

Shell Model for Double Beta Decay

Mihai Horoi

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Support from DOE grant DE-SC0022538 is acknowledged

Two-Neutrino Double Beta Decay

SEPTEMBER 15, 1935

PHYSICAL REVIEW

VOLUME 48

Double Beta-Disintegration

M. GOEPPERT-MAYER, *The Johns Hopkins University*

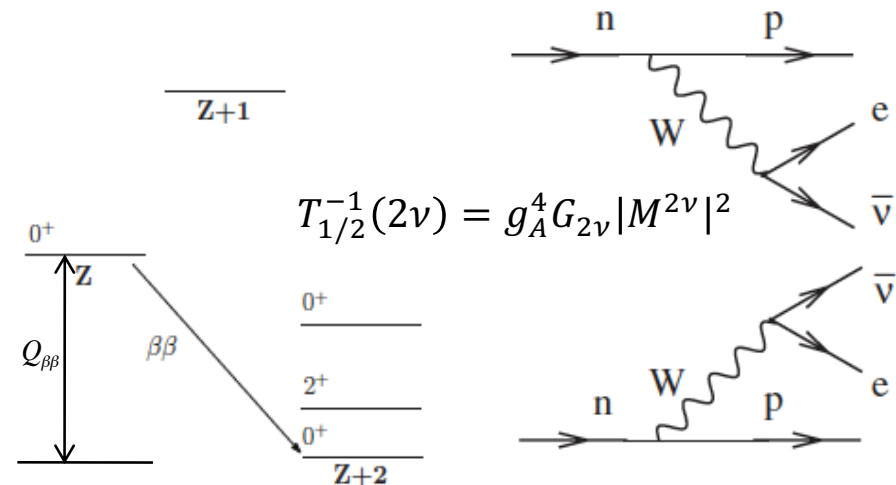
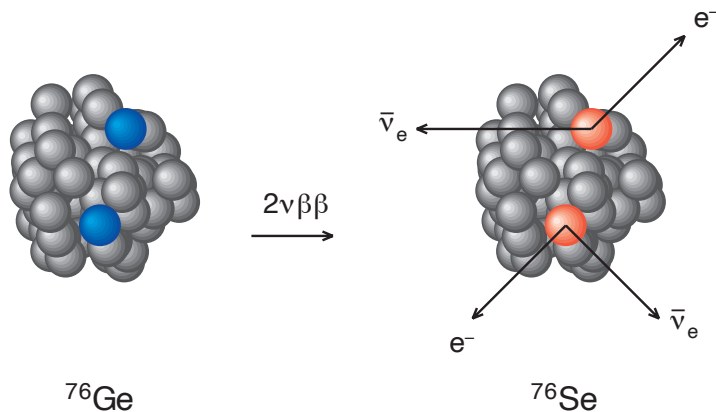
(Received May 20, 1935)

From the Fermi theory of β -disintegration the probability of simultaneous emission of two electrons (and two neutrinos) has been calculated. The result is that this process occurs sufficiently rarely to allow a half-life of over 10^{17} years for a nucleus, even if its isobar of atomic number different by 2 were more stable by 20 times the electron mass.

$$P = 1.15 \times 10^{-35} F(\epsilon - 2) \text{ sec.}^{-1}$$

$$= 3.6 \times 10^{-28} F(\epsilon - 2) \text{ year}^{-1}. \quad (12)$$

$F(\epsilon + 2) =$	$\epsilon = 4$	$\epsilon = 6$	$\epsilon = 8$	$\epsilon = 10$
	0.37×10^2	9.2×10^4	3.4×10^6	4.2×10^7
$P(\epsilon - 2) =$	$\epsilon = 12$	$\epsilon = 20$		
	3.3×10^8	1×10^{11}		



Neutrinoless Double Beta Decay

DECEMBER 15, 1939

PHYSICAL REVIEW

VOLUME 56

On Transition Probabilities in Double Beta-Disintegration

W. H. FURRY

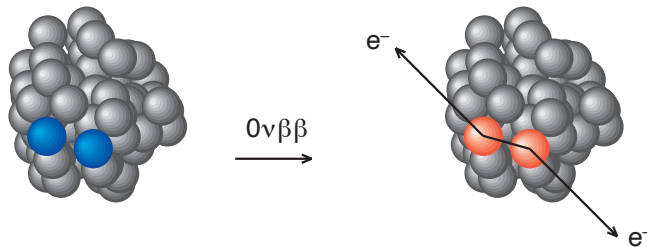
Physics Research Laboratory, Harvard University, Cambridge, Massachusetts

(Received October 16, 1939)

THE probability of double β -disintegration was calculated some years ago by Goeppert-Mayer¹ on the basis of the Fermi theory.^{2, 3} The result obtained was extremely small, corresponding to a lifetime of the order of 10^{25} years in the case of two isobars whose masses differ by 0.002

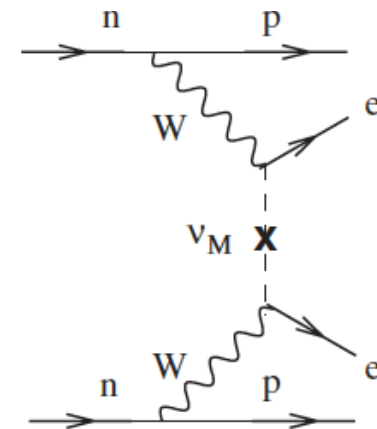
IV. CONCLUSION

We have seen that the phenomenon of double beta-disintegration is one for which there is a decided difference between the results of the Majorana theory and those of the older theory of the neutrino. According to the older theory it seemed certain that double beta-disintegration could never be capable of observation because of its extremely minute probability, but the Majorana theory indicates that this is by no means necessarily the case. Indeed, if the inter-



$$\langle m_{\beta\beta} \rangle = \left| \sum_k m_k U_{ek}^2 \right|$$

$$T_{1/2}^{-1}(0\nu) = G^{0\nu} (Q_{\beta\beta}) [M^{0\nu}(0^+)]^2 \left(\frac{\langle m_{\beta\beta} \rangle}{m_e} \right)^2$$



$$\nu_e(x) = \sum U_{ei} \nu_i(x)$$

$$|\nu_e\rangle = \sum_i U_{ei}^* |\nu_i\rangle$$

First Searches of $0\nu\beta\beta$

TABLE II. $L(A)$ gives the coincidences from specimen A between counters L , and $R(B)$ gives the coincidences from B between counters R . Holder 0° and 180° are the two holder positions. Positions 1 and 2 are positions for the specimens in the holder.

Pos. 1	Holder 0°	$L(A)$	$R(B)$ ^v
	Coin. counts/hr.	16.4 ± 0.3	14.3 ± 0.3
	Holder 180°	$L(B)$	$R(A)$
	Coin. counts/hr.	14.4 ± 0.3	15.9 ± 0.3
Pos. 2	Holder 0°	$L(B)$	$R(A)$
	Coin. counts/hr.	14.6 ± 0.3	16.4 ± 0.3
	Holder 180°	$L(A)$	$R(B)$
	Coin. counts/hr.	16.4 ± 0.3	13.9 ± 0.3

Phys. Rev 75, 323 (1949) Letter to the Editor

A Measurement of the Half-Life of Double Beta-Decay from ${}_{50}\text{Sn}^{124}$ *

E. L. FIREMAN

Department of Physics, Princeton University, Princeton, New Jersey

November 29, 1948

A detailed report of this work is being prepared for publication in the Physical Review.

The author is grateful to Professor R. Sherr for accepting the supervision of this research and to Professor E. P. Wigner for many profitable discussions.

* This work is assisted by the Office of Naval Research.

** These isotopes were obtained from Oak Ridge.

¹ Maria Goeppert-Mayer, Phys. Rev. **48**, 512 (1935).

² W. H. Furry, Phys. Rev. **56**, 1184 (1939).

PHYSICAL REVIEW

VOLUME 86, NUMBER 4

MAY 15, 1952

A Re-Investigation of the Double Beta-Decay from Sn^{124}

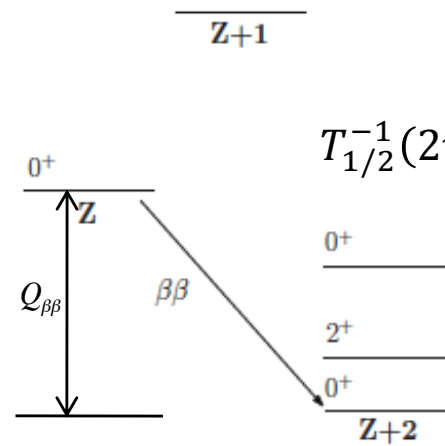
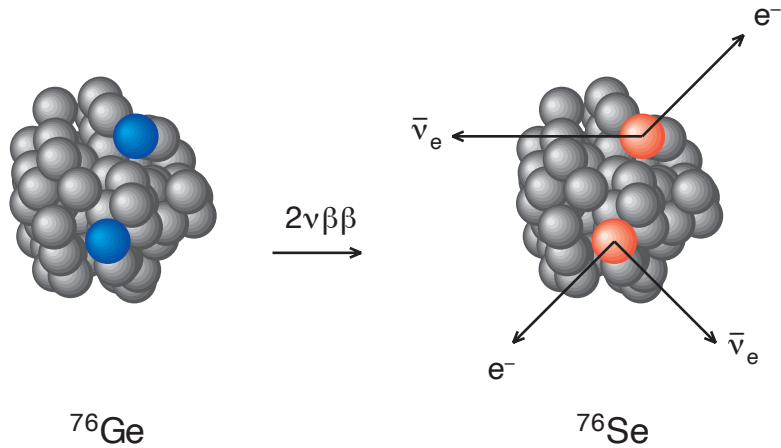
E. L. FIREMAN AND D. SCHWARZER

Brookhaven National Laboratory, Upton, New York

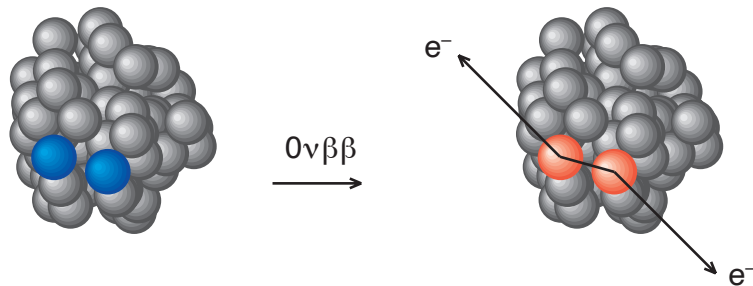
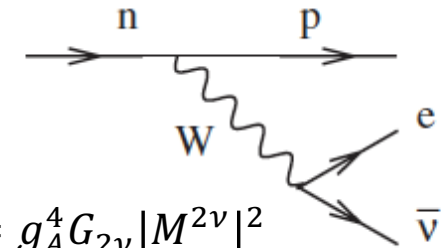
(Received February 5, 1952)

Radiations from natural tin and tin enriched with the 124 isotope are examined in a magnetic field with a helium filled cloud chamber that is triggered by internal counters. Only three pictures out of more than four thousand photographs are pictures of two electrons coming out of the same point in the tin and entering the counters, and even these may be pictures of multiply scattered electrons passing through the tin. However, one may set a lower limit to the half-life of double beta-decay from Sn^{124} as 10^{17} years. This is a decay rate less than one-tenth of a value previously reported by one of the authors.

