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Theorem (Cauchy-Schwarz) For any r.v.s X, Y

$$|E(XY)| \leq \sqrt{E(X^2)} \sqrt{E(Y^2)}$$

Proof. Let $f(x) = E((2X+Y)^2)$ $x \in \mathbb{R}$.

$$\begin{aligned} \text{Then } f(x) &= E(x^2 X^2 + 2xXY + Y^2) \\ &= \underbrace{E(X^2)}_a x^2 + \underbrace{2E(XY)}_b x + \underbrace{E(Y^2)}_c \end{aligned}$$

By its definition $ax^2 + bx + c = f(x) \geq 0$ for all x .

\therefore The discriminant $b^2 - 4ac \leq 0$.

$$\text{i.e. } b^2 \leq 4ac$$

$$4E(XY)^2 \leq 4E(X^2)E(Y^2)$$

$$\therefore |E(XY)| \leq \sqrt{E(X^2)} \sqrt{E(Y^2)} \quad \square$$