Quantum Field Theories in the Early Universe

- 1. Well-behaved QFTs in Minkowski space can develop pathologies when promoted to FRW.
- 2. This is especially acute for "higher-spin" QFTs $(1, 3/2, 2, ...).$
- 3. And some funny business for spin-0.
- 4. Is there a swampland of Minkowskian QFTs?
- 5. Or should we just accept restrictions on parameters of the QFTs (mass, couplings, etc.).
- 6. I will not have time to review EFT cutoffs, strong-coupling linits, nonlinearities, etc.

More complete treatment in *Cosmological gravitational particle production* EWK and Andrew Long *Reviews of Modern Physics* (to appear) 2312.09042

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Inner Space/Outer Space Interface

Cosmological limits on particle properties:

7. …

1. neutrinos 2. axions 3. magnetic monopoles 4. all sort of BSM particles (e.g., SUSY) 5. cosmological defects 6. Kaluza-Klein modes

Mostly assume LTE

V will consider limits from "cosmological gravitational particle production (CGPP)

CGPP

Chung, EWK, Riotto (1998); Kuzmin & Tkachev (1999) My collaborators: Ivone Albuquerque Edward Basso Christian Capanelli Daniel Chung Patrick Crotty Michael Fedderke Gian Giudice Lam Hui Leah Jenks Siyang Ling Andrew Long Evan McDonough Guillaume Payeur Toni Riotto Rachel Rosen Leo Senatore Alexi Starobinski Keyer Thyme Igor Tkachev Mark Wyman

Cosmological Gravitational Particle Production (CGPP)

- In Minkowskian QFT, classify particle by IR of the Poincaré algebra.
- But, expanding universe not Poincaré invariant!
- Notion of a "particle" is approximate.

Schrodinger (1939); Parker (1965, 68); Fulling, Ford, & Hu; Zel'dovish; Starobinski; Grib, Frolov, Mamaev, & Mostepanenko; Mukhanov & Sasaki, Birrell & Davies…

Cosmological Gravitational Particle Production (CGPP)

- Expansion of the universe creates particles from the vacuum if $m \lesssim f$ ew $\times H^*$.
- This is not optional—can't hide from gravity.
- "Semiclassical:" *quantum* spectator field in *classical* gravitational background.
- Calculation of GPP of massive fields is "straightforward."

^{*} And particle not conformally coupled (trace of stress tensor for matter field $g_{\mu\nu}T_{M}^{\mu\nu} \neq 0$).

Assume Standard Inflationary Picture

Quasi-de Sitter inflationary phase driven by vacuum energy of inflaton displaced from potential minimum, expansion rate changes (very) slowly during inflation (when $\ddot{a} > 0$); at the end of inflation, $H = H_e$.

Matter-dominated phase due to inflaton oscillations about minimum of potential.

Inflaton decays and leads to radiation-dominated phase characterized by a reheat temperature T_{RH} .

 H_e and $T_{\rm RH}$ are unknown.

covariant action

$$
S[\varphi(x), g_{\mu\nu}(x)]=\int d^4x\sqrt{-g}\left[-\frac{1}{2}M_{\rm Pl}^2R+\frac{1}{2}g^{\mu\nu}\partial_{\mu}\varphi\partial_{\nu}\varphi-\frac{1}{2}m^2\varphi^2+\frac{1}{2}\xi R\varphi^2\right]\,\frac{\text{Gravity enters}}{\text{the picture}}
$$

in a spatially flat FRW background : $ds^2 = a^2(\eta)[d\eta^2 - dx^2]$ (η is conformal time)

$$
S[\varphi(\eta,\boldsymbol{x})]=\int_{-\infty}^{\infty}d\eta\int d^3\mathbf{x}\left[\frac{1}{2}a^2(\partial_{\eta}\varphi)^2-\frac{1}{2}a^2(\nabla\varphi)^2-\frac{1}{2}a^4m^2\varphi^2+\frac{1}{2}a^4\xi R\varphi^2\right]
$$

field rescaling

$$
\phi(\eta,\bm{x}) = a(\eta) \varphi(\eta,\bm{x})
$$

action for canonically-normalized field $aH \to 0$ to zero at $\eta = \pm \infty$ $S[\phi(\eta,\mathbfit{x})] = \int_{-\infty}^{\infty} d\eta \int d^3\mathbf{x} \left[\frac{1}{2} (\partial_{\eta} \phi)^2 - \frac{1}{2} (\nabla \phi)^2 - \frac{1}{2} m_{\text{eff}}^2 \phi^2 - \frac{1}{2} \partial_{\eta} (a H \phi^2) \right]$

time-dependent effective mass

$$
m_{\text{eff}}^2(\eta) = a^2(\eta) \left[m^2 + \left(\frac{1}{6} - \xi \right) R(\eta) \right]
$$

cosmological expansion ⇒ time-dependent background ⇒ time-dependent Hamiltonian for spectator fields

covariant action

$$
S[\varphi(x), g_{\mu\nu}(x)]=\int d^{\,4}x \sqrt{-g}\left[-\frac{1}{2}M_{\rm Pl}^2 R+\frac{1}{2}g^{\mu\nu}\partial_\mu\varphi\partial_\nu\varphi-\frac{1}{2}m^2\varphi^2+\frac{1}{2}\xi R\varphi^2\right]
$$

nonminimal coupling term proportional to a "constant" ξ

 $\xi = 0$: "minimal coupling" $\xi = 1/6$: "conformal coupling"

in general, ξ should be a free parameter. $\xi = 1/6$ is an enhanced (classical) conformal symmetry point.

why not other nonminimal terms?

 $\epsilon R\varphi^2$ is the only dimension−4 operator involving Ricci scalar, Ricci tensor, Riemann tensor

no symmetry forbids it, from EFT point of view should include it

furthermore, it should not be constant: there should be an RGE

Fourier mode decomposition

$$
\widehat{\phi}(\eta, \mathbf{x}) = \int \frac{d^3 \mathbf{k}}{(2\pi)^3} \left[\widehat{a}_{\mathbf{k}} \chi_{\mathbf{k}}(\eta) e^{i\mathbf{k} \cdot \mathbf{x}} + \widehat{a}_{\mathbf{k}}^{\dagger} \chi_{\mathbf{k}}^*(\eta) e^{-i\mathbf{k} \cdot \mathbf{x}} \right]
$$

mode functions satisfy wave equation

$$
\partial_{\eta}^{2} \chi_{k}(\eta) + \omega_{k}^{2}(\eta) \chi_{k}(\eta) = 0
$$

but with a time-dependent dispersion relation

$$
\omega_k^2(\eta) = |\mathbf{k}|^2 + m_{\text{eff}}^2(\eta)
$$

+ & - frequency modes
\n
$$
\chi_{\pm}^{(early)}(\eta) \xrightarrow{\eta \to -\infty} \frac{1}{\sqrt{2k}} e^{\mp ik\eta} \qquad \chi_{\pm}^{(late)}(\eta) \xrightarrow{\eta \to +\infty} \frac{1}{\sqrt{2am}} e^{\mp i \int^{\eta} d\eta' dm}
$$