Classical Double Beta Decay Problem

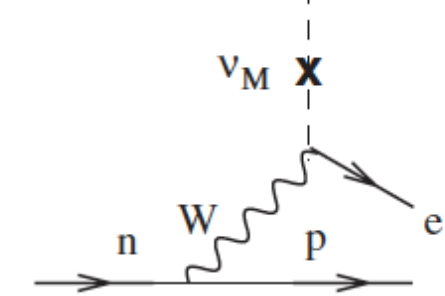
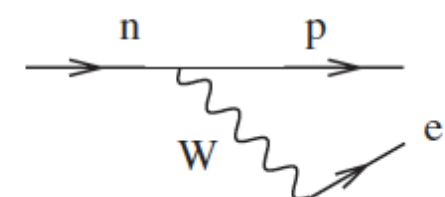
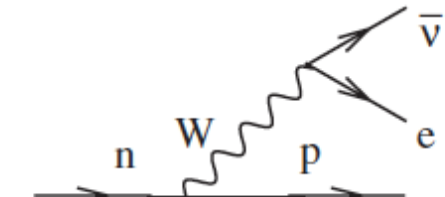


$$T_{1/2}^{-1}(2\nu) = g_A^4 G_{2\nu} |M^{2\nu}|^2$$



$$\langle m_{\beta\beta} \rangle = \left| \sum_k m_k U_{ek}^2 \right|$$

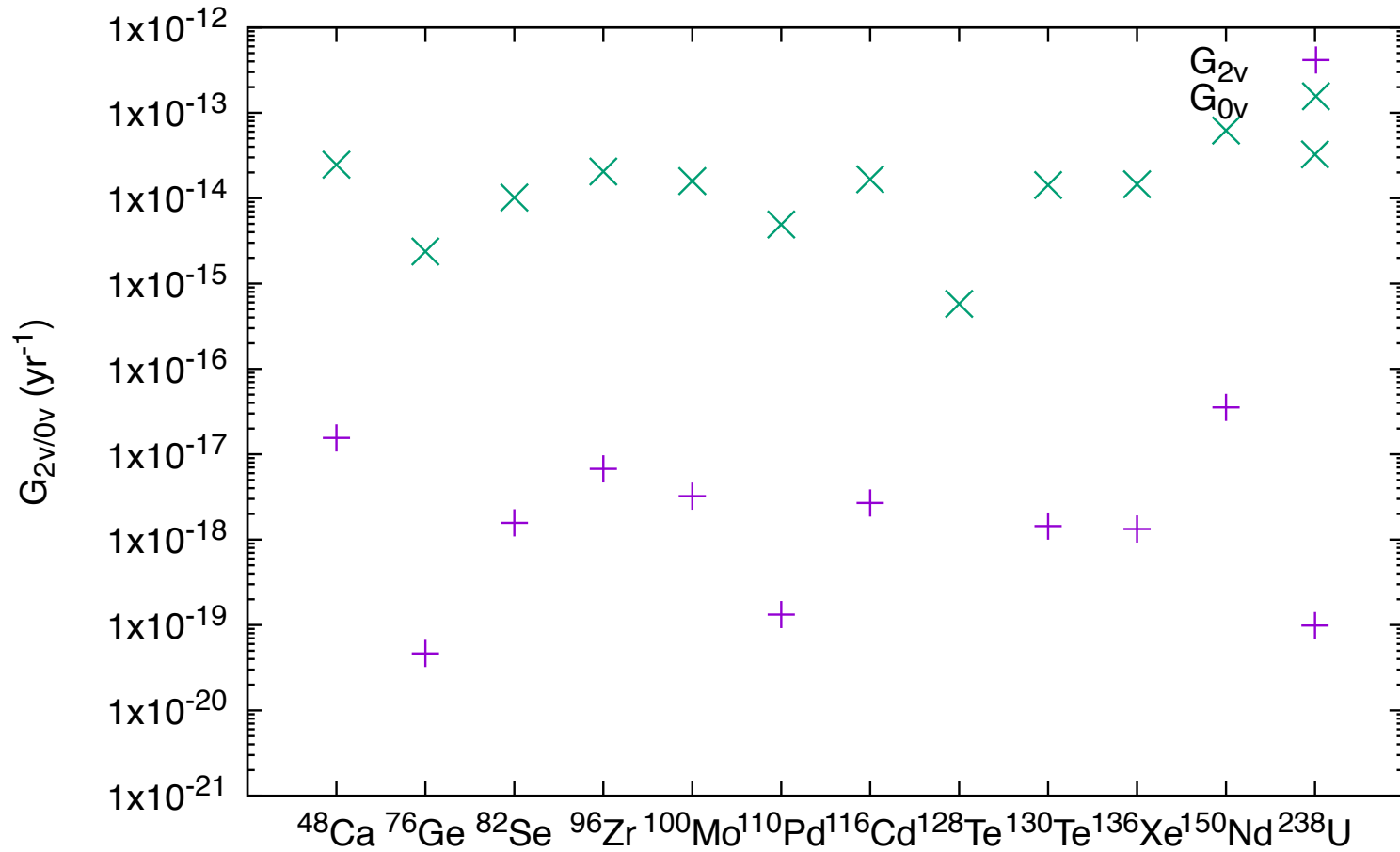
$$T_{1/2}^{-1}(0\nu) = G^{0\nu} (Q_{\beta\beta}) \left[M^{0\nu}(0^+) \right]^2 \left(\frac{\langle m_{\beta\beta} \rangle}{m_e} \right)^2$$



$$\nu_e(x) = \sum_i U_{ei} \nu_i(x)$$

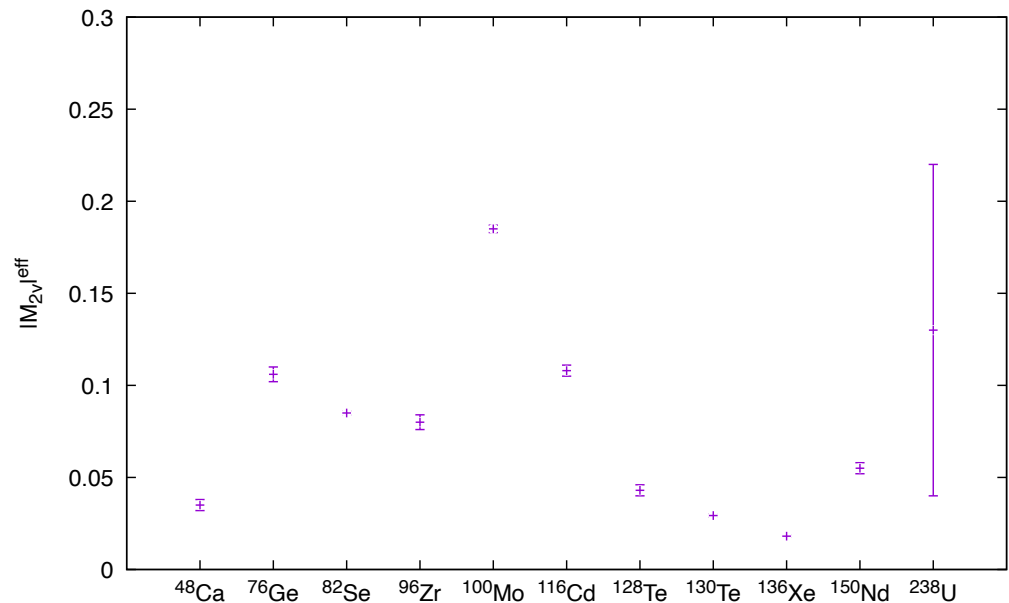
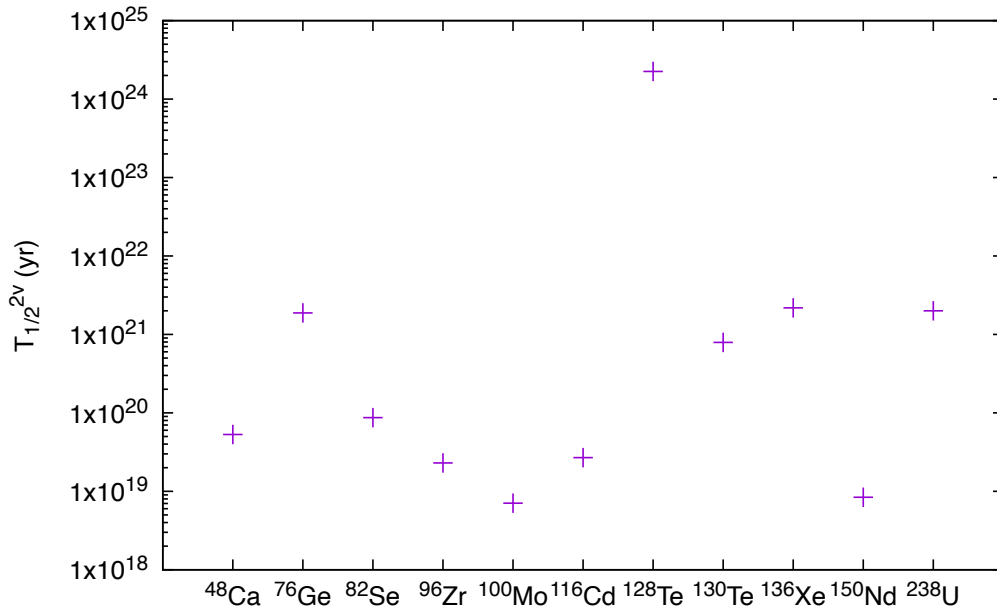
$$|\nu_e\rangle = \sum_i U_{ei}^* |\nu_i\rangle$$

DBD Phase Space Factors



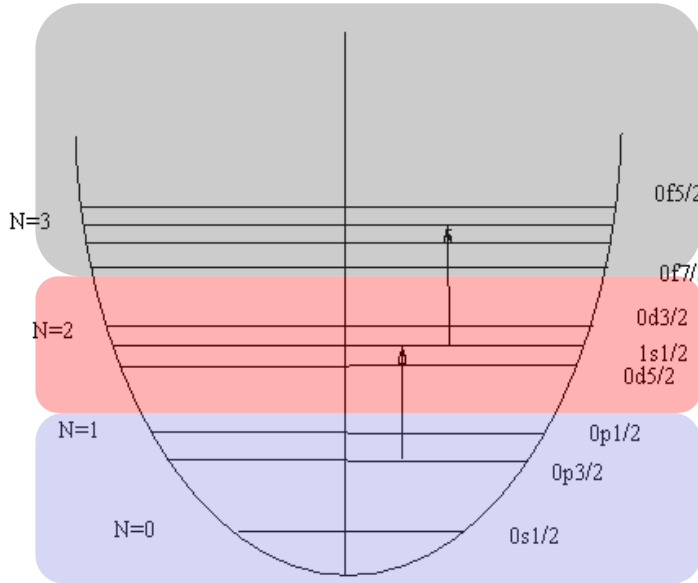
$2\nu\beta\beta$ Half-Lives and NME

$$\left[T_{1/2}^{2\nu}\right]^{-1} = G_{2\nu} \cdot \left[g_A^2 (m_e c^2 \cdot M_{2\nu})\right]^2 \equiv G_{2\nu} \left(M_{2\nu}^{eff}\right)^2$$



A. Barabash, Universe 6, 159 (2020)

Shell Model Effective Hamiltonians



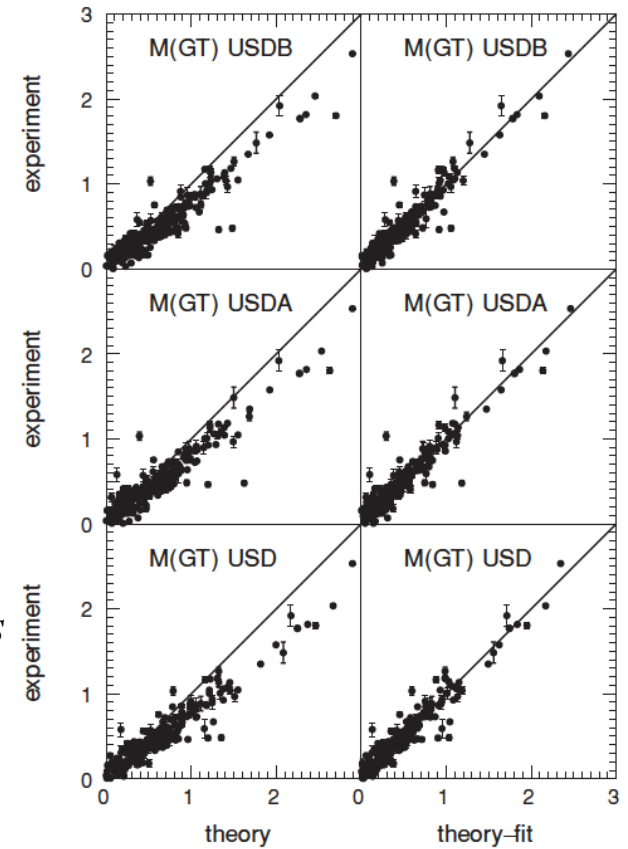
$$g_A \sigma \tau \xrightarrow{\text{quenched}} g_A \underbrace{0.77}_{q} \sigma \tau$$

valence
frozen core

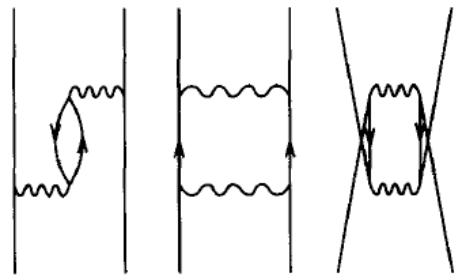
$$H_{\text{valence}} = H_{2\text{-body}}$$

can describe most correlations around the Fermi surface!

