

$$\text{Is } E\left[\frac{\text{SSE}(X_0)}{\hat{\sigma}_F^2}\right] = E\left[\text{SSE}(X_0)\right] \cdot E\left[\frac{1}{\hat{\sigma}_F^2}\right] ?$$

Here,  $\text{SSE}(X_0)$  and  $\frac{1}{\hat{\sigma}_F^2}$  are independent, so expectation distributes over their product.

By Jensen's Inequality  $E\left[\frac{1}{\hat{\sigma}_F^2}\right] > \frac{1}{E[\hat{\sigma}_F^2]}$  for convex function.

So two are not equal.