

# A note on the improved sparse Hanson-Wright inequalities

Guozheng Dai<sup>‡</sup>, Yiyun He<sup>\*</sup>, Ke Wang<sup>†</sup> and Yizhe Zhu<sup>§</sup>

## Abstract

In this paper, we establish sparse Hanson-Wright inequalities for quadratic forms of sparse  $\alpha$ -sub-exponential random vectors where  $\alpha \in (0, 2]$ . When only considering the regime  $0 < \alpha \leq 1$ , we derive a sharper sparse Hanson-Wright inequality that achieves optimality in certain special cases. These results generalize some classical Hanson-Wright inequalities without sparse structure.

## 1 Introduction

Let  $\xi = (\xi_1, \dots, \xi_n)^\top$  be a random vector with independent centered entries and  $A = (a_{ij})_{n \times n}$  be a fixed matrix. Exploring the concentration properties of the following quadratic random variables

$$S_A(\xi) := \xi^\top A \xi = \sum_{i,j} a_{ij} \xi_i \xi_j$$

is a classic topic in probability. A well-known result, proved by Hanson and Wright [7], claims that if  $\xi_i$  are independent centered 2-sub-exponential (sub-gaussian) random variables such that  $\max_i \|\xi_i\|_{\Psi_2} \leq L$ , then for  $t \geq 0$  (the following version was provided in [15])

$$\mathbb{P}\{|S_A(\xi) - \mathbb{E}S_A(\xi)| \geq t\} \leq 2 \exp\left(-c \min\left\{\frac{t^2}{L^4 \|A\|_F^2}, \frac{t}{L^2 \|A\|_{l_2 \rightarrow l_2}}\right\}\right), \quad (1.1)$$

where  $\|\cdot\|_F$  and  $\|\cdot\|_{l_2 \rightarrow l_2}$  are the Frobenius norm and the spectral norm of a matrix respectively. Recall that a random variable  $\eta_1$  is  $\alpha$ -sub-exponential if satisfying

$$\mathbb{P}\{|\eta_1| \geq t\} \leq 2 \exp\left(-\frac{t^\alpha}{K^\alpha}\right), \quad t \geq 0.$$

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<sup>‡</sup>Department of Mathematics, Hong Kong University of Science and Technology, Clear Water Bay, Kowloon, Hong Kong, guozhengdai1997@gmail.com.

<sup>\*</sup>Department of Mathematics, University of California Irvine, Irvine, CA 92697, USA, yiyunh4@uci.edu.

<sup>†</sup>Department of Mathematics, Hong Kong University of Science and Technology, Clear Water Bay, Kowloon, Hong Kong, kewang@ust.hk.

<sup>§</sup>Department of Mathematics, University of Southern California, 3620 Vermont Avenue Los Angeles, CA 90089, USA, yizhezhu@usc.edu.

Its  $\alpha$ -sub-exponential norm is defined as

$$\|\eta_1\|_{\Psi_\alpha} := \inf \left\{ t > 0 : \mathbb{E} \exp \left( \frac{|\eta_1|^\alpha}{t^\alpha} \right) \leq 2 \right\}.$$

There is a lot of work dedicated to extending the classical Hanson-Wright inequality (1.1) to more general cases. For example, assume that  $\xi_1, \dots, \xi_n$  are independent centered  $\alpha$ -sub-exponential variables and satisfy  $\max_i \|\xi_i\|_{\Psi_\alpha} \leq L(\alpha)$ . When  $1 \leq \alpha \leq 2$ , Adamczak and Latała [1] proved for  $t \geq 0$  (see also [2])

$$\mathbb{P}\{|S_A(\xi) - \mathbb{E}S_A(\xi)| \geq L(\alpha)^2 t\} \leq 2 \exp(-c(\alpha)f_1(t)), \quad (1.2)$$

where

$$f_1(t) = \min \left\{ \left( \frac{t}{\|A\|_F} \right)^2, \frac{t}{\|A\|_{l_2 \rightarrow l_2}}, \left( \frac{t}{\|A\|_{l_{\alpha^*}(l_2)}} \right)^\alpha, \left( \frac{t}{\|A\|_{l_2 \rightarrow l_{\alpha^*}}} \right)^{\frac{2\alpha}{2+\alpha}}, \left( \frac{t}{\|A\|_{l_{\alpha^*}}} \right)^{\frac{\alpha}{2}} \right\}. \quad (1.3)$$

One can refer to (1.9) below for the definitions of the matrix's norms and  $\alpha^* = \alpha/(\alpha - 1)$ . When  $0 < \alpha \leq 1$ , Kolesko and Latała [11] proved for  $t \geq 0$  (see also [6])

$$\mathbb{P}\{|S_A(\xi) - \mathbb{E}S_A(\xi)| \geq L(\alpha)^2 t\} \leq 2 \exp(-c(\alpha)f_2(t)), \quad (1.4)$$

where

$$f_2(t) = \min \left\{ \left( \frac{t}{\|A\|_F} \right)^2, \frac{t}{\|A\|_{l_2 \rightarrow l_2}}, \left( \frac{t}{\|A\|_{l_2 \rightarrow l_\infty}} \right)^{\frac{2\alpha}{2+\alpha}}, \left( \frac{t}{\|A\|_\infty} \right)^{\frac{\alpha}{2}} \right\}. \quad (1.5)$$

As we have seen above, the Hanson-Wright inequalities (1.2) and (1.4) are quite intricate. By evaluating the family of norms used therein, Sambale [16] obtained a simplified version. This simplified version is not only easily calculable but also sufficient for many applications (see [16] for details). In particular, Sambale proved for  $0 < \alpha \leq 2$  and  $t \geq 0$

$$\begin{aligned} & \mathbb{P}\{|S_A(\xi) - \mathbb{E}S_A(\xi)| \geq t\} \\ & \leq 2 \exp \left( -c(\alpha) \min \left\{ \frac{t^2}{L(\alpha)^4 \|A\|_F^2}, \left( \frac{t}{L(\alpha)^2 \|A\|_{l_2 \rightarrow l_2}} \right)^{\alpha/2} \right\} \right). \end{aligned} \quad (1.6)$$

Motivated by the covariance estimation problem in the matrix variate model, Zhou [20] showed a sparse Hanson-Wright type inequality for sub-gaussian random variables. In particular, assume that  $\{\xi_i = \delta_i \cdot \zeta_i, 1 \leq i \leq n\}$  is a sequence of independent random variables, where  $\delta_i \sim \text{Bernoulli}(p_i)$  (that is, taking values 0, 1 with probability  $1 - p_i$  and  $p_i$  respectively) and  $\zeta_i$  is a centered sub-gaussian variable independent of  $\delta_i$ . Zhou proved for  $t \geq 0$

$$\mathbb{P}\{|S_A(\xi) - \mathbb{E}S_A(\xi)| \geq t\} \leq 2 \exp \left( -c \min \left\{ \frac{t^2}{L^4 \gamma_1(A)}, \frac{t}{L^2 \|A\|_{l_2 \rightarrow l_2}} \right\} \right), \quad (1.7)$$

where  $L = \max_i \|\zeta_i\|_{\Psi_2}$  and  $\gamma_1(A) = \sum_k a_{kk}^2 p_k + \sum_{i \neq j} a_{ij}^2 p_i p_j$ .

Recently, He, Wang and Zhu [8] established sparse Hanson-Wright type inequalities in a more general setting. Specifically, let  $\{\xi_i = \delta_i \cdot \zeta_i, 1 \leq i \leq n\}$  be a sequence of independent random variables, where  $\delta_i \sim \text{Bernoulli}(p_i)$  and  $\zeta_i$  is a centered  $\alpha$ -sub-exponential variable independent of  $\delta_i$ ,  $1 \leq i \leq n$ . [8, Corollary 1] showed that for  $\alpha > 0$  and  $t \geq 0$

$$\begin{aligned} & \mathbb{P}\{|S_A(\xi) - \mathbb{E}S_A(\xi)| \geq t\} \\ & \leq 2 \exp\left(-c(\alpha) \min\left\{\frac{t^2}{L(\alpha)^4 \gamma_1(A)}, \frac{t}{L(\alpha)^2 \gamma_2(A)}, \left(\frac{t}{L(\alpha)^2 \|A\|_\infty}\right)^{\min\{\frac{\alpha}{2}, \frac{1}{2}\}}\right\}\right), \end{aligned} \quad (1.8)$$

where  $L(\alpha) = \max_i \|\zeta_i\|_{\Psi_\alpha}$ ,  $\|A\|_\infty = \max_{ij} |a_{ij}|$ , and

$$\gamma_2(A) = \max_i \left\{ \sum_{j:j \neq i} |a_{ij}| p_j, \sum_{j:j \neq i} |a_{ji}| p_j, |a_{ii}| \right\}.$$

The work in [8] further extends to sparse versions of Bernstein and Bennett type inequalities.