leads to mode mixing

$$
\begin{pmatrix} \chi_{k+}^{(\text{late})}(\eta) \\ \chi_{k-}^{(\text{late})}(\eta) \end{pmatrix} = \begin{pmatrix} \alpha_k & \beta_k \\ \beta_k^* & \alpha_k^* \end{pmatrix} \begin{pmatrix} \chi_{k+}^{(\text{early})}(\eta) \\ \chi_{k-}^{(\text{early})}(\eta) \end{pmatrix}
$$

time-dependent Hamiltonian \Rightarrow mode mixing \Rightarrow − frequency modes from + frequency modes

$$
\begin{array}{ll}\n\cdots \leftarrow \text{ quasi de Sitter (inflation)} & \text{matter} & \text{radiation} \rightarrow \cdots \\
-\infty \leftarrow \eta & \text{m= } \eta_e & \eta = \eta_{\text{RH}} & \text{m= } \eta_{\text{RH}} \\
0 \leftarrow a & \text{m= } a_e & \text{m= } a_{\text{RH}} & \text{m \rightarrow } +\infty \\
\frac{1}{\sqrt{2k}} \leftarrow |\chi_k^{\text{IN}}| & \text{m= } \chi_k^{\text{IN}'}(\eta) + \omega_k^2(\eta) \chi_k^{\text{IN}}(\eta) = 0 & \text{m= } \frac{|\tilde{\beta}_k|^2}{2} = \frac{\omega_k}{2} |\chi_k^{\text{IN}}|^2 \\
k \leftarrow \omega_k & \text{m= } \omega_k^2(\eta) = k^2 + a^2(\eta) m^2 + \left(\frac{1}{6} - \xi\right) a^2(\eta) R(\eta) & \text{m= } \omega_k \rightarrow a m \\
1 \leftarrow |\tilde{\alpha}_k| & \text{m= } \tilde{\alpha}_k'(\eta) = \frac{1}{2} A_k(\eta) \omega_k(\eta) \tilde{\beta}_k(\eta) e^{+2i\Phi_k(\eta)} & \text{m= } \left|\tilde{\beta}_k\right|^2 \\
0 \leftarrow |\tilde{\beta}_k| & \text{m= } \tilde{\beta}_k'(\eta) = \frac{1}{2} A_k(\eta) \omega_k(\eta) \tilde{\alpha}_k(\eta) e^{-2i\Phi_k(\eta)} & \text{m= } A_k \rightarrow 0 \\
0 \leftarrow A_k & \text{m= } \Phi_k(\eta) = \int^{\eta} d\eta_1 \omega_k(\eta_1) \cdots A_k = \omega_k'(\eta) / \omega_k^2(\eta) \rightarrow A_k \rightarrow 0 \\
0 \leftarrow n_k & \text{m= } \frac{k^3}{2\pi^2} |\tilde{\beta}_k|^2\n\end{array}
$$

Quadratic Inflaton Potential for Conformally-Coupled Scalar: $\xi = 1/6$

$$
\frac{\Omega h^2}{0.12} = \frac{m}{H_e} \left(\frac{H_e}{10^{12} \text{GeV}}\right)^2 \left(\frac{T_{\text{RH}}}{10^9 \text{GeV}}\right) \frac{\left[a^3 n \middle/ a_e^3 H_e^3\right]}{10^{-5}} \sim \left(\frac{m}{10^{11} \text{GeV}}\right)^2 \left(\frac{T_{\text{RH}}}{10^9 \text{GeV}}\right) \quad (m \lesssim m_{\text{inflaton}})
$$

- This calculation assumes particular inflationary model (quadratic, which is ruled out).
- But general picture holds in other models since action occurs around end of inflation.
- We don't know, but $H_e \approx 10^{12} \text{ GeV}$ and T_RH ≈ $10^9\,\mathrm{GeV}$ are "common."
- If stable and dark matter, $\Omega_{\chi} h^2$ = 0.12 | $m \approx H_I$. Could have been anything!
- Perhaps inflation scale represents new physics scale, stable particle at that mass scale natural DM candidate.

• WIMPZILLA miracle!

Quadratic Inflaton Potential for Minimally-Coupled Scalar: $\xi = 0$

Red Spectrum leads to dangerous isocurvature fluctuations

CMB limits Chung, EWK, Riotto, Senatore (2005)

Stable, minimally-coupled scalars are disallowed if $m \lesssim$ few H_e

Garcia, Pierre, Verner (2023)

- Stable, minimally-coupled scalar disallowed if $m \lesssim H_e$
- Other (ξ, m) combinations disallowed (too large Ω)
- Stable, conformally-coupled scalars (or minimally-coupled with $m \gtrsim H_e$) allowed, and could be dark matter.

WIMPZILLAS!

Dirac field in FRW background

No nonminimal dimension–4 operator

Dirac Equation in FRW:

 $i\partial_{\eta}\begin{pmatrix} u_A(\eta) \\ u_B(\eta) \end{pmatrix} = \begin{pmatrix} a(\eta)m & k \\ k & -a(\eta)m \end{pmatrix} \begin{pmatrix} u_A(\eta) \\ u_B(\eta) \end{pmatrix}$ 10⁻³

Dispersion relation same as conformally-coupled scalar

Blue spectrum: no isocurvature issues

Dirac WIMPZILLA DM candidate for $m = \mathcal{O}(m_{\text{inflaton}})$

Covariant action: 1742

Minimal coupling: Graham, Mardon, & Rajendran (2016); Ahmed, Grzadkowski, & Socha (2020); EWK & Long (2020) Non-minimal coupling: Capanelli, Jenks, EWK, McDonough (2024)

$$
S=\int d^{4}x\sqrt{-g}\left(-\frac{1}{4}F^{\mu\nu}F_{\mu\nu}+\frac{1}{2}m^{2}g^{\mu\nu}A_{\mu}A_{\nu}-\frac{1}{2}\xi_{1}Rg^{\mu\nu}A_{\mu}A_{\nu}-\frac{1}{2}\xi_{2}R^{\mu\nu}A_{\mu}A_{\nu}\right)
$$

Two possible *nonminimal* dimension–4 terms: $Rg^{\mu\nu}A_{\mu}A_{\nu}$ and $R^{\mu\nu}A_{\mu}A_{\nu}$

Gauge invariance broken by mass term and by nonminimal terms, can fix via trick of Baron Ernst Carl Gerlach Stueckelberg von Breidenbach zu Breidenstein und Melsbach (Abelian Higgs mechanism)

In FRW

$$
S\left[A_{\mu}(t,\boldsymbol{x})\right] = \int d^{4}x \left[\frac{1}{2}a\left(\partial_{0}A_{i}-\partial_{i}A_{0}\right)^{2} - \frac{1}{4}a^{-1}\left(\partial_{i}A_{j}-\partial_{j}A_{i}\right)^{2} + \frac{1}{2}a^{3}m_{t}^{2}A_{0}^{2} - \frac{1}{2}am_{x}^{2}A_{i}^{2}\right]
$$

 A_0 is not dynamical and will be integrated out.

