# A note on the Hanson-Wright inequality for random vectors with dependencies* 

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#### Abstract

We prove that quadratic forms in isotropic random vectors $X$ in $\mathbb{R}^{n}$, possessing the convex concentration property with constant $K$, satisfy the Hanson-Wright inequality with constant $C K$, where $C$ is an absolute constant, thus eliminating the logarithmic (in the dimension) factors in a recent estimate by Vu and Wang. We also show that the concentration inequality for all Lipschitz functions implies a uniform version of the Hanson-Wright inequality for suprema of quadratic forms (in the spirit of the inequalities by Borell, Arcones-Giné and Ledoux-Talagrand). Previous results of this type relied on stronger isoperimetric properties of $X$ and in some cases provided an upper bound on the deviations rather than a concentration inequality.

In the last part of the paper we show that the uniform version of the HansonWright inequality for Gaussian vectors can be used to recover a recent concentration inequality for empirical estimators of the covariance operator of $B$-valued Gaussian variables, due to Koltchinskii and Lounici.


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## 1 Introduction

The Hanson-Wright inequality asserts that if $X_{1}, \ldots, X_{n}$ are independent mean zero, variance one random variables with sub-Gaussian tail decay, i.e. such that for all $t>0$,

$$
\mathbb{P}\left(\left|X_{i}\right| \geq t\right) \leq 2 \exp \left(-t^{2} / K^{2}\right)
$$

and $A=\left[a_{i j}\right]_{i, j=1}^{n}$ is an $n \times n$ matrix, then the quadratic form

$$
Z=\sum_{i, j=1}^{n} a_{i j} X_{i} X_{j}
$$

satisfies the inequality

$$
\mathbb{P}(|Z-\operatorname{tr} A| \geq t) \leq 2 \exp \left(-\min \left(\frac{t^{2}}{C K^{4}\|A\|_{H S}^{2}}, \frac{t}{C K^{2}\|A\|}\right)\right)
$$

[^0]for all $t>0$, where $C$ is a universal constant. Here and in what follows $\|A\|_{H S}=$ $\left(\sum_{i, j \leq n} a_{i j}^{2}\right)^{1 / 2}$ is the Hilbert-Schmidt norm of $A$, whereas $\|A\|=\sup _{|x| \leq 1}|A x|$ is the operator norm of $A\left(|\cdot|\right.$ denotes the standard Euclidean norm in $\left.\mathbb{R}^{n}\right)$. Actually, Hanson and Wright [12] proved a somewhat weaker inequality in which $\|A\|$ was replaced by the operator norm of the matrix $\tilde{A}=\left[\left|a_{i j}\right|\right]_{i, j=1}^{n}$. The original argument worked also only for symmetric random variables, the general mean zero case was proved by Wright in [33]. The above version with the operator norm of $A$ appeared in many works under different sets of assumptions. For Gaussian variables it follows from estimates for general Banach space valued polynomials by Borell [8] and Arcones-Giné [4]. Independent proofs were also provided by Ledoux-Talagrand [21] and Latała [16, 17]. It is also well known that the general case can be reduced to the Gaussian one by comparison of moments or a decoupling and contraction approach [18, 5, 2, 26]. As observed by Latała [16], in the Gaussian case the Hanson-Wright inequality can be reversed (up to universal constants). Latała provided also two-sided moment and tail inequalities for higher degree homogeneous forms in Gaussian variables [17] (see also [2]).

The interest in Hanson-Wright type estimates has been recently revived in connection with non-asymptotic theory of random matrices and related statistical problems [32, 25]. Since in many applications one considers quadratic forms in random vectors with dependencies among coefficients, some recent work has been devoted to proving counterparts of the Hanson-Wright inequality in a dependent setting. In particular in [14] a corresponding upper tail inequality is proved for positive definite matrices and sub-Gaussian random vectors $X$ (we recall that a random vector $X$ in $\mathbb{R}^{n}$ is sub-Gaussian with constant $K$ if for all $u \in S^{n-1}$, and all $t>0, \mathbb{P}(|\langle X, u\rangle| \geq t) \leq 2 \exp \left(-t^{2} / K^{2}\right)$, where $\langle\cdot, \cdot\rangle$ stands for the standard inner product on $\mathbb{R}^{n}$ ). It is easy to see that in this setting one cannot hope for a lower tail estimate as a sub-Gaussian random vector can vanish with probability separated from zero. In [32], Vu and Wang consider vectors satisfying the convex concentration property (see Definition 2.2 below) and prove that if $X$ is a random vector in $\mathbb{R}^{n}$ in the isotropic position (i.e. with mean zero and covariance matrix equal to identity) which has the convex concentration property with constant $K$, then for all $t>0$,

$$
\begin{equation*}
\mathbb{P}\left(\left|X^{T} A X-\operatorname{tr} A\right| \geq t\right) \leq C \log n \exp \left(-C K^{-2} \min \left(\frac{t^{2}}{\|A\|_{H S}^{2} \log n}, \frac{t}{\|A\|}\right)\right) \tag{1.1}
\end{equation*}
$$

(We remark that Vu and Wang considered complex random vectors with complex conjugate-transpose operation instead of transpose, but since we are interested here primarily in the real case, we do not state their result in this version. In fact it is not difficult to pass from the real version to the complex one).

One of the objectives of this paper is to remove the dependence on dimension in the above estimate (Theorem 2.5 below) as well as to prove corresponding uniform estimates for suprema of quadratic forms under some stronger assumptions on the random vector $X$ (Theorem 2.10). Such uniform versions (corresponding to Banach space valued quadratic forms) for Gaussian random vectors were considered e.g. by Borell [8] and Arcones-Giné [4], whereas the Rademacher case was studied by Talagrand [31] and Bousquet-Boucheron-Lugosi-Massart [9]. In Theorem 2.10 we prove that a uniform estimate is a consequence of the concentration property for Lipschitz functions.