In addition to the works mentioned above, there are numerous other papers that delve into the Hanson-Wright inequality with sparse structure. We refer interested readers to [3, 5, 9, 14, 17, 18, 19, 21] and the references therein for further exploration.

**Notation** Given a fixed vector  $x = (x_1, \dots, x_n)^\top \in \mathbb{R}^n$ , denote by  $\|x\|_r = (\sum_i |x_i|^r)^{1/r}$  the  $l_r$  norm. Use  $\|\xi\|_{L_r} = (\mathbb{E}|\xi|^r)^{1/r}$  as the  $L_r$  norm of a random variable  $\xi$ . Let  $A = (a_{ij})$  be an  $m \times n$  matrix. We use the following notations of the matrix norms:

$$\begin{aligned} \|A\|_F &= \sqrt{\sum_{i,j} |a_{ij}|^2}, \quad \|A\|_\infty = \max_{i,j} |a_{ij}|, \\ \|A\|_{l_r(l_2)} &= \left(\sum_{i \leq m} \left(\sum_{j \leq n} |a_{ij}|^2\right)^{r/2}\right)^{1/r}, \\ \|A\|_{l_{r_1} \rightarrow l_{r_2}} &= \sup\left\{\left|\sum_{i,j} a_{ij} x_j y_i\right| : \|x\|_{r_1} \leq 1, \|y\|_{r_2^*} \leq 1\right\}, \end{aligned} \quad (1.9)$$

where  $1 \leq r_1, r_2 < \infty$  and  $r_2^* = r_2/(r_2 - 1)$ . Indeed,  $\|A\|_{l_2 \rightarrow l_2}$  is the spectral norm of  $A$  and  $\|A\|_{l_1 \rightarrow l_\infty} = \|A\|_\infty$ .

Let  $\xi_1, \dots, \xi_n$  be a sequence of random variables and  $f : \mathbb{R}^n \rightarrow \mathbb{R}$  be a measurable function. Then,  $\mathbb{E}_{\xi_{i_1}, \dots, \xi_{i_s}} f(\xi_1, \dots, \xi_n)$  means only taking expectation with respect to random variables  $\xi_{i_1}, \dots, \xi_{i_s}$ , where  $\{i_1, \dots, i_s\} \subset \{1, \dots, n\}$ . Denote  $\xi \sim \mathcal{W}_s(\alpha)$  when  $\xi$  is a symmetric Weibull variable with the scale parameter 1 and the shape parameter  $\alpha$ . Specifically,  $-\log \mathbb{P}\{|\xi| > x\} = x^\alpha, x \geq 0$ .

Unless otherwise stated, denote by  $C, C_1, c, c_1, \dots$  the universal constants independent of any parameters and the dimension  $n$ . Besides, let  $C(\delta), c(\delta) \dots$  be the constants depending only on the parameter  $\delta$ . Their values can change from line to line. For convenience, we say  $f \lesssim g$  if  $f \leq Cg$  for some universal constant  $C$ . We write  $f \lesssim_\delta g$  if  $f \leq C(\delta)g$  for some constant  $C(\delta)$ . Besides, we say  $f \asymp g$  if  $f \lesssim g$  and  $g \lesssim f$ , so does  $f \asymp_\delta g$ .

**Organization of the paper** The rest of the paper is organized as follows. In the remaining part of Section 1, we will first present our main results. Then, we will draw comparisons between our results and existing ones to highlight the novelties and improvements. To conclude Section 1, we will pose two open questions that warrant further exploration. Section 2 is dedicated to introducing several key lemmas. These lemmas cover aspects such as the relationship between tails and moments, the decoupling inequality, the contraction principle, and concentration inequalities. They serve as fundamental tools for the subsequent theoretical derivations. In Section 4, we shall prove our main results, and in Appendix A, we offer proofs for Proposition 1.1, Corollary 1, and Lemma 2.8.

## 1.1 Main results

This paper concentrates on the sparse Hanson-Wright inequalities in  $\alpha$ -sub-exponential random variables,  $0 < \alpha \leq 2$ . Our first main result in this regime reads as follows:

**THEOREM 1.** *Assume that  $\{\delta_i, 1 \leq i \leq n\}$  and  $\{\zeta_i, 1 \leq i \leq n\}$  are two independent sequences of random variables, where  $\delta_i \sim \text{Bernoulli}(p_i)$  are independent and  $\zeta_i$  are independent centered  $\alpha$ -sub-exponential random variables. Consider a random vector  $\xi = (\xi_1, \dots, \xi_n)$  with  $\xi_i = \delta_i \cdot \zeta_i$ . Let  $A = (a_{ij})_{n \times n}$  be a symmetric fixed matrix. Then for  $0 < \alpha \leq 2$  and  $t \geq 0$*

$$\begin{aligned} & \mathbb{P}\{|\xi^\top A \xi - \mathbb{E} \xi^\top A \xi| \geq L(\alpha)^2 t\} \\ & \leq 2 \exp \left( -c(\alpha) \min \left\{ \frac{t^2}{\sum_k a_{kk}^2 p_k + \sum_{i \neq j} a_{ij}^2 p_i p_j}, \left( \frac{t}{\|A\|_{l_2 \rightarrow l_2}} \right)^{\alpha/2} \right\} \right), \end{aligned}$$

where  $L(\alpha) = \max_i \|\zeta_i\|_{\Psi_\alpha}$  and  $c(\alpha)$  is a positive constant depending only on  $\alpha$ .

**REMARK 1.1** (Comparison of Theorem 1 with Hanson-Wright inequalities in [16, 20]). (i). When  $p_1 = \dots = p_n = 1$ , i.e.,  $\delta_i = 1$  for  $1 \leq i \leq n$ , Theorem 1 recovers Sambale's result [16], see (1.6).

(ii). When  $\alpha = 2$ , Theorem 1 recovers the sparse Hanson-Wright inequality for sparse sub-Gaussian random vectors obtained by Zhou in [20], see (1.7).

Moreover, when only considering the case  $0 < \alpha \leq 1$ , we have the following more refined result.

**THEOREM 2.** *In the same setting of Theorem 1, we have for  $0 < \alpha \leq 1$  and  $t \geq 0$*

$$\mathbb{P}\{|\xi^\top A \xi - \mathbb{E} \xi^\top A \xi| \geq L(\alpha)^2 t\} \leq 2 \exp(-c(\alpha) f(t)),$$

where  $L(\alpha) = \max_i \|\zeta_i\|_{\Psi_\alpha}$ ,  $c(\alpha)$  is a positive constant depending only on  $\alpha$ , and

$$\begin{aligned} f(t) = \min \left\{ \frac{t^2}{\sum_k a_{kk}^2 p_k + \sum_{i \neq j} a_{ij}^2 p_i p_j}, \frac{t}{\|(a_{ij} \sqrt{p_i p_j})_{n \times n}\|_{l_2 \rightarrow l_2}}, \right. \\ \left. \left( \frac{t}{\max_i (\sum_j a_{ij}^2 p_j)^{1/2}} \right)^{\frac{2\alpha}{2+\alpha}}, \left( \frac{t}{\|A\|_\infty} \right)^{\frac{\alpha}{2}} \right\}. \end{aligned}$$

**REMARK 1.2** (Theorem 2 improves Theorem 1). *Theorem 1 for the case  $0 < \alpha \leq 1$  can be derived from Theorem 2. Indeed, a direct integration of the tail probability in Theorem 2 yields that*

$$\begin{aligned} \left\| \xi^\top A \xi - \mathbb{E} \xi^\top A \xi \right\|_{L_r} &\lesssim_\alpha r^{2/\alpha} \|A\|_\infty + r^{1/2+1/\alpha} \max_i \left( \sum_j a_{ij}^2 p_j \right)^{1/2} \\ &\quad + r \|(a_{ij} \sqrt{p_i p_j})\|_{l_2 \rightarrow l_2} + \sqrt{r} \left( \sum_k a_{kk}^2 p_k + \sum_{i \neq j} a_{ij}^2 p_i p_j \right)^{1/2} \\ &\lesssim_\alpha r^{2/\alpha} \|A\|_{l_2 \rightarrow l_2} + \sqrt{r} \left( \sum_k a_{kk}^2 p_k + \sum_{i \neq j} a_{ij}^2 p_i p_j \right)^{1/2}, \end{aligned}$$

where we use the following fact

$$\begin{aligned} \max_i \left( \sum_j a_{ij}^2 p_j \right)^{1/2} &\leq \|A\|_{l_2 \rightarrow l_\infty} \leq \|A\|_{l_2 \rightarrow l_2}, \\ \|(a_{ij} \sqrt{p_i p_j})\|_{l_2 \rightarrow l_2} &\leq \|A\|_{l_2 \rightarrow l_2}, \quad \|A\|_\infty \leq \|A\|_{l_2 \rightarrow l_2}. \end{aligned}$$

Then, one can obtain Theorem 1 by Lemma 2.1 below.