Two time-dependent mass terms
$$
\left\{\begin{aligned}\nm_t^2 &= m^2 - \xi_1 R - \frac{1}{2}\xi_2 R - 3\xi_2 H^2 \\
m_x^2 &= m^2 - \xi_1 R - \frac{1}{6}\xi_2 R + \xi_2 H^2\n\end{aligned}\right\} m_t^2 \text{ and } m_x^2 \text{ can be positive or negative!}
$$

Minimal coupling: Graham, Mardon, & Rajendran (2016); Ahmed, Grzadkowski, & Socha (2020); EWK & Long (2020) Non-minimal coupling: Capanelli, Jenks, EWK, McDonough (2024)

Standard procedure:

- 1. Decompose action in terms of mode functions
- 2. Integrate out A_0
- 3. Introduce orthonormal set of transverse and longitudinal mode functions
- 4. Action separates into two pieces, transverse and longitudinal
- 5. Transverse mode action that of conformally-coupled scalar with mass m_x^2 (which can be positive or negative)
- 6. Longitudinal mode action more "interesting"

$$
S^{L}=\int d\eta \int \frac{d^{3}\bm{k}}{(2\pi)^{3}}\left[\frac{1}{2}\frac{a^{2}m_{t}^{2}}{k^{2}+a^{2}m_{t}^{2}}\left|\partial_{\eta}A_{\bm{k}}^{L}\right|^{2}-\frac{1}{2}a^{2}m_{x}^{2}\left|A_{\bm{k}}^{L}\right|^{2}\right]
$$

- 7. Since m_t^2 is time-dependent and not necessarily positive definite, a ghost can be propagated
- 8. If demand ghost-free for arbitrarily large *k*, must have $m_t^2 > 0$ during evolution
- 9. This will place limits on ξ_1 and ξ_2 as a function of *m*.
- 10. Longitudinal frequency "interesting"

Minimal coupling: Graham, Mardon, & Rajendran (2016); Ahmed, Grzadkowski, & Socha (2020); EWK & Long (2020) Non-minimal coupling: Capanelli, Jenks, EWK, McDonough (2024)

$$
\omega_L^2 = k^2 \frac{m_x^2}{m_t^2} + a^2 m_x^2 + \frac{3k^2 a^4 m_t^2 H^2}{(k^2 + a^2 m_t^2)^2} + \frac{k^2 a^2 R}{6(k^2 + a^2 m_t^2)}
$$

+
$$
\frac{H a k^2 m_t^{2'}}{m_t^2} \frac{(-k^2 + 2a^2 m_t^2)}{(k^2 + a^2 m_t^2)^2} + \frac{k^2 (m_t^{2'})^2}{4(m_t^2)^2} \frac{(k^2 + 4a^2 m_t^2)}{(k^2 + a^2 m_t^2)^2} - \frac{k^2 m_t^2}{2m_t^2 (k^2 + a^2 m_t^2)^2}
$$

(prime denotes ∂_{n})

- 1. In high-momentum limit (large *k*) the first term dominates $\omega_k^2 \rightarrow k^2 m_{\tau}^2/m_t^2$
- 2. Have established that $m_t^2 > 0$ to be ghostless, if $m_x^2 < 0$ then ω_k^2 will be *negative*
- 3. Leading to an instability to particle production for arbitrarily large *k* modes.
- 4. Require $m_t^2 > 0$ and $m_x^2 > 0$
- 5. Depends (a little) on inflation model

Minimal coupling: Graham, Mardon, & Rajendran (2016); Ahmed, Grzadkowski, & Socha (2020); EWK & Long (2020) Non-minimal coupling: Capanelli, Jenks, EWK, McDonough (2024)

For "large" m/H_e , not very restrictive

But for small *m*/*He* , as in dark photon models, very restrictive Breakdown of EFT? Discussed in Capanelli et al.

Strong coupling? A. Hell

Very light (μ eV) DM from GPP or very massive (10^{14} GeV) DM from GPP

Covariant action:

Kallosh, Kofman, Linde Van Proeyen (1999) Giudice, Riotto, Takachev (1999) EWK, Long, McDonough (2021)

$$
S=\int d^4x\sqrt{-g}\left[i\big(\tfrac{1}{4}\bar{\Psi}_\mu\,\gamma^{\mu\nu\rho}\nabla_\nu\Psi_\rho-\tfrac{1}{4}\bar{\Psi}_\mu\overleftarrow{\nabla}_\nu\gamma^{\mu\nu\rho}\Psi_\rho\right)-i\tfrac{1}{2}m\bar{\Psi}_\mu\gamma^{\mu\nu}\Psi_\nu\right]
$$

Specialize to FRW and define new field: $\psi_{\mu}(\eta,\vec{x}) = a^{1/2}(\eta)\Psi_{\mu}(\eta,\vec{x})$

Impose constraints from field equations

Fourier decomposition
$$
\psi_{\mu}(\eta,\vec{x})=\int\!\!\frac{d^3\vec{k}}{(2\pi)^3}\,\psi_{\mu,\vec{k}}(\eta)\,e^{i\vec{k}\cdot\vec{x}}
$$

Decompose $\psi_{\mu,\vec{k}} \longrightarrow \psi_{1/2,\vec{k}}$ and $\psi_{3/2,\vec{k}}$

$$
\text{Mode equations become} \begin{cases} \left[i\gamma^0 \partial_{\eta} - \vec{k} \cdot \vec{\gamma} - am \right] \psi_{3/2, \vec{k}} = 0 \\ \left[i\gamma^0 \partial_{\eta} - \left(C_A + i C_B \gamma^0 \right) \vec{k} \cdot \vec{\gamma} - am \right] \psi_{1/2, \vec{k}} = 0 \end{cases}
$$

C^A and *CB* will be defined

Almost there!

Parameterize spinor wavefunctions in terms of helicity eigenspinors with mode functions

$$
\chi_{A,3/2,\vec{k}}(\eta), \ \chi_{B,3/2,\vec{k}}(\eta), \ \chi_{A,1/2,\vec{k}}(\eta), \ \chi_{B,1/2,\vec{k}}(\eta)
$$
\nwhich satisfy

\n
$$
i\partial_{\eta} \begin{pmatrix} \chi_{A,3/2,k}(\eta) \\ \chi_{B,3/2,k}(\eta) \end{pmatrix} = \begin{pmatrix} am & k \\ k & -am \end{pmatrix} \begin{pmatrix} \chi_{A,3/2,k}(\eta) \\ \chi_{B,3/2,k}(\eta) \end{pmatrix}
$$
\nwhich satisfy

\n
$$
i\partial_{\eta} \begin{pmatrix} \chi_{A,1/2,k}(\eta) \\ \chi_{B,1/2,k}(\eta) \end{pmatrix} = \begin{pmatrix} am & (C_A + iC_B)k \\ (C_A - iC_B)k & -am \end{pmatrix} \begin{pmatrix} \chi_{A,1/2,k}(\eta) \\ \chi_{B,1/2k}(\eta) \end{pmatrix}
$$

Helicity $3/2$ mode equation is just like Dirac field

Helicity $1/2$ mode equation is more "interesting"

Eigenvalues of 3/2 mode equation are
$$
\pm \sqrt{c_s^2 k^2 + a^2 m^2}
$$

\n
$$
c_s^2 \equiv C_A^2 + C_B^2 = \frac{1}{9(H^2 + m^2)^2} \left[\left(-\frac{1}{3}R - H^2 + 3m^2 \right)^2 + 4 \frac{(\partial_\eta m)^2}{a^2} \right]
$$
 is the sound speed