The estimates provided by uniform Hanson-Wright inequalities are expressed in terms of expectations of suprema of certain empirical processes. Since estimating these expectations is in general difficult, direct applications of such inequalities are limited. However, there are examples where it is possible to effectively bound the empirical process involved in the estimate. We present one of them in Section 4, Theorem 4.1, where we recover a recent concentration result for empirical approximations of the
covariance operator for Banach space valued Gaussian variables, by Koltchinskii and Lounici [15]. We remark that the original proof in [15] used different methods.

The organization of the paper is as follows. In the next section we present our main results together with some additional discussion. Next, in Section 3 we provide proofs, deferring some technical parts to the Appendix. Finally, in Section 4 we present the aforementioned application of uniform estimates for quadratic forms.

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## 2 Main results

To introduce the setting for our estimates let us first recall the standard definitions of concentration properties of random vectors.
Definition 2.1 (Concentration property). Let $X$ be a random vector in $\mathbb{R}^{n}$. We will say that $X$ has the concentration property with constant $K$ if for every 1-Lipschitz function $\varphi: \mathbb{R}^{n} \rightarrow \mathbb{R}$, we have $\mathbb{E}|\varphi(X)|<\infty$ and for every $t>0$,

$$
\mathbb{P}(|\varphi(X)-\mathbb{E} \varphi(X)| \geq t) \leq 2 \exp \left(-t^{2} / K^{2}\right)
$$

The concentration property of random vectors has been extensively studied in the recent forty years, starting with the celebrated results by Borell [7] and SudakovTsirelson [28] who established it for Gaussian random vectors. Many efficient techniques for proving concentration have been discovered, including e.g. isoperimetric techniques, functional inequalities, transportation of measure, semigroup tools. We refer to the monograph [20] by Ledoux for a thorough discussion of this topic.
Definition 2.2 (Convex concentration property). Let $X$ be a random vector in $\mathbb{R}^{n}$. We will say that $X$ has the convex concentration property with constant $K$ if for every 1-Lipschitz convex function $\varphi: \mathbb{R}^{n} \rightarrow \mathbb{R}$, we have $\mathbb{E}|\varphi(X)|<\infty$ and for every $t>0$,

$$
\mathbb{P}(|\varphi(X)-\mathbb{E} \varphi(X)| \geq t) \leq 2 \exp \left(-t^{2} / K^{2}\right)
$$

Remark 2.3. Let us now provide a few examples of random vectors satisfying the convex concentration property:

- Any random vector $X=\left(X_{1}, \ldots, X_{n}\right)$ such that $X_{i}$ 's are independent and for all $i,\left|X_{i}\right| \leq 1$ a.s., satisfies the convex concentration property with constant $K$ independent of the dimension $n$ (as proved in [27], one can take $K=2 \sqrt{2}$ ). This fact was first obtained by Talagrand $[29,30]$ by means of his celebrated convex distance inequality.
- An extension of Talagrand's result has been provided by Samson [27] and Paulin [24], who obtained concentration for vectors with bounded coordinates, satisfying some uniform mixing conditions or Dobrushin type criteria. In particular it follows from the results in [27] that if the random variables $X_{1}, X_{2}, \ldots$, with values in a bounded interval, form a uniformly ergodic Markov chain (or more generally are geometrically strongly mixing), then the random vectors $X^{(n)}=\left(X_{1}, \ldots, X_{n}\right)$ satisfy the convex concentration property with a dimension independent constant. We
refer to the original articles [27,24] for the precise formulation of the mixing conditions and the parameters controlling the constant $K$ in the convex concentration property.
- From Talagrand's results it also follows that the convex concentration property is satisfied by vectors obtained via sampling without replacement [24, 1]. More precisely, if $x_{1}, \ldots, x_{n} \in[0,1]$ and for $m \leq n$ the random vector $X=\left(X_{1}, \ldots, X_{m}\right)$ is obtained by sampling without replacement $m$ numbers from the set $\left\{x_{1}, \ldots, x_{n}\right\}$, then $X$ satisfies the convex concentration property with an absolute constant $K$.
- Sub-Gaussian estimates for the upper tails of Lipschitz convex functions of random vectors with independent coordinates were also obtained by Ledoux [19] and later Adamczak in the unbounded case [3] by means of log-Sobolev inequalities for convex functions.

Remark 2.4. It was shown in [29] that even the uniform distribution on the discrete cube $\{0,1\}^{n}$ does not satisfy the concentration property for all Lipschitz functions with dimension independent constants. In general the convex concentration property is a much weaker condition than the concentration property for all Lipschitz functions, which requires much more regularity of the random vector.

Our first result is
Theorem 2.5. Let $X$ be a mean zero random vector in $\mathbb{R}^{n}$. If $X$ has the convex concentration property with constant $K$, then for any $n \times n$ matrix $A$ and every $t>0$,

$$
\begin{align*}
\mathbb{P}\left(\left|X^{T} A X-\mathbb{E}\left(X^{T} A X\right)\right| \geq t\right) & \leq 2 \exp \left(-\frac{1}{C K^{2}} \min \left(\frac{t^{2}}{\|A\|_{H S}^{2}\|\operatorname{Cov}(X)\|}, \frac{t}{\|A\|}\right)\right)  \tag{2.1}\\
& \leq 2 \exp \left(-\frac{1}{C} \min \left(\frac{t^{2}}{2 K^{4}\|A\|_{H S}^{2}}, \frac{t}{K^{2}\|A\|}\right)\right)
\end{align*}
$$

for some universal constant $C$.
Remark 2.6. The above theorem improves the estimate (1.1) due to Vu-Wang by removing the dimension dependent factors (note that in the isotropic case $\mathbb{E} X^{T} A X=\operatorname{tr} A$ and $\|\operatorname{Cov}(X)\|=\|\operatorname{Id}\|=1$ ).
Remark 2.7. The assumption that $X$ is centered is introduced just to simplify the statement of the theorem. Note that if $X$ has the convex concentration property with constant $K$, then so does $\tilde{X}=X-\mathbb{E} X$. Moreover, a quadratic form in $X$ can be decomposed into a sum of a quadratic form in $\tilde{X}$ and an affine function of $X$. Since linear functions are convex, Lipschitz, their deviations can be controlled by the convex concentration property. We leave the precise formulation of the corresponding inequality to the Reader.
Remark 2.8. As it will become clear from the proof, similar theorems hold if instead of sub-Gaussian concentration inequality for convex functions one assumes some other rate of decay for the tail probabilities. The whole argument remains then valid, one just has to modify accordingly the right-hand side of (2.1). Convex concentration property with sub-exponential tail decay was studied e.g. in [6].
Remark 2.9. We remark that it is not true that if $X=\left(X_{1}, \ldots, X_{n}\right)$ where $X_{i}$ are i.i.d. sub-Gussian random variables, then $X$ has the convex concentration property with a constant independent of dimension (as noted in [3] following [13]). Therefore, Theorem 2.5 does not imply the standard Hanson-Wright inequality.

