

Nucleon Polarizabilities

Nikos Sparveris

2024 JLUO Annual Meeting

June 2024

Outline

Introduction to the VCS and GPs

Status

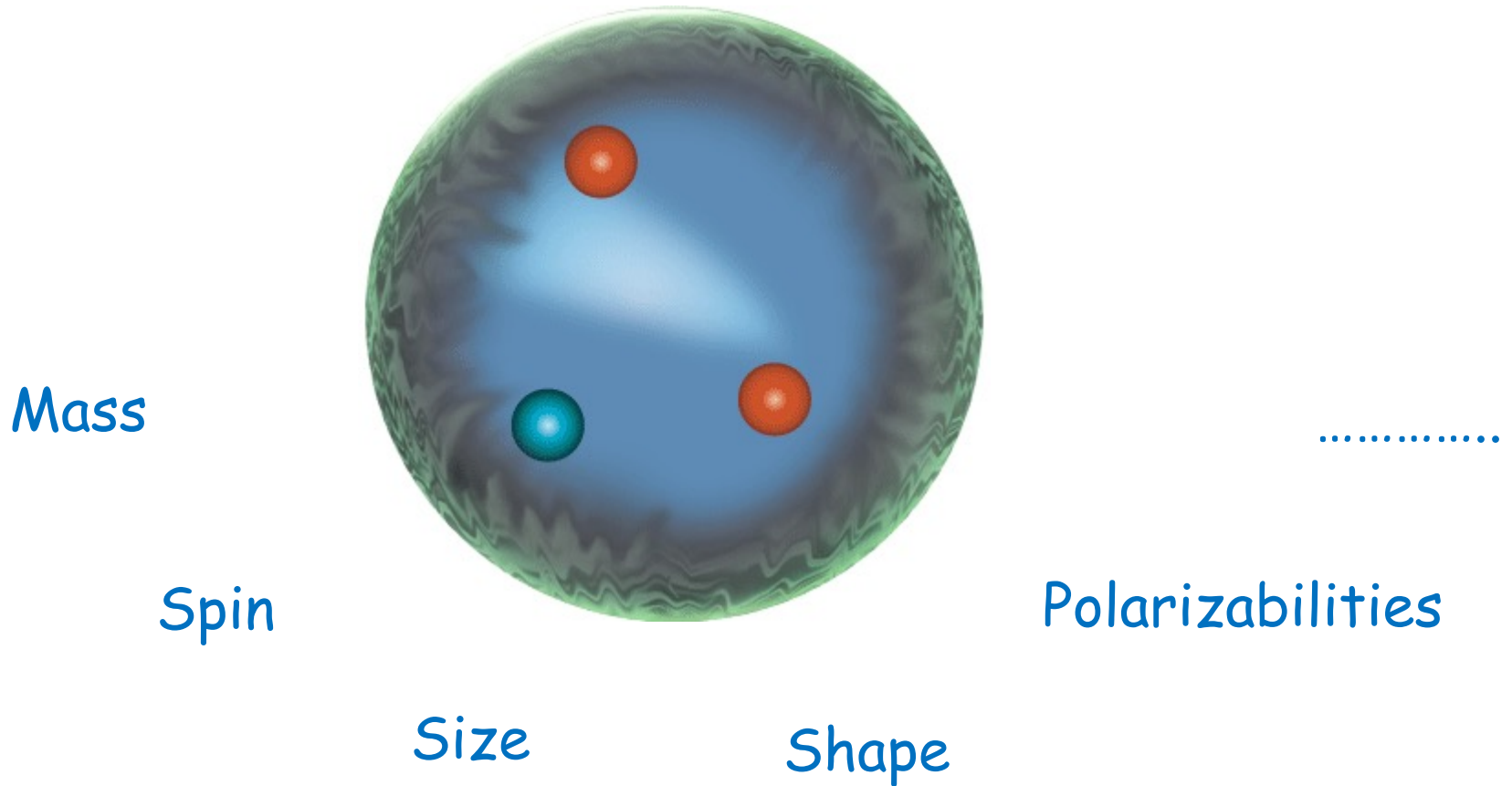
Results from recent experiments / Jlab & MAMI

Spatial information & polarizability radii

Prospects

Our mission: Explain how the proton emerges from the dynamics of the quark & gluon constituents

How to accomplish: Measure precisely and understand the emergence of the fundamental properties of the proton's bound state



Proton Polarizabilities

Fundamental structure constants
(such as mass, size, shape, ...)

Response of the nucleon to external EM field

Sensitive to the full excitation spectrum

Accessed experimentally through Compton Scattering

RCS: static polarizabilities → net effect on the nucleon

Virtual Compton Scattering:

Virtuality of photon gives access to the GPs : $\alpha_E(Q^2)$ & $\beta_M(Q^2)$ + spin GPs

- spatial distribution of the polarization densities
- electric & magnetic polarizability radii

Fourier transform of densities of electric charges and magnetization of a nucleon deformed by an applied EM field

PDG

150 Baryon Summary Table

<p>N BARYONS ($S = 0, I = 1/2$) $p, N^+ = uud; n, N^0 = udd$</p>

p	<p>$I(J^P) = \frac{1}{2}(\frac{1}{2}^+)$</p> <p>Mass $m = 1.00727646681 \pm 0.00000000009$ u</p> <p>Mass $m = 938.272046 \pm 0.000021$ MeV [a]</p> <p>$m_p - m_{\bar{p}} /m_p < 7 \times 10^{-10}$, CL = 90% [b]</p> <p>$\frac{q_p}{m_p} /(\frac{q_e}{m_e}) = 0.99999999991 \pm 0.00000000009$</p> <p>$q_p + q_{\bar{p}} /e < 7 \times 10^{-10}$, CL = 90% [b]</p> <p>$q_p + q_e /e < 1 \times 10^{-21}$ [c]</p> <p>Magnetic moment $\mu = 2.792847356 \pm 0.000000023 \mu_N$</p> <p>$(\mu_p + \mu_{\bar{p}}) / \mu_p = (0 \pm 5) \times 10^{-6}$</p> <p>Electric dipole moment $d < 0.54 \times 10^{-23}$ e cm</p> <p>Electric polarizability $\alpha = (11.2 \pm 0.4) \times 10^{-4} \text{ fm}^3$</p> <p>Magnetic polarizability $\beta = (2.5 \pm 0.4) \times 10^{-4} \text{ fm}^3$ (S = 1.2)</p> <p>Charge radius, μp Lamb shift = 0.84087 ± 0.00039 fm [d]</p> <p>Charge radius, $e p$ CODATA value = 0.8775 ± 0.0051 fm [d]</p> <p>Magnetic radius = 0.777 ± 0.016 fm</p> <p>Mean life $\tau > 2.1 \times 10^{29}$ years, CL = 90% [e] ($p \rightarrow$ invisible mode)</p> <p>Mean life $\tau > 10^{31}$ to 10^{33} years [e] (mode dependent)</p>
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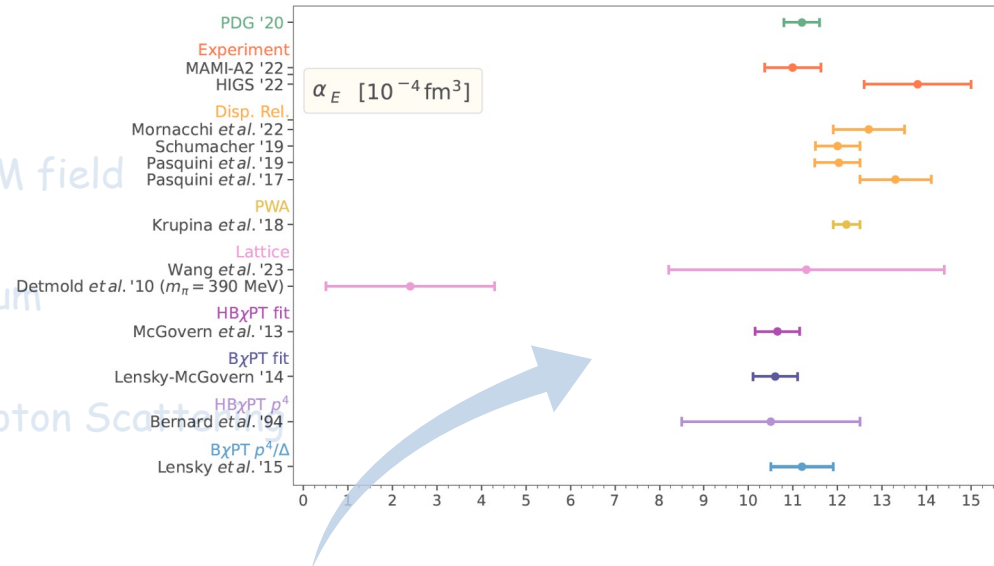
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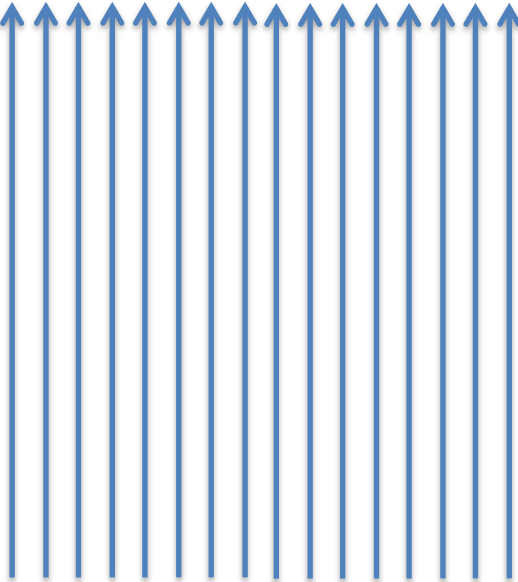
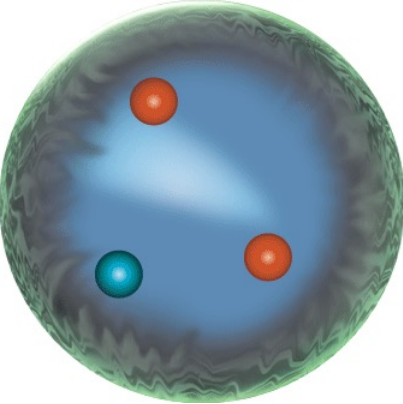
- \rightarrow spatial distribution of the polarization densities
- \rightarrow electric & magnetic polarizability radii

Fourier transform of densities of electric charges and magnetization of a nucleon deformed by an applied EM field

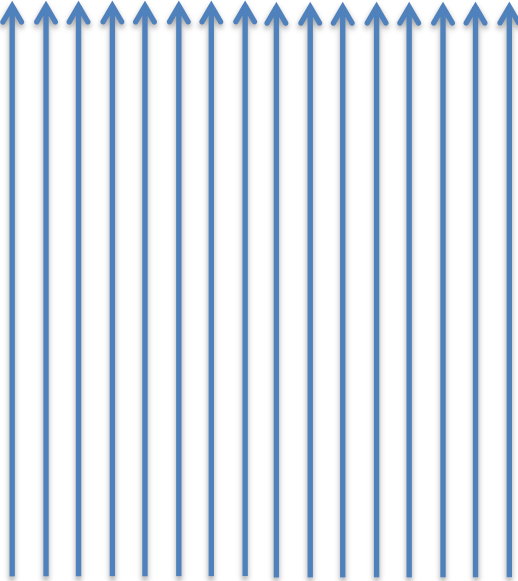
Scalar Polarizabilities

Response of internal structure to an applied EM field

Interaction of the EM field with the internal structure of the nucleon



\vec{E}

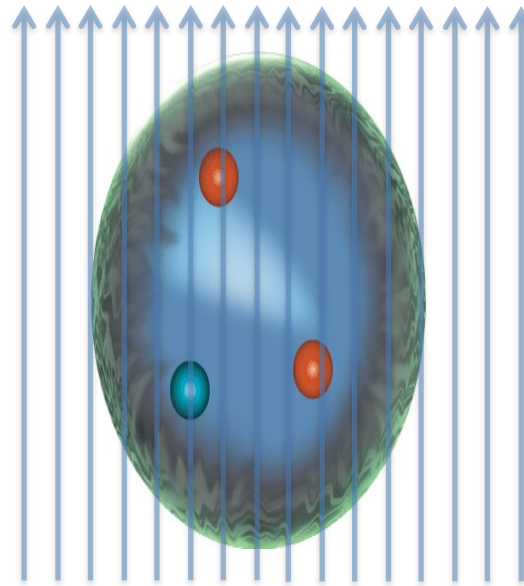
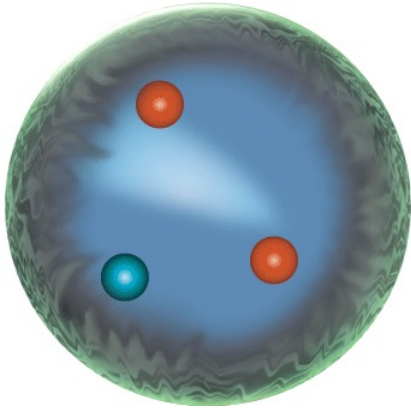


\vec{B}

Scalar Polarizabilities

Response of internal structure to an applied EM field

Interaction of the EM field with the internal structure of the nucleon

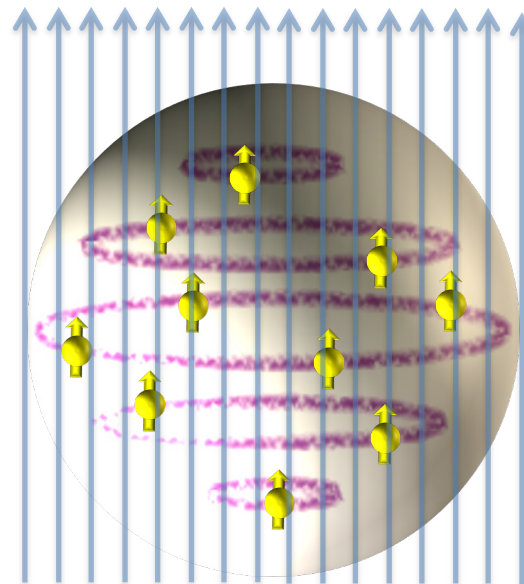


\vec{E}

“stretchability”

$$\vec{d}_{E \text{ induced}} \sim \alpha \vec{E}$$

External field deforms the charge distribution



\vec{B}

“alignability”

$$\vec{d}_{M \text{ induced}} \sim \beta \vec{B}$$

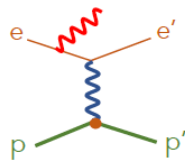
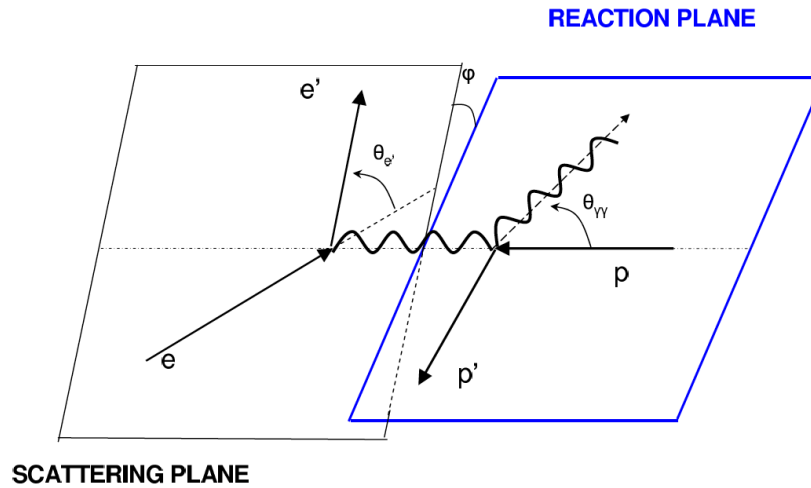
$$\beta_{\text{para}} > 0$$

$$\beta_{\text{diam}} < 0$$

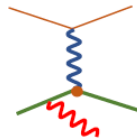
Paramagnetic: proton spin aligns with the external magnetic field

Diamagnetic: π -cloud induction produces field counter to the external perturbation

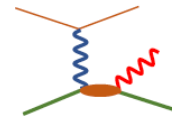
Virtual Compton Scattering



Bethe-Heitler



Born VCS



non-Born VCS

Elastic FFs

GPs

Virtual Compton Scattering

DR

valid below & above
Pion threshold

Dispersive integrals
for Non Born amplitudes

Spin GPs are fixed

Scalar GPs have
an unconstrained part

Fit to the experimental
cross sections at each Q^2

LEX

valid only below
Pion threshold

Response functions

$$d^5\sigma = d^5\sigma^{BH+Born} + q'_{cm} \cdot \phi \cdot \Psi_0 + \mathcal{O}(q'^2_{cm})$$

$$\Psi_0 = v_1 \cdot \left(P_{LL} - \frac{1}{\epsilon} P_{TT} \right) + v_2 \cdot P_{LT}$$

Subtract the spin part

$$P_{TT} = [P_{TT} \text{ spin}]$$

$$P_{LT} = -\frac{2M}{\alpha_{em}} \sqrt{\frac{q'^2_{cm}}{Q^2}} \cdot G_E^p(Q^2) \cdot \beta_M(Q^2) + [P_{LT} \text{ spin}]$$

utilize DR

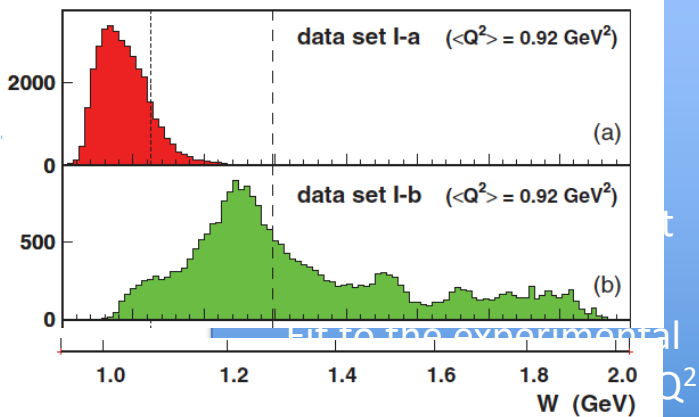
scalar GPs α_E and β_M

Virtual Compton Scattering

DR

valid below & above
Pion threshold

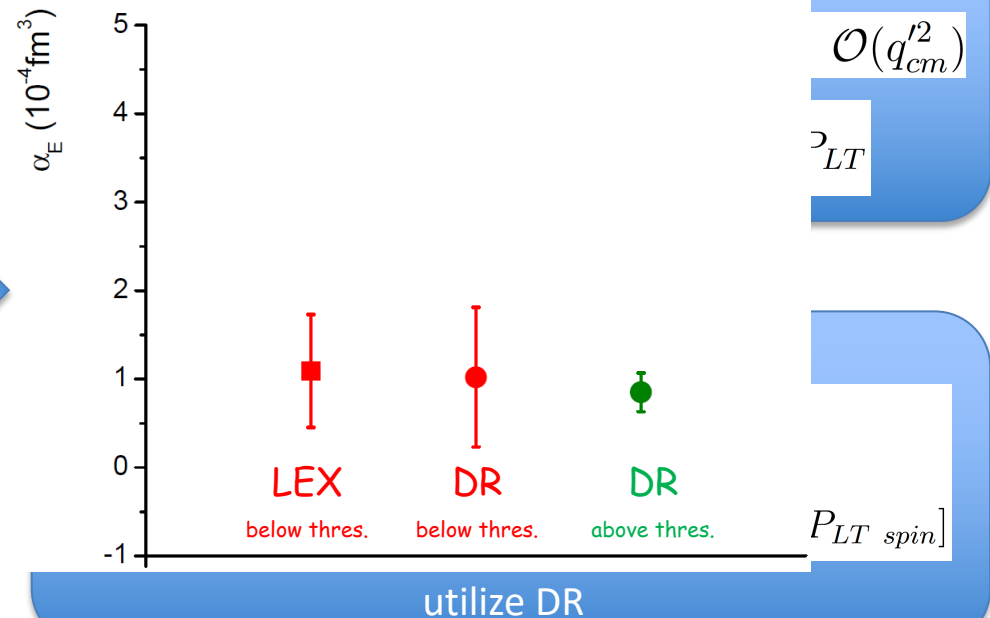
Dispersive integrals
for Non Born amplitudes



