

$$\left(i \int d^4x j(x) \overline{\phi(x)}\right) |\mathbf{q}\rangle = \bullet \xrightarrow[p]{\leftarrow} = i \int d^4x j(x) e^{-ip \cdot x} = i \tilde{j}(p)^*,$$

$$\langle \mathbf{q} | \left(i \int d^4x j(x) \overline{\phi(x)}\right) = \xrightarrow[p]{\leftarrow} \bullet = i \int d^4x j(x) e^{ip \cdot x} = i \tilde{j}(p).$$

$$\begin{aligned} - \int d^4x j(x) \overline{\phi(x)} \int d^4y j(y) \overline{\phi(y)} &= \bullet \text{---} \bullet \\ &= - \int \frac{d^4p}{(2\pi)^4} \frac{i}{p^2 - m^2 + i\epsilon} |\tilde{j}(p)|^2 \\ &= - \int \frac{d^3\mathbf{p}}{(2\pi)^3} \frac{1}{2E_{\mathbf{p}}} |\tilde{j}(p)|^2. \end{aligned}$$