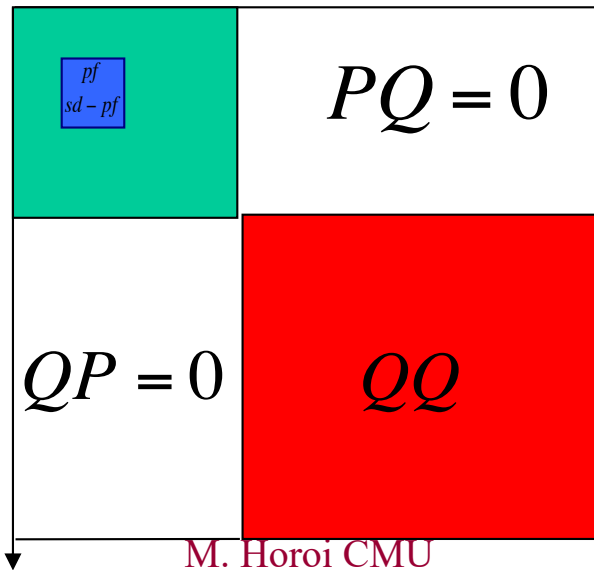
$$H_{\text{valence}} \Psi = E_n \Psi$$



core polarization:
Phys.Rep. 261, 125 (1995)

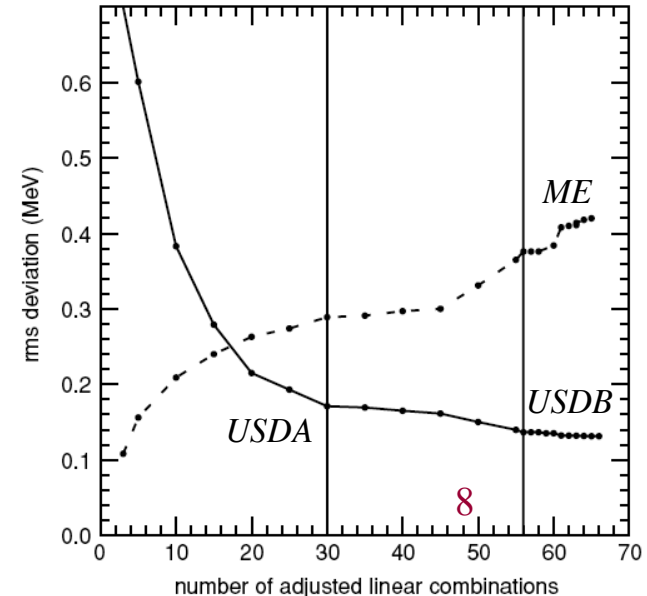


ANL Symposium,
July 19-21 2024



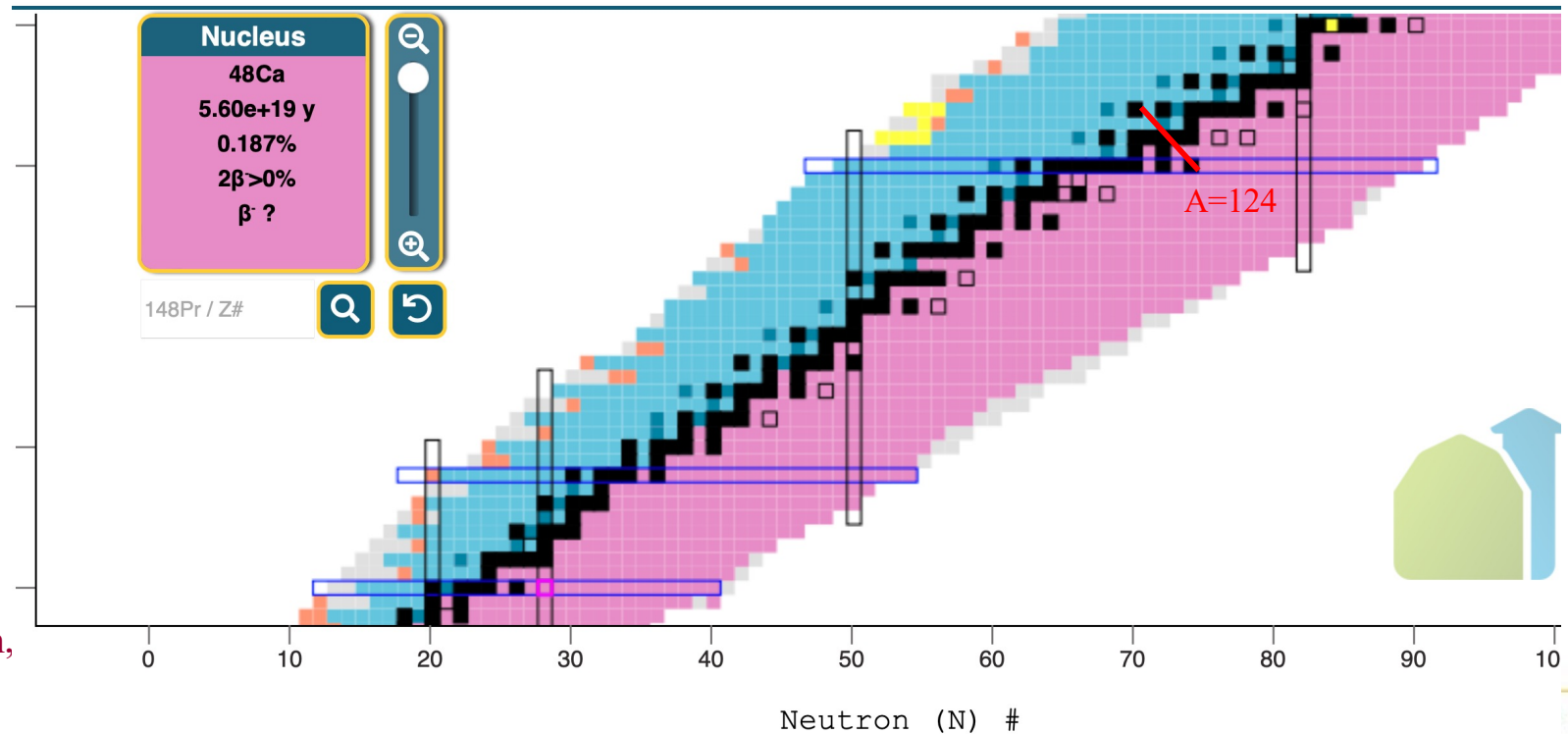
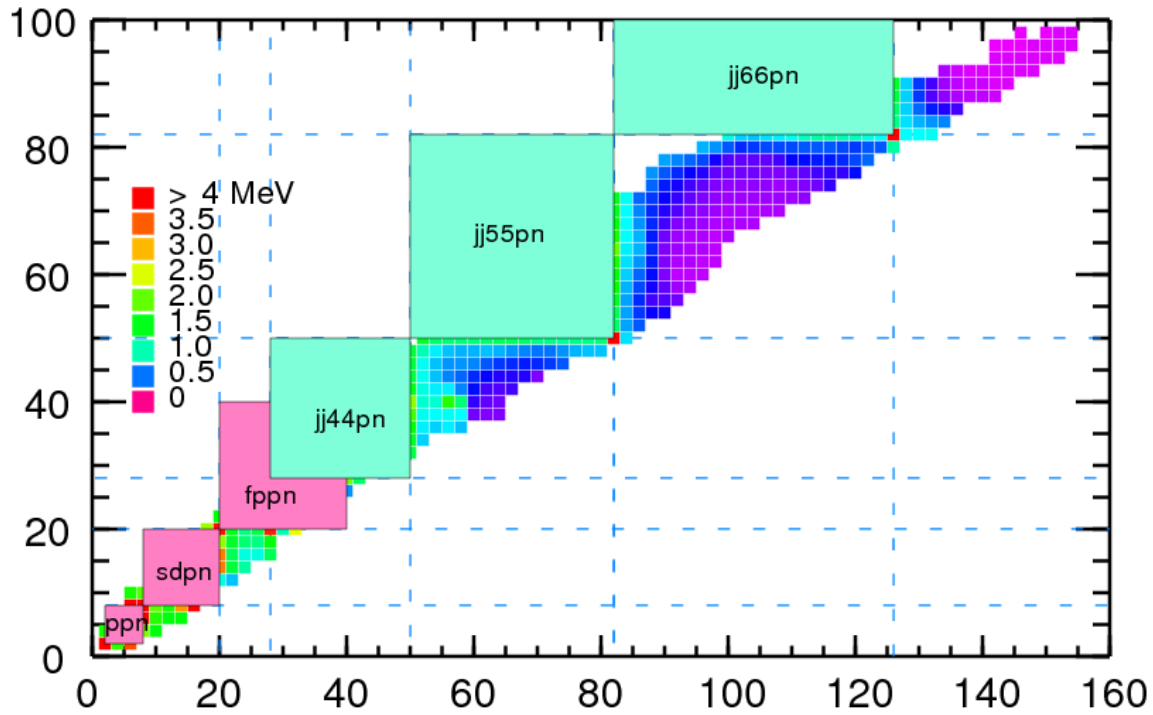
M. Horoi CMU

PRC 74, 34315 (2006), 78, 064302 (2008)



8

Shell Model Spaces

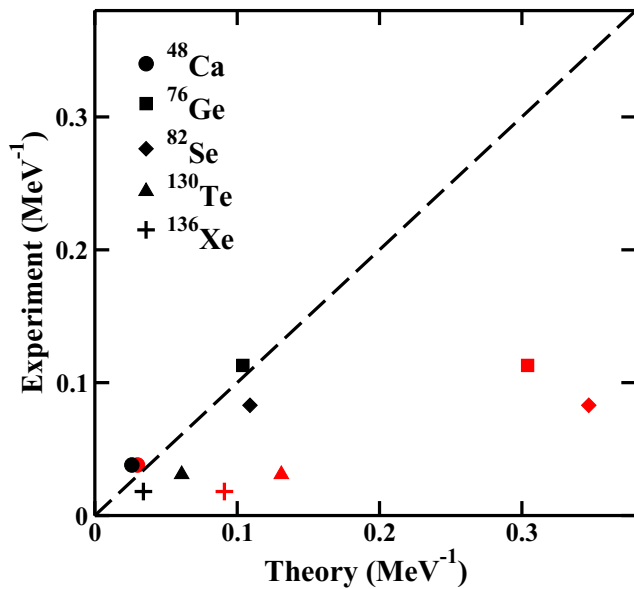


ANL Symposium,
 July 19-21 2024

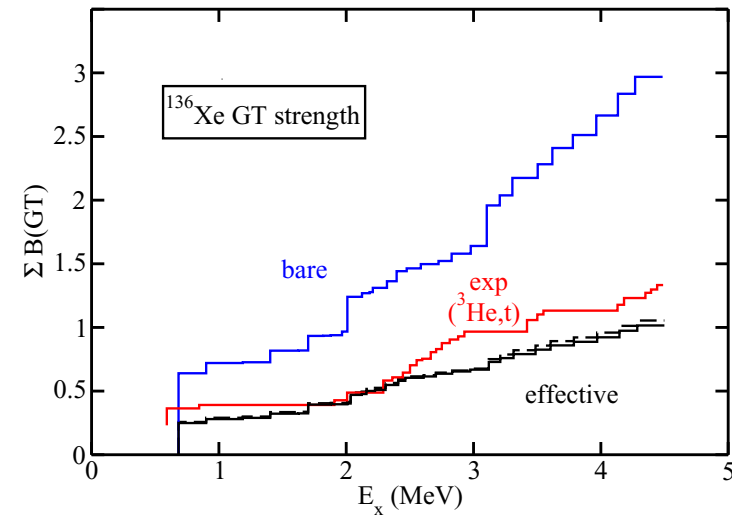
Quenching factor vs Effective Operator

$$M^{2\nu} = \sum_n \frac{\langle \Psi_f | (\sigma\tau^-)^{eff} | 1_n^+ \rangle \langle 1_n^+ | (\sigma\tau^-)^{eff} | \Psi_i \rangle}{E(1_n^+) + \frac{Q_{\beta\beta}}{2} - Q_\beta}$$

PHYSICAL REVIEW C **100**, 014316 (2019)

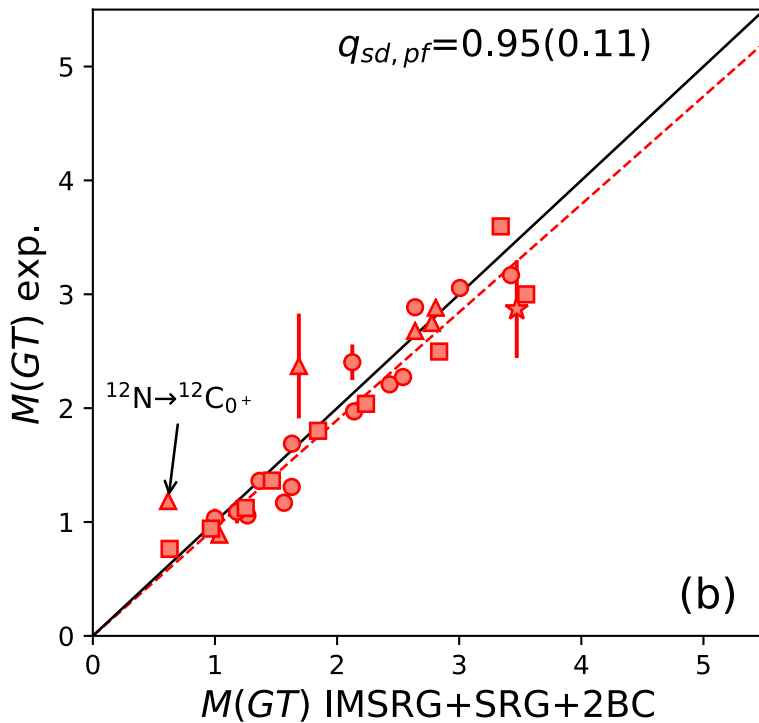


RENORMALIZATION OF THE GAMOW-TELLER OPERATOR ..