**REMARK 1.3** (Comparison of Theorem 2 with Hanson-Wright inequalities in [8, 11]). (i). When  $p_1 = \dots = p_2 = 1$ , Theorem 2 recovers the Hanson-Wright inequality (1.4) due to Kolesko and Latała in [11].

(ii). Note that for  $r \geq 1$ ,

$$\begin{aligned} r^{\frac{1}{2} + \frac{1}{\alpha}} \max_i \left( \sum_j a_{ij}^2 p_j \right)^{1/2} &\leq (r^{1/\alpha} \|A\|_\infty^{1/2}) \cdot (r^{1/2} \max_i \left( \sum_j |a_{ij}| p_j \right)^{1/2}) \\ &\leq \frac{1}{2} r^{2/\alpha} \|A\|_\infty + \frac{1}{2} r \max_i \sum_j |a_{ij}| p_j \end{aligned}$$

and

$$\|(a_{ij} \sqrt{p_i p_j})\|_{l_2 \rightarrow l_2} \leq \max_i \sum_j |a_{ij}| \sqrt{p_i p_j} \leq K \max_i \sum_j |a_{ij}| p_j,$$

where  $K = K(p_1, \dots, p_n) = \max p_i / \min p_j$ . Hence, Theorem 2 yields that

$$\begin{aligned} \left\| \xi^\top A \xi - \mathbb{E} \xi^\top A \xi \right\|_{L_r} &\lesssim_\alpha r^{2/\alpha} \|A\|_\infty + r^{1/2+1/\alpha} \max_i \left( \sum_j a_{ij}^2 p_j \right)^{1/2} \\ &\quad + r \|(a_{ij} \sqrt{p_i p_j})\|_{l_2 \rightarrow l_2} + \sqrt{r} \left( \sum_k a_{kk}^2 p_k + \sum_{i \neq j} a_{ij}^2 p_i p_j \right)^{1/2} \\ &\lesssim_\alpha r^{2/\alpha} \|A\|_\infty + K r \max_i \sum_j |a_{ij}| p_j + \sqrt{r} \left( \sum_k a_{kk}^2 p_k + \sum_{i \neq j} a_{ij}^2 p_i p_j \right)^{1/2}. \end{aligned}$$

Then, by Lemma 2.1 below, we deduce (1.8) from Theorem 2 but with an extra factor  $K$ .

Note that, when  $A$  is a diagonal-free matrix, the decay rate of the Hanson-Wright inequality (1.4) is optimal in the sense that, there exist independent centered  $\alpha$ -sub-exponential random variables  $\eta_1, \dots, \eta_n$  such that a matching lower bound holds. See Proposition 1.1 for details and its proof is given in Appendix A.

**PROPOSITION 1.1** (Optimality of Theorem 2 when  $p_1 = \dots = p_2 = 1$ ). *Let  $\eta_1, \dots, \eta_n \stackrel{i.i.d.}{\sim} \mathcal{W}_s(\alpha)$  and  $A$  be a symmetric diagonal-free matrix. Then for  $0 < \alpha \leq 1$  and  $t \geq 0$*

$$\mathbb{P}\{|\eta^\top A \eta - \mathbb{E} \eta^\top A \eta| \geq t\} \geq C(\alpha) \exp(-c(\alpha) f_2(t)),$$

where  $\eta = (\eta_1, \dots, \eta_n)^\top$ ,  $C(\alpha), c(\alpha)$  are positive constants depending only on  $\alpha$ , and  $f_2(t)$  is defined in (1.5).

**REMARK 1.4** (Generalization to general  $A$ ). *Theorems 1 and 2 assume that the matrix  $A$  is symmetric. This assumption was made primarily for the convenience of presentation. Indeed, the above results can be extended to general square matrices. The only modification required is that in many places,  $A$  should be replaced by  $\frac{1}{2}(A + A^\top)$ .*

## 1.2 Disscussion

In this section, we assume that  $\{\delta_i, 1 \leq i \leq n\}$  is a sequence of independent random variables with  $\delta_i \sim \text{Bernoulli}(p_i)$  and  $\{\zeta_i, 1 \leq i \leq n\}$  is a sequence of independent centered  $\alpha$ -sub-exponential random variables. Assume  $\delta_i$ 's are independent of  $\zeta_i$ 's. Denote by  $\xi = (\xi_1, \dots, \xi_n)$  the random vector with  $\xi_i = \delta_i \cdot \zeta_i$ . Let  $A = (a_{ij})_{n \times n}$  be a symmetric fixed matrix and  $a = (a_1, \dots, a_n)^\top$  be a fixed vector. Set  $L(\alpha) = \max_i \|\zeta_i\|_{\Psi_\alpha}$ . We mention the following two open questions:

1. For  $1 \leq \alpha \leq 2$  and  $t > 0$ , it holds (see Theorem 6.1 in [2])

$$\mathbb{P}\left\{\left|\sum_{i=1}^n a_i \zeta_i\right| \geq t\right\} \leq 2 \exp\left(-c(\alpha) \min\left\{\frac{t^2}{L(\alpha)^2 \|a\|_2^2}, \left(\frac{t}{L(\alpha) \|a\|_{\alpha^*}}\right)^\alpha\right\}\right)$$

and

$$\mathbb{P}\{|\zeta^\top A \zeta - \mathbb{E} \zeta^\top A \zeta| \geq L(\alpha)^2 t\} \leq 2 \exp(-c(\alpha) f_2(t)),$$

where  $\alpha^* = \alpha/(\alpha - 1)$  and  $f_1(t)$  is defined in (1.3). How to obtain upper bounds for

$$\mathbb{P}\left\{\left|\sum_{i=1}^n a_i \xi_i\right| \geq t\right\}, \quad \mathbb{P}\{|\xi^\top A \xi - \mathbb{E} \xi^\top A \xi| \geq t\}$$

which recover the above results when  $\delta_1 = \dots = \delta_n = 1$  is an interesting question.

2. In this paper, we give upper bounds for the linear and quadratic forms of sparse  $\alpha$ -sub-exponential random vectors:

$$\left\|\sum_{i=1}^n a_i \xi_i\right\|_{L_r}, \quad \|\xi^\top A \xi - \mathbb{E} \xi^\top A \xi\|_{L_r}.$$

Investigating their lower bounds is an interesting question, which may help us establish the optimal bounds for the above quantities.

## 2 Preliminaries

### 2.1 Tails and Moments

In this subsection, we first introduce the following lemma, which provides the link between  $L_r$  estimates and tail probability inequalities. Although such type results are by now common, we give a brief proof for the sake of reading.

**LEMMA 2.1.** *Let  $\xi$  be a random variable such that for  $r \geq r_0$*

$$\|\xi\|_{L_r} \leq \sum_{k=1}^m C_k r^{\beta_k} + C_{m+1},$$

where  $C_1, \dots, C_{m+1} > 0$  and  $\beta_1, \dots, \beta_m > 0$ . Then for  $t > 0$ ,

$$\mathbb{P}\{|\xi| > e(mt + C_{m+1})\} \leq e^{r_0} \exp\left(-\min\left\{\left(\frac{t}{C_1}\right)^{1/\beta_1}, \dots, \left(\frac{t}{C_m}\right)^{1/\beta_m}\right\}\right).$$

*Proof.* Define the following function:

$$f(t) := \min\left\{\left(\frac{t}{C_1}\right)^{1/\beta_1}, \dots, \left(\frac{t}{C_m}\right)^{1/\beta_m}\right\}.$$

If  $f(t) \geq r_0$ , then

$$\|\xi\|_{L_{f(t)}} \leq \sum_{k=1}^m C_k f(t)^{\beta_k} + C_{m+1} \leq mt + C_{m+1}.$$

Hence, Markov's inequality yields

$$\mathbb{P}\{|\xi| > e(mt + C_{m+1})\} \leq \mathbb{P}\{|\xi| > e\|\xi\|_{L_{f(t)}}\} \leq e^{-f(t)}.$$

As for  $f(t) < r_0$ , we have the following trivial bound

$$\mathbb{P}\{|\xi| > e(mt + C_{m+1})\} \leq 1 \leq e^{r_0} e^{-f(t)}.$$

Hence, we have for  $t \geq 0$

$$\mathbb{P}\{|\xi| > e(mt + C_{m+1})\} \leq e^{r_0} e^{-f(t)}.$$

□

The next lemma estimates the  $r$ -th moments of random linear and bilinear sums.

