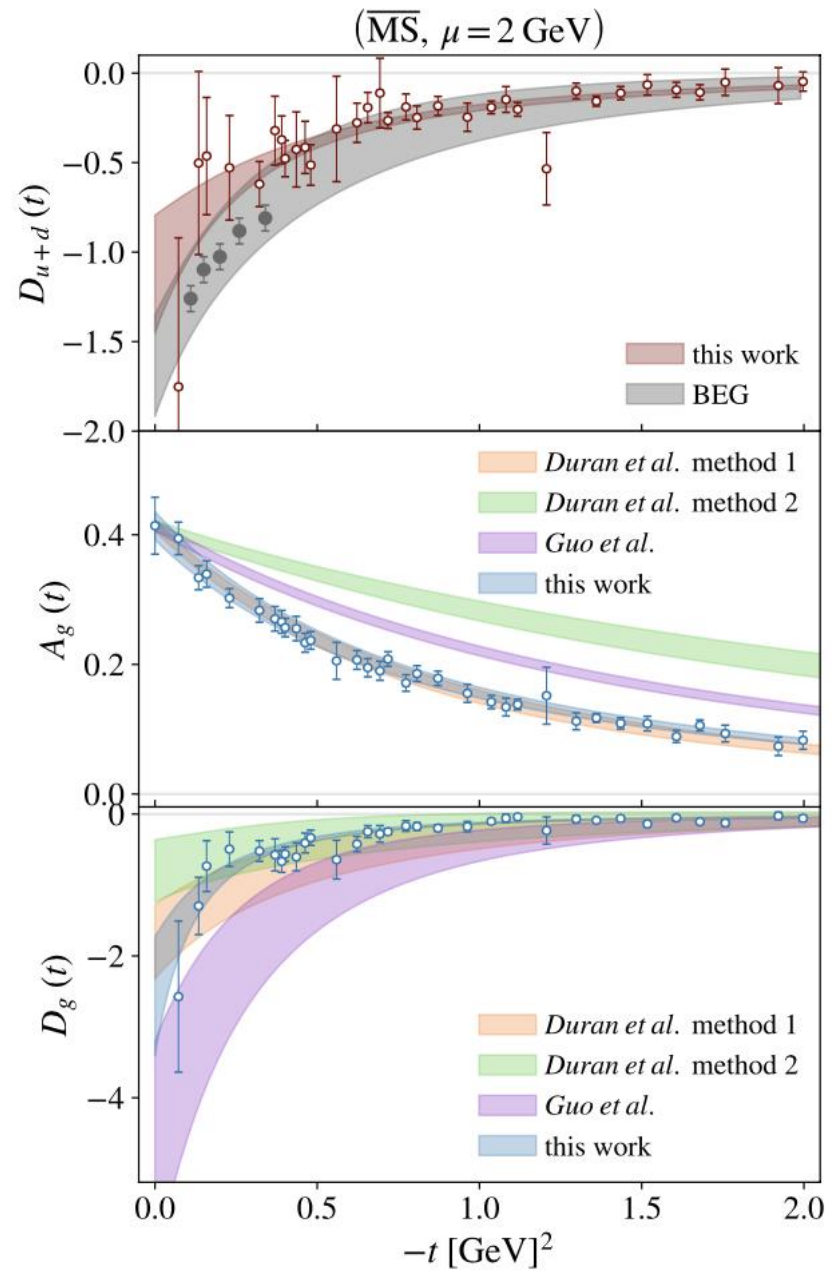
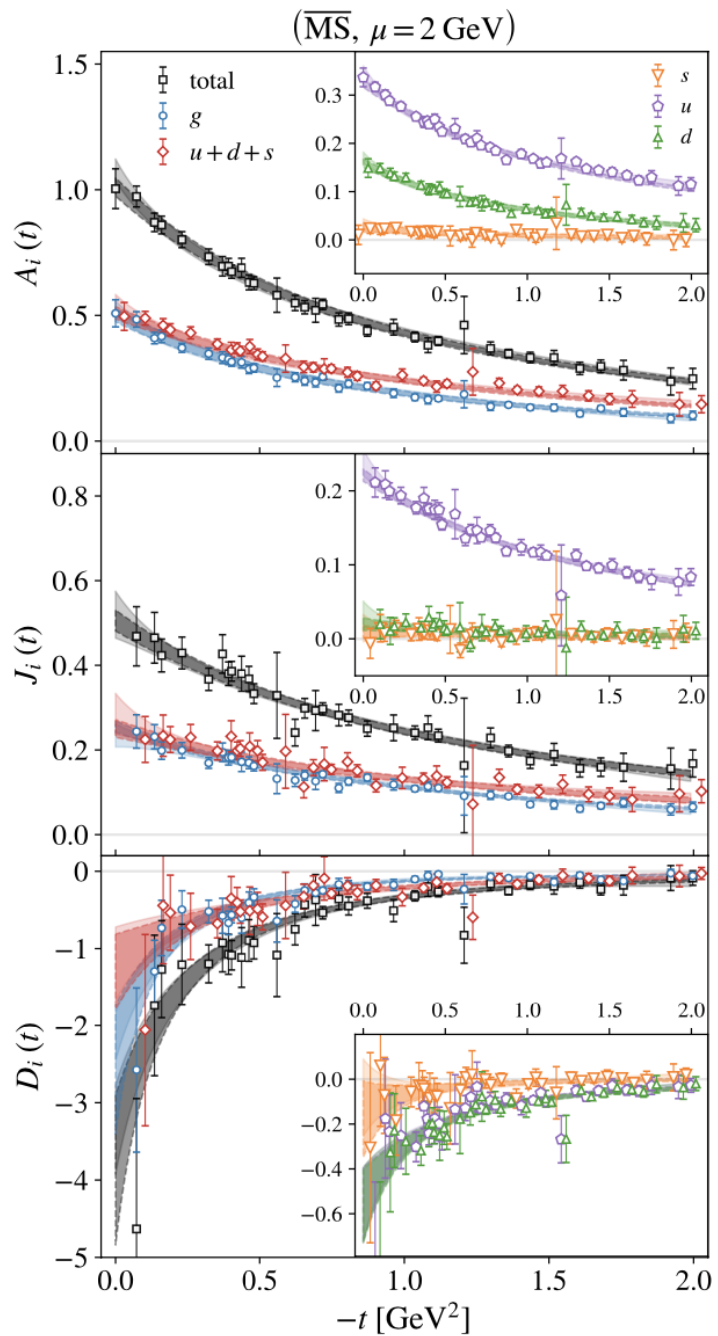
$$\langle N(\mathbf{p}', s') | \hat{T}^{\mu\nu} | N(\mathbf{p}, s) \rangle = \frac{1}{m} \bar{u}(\mathbf{p}', s') \left[ P^\mu P^\nu A(t) + i P^{\{\mu} \sigma^{\nu\} \rho} \Delta_\rho J(t) + \frac{1}{4} (\Delta^\mu \Delta^\nu - g^{\mu\nu} \Delta^2) D(t) \right] u(\mathbf{p}, s),$$