Our second result concerns a uniform version of the Hanson-Wright inequality for suprema of quadratic forms and is contained in

Theorem 2.10. Let $X$ be a mean zero random vector in $\mathbb{R}^{n}$. Assume that $X$ has the concentration property with constant $K$. Let $\mathcal{A}$ be a bounded set of $n \times n$ matrices and consider the random variable

$$
Z=\sup _{A \in \mathcal{A}}\left(X^{T} A X-\mathbb{E} X^{T} A X\right)
$$

Then, for every $t>0$,

$$
\begin{equation*}
\mathbb{P}(|Z-\mathbb{E} Z| \geq t) \leq 2 \exp \left(-\frac{1}{C K^{2}} \min \left(\frac{t^{2}}{\|X\|_{\mathcal{A}}^{2}}, \frac{t}{\sup _{A \in \mathcal{A}}\|A\|}\right)\right) \tag{2.2}
\end{equation*}
$$

where

$$
\|X\|_{\mathcal{A}}=\mathbb{E} \sup _{A \in \mathcal{A}}\left|\left(A+A^{T}\right) X\right|
$$

and $C$ is a universal constant.
Remark 2.11. One can easily see that if $\mathcal{A}=\{A\}$, then $\|X\|_{\mathcal{A}} \leq 2\|A\|_{H S} \sqrt{\|\operatorname{Cov} X\|}$. If in addition $X$ has the convex concentration property with constant $K$, then $\|\operatorname{Cov} X\| \leq 2 K^{2}$ (see the proof of Theorem 2.5 below). Thus the conclusion of the above theorem is stronger than that of Theorem 2.5. On the other hand the assumption is also stronger. We do not know if (2.2) is implied just by the convex concentration property. This is the case if instead of $\sup _{A \in \mathcal{A}} X^{T} A X$ one considers $\sup _{A \in \mathcal{A}} X^{T} A Y$, where $Y$ is an independent copy of $X$ (see [3]).
Remark 2.12. As mentioned in the Introduction, inequalities similar to (2.2) have been proven by many authors under various sets of assumptions. In particular Borell [8] and Arcones-Giné [4] obtained inequalities for Banach space valued polynomials in Gaussian random variables. When specialised to quadratic forms, these inequalities give an upper bound on $\mathbb{P}\left(\sup _{A \in \mathcal{A}}\left|X^{T} A X\right| \geq M+t\right)$, where $M$ is a certain quantile of $\sup _{A \in \mathcal{A}}\left|X^{T} A X\right|$. The proofs are based on the Gaussian isoperimetric inequality. We do not see how to adapt their arguments to get concentration around the mean rather then deviation above a multiple of the mean. Talagrand [31] proved a concentration inequality for suprema of quadratic forms in Rademacher variables, which via the Central Limit Theorem implies the concentration inequality in the Gaussian case. The bound on the upper tail in Talagrand's inequality was later generalized to higher order forms by Boucheron, Bousquet, Lugosi and Massart [9].

## 3 Proofs of the main results

In what follows the letter $C$ will denote an absolute constant, the value of which may change between various occurrences (even in the same line).

Before we proceed with the proofs of Theorems 2.5 and 2.10 , let us briefly explain their structure. The main idea is very simple and similar in both cases. Namely, even though the function $\varphi$ defining the random variable in question is not Lipschitz, $|\nabla \varphi|$ is. Moreover, it is also convex. This allows to use concentration for $|\nabla \varphi(X)|$ and restrict to a small set $B$ where $|\nabla \varphi|$ is bounded by an appropriately chosen constant . Since $B$ is convex, $\varphi$ is Lipschitz on $B$ and can be extended to a Lipschitz function $\tilde{\varphi}$ on $\mathbb{R}^{n}$ (in the setting of Theorem 2.5, after some preliminary reductions one can also assume that $\varphi$ and $\tilde{\varphi}$ are convex). The tail of $\tilde{\varphi}(X)$ can be controlled by the concentration property and the theorem follows by combining the tail inequality for $\tilde{\varphi}(X)$ with estimates on $\mathbb{P}(X \notin B)$. The technical parts of the proofs are related to verifying the quantitative aspects of the above intuition. We remark that a similar strategy has been applied in [23] to provide concentration inequalities for non-commutative polynomials in random matrices.

To keep the main parts of the arguments concise, the proofs of some technical lemmas are postponed to the Appendix.

Proof of Theorem 2.5. Let us first prove the second inequality of (2.1). For any unit vector $u,\langle u, X\rangle$ is a 1-Lipschitz convex function of $X$. Since we also have $\mathbb{E}\langle u, X\rangle=0$, by the convex concentration property, we get

$$
u^{T} \operatorname{Cov}(X) u=\mathbb{E}\langle u, X\rangle^{2}=2 \int_{0}^{\infty} t \mathbb{P}(|\langle u, X\rangle| \geq t) d t \leq 4 \int_{0}^{\infty} t e^{-t^{2} / K^{2}} d t=2 K^{2}
$$

This shows that $\|\operatorname{Cov} X\| \leq 2 K^{2}$ and proves the second inequality of (2.1).
Let us now proceed with the proof of the first inequality. Since $X^{T} A X=X^{T}\left(\frac{1}{2}(A+\right.$ $\left.A^{T}\right)$ ) $X$, we can assume that $A$ is symmetric. Under this assumption it is easy to see (by diagonalizing $A$ ) that $A=A_{1}-A_{2}$, for some nonnegative definite matrices $A_{1}$ and $A_{2}$ such that $\left\|A_{i}\right\| \leq\|A\|$ and $\left\|A_{i}\right\|_{H S} \leq\|A\|_{H S}, i=1,2$. Therefore, by the triangle inequality, without loss of generality one can further assume that $A$ is nonnegative definite.