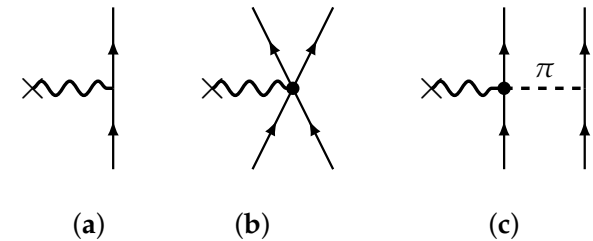


Shell Model: $(\sigma\tau^-)^{eff} = q\tau^- \sigma$

Ab-initio effective Gamow-Teller operator



Citation: Stroberg, S.R. Beta Decay in Medium-Mass Nuclei with the In-Medium Similarity Renormalization Group. *Particles* **2021**, *4*, 521–535. <https://doi.org/10.3390/particles4040038>








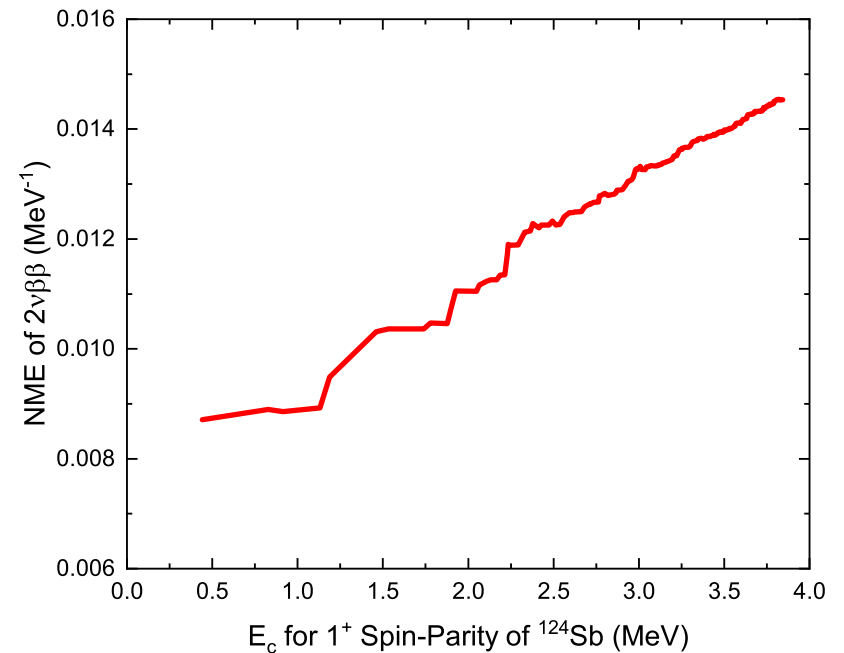
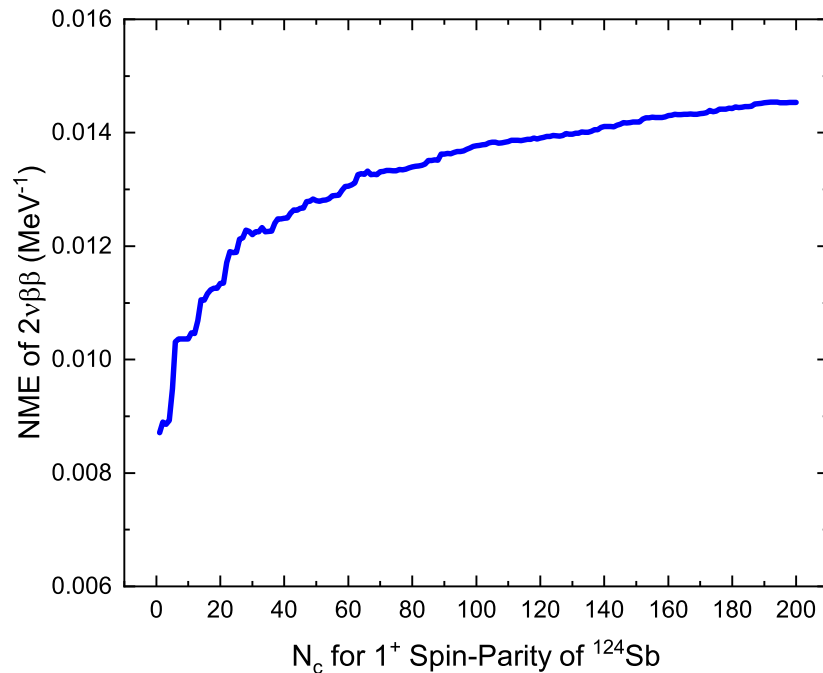
Two-Neutrino NME: Direct Sum ?

PHYSICAL REVIEW C **109**, 024301 (2024)

Calculation of nuclear matrix elements for $0\nu\beta\beta$ decay of ^{124}Sn using the nonclosure approach in the nuclear shell model

$$M_{GT}^{2\nu} = \sum_{k, E_k^* \leq E_c} \frac{\langle f || \sigma \tau_2^- || k \rangle \langle k || \sigma \tau_1^- || i \rangle}{E_k^* + E_0}$$

Shahariar Sarkar ^{1,*} P. K. Rath,² V. Nanal ³ R. G. Pillay ¹ Pushendra P. Singh ¹ Y. Iwata,⁴
K. Jha ¹ and P. K. Raina^{1,†}



Strength Function Approach

Create doorway states:

$$|\sigma\tau^- 0_i^+ \rangle = c_- |dw_- \rangle \equiv c_- |L_1^- \rangle$$

$$|\sigma\tau^+ 0_f^+ \rangle = c_+ |dw_+ \rangle \equiv c_+ |L_1^+ \rangle$$

Relation to GT sum rules:

$$3|c_-|^2 = B_{sum}(GT; i-)$$

$$3|c_+|^2 = B_{sum}(GT; f+)$$

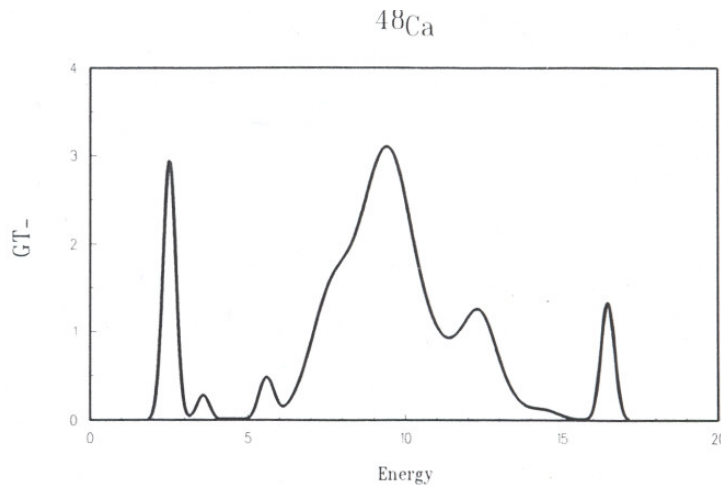
Do a small number of Lanczos iterations starting with $|L_1^- \rangle$:

$$M_{2\nu}(E_k) = \sqrt{B_{sum}(GT; f+)B_{sum}(GT; i-)} \sum_{n=1}^{k < 25} \frac{\langle \Psi_f | \tilde{1}_n^+ \rangle \langle \tilde{1}_n^+ | \Psi_i \rangle}{\tilde{E}(1_n^+) + \frac{Q_{\beta\beta}}{2} - Q_\beta}$$

See also M. Horoi, Physics 2022, 4, 1135

Strength Function Approach

Caurier, Poves, Zuker, Phys. Lett. B 252, 13 (1990)



(iii) The convergence with respect to the number N of Lanczos iterations on the β^- doorway is extremely fast, as the following numbers show:

$$M_{GT}^{2\nu}(0^+) = 0.0086, \quad N=1,$$

$$M_{GT}^{2\nu}(0^+) = 0.0433, \quad N=4,$$

$$M_{GT}^{2\nu}(0^+) = 0.0403, \quad N=12,$$

$$M_{GT}^{2\nu}(0^+) = 0.0402, \quad N=30,$$

$$M_{GT}^{2\nu}(0^+) = 0.0402, \quad N=60,$$

Engel, Haxton, Vogel, Phys. Rev. C 46, R2153 (1991)

$$M_{GT} = -\frac{1}{2} \langle 0_f^+ | \sum_{i=1}^A \sqrt{3} \sigma_z(i) \tau_-(i) \frac{1}{E_0 - H} \times \sum_{j=1}^A \sqrt{3} \sigma_z(j) \tau_-(j) | 0_i^+ \rangle$$

$$\frac{1}{E_0 - H} |v_1\rangle = g_1(E_0) |v_1\rangle + g_2(E_0) |v_2\rangle + \dots$$

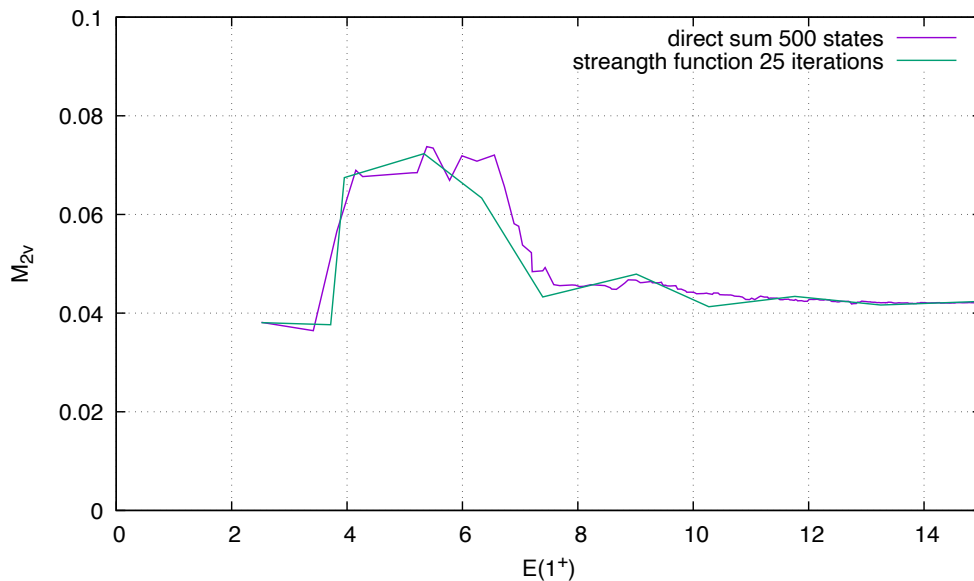
$$g_1(E_0) = \frac{1}{E_0 - \alpha_1 - \frac{\beta_1^2}{E_0 - \alpha_2 - \frac{\beta_2^2}{E_0 - \alpha_3 - \dots}}}$$

Two-Neutrino NME: Direct Sum vs Strength Function Approach

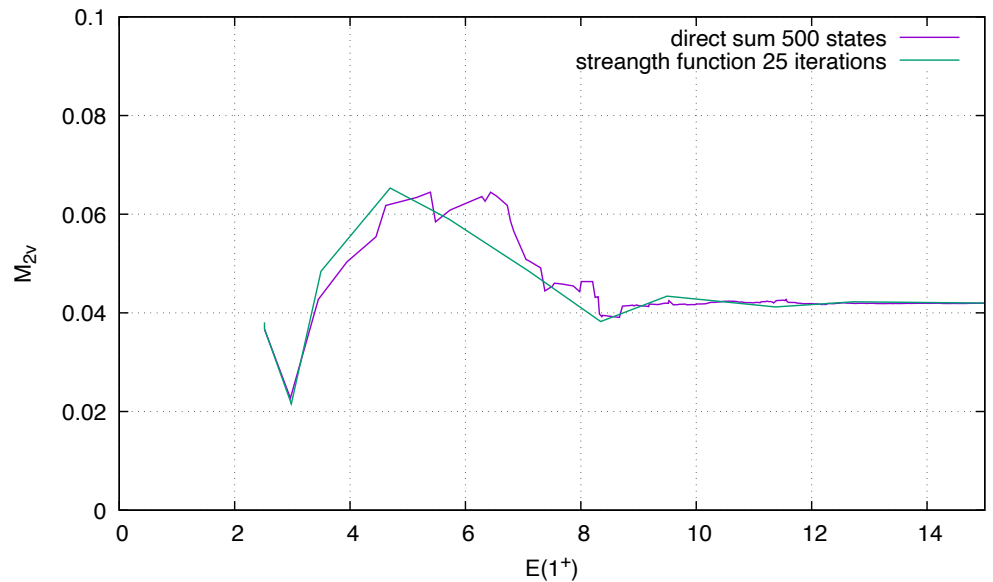
$$M_{2\nu}(E_k) = \sum_{n=1}^k \frac{\langle \Psi_f | q\sigma\tau^- | 1_n^+ \rangle \langle 1_n^+ | q\sigma\tau^- | \Psi_i \rangle}{E(1_n^+) + \frac{Q_{\beta\beta}}{2} - Q_\beta}$$

$$M_{2\nu}(E_k) = \sqrt{B_{sum}(GT; f+)B_{sum}(GT; i-)} \sum_{n=1}^{k < 25} \frac{\langle \Psi_f | \tilde{1}_n^+ \rangle \langle \tilde{1}_n^+ | \Psi_i \rangle}{\tilde{E}(1_n^+) + \frac{Q_{\beta\beta}}{2} - Q_\beta}$$