New feature (or is it a bug?): sound speed can vanish!

$$
c_s = \frac{\left|-\frac{1}{3}R(\eta)-H^2(\eta)+3m^2\right|}{3(H^2(\eta)+m^2)} = \frac{\left|p(\eta)-3m^2M_{\rm Pl}^2\right|}{\rho(\eta)+3m^2M_{\rm Pl}^2}
$$

$$
c_s = 0 \quad \text{when} \ \ p(\eta) = 3m^2 M_{\rm Pl}^2
$$

If $c_s \neq 0$, then ω^2 approx. constant for high-k modes, GPP suppressed $\omega_k^2(\eta) = c_s^2(\eta)k^2 + a^2(\eta)m^2$ If c_s = 0, then ω^2 independent of k , GPP unsuppressed for high- k modes

Spin-3/2 particles arise in theories of supergravity; $s = 3/2$ gravitino is superpartner of $s = 2$ graviton

Does supergravity have a catastropic production of gravitinos? It depends on the model!

For models with a single chiral superfield

$$
K(\Phi,\bar{\Phi})=\Phi\bar{\Phi};\quad W(\Phi)=\frac{1}{2}m_{\phi}\Phi^2\qquad \ \, m_{3/2}=e^{K(\Phi,\bar{\Phi})/2M_{\rm Pl}^2}\frac{W(\Phi)}{M_{\rm Pl}^2}=e^{\phi^2/4M_{\rm Pl}^2}\frac{m_{\phi}}{4M_{\rm Pl}^2}\phi^2
$$

gravitino mass is time-dependent (depends on rolling inflaton) implying $c_s = 1$ at all times $\&$ no catastrophic production

For models with multiple chiral superfields

c^s depends on relative orientation of inflaton direction & SUSY breaking mixing between the goldstino & inflatino may avoid the catastrophe (explicit calculation needed) $c_s = 0$ occurs in models with a nilpotent superfield $S^2 = 0$ and orthogonal constraint

> EWK, Long, McDonough (2021) Dudas, Garcia, Mambrini,Olive, Peloso, Verner (2021) Antoniadis, Benaki, Ke (2021)

Fierz-Pauli field in FRW background*

EWK, Ling, Long, Rosen (2022)

We wish to study cosmological gravitational particle production of a massive spin-2 field in FRW background.

Field content will be a massless graviton, a massive spin–2 field, and fields necessary to source an FRW background to provide a cosmology that leads to inflation \rightarrow matter domination \rightarrow radiation domination \rightarrow our universe.

Story of massive spin–2 fields begins in 1939 with work of Fierz and Pauli, but first ...

Start with EH action: $S[g_{\mu\nu}]=\int d^4x\,\sqrt{-g}\,\frac{M_P^2}{2}\,R[g]$

Linearize about Minkowski spacetime: $g_{\mu\nu} \rightarrow \eta_{\mu\nu} + \frac{2}{M_P} h_{\mu\nu}$

Quadratic action: $S[h_{\mu\nu}]=\int d^4x \left[-\frac{1}{2}\nabla_\lambda h_{\mu\nu}\nabla^\lambda h^{\mu\nu}+\nabla_\mu h^{\nu\lambda}\nabla_\nu h^\mu\right]-\nabla_\mu h^{\mu\nu}\nabla_\nu h+\frac{1}{2}\nabla_\mu h\nabla^\mu h\right]$

^{*} I should have listened to Ruth!

Fierz-Pauli field in FRW background*

Now add a mass term: Fierz-Pauli (1939) (see reviews by Hinterbichler 1105.3735; de Rahm 1401.4173)

$$
\delta S[h_{\mu\nu}] = \int d^4x \left[-\frac{1}{2}m_1^2 h_{\mu\nu} h^{\mu\nu} - \frac{1}{2}m_2^2 h^2 \right]
$$

Introduces unwanted 6th degree of freedom (a ghost) of mass $m_{\text{ghost}}^2 = \frac{m_1^2}{4} \frac{m_1^2 + 4m_2^2}{m_1^2 + m_2^2}$

 $F[\delta S[h_{\mu\nu}]=\int d^4x \left[-\frac{1}{2}m^2\left(h_{\mu\nu}h^{\mu\nu}-h^2\right)\right]$ Fierz-Pauli mass term So, choose $m_2^2 = -m_1^2$ to banish ghost to ∞ (but no symmetry enforces this!)

Boulware and Deser (1972) discovered that Fierz-Pauli tuning breaks down with generic nonlinear extensions.

Once thought that all Lorentz-invariant massive spin–2 theories were ghostly, until de Rahm-Gabadadze-Tolley (dRGT) introduced second "reference" metric, taken to be Minkowski. Have 2 metrics interacting via potential.

Extended/completed to general metric by Hassan & Rosen \rightarrow ghost-free bigravity (2011).

This is our starting point. Field content: two metric fields, $g_{\mu\nu}$ and $f_{\mu\nu}$, coupling to two scalar fields, ϕ_g and $\phi_f.$

Inflationary Bigravity

Inflationary Bigravity Mirroring and Background Fields (bar denotes background)

$$
g_{\mu\nu} = \bar{g}_{\mu\nu} + \frac{2}{M_g} h_{\mu\nu}
$$

$$
f_{\mu\nu} = \bar{f}_{\mu\nu} + \frac{2}{M_f} k_{\mu\nu}
$$

$$
\bar{g}_{\mu\nu} = \bar{f}_{\mu\nu} = \text{FRW}
$$

 $\phi_g = \bar{\phi}_g + \varphi_g$ $\phi_f = \bar{\phi}_f + \varphi_f$ $\frac{1}{M_q}\,\bar{\phi}_g = \frac{1}{M_f}\,\bar{\phi}_f \equiv \frac{1}{M_P}\,\bar{\phi} \ .$ $\frac{1}{M_Q^2}V_g\left(\frac{M_g}{M_P}\phi\right)=\frac{1}{M_f^2}V_f\left(\frac{M_f}{M_P}\phi\right)\equiv\frac{1}{M_P}V(\phi)$

Inflationary Bigravity **Transform to mass eigenstates**

 $\{h_{\mu\nu}, k_{\mu\nu}\}\rightarrow \{u_{\mu\nu}, v_{\mu\nu}\}\$ $\frac{u_{\mu\nu}}{M_*} = \frac{h_{\mu\nu}}{M_f} + \frac{k_{\mu\nu}}{M_q}$ $\frac{v_{\mu\nu}}{M_*} = \frac{h_{\mu\nu}}{M_q} - \frac{k_{\mu\nu}}{M_f}$

 $\{\varphi_g, \varphi_f\} \rightarrow \{\varphi_u, \varphi_v\}$ $\frac{\varphi_u}{M_*} = \frac{\varphi_g}{M_f} + \frac{\varphi_f}{M_q}$ $\frac{\varphi_v}{M_*} = \frac{\varphi_g}{M_g} - \frac{\varphi_f}{M_f}$

