

1. a) Using Cauchy-Schwarz inequality ($\langle f|g \rangle^2 \leq \langle f|f \rangle \langle g|g \rangle$)

$$|\langle \psi(0) | \psi(t) \rangle|^2 \leq \langle \psi(0) | \psi(0) \rangle \langle \psi(t) | \psi(t) \rangle$$

Given that $\langle \psi(0) | \psi(0) \rangle = 1$ and we know once normalized $\langle \psi(t) | \psi(t) \rangle = 1 \quad \forall t \geq 0$

$$\Rightarrow |\langle \psi(0) | \psi(t) \rangle|^2 \leq 1$$

if $\langle \psi(0) |$ is eigenket of \hat{H} , $|\langle \psi(0) | \psi(t) \rangle|^2 = 1$
and inequality is saturated

b) Time-independent $\hat{H} \Rightarrow \boxed{|\psi(t)\rangle = e^{-i\hat{H}(t-t_0)/\hbar} |\psi(t_0)\rangle}$

$$\begin{aligned} |\langle \psi(0) | \psi(t) \rangle|^2 &= \langle \psi(0) | \psi(t) \rangle \langle \psi(0) | \psi(t) \rangle^* \\ &= \langle \psi(0) | \psi(t) \rangle \langle \psi(t) | \psi(0) \rangle \end{aligned}$$

for small t ($t_0=0$):

$$|\psi(t)\rangle = \left(1 - \frac{i\hat{H}t}{\hbar} - \frac{\hat{H}^2 t^2}{2\hbar^2} \right) |\psi(0)\rangle$$

$$\Rightarrow \langle \psi(t) | = \left(1 + \frac{i\hat{H}t}{\hbar} - \frac{\hat{H}^2 t^2}{2\hbar^2} \right) \langle \psi(0) | \quad (\text{since } \hat{H}^\dagger = \hat{H})$$

$$\begin{aligned} \Rightarrow \langle \psi(0) | \psi(t) \rangle &= \langle \psi(0) | \left(1 - \frac{i\hat{H}t}{\hbar} - \frac{\hat{H}^2 t^2}{2\hbar^2} \right) | \psi(0) \rangle \\ &= \langle \psi(0) | \psi(0) \rangle - \frac{it}{\hbar} \langle \psi(0) | \hat{H} | \psi(0) \rangle - \frac{t^2}{2\hbar^2} \langle \psi(0) | \hat{H}^2 | \psi(0) \rangle \\ &= 1 - \frac{it}{\hbar} \langle \hat{H} \rangle - \frac{t^2}{2\hbar^2} \langle \hat{H}^2 \rangle + O(t^3) \end{aligned}$$

(since $\langle \hat{H} \rangle$ is conserved, we drop time)

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similarly $\langle \psi(t) | \psi(0) \rangle = 1 + \frac{it}{\hbar} \langle \hat{H} \rangle - \frac{t^2}{2\hbar^2} \langle \hat{H}^2 \rangle + O(t^3)$

so $|\langle \psi(t) | \psi(0) \rangle|^2 = \left(1 + \frac{it}{\hbar} \langle \hat{H} \rangle - \frac{t^2}{2\hbar^2} \langle \hat{H}^2 \rangle + O(t^3) \right) \left(1 - \frac{it}{\hbar} \langle \hat{H} \rangle - \frac{t^2}{2\hbar^2} \langle \hat{H}^2 \rangle + O(t^3) \right)$

$= 1 - \frac{t^2}{\hbar^2} \langle \hat{H}^2 \rangle + \frac{t^2}{\hbar^2} (\langle \hat{H} \rangle)^2 + O(t^3)$

since $(\Delta H)^2 = \langle \hat{H}^2 \rangle - \langle \hat{H} \rangle^2$

$\Rightarrow \boxed{|\langle \psi(t) | \psi(0) \rangle|^2 = 1 - \frac{t^2}{\hbar^2} (\Delta H)^2 + O(t^3) \quad \text{for small } t}$