Define $\varphi: \mathbb{R}^{n} \rightarrow \mathbb{R}$ by $\varphi(x)=x^{T} A x$. The function $\varphi$ is convex (by nonnegative definiteness of $A$ ). Moreover, $\nabla \varphi(x)=2 A x$ (here we use the symmetry of $A$ ). In particular, the function $f=|\nabla \varphi|$ is $2\|A\|$-Lipschitz. It is also easy to see that $f$ is convex.

By the comparison of moments and basic linear algebra we get

$$
(\mathbb{E} f(X))^{2} \leq \mathbb{E} f(X)^{2}=\langle 2 A X, 2 A X\rangle=4 \mathbb{E} X^{T} A^{2} X=4 \mathbb{E} \operatorname{tr}\left(A^{2} X X^{T}\right)=4 \operatorname{tr}\left(A^{2} \operatorname{Cov}(X)\right)
$$

Now, using the inequality $\operatorname{tr}(Q R) \leq(\operatorname{tr} Q)\|R\|$, valid for any symmetric, nonnegative definite matrices $Q, R$, we get

$$
\begin{equation*}
\mathbb{E} f(X) \leq \sqrt{4 \operatorname{tr}\left(A^{2}\right)\|\operatorname{Cov} X\|}=2\|A\|_{H S}\|\operatorname{Cov}(X)\|^{1 / 2} \tag{3.1}
\end{equation*}
$$

Let $B=\left\{x \in \mathbb{R}^{n}:|\nabla \varphi(x)| \leq 2\|A\|_{H S}\|\operatorname{Cov}(X)\|^{1 / 2}+\sqrt{t\|A\|}\right\}$. By the convex concentration property, applied to the function $f=|\nabla \varphi|$ (recall that $f$ is $2\|A\|$-Lipschitz) and (3.1), we get

$$
\begin{equation*}
\mathbb{P}(X \notin B) \leq 2 \exp \left(-\frac{t}{4 K^{2}\|A\|}\right) \tag{3.2}
\end{equation*}
$$

Define now a new function $\tilde{\varphi}: \mathbb{R}^{n} \rightarrow \mathbb{R}$ with the formula

$$
\tilde{\varphi}(y)=\max _{x \in B}(\langle\nabla \varphi(x), y-x\rangle+\varphi(x)) .
$$

Note that $\tilde{\varphi}$ is a convex function, moreover for $y, z \in \mathbb{R}^{n}$,

$$
\begin{aligned}
\tilde{\varphi}(y)-\tilde{\varphi}(z) & =\max _{x \in B}(\langle\nabla \varphi(x), y-x\rangle+\varphi(x))-\max _{x \in B}(\langle\nabla \varphi(x), z-x\rangle+\varphi(x)) \\
& \leq \max _{x \in B}(\nabla \varphi(x), y-z\rangle \leq \max _{x \in B}|\nabla \varphi(x)||y-z| \leq M|y-z|,
\end{aligned}
$$

where $M=2\|A\|_{H S}\|\operatorname{Cov}(X)\|^{1 / 2}+\sqrt{t\|A\|}$ (the last inequality follows by the definition of $B$ ). Thus $\tilde{\varphi}$ is convex and $M$-Lipschitz and so, by the convex concentration property, for all $s>0$,

$$
\begin{equation*}
\mathbb{P}(|\tilde{\varphi}(X)-\mathbb{E} \tilde{\varphi}(X)| \geq s) \leq 2 \exp \left(-\frac{s^{2}}{K^{2} M^{2}}\right) \tag{3.3}
\end{equation*}
$$

Moreover, by convexity of $\varphi$, we have $\tilde{\varphi}(y) \leq \varphi(y)$ and thus for $y \in B$, we have $\tilde{\varphi}(y)=$ $\varphi(y)$.

We will now use the following simple lemma. Its straightforward, but slightly tedious proof is deferred to the Appendix.

Lemma 3.1. Let $S$ and $Z$ be random variables and $a, b, t>0$ be such that for all $s>0$,

$$
\begin{equation*}
\mathbb{P}(|S-\mathbb{E} S| \geq s) \leq 2 \exp \left(-s^{2} /(a+\sqrt{b t})^{2}\right) \tag{3.4}
\end{equation*}
$$

and

$$
\begin{equation*}
\mathbb{P}(S \neq Z) \leq 2 \exp (-t / b) \tag{3.5}
\end{equation*}
$$

Then

$$
\begin{equation*}
\mathbb{P}(|Z-\operatorname{Med} Z| \geq t) \leq 2 \exp \left(-\frac{1}{C} \min \left(\frac{t^{2}}{a^{2}}, \frac{t}{b}\right)\right) \tag{3.6}
\end{equation*}
$$

where Med $Z$ is a median of $Z$.
Thanks to (3.2) and (3.3) we can now apply Lemma 3.1 with $Z=\varphi(X)=X^{T} A X$, $S=\tilde{\varphi}(X), a=2 K\|A\|_{H S}\|\operatorname{Cov}(X)\|^{1 / 2}$ and $b=4 K^{2}\|A\|$, and obtain

$$
\begin{equation*}
\mathbb{P}\left(\left|X^{T} A X-\operatorname{Med}\left(X^{T} A X\right)\right| \geq t\right) \leq 2 \exp \left(-\frac{1}{C K^{2}} \min \left(\frac{t^{2}}{\|A\|_{H S}^{2}\|\operatorname{Cov}(X)\|}, \frac{t}{\|A\|}\right)\right) \tag{3.7}
\end{equation*}
$$

We have thus obtained concentration for $X^{T} A X$, however around a median and not the mean. In the sub-Gaussian case it is classical that at the cost of a universal factor in the constant, one can replace the median with the mean (an vice versa). This fact is true also for two-level Gaussian-exponential concentration of (3.7), as summarized by the following lemma. Since we have not been able to find a proper reference in the literature, we present its proof in the Appendix.
Lemma 3.2. Assume that a random variable $Z$ satisfies

$$
\mathbb{P}(|Z-\operatorname{Med} Z| \geq t) \leq 2 \exp \left(-\min \left(\frac{t^{2}}{a^{2}}, \frac{t}{b}\right)\right)
$$

for all $t>0$. Then for some absolute constant $C$ and all $t>0$,

$$
\begin{equation*}
\mathbb{P}(|Z-\mathbb{E} Z| \geq t) \leq 2 \exp \left(-\frac{1}{C} \min \left(\frac{t^{2}}{a^{2}}, \frac{t}{b}\right)\right) \tag{3.8}
\end{equation*}
$$

A direct application of the above lemma and (3.7) proves the first inequality of (2.1) and ends the proof of the Theorem.