LEX

valid only below
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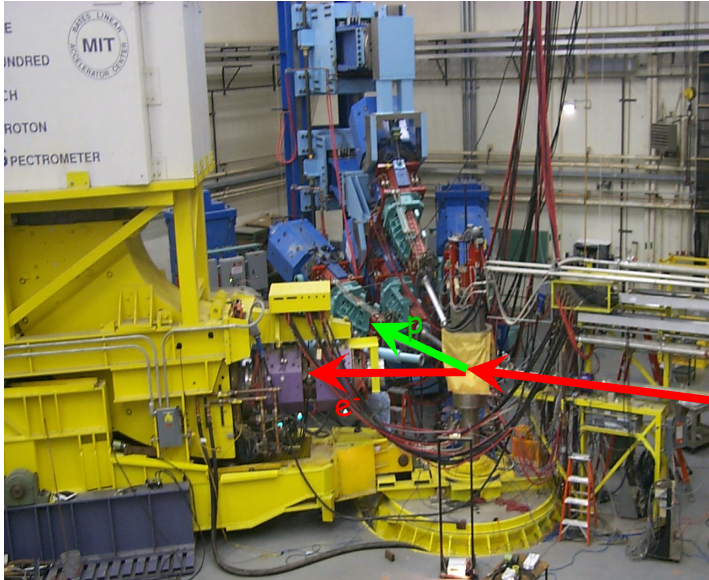
Response functions



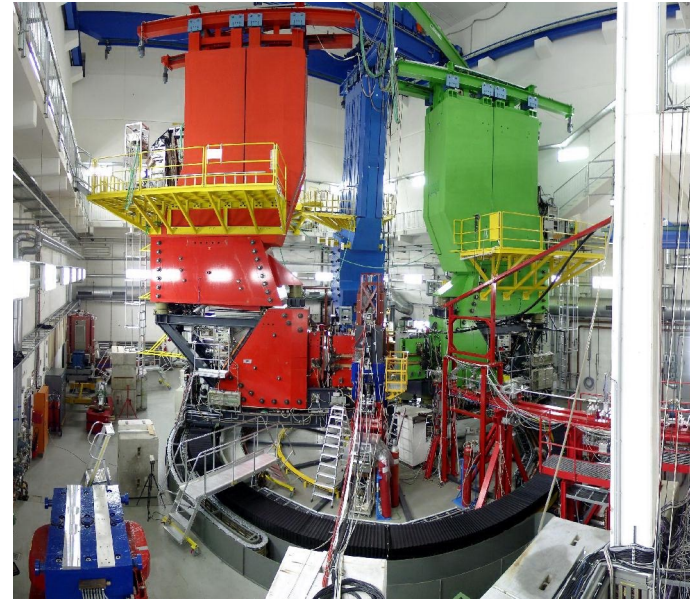
scalar GPs α_E and β_M

Early Experiments

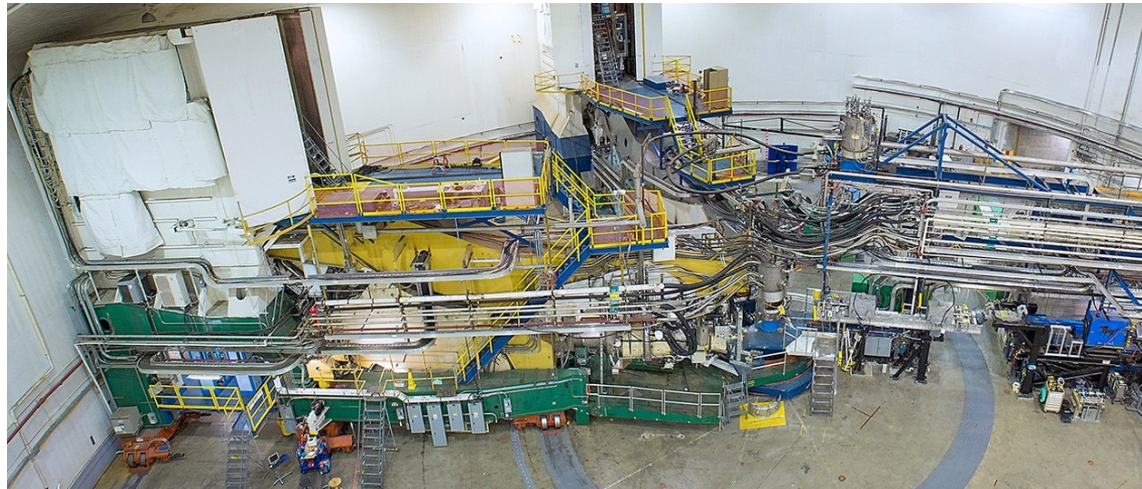
MIT-Bates @ $Q^2=0.06 \text{ GeV}^2$



MAMI-A1 @ $Q^2=0.33 \text{ GeV}^2$



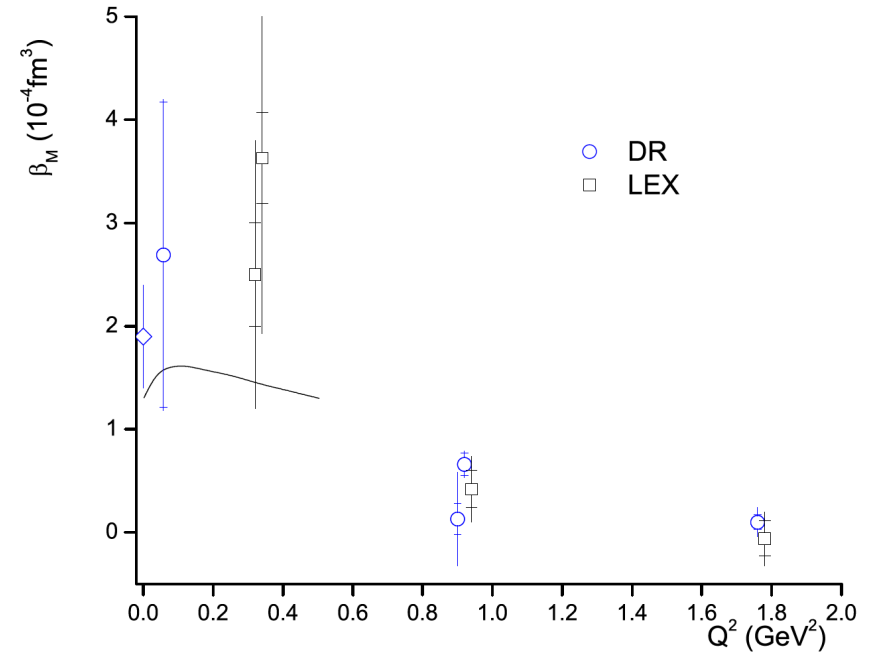
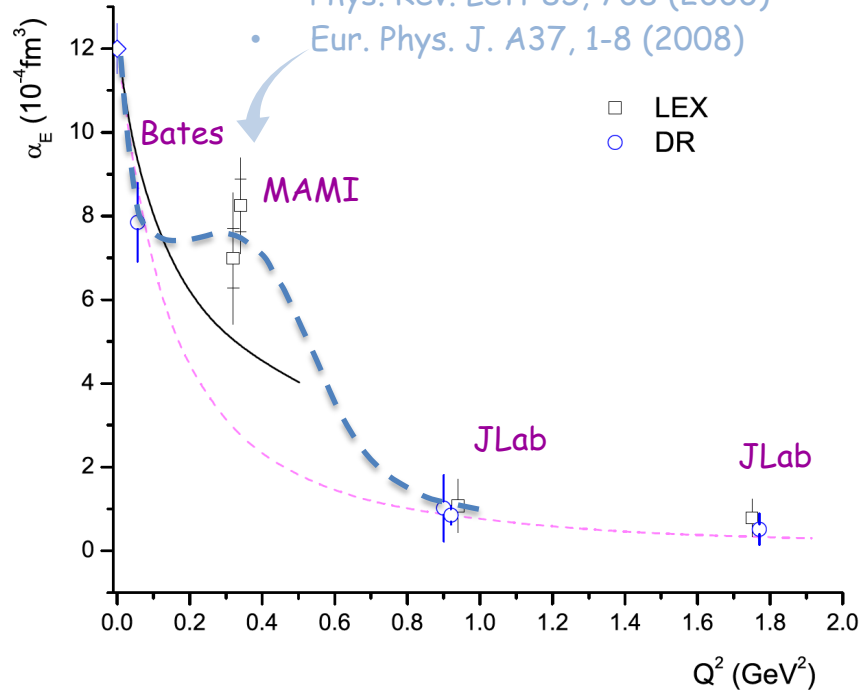
Jlab-Hall A @ $Q^2=0.9 \text{ \& } 1.8 \text{ GeV}^2$



Early Experiments

$Q^2 = 0.33 \text{ (GeV/c)}^2$ measured twice at MAMI:

- Phys. Rev. Lett 85, 708 (2000)
- Eur. Phys. J. A37, 1-8 (2008)



$\alpha_E \approx 10^{-3} V_N$ (stiffness / relativistic character)

Data: non-trivial Q^2 dependence of α_E (?)

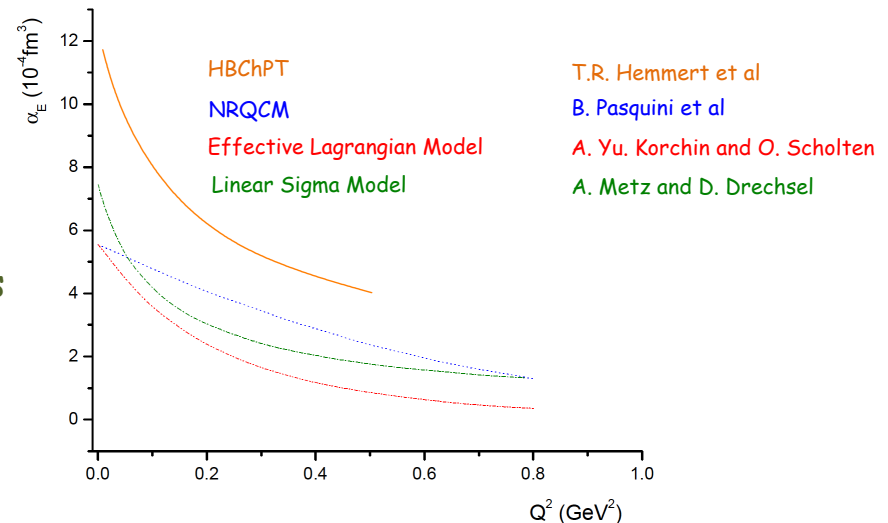
Theory: monotonic fall-off

β_M small \leftrightarrow cancellation of competing mechanisms

Large uncertainties

Higher precision measurements needed

\rightarrow Quantify balance between dia/para-magnetism



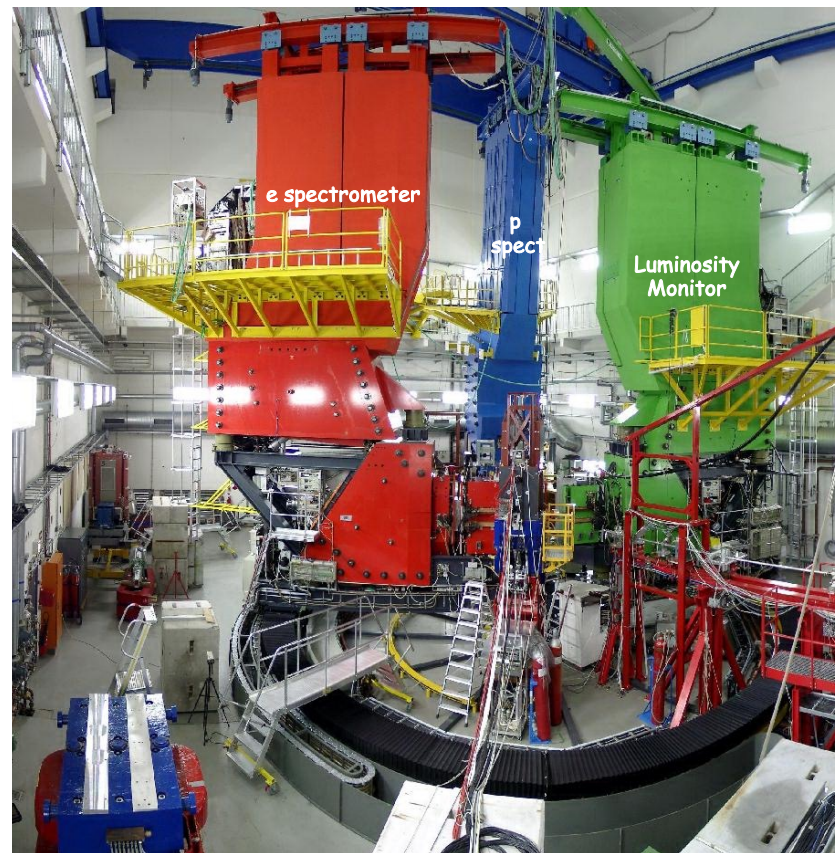
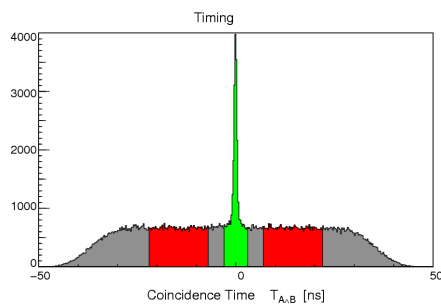
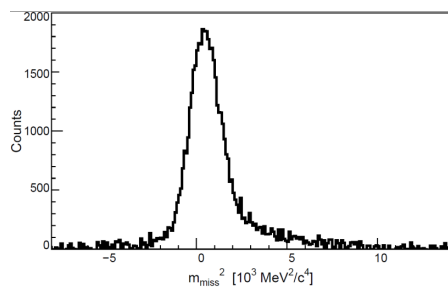
Recent Experiments

Recent Measurements: MAMI

MAMI A1/1-09 (vcsq2) below threshold

MAMI A1/3-12 (vcsdelta) above threshold

Both experiments utilized the A1 setup at MAMI



A1/1-09 @ MAMI

Several improvements were implemented compared to the early MAMI experiments.

e.g. for LEX the higher order terms have to be kept small / under control

$$d^5\sigma = d^5\sigma^{BH+Born} + q'_{cm} \cdot \phi \cdot \Psi_0 + \mathcal{O}(q'^2_{cm})$$

Refined analysis procedure / phase space masking to keep these terms smaller than $\sim 2\%$ - 3% level

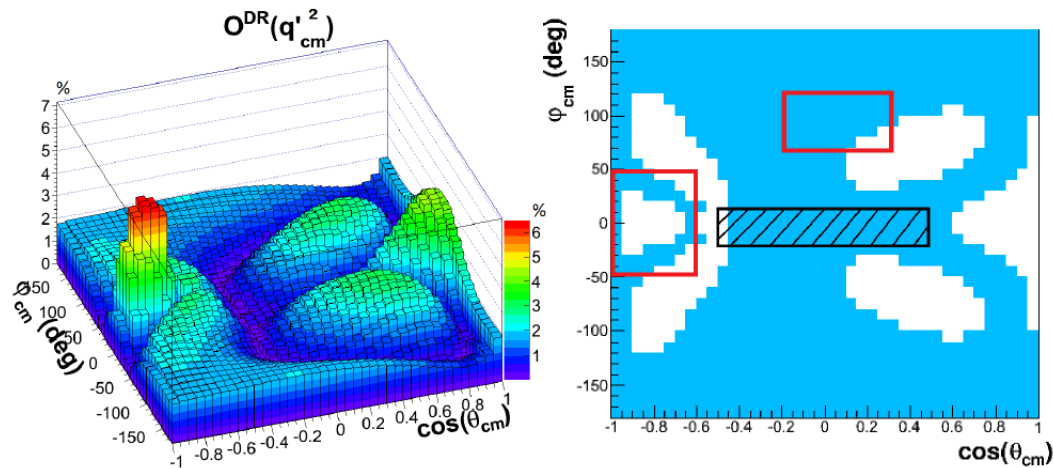
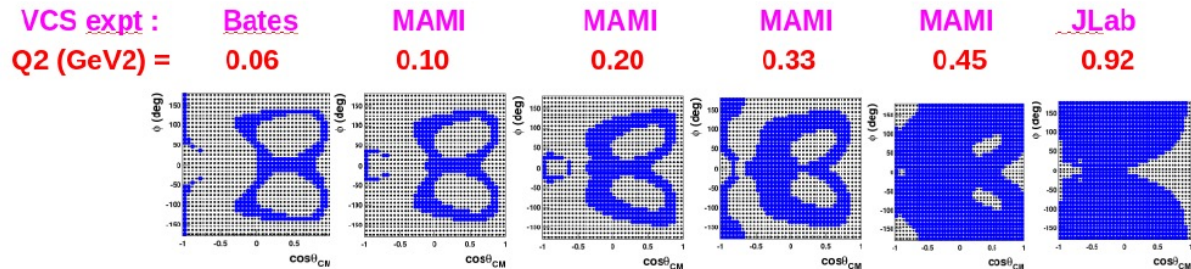
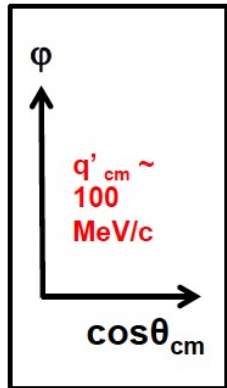


Figure 3.13: (Left) behavior of $\mathcal{O}^{DR}(q'^2_{cm})$ in the $(\cos(\theta_{cm}), \varphi_{cm})$ -plane at $q'_{cm} = 87.5 \text{ MeV}/c$ and (right) two-dimensional representation of the angular region where $\mathcal{O}^{DR}(q'^2_{cm}) < 2\%$ (blue), the red squares correspond to the two areas of interest to perform the GP extraction.

Blue bins = where the higher-order estimator is $< 3\%$
(LEX truncation « valid »)

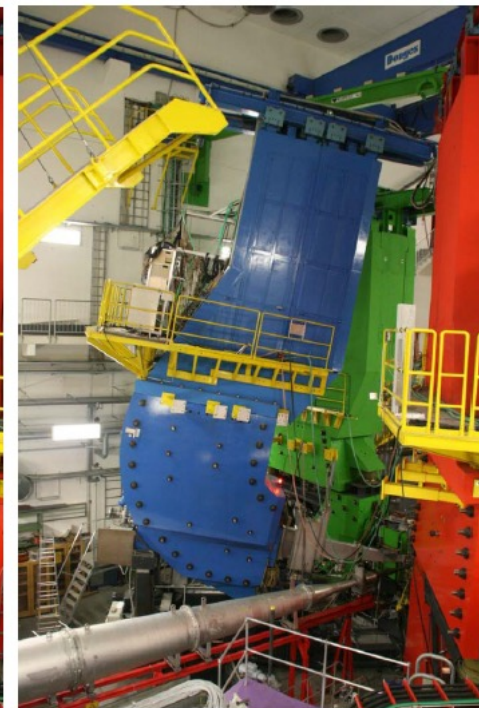


New « vcsq2 » data:

- OOP kinematics (to access the blue region)
- LEX Fit done with bin selection at $Q^2 = 0.1$ and 0.2 GeV^2 .
- was found not necessary at $Q^2 = 0.45 \text{ GeV}^2$.



