

The solution to the regularized LS problem is given by $\hat{\beta}_\tau = (X^T X + \tau I)^{-1} X^T Y$

We can write $Y = X\beta + \epsilon$, giving us,

$$\begin{aligned}\hat{\beta}_\tau &= (X^T X + \tau I)^{-1} X^T (X\beta + \epsilon) \\ &= (X^T X + \tau I)^{-1} X^T (X\beta) + (X^T X + \tau I)^{-1} X^T \epsilon\end{aligned}$$

Now,

$$\begin{aligned}E[\hat{\beta}_\tau | X] &= E[(X^T X + \tau I)^{-1} X^T (X\beta + \epsilon) | X] \\ &= E[(X^T X + \tau I)^{-1} X^T \epsilon | X] + E[(X^T X + \tau I)^{-1} X^T X \beta | X] \\ &= (X^T X + \tau I)^{-1} X^T \underbrace{E[\epsilon | X]}_{=0} + (X^T X + \tau I)^{-1} X^T X \beta \\ &= (X^T X + \tau I)^{-1} X^T X \beta = \underline{\underline{S_\tau^{-1} S_\tau \beta}}\end{aligned}$$

where $S_\tau = (X^T X + \tau I)$, $S = X^T X$

$$\begin{aligned}\text{Cov}(\hat{\beta}_\tau) &= \text{Cov}((X^T X + \tau I)^{-1} X^T (X\beta + \epsilon)) \\ &= \text{Cov}((X^T X + \tau I)^{-1} X^T \epsilon) \\ &= (X^T X + \tau I)^{-1} X^T \text{Cov}(\epsilon) X (X^T X + \tau I)^{-1}\end{aligned}$$

$\text{Cov}(\epsilon) = \sigma^2$, therefore

$$\begin{aligned}\text{Cov}(\hat{\beta}_\tau) &= \sigma^2 (X^T X + \tau I)^{-1} X^T X (X^T X + \tau I)^{-1} \\ &= \underline{\underline{\sigma^2 S_\tau^{-1} S S_\tau^{-1}}}\end{aligned}$$