 $M_P^2 = M_q^2 + M_f^2$ $M_*^2 = (M_q^{-2} + M_f^{-2})^{-1}$

Inflationary Bigravity Linearize On Equal FRW Backgrounds

Scalar/Vector/Tensor (SVT) Decomposition Of Massive Spin-2 Field

Represent 4-tensor by variables that transform under spatial rotations as 3-scalars/3-vectors/3-tensors

$$
v_{00} = a^2 E \qquad v_{0i} = a^2 (\partial_i F + G_i) \qquad v_{ij} = a^2 (\partial_{ij} A + \partial_i \partial_j B + \partial_i C_j + \partial_j C_i + D_{ij})
$$

Subject to transverse/traceless constraints on *G, C, D*:

At quadratic order S/V/T decouple

For S/V/T

- 1. Remove nondynamical DoFs.
- 2. Express in terms of Fourier modes.
- 3. Canonically normalize kinetic term.
- 4. Check for ghosts, gradient instabilities.
- 5. Find mode equations and ω_k .
- 6. Solve with appropriate boundary conditions.
- 7. Integrate over *k*.
- 8. Write paper.

 L_{S} = L_{S} (A, B, E, F, φ_{v}) and φ_{u} . After removing non-propagating DoFs, and defining

$$
L_{S,k}=K_{\varphi}\,|\tilde{\hat{\varphi}}'_v|^2-M_{\varphi}\,|\tilde{\hat{\varphi}}_v|^2+K_B\,|\tilde{B}'|^2-M_B\,|\tilde{B}|^2+L_2\,\tilde{\hat{\varphi}}_v^{*\prime}\tilde{B}'+L_1\,\tilde{\hat{\varphi}}_v^{*}\tilde{B}'-L_0\,\tilde{\hat{\varphi}}_v^{*}\tilde{B}
$$

Field redefinition to diagonalize kinetic terms: $\{\tilde{\hat{\varphi}}_v, \tilde{B}\} \Rightarrow \{\tilde{\Pi}, \tilde{\mathcal{B}}\}$

 $L_{S,k} = K_{\Pi} |\tilde{\Pi}'|^2 - M_{\Pi} |\tilde{\Pi}|^2 + K_{\mathcal{B}} |\tilde{\mathcal{B}}'|^2 - M_{\mathcal{B}} |\tilde{\mathcal{B}}|^2 + \lambda_1 \tilde{\Pi}^* \tilde{\mathcal{B}}' - \lambda_0 \tilde{\Pi}^* \tilde{\mathcal{B}}$

$$
L_{S,k}=K_{\varphi}\,|\tilde{\hat{\varphi}}'_v|^2-M_{\varphi}\,|\tilde{\hat{\varphi}}_v|^2+K_B\,|\tilde{B}'|^2-M_B\,|\tilde{B}|^2+L_2\,\tilde{\hat{\varphi}}_v^{*\prime}\tilde{B}'+L_1\,\tilde{\hat{\varphi}}_v^{*}\tilde{B}'-L_0\,\tilde{\hat{\varphi}}_v^{*}\tilde{B}
$$

$$
K_{B} = \frac{a^{6}m^{2}}{8} \frac{(8m^{2}H^{2} - 6H^{2}m_{H}^{2} - m^{2}m_{H}^{2})k^{4}}{H^{2}k^{4} + 3a^{2}(m^{2} - m_{H}^{2})H^{2}k^{2} + \frac{3}{8}a^{4}m^{2}(6m^{2}H^{2} - 4H^{2}m_{H}^{2} - m_{H}^{4})}
$$
(3.17c)
\n
$$
M_{B} = \frac{a^{6}m^{2}}{8} \frac{c_{10}k^{10} + c_{8}k^{8} + c_{6}k^{6} + c_{4}k^{4}}{[H^{2}k^{4} + 3a^{2}(m^{2} - m_{H}^{2})H^{2}k^{2} + \frac{3}{8}a^{4}m^{2}(6m^{2}H^{2} - 4H^{2}m_{H}^{2} - m_{H}^{4})]^{2}}
$$
(3.17d)
\n
$$
c_{10} = H^{2}(8m^{2}H^{2} - 8H^{4} - 2H^{2}m_{H}^{2} - m^{2}m_{H}^{2})
$$

\n
$$
c_{8} = a^{2}H^{2}[(30m^{4}H^{2} + 32m^{2}H^{4} - 96H^{6} - 3m^{4}m_{H}^{2} - 56m^{2}H^{2}m_{H}^{2}) + 48H^{4}m_{H}^{2} + 5m^{2}m_{H}^{4} + 6H^{2}m_{H}^{4})
$$

\n
$$
+ (4m^{2} - 24H^{2})\frac{HV'(\bar{\phi})\bar{\phi}'}{aM_{P}^{2}}]
$$

\n
$$
c_{6} = \frac{3}{8}a^{4}m^{2}[(96m^{4}H^{4} + 144m^{2}H^{6} - 6m^{4}H^{2}m_{H}^{2} - 252m^{2}H^{4}m_{H}^{2} - 192H^{6}m_{H}^{2}) + 8m^{2}H^{2}m_{H}^{4} + 200H^{4}m_{H}^{4} - 10H^{2}m_{H}^{6} - m^{2}m_{H}^{6})
$$

\n
$$
+ 8m^{2}H^{2}m_{H
$$

$$
L_{2} = \frac{a^{3}m^{2}\bar{\phi}'}{2M_{P}H} \frac{H^{2}k^{4} + \frac{3}{2}a^{2}(m^{2} - m_{H}^{2})H^{2}k^{2}}{H^{2}k^{4} + 3a^{2}(m^{2} - m_{H}^{2})H^{2}k^{2} + \frac{3}{8}a^{4}m^{2}(6m^{2}H^{2} - 4H^{2}m_{H}^{2} - m_{H}^{4})} \qquad (3.17e)
$$
\n
$$
L_{1} = -\frac{a^{4}m^{2}\bar{\phi}'}{M_{P}} \frac{(H^{2} - \frac{1}{4}m_{H}^{2} - \frac{1}{2}\frac{aHV'(\bar{\phi})}{\bar{\phi}})k^{4} - \frac{3}{2}a^{2}(m^{2} - m_{H}^{2})(H^{2} + \frac{1}{4}m_{H}^{2} + \frac{1}{2}\frac{aHV'(\bar{\phi})}{\bar{\phi}})k^{2}}{H^{2}k^{4} + 3a^{2}(m^{2} - m_{H}^{2})H^{2}k^{2} + \frac{3}{8}a^{4}m^{2}(6m^{2}H^{2} - 4H^{2}m_{H}^{2} - m_{H}^{4})} \qquad (3.17f)
$$
\n
$$
L_{0} = \frac{a^{3}m^{2}\bar{\phi}'}{2M_{P}H} \frac{c_{10}k^{10} + c_{8}k^{8} + c_{6}k^{6} + c_{4}k^{4} + c_{2}k^{2}}{[H^{2}k^{4} + 3a^{2}(m^{2} - m_{H}^{2})H^{2}k^{2} + \frac{3}{8}a^{4}m^{2}(6m^{2}H^{2} - 4H^{2}m_{H}^{2} - m_{H}^{4})]^{2}} \qquad (3.17g)
$$
\n
$$
c_{10} = H^{4}
$$
\n
$$
c_{8} = \frac{1}{2}a^{2}H^{4}[(9m^{2} + 12H^{2} - 13m_{H}^{2}) - 4\frac{aHV'(\bar{\phi})}{\bar{\phi}}] \qquad c_{6} = \frac{3}{8}a^{4}H^{2}[(18m^{4}H^{2} + 32m^{2}H^{4} + 64H^{6} - 48m^{2
$$