Let us now pass to the proof of the uniform version of the Hanson-Wright inequality, stated in Theorem 2.10.

Proof of Theorem 2.10. By the boundedness assumption on the set $\mathcal{A}$ and the integrability assumption on $X$ we can assume that the set $\mathcal{A}$ is finite. Let thus $\mathcal{A}=\left\{A^{(1)}, \ldots, A^{(m)}\right\}$, where $A^{(k)}=\left[a_{i j}^{(k)}\right]_{i, j \leq n}$. Denote also $a^{(k)}=\mathbb{E} X^{T} A^{(k)} X$ and define the function $\varphi: \mathbb{R}^{n} \rightarrow$ $\mathbb{R}$ with the formula

$$
\begin{equation*}
\varphi(x)=\max _{k \leq m}\left(x^{T} A^{(k)} x-a^{(k)}\right) \tag{3.9}
\end{equation*}
$$

Note that $\varphi$ is locally Lipschitz, moreover as the set of roots of a non-zero multivariate polynomial is of Lebesgue measure zero, for every $x$ outside a set of Lebesgue measure zero, there exists unique $k \leq m$, such that

$$
\varphi(x)=x^{T} A^{(k)} x-a^{(k)} .
$$

For $k \leq m$ let $B_{k}$ be the set of points $x \in R^{n}$ such that $k$ is the unique maximizer in (3.9). Then $\mathbb{R}^{n} \backslash\left(\bigcup_{k \leq m} B_{k}\right)$ has Lebesgue measure equal to zero, moreover the sets $B_{k}$ are open. Since for $x \in B_{k}$ we have $\nabla \varphi(x)=\left(A^{(k)}+\left(A^{(k)}\right)^{T}\right) x$, we have Lebesgue-a.e.

$$
|\nabla \varphi(x)| \leq \max _{A \in \mathcal{A}}\left|\left(A+A^{T}\right) x\right|
$$

Let now $B=\left\{x \in \mathbb{R}^{n}: \max _{A \in \mathcal{A}}\left|\left(A+A^{T}\right) x\right|<\|X\|_{\mathcal{A}}+\sqrt{t \max _{A \in \mathcal{A}}\|A\|}\right\}$ and note that $B$ is an open convex set.

We will need the following, standard lemma, whose proof we present for completeness in the Appendix.
Lemma 3.3. Let $B \subseteq \mathbb{R}^{n}$ be an open, convex set and $\varphi: B \rightarrow \mathbb{R}$ be a locally Lipschitz function, such that Lebesgue-a.e. on $B,|\nabla \varphi(x)| \leq M$. Then, $\varphi$ is $M$-Lipschitz on $B$.

Applying this lemma, we get that $\varphi$ is $M$-Lipschitz on $B$ with

$$
M=\|X\|_{\mathcal{A}}+\sqrt{t \max _{A \in \mathcal{A}}\|A\|} .
$$

Let now $\tilde{\varphi}: \mathbb{R}^{n} \rightarrow \mathbb{R}$ be any $M$-Lipschitz function, which coincides with $\varphi$ on $B$ (it exists by McShane's lemma, see e.g. Lemma 7.3. in [22]). By the concentration property of $X$ we have for all $s>0$,

$$
\mathbb{P}(|\tilde{\varphi}(X)-\mathbb{E} \tilde{\varphi}(X)| \geq s) \leq 2 \exp \left(-\frac{s^{2}}{K^{2} M^{2}}\right)
$$

and
$\mathbb{P}(X \notin B)=\mathbb{P}\left(\max _{A \in \mathcal{A}}\left|\left(A+A^{T}\right) X\right| \geq\|X\|_{\mathcal{A}}+\sqrt{t \max _{A \in \mathcal{A}}\|A\|}\right) \leq 2 \exp \left(-\frac{t}{4 K^{2} \max _{A \in \mathcal{A}}\|A\|}\right)$,
where we used that the function $x \mapsto \max _{A \in \mathcal{A}}\left|\left(A+A^{T}\right) x\right|$ has the Lipschitz constant bounded by $\max _{A \in \mathcal{A}}\left\|A+A^{T}\right\| \leq 2 \max _{A \in \mathcal{A}}\|A\|$. Thus, Lemma 3.1 with $S=\tilde{\varphi}(X)$, $Z=\varphi(X), a=K\|X\|_{\mathcal{A}}$ and $b=4 K^{2} \max _{A \in \mathcal{A}}\|A\|$ gives

$$
\mathbb{P}(|\varphi(X)-\operatorname{Med} \varphi(X)| \geq t) \leq 2 \exp \left(-\frac{1}{C K^{2}} \min \left(\frac{t^{2}}{\|X\|_{\mathcal{A}}^{2}}, \frac{t}{\max _{A \in \mathcal{A}}\|A\|}\right)\right)
$$

Since the above inequality holds for arbitrary $t>0$, we can use Lemma 3.2 to complete the proof.

## 4 Application. Concentration inequalities for the empirical covariance operator

Let us conclude with an application of Theorem 2.10 in the Gaussian setting, by providing a new proof of the concentration inequality for empirical approximations of the covariance operator of a Banach space valued random variable, proved recently in [15] by other methods. Since this part serves mostly as an illustration of applicability of Theorem 2.10, we do not present the general setting and motivation for this type of results, referring the Reader to the original paper [15].