**LEMMA 2.2** (Theorem 1.1 in [10]). *Let  $\xi_1, \dots, \xi_n$  be independent symmetric random variables with log-convex tails, i.e.,  $\log \mathbb{P}\{|\xi_i| \geq t\}$  is a convex function for  $t \geq 0$ . Then for  $r \geq 2$*

$$\left\|\sum_i \xi_i\right\|_{L_r} \asymp \left(\sum_i \mathbb{E}|\xi_i|^r\right)^{1/r} + \sqrt{r} \left(\sum_i \mathbb{E}\xi_i^2\right)^{1/2}.$$

In the following lemmas of this subsection, we assume that  $\xi_1, \dots, \xi_n \stackrel{i.i.d.}{\sim} \mathcal{W}_s(\alpha)$  and  $A = (a_{ij})_{n \times n}$  is a fixed symmetric diagonal-free matrix. Assume further that  $\tilde{\xi}_i$  is an independent copy of  $\xi_i$ ,  $1 \leq i \leq n$ . For any  $1 \leq \alpha \leq 2$ , let  $\alpha^*$  be its conjugate exponent, i.e.,  $1/\alpha + 1/\alpha^* = 1$ .

**LEMMA 2.3** (Theorem 6.1 in [2]). *In the case  $1 \leq \alpha \leq 2$ , we have for  $r \geq 2$*

$$\left\| \sum_{i,j} a_{ij} \xi_i \tilde{\xi}_j \right\|_{L_r} \asymp_{\alpha} r^{1/2} \|A\|_F + r \|A\|_{l_2 \rightarrow l_2} + r^{1/\alpha} \|A\|_{l_{\alpha^*}(l_2)} \\ + r^{(\alpha+2)/2\alpha} \|A\|_{l_2 \rightarrow l_{\alpha^*}} + r^{2/\alpha} \|A\|_{l_{\alpha} \rightarrow l_{\alpha^*}},$$

where  $\|A\|_{l_{\alpha^*}(l_2)}$  is defined in (1.9).

**LEMMA 2.4** (Example 3 in [11]). *In the case  $0 < \alpha \leq 1$ , we have for  $r \geq 2$*

$$\left\| \sum_{i,j} a_{ij} \xi_i \tilde{\xi}_j \right\|_{L_r} \asymp_{\alpha} r^{1/2} \|A\|_F + r \|A\|_{l_2 \rightarrow l_2} + r^{(\alpha+2)/2\alpha} \|A\|_{l_2 \rightarrow l_{\infty}} + r^{2/\alpha} \|A\|_{\infty}.$$

By employing a similar argument as in [16], we can derive the following simplified result from Lemmas 2.3 and 2.4. For ease of reference, the proof is provided in Appendix B.

**COROLLARY 1.** *In the case  $0 < \alpha \leq 2$ , we have for  $r \geq 2$ ,*

$$\left\| \sum_{i,j} a_{ij} \xi_i \tilde{\xi}_j \right\|_{L_r} \lesssim_{\alpha} r^{1/2} \|A\|_F + r^{2/\alpha} \|A\|_{l_2 \rightarrow l_2}.$$

## 2.2 Decoupling inequality

Decoupling is a technique of replacing quadratic forms of random variables by bilinear forms. The monograph [4] systematically studies decoupling and its applications. In this subsection, we introduce a classic decoupling inequality as follows:

**LEMMA 2.5** (Theorem 3.1.1 in [4]). *Let  $F : \mathbb{R}^+ \rightarrow \mathbb{R}^+$  be a convex function and  $A = (a_{ij})_{n \times n}$  be a diagonal-free matrix. If  $\{\xi_i, i \leq n\}$  is a sequence of independent centered random variables and  $\tilde{\xi}_i$  is an independent copy of  $\xi_i$ , then there exists a universal constant  $C$  such that*

$$\mathbb{E}F\left(\left|\sum_{i,j} a_{ij} \xi_i \xi_j\right|\right) \leq \mathbb{E}F\left(C \left|\sum_{i,j} a_{ij} \xi_i \tilde{\xi}_j\right|\right). \quad (2.1)$$

**REMARK 2.1.** *If, moreover,  $A = (a_{ij})$  is a symmetric diagonal-free matrix, then (2.1) can be reversed, that is,*

$$\mathbb{E}F\left(\frac{1}{C} \left|\sum_{i,j} a_{ij} \xi_i \tilde{\xi}_j\right|\right) \leq \mathbb{E}F\left(\left|\sum_{i,j} a_{ij} \xi_i \xi_j\right|\right).$$



### 2.3 Contraction principle

In this subsection, we present a well-known contraction principle in Banach space. This principle enables the extension of results from Weibull random variables to  $\alpha$ -sub-exponential random variables.

**LEMMA 2.6** (Lemma 4.6 in [13]). *Let  $F : \mathbb{R}^+ \rightarrow \mathbb{R}^+$  be a convex non-decreasing function. Assume that  $\{\eta_i, i \leq n\}$  and  $\{\xi_i, i \leq n\}$  are two sequences of independent symmetric random variables such that for some constant  $K \geq 1$*

$$\mathbb{P}\{|\eta_i| > t\} \leq K\mathbb{P}\{|\xi_i| > t\}, \quad i \leq n, \quad t > 0. \quad (2.2)$$

*Then, for any sequence  $\{a_i, i \leq n\}$  in a Banach space  $(\mathcal{A}, \|\cdot\|)$ ,*

$$\mathbb{E}F\left(\left\|\sum_{i=1}^n a_i \eta_i\right\|\right) \leq \mathbb{E}F\left(K\left\|\sum_{i=1}^n a_i \xi_i\right\|\right).$$

**REMARK 2.2.** *If  $\{\eta_i, i \leq n\}$  and  $\{\xi_i, i \leq n\}$  are two sequences of independent centered random variables satisfying (2.2), the result in Lemma 2.6 is still valid by a symmetrization argument. Indeed, let  $\tilde{\eta}_i$  be independent copy of  $\eta_i$ ,  $1 \leq i \leq n$ . Then, Jensen inequality yields*

$$\begin{aligned} \mathbb{E}F\left(\left\|\sum_{i=1}^n a_i \eta_i\right\|\right) &= \mathbb{E}F\left(\left\|\sum_{i=1}^n a_i (\eta_i - \mathbb{E}_{\tilde{\eta}} \tilde{\eta}_i)\right\|\right) \\ &\leq \mathbb{E}F\left(\left\|\sum_{i=1}^n a_i (\eta_i - \tilde{\eta}_i)\right\|\right) \leq \mathbb{E}F\left(2\left\|\sum_{i=1}^n a_i \varepsilon_i \eta_i\right\|\right), \end{aligned}$$

*where  $\{\varepsilon_i, i \leq n\}$  are independent Rademacher variables. On the other hand, by the convexity of  $F$*

$$\mathbb{E}F\left(2\left\|\sum_{i=1}^n a_i \varepsilon_i \eta_i\right\|\right) \leq \mathbb{E}F\left(2\left\|\sum_{i=1}^n a_i \varepsilon_i (\eta_i - \tilde{\eta}_i)\right\|\right) \leq \mathbb{E}F\left(4\left\|\sum_{i=1}^n a_i \eta_i\right\|\right).$$

*Hence, we have*

$$\mathbb{E}F\left(\left\|\sum_{i=1}^n a_i \eta_i\right\|\right) \leq \mathbb{E}F\left(2\left\|\sum_{i=1}^n a_i \varepsilon_i \eta_i\right\|\right) \leq \mathbb{E}F\left(4\left\|\sum_{i=1}^n a_i \eta_i\right\|\right).$$

### 2.4 Concentration inequality

In this subsection, we shall introduce Talagrand's concentration inequality for convex Lipschitz functions.

**LEMMA 2.7** (Corollary 4.10 in [12]). *Let  $\xi_1, \dots, \xi_n$  be independent random variables such that  $|\xi_i| \leq K$  for all  $1 \leq i \leq n$ . Assume that  $f : \mathbb{R}^n \rightarrow \mathbb{R}$  is a convex and 1-Lipschitz function. Then for  $t > 0$*

$$\mathbb{P}\{|f(\xi_1, \dots, \xi_n) - \mathbb{E}f(\xi_1, \dots, \xi_n)| > Kt\} \leq 4e^{-t^2/4}.$$

## 2.5 The sparse Bernstein inequality

In this subsection, we introduce the following sparse Bernstein inequality in  $\alpha$ -sub-exponential random variables,  $0 < \alpha \leq 1$ . With this property, one can estimate the diagonal sum of the quadratic forms.