$$\hat{T}_g^{\mu\nu} = 2 \text{Tr} \left[ -F^{\mu\alpha} F^\nu{}_\alpha + \frac{1}{4} g^{\mu\nu} F^{\alpha\beta} F_{\alpha\beta} \right]$$

$$\hat{T}_q^{\mu\nu} = \sum_f \left[ i \bar{\psi}_f D^{\{\mu} \gamma^{\nu\}} \psi_f \right],$$

Hackett, Pefkou, Shanahan 2024

Following the methods discussed in this paper, we can extract GFFs for the **unitary fermi gas** by taking **constrained ratios** of 3-pt and 2-pt functions!



Hackett, Pefkou, Shanahan 2024

# How is this done for the proton?

We define the momentum projected proton 2-pt correlation function

$$C_{ss'}^{2\text{pt}}(\mathbf{p}, t_s; \mathbf{x}_0, t_0) = \sum_{\mathbf{x}} e^{-i\mathbf{p}\cdot(\mathbf{x}-\mathbf{x}_0)} \text{tr} [\Gamma_{s's} \langle \chi(\mathbf{x}, t_s + t_0) \bar{\chi}(\mathbf{x}_0, t_0) \rangle]$$

Where

$$\chi(x) = \epsilon^{abc} [\psi_u^{T,b}(x) C \gamma_5 \psi_d^c(x)] \psi_u^a(x)$$

Is fit to the usual

$$C^{2\text{pt}}(\mathbf{p}, t_s) \sim \sum_{n=0} |Z_{\mathbf{p}}^n|^2 e^{-E_{\mathbf{p}}^n t_s}$$

# How is this done for the proton?

- Next, we write the Euclidian EMT contributions as

$$\hat{T}_{f,\mu\nu}(x) = \bar{\psi}_f(x) \overleftrightarrow{D}_{\{\mu\gamma\nu\}} \psi_f(x),$$

$$\hat{T}_{g,\mu\nu}(x) = 2 \text{Tr} \left[ F_{\mu\rho}(x) F_{\nu\rho}(x) - \frac{1}{4} \delta_{\mu\nu} F_{\alpha\beta}(x) F_{\alpha\beta}(x) \right]$$

- The elements of which transform like two different irreps of the hypercubic group that can be mapped back to Minkowski space
- We can then write the 3-pt function used to extract the matrix elements as

$$C_{i\mathcal{R}lss'}^{3\text{pt}}(\mathbf{p}', t_s; \mathbf{\Delta}, \tau; \mathbf{x}_0, t_0) = \sum_{\mathbf{x}, \mathbf{y}} e^{-i\mathbf{p}' \cdot (\mathbf{x} - \mathbf{x}_0)} e^{i\mathbf{\Delta} \cdot (\mathbf{y} - \mathbf{x}_0)} \text{tr} \left[ \langle \Gamma_{s's} \chi(\mathbf{x}, t_s + t_0) \hat{T}_{i\mathcal{R}l} \bar{\chi}(\mathbf{x}_0, t_0) \rangle \right]$$

# How is this done for the proton?

In the long time limit

$$C_{i\mathcal{R}lss'}^{3\text{pt}}(\mathbf{p}', t_s; \mathbf{\Delta}, \tau; \mathbf{x}_0, t_0) \xrightarrow[(t_s - t_0) \rightarrow \infty]{(t_s - \tau) \rightarrow \infty} Z_{\mathbf{p}}^* Z_{\mathbf{p}'} \frac{e^{-E_{\mathbf{p}'}(t_s - t_0)} e^{-(E_{\mathbf{p}} - E_{\mathbf{p}'}) (\tau - t_0)}}{4E_{\mathbf{p}'} E_{\mathbf{p}}} \langle N(\mathbf{p}', s') | \hat{T}_{i\mathcal{R}l} | N(\mathbf{p}, s) \rangle$$

To cancel out the overlap factors, we form the ratio

$$R_{i\mathcal{R}lss'}(\mathbf{p}', t_s; \mathbf{\Delta}, \tau) = \frac{C_{i\mathcal{R}lss'}^{3\text{pt}}(\mathbf{p}', t_s; \mathbf{\Delta}, \tau)}{C_{s's'}^{2\text{pt}}(\mathbf{p}', t_s)} \sqrt{\frac{C_{ss}^{2\text{pt}}(\mathbf{p}, t_s - \tau) C_{s's'}^{2\text{pt}}(\mathbf{p}', t_s) C_{s's'}^{2\text{pt}}(\mathbf{p}', \tau)}{C_{s's'}^{2\text{pt}}(\mathbf{p}', t_s - \tau) C_{ss}^{2\text{pt}}(\mathbf{p}, t_s) C_{ss}^{2\text{pt}}(\mathbf{p}, \tau)}} \\ \xrightarrow[t_s \rightarrow \infty]{(t_s - \tau) \rightarrow \infty} \frac{\text{tr} \left[ \Gamma_{s's}(\not{p}' + m) \langle N(\mathbf{p}', s') | \hat{T}_{i\mathcal{R}l} | N(\mathbf{p}, s) \rangle (\not{p} + m) \right]}{4\sqrt{E_{\mathbf{p}} E_{\mathbf{p}'}} (E_{\mathbf{p}} + m)(E_{\mathbf{p}'} + m)}.$$

Which is a linear combination of the form factors with kinematically known coefficients. (don't ask me how, this feels like magic to me).



The University  
of North Carolina  
at Chapel Hill