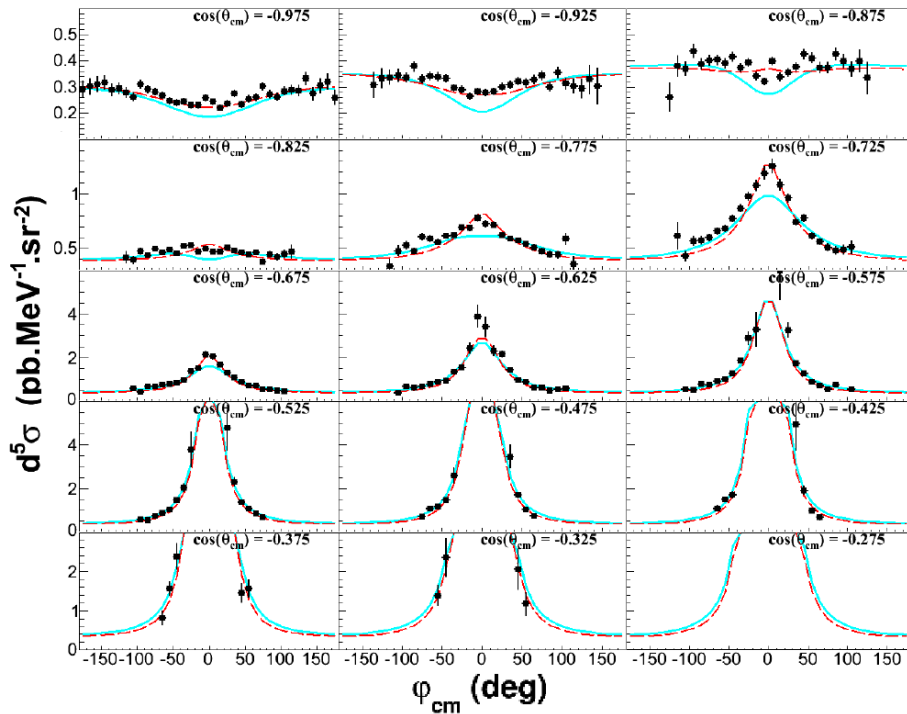
In-plane



8.5 deg OOP

~ 1.0 GeV beam

$Q^2 = 0.1 (GeV/c)^2, 0.2 (GeV/c)^2, \text{ and } 0.45 (GeV/c)^2$



BH+B ---
Polarizability effect ---

GP effect typically 5% - 15% of the cross section

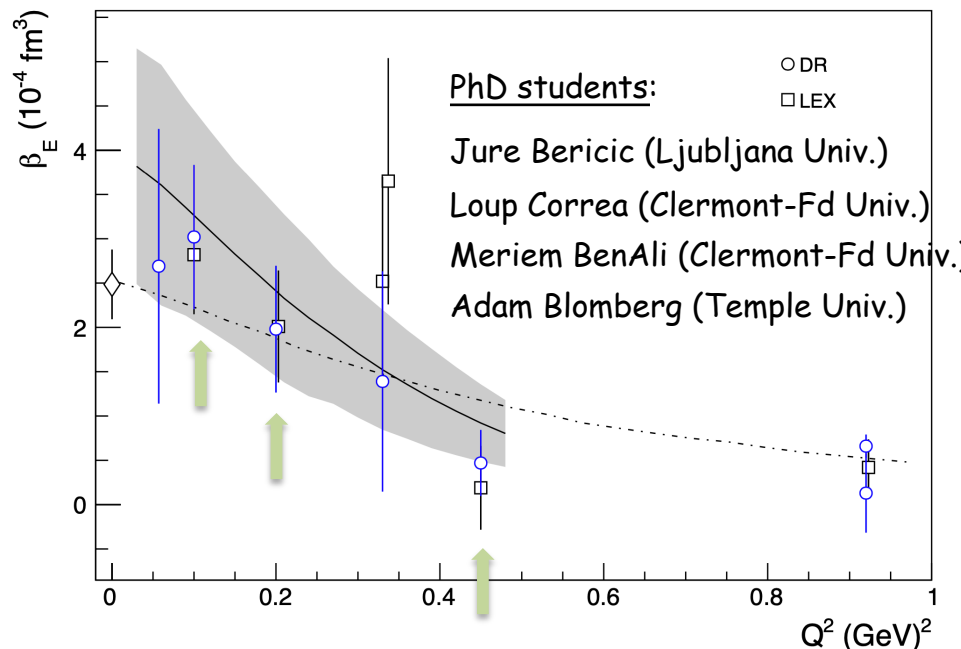
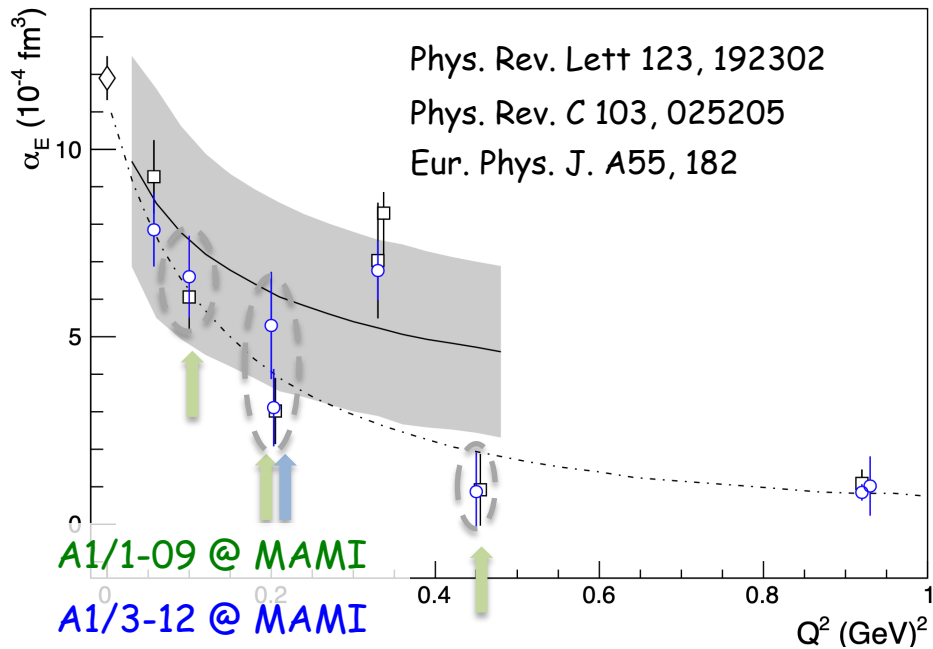
Polarizability fits:

DR fit:
DR calculation includes full dependency in q'_{cm}

LEX fit:
truncated in q'_{cm} . Suppress contribution from higher order terms

Figure 5.8: Setting INP: measured $ep \rightarrow ep\gamma$ cross section at fixed $q'_{cm} = 112.5 MeV/c$ with respect to φ_{cm} for all the $\cos(\theta_{cm})$ -bins. The curves follow the convention of figure 5.6.

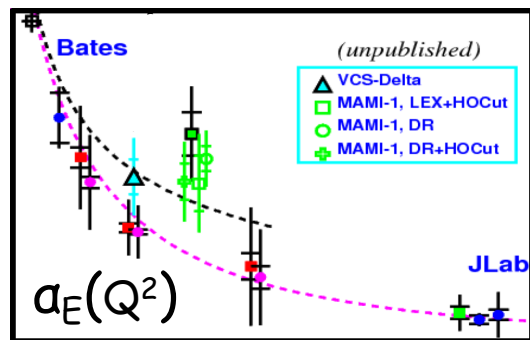
MAMI Results



Revisiting the $Q^2=0.33 \text{ GeV}^2$ data

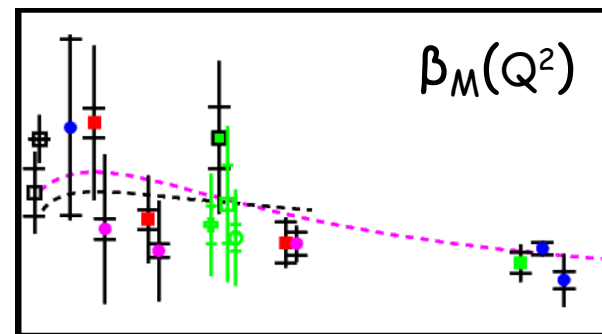
Analysis revisited (unpublished):

The α_E puzzle still holds



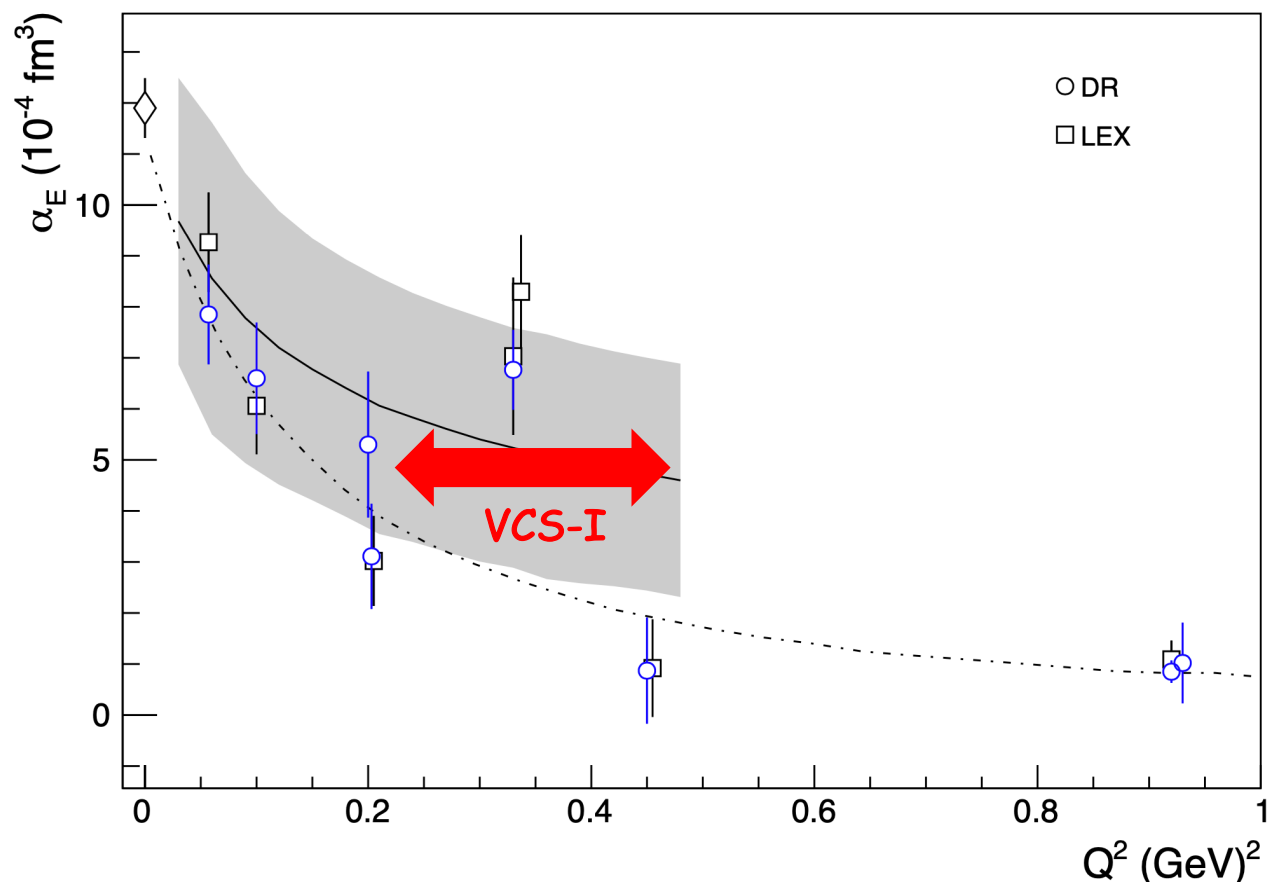
Re-fits at
 $Q^2=0.33 \text{ GeV}^2$
 (H.F.)

LEX and DR
 Updated HO-cut

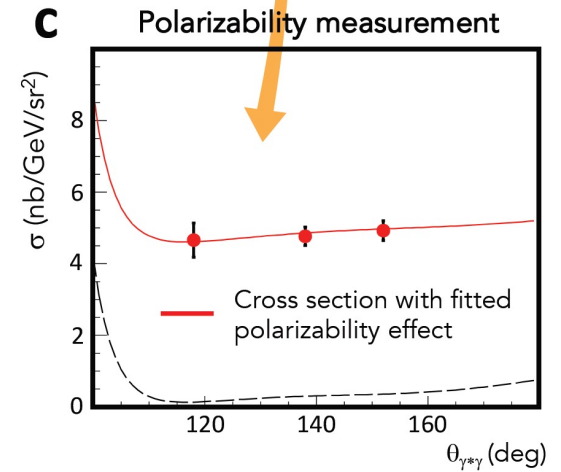
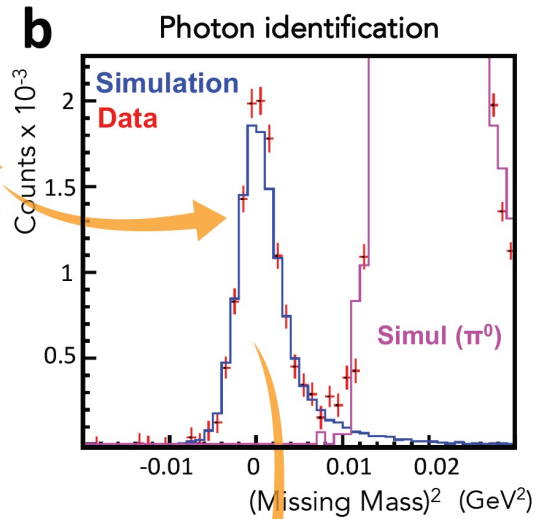
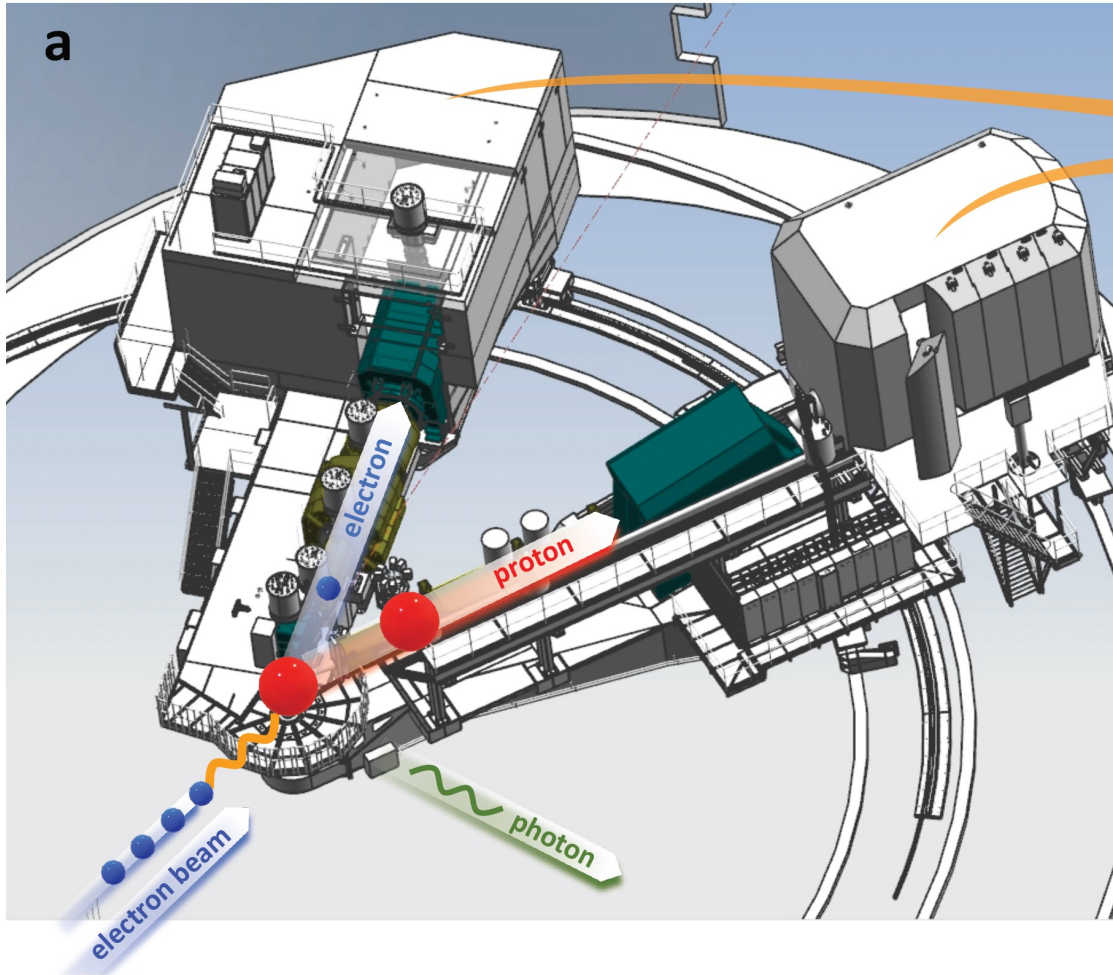


Jlab : VCS-I Experiment (E12-15-001) in Hall C

High precision measurements targeting explicitly the kinematics of interest for a_E



The experiment



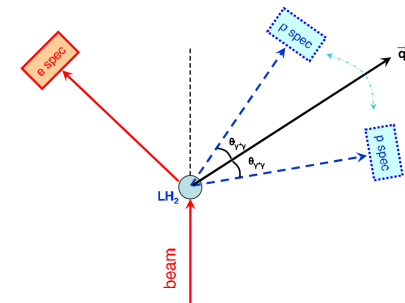
Hall C: SHMS, HMS
 4.56 GeV
 20 μ A
 Liquid hydrogen 10 cm

cross sections & azimuthal asymmetries

$$A_{(\phi_{\gamma^*\gamma}=0,\pi)} = \frac{\sigma_{\phi_{\gamma^*\gamma}=0} - \sigma_{\phi_{\gamma^*\gamma}=180}}{\sigma_{\phi_{\gamma^*\gamma}=0} + \sigma_{\phi_{\gamma^*\gamma}=180}}$$