**LEMMA 2.8.** *Assume that  $\{\delta_i, 1 \leq i \leq n\}$  and  $\{\zeta_i, 1 \leq i \leq n\}$  are two independent sequences of random variables, where  $\delta_i \sim \text{Bernoulli}(p_i)$  are independent and  $\zeta_i$  are independent centered  $\alpha$ -sub-exponential random variables. Let  $a = (a_1, \dots, a_n)$  be a fixed vector. Then for  $0 < \alpha \leq 1$  and  $t \geq 0$*

$$\mathbb{P}\left\{\left|\sum_{i=1}^n a_i \delta_i \zeta_i\right| \geq t\right\} \leq 2 \exp\left(-c(\alpha) \min\left\{\frac{t^2}{L(\alpha)^2 (\sum_i a_i^2 p_i)}, \left(\frac{t}{L(\alpha) \|a\|_\infty}\right)^\alpha\right\}\right),$$

where  $L(\alpha) = \max_i \|\zeta_i\|_{\Psi_\alpha}$  and  $c(\alpha)$  is a positive constant depending only on  $\alpha$ .

**REMARK 2.3.** (i). This property, though likely known in the literature, was explicitly stated and proved using a combinatorial approach in He et al. (see Theorem 3 in [8]). In Appendix C we present an alternative, more concise proof.

(ii). For  $0 < \alpha \leq 1$  and  $t \geq 0$ , it holds (see Corollary 1.4 in [6])

$$\mathbb{P}\left\{\left|\sum_{i=1}^n a_i \zeta_i\right| \geq t\right\} \leq 2 \exp\left(-c(\alpha) \min\left\{\frac{t^2}{L(\alpha)^2 \|a\|_2^2}, \left(\frac{t}{L(\alpha) \|a\|_\infty}\right)^\alpha\right\}\right).$$

Hence, Lemma 2.8 recovers this classical result when  $p_1 = \dots = p_n = 1$ .

## 3 Proofs of main results

### 3.1 The sparse Hanson-Wright inequality for $0 < \alpha \leq 2$

We begin by proving Theorem 1 for the special case where matrix  $A$  has zero diagonal elements.

**PROPOSITION 3.1.** *Assume that  $\{\delta_i, 1 \leq i \leq n\}$  and  $\{\zeta_i, 1 \leq i \leq n\}$  are two independent sequences of random variables, where  $\delta_i \sim \text{Bernoulli}(p_i)$  are independent and  $\zeta_i$  are independent centered  $\alpha$ -sub-exponential random variables. Consider a random vector  $\xi = (\xi_1, \dots, \xi_n)$  with  $\xi_i = \delta_i \cdot \zeta_i$ . Let  $A = (a_{ij})_{n \times n}$  be a symmetric diagonal-free matrix. Then for  $0 < \alpha \leq 2$  and  $t \geq 0$ ,*

$$\mathbb{P}\{|\xi^\top A \xi| \geq t\} \leq 2 \exp\left(-c(\alpha) \min\left\{\frac{t^2}{L(\alpha)^4 \sum_{i,j} a_{ij}^2 p_i p_j}, \left(\frac{t}{L(\alpha)^2 \|A\|_{l_2 \rightarrow l_2}}\right)^{\alpha/2}\right\}\right),$$

where  $L(\alpha) = \max_i \|\zeta_i\|_{\Psi_\alpha}$  and  $c(\alpha)$  is a positive constant depending only on  $\alpha$ .

*Proof.* Let  $\tilde{\xi}_i = \tilde{\delta}_i \cdot \tilde{\zeta}_i$  for  $1 \leq i \leq n$ , where  $\{\tilde{\delta}_i, 1 \leq i \leq n\}$  and  $\{\tilde{\zeta}_i, 1 \leq i \leq n\}$  are independent copies of  $\{\delta_i, 1 \leq i \leq n\}$  and  $\{\zeta_i, 1 \leq i \leq n\}$ , respectively. Lemma 2.5 yields for  $r \geq 1$

$$\|\xi^\top A \xi\|_{L_r} \lesssim \|\xi^\top A \tilde{\xi}\|_{L_r},$$

where  $\tilde{\xi} = (\tilde{\xi}_1, \dots, \tilde{\xi}_n)$ . Let  $\eta_1, \dots, \eta_n \stackrel{i.i.d.}{\sim} \mathcal{W}_s(\alpha), 0 < \alpha \leq 2$ , and denote by  $\tilde{\eta}_i$  the independent copy of  $\eta_i, 1 \leq i \leq n$ . Using the conditional probability and Lemma 2.6 twice, we have for  $r \geq 1$

$$\begin{aligned} \|\xi^\top A \tilde{\xi} / L(\alpha)^2\|_{L_r} &= \left( \mathbb{E}_\xi \mathbb{E}_{\tilde{\xi}} \left| \frac{1}{L(\alpha)^2} \sum_j \tilde{\xi}_j \sum_i a_{ij} \xi_i \right|^r \right)^{1/r} \\ &\lesssim \left( \mathbb{E}_\xi \mathbb{E}_{\tilde{\eta}} \left| \frac{1}{L(\alpha)} \sum_j \tilde{\delta}_j \tilde{\eta}_j \sum_i a_{ij} \xi_i \right|^r \right)^{1/r} \lesssim \left\| \sum_{i,j} a_{ij} \delta_i \eta_i \tilde{\delta}_j \tilde{\eta}_j \right\|_{L_r}. \end{aligned}$$

Corollary 1 yields for  $r \geq 2$

$$\begin{aligned} \mathbb{E}_{\eta, \tilde{\eta}} \left| \sum_{i,j} a_{ij} \delta_i \eta_i \tilde{\delta}_j \tilde{\eta}_j \right|^r &\leq C_1(\alpha)^r r^{r/2} \left( \sum_{i,j} a_{ij}^2 \delta_i \tilde{\delta}_j \right)^{r/2} \\ &\quad + C_2(\alpha)^r r^{2r/\alpha} \|(a_{ij} \delta_i \tilde{\delta}_j)_{n \times n}\|_{l_2 \rightarrow l_2}^r, \end{aligned} \quad (3.1)$$

where  $\mathbb{E}_{\eta, \tilde{\eta}}$  means taking expectation with respect to  $\eta_i, \tilde{\eta}_i, 1 \leq i \leq n$ .

Let  $\Lambda = \text{Diag}(\delta_1, \dots, \delta_n)$  be a diagonal matrix with entries  $\delta_1, \dots, \delta_n$ , and  $\tilde{\Lambda} = \text{Diag}(\tilde{\delta}_1, \dots, \tilde{\delta}_n)$ . As for the second term on the right side of (3.1), we have

$$\|(a_{ij} \delta_i \tilde{\delta}_j)_{n \times n}\|_{l_2 \rightarrow l_2} = \|\Lambda A \tilde{\Lambda}\|_{l_2 \rightarrow l_2} \leq \|\Lambda\|_{l_2 \rightarrow l_2} \|A\|_{l_2 \rightarrow l_2} \|\tilde{\Lambda}\|_{l_2 \rightarrow l_2} \leq \|A\|_{l_2 \rightarrow l_2}.$$

We next turn to bounding the first term of (3.1). Note that,  $f(x_1, \dots, x_n) = \sqrt{\sum_i a_i^2 x_i^2}$  is a convex and Lipschitz function with  $\|f\|_{\text{Lip}} = \max_i |a_i|$ . Hence, Lemma 2.7 yields for  $t > 0$

$$\mathbb{P}_\delta \left\{ \left| \left( \sum_i \delta_i \sum_j a_{ij}^2 \tilde{\delta}_j \right)^{1/2} - \mathbb{E}_\delta \left( \sum_i \delta_i \sum_j a_{ij}^2 \tilde{\delta}_j \right)^{1/2} \right| > \max_i \left( \sum_j a_{ij}^2 \tilde{\delta}_j \right)^{1/2} t \right\} \leq 4e^{-t^2/4},$$

where  $\mathbb{P}_\delta$  and  $\mathbb{E}_\delta$  mean taking probability and expectation with respect to  $\delta_1, \dots, \delta_n$ . Then, a direct integration yields for  $r \geq 1$

$$\begin{aligned} &\left( \mathbb{E}_\delta \left| \left( \sum_i \delta_i \sum_j a_{ij}^2 \tilde{\delta}_j \right)^{1/2} \right|^r \right)^{1/r} \\ &\lesssim \mathbb{E}_\delta \left( \sum_i \delta_i \sum_j a_{ij}^2 \tilde{\delta}_j \right)^{1/2} + \sqrt{r} \max_i \left( \sum_j a_{ij}^2 \tilde{\delta}_j \right)^{1/2} \\ &\leq \left( \sum_{i,j} a_{ij}^2 p_i \tilde{\delta}_j \right)^{1/2} + \sqrt{r} \max_i \left( \sum_j a_{ij}^2 \right)^{1/2}. \end{aligned} \quad (3.2)$$