In the formulation of the following theorem we use $\|\cdot\|$ to denote both the norm of a vector in a Banach space $E$ and the operator norm. By $E^{*}$ we will denote the dual of $E$. For $x \in E$ and $u \in E^{*},\langle x, u\rangle$ will stand for the value of $u$ on $x$, i.e. $\langle x, u\rangle=u(x)$.
Theorem 4.1. Let $G$ be a Gaussian vector with values in a separable Banach space $E$ and let $\Sigma: E^{*} \rightarrow E$ be its covariance operator, i.e.

$$
\Sigma u=\mathbb{E}\langle G, u\rangle G, u \in E^{*} .
$$

## A note on the Hanson-Wright inequality

Let $G_{1}, \ldots, G_{n}$ be i.i.d. copies of $G$ and define the empirical covariance operator $\hat{\Sigma}: E^{*} \rightarrow$ $E$ with the formula

$$
\hat{\Sigma} u=\frac{1}{n} \sum_{k=1}^{n}\left\langle G_{k}, u\right\rangle G_{k}, u \in E^{*}
$$

Then, for any $t \geq 1$,

$$
\mathbb{P}\left(|\|\hat{\Sigma}-\Sigma\|-\mathbb{E}\|\hat{\Sigma}-\Sigma\|| \geq C\left(\|\Sigma\|\left(1+\sqrt{\frac{r(\Sigma)}{n}}\right) \sqrt{\frac{t}{n}}+\|\Sigma\| \frac{t}{n}\right)\right) \leq e^{-t}
$$

where $r(\Sigma)=\frac{(\mathbb{E}\|G\|)^{2}}{\|\Sigma\|}$ is the effective rank of $\Sigma$.
Proof. By the Karhunen-Loève theorem, there exists a sequence $x_{k} \in E$, such that almost surely

$$
G=\sum_{j=1}^{\infty} x_{j} g_{j}
$$

where $g_{j}$ are i.i.d. standard Gaussian variables. Let $\left\{g_{i j}\right\}_{1 \leq i \leq n, j \in \mathbb{N}}$ be an array of i.i.d. standard Gaussian variables. We can assume that

$$
G_{i}=\sum_{j=1}^{\infty} x_{j} g_{i j} .
$$

Then

$$
\Sigma u=\sum_{j=1}^{\infty}\left\langle x_{j}, u\right\rangle x_{j} \quad \text { and } \quad \hat{\Sigma} u=\frac{1}{n} \sum_{k=1}^{n} \sum_{i=1}^{\infty} \sum_{j=1}^{\infty}\left\langle x_{i}, u\right\rangle x_{j} g_{k i} g_{k j} .
$$

Therefore, denoting by $B^{*}$ the unit ball of $E^{*}$, we get

$$
\|\hat{\Sigma}-\Sigma\|=\sup _{u, v \in B^{*}}\left(\frac{1}{n} \sum_{k=1}^{n} \sum_{i=1}^{\infty} \sum_{j=1}^{\infty}\left\langle x_{i}, u\right\rangle\left\langle x_{j}, v\right\rangle g_{k i} g_{k j}-\mathbb{E} \frac{1}{n} \sum_{k=1}^{n} \sum_{i=1}^{\infty} \sum_{j=1}^{\infty}\left\langle x_{i}, u\right\rangle\left\langle x_{j}, v\right\rangle g_{k i} g_{k j}\right),
$$

which puts us in position to use Theorem 2.10 with

$$
\mathcal{A}=\left\{\left[n^{-1}\left\langle x_{i}, u\right\rangle\left\langle x_{j}, v\right\rangle \mathbf{1}_{\{k=l\}}\right]_{(k, i),(l, j)}: u, v \in B^{*}\right\}
$$

and $X=\left(g_{k i}\right)_{k \leq n, i \leq \infty}$ (we skip the standard details of approximation by finite dimensional vectors).

We will first express the operator norm of $\Sigma$ in terms of the sequence $x_{k}$. We have

$$
\begin{equation*}
\|\Sigma\|=\sup _{u \in B^{*}}\|\Sigma u\|=\sup _{u, v \in B^{*}}\langle\Sigma u, v\rangle=\sup _{u, v \in B^{*}} \sum_{j=1}^{\infty}\left\langle x_{j}, u\right\rangle\left\langle x_{j}, v\right\rangle=\sup _{u \in B^{*}} \sum_{i=1}^{\infty}\left\langle x_{i}, u\right\rangle^{2}, \tag{4.1}
\end{equation*}
$$

where the last equality follows from the Schwarz inequality.
Let us now estimate the parameters of Theorem 2.10. Using the fact that each $A \in \mathcal{A}$ is a block matrix with blocks of the form $\frac{1}{n}\left(\left\langle x_{i}, u\right\rangle\right)_{i=1}^{\infty} \otimes\left(\left\langle x_{j}, v\right\rangle\right)_{j=1}^{\infty}$, one easily gets that

$$
\begin{equation*}
\sup _{A \in \mathcal{A}}\|A\|=\frac{1}{n} \sup _{u, v \in B^{*}}\left(\sum_{i=1}^{\infty}\left\langle x_{i}, u\right\rangle^{2}\right)^{1 / 2}\left(\sum_{j=1}^{\infty}\left\langle x_{j}, v\right\rangle^{2}\right)^{1 / 2}=\frac{1}{n} \sup _{u \in B^{*}} \sum_{i=1}^{\infty}\left\langle x_{i}, u\right\rangle^{2}=\frac{1}{n}\|\Sigma\|, \tag{4.2}
\end{equation*}
$$

where in the last equality we used (4.1). Passing to $\|X\|_{\mathcal{A}}$, we have

$$
\begin{equation*}
\|X\|_{\mathcal{A}} \leq \mathbb{E} \sup _{A \in \mathcal{A}}|A X|+\mathbb{E} \sup _{A \in \mathcal{A}}\left|A^{T} X\right| . \tag{4.3}
\end{equation*}
$$