$^{48}\text{Ca} - \text{GXPF1A}$



$^{48}\text{Ca} - \text{KB3G}$

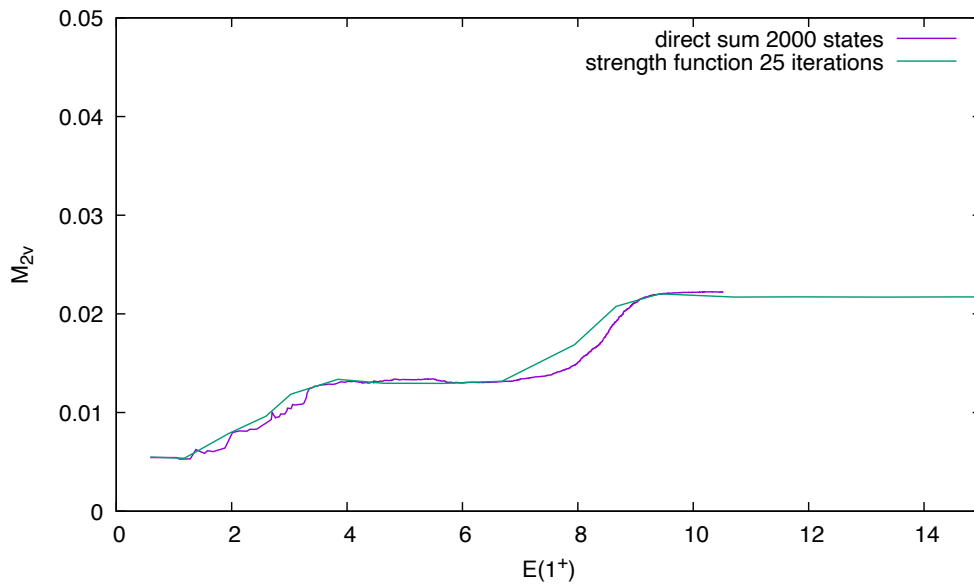


Two-Neutrino NME: Direct Sum vs Strength Function Approach

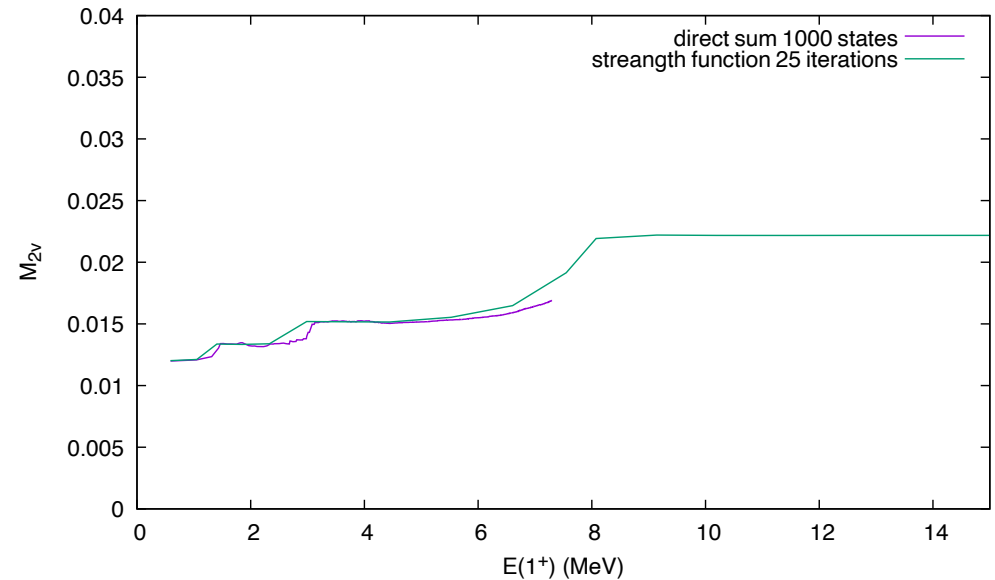
$$M_{2\nu}(E_k) = \sum_{n=1}^k \frac{\langle \Psi_f | q\sigma\tau^- | 1_n^+ \rangle \langle 1_n^+ | q\sigma\tau^- | \Psi_i \rangle}{E(1_n^+) + \frac{Q_{\beta\beta}}{2} - Q_\beta}$$

$$M_{2\nu}(E_k) = \sqrt{B_{sum}(GT; f+)B_{sum}(GT; i-)} \sum_{n=1}^{k < 25} \frac{\langle \Psi_f | \tilde{1}_n^+ \rangle \langle \tilde{1}_n^+ | \Psi_i \rangle}{\tilde{E}(1_n^+) + \frac{Q_{\beta\beta}}{2} - Q_\beta}$$

$^{136}\text{Xe} - \text{SVD}$



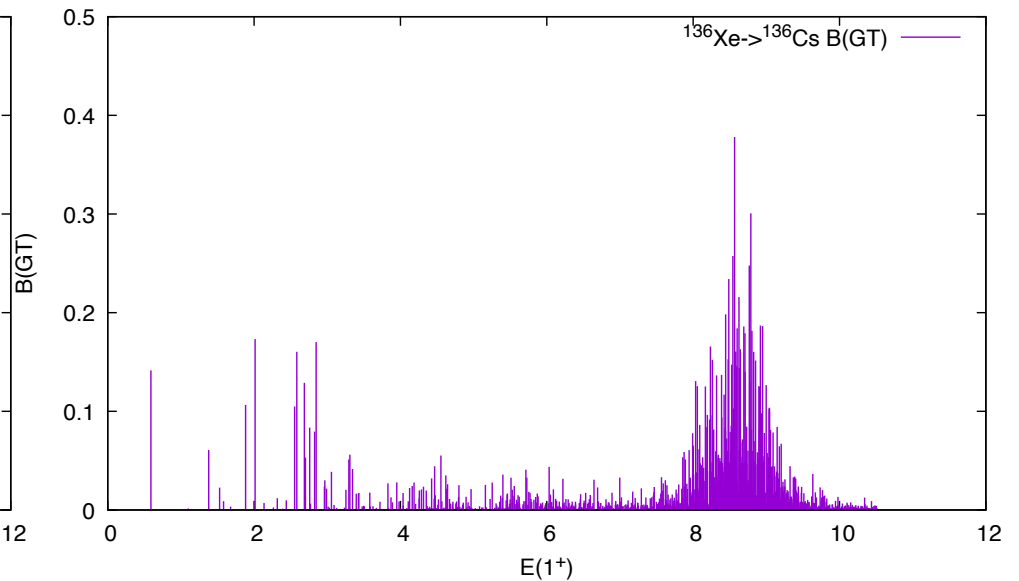
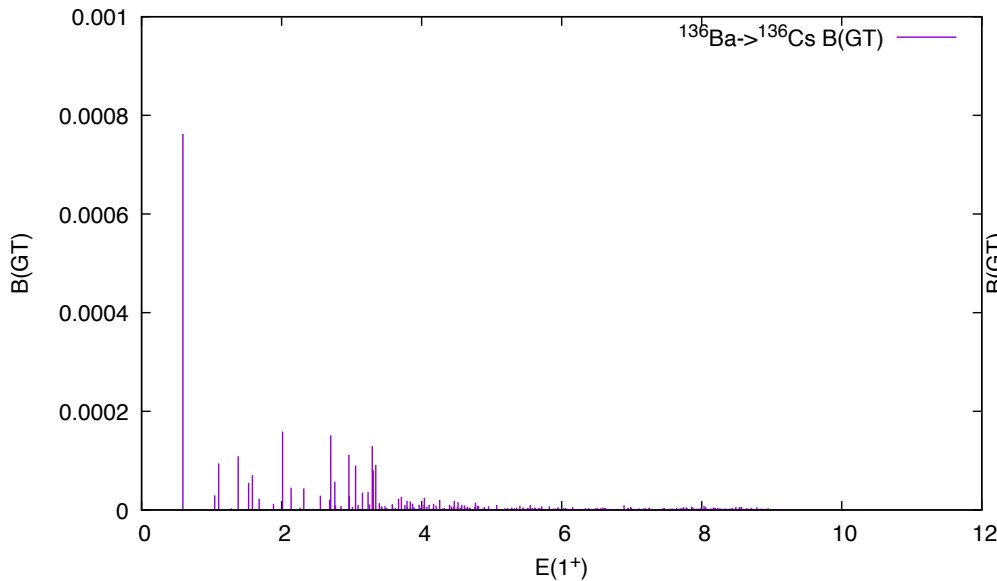
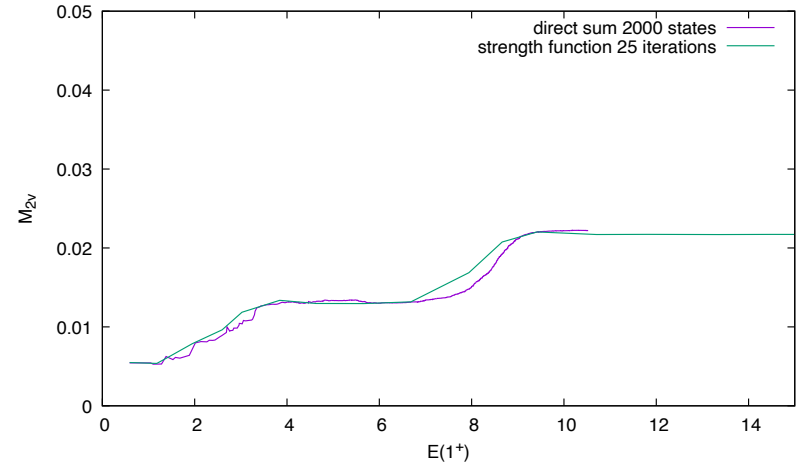
$^{136}\text{Xe} - \text{GCN5082}$



The Late Bump in ^{136}Xe

$$M_{2\nu}(E_k) = \sum_{n=1}^k \frac{\langle \Psi_f | q\sigma\tau^- | 1_n^+ \rangle \langle 1_n^+ | q\sigma\tau^- | \Psi_i \rangle}{E(1_n^+) + \frac{Q_{\beta\beta}}{2} - Q_\beta}$$

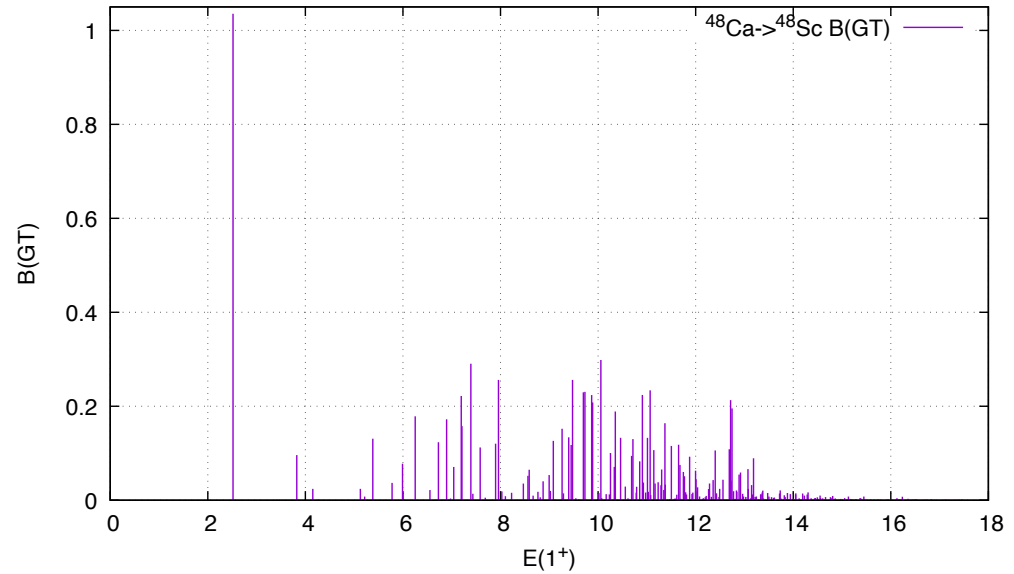
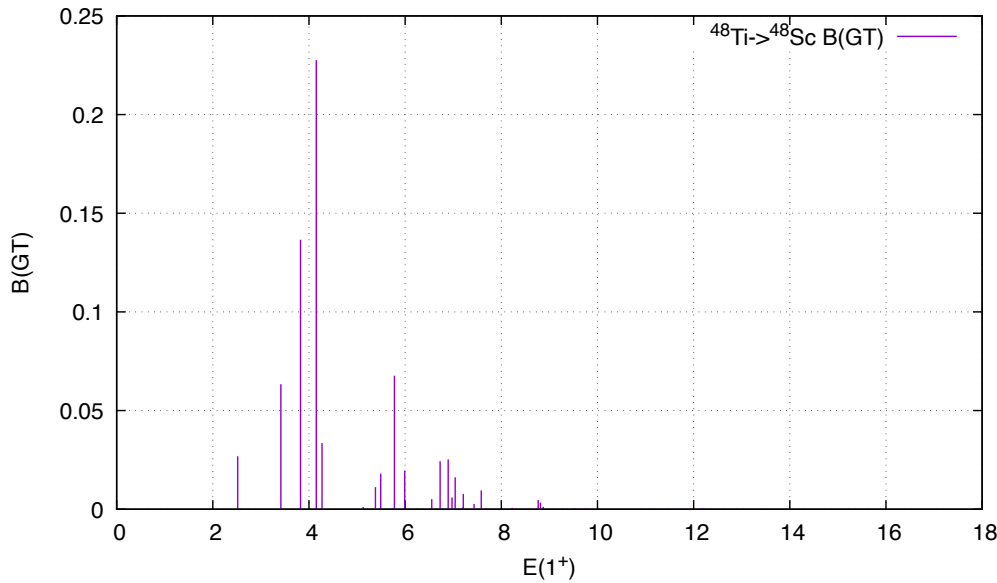
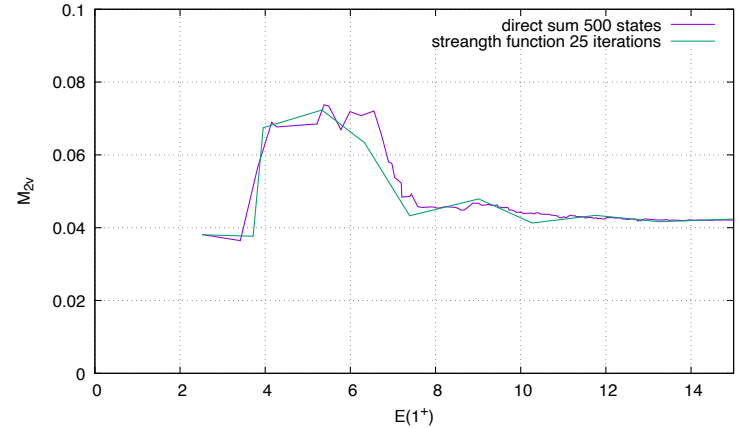
^{136}Xe – SVD