It is obvious to see that

$$\max_i \left( \sum_j a_{ij}^2 \right)^{1/2} = \|A\|_{l_2 \rightarrow l_\infty} \leq \|A\|_{l_2 \rightarrow l_2}.$$

Using Lemma 2.7 again, we have for  $t > 0$

$$\mathbb{P} \left\{ \left| \left( \sum_{i,j} a_{ij}^2 p_i \tilde{\delta}_j \right)^{1/2} - \mathbb{E} \left( \sum_{i,j} a_{ij}^2 p_i \tilde{\delta}_j \right)^{1/2} \right| > \max_j \left( \sum_i a_{ij}^2 p_i \right)^{1/2} t \right\} \leq 4e^{-t^2/4}.$$

Then for  $r \geq 1$

$$\begin{aligned} \left\| \left( \sum_{i,j} a_{ij}^2 p_i \tilde{\delta}_j \right)^{1/2} \right\|_{L_r} &\lesssim \mathbb{E} \left( \sum_{i,j} a_{ij}^2 p_i \tilde{\delta}_j \right)^{1/2} + \sqrt{r} \max_j \left( \sum_i a_{ij}^2 p_i \right)^{1/2} \\ &\leq \left( \sum_{i,j} a_{ij}^2 p_i p_j \right)^{1/2} + \sqrt{r} \|A\|_{l_2 \rightarrow l_2}. \end{aligned} \quad (3.3)$$

By virtue of (3.2) and (3.3), we have for  $r \geq 1$

$$\sqrt{r} \left\| \left( \sum_{i,j} a_{ij}^2 \delta_i \tilde{\delta}_j \right)^{1/2} \right\|_{L_r} \lesssim \sqrt{r} \left( \sum_{i,j} a_{ij}^2 p_i p_j \right)^{1/2} + r \|A\|_{l_2 \rightarrow l_2}. \quad (3.4)$$

As  $0 < \alpha \leq 2$ , we can absorb the last term above with  $r^{2/\alpha} \|A\|_{l_2 \rightarrow l_2}$ . Combining (3.1) with (3.4), we have for  $r \geq 2$

$$\left\| \sum_{ij} a_{ij} \delta_i \eta_i \tilde{\delta}_j \tilde{\eta}_j \right\|_{L_r} \lesssim_\alpha \sqrt{r} \left( \sum_{ij} a_{ij}^2 p_i p_j \right)^{1/2} + r^{2/\alpha} \|A\|_{l_2 \rightarrow l_2}.$$

Hence, we finish the proof by Lemma 2.1 and adjusting the universal constant.  $\square$

Now, we are prepared to prove Theorem 1.

*Proof of Theorem 1.* By the triangle inequality, we have for  $r \geq 1$

$$\left\| \xi^\top A \xi - \mathbb{E} \xi^\top A \xi \right\|_{L_r} \leq \left\| \sum_{i \neq j} a_{ij} \xi_i \xi_j \right\|_{L_r} + \left\| \sum_i a_{ii} (\xi_i^2 - \mathbb{E} \xi_i^2) \right\|_{L_r}.$$

Proposition 3.1 yields that

$$\left\| \sum_{i \neq j} a_{ij} \xi_i \xi_j / L(\alpha)^2 \right\|_{L_r} \lesssim_\alpha \sqrt{r} \left( \sum_{i \neq j} a_{ij}^2 p_i p_j \right)^{1/2} + r^{2/\alpha} \|A\|_{l_2 \rightarrow l_2}. \quad (3.5)$$

Let  $\tilde{\xi}_i$  be an independent copy of  $\xi_i$ ,  $1 \leq i \leq n$ . Note that

$$\left\| \sum_i a_{ii} (\xi_i^2 - \mathbb{E} \xi_i^2) \right\|_{L_r} = \left\| \sum_i a_{ii} (\xi_i^2 - \mathbb{E}_{\tilde{\xi}_i} \tilde{\xi}_i^2) \right\|_{L_r} \leq 2 \left\| \sum_i a_{ii} \varepsilon_i \zeta_i^2 \right\|_{L_r},$$

where  $\varepsilon_1, \dots, \varepsilon_n$  is a sequence of i.i.d. Rademacher random variables. Due to that

$$\mathbb{P}\{|\varepsilon_i \zeta_i^2| > L(\alpha)^2 t\} \leq \mathbb{P}\{|\zeta_i| > L(\alpha) \sqrt{t}\} \leq 2e^{-ct^{\alpha/2}},$$

Lemma 2.8 yields that

$$\left\| \sum_i a_{ii} (\xi_i^2 - \mathbb{E} \xi_i^2) / L(\alpha)^2 \right\|_{L_r} \lesssim_\alpha \sqrt{r} \left( \sum_i a_{ii}^2 p_i \right)^{1/2} + r^{2/\alpha} \max_i |a_{ii}|. \quad (3.6)$$

By virtue of (3.5) and (3.6), we have

$$\begin{aligned} &\left\| (\xi^\top A \xi - \mathbb{E} \xi^\top A \xi) / L(\alpha)^2 \right\|_{L_r} \\ &\lesssim_\alpha \sqrt{r} \left( \sum_{i \neq j} a_{ij}^2 p_i p_j + \sum_i a_{ii}^2 p_i \right)^{1/2} + r^{2/\alpha} \|A\|_{l_2 \rightarrow l_2}, \end{aligned}$$

where we use the fact  $\max_i |a_{ii}| \leq \|A\|_{l_2 \rightarrow l_2}$ . Hence, the desired result follows from Lemma 2.1.  $\square$

### 3.2 An improved sparse Hanson-Wright inequality for $0 < \alpha \leq 1$

We complete the proof of Theorem 2 in this subsection.

*Proof of Theorem 2.* We first assume  $a_{ii} = 0, 1 \leq i \leq n$ . By Lemmas 2.5 and 2.6, we only need to bound the quantity  $\|\sum_{i,j} a_{ij} \delta_i \eta_i \tilde{\delta}_j \tilde{\eta}_j\|_{L_r}$ . Here,  $\eta_1, \dots, \eta_n \stackrel{i.i.d.}{\sim} \mathcal{W}_s(\alpha)$ , and for  $1 \leq i \leq n$ ,  $\tilde{\delta}_i, \tilde{\eta}_i$  are independent copies of  $\delta_i, \eta_i$ , respectively.

Note that, for  $1 \leq i \leq n$ ,

$$-\log \mathbb{P}\{|\delta_i \eta_i| \geq t\} = \begin{cases} 0, & t = 0 \\ t^\alpha - \log p_i, & t > 0 \end{cases}$$

is a concave function for  $t \geq 0$ . Hence, by Lemma 2.2, we have for  $r \geq 2$

$$\begin{aligned} \left( \mathbb{E}_{\delta, \eta} \left| \sum_i \delta_i \eta_i \sum_j a_{ij} \tilde{\delta}_j \tilde{\eta}_j \right|^r \right)^{1/r} &\lesssim_\alpha r^{1/\alpha} \left( \sum_i p_i \left| \sum_j a_{ij} \tilde{\delta}_j \tilde{\eta}_j \right|^r \right)^{1/r} \\ &\quad + \sqrt{r} \left( \sum_i p_i \left( \sum_j a_{ij} \tilde{\delta}_j \tilde{\eta}_j \right)^2 \right)^{1/2}, \end{aligned} \quad (3.7)$$

where  $\mathbb{E}_{\delta, \eta}$  means taking expectation with respect to  $\{\delta_i, \eta_i, 1 \leq i \leq n\}$ .

Combining Fubini's theorem with (3.7), we have for  $r \geq 2$

$$\begin{aligned} \left\| \sum_{i,j} a_{ij} \delta_i \eta_i \tilde{\delta}_j \tilde{\eta}_j \right\|_{L_r} &= \left( \mathbb{E}_{\tilde{\delta}, \tilde{\eta}} \mathbb{E}_{\delta, \eta} \left| \sum_i \delta_i \eta_i \sum_j a_{ij} \tilde{\delta}_j \tilde{\eta}_j \right|^r \right)^{1/r} \\ &\lesssim_\alpha r^{1/\alpha} \left( \mathbb{E} \sum_i p_i \left| \sum_j a_{ij} \tilde{\delta}_j \tilde{\eta}_j \right|^r \right)^{1/r} \\ &\quad + \sqrt{r} \left\| \left( \sum_i p_i \left( \sum_j a_{ij} \tilde{\delta}_j \tilde{\eta}_j \right)^2 \right)^{1/2} \right\|_{L_r}, \end{aligned} \quad (3.8)$$

where the last inequality we use the fact  $(a+b)^r \leq 2^r(|a|^r + |b|^r)$ .