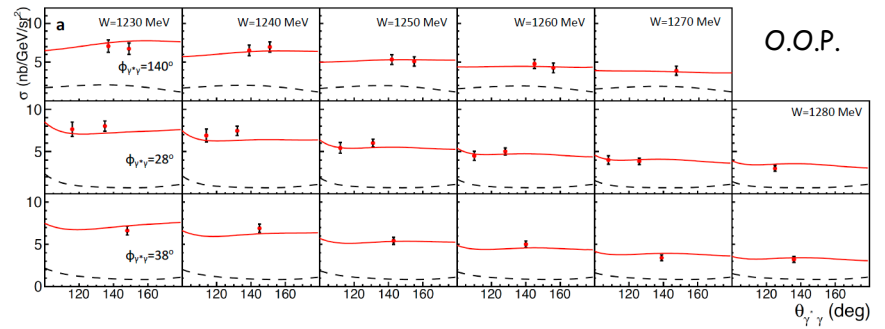
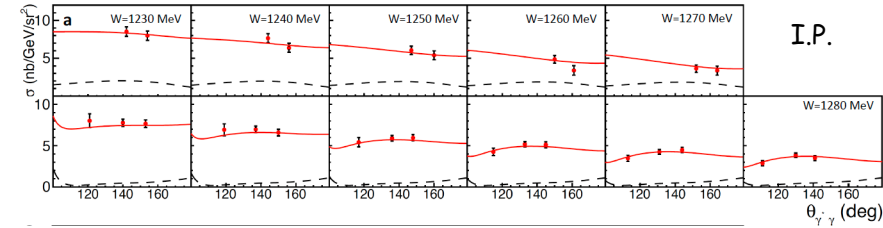
sensitivity to GPs

suppression of systematic asymmetries

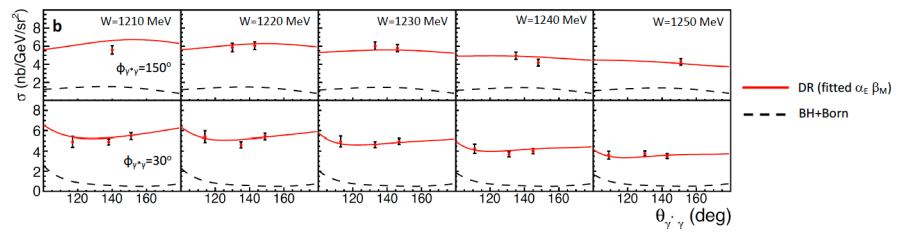
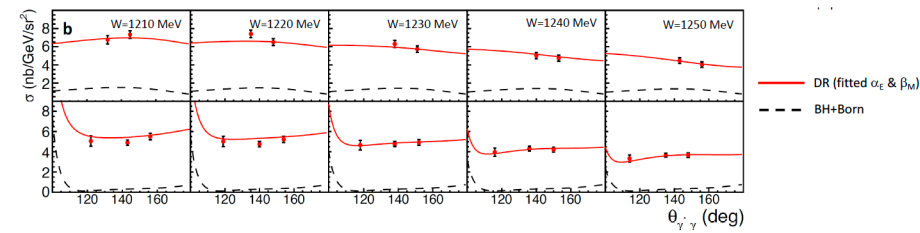


VCS-I results: cross sections

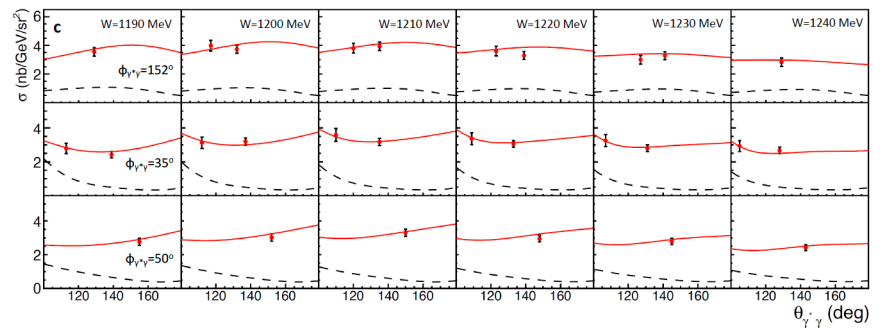
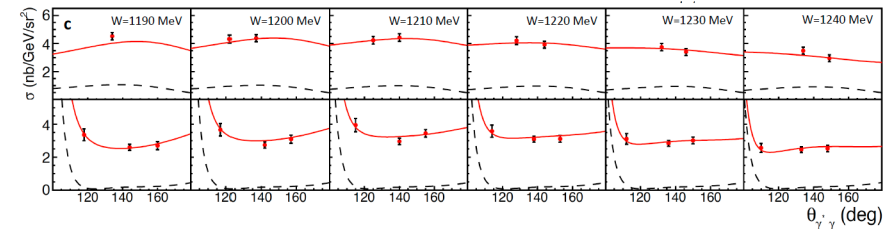
$Q^2=0.27 \text{ GeV}^2$



$Q^2=0.33 \text{ GeV}^2$

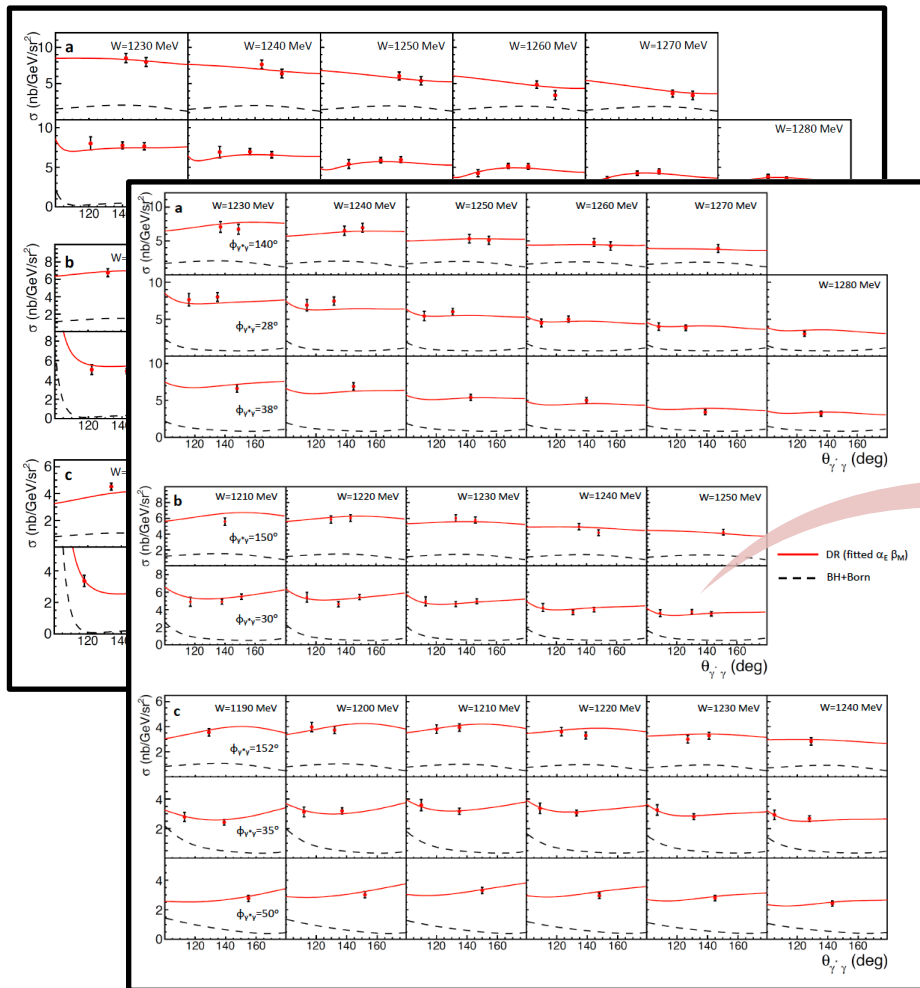


$Q^2=0.40 \text{ GeV}^2$

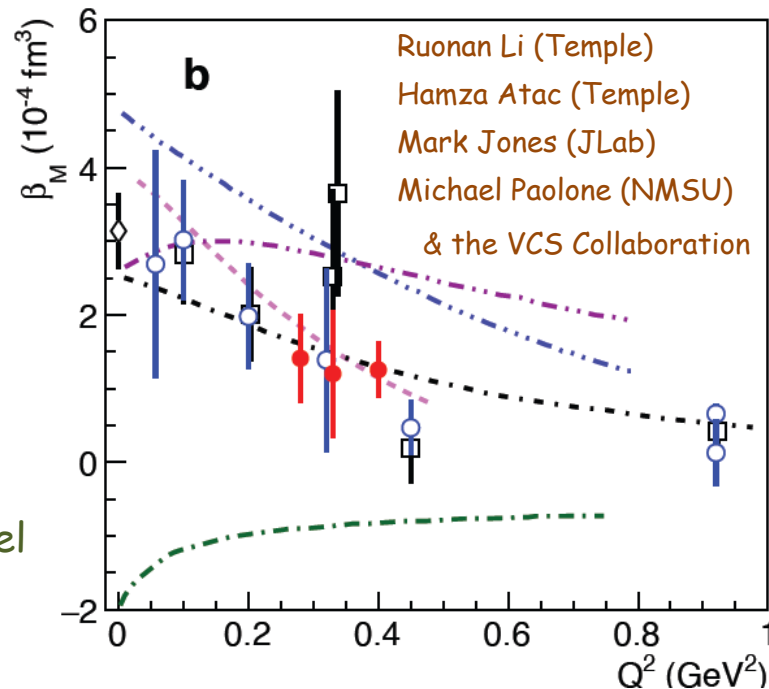
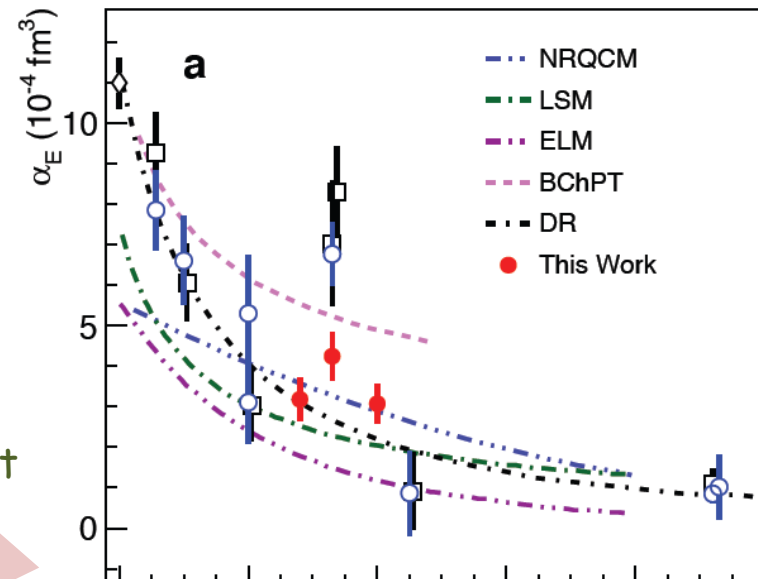


VCS-I results: GPs

Nature 611, 265 (2022)



DR fit

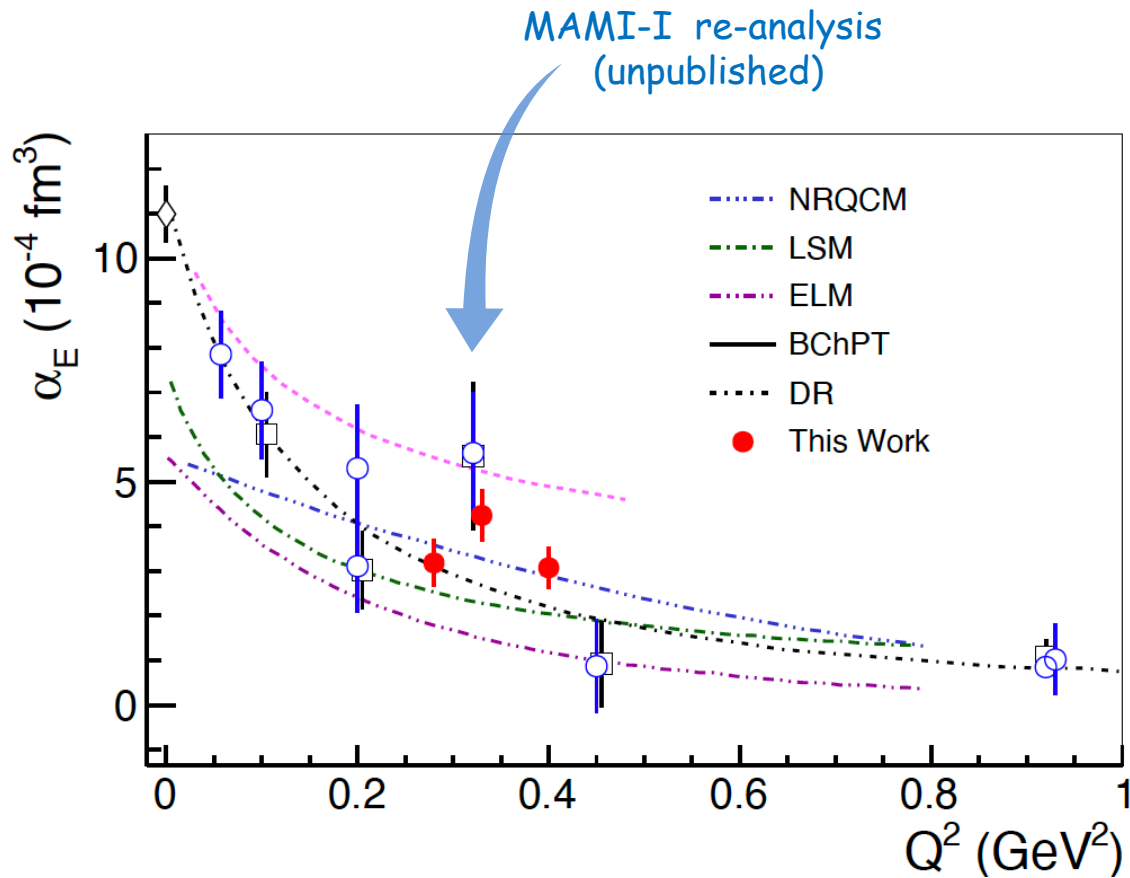


Experimental cross sections are compared to the DR model predictions for all possible values for the GPs

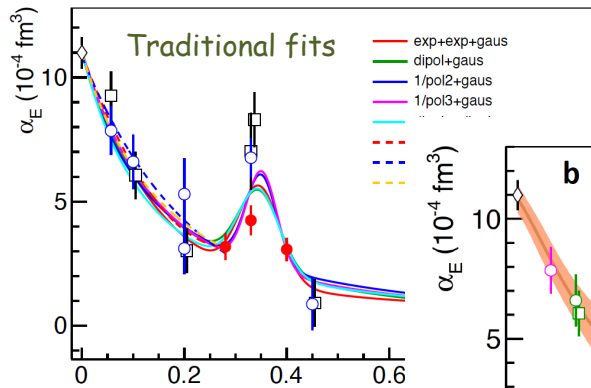
→ $\alpha_E(Q^2)$ and $\beta_M(Q^2)$ are fitted by a χ^2 minimization

Electric GP

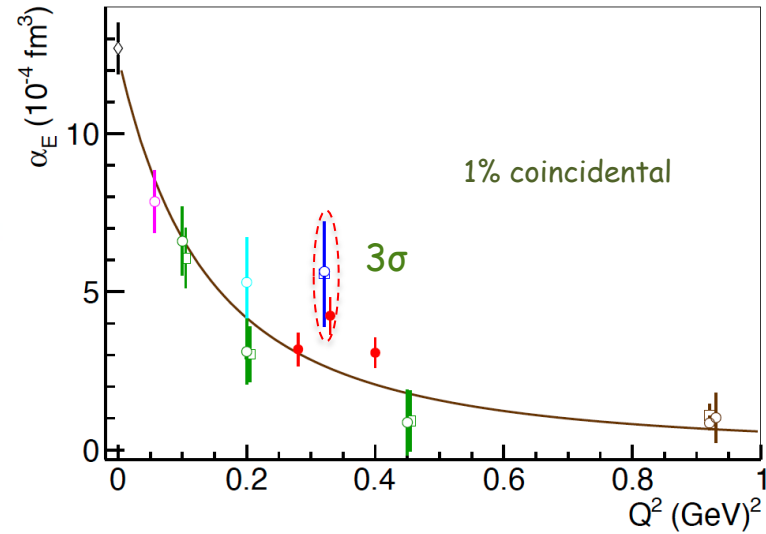
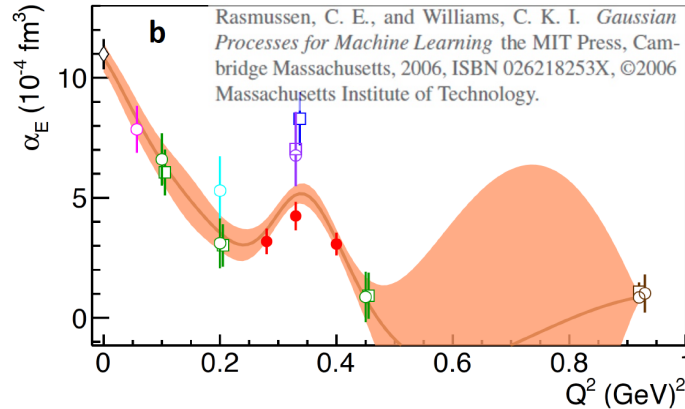
Is there a non-trivial structure vs Q^2 ?



Electric GP



Data-driven techniques:
no underlying functional
form is assumed



Is the observed α_E structure coincidental or not?

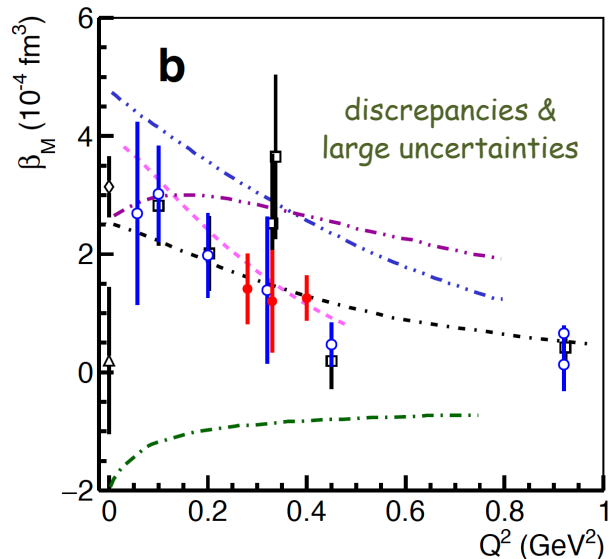
If true: Measure the shape precisely \rightarrow input to theory

If not: We are able to show it with more measurements

Strong tension between world data (?)

Something we do not yet understand well?
Underestimated uncertainties? ...