$$
K_{\varphi} = \frac{a^2}{2} \frac{H^2 k^4 + 3a^2 (m^2 - m_H^2) H^2 k^2 + \frac{9}{4} a^4 m^2 (m^2 - m_H^2) H^2}{2 (16h^2 + 3a^2 (m^2 - m_H^2) H^2 k^2 + \frac{3}{8} a^4 m^2 (6m^2 H^2 - 4H^2 m_H^2 - m_H^4)} \tag{3.17a}
$$
\n
$$
M_{\varphi} = \frac{a^2}{2} \frac{c_{10} k^{10} + c_8 k^8 + c_6 k^6 + c_4 k^4 + c_2 k^2 + c_0}{(16m^2 H^2 - 4H^2 m_H^2 - m_H^4)} \tag{3.17b}
$$
\n
$$
c_{10} = H^4 \tag{3.17b}
$$
\n
$$
c_{8} = \frac{1}{2} a^2 H^2 \Big[(12m^2 H^2 + 8H^4 - 14H^2 m_H^2 - m_H^4) + 4 \frac{H V'(\bar{\phi}) \bar{\phi}^2}{a M_P^2} + 2H^2 V''(\bar{\phi}) \Big]
$$
\n
$$
c_{6} = \frac{3}{8} a^4 H^2 \Big[(36m^4 H^2 + 72m^2 H^4 - 82m^2 H^2 m_H^2 - 64H^4 m_H^2 \tag{3.17b}
$$
\n
$$
+ 8(3m^2 - 4m_H^2) \frac{H V'(\bar{\phi}) \bar{\phi}^2}{a M_H^2} + 36H^4 + 8m_H^6 \Big)
$$
\n
$$
+ 8(3m^2 - 4m_H^2) \frac{H V'(\bar{\phi}) \bar{\phi}^2}{a M_H^2} \tag{3.17c}
$$
\n
$$
c_{4} = \frac{3}{8} a^6 \Big[4H^2 (9m^6 H^2 + 36m^4 H^4 + 16m^2 H^6 - 30m^4 H^2 m_H^2 - 76m^2 H^4 m_H^2 \tag{3.17d}
$$
\n
$$
- 3m^4 m_H^4 + 31m^2 H^2 m_H^4 + 24H^4 m_H^4 + 6m^2 m_H^6 - 6H^2 m_H^6
$$

Should have listened to Ruth!

Fierz-Pauli field in FRW background

Degrees of freedom: $u_{\mu\nu}$ (tensor) , φ_u , $v_{\mu\nu}$ (tensor, vector), Π , No DoF left behind: $2 + 1 + 2 + 2 + 1 + 1 = 9$

 $K_{\Pi}=\frac{a^2}{2}\frac{H^2k^4+3a^2\big(m^2-m_H^2\big)H^2k^2+\frac{9}{4}a^4m^2\big(m^2-m_H^2\big)H^2}{H^2k^4+3a^2\big(m^2-m_H^2\big)H^2k^2+\frac{3}{8}a^4m^2\big(6m^2H^2-4H^2m_H^2-m_H^4\big)}$ $K_{\mathcal{B}} = \frac{3a^6m^2(m^2 - m_H^2)}{4k^4 + 12a^2(m^2 - m_H^2)k^2 + 9a^4m^2(m^2 - m_H^2)}$ $m_H^2(\eta) = 2H^2(\eta)\left[1 - \epsilon(\eta)\right]$ $\epsilon(\eta) = -H'/(aH^2)$

If $m < m_H(\eta)$, theory propagates a ghost in $\tilde{\mathcal{B}}$ (spin–2 sector)!

In 1986 Higuchi studied perturbations of massive gravity on a de Sitter background and found a ghost if $m^2 < 2 H^2$.

We find a ghost in a general FRW background if $m^2 < 2H^2(\eta)$ [$1 - \epsilon(\eta)$]. (In dS $\epsilon = 0$.)

In dS $m^2 = 2H^2$ is a "partially massless" point: mass term also vanishes.

FRW ghost is not generally a "partially massless" point.

Fierz-Pauli field in FRW background

Fierz-Pauli field in FRW background

- First comprehensive study of CGPP of massive spin–2 fields.
- We employ ghost-free bigravity: two spin–2 fields + 2 inflatons. CMB implications?
- Calculated CGPP.
- Can massive spin–2 field be stable; if so, DM candidate (WIMPzilla).
- If massive spin–2 field unstable but long lived, decay could have interesting effects (baryogenesis, entropy generation, decay produces DM, …).
- Also studied another bigravity model (nonminimal) that is stable—promising DM candidate.
- Derived generalized FRW Higuchi bound.
- Studied ghosts (and gradient instabilities for nonminimal model). What do they signify?

Quantum Field Theories in the Early Universe

How should one regard QFTs, perfectly healthy in Minkowski spacetime, but have issues in a non-pathological, classical gravitational background?

- 1. (H_e –dependent, T_{RH} –dependent, and spin –dependent) limits on stable particles masses from Ω . Is that an issue with the QFT, or just a result like $m_v \lesssim eV$?
- 2. Stable, *minimally-coupled* scalars have infrared issues unless $m \sigma H_e$. Is that an issue with the QFT, or just "not in our universe"?
- 3. Dark photons have issues with runaway production if non-minimally coupled. Shared with massive Kalb-Ramond fields.
- 4. Massive Rarita-Schwinger fields can have catastrophic production unless $m \text{ }\sigma H_{e}$. SUGRA people should pay attention.
- 5. Massive Fierz-Pauli fields can develop ghosts and gradient instabilities unless $m \sigma H_e$. Is there a better formulation of massive gravity?
- 6. Do we have to look at different gravity theories at high-energy. Torsion, contorted geometry (Mavromatos & Sarkar); disformal gravity (Hell).
- 7. Is there a Flatland Swampland?

https://louisianaswamp.com/

A swamp can be beautiful and teeming with life (that will sting, bite, or eat you)

Quantum Field Theories in the Early Universe

- 1. Well-behaved QFTs in Minkowski space can develop pathologies when promoted to FRW.
- 2. This is especially acute for "higher-spin" QFTs $(1, 3/2, 2, ...).$
- 3. And some funny business for spin-0.
- 4. Is there a swampland of Minkowskian QFTs?
- 5. Or should we just accept restrictions on parameters of the QFTs (mass, couplings, etc.).
- 6. I will not have time to review EFT cutoffs, strong-coupling linits, nonlinearities, etc.