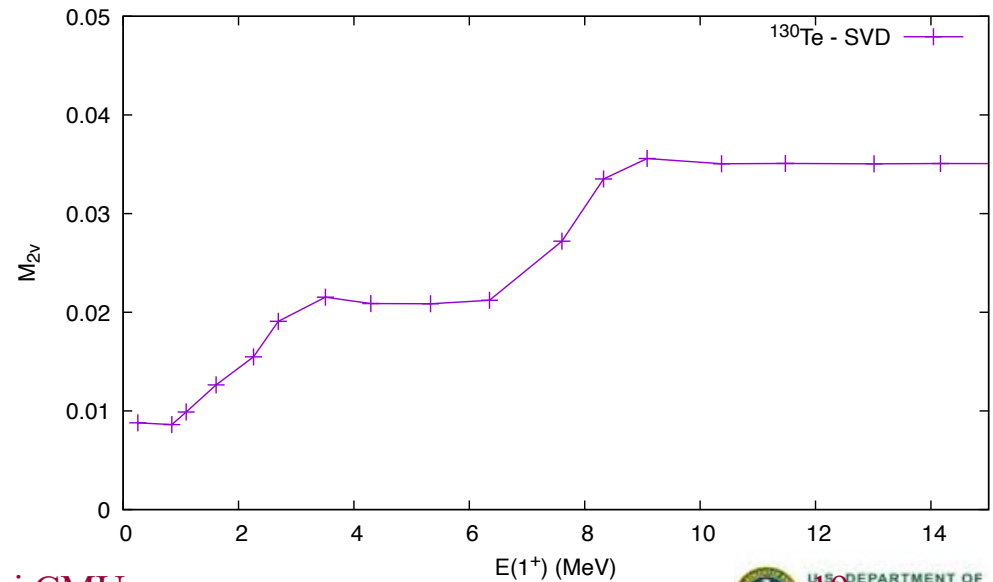
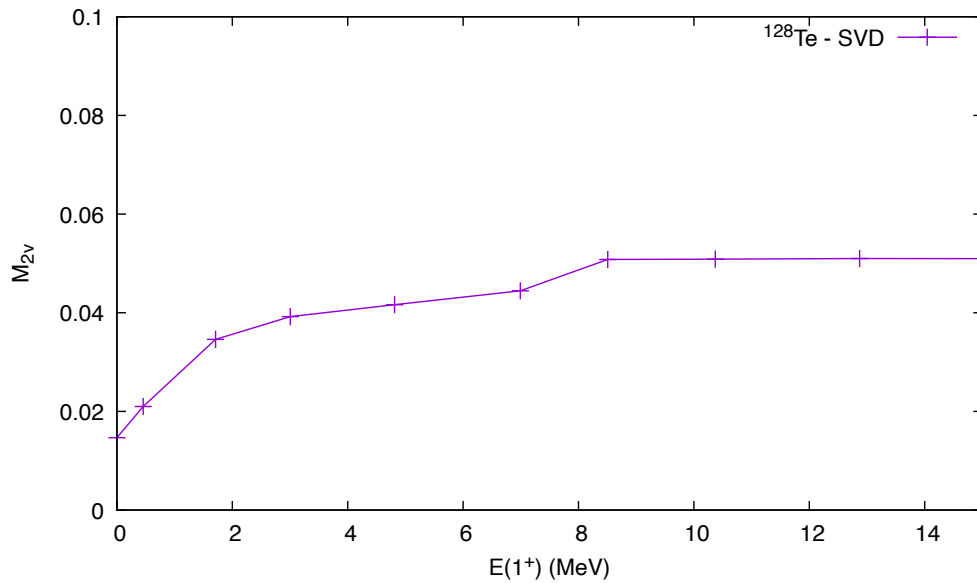
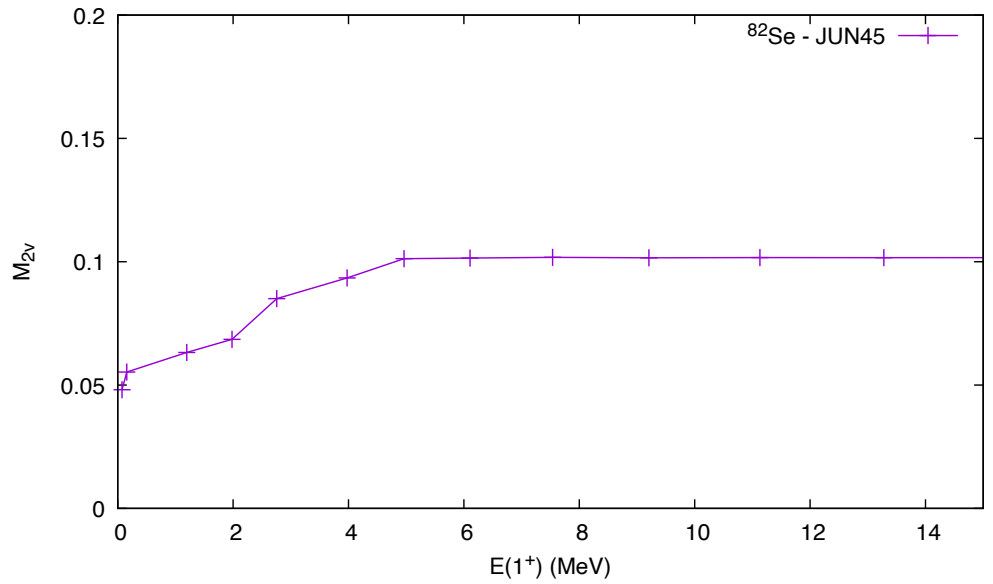
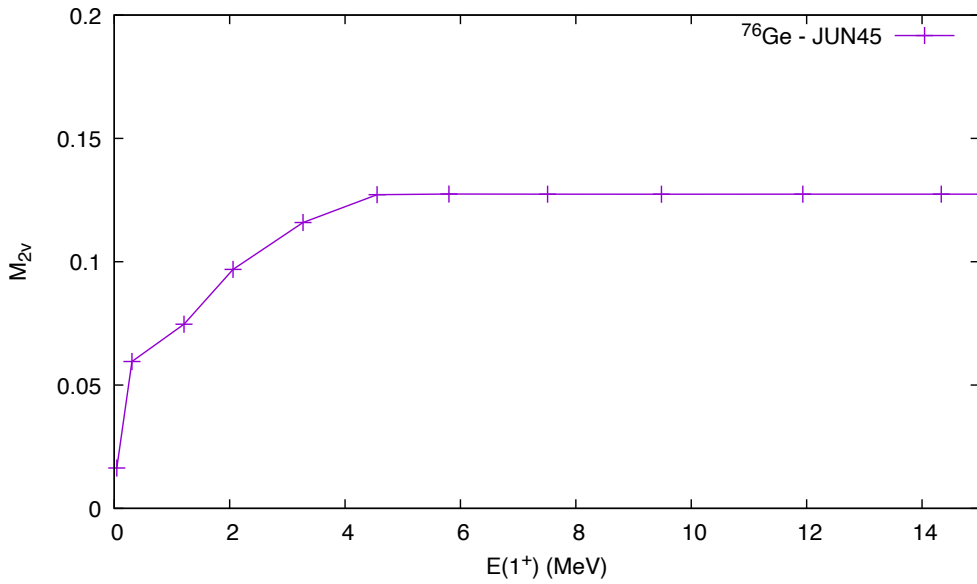
The Late Drop in ^{48}Ca

$$M_{2v}(E_k) = \sum_{n=1}^k \frac{\langle \Psi_f | q\sigma\tau^- | 1_n^+ \rangle \langle 1_n^+ | q\sigma\tau^- | \Psi_i \rangle}{E(1_n^+) + \frac{Q_{\beta\beta}}{2} - Q_{\beta}}$$

^{48}Ca – GXPF1A



Strength Function: large dimensions



The 2ν ECEC decay of ^{124}Xe : Experimental data

532 | NATURE | VOL 568 | 25 APRIL 2019

PHYSICAL REVIEW C **106**, 024328 (2022)

Editors' Suggestion

LETTER

<https://doi.org/10.1038/s41586-019-1124-4>

Observation of two-neutrino double electron capture in ^{124}Xe with XENON1T

XENON Collaboration*

absolute neutrino mass $^{15-17}$. Here we report the direct observation of 2ν ECEC in ^{124}Xe with the XENON1T dark-matter detector. The significance of the signal is 4.4 standard deviations and the corresponding half-life of 1.8×10^{22} years (statistical uncertainty, 0.5×10^{22} years; systematic uncertainty, 0.1×10^{22} years) is the

[arXiv:2009.14451](https://arxiv.org/abs/2009.14451) [pdf, other] [nucl-ex](#)

Precise Half-Life Values for Two-Neutrino Double- β Decay: 2020 review

Authors: [Alexander Barabash](#)

Double-weak decays of ^{124}Xe and ^{136}Xe in the XENON1T and XENONnT experiments

We present results on the search for two-neutrino double-electron capture (2ν ECEC) of ^{124}Xe and neutrinoless double- β decay ($0\nu\beta\beta$) of ^{136}Xe in XENON1T. We consider captures from the K shell up to the N shell in the 2ν ECEC signal model and measure a total half-life of $T_{1/2}^{2\nu\text{ECEC}} = (1.1 \pm 0.2_{\text{stat}} \pm 0.1_{\text{sys}}) \times 10^{22}$ yr with a 0.87 kg yr isotope exposure. The statistical significance of the signal is 7.0σ . We use XENON1T data with 36.16 kg yr of ^{136}Xe exposure to search for $0\nu\beta\beta$. We find no evidence of a signal and set a lower limit on the half-life of $T_{1/2}^{0\nu\beta\beta} > 1.2 \times 10^{24}$ yr at 90% CL. This is the best result from a dark matter detector without

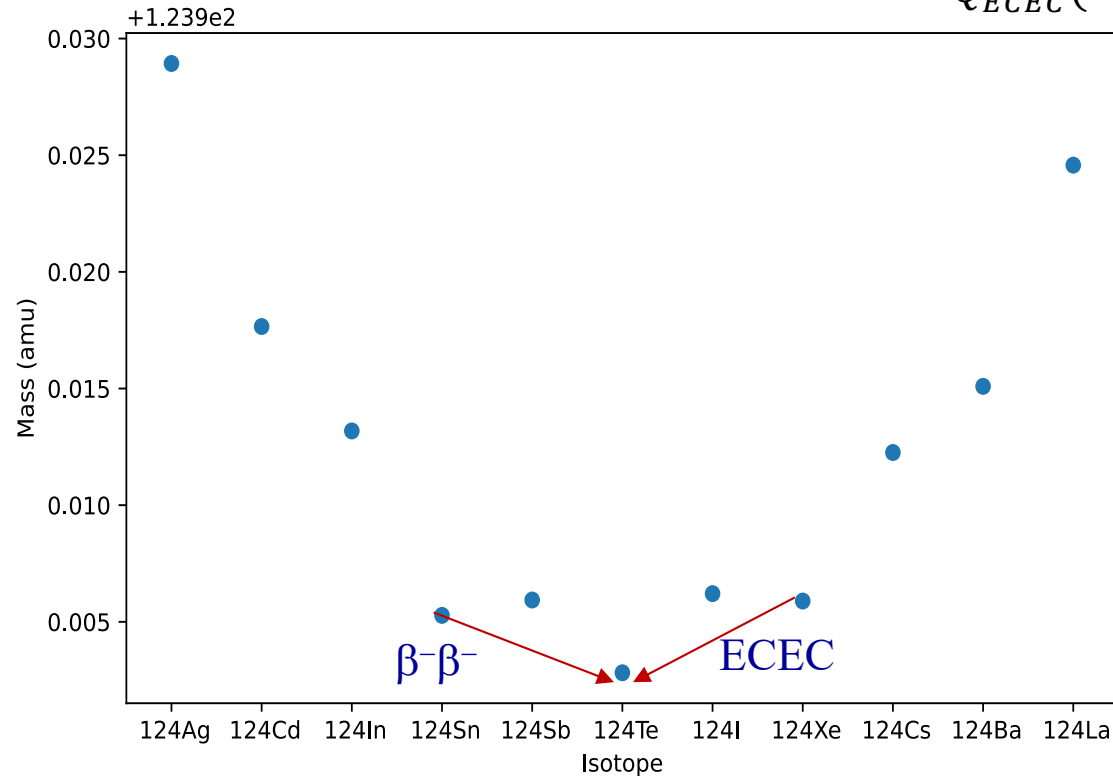
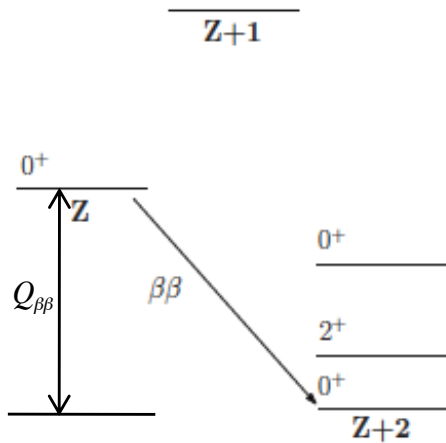
Nucleus	N	$T_{1/2}(2\nu)$, yr	S/B	Ref., Year
^{130}Ba ECEC(2ν)		$2.1^{+3.0}_{-0.8} \cdot 10^{21}$ (geochem.)		[87], 1996
		$(2.2 \pm 0.5) \cdot 10^{21}$ (geochem.)		[11], 2001
		$(0.60 \pm 0.11) \cdot 10^{21}$ (geochem.)		[88], 2009
Recommended value: $(2.2 \pm 0.5) \cdot 10^{21}$				
^{78}Kr $2K(2\nu)$	15	$[1.9^{+1.3}_{-0.7}(\text{stat}) \pm 0.3(\text{syst})] \cdot 10^{22}$	15	[13], 2017
		Recommended value: $(1.9^{+1.3}_{-0.8}) \cdot 10^{22}$ (?) ^(a)		
^{124}Xe $2K(2\nu)$	126	$[1.8 \pm 0.5(\text{stat}) \pm 0.1(\text{syst})] \cdot 10^{22}$	0.2	[12], 2019
		Recommended value: $(1.8 \pm 0.5) \cdot 10^{22}$		