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Now,

$$
\begin{align*}
\mathbb{E} \sup _{A \in \mathcal{A}}\left|A^{T} X\right|= & \frac{1}{n} \mathbb{E} \sup _{u, v \in B^{*}}\left(\sum_{k=1}^{n} \sum_{j=1}^{\infty}\left\langle x_{j}, v\right\rangle^{2}\left(\sum_{i=1}^{\infty}\left\langle x_{i}, u\right\rangle g_{k i}\right)^{2}\right)^{1 / 2}  \tag{4.4}\\
& =\frac{1}{n} \sup _{v \in B^{*}}\left(\sum_{j=1}^{\infty}\left\langle x_{j}, v\right\rangle^{2}\right)^{1 / 2} \mathbb{E} \sup _{u \in B^{*}}\left(\sum_{k=1}^{n}\left(\sum_{i=1}^{\infty}\left\langle x_{i}, u\right\rangle g_{k i}\right)^{2}\right)^{1 / 2} \\
& =\frac{1}{n}\|\Sigma\|^{1 / 2} \mathbb{E} \sup _{u \in B^{*}}\left(\sum_{k=1}^{n}\left(\sum_{i=1}^{\infty}\left\langle x_{i}, u\right\rangle g_{k i}\right)^{2}\right)^{1 / 2},
\end{align*}
$$

where in the last inequality we again used (4.1). To bound the last expectation above, we can use the Gordon-Chevet inequality [10, 11], which asserts that for any Banach spaces $E, F$ and points $x_{i} \in E, y_{k} \in F$, the random operator

$$
\Gamma=\sum_{i, k} g_{k i} x_{i} \otimes y_{k}: E^{*} \rightarrow F
$$

satisfies

$$
\begin{aligned}
\mathbb{E}\|\Gamma\|_{E^{*} \rightarrow F} \leq & \sup \left\{\left\|\sum_{i} t_{i} x_{i}\right\|_{E}: \sum_{i} t_{i}^{2}=1\right\} \mathbb{E}\left\|\sum_{k} g_{k} y_{k}\right\|_{F} \\
& +\sup \left\{\left\|\sum_{k} t_{k} y_{k}\right\|_{F}: \sum_{k} t_{k}^{2}=1\right\} \mathbb{E}\left\|\sum_{i} g_{i} x_{i}\right\|_{E},
\end{aligned}
$$

where $g_{i}$ 's are i.i.d. standard Gaussian variables.
Applying this inequality with $\Gamma=\sum_{k, i} g_{k i} x_{i} \otimes y_{k}: E^{*} \rightarrow \ell_{2}^{n}$, where $y_{1}, \ldots, y_{n}$ is the standard basis of $\ell_{2}^{n}$, we get

$$
\begin{aligned}
& \mathbb{E} \sup _{u \in B^{*}}\left(\sum_{k=1}^{n}\left(\sum_{i=1}^{\infty}\left\langle x_{i}, u\right\rangle g_{k i}\right)^{2}\right)^{1 / 2}=\mathbb{E}\|\Gamma\|_{E^{*} \rightarrow \ell_{2}^{n}} \\
& \leq \sup \left\{\left\|\sum_{i=1}^{\infty} t_{i} x_{i}\right\|: \sum_{i=1}^{\infty} t_{i}^{2}=1\right\} \mathbb{E}\left|\sum_{k=1}^{n} g_{k} y_{k}\right|+\sup \left\{\left|\sum_{k=1}^{n} t_{k} y_{k}\right|: \sum_{k=1}^{n} t_{k}^{2}=1\right\} \mathbb{E}\left\|\sum_{i=1}^{\infty} g_{i} x_{i}\right\| \\
& \leq \sup _{u \in B^{*}}\left(\sum_{i=1}^{\infty}\left\langle x_{i}, u\right\rangle^{2}\right)^{1 / 2} \sqrt{n}+1 \cdot \mathbb{E}\|G\|=\|\Sigma\|^{1 / 2} \sqrt{n}+\mathbb{E}\|G\| .
\end{aligned}
$$

Going back to (4.4), we get

$$
\mathbb{E} \sup _{A \in \mathcal{A}}\left|A^{T} X\right| \leq \frac{\|\Sigma\|}{\sqrt{n}}+\frac{\|\Sigma\|^{1 / 2} \mathbb{E}\|G\|}{n}
$$

By symmetry, an analogous bound holds for the other expectation on the right-hand side of (4.3), hence (recall that $r(\Sigma)=\frac{(\mathbb{E}\|G\|)^{2}}{\|\Sigma\|}$ )

$$
\begin{equation*}
\|X\|_{\mathcal{A}} \leq 2 \frac{\|\Sigma\|}{\sqrt{n}}+2 \frac{\|\Sigma\|^{1 / 2} \mathrm{E}\|G\|}{n}=2 \frac{\|\Sigma\|}{\sqrt{n}}+2 \frac{\|\Sigma\|}{\sqrt{n}} \sqrt{\frac{r(\Sigma)}{n}} . \tag{4.5}
\end{equation*}
$$

Note that by a change of variable, up to universal constants, Theorem 2.10 can be equivalently stated as

$$
\mathbb{P}\left(|Z-\mathbb{E} Z| \geq C\left(K\|X\|_{\mathcal{A}} \sqrt{t}+K^{2}\left(\sup _{A \in \mathcal{A}}\|A\|\right) t\right)\right) \leq e^{-t}
$$

for all $t \geq 1$. Moreover in the Gaussian case $K=\sqrt{2}$.
Combining this with the estimate (4.2) on $\sup _{A \in \mathcal{A}}\|A\|$ and (4.5), we get for $t \geq 1$,

$$
\mathbb{P}\left(|\|\hat{\Sigma}-\Sigma\|-\mathbb{E}\|\hat{\Sigma}-\Sigma\|| \geq C\left(\|\Sigma\|\left(1+\sqrt{\frac{r(\Sigma)}{n}}\right) \sqrt{\frac{t}{n}}+\|\Sigma\| \frac{t}{n}\right)\right) \leq e^{-t}
$$

which ends the proof.