Next, we turn to the terms on the right side of (3.8). For the first term, we have

$$\begin{aligned} \left( \mathbb{E} \sum_i p_i \left| \sum_j a_{ij} \tilde{\delta}_j \tilde{\eta}_j \right|^r \right)^{1/r} &= \left( \sum_i p_i \left\| \sum_j a_{ij} \tilde{\delta}_j \tilde{\eta}_j \right\|_{L_r}^r \right)^{1/r} \\ &\lesssim \left( \sum_i p_i \left( \left( \sum_j \mathbb{E} |a_{ij} \tilde{\delta}_j \tilde{\eta}_j|^r \right)^{1/r} + \sqrt{r} \left( \sum_j \mathbb{E} |a_{ij} \tilde{\delta}_j \tilde{\eta}_j|^2 \right)^{1/2} \right)^r \right)^{1/r} \\ &\lesssim_\alpha r^{1/\alpha} \left( \sum_{i,j} |a_{ij}|^r p_i p_j \right)^{1/r} + \sqrt{r} \left( \sum_i p_i \left( \sum_j a_{ij}^2 p_j \right)^{r/2} \right)^{1/r}, \end{aligned}$$

where we use Lemma 2.2 in the second step and use the triangle inequality in the third step.

For the second term on the right side of (3.8), note that for  $g_1, \dots, g_n \stackrel{i.i.d.}{\sim} N(0, 1)$  and  $a_1, \dots, a_n \in \mathbb{R}$

$$\left\| \sum_i a_i g_i \right\|_{L_r} \asymp \sqrt{r} \left( \sum_i a_i^2 \right)^{1/2}.$$

Hence, we have by Lemma 2.2

$$\begin{aligned}
& \mathbb{E} \left( r \sum_i p_i \left( \sum_j a_{ij} \tilde{\delta}_j \tilde{\eta}_j \right)^2 \right)^{r/2} \\
& \leq C^r \mathbb{E} \mathbb{E}_g \left( \sum_i \sqrt{p_i} g_i \sum_j a_{ij} \tilde{\delta}_j \tilde{\eta}_j \right)^r \\
& = C^r \mathbb{E} \mathbb{E}_{\tilde{\delta}, \tilde{\eta}} \left( \sum_j \tilde{\delta}_j \tilde{\eta}_j \sum_i a_{ij} \sqrt{p_i} g_i \right)^r \\
& \leq C_1(\alpha)^r \mathbb{E} \left( r^{r/\alpha} \sum_j p_j \left| \sum_i a_{ij} \sqrt{p_i} g_i \right|^r + r^{r/2} \left( \sum_j p_j \left( \sum_i a_{ij} \sqrt{p_i} g_i \right)^2 \right)^{r/2} \right) \\
& \leq C_2(\alpha)^r r^{r/\alpha + r/2} \sum_j p_j \left( \sum_i a_{ij}^2 p_i \right)^{r/2} + C_3(\alpha)^r \mathbb{E} \left( \sum_{i,j} a_{ij} \sqrt{p_i p_j} g_i \tilde{g}_j \right)^r,
\end{aligned}$$

where  $\tilde{g}_j$  is an independent copy of  $g_j$ ,  $1 \leq j \leq n$ . Note that  $g_i$  are also sub-gaussian random variables. Hence, we have by Corollary 1 and Lemma 2.6

$$\left\| \sum_{i,j} a_{ij} \sqrt{p_i p_j} g_i \tilde{g}_j \right\|_{L_r} \lesssim \sqrt{r} \left( \sum_{i,j} a_{ij}^2 p_i p_j \right)^{1/2} + r \| (a_{ij} \sqrt{p_i p_j})_{n \times n} \|_{l_2 \rightarrow l_2}.$$

Up to now, we have proved for diagonal free symmetric matrix  $A$

$$\begin{aligned}
\left\| \sum_{i,j} a_{ij} \delta_i \eta_i \tilde{\delta}_j \tilde{\eta}_j \right\|_{L_r} & \lesssim_\alpha r^{2/\alpha} \left( \sum_{i,j} |a_{ij}|^r p_i p_j \right)^{1/r} + r^{1/2+1/\alpha} \left( \sum_i p_i \left( \sum_j a_{ij}^2 p_j \right)^{r/2} \right)^{1/r} \\
& \quad + r \| (a_{ij} \sqrt{p_i p_j})_{n \times n} \|_{l_2 \rightarrow l_2} + \sqrt{r} \left( \sum_{i,j} a_{ij}^2 p_i p_j \right)^{1/2}.
\end{aligned}$$

Note that for  $r \geq 3$ , by Young's inequality, we have

$$\begin{aligned}
\left( \sum_{i,j} |a_{ij}|^r p_i p_j \right)^{1/r} & \leq \max_{i,j} |a_{ij}|^{(r-2)/r} \cdot \left( \sum_{i,j} a_{ij}^2 p_i p_j \right)^{1/r} \\
& = \left( e^{2r/(r-2)} \max_{i,j} |a_{ij}| \right)^{(r-2)/r} \cdot \left( \sum_{i,j} a_{ij}^2 p_i p_j e^{-2r} \right)^{1/r} \\
& \leq \frac{r-2}{r} \left( e^{2r/(r-2)} \max_{i,j} |a_{ij}| \right) + \frac{2}{r} \left( \sum_{i,j} a_{ij}^2 p_i p_j e^{-2r} \right)^{1/2} \\
& \leq e^6 \|A\|_\infty + e^{-r} \left( \sum_{i,j} a_{ij}^2 p_i p_j \right)^{1/2}.
\end{aligned}$$

Similarly

$$\left( \sum_i p_i \left( \sum_j a_{ij}^2 p_j \right)^{r/2} \right)^{1/r} \leq e^6 \max_i \left( \sum_j a_{ij}^2 p_j \right)^{1/2} + e^{-r} \left( \sum_{i,j} a_{ij}^2 p_i p_j \right)^{1/2}.$$

Note that the  $e^{-r}$  factors we introduced will eliminate the  $r^{2/\alpha}, r^{1/2+1/\alpha}$  factors in the corresponding terms. Hence, we have for  $r \geq 3$

$$\begin{aligned} \left\| \sum_{i,j} a_{ij} \delta_i \eta_i \tilde{\delta}_j \tilde{\eta}_j \right\|_{L_r} &\lesssim_\alpha r^{2/\alpha} \|A\|_\infty + r^{1/2+1/\alpha} \max_i \left( \sum_j a_{ij}^2 p_j \right)^{1/2} \\ &\quad + r \|(a_{ij} \sqrt{p_i p_j})_{n \times n}\|_{l_2 \rightarrow l_2} + \sqrt{r} \left( \sum_{i,j} a_{ij}^2 p_i p_j \right)^{1/2}. \end{aligned} \quad (3.9)$$

For a general symmetric matrix  $A$ , we only need to estimate the diagonal case. Following the same line as in the proof of Theorem 1, we have

$$\left\| \sum_i a_{ii} (\xi_i^2 - \mathbb{E} \xi_i^2) / L(\alpha)^2 \right\|_{L_r} \lesssim_\alpha \sqrt{r} \left( \sum_i a_{ii}^2 p_i \right)^{1/2} + r^{2/\alpha} \max_i |a_{ii}|. \quad (3.10)$$

Combining (3.9) with (3.10), the desired result follows from Lemma 2.1.  $\square$

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## A Proof of Proposition 1.1

*Proof.* Let  $\tilde{\eta} = (\tilde{\eta}_1, \dots, \tilde{\eta}_n)^\top$  be an independent copy of  $\eta$ . Lemma 2.6 and Remark 2.2 yield for  $r \geq 1$

$$\|\eta^\top A\eta - \mathbb{E}\eta^\top A\eta\|_{L_r} \asymp \|\eta^\top A\tilde{\eta}\|_{L_r}.$$

By virtue of Lemma 2.4, we have for  $r \geq 2$

$$\begin{aligned} \|\eta^\top A\tilde{\eta}\|_{L_r} &\asymp_\alpha \sqrt{r}\|A\|_F + r\|A\|_{l_2 \rightarrow l_2} \\ &\quad + r^{1/\alpha+1/2} \max_i \left( \sum_j a_{ij}^2 \right)^{1/2} + r^{2/\alpha}\|A\|_\infty := f_1(A, r). \end{aligned}$$