Magnetic GP



Magnetic GP: Large uncertainties & discrepancies

Precision and consistent systematics are needed to disentangle para/dia-magnetism in the proton

Theory: B χ PT

Generalized polarizabilities of the nucleon in baryon chiral perturbation theory

Vadim Lensky^{1,2,3,a}, Vladimir Pascalutsa¹, Marc Vanderhaeghen¹

¹ Institut für Kernphysik, Cluster of Excellence PRISMA, Johannes Gutenberg Universität Mainz, 55128 Mainz, Germany

² Institute for Theoretical and Experimental Physics, Moscow 117218, Russia

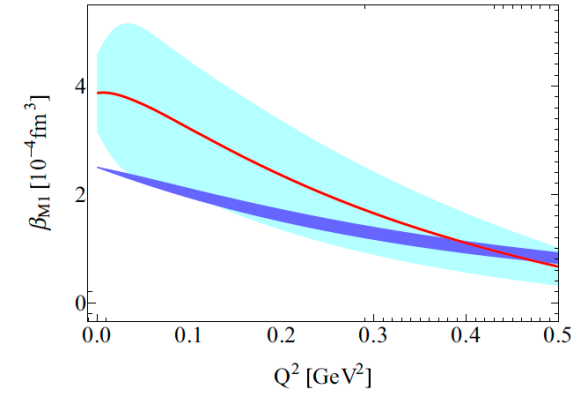
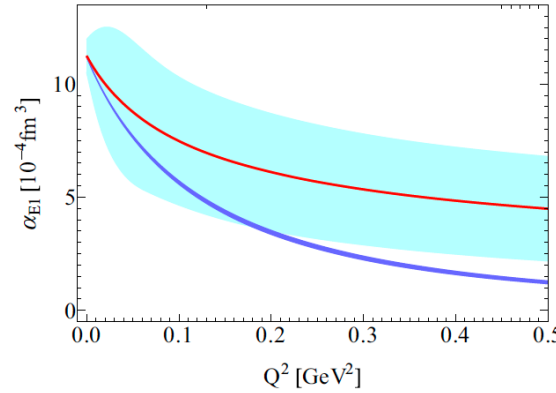
³ National Research Nuclear University MEPhI (Moscow Engineering Physics Institute), Moscow 115409, Russia



B χ PT calculation to NLO
in the δ -counting scheme



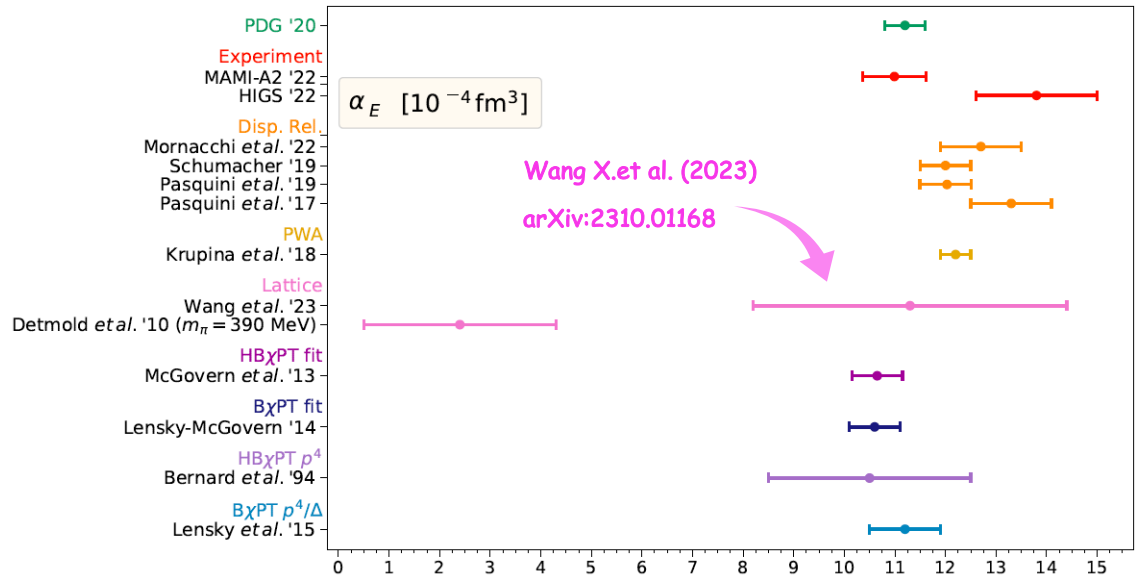
DR calculation
D. Drechsel, B. Pasquini, M. Vanderhaeghen,
Phys. Rep. 378,99 (2003)



Theory: Lattice QCD

Lattice QCD results for
the static polarizabilities

Next step: Lattice QCD
calculations for the GPs



Nucleon electric and magnetic polarizabilities in Holographic QCD

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^aINFN, Sezione di Firenze,

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^bDipartimento di Fisica e Astronomia, Università di Firenze,

Via G. Sansone 1, I-50019 Sesto Fiorentino (Firenze), Italy.

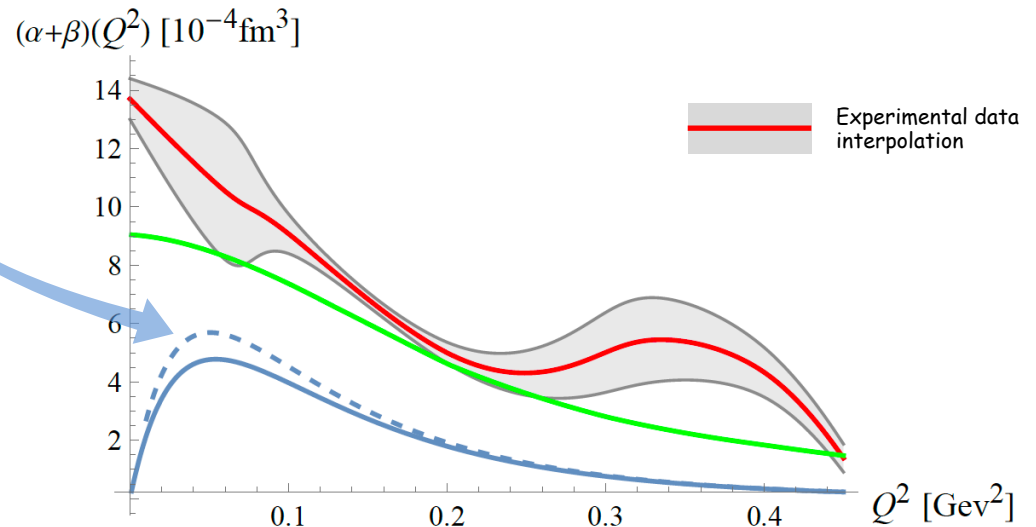
E-mail: federico.castellani@unifi.it

ABSTRACT: Novel experimental results for the proton generalized electric polarizability, suggest an unexpected deviation from current theoretical predictions at low momentum transfer squared Q^2 . Motivated by this puzzle, we analyze the resonance contributions to the sum of the generalized electric and magnetic nucleon polarizabilities $\alpha_E(Q^2)$ and $\beta_M(Q^2)$, within the Holographic QCD model by Witten, Sakai, and Sugimoto (WSS). In particular, we account for the contributions from the first low-lying nucleon resonances with spin 1/2 and 3/2 and both parities. After having extrapolated the WSS model parameters to fit experimental data on baryonic observables, our findings suggest that the resonance contributions alone do not solve the above-mentioned puzzle. Moreover, at least for the proton case, where data are available, our results are in qualitative agreement with resonance contributions extracted from experimental nucleon-resonance helicity amplitudes.

arXiv:2402.07553v1 [hep-ph] 12 Feb 2024

Analysis of the resonance contributions to the low-energy behavior of $\alpha_E(Q^2) + \beta_M(Q^2)$ within holographic QCD

Resonance contributions follow a smooth Q^2 dependence



Spatial dependence of induced polarizations

Nucleon form factor data → light-front quark charge densities

Formalism extended to the deformation of these quark densities when applying an external e.m. field:

GPs → spatial deformation of charge & magnetization densities under an applied e.m. field

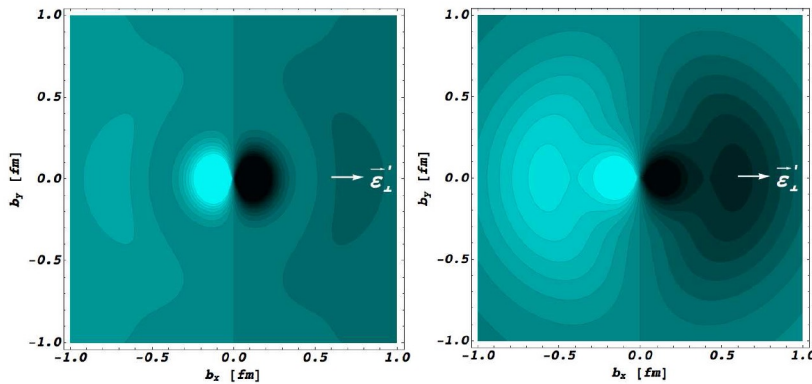
Induced polarization in a proton when submitted to an e.m. field

Phys. Rev. Lett. 104, 112001 (2010)

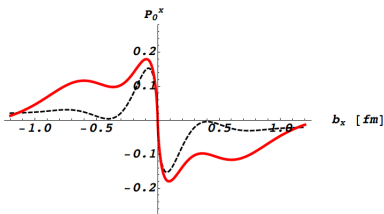
M. Gorchtein, C. Lorce, B. Pasquini, M. Vanderhaeghen

GP I

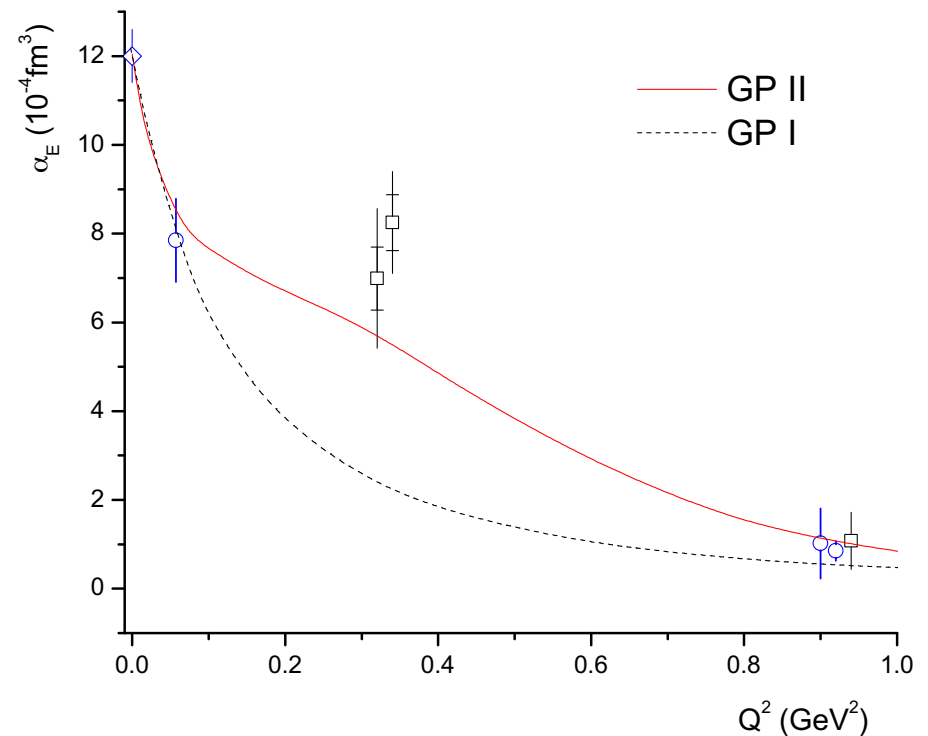
GP II



Light (dark) regions → largest (smaller) values
(photon polarization along x-axis, as indicated)



Induced polarization along $b_y=0$

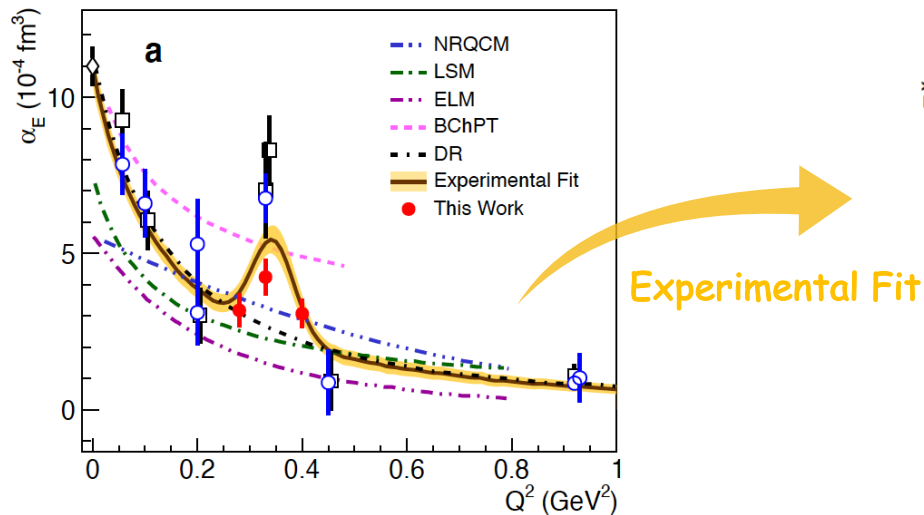


Spatial dependence of induced polarizations

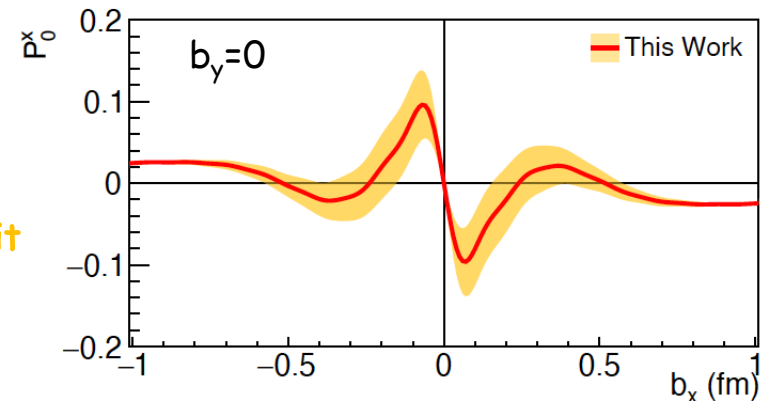
Nucleon form factor data → light-front quark charge densities

Formalism extended to the deformation of these quark densities when applying an external e.m. field:

GPs → spatial deformation of charge & magnetization densities under an applied e.m. field



Induced polarization in a proton when submitted to an e.m. field



x-y defines the transverse plane with the z-axis being the direction of the fast-moving proton

Polarizability radii

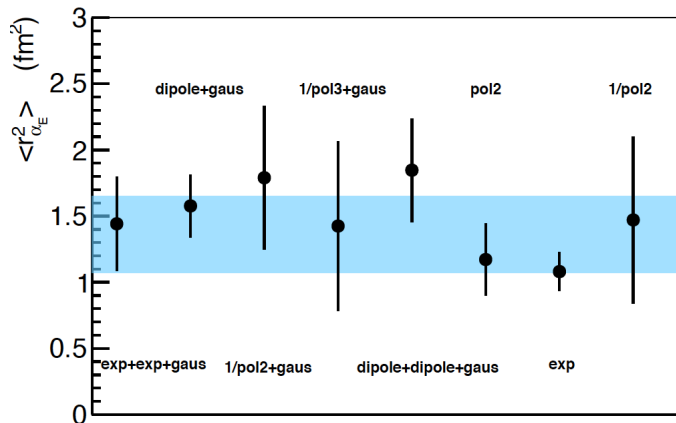
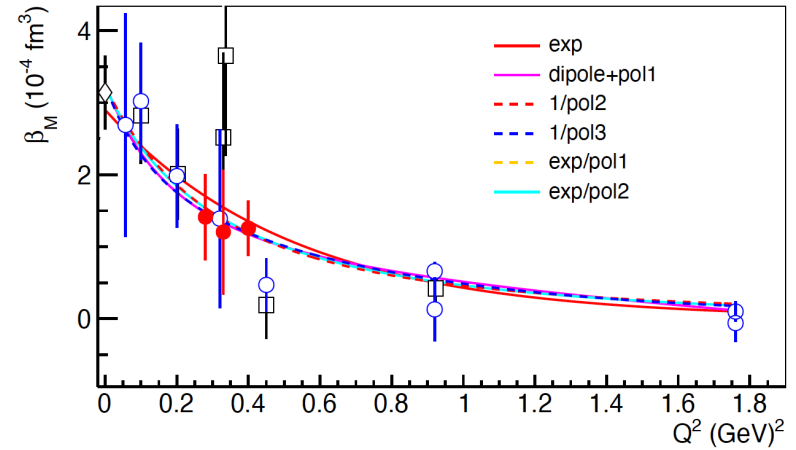
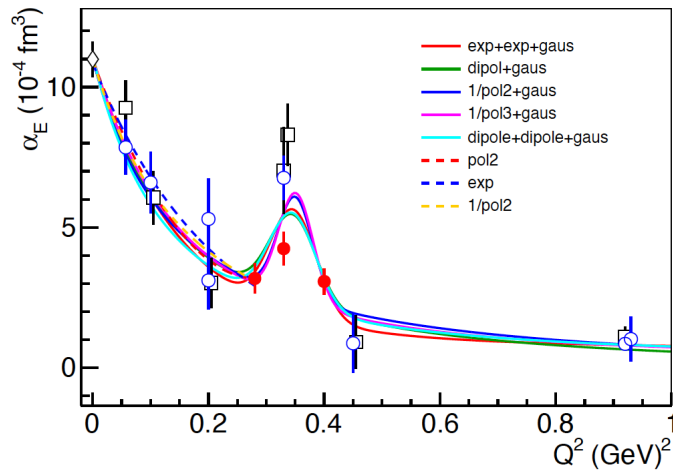
$$\langle r_{\alpha_E}^2 \rangle = \frac{-6}{\alpha_E(0)} \cdot \frac{d}{dQ^2} \alpha_E(Q^2) \Big|_{Q^2=0}$$

$$\langle r_{\beta_M}^2 \rangle = \frac{-6}{\beta_M(0)} \cdot \frac{d}{dQ^2} \beta_M(Q^2) \Big|_{Q^2=0}$$

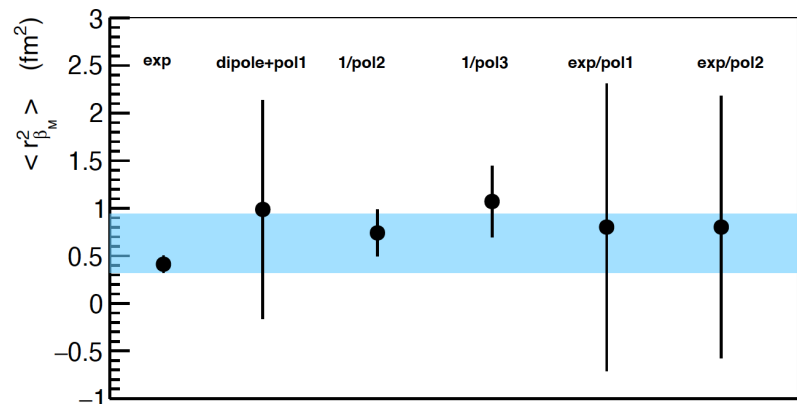
Polarizability radii

$$\langle r_{\alpha_E}^2 \rangle = \frac{-6}{\alpha_E(0)} \cdot \frac{d}{dQ^2} \alpha_E(Q^2) \Big|_{Q^2=0}$$

$$\langle r_{\beta_M}^2 \rangle = \frac{-6}{\beta_M(0)} \cdot \frac{d}{dQ^2} \beta_M(Q^2) \Big|_{Q^2=0}$$