## A note on the Hanson-Wright inequality

## A Proofs of technical lemmas

We will now provide the proofs of Lemmas 3.1, 3.2 and 3.3. Let us start with a simple observation given in
Lemma A.1. Assume that a random variable $Z$ satisfies

$$
\mathbb{P}(|Z-\mathbb{E} Z| \geq t) \leq 2 \exp \left(-t^{2} / K^{2}\right)
$$

for all $t>0$. Consider $p \in(0,1)$ and let $q_{p} Z=\inf \{t \in \mathbb{R}: \mathbb{P}(Z \leq t) \geq p\}$ be the smallest $p$-th quantile of $Z$. Then

$$
q_{p} Z \geq \mathbb{E} Z-K \sqrt{\log (2 / p)}
$$

Proof. Assume that $q_{p} Z<\mathbb{E} Z-K \sqrt{\log (2 / p)}$. Then

$$
\mathbb{P}\left(Z \leq q_{p} Z\right)<2 \exp \left(-K^{2} \log (2 / p) / K^{2}\right)=p,
$$

which contradicts the standard inequality $\mathbb{P}\left(Z \leq q_{p} Z\right) \geq p$.
Proof of Lemma 3.1. Set

$$
M=a+\sqrt{b t} .
$$

Assume first that $t>\max (3 b, 2 M \sqrt{\log 8})$. We then have $\mathbb{P}(S \neq Z) \leq 1 / 4$ and so $\mathbb{P}(S \leq$ $\operatorname{Med} Z) \geq 1 / 4$, which means that Med $Z \geq q_{1 / 4} S$, where $q_{p} S=\inf \{t: \mathbb{P}(S \leq t) \geq p\}$. By Lemma A.1, Med $Z \geq q_{1 / 4} S \geq \mathbb{E} S-M \sqrt{\log 8}$ and thus
$\mathbb{P}(Z-\operatorname{Med} Z \geq t) \leq \mathbb{P}(S \neq Z)+\mathbb{P}(S-\mathbb{E} S \geq t-M \sqrt{\log 8}) \leq \mathbb{P}(S \neq Z)+\mathbb{P}(S-\mathbb{E} S \geq t / 2)$.
Using (3.4) with $s=t / 2$ and (3.5), we obtain

$$
\mathbb{P}(Z-\operatorname{Med} Z \geq t) \leq 2 \exp \left(-\frac{t}{b}\right)+2 \exp \left(-\frac{t^{2}}{4 M^{2}}\right)
$$

Similarly, by replacing $S, Z$, with $-S,-Z$ and using the fact that $-\mathrm{Med} Z$ is a median for $-Z$, we obtain

$$
\mathbb{P}(Z-\operatorname{Med} Z \leq-t) \leq 2 \exp \left(-\frac{t}{b}\right)+2 \exp \left(-\frac{t^{2}}{4 M^{2}}\right)
$$

Thus we have obtained that if $t>\max (3 b, 2 M \sqrt{2 \log 8})$, then

$$
\mathbb{P}(|Z-\operatorname{Med} Z| \geq t) \leq 4 \exp \left(-\frac{t}{b}\right)+4 \exp \left(-\frac{t^{2}}{4 M^{2}}\right)
$$

Using the definition of $M$ and simple calculations, one can easily see that this implies (3.6) for some universal constant $C$. This ends the proof in the case $t>\max (3 b, 2 M \sqrt{\log 8})$.

Note that for $t \leq \max (3 b, 2 M \sqrt{\log 8})$, we have $\exp \left(-t^{2} /\left(4 M^{2}\right)\right) \geq 1 / 8$ or $\exp (-t / b) \geq$ $1 / 27$, so trivially

$$
\mathbb{P}(|Z-\operatorname{Med} Z| \geq t) \leq 27 \exp \left(-\min \left(\frac{t^{2}}{4 M^{2}}, \frac{t}{b}\right)\right)
$$

which again implies (3.6) for $C$ large enough.
Proof of Lemma 3.2. We have

$$
|\mathbb{E} Z-\operatorname{Med} Z| \leq \mathbb{E}|Z-\operatorname{Med} Z| \leq 2 \int_{0}^{\infty} \exp \left(-\min \left(\frac{t^{2}}{a^{2}}, \frac{t}{b}\right)\right) d t \leq \sqrt{\pi} a+2 b
$$

Thus for $t>2 \sqrt{\pi} a+4 b$, we have

$$
\mathbb{P}(|Z-\mathbb{E} Z| \geq t) \leq \mathbb{P}(|Z-\operatorname{Med} Z| \geq t / 2) \leq 2 \exp \left(-\min \left(\frac{t^{2}}{4 a^{2}}, \frac{t}{2 b}\right)\right)
$$

On the other hand, there exists an absolute constant $C$, such that if $t \leq 2 \sqrt{\pi} a+4 b \leq$ $8 \max (a, b)$, then

$$
\frac{1}{C} \min \left(\frac{t^{2}}{a^{2}}, \frac{t}{b}\right) \leq \log 2
$$

which implies that (3.8) is trivially satisfied in this case. This ends the proof of the lemma.

Proof of Lemma 3.3. Let $\lambda_{k}$ denote the Lebesgue measure on $\mathbb{R}^{k}$. By the Fubini theorem and the convexity of $B$, for $\lambda_{2 n}$ almost all pairs $(x, y) \in B \times B$ we have

$$
\lambda_{1}(\{u \in[0,1]: \nabla \varphi(u x+(1-u) y) \text { exists and }|\nabla \varphi(u x+(1-u) y)| \leq M\})=1
$$

Since $u \mapsto \varphi(u x+(1-u) y)$ is locally Lipschitz and thus absolutely continuous, we have for such $x, y$,

$$
\begin{aligned}
\varphi(x)-\varphi(y) & =\int_{0}^{1} \frac{d}{d u} \varphi(u x+(1-u) y) d u=\int_{0}^{1}\langle\nabla \varphi(u x+(1-u) y), x-y\rangle d u \\
& \leq M|x-y|
\end{aligned}
$$

By continuity and density arguments, the above inequality clearly extends to all $x, y \in B$, allowing us to conclude the proof.

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