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Double Beta /ECEC in A=124

$$Q_{ECEC}(^{124}\text{Xe}) = 2.857 \text{ MeV}$$



Nucleus

¹²⁴Xe

≥ 1.6E+14 y

0.0952%

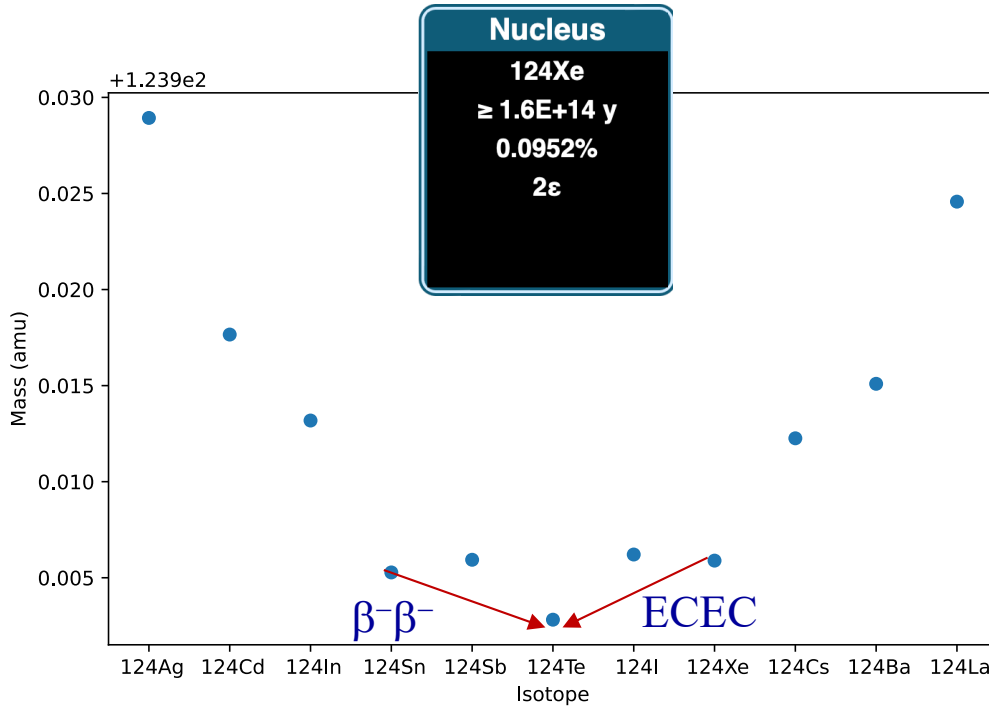
2ε

$$T_{1/2}^{-1}(2\nu) = g_A^4 G_{2\nu} |M^{2\nu}|^2$$

$$M^{2\nu} = m_e \sum_n \frac{\langle 0_f^+ | \sigma \tau^- | 1_n^+ \rangle \langle 1_n^+ | \sigma \tau^- | 0_i^+ \rangle}{E_{1_n^+} + E_0}$$

The 2ν ECEC decay of ^{124}Xe

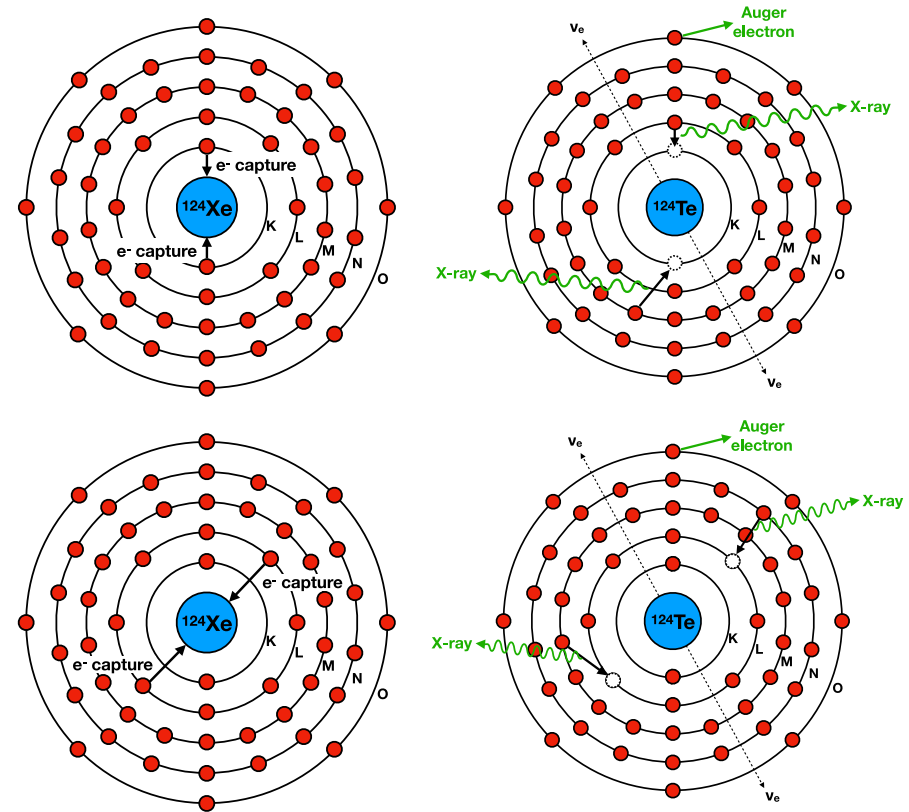
$$Q_{ECEC}(^{124}\text{Xe}) = 2.857 \text{ MeV}$$



PHYSICAL REVIEW C **93**, 024308 (2016)

Shell model predictions for ^{124}Sn double- β decay

Mihai Horoi* and Andrei Neacsu†



Theoretical analysis and predictions for the double electron capture of ^{124}Xe

O. Nițescu^{a,b,c}, S. Ghinescu^{d,b,c}, V. A. Sevestrean^{d,b,c}, M. Horoi^{e,b}, F. Šimkovic^{a,f}, S. Stoica^b

arXiv:2402.13784v1

The $2\nu\text{ECEC}$ decay of ^{124}Xe : Shell Model Nuclear Matrix Elements

$$\begin{aligned} [T_{1/2}^{2\nu\text{ECEC}}]^{-1} &= (g_A^{\text{eff}})^4 |M_{GT-1}^{2\nu\text{ECEC}}|^2 \{ G_0^{2\nu\text{ECEC}} \\ &+ \xi_{31}^{2\nu\text{ECEC}} G_2^{2\nu\text{ECEC}} + \frac{1}{3} (\xi_{31}^{2\nu\text{ECEC}})^2 G_{22}^{2\nu\text{ECEC}} \\ &+ \left[\frac{1}{3} (\xi_{31}^{2\nu\text{ECEC}})^2 + \xi_{51}^{2\nu\text{ECEC}} \right] G_4^{2\nu\text{ECEC}} \}, \end{aligned}$$

$$g_A^{\text{eff}} \rightarrow g_A = 1.276$$

$$\xi_{31}^{2\nu\text{ECEC}} = \frac{M_{GT-3}^{2\nu\text{ECEC}}}{M_{GT-1}^{2\nu\text{ECEC}}}, \quad \xi_{51}^{2\nu\text{ECEC}} = \frac{M_{GT-5}^{2\nu\text{ECEC}}}{M_{GT-1}^{2\nu\text{ECEC}}}$$

$$M_{GT-1}^{2\nu\text{ECEC}} = \sum_n M_{GT}^{2\nu}(n) \frac{m_e}{E_n(1^+) - (E_i + E_f)/2},$$

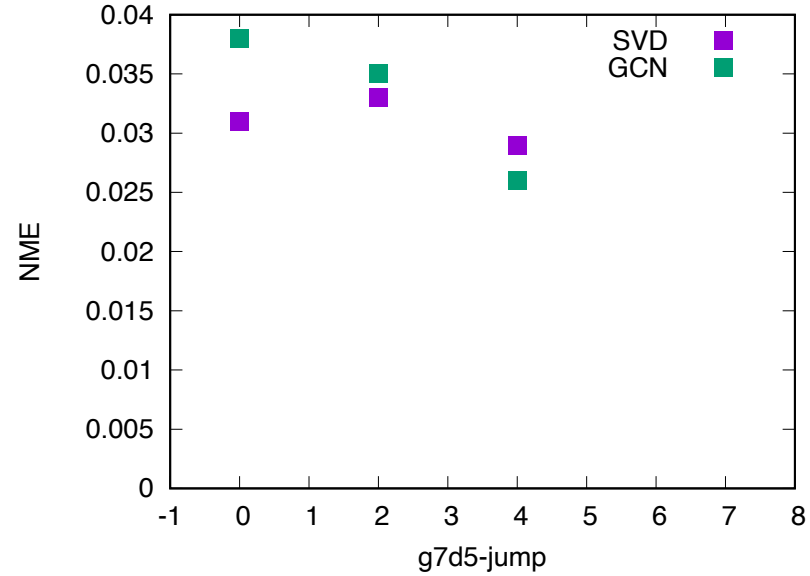
$$M_{GT-3}^{2\nu\text{ECEC}} = \sum_n M_{GT}^{2\nu}(n) \frac{4 m_e^3}{(E_n(1^+) - (E_i + E_f)/2)^3},$$

$$M_{GT-5}^{2\nu\text{ECEC}} = \sum_n M_{GT}^{2\nu}(n) \frac{16 m_e^5}{(E_n(1^+) - (E_i + E_f)/2)^5}.$$

$$M_{GT}^{2\nu}(n) = \langle 0_f^+ | \sum_m \tau_m^- \sigma_m | 1_n^+ \rangle \langle 1_n^+ | \sum_m \tau_m^- \sigma_m | 0_i^+ \rangle,$$

$$(\sigma\tau^-)^{\text{eff}} \rightarrow q_H \sigma\tau^-$$

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Model	Channel	jump=0	jump=2	jump=4
SVD	Total	1.94	1.61	2.12
	KK	2.61	2.17	2.86
GCN	Total	1.20	1.40	2.58
	KK	1.62	1.88	3.48

Table 5: The predicted $2\nu\text{ECEC}$ half-lives for ^{124}Xe (in units of 10^{22} yr) from Eqs. (1-2). To be compared with experimental data for the total half-life, $(1.1 \pm 0.2_{\text{stat}} \pm 0.1_{\text{sys}}) \times 10^{22}$ yr and the inferred data for the KK half-life, $(1.5 \pm 0.3_{\text{stat}} \pm 0.1_{\text{sys}}) \times 10^{22}$ yr (see section III.F of Ref. [15]).