Hence, for  $r \geq 2$ , we have by the Paley-Zygmund inequality

$$\begin{aligned} \mathbb{P}\left\{|\eta^\top A\eta - \mathbb{E}\eta^\top A\eta| \geq \frac{C_1(\alpha)}{2} f_1(A, r)\right\} &\geq \mathbb{P}\left\{|\eta^\top A\tilde{\eta}| \geq \frac{1}{2} \|\eta^\top A\tilde{\eta}\|_{L_r}\right\} \\ &\geq (1 - 2^{-r})^2 \left( \frac{\|\eta^\top A\tilde{\eta}\|_{L_r}}{\|\eta^\top A\tilde{\eta}\|_{L_{2r}}} \right)^{2r} \geq \frac{1}{2} e^{-c_1(\alpha)r}, \end{aligned}$$

where in the last inequality, we use Lemma 2.4. If we lower bound  $e^{-c_1(\alpha)r}$  by  $e^{-c_1(\alpha)(r+2)}$ , this inequality is valid for all  $r \geq 0$ . Hence, we have for  $t \geq 0$

$$\mathbb{P}\left\{|\eta^\top A\eta - \mathbb{E}\eta^\top A\eta| \geq \frac{C_1(\alpha)}{2} f_1(A, t)\right\} \geq \frac{1}{2} e^{-2c_1(\alpha)} e^{-c_1(\alpha)t},$$

which immediately yields the desired result.  $\square$

## B Proof of Corollary 1

*Proof.* We first consider the case  $0 < \alpha \leq 1$ . Note that

$$\|A\|_\infty \leq \|A\|_{l_2 \rightarrow l_\infty} \leq \|A\|_{l_2 \rightarrow l_2}.$$

Therefore, in this case, Corollary 1 can be immediately deduced from Lemma 2.4.

We next turn to the case  $1 \leq \alpha \leq 2$ . In this case, note that

$$\|A\|_{l_\alpha \rightarrow l_{\alpha^*}} \leq \|A\|_{l_2 \rightarrow l_{\alpha^*}} \leq \|A\|_{l_2 \rightarrow l_2}.$$

Hence, to finish the proof, it is enough to prove for  $1 \leq \alpha \leq 2$

$$r^{1/\alpha} \|A\|_{l_{\alpha^*}(l_2)} \leq r^{1/2} \|A\|_F + r \|A\|_{l_2 \rightarrow l_\infty}.$$

Define the following set for  $1 \leq \alpha \leq 2$

$$I(r) := \{(x_{ij}) = (z_i y_{ij}) \in \mathbb{R}^{n \times n} : \sum_{i=1}^n |z_i|^\alpha \leq r, \max_{i=1, \dots, n} \sum_{j=1}^n y_{ij}^2 \leq 1\}.$$

We have the following relation

$$r^{1/\alpha} \|A\|_{l_{\alpha^*}(l_2)} = \sup \left\{ \sum_{i,j} a_{ij} x_{ij} : (x_{ij}) \in I(r) \right\}.$$

Indeed, on the one hand, we have

$$\sup_{(x_{ij}) \in I(r)} \sum_{i,j} a_{ij} z_i y_{ij} \leq \sup_{(z_i)} \sum_i z_i \sup_{(y_{ij})} \sum_j a_{ij} y_{ij} \leq r^{1/\alpha} \|A\|_{l_{\alpha^*}(l_2)}.$$

On the other hand, letting

$$y_{ij} = \frac{a_{ij}}{(\sum_{j=1}^n a_{ij}^2)^{1/2}}, \quad z_i = \frac{r^{1/\alpha} (\sum_{j=1}^n a_{ij}^2)^{(\alpha^*-1)/2}}{(\sum_{i=1}^n (\sum_{j=1}^n a_{ij}^2)^{\alpha^*/2})^{1/\alpha}}$$

yields the inverse inequality. Define another subset of  $\mathbb{R}^{n \times n}$

$$I_1(r) := \{(x_{ij}) = (z_i y_{ij}) \in \mathbb{R}^{n \times n} : \sum_{i=1}^n \min\{|z_i|^\alpha, z_i^2\} \leq r, \max_{i=1, \dots, n} \sum_{j=1}^n y_{ij}^2 \leq 1\}.$$

Obviously,  $I(r) \subset I_1(r)$ . Given any  $(z_i)$  and  $(y_{ij})$  satisfying the conditions of  $I_1(r)$ , we have

$$\begin{aligned} \left| \sum_{i,j} a_{ij} z_i y_{ij} \right| &\leq \sum_{i=1}^n |z_i| \left( \sum_{j=1}^n a_{ij}^2 \right)^{1/2} \left( \sum_{j=1}^n y_{ij}^2 \right)^{1/2} \leq \sum_{i=1}^n |z_i| \left( \sum_{j=1}^n a_{ij}^2 \right)^{1/2} \\ &\leq \sum_{i=1}^n |z_i| \mathbb{I}_{\{|z_i| \leq 1\}} \left( \sum_{j=1}^n a_{ij}^2 \right)^{1/2} + \sum_{i=1}^n |z_i| \mathbb{I}_{\{|z_i| > 1\}} \left( \sum_{j=1}^n a_{ij}^2 \right)^{1/2} \\ &\leq \|A\|_F \left( \sum_{i=1}^n z_i^2 \mathbb{I}_{\{|z_i| \leq 1\}} \right)^{1/2} + \|A\|_{l_2 \rightarrow l_\infty} \sum_{i=1}^n |z_i| \mathbb{I}_{\{|z_i| > 1\}} \\ &\leq r^{1/2} \|A\|_F + r \|A\|_{l_2 \rightarrow l_\infty}. \end{aligned}$$

This completes the proof.  $\square$

## C Proof of Lemma 2.8

*Proof.* Let  $\eta_1, \dots, \eta_n \stackrel{i.i.d.}{\sim} \mathcal{W}_s(\alpha)$ ,  $0 < \alpha \leq 1$ . Note that, for  $1 \leq i \leq n$ ,

$$-\log \mathbb{P}\{|\delta_i \eta_i| \geq t\} = \begin{cases} 0, & t = 0 \\ t^\alpha - \log p_i, & t > 0 \end{cases}$$

is a concave function for  $t \geq 0$ . Hence, Lemma 2.2 yields for  $r \geq 2$

$$\left\| \sum_i a_i \delta_i \eta_i \right\|_{L_r} \asymp_\alpha r^{1/\alpha} \left( \sum_i p_i |a_i|^r \right)^{1/r} + \sqrt{r} \left( \sum_i p_i a_i^2 \right)^{1/2}. \quad (\text{C.1})$$

Here, we use the fact  $\|\eta_1\|_{L_r} \asymp r^{1/\alpha}$ . As for the first term on the right side of (C.1), we have for  $r \geq 3$

$$\begin{aligned}
\left(\sum_i p_i |a_i|^r\right)^{1/r} &\leq \max_i |a_i|^{(r-2)/r} \cdot \left(\sum_i p_i a_i^2\right)^{1/r} \\
&= \left(e^{2r/(r-2)} \max_i |a_i|\right)^{(r-2)/r} \cdot \left(\sum_i p_i a_i^2 e^{-2r}\right)^{1/r} \\
&\leq \frac{r-2}{r} \left(e^{2r/(r-2)} \max_i |a_i|\right) + \frac{2}{r} \left(\sum_i p_i a_i^2 e^{-2r}\right)^{1/2} \\
&\leq e^6 \|a\|_\infty + e^{-r} \left(\sum_i p_i a_i^2\right)^{1/2}.
\end{aligned}$$

This result with (C.1) yields for  $r \geq 3$ ,

$$\left\| \sum_i a_i \delta_i \eta_i \right\|_{L_r} \lesssim_\alpha \sqrt{r} \left(\sum_i p_i a_i^2\right)^{1/2} + r^{1/\alpha} \|a\|_\infty.$$

For  $t \geq 0$  and  $1 \leq i \leq n$ , we have

$$\mathbb{P}\{|\delta_i \zeta_i| \geq L(\alpha)t\} \leq 2\mathbb{P}\{|\tilde{\delta}_i \eta_i| \geq t\},$$

where  $\tilde{\delta}_i$  is an independent copy of  $\delta_i$ ,  $1 \leq i \leq n$ . Hence, Lemma 2.6 yields for  $r \geq 3$

$$\left\| \sum_i a_i \delta_i \zeta_i / L(\alpha) \right\|_{L_r} \lesssim \left\| \sum_i a_i \tilde{\delta}_i \eta_i \right\|_{L_r} \lesssim_\alpha \sqrt{r} \left(\sum_i p_i a_i^2\right)^{1/2} + r^{1/\alpha} \|a\|_\infty.$$

Then, using Lemma 2.1 and adjusting the universal constant yield the desired result.  $\square$