More complete treatment in *Cosmological gravitational particle production* EWK and Andrew Long *Reviews of Modern Physics* (to appear) 2312.09042

Rocky Kolb **King's College London** University of Chicago **September 2024**

Backup Slides

Inner Space/Outer Space Interface

Particle physics (**Inner Space**) is required to understand the universe dark matter dark energy baryon asymmetry

CMB fluctuations origin of structure

The universe (**Outer Space**)

is a particle accelerator

 big bang as particle accelerator limits on Beyond Standard Model physics long lifetime/path length stellar energy loss large *B* fields

Inner Space/Outer Space Interface

Big Bang as accelerator assumes

1. at some point temperature larger than some mass scale *m*

2. particle interacts with SM plasma

BUT

1. Maximum temperature of the radiation-dominated universe is the "reheat" temperature after inflation, T_{RH}

 $T_{\rm RH}$ may be as low as 8 MeV (to set stage for BBN)!

2. What about particles with no SM interactions (or) interactions too weak to be populated in the primordial soup?

(No evidence that dark matter interacts with SM particles)

Bigravity With Minimal Coupling To Matter (Minimal Model)

$$
S = \int d^4x \left[\frac{M_g^2}{2} \sqrt{-g} R[g] + \frac{M_f^2}{2} \sqrt{-f} R[f] - m^2 M_*^2 \sqrt{-g} V(\mathbb{X}; \beta_n) + \sqrt{-g} \mathcal{L}_g(g, \phi_g) + \sqrt{-f} \mathcal{L}_f(f, \phi_f) \right]
$$

Kinetic terms for f and g + dRGT potential + Matter Lagrangians

dRGT Potential: $\mathbb{X}_{\nu}^{\mu} = (\sqrt{g^{-1}f})_{\nu}^{\mu}$

$$
V(\mathbb{X}; \beta_n) \equiv \sum_{n=0}^4 \beta_n S_n(\mathbb{X}), \quad S_n(\mathbb{X}) \equiv \mathbb{X}_{\left[\mu_1\right]}^{\mu_1} \dots \mathbb{X}_{\mu_n}^{\mu_n}
$$

Matter Lagrangians:

$$
\mathcal{L}_{g}(g,\phi_{g}) = -\frac{1}{2}g^{\mu\nu}\nabla_{\mu}\phi_{g}\nabla_{\nu}\phi_{g} - V_{g}(\phi_{g})
$$

\n
$$
\mathcal{L}_{f}(f,\phi_{f}) = -\frac{1}{2}f^{\mu\nu}\nabla_{\mu}\phi_{f}\nabla_{\nu}\phi_{f} - V_{f}(\phi_{f})
$$

\nSource FRW background

After sausage making, want to end with: massless spin–2, massive spin–2, two scalar fields DOFs: 2 + $5 + 2 = 9$

dRGT Potential

$$
V(\mathbb{X}; \beta_n) \equiv \sum_{n=0}^{4} \beta_n S_n(\mathbb{X}), \quad S_n(\mathbb{X}) \equiv \mathbb{X}_{\lbrack \mu_1}^{\mu_1} \dots \mathbb{X}_{\mu_n}^{\mu_n}, \quad \mathbb{X}_{\nu}^{\mu} = (\sqrt{g^{-1} f})_{\nu}^{\mu}
$$

Five parameters: β_0 ... β_4 . Only three combinations enter at quadratic order

 $\beta_1 + 2\beta_2 + \beta_3 = 1$ (Normalizes Fierz-Pauli mass to be *m*)

$$
\Lambda_g = m^2 (\beta_0 + 3\beta_1 + 3\beta_2 + \beta_3)
$$

\n
$$
\Lambda_f = m^2 (\beta_1 + 3\beta_2 + 3\beta_3 + \beta_4)
$$

\n
$$
\Lambda = 0;
$$
 inflation driven by ϕ_g and ϕ_f

Three masses:
$$
M_g^2
$$
, M_f^2 , m^2
\n
$$
M_*^2 = (M_g^{-2} + M_f^{-2})^{-1}
$$
\n
$$
M_P^2 = M_g^2 + M_f^2
$$

$$
V(\mathbb{X}; \beta_n) \equiv \sum_{n=0}^{4} \beta_n S_n(\mathbb{X}), \quad S_n(\mathbb{X}) \equiv \mathbb{X}_{\lbrack \mu_1}^{\mu_1} \cdots \mathbb{X}_{\mu_n}^{\mu_n}, \quad \mathbb{X}_{\nu}^{\mu} = (\sqrt{g^{-1} f})_{\nu}^{\mu}
$$

- $S_0(\mathbb{X}) = \frac{1}{0!} ([\mathbb{X}]^0).$ $[\mathbb{X}] \equiv \text{Tr}(\mathbb{X})$ $S_1(\mathbb{X}) = \frac{1}{1!} ([\mathbb{X}]^1)$ $S_2(\mathbb{X}) = \frac{1}{2!} (|\mathbb{X}|^2 - |\mathbb{X}|^2)$ $S_3(\mathbb{X}) = \frac{1}{3!} ([\mathbb{X}]^3 - 3[\mathbb{X}^2][\mathbb{X}] + 2[\mathbb{X}^3])$ $S_4(\mathbb{X}) = \frac{1}{4!} \left([\mathbb{X}]^4 - 6[\mathbb{X}^2][\mathbb{X}]^2 + 8[\mathbb{X}^3][\mathbb{X}] + 3[\mathbb{X}^2]^2 - 6[\mathbb{X}^4] \right)$ $g_{\mu\nu} = f_{\mu\nu} \Rightarrow \mathbb{X}_{\nu}^{\mu} = \delta_{\nu}^{\mu}$
- $S_0(\mathbb{X})=1$
- $S_1(\mathbb{X})=4$
- $S_2(\mathbb{X})=6$
- $S_3(\mathbb{X})=4$
- $S_4(\mathbb{X})=1$

Quantum interference in gravitational particle production

(Basso, Chung, EWK, Long)

WTF? (Why These Features?) also, power-law decrease instead of exponential

We argue that these features are due to the quantum interference of coherent scattering reactions. We find analytic formulae for the particle production amplitude for a conformally-coupled scalar field, including an interference effect in the kinematic region where the production can be interpreted as inflaton scattering into scalar final states via graviton exchange.

