$\bar{c}\gamma^{\mu}c$ matrix element

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1 ${}^{3}S_{1}$

Ignore the overall factor:

$$\langle 0|\bar{c}\gamma^{\mu}c|^{3}S_{1}\rangle = \int d\Omega \operatorname{tr}[\Pi_{1}\gamma^{\mu}] \propto \sqrt{2}\pi(\frac{m}{3E} + \frac{2}{3})\epsilon^{\mu}$$

2 3D_1

The matrix element reads:

$$\langle 0|\bar{c}\gamma^{\mu}c|^{3}D_{1}\rangle = \int d\Omega \sum_{\lambda_{1}\lambda_{2}S_{z}m} \operatorname{tr}\{\Pi_{1}\gamma^{\mu}\} \langle 1J_{z}|2m; 1S_{z}\rangle Y_{2m}(\theta, \phi)$$

while the trace part is the same as 3S_1 :

$$\operatorname{tr}\{\Pi_1 \gamma^{\mu}\} = \frac{\sqrt{2}p^{\mu}(p \cdot \epsilon)}{E(E+m)} + \epsilon^{\mu}$$

Chosen polarization vectors:

$$\epsilon^{(-)} = \frac{1}{\sqrt{2}}(0, 1, -i, 0), \epsilon^{(0)} = (0, 0, 0, 1), \epsilon^{(+)} = \frac{1}{\sqrt{2}}(0, -1, -i, 0)$$

Result (the first row and the last are orthogonal):

$$\begin{pmatrix} 0 & \frac{2\sqrt{2\pi}p^2}{3E(m+E)} & -\frac{2i\sqrt{2\pi}p^2}{3E(m+E)} & 0\\ 0 & 0 & 0 & \frac{4\sqrt{\pi}p^2}{3E(m+E)}\\ 0 & -\frac{2\sqrt{2\pi}p^2}{3E(m+E)} & -\frac{2i\sqrt{2\pi}p^2}{3E(m+E)} & 0 \end{pmatrix}$$

and the decay constant is $\frac{4\sqrt{\pi}p^2}{3E(E+m)}$ where $p=\mathbf{p}=E^2-m^2$.