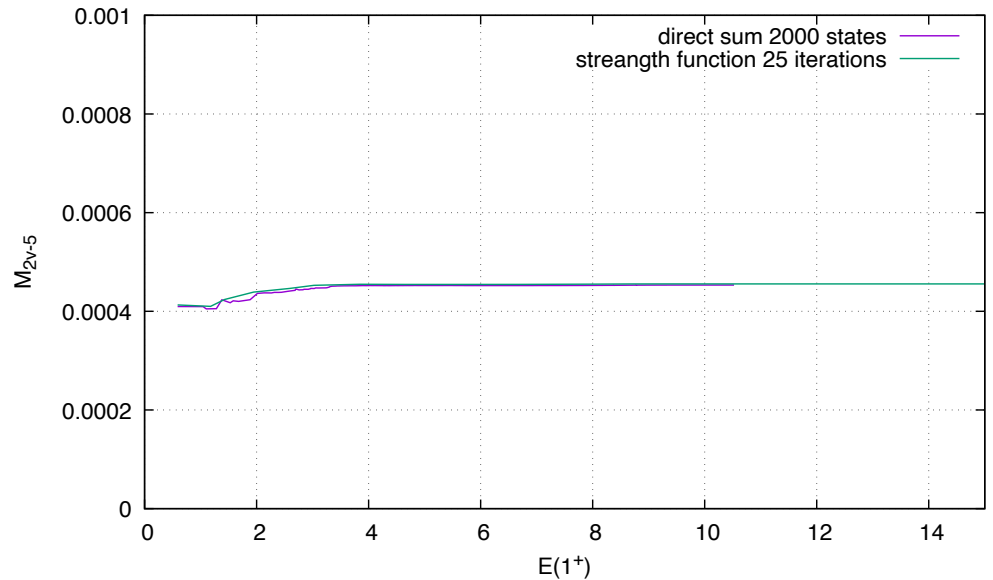
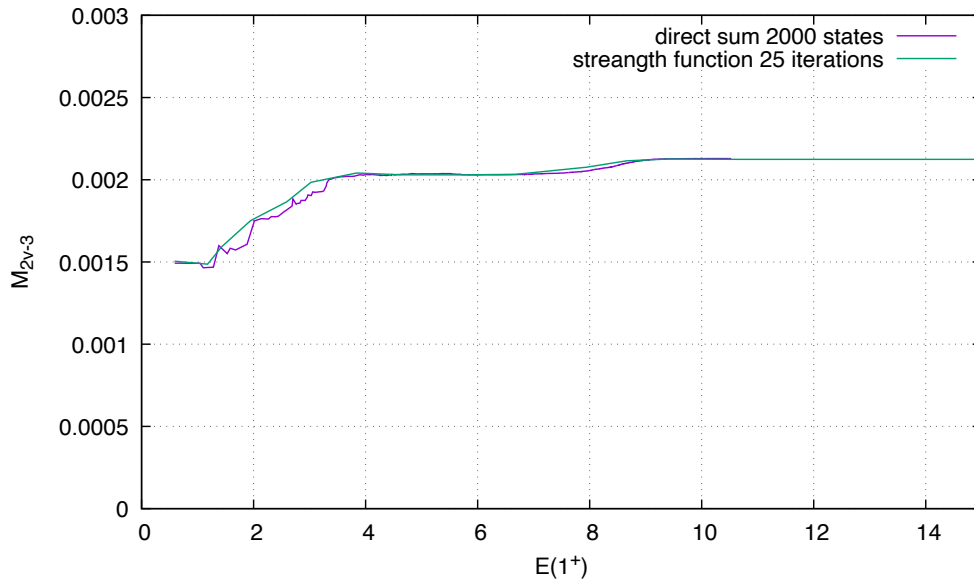
M. Horoi CMU

Taylor Expansion NMEs: ^{136}Xe

$$M_{2\nu-3}(E_k) = \sum_{n=1}^k \frac{\langle \Psi_f | q\sigma\tau^- | 1_n^+ \rangle \langle 1_n^+ | q\sigma\tau^- | \Psi_i \rangle}{\left(E(1_n^+) + \frac{Q_{\beta\beta}}{2} - Q_\beta \right)^3}$$

$$M_{2\nu-5}(E_k) = \sum_{n=1}^k \frac{\langle \Psi_f | q\sigma\tau^- | 1_n^+ \rangle \langle 1_n^+ | q\sigma\tau^- | \Psi_i \rangle}{\left(E(1_n^+) + \frac{Q_{\beta\beta}}{2} - Q_\beta \right)^5}$$

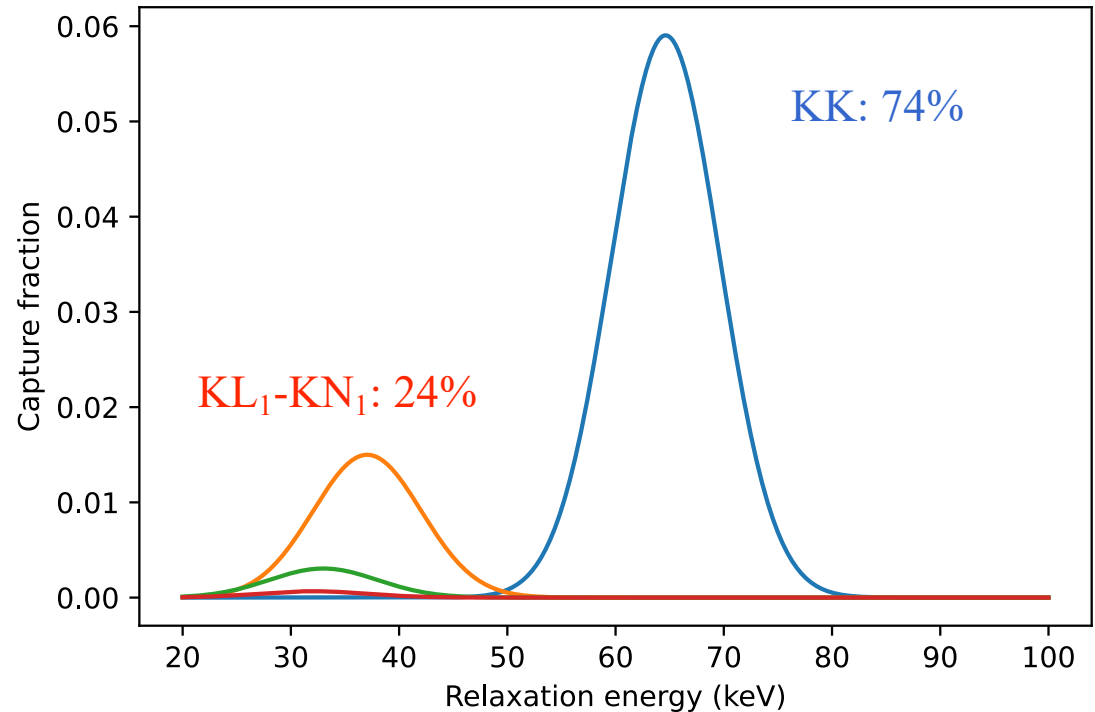
^{136}Xe – SVD



The 2ν ECEC decay of ^{124}Xe : Predictions for Capture Fractions

Decay Chanel	R_{xy} (keV)	ISM CF (%)
KK	64.62	74.13-74.15
KL ₁	37.05	18.76-18.83
KM ₁	32.98	3.83-3.84
KN ₁	32.11	0.83-0.85
KO ₁	31.93	0.13
L ₁ L ₁	10.04	1.22
L ₁ M ₁	6.01	0.49
Other	< 6	0.52-0.55

Table 6: The atomic relaxation energies (Eq. 10) obtained within the DHFS model (second column) and the capture fractions (CF) predicted by ISM (third column). The captures with atomic relaxation energies below 6 keV are subsumed under the label "other". The ranges presented for the KK and KL₁ channels correspond to the minimum and maximum values of the $\xi_{31}^{2\nu\text{ECEC}}$ parameter predicted from ISM.



Conclusions

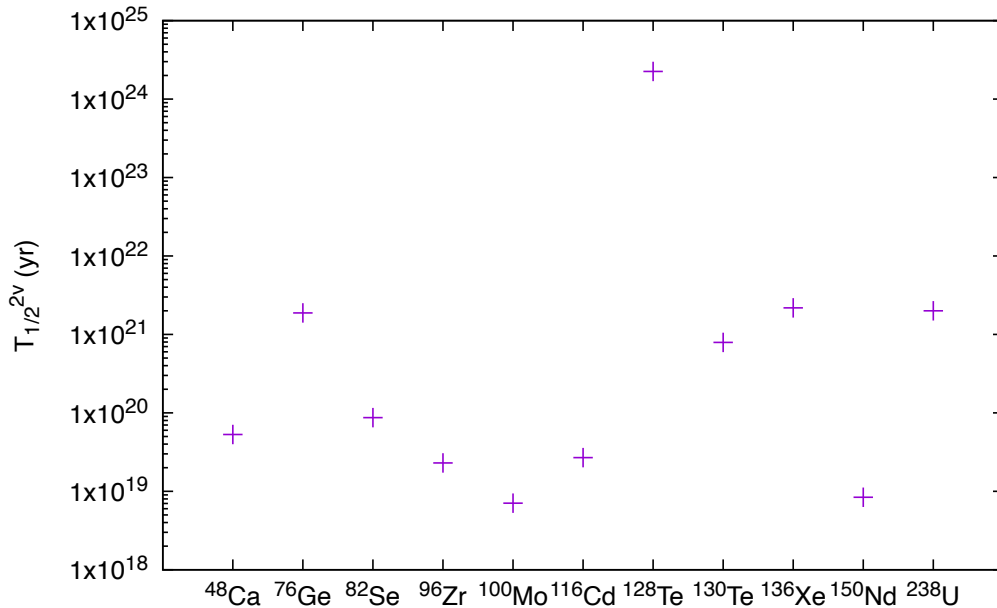
- Shell model calculations of the $2\nu\beta\beta$ nuclear matrix elements can be obtained very efficiently using a strength function approach
- The direct sum is likely to miss convergence in most cases
- The strength function approach is the only option for cases that have very large shell model dimension, such as ^{128}Te
- The proper evaluation of the $2\nu\beta\beta$ nuclear matrix elements is important while they correlate strongly with the $0\nu\beta\beta$ nuclear matrix elements (PRC 106, 05432 (2022), PRC 107, 045501 (2023), Universe 10, 252 (2024))

$2\nu\beta\beta$ Half-Lives and optimal quenching factors

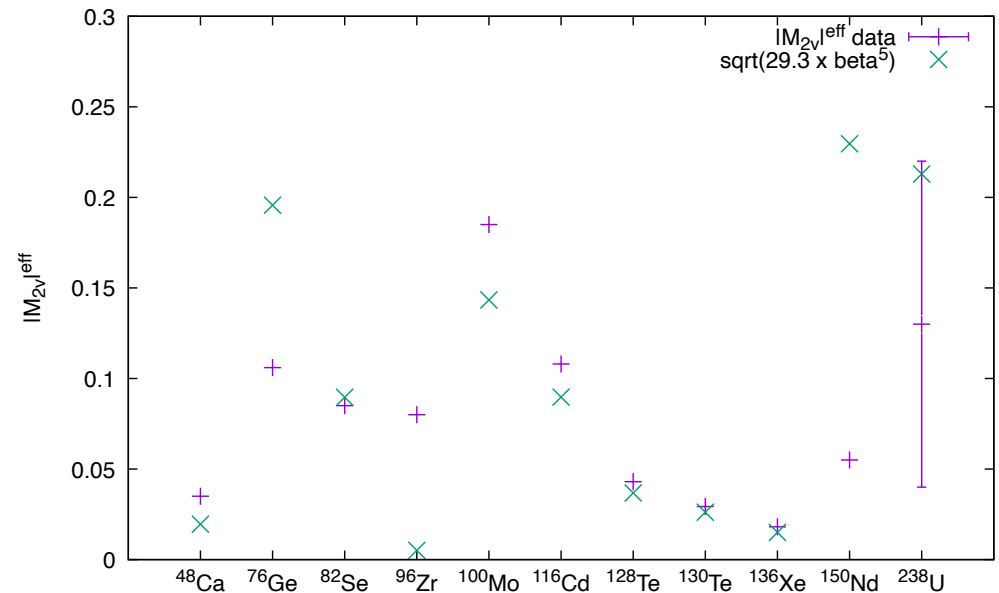
Isotope	Q_{bb}	Q_b	E_0	$E_1(1^+)$	$M_{2\nu}^{eff}$	$M_{2\nu}$	q_{opt}	Hamiltonian
48Ca	4.268	0.280	1.855	2.517	0.0350	0.0421	0.68	GXPF1A
76Ge	2.039	-0.922	1.941	0.044	0.1060	0.1274	0.63	GCN2850
							0.62	JUN45
82Se	2.998	-0.095	1.594	0.075	0.0850	0.1022	0.55	GCN2850
							0.62	JUN45
96Zr	3.356	0.164	1.514	?	0.0800	0.0962		
100Mo	3.034	-0.172	1.689	0.000	0.1850	0.2224		
116Cd	2.813	-0.463	1.869	0.000	0.1080	0.1298		
128Te	0.867	-1.256	1.689	0.000	0.0430	0.0517	0.84	SVD
130Te	2.528	-0.417	1.681	0.255	0.0293	0.0352	0.50	GCN5082
							0.88	SVD
136Xe	2.458	-0.090	1.319	0.590	0.0181	0.0218	0.42	GCN5082
							0.69	SVD
150Nd	3.371	-0.083	1.769	?	0.0550	0.0661		
238U	1.114	-0.147	0.704	0.244	0.1300	0.1563		

$2\nu\beta\beta$ Half-Lives and NME

$$\left[T_{1/2}^{2\nu}\right]^{-1} = G_{2\nu} \cdot \left[g_A^2 (m_e c^2 \cdot M_{2\nu})\right]^2 \equiv G_{2\nu} \left(M_{2\nu}^{eff}\right)^2$$



A. Barabash, Universe 6, 159 (2020)



B. Pritychenko, Nucl. Phys. A 1033, 122628 (2023)