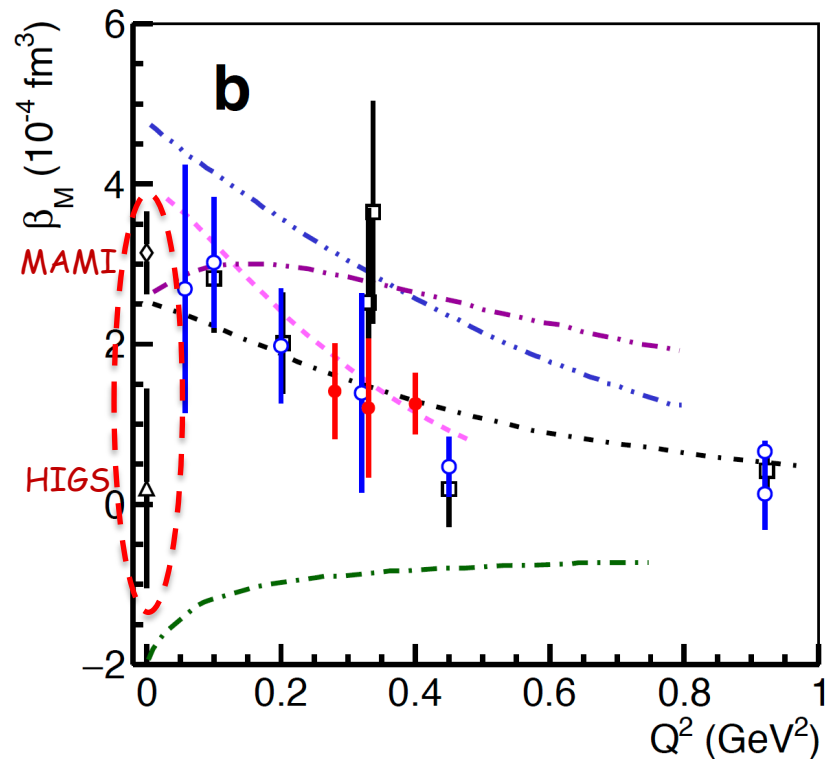
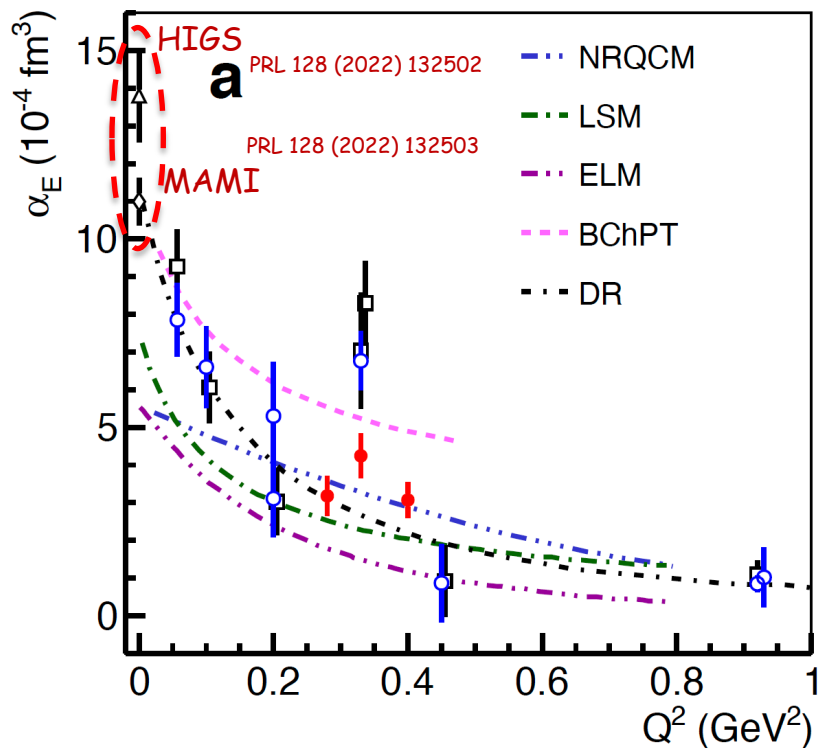


$$\langle r_{\alpha_E}^2 \rangle = 1.36 \pm 0.29 \text{ fm}^2$$

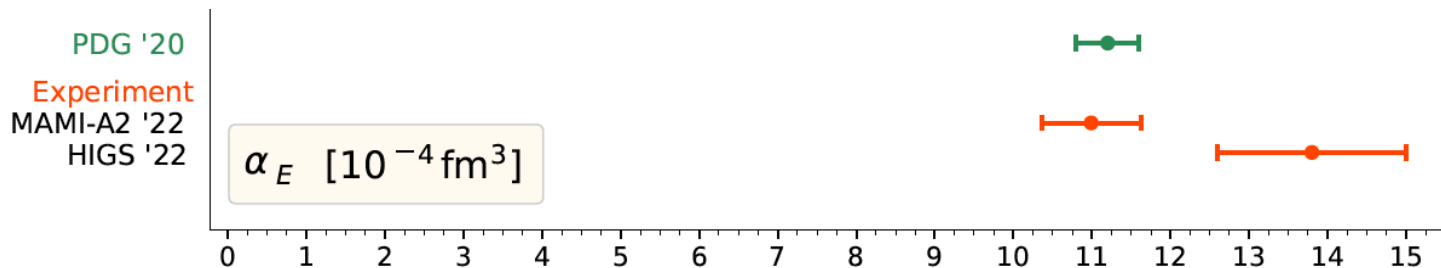


$$\langle r_{\beta_M}^2 \rangle = 0.63 \pm 0.31 \text{ fm}^2$$

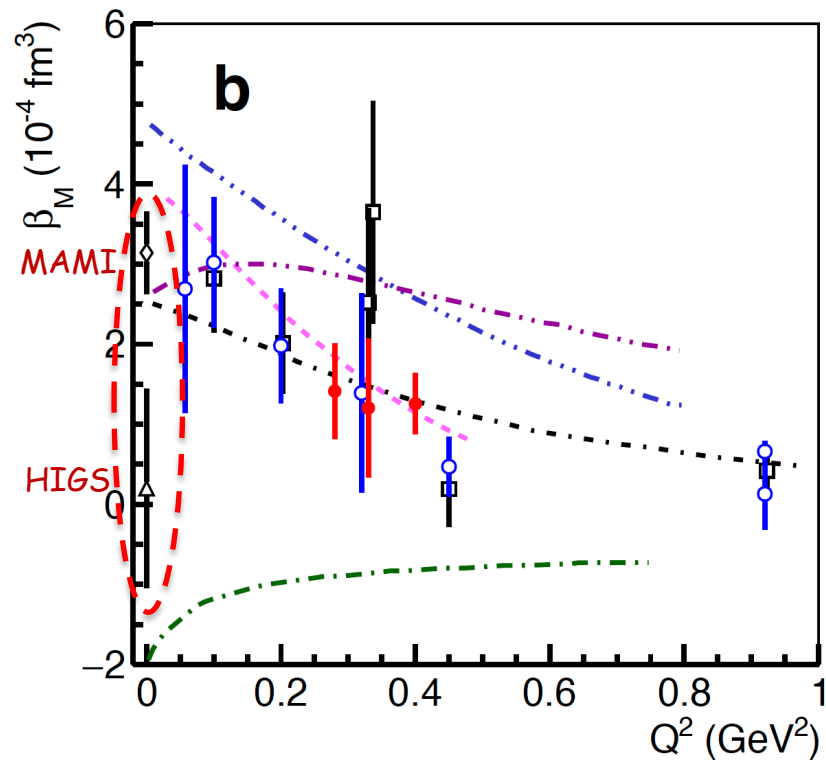
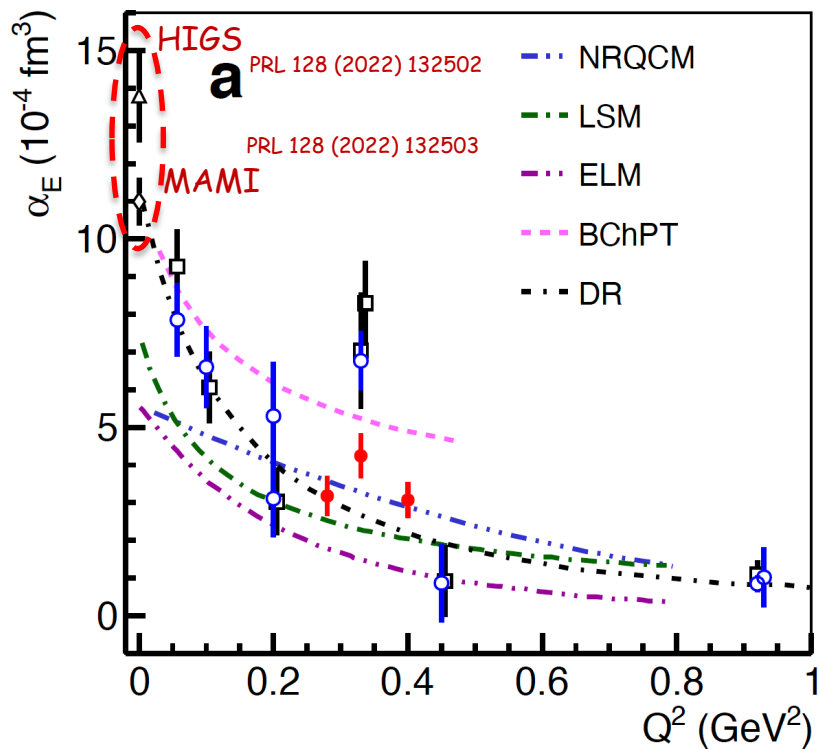
Static Polarizabilities



Recent measurements exhibit tension \rightarrow affects the pol. radius extraction

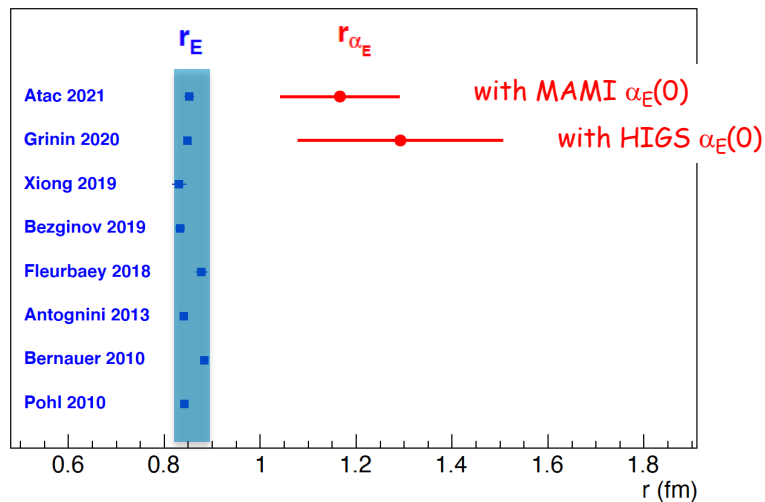


Polarizability radii - Static Polarizabilities



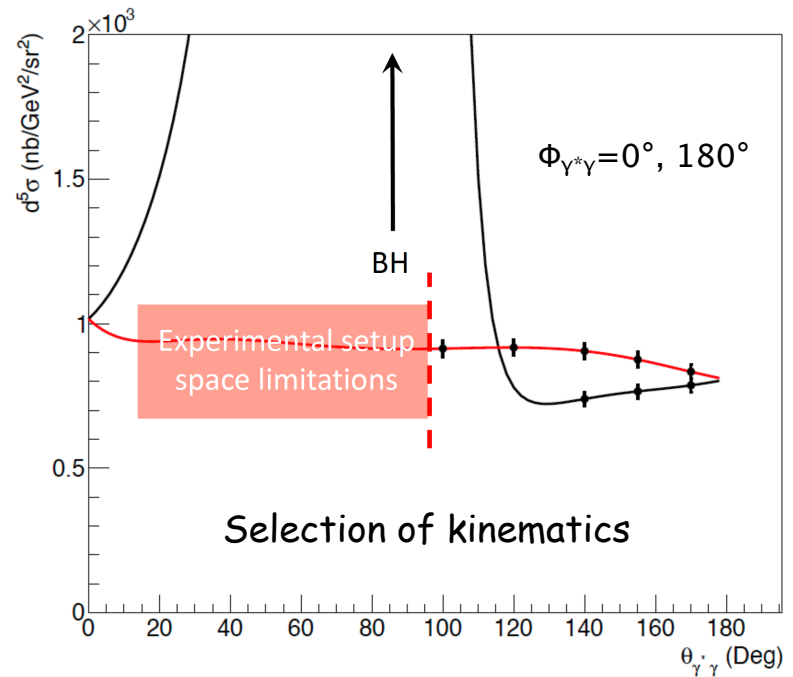
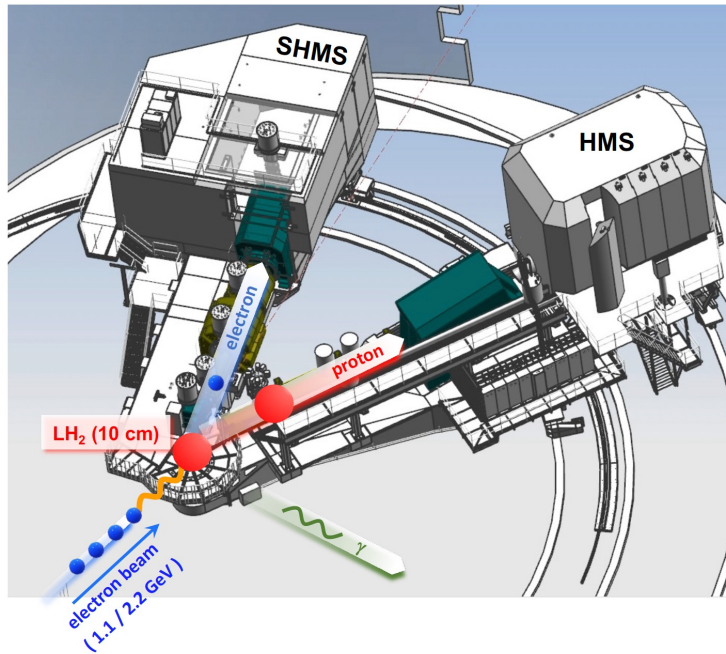
$$\langle r_{\alpha_E}^2 \rangle = 1.36 \pm 0.29 \text{ fm}^2$$

$$\langle r_{\alpha_E}^2 \rangle = 1.67 \pm 0.50 \text{ fm}^2$$



Moving Forward

VCS-II (E12-23-001) @ JLab

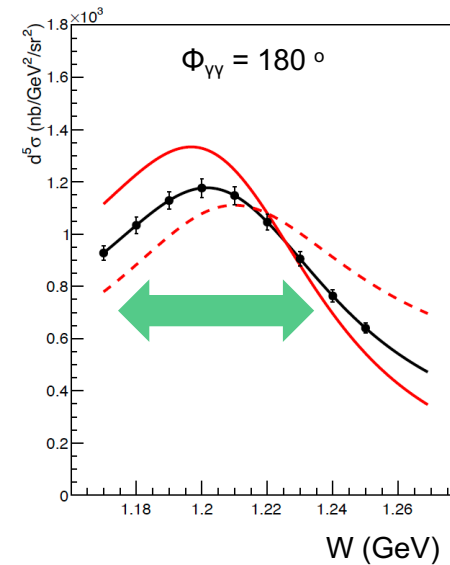
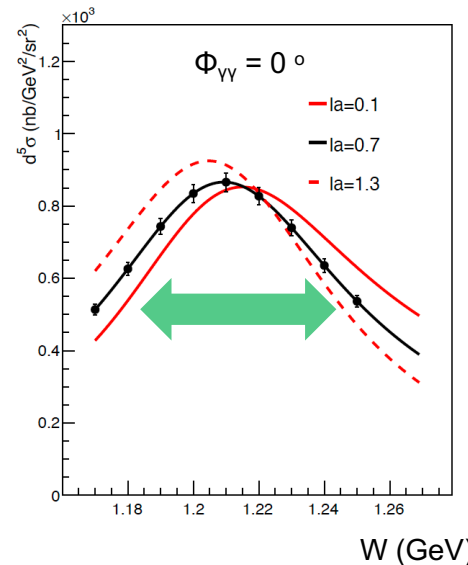


Extend Q^2 range & targeted measurements to fully exploit the sensitivity to the EM GPs

**APPROVED
PAC 51**

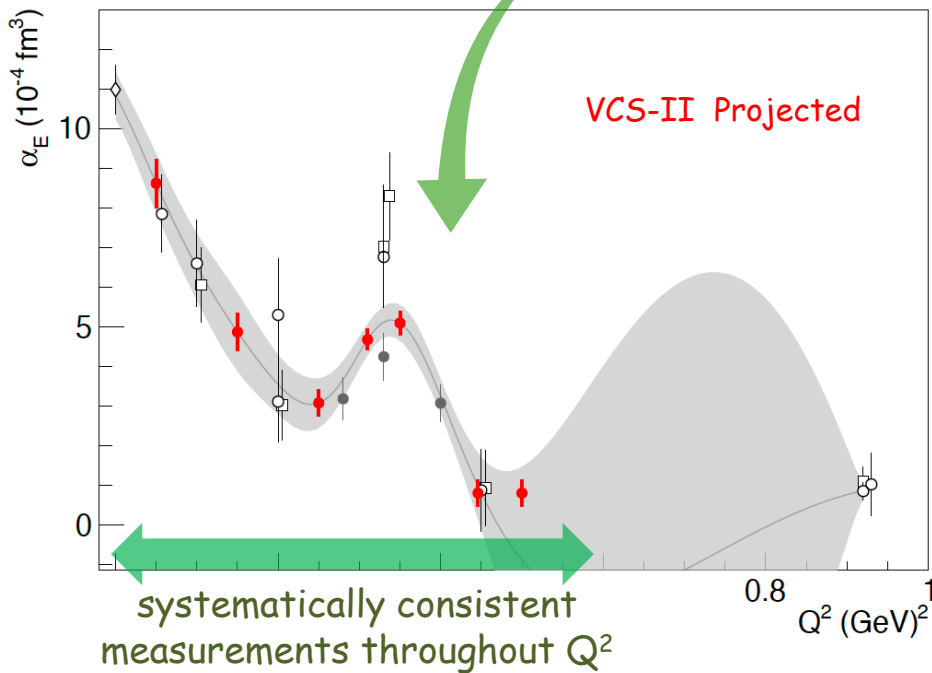
Production ($E_0 = 1.1 \text{ GeV}$):	6 days
Production ($E_0 = 2.2 \text{ GeV}$):	53 days
Studies (optics/dummy/calibrations):	3 days

Total: 62 days

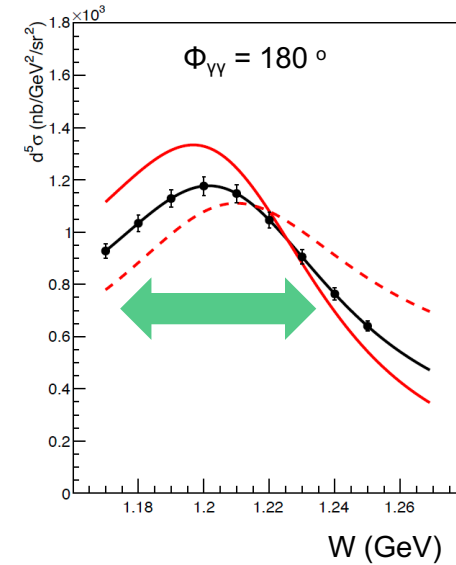
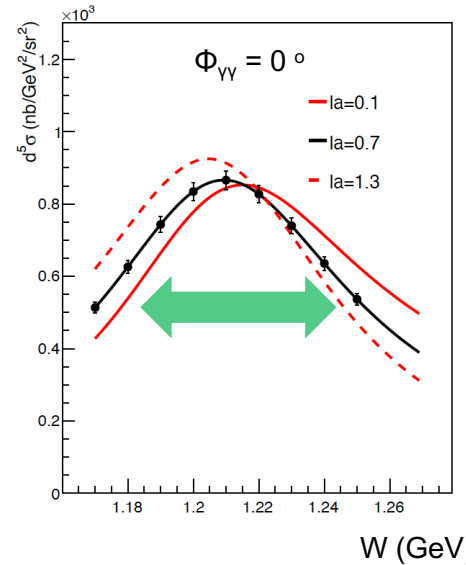


VCS-II Projected Measurements

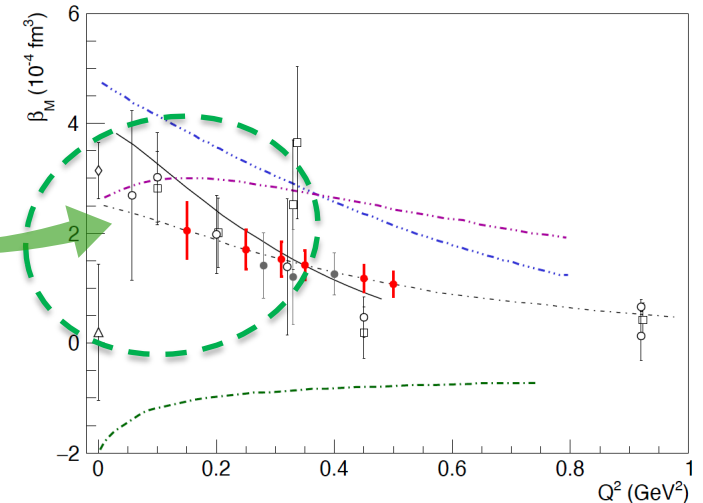
High precision measurements combined with a fine mapping in Q^2



Targeted measurements to fully exploit the sensitivity to the GPs



Improve upon β_M :
Pin down the competing para/dia-magnetic contributions in the nucleon



Can we measure with a different method ?