• Extrapolated MD (matter dominated-no inflaton oscillations) $|\beta_k| \propto \exp(-k^{3/2})$ for $k > 1$

- Numerical (quadratic inflaton potential with inflaton oscillations) $|\beta_k| \propto k^{-9/4}$ for $k > 1$
- Power-law behavior can be understood as $\phi + \phi \Box \chi + \chi$ via a classical Boltzmann approach
- But, $\phi + \phi \Box \chi + \chi$ via a classical Boltzmann approach cannot explain oscillations
- Oscillations due to quantum interference $\int c_1 \langle \chi \chi |U| \phi \phi \rangle + c_2 \langle \chi \chi |U| \phi \phi \phi \phi \rangle$

Quantum interference in gravitational particle production

- Initial macroscopic inflaton scattering state can be viewed as cold coherent superposition of $n\phi$ states
- Bogoliubov treatment allows processes that can be interpreted as $\int c_1 \langle \chi \chi |U| \phi \phi \rangle + c_2 \langle \chi \chi |U| \phi \phi \phi \phi \rangle$ $|^2$

• Quantum interference much more pronounced

Change Perturbation Variables: Massive and Massless Modes Decouple

$$
\mathcal{L}_{\text{massless}}^{(2)} = \mathcal{L}_{uu}^{(2)} + \mathcal{L}_{u\varphi_u}^{(2)} + \mathcal{L}_{\varphi_u\varphi_u}^{(2)}
$$
\n
$$
\mathcal{L}_{uu}^{(2)} = -\frac{1}{2} \nabla_{\lambda} u_{\mu\nu} \nabla^{\lambda} u^{\mu\nu} + \nabla_{\mu} u^{\nu\lambda} \nabla_{\nu} u^{\mu}{}_{\lambda}
$$
\n
$$
- \nabla_{\mu} u^{\mu\nu} \nabla_{\nu} u + \frac{1}{2} \nabla_{\mu} u \nabla^{\mu} u
$$
\n
$$
+ \left(\bar{R}_{\mu\nu} - M_P^{-2} \nabla_{\mu} \bar{\phi} \nabla_{\nu} \bar{\phi} \right)
$$
\n
$$
\times \left(u^{\mu\lambda} u_{\lambda}^{\ \nu} - \frac{1}{2} u^{\mu\nu} u \right)
$$

$$
\mathcal{L}_{u \varphi_u}^{(2)} = M_P^{-1} \Big[\left(\nabla_{\mu} \bar{\phi} \nabla_{\nu} \varphi_u + \nabla_{\nu} \bar{\phi} \nabla_{\mu} \varphi_u \right) \times \left(u^{\mu \nu} - \frac{1}{2} \bar{g}^{\mu \nu} u \right) - V'(\bar{\phi}) \varphi_u u \Big]
$$

$$
\mathcal{L}_{\varphi_u \varphi_u}^{(2)} = -\tfrac{1}{2} \nabla_\mu \varphi_u \nabla^\mu \varphi_u - \tfrac{1}{2} V''(\bar{\phi}) \varphi_u^2
$$

$$
\mathcal{L}_{\text{massive}}^{(2)} = \mathcal{L}_{vv}^{(2)} + \mathcal{L}_{v\varphi_{v}}^{(2)} + \mathcal{L}_{\varphi_{v}\varphi_{v}}^{(2)}
$$

\n
$$
\mathcal{L}_{vv}^{(2)} = -\frac{1}{2} \nabla_{\lambda} v_{\mu\nu} \nabla^{\lambda} v^{\mu\nu} + \nabla_{\mu} v^{\nu\lambda} \nabla_{\nu} v^{\mu}_{\lambda}
$$

\n
$$
- \nabla_{\mu} v^{\mu\nu} \nabla_{\nu} v + \frac{1}{2} \nabla_{\mu} v \nabla^{\mu} v
$$

\n
$$
+ \left(\bar{R}_{\mu\nu} - M_{P}^{-2} \nabla_{\mu} \bar{\phi} \nabla_{\nu} \bar{\phi} \right)
$$

\n
$$
\times \left(v^{\mu\lambda} v_{\lambda}^{\ \nu} - \frac{1}{2} v^{\mu\nu} v \right)
$$

\n
$$
- \frac{1}{2} m^{2} \left(v^{\mu\nu} v_{\mu\nu} - v^{2} \right)
$$

\n
$$
\mathcal{L}_{v\varphi_{v}}^{(2)} = M_{P}^{-1} \left[\left(\nabla_{\mu} \bar{\phi} \nabla_{\nu} \varphi_{v} + \nabla_{\nu} \bar{\phi} \nabla_{\mu} \varphi_{v} \right) \right]
$$

\n
$$
\times \left(v^{\mu\nu} - \frac{1}{2} \bar{g}^{\mu\nu} v \right) - V'(\bar{\phi}) \varphi_{v} v \right]
$$

 $\mathcal{L}_{\varphi_v \varphi_v}^{(2)} = -\frac{1}{2} \nabla_\mu \varphi_v \nabla^\mu \varphi_v - \frac{1}{2} V''(\bar{\phi}) \varphi_v^2$

Tensor Sector (Prime Denotes)

$$
L_T = \frac{1}{2}a^2 \Big[D'_{ij}D'_{ij} - \partial_k D_{ij} \partial_k D_{ij} - a^2 m^2 D_{ij} D_{ij} \Big]
$$

Canonically normalized kinetic term: Fourier modes of $\chi_{ij}(\eta,\mathbf{x})$ α $\widetilde{\chi}_{ij}(\eta,\mathbf{k})$; can take

$$
\tilde{\chi}''_{\frac{1}{\mathbf{x}}}(\eta, k) + \omega_k^2(\eta) \, \tilde{\chi}^{}_{\frac{1}{\mathbf{x}}}(\eta, k) = 0
$$

 $\omega_k^2(\eta) = k^2 + a^2m^2 - a''/a$

If $m = 0$, mode equation for gravitational wave propagating on an FRW background, familiar from studies of tensor perturbations in inflation

Vector Sector (Prime Denotes $\boldsymbol{\partial}_{\eta}$ **)**

$$
L_V = a^2 \Big[\partial_j (G_i - C'_i) \partial_j (G_i - C'_i) + a^2 m^2 (G_i G_j - \partial_j C_i \partial_j C_i) \Big]
$$

Gⁱ not dynamical, can be Integrated out

In Fourier space: $L_{V,k} = \frac{a^4 k^2 m^2}{k^2 + a^2 m^2} |\tilde{C}'_i|^2 - a^4 k^2 m^2 |\tilde{C}_i|^2$

If $m = 0$, Lagrangian vanishes trivially since massless theory does not propagate vector modes.

Canonically normalize, again taking $\mathbf{k} = (0,0,k)$, and defining $\tilde{\chi}_{\pm}(\eta,k) = (\tilde{\chi}_1 \mp i \tilde{\chi}_2)/\sqrt{2}$:

$$
\tilde{\chi}_{\pm}''(\eta, k) + \omega_k^2(\eta) \tilde{\chi}_{\pm}(\eta, k) = 0
$$

$$
\omega_k^2(\eta) = k^2 + a^2 m^2 - f''/f
$$

$$
f = a^2/\sqrt{k^2 + a^2 m^2}
$$

Massive Spin−2 Spectra

- Modes with $k/a_eH_e < 1$ left horizon before end of inflation
- Modes with $k/a_eH_e > 1$ always subhorizon
- Only consider non-ghostly masses
- Low-*k* oscillations explained
- High-*k* oscillations explained Basso, Chung, EWK, Long 2209.01713
- Low-k scaling (k^3) explained
- High-*k* scaling (k ^{-3/2} or k ^{-9/2}) explained Basso, Chung, EWK, Long 2209.01713
- Scalar (helicity-0 mode) dominates

Inflaton Spectra

- Modes with $k/a_eH_e < 1$ left horizon before end of inflation
- Modes with $k/a_eH_e > 1$ always subhorizon
- Only consider non-ghostly Π masses
- High-*k* oscillations explained Basso, Chung, EWK, Long 2209.01713
- Low-*k* scaling explained
- High-*k* scaling (*k* [−]9/2) explained Basso, Chung, EWK, Long 2209.01713

