$$\begin{split} \boldsymbol{\Sigma}^{-1} &= \left(\boldsymbol{Q}\boldsymbol{\Lambda}\boldsymbol{Q}^{\top}\right)^{-1} \\ &= \left(\begin{bmatrix} \cos\alpha & -\sin\alpha \\ \sin\alpha & \cos\alpha \end{bmatrix} \begin{bmatrix} \lambda_{1} & 0 \\ 0 & \lambda_{2} \end{bmatrix} \begin{bmatrix} \cos\alpha & \sin\alpha \\ -\sin\alpha & \cos\alpha \end{bmatrix} \right)^{-1} \\ &= \left(\begin{bmatrix} \cos\alpha & -\sin\alpha \\ \sin\alpha & \cos\alpha \end{bmatrix} \begin{bmatrix} \lambda_{1}\cos\alpha & \lambda_{1}\sin\alpha \\ -\lambda_{2}\sin\alpha & \lambda_{2}\cos\alpha \end{bmatrix} \right)^{-1} \\ &= \left(\begin{bmatrix} \lambda_{1}\cos^{2}\alpha + \lambda_{2}\sin^{2}\alpha & \lambda_{1}\cos\alpha\sin\alpha - \lambda_{2}\cos\alpha\sin\alpha \\ \lambda_{1}\cos\alpha\sin\alpha - \lambda_{2}\cos\alpha\sin\alpha & \lambda_{1}\sin^{2}\alpha + \lambda_{2}\cos^{2}\alpha \end{bmatrix} \right)^{-1} \\ &= \left(\begin{bmatrix} \lambda_{1}\cos^{2}\alpha + \lambda_{2}\sin^{2}\alpha & (\lambda_{1} - \lambda_{2})\cos\alpha\sin\alpha \\ (\lambda_{1} - \lambda_{2})\cos\alpha\sin\alpha & \lambda_{1}\sin^{2}\alpha + \lambda_{2}\cos^{2}\alpha \end{bmatrix} \right)^{-1} \\ &= \frac{\begin{bmatrix} \lambda_{1}\sin^{2}\alpha + \lambda_{2}\cos^{2}\alpha & (\lambda_{2} - \lambda_{1})\cos\alpha\sin\alpha \\ (\lambda_{2} - \lambda_{1})\cos\alpha\sin\alpha & \lambda_{1}\cos^{2}\alpha + \lambda_{2}\sin^{2}\alpha \end{bmatrix}}{\det\left\{\begin{bmatrix} \lambda_{1}\sin^{2}\alpha + \lambda_{2}\cos^{2}\alpha & (\lambda_{2} - \lambda_{1})\cos\alpha\sin\alpha \\ (\lambda_{2} - \lambda_{1})\cos\alpha\sin\alpha & \lambda_{1}\cos^{2}\alpha + \lambda_{2}\sin^{2}\alpha \end{bmatrix}\right\}} \end{split}$$

$$\det \left\{ \begin{bmatrix} \lambda_1 \sin^2 \alpha + \lambda_2 \cos^2 \alpha & (\lambda_2 - \lambda_1) \cos \alpha \sin \alpha \\ (\lambda_2 - \lambda_1) \cos \alpha \sin \alpha & \lambda_1 \cos^2 \alpha + \lambda_2 \sin^2 \alpha \end{bmatrix} \right\}$$

$$= (\lambda_1 \sin^2 \alpha + \lambda_2 \cos^2 \alpha) (\lambda_1 \cos^2 \alpha + \lambda_2 \sin^2 \alpha) - (\lambda_2 - \lambda_1)^2 \cos^2 \alpha \sin^2 \alpha$$

$$= (\lambda_1^2 + \lambda_2^2) \sin^2 \alpha \cos^2 \alpha + \lambda_1 \lambda_2 (\sin^4 \alpha + \cos^4 \alpha) - (\lambda_1^2 - 2\lambda_1 \lambda_2 + \lambda_2^2) \cos^2 \alpha \sin^2 \alpha$$

$$= \lambda_1 \lambda_2 (\sin^4 \alpha + \cos^4 \alpha) + 2\lambda_1 \lambda_2 \cos^2 \alpha \sin^2 \alpha$$

$$= \lambda_1 \lambda_2 (\sin^4 \alpha + 2 \cos^2 \alpha \sin^2 \alpha + \cos^4 \alpha)$$

$$= \lambda_1 \lambda_2 (\sin^2 \alpha + \cos^2 \alpha)^2$$

$$= \lambda_1 \lambda_2$$

 \Downarrow

$$\Sigma^{-1} = \begin{bmatrix} \frac{1}{\lambda_2} \sin^2 \alpha + \frac{1}{\lambda_1} \cos^2 \alpha & \frac{(\lambda_2 - \lambda_1)}{\lambda_1 \lambda_2} \cos \alpha \sin \alpha \\ \frac{(\lambda_2 - \lambda_1)}{\lambda_1 \lambda_2} \cos \alpha \sin \alpha & \frac{1}{\lambda_2} \cos^2 \alpha + \frac{1}{\lambda_1} \sin^2 \alpha \end{bmatrix}$$