Yes: positrons and/or beam spin asymmetries

Positrons allow for an independent path to access experimentally the GPs

Eur. Phys. J. A 57 (2021) 11, 316

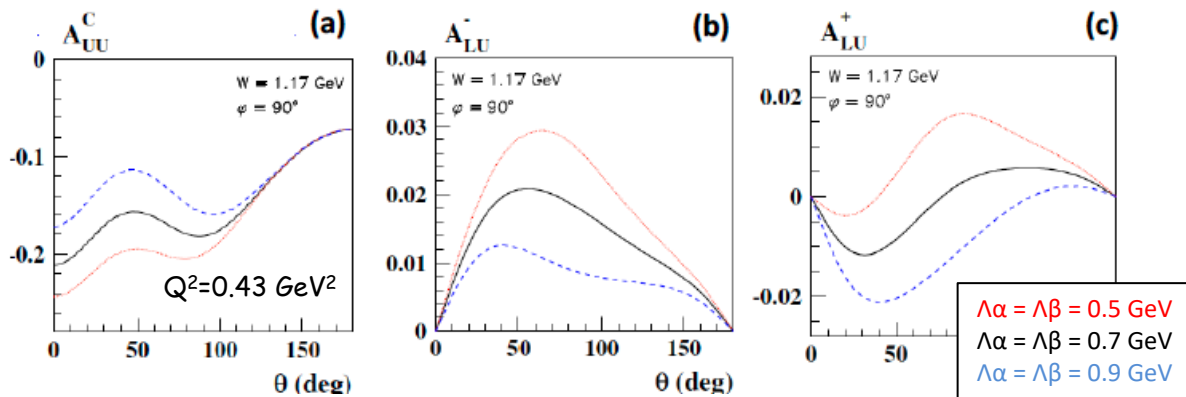
Virtual Compton scattering at low energies with a positron beam

Barbara Pasquini^{a,1,2}, Marc Vanderhaeghen^{b,3}

¹Dipartimento di Fisica, Università degli Studi di Pavia, 27100 Pavia, Italy

²Istituto Nazionale di Fisica Nucleare, Sezione di Pavia, 27100 Pavia, Italy

³Institut für Kernphysik and PRISMA⁺ Cluster of Excellence, Johannes Gutenberg Universität, D-55099 Mainz, Germany



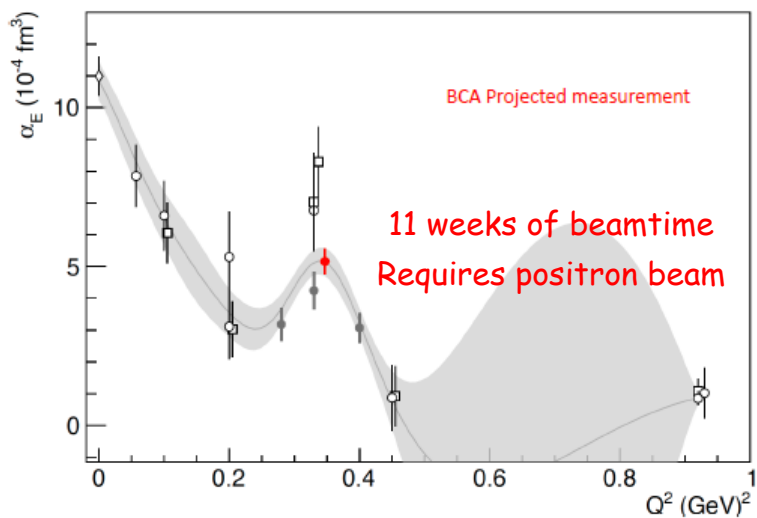
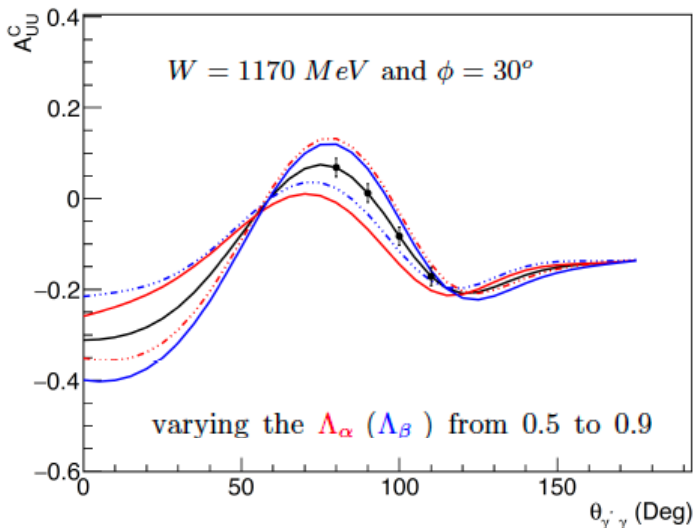
(a): The beam-charge asymmetry as a function of the photon scattering angle at $Q^2 = 0.43 \text{ GeV}^2$.

(b) & (c): The electron and positron beam-spin asymmetry as a function of the photon scattering angle for out-of-plane kinematics.

Unpolarized beam charge asymmetry (BCA):
$$A_{UU}^C = \frac{(d\sigma_+^+ + d\sigma_-^+) - (d\sigma_+^- + d\sigma_-^-)}{d\sigma_+^+ + d\sigma_-^+ + d\sigma_+^- + d\sigma_-^-}$$

Lepton beam spin asymmetry (BSA):
$$A_{LU}^e = \frac{d\sigma_+^e - d\sigma_-^e}{d\sigma_+^e + d\sigma_-^e}$$

BCA (electrons & positrons)



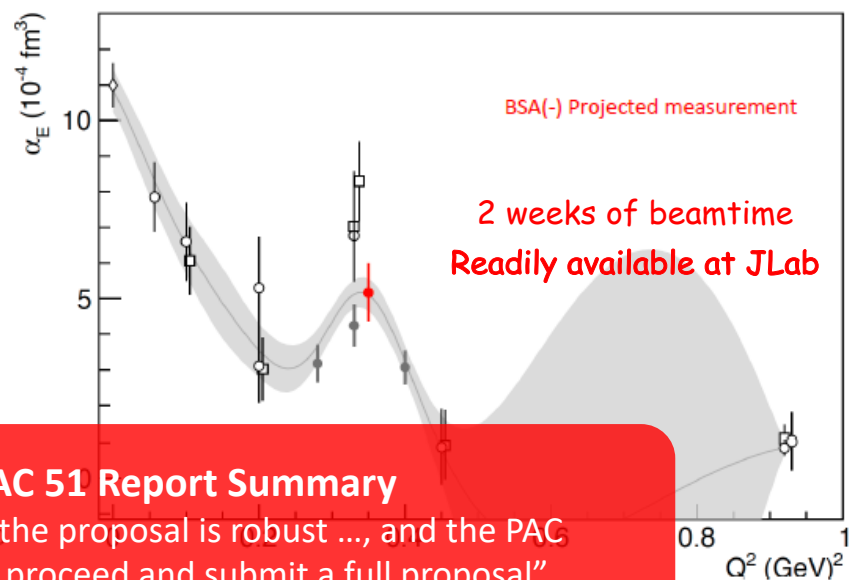
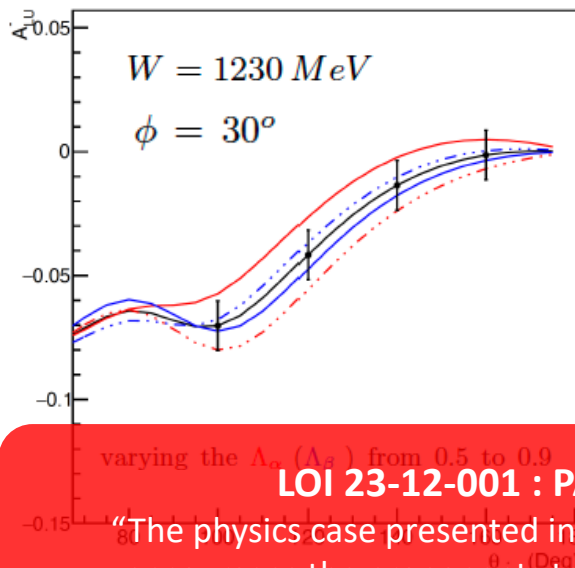
Hall C (SHMS / HMS)

e^- : ~ 1 week @ 50 μA

and

e^+ : ~ 10 weeks @ 5 μA

BSA (electrons or positrons)



e^- (pol. 85% @ 70 μA)

~ 2 weeks of beamtime

or

e^+ (pol. 60% @ 50 nA)

~ 3 orders of magnitude
more beamtime

LOI 23-12-001 : PAC 51 Report Summary

"The physics case presented in the proposal is robust ..., and the PAC encourages the proponents to proceed and submit a full proposal"

Summary

JLab: leading the efforts of the VCS program, past/ present / future

Fundamental proton properties

Insight to spatial deformation of the nucleon densities under an applied EM field, interplay of para/dia-magnetism in the proton, polarizability radii, ...

Electric GP: { possibility for a non-trivial (non-monotonic) behavior in $a_E(Q^2)$
(albeit with a smaller magnitude than originally suggested)
or
at minimum: strong tension between world data

Experiment is ahead of theory

Stringent constraints to theoretical predictions

High precision benchmark data for upcoming LQCD calculations

Future experimental goals

Improve β_M

Identify the shape of the a_E structure (if it exists)

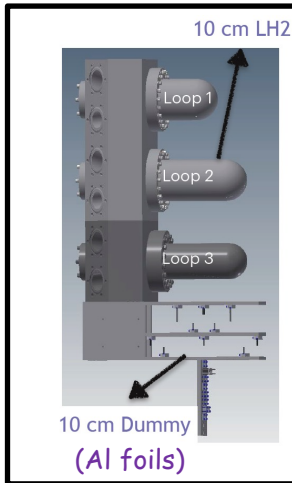
pin it down with precision - important input for the theory

Conduct independent cross-check

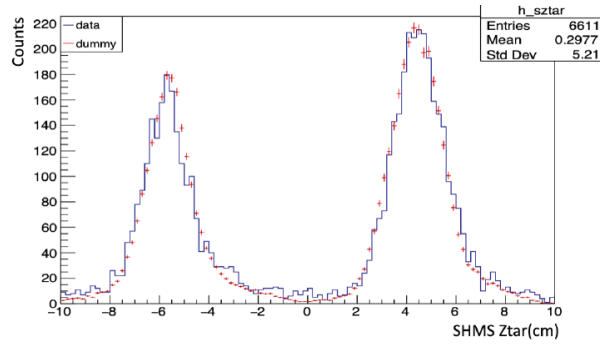
Measure via a different channel (BS asymmetries & positrons)

Thank you!

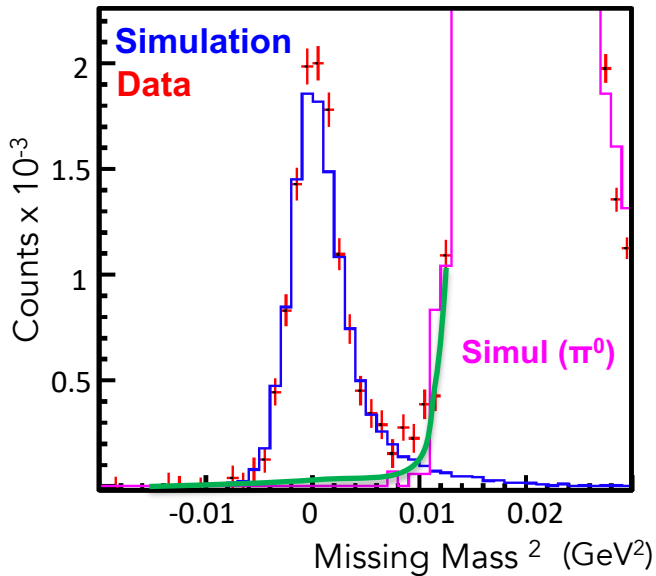
Back up



Contribution from (Al) target walls

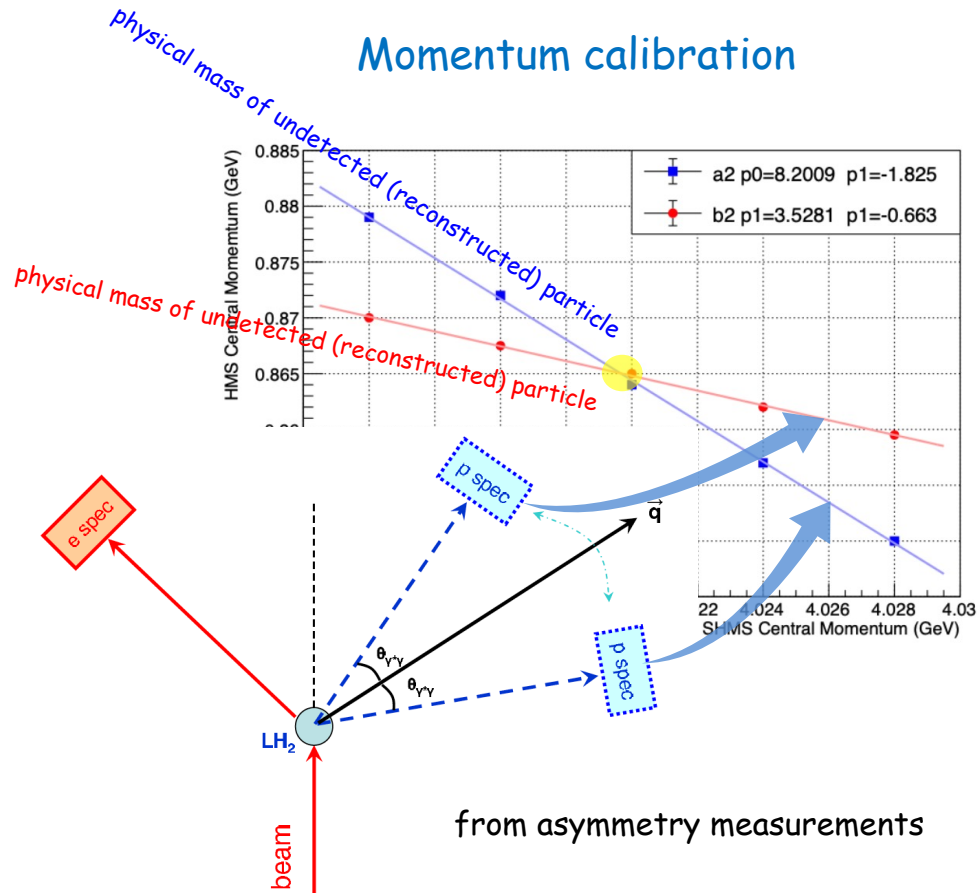


Pion contamination

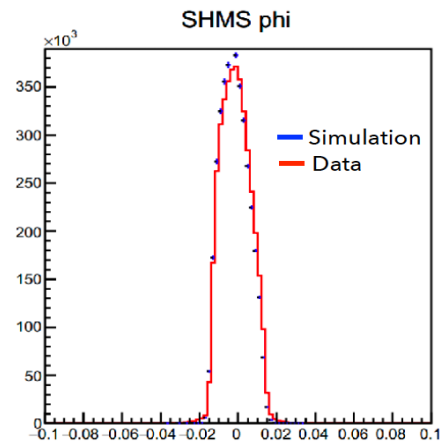
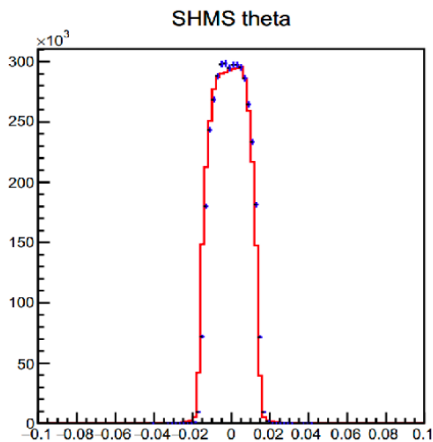
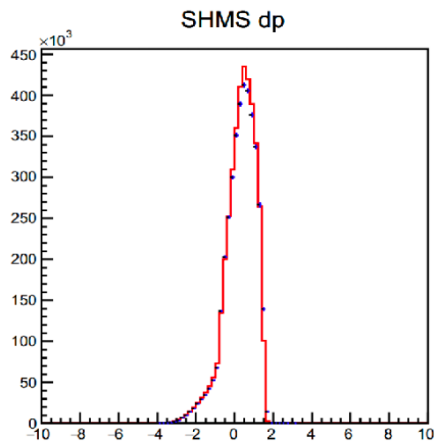


Simulation & Phenomenological fits

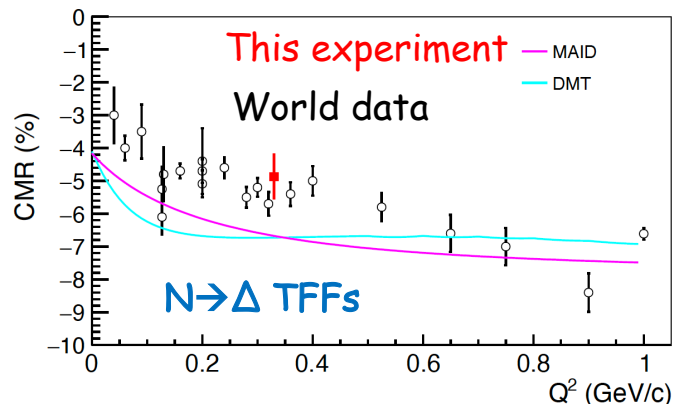
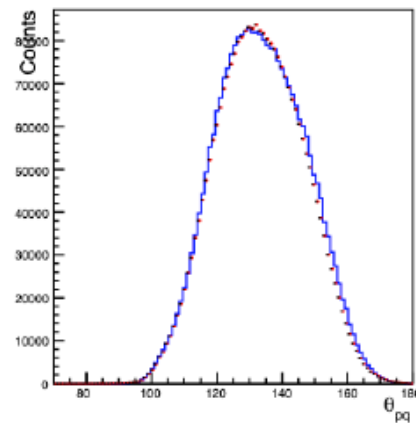
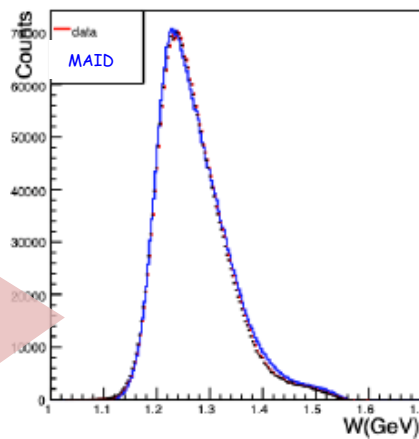
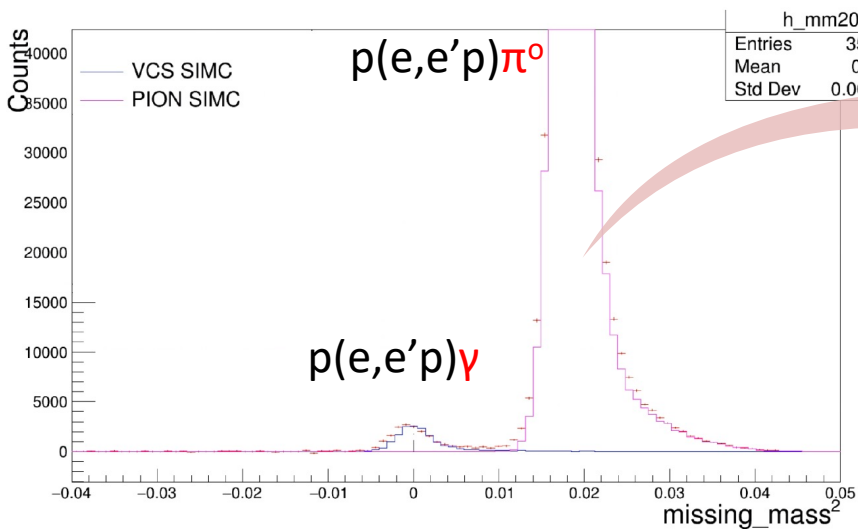
Momentum calibration



Elastic data



$p(e,e'p)\pi^0$



Polarizability radii

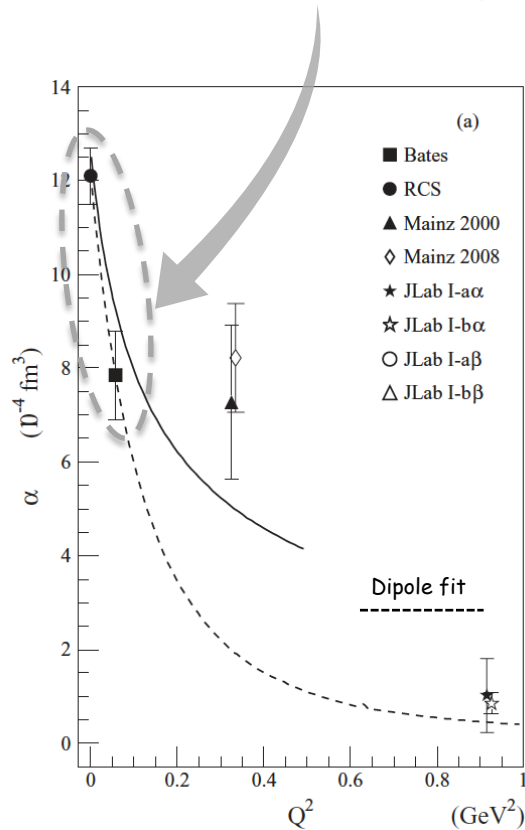
$$\langle r_{\alpha E}^2 \rangle = \frac{-6}{\alpha_E(0)} \cdot \frac{d}{dQ^2} \alpha_E(Q^2) \Big|_{Q^2=0}$$

$$\langle r_{\beta M}^2 \rangle = \frac{-6}{\beta_M(0)} \cdot \frac{d}{dQ^2} \beta_M(Q^2) \Big|_{Q^2=0}$$

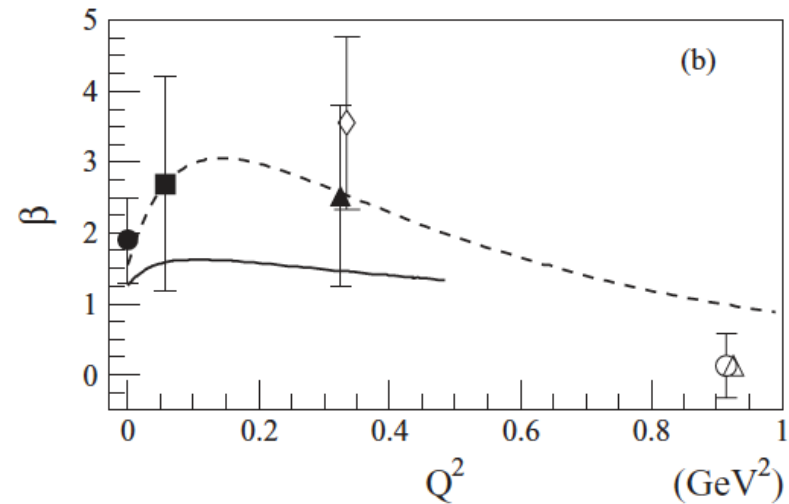
First extraction made possible with the MIT-Bates measurement ($Q^2=0.06 \text{ GeV}^2$)

PRL **97**, 212001 (2006)

PHYSICAL REVIEW C **84**, 035206 (2011)



$$\langle r_{\alpha}^2 \rangle = 2.16 \pm 0.31 \text{ fm}^2$$

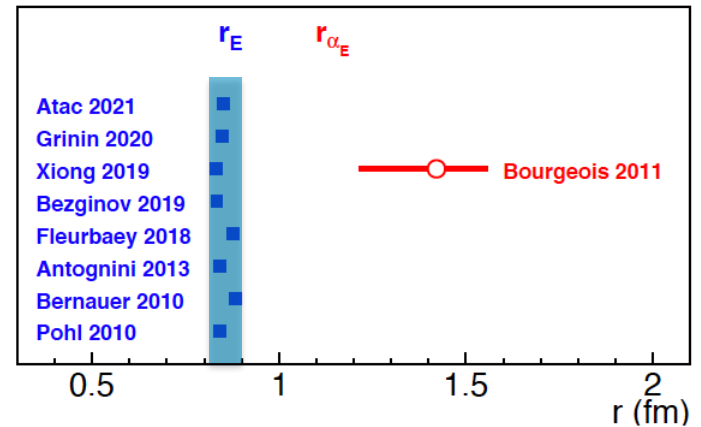
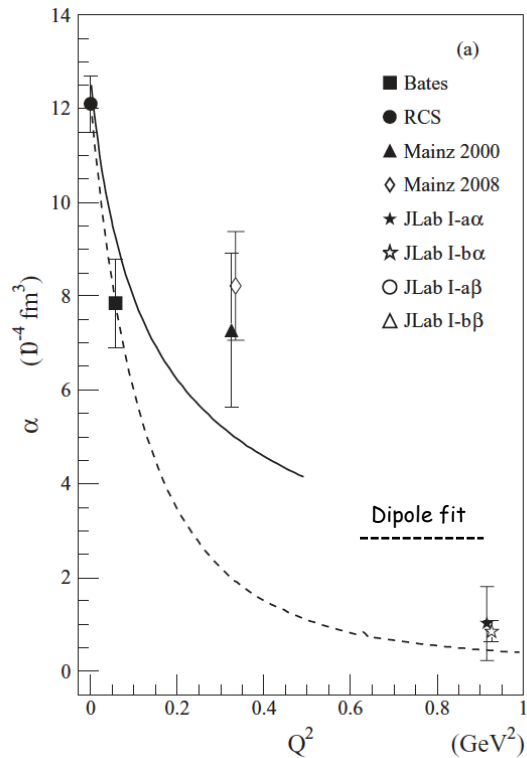


$$\frac{\langle r_{\beta}^2 \rangle}{-4.67^{+5.36}_{-13.04}}$$

Polarizability radii

$$\langle r_{\alpha_E}^2 \rangle = \frac{-6}{\alpha_E(0)} \cdot \frac{d}{dQ^2} \alpha_E(Q^2) \Big|_{Q^2=0}$$

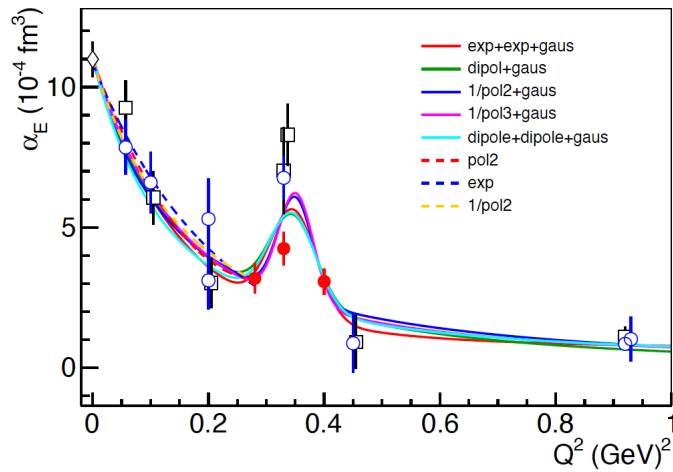
First extraction made possible with the MIT-Bates measurement ($Q^2=0.06 \text{ GeV}^2$)



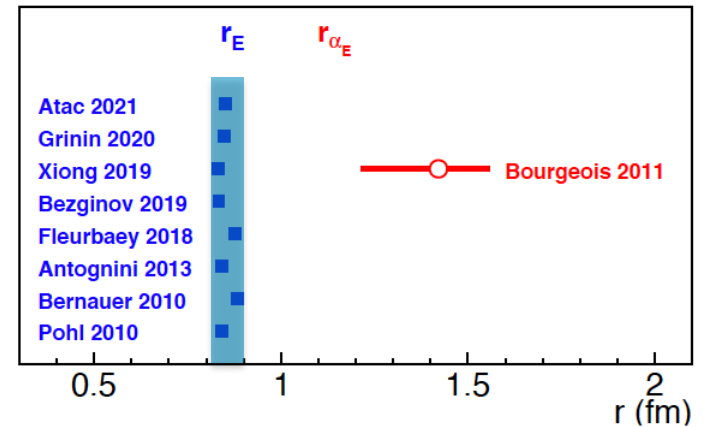
$$\langle r_{\alpha}^2 \rangle = 2.16 \pm 0.31 \text{ fm}^2$$

Polarizability radii

$$\langle r_{\alpha_E}^2 \rangle = \frac{-6}{\alpha_E(0)} \cdot \frac{d}{dQ^2} \alpha_E(Q^2) \Big|_{Q^2=0}$$



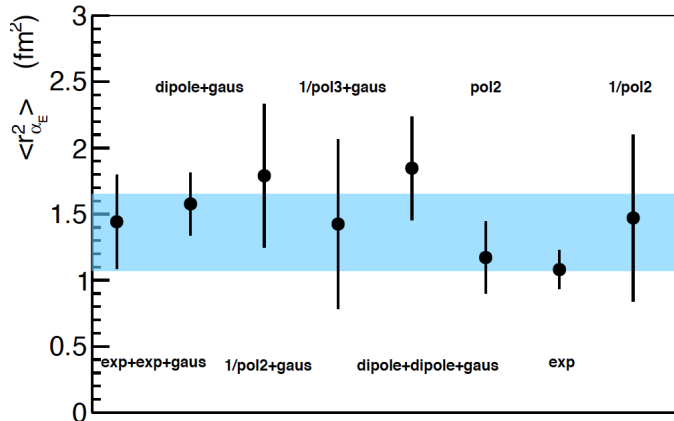
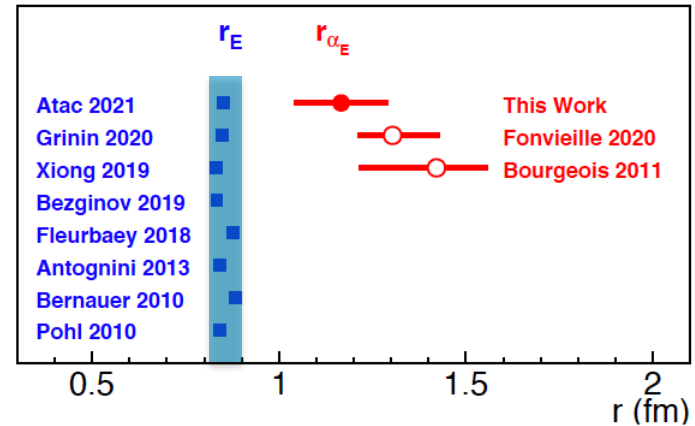
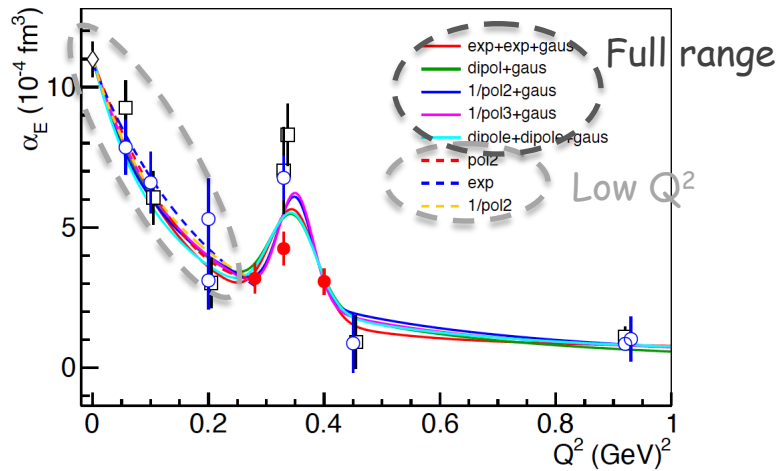
Since then: more data and more comprehensive treatment of the radius extraction



Polarizability radii

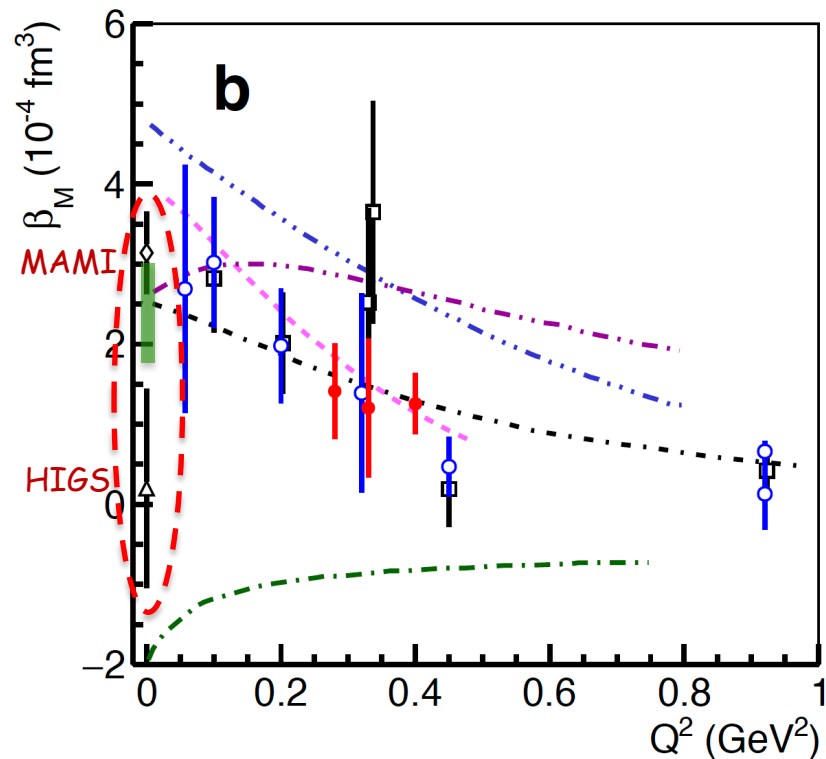
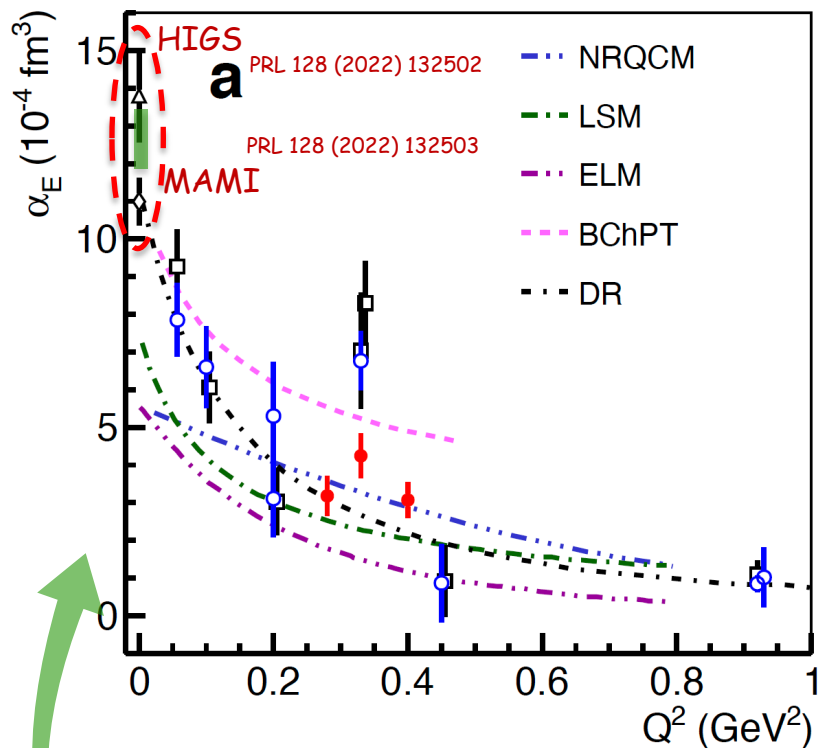
$$\langle r_{\alpha_E}^2 \rangle = \frac{-6}{\alpha_E(0)} \cdot \frac{d}{dQ^2} \alpha_E(Q^2) \Big|_{Q^2=0}$$

Since then: more data and more comprehensive treatment of the radius extraction



$$\langle r_{\alpha_E}^2 \rangle = 1.36 \pm 0.29 \text{ fm}^2$$

Static Polarizabilities



PHYSICAL REVIEW LETTERS 129, 102501 (2022)

First Concurrent Extraction of the Leading-Order Scalar and Spin Proton Polarizabilities

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¹Institut für Kernphysik, Johannes Gutenberg-Universität Mainz, D-55099 Mainz, Germany

²Institut für Theoretische Physik, Universität Regensburg, D-93040 Regensburg, Germany

³Dipartimento di Fisica, Università degli Studi di Pavia, I-27100 Pavia, Italy

⁴INFN Sezione di Pavia, I-27100 Pavia, Italy

(Received 3 May 2022; revised 11 July 2022; accepted 2 August 2022; published 31 August 2022)

We performed the first simultaneous extraction of the six leading-order proton polarizabilities. We reached this milestone thanks to both new high-quality experimental data and an innovative bootstrap-based fitting method. These new results provide a self-consistent and fundamental benchmark for all future theoretical and experimental polarizability estimates.

$$\alpha_{E1} = [12.7 \pm 0.8(\text{fit}) \pm 0.1(\text{model})] \times 10^{-4} \text{ fm}^3,$$

$$\beta_{M1} = [2.4 \pm 0.6(\text{fit}) \pm 0.1(\text{model})] \times 10^{-4} \text{ fm}^3,$$

$$\gamma_{E1E1} = [-3.0 \pm 0.6(\text{fit}) \pm 0.4(\text{model})] \times 10^{-4} \text{ fm}^4,$$

$$\gamma_{M1M1} = [3.7 \pm 0.5(\text{fit}) \pm 0.1(\text{model})] \times 10^{-4} \text{ fm}^4,$$

$$\gamma_{E1M2} = [-1.2 \pm 1.0(\text{fit}) \pm 0.3(\text{model})] \times 10^{-4} \text{ fm}^4,$$

$$\gamma_{M1E2} = [2.0 \pm 0.7(\text{fit}) \pm 0.4(\text{model})] \times 10^{-4} \text{ fm}^4,$$