1D SHO $\hat{H}(x)=\frac{1}{2m}\left(\hat{p}^2+m^2\omega^2x^2\right)$ Define $x_0\equiv\sqrt{\frac{\hbar}{m\omega}}$, $\xi\equiv\frac{x}{x_0}$ $\rightarrow$ $\hat{H}(\xi)=\frac{\hbar\omega}{2}\left(\xi^2-\frac{d^2}{d\xi^2}\right)$

$$E_n=\left(n+\tfrac{1}{2}\right)\hbar\omega\,,\quad \psi_n(x)=\left(\frac{1}{\pi x_0^2}\right)^{1/4}\frac{1}{\sqrt{2^n n!}}H_n\!\left(\frac{x}{x_0}\right)e^{-\frac{x^2}{2x_0^2}}\quad\text{where}$$

$$H_0(\xi)=1,\quad H_2(\xi)=4\xi^2-2,$$
$$H_1(\xi)=2\xi,\; H_3(\xi)=8\xi^3-12\xi,$$

$$\hat{a}_\pm=\frac{1}{\sqrt{2}}\left(\xi\mp\frac{d}{d\xi}\right)\rightarrow\begin{array}{l}\hat{a}_+\psi_n=\sqrt{n+1}\,\psi_{n+1}\\ \hat{a}_-\psi_n=\sqrt{n}\,\psi_{n-1}\end{array},\quad \begin{array}{l}\hat{H}=\hbar\omega\left(\hat{a}_+\hat{a}_-+\tfrac{1}{2}\right)\\ \left[\hat{a}_-,\hat{a}_+\right]=1\end{array}$$

$$H_n(\xi)=(-1)^n e^{\xi^2}\frac{d^n}{d\xi^n}e^{-\xi^2}$$

Note: A square-root sign is to be understood over *every* coefficient, *e.g.*, for $-8/15$ read $-\sqrt{8/15}$.

Notation:

	J J …
	M M …
m_1 m_2	
m_1 m_2	Coefficients
⋮ ⋮	

$$Y_1^0=\sqrt{\frac{3}{4\pi}}\cos\theta$$
$$Y_1^1=-\sqrt{\frac{3}{8\pi}}\sin\theta\,e^{i\phi}$$
$$Y_2^0=\sqrt{\frac{5}{4\pi}}\left(\frac{3}{2}\cos^2\theta-\frac{1}{2}\right)$$
$$Y_2^1=-\sqrt{\frac{15}{8\pi}}\sin\theta\cos\theta\,e^{i\phi}$$
$$Y_2^2=\frac{1}{4}\sqrt{\frac{15}{2\pi}}\sin^2\theta\,e^{2i\phi}$$

$$Y_\ell^{-m}=(-1)^m Y_\ell^{m*}$$

$$\langle j_1j_2m_1m_2|j_1j_2JM\rangle=(-1)^{J-j_1-j_2}\langle j_2j_1m_2m_1|j_2j_1JM\rangle$$

1/2 × 1/2

M	m_1	m_2	J=1	J=0
+1	+1/2	+1/2	1	
0	+1/2	−1/2	1/2	1/2
0	−1/2	+1/2	1/2	−1/2
−1	−1/2	−1/2	1	

1 × 1/2

M	m_1	m_2	J=3/2	J=1/2
+3/2	+1	+1/2	1	
+1/2	+1	−1/2	1/3	2/3
+1/2	0	+1/2	2/3	−1/3
−1/2	0	−1/2	2/3	1/3
−1/2	−1	+1/2	1/3	−2/3
−3/2	−1	−1/2	1	

2 × 1

M	m_1	m_2	J=3	J=2	J=1
+3	+2	+1	1		
+2	+2	0	1/3	2/3	
+2	+1	+1	2/3	−1/3	
+1	+2	−1	1/15	1/3	3/5
+1	+1	0	8/15	1/6	−3/10
+1	0	+1	2/5	−1/2	1/10
0	+1	−1	1/5	1/2	3/10
0	0	0	3/5	0	−2/5
0	−1	+1	1/5	−1/2	3/10
−1	0	−1	2/5	1/2	1/10
−1	−1	0	8/15	−1/6	−3/10
−1	−2	+1	1/15	−1/3	3/5
−2	−1	−1	2/3	1/3	
−2	−2	0	1/3	−2/3	
−3	−2	−1	1		

1 × 1

M	m_1	m_2	J=2	J=1	J=0
+2	+1	+1	1		
+1	+1	0	1/2	1/2	
+1	0	+1	1/2	−1/2	
0	+1	−1	1/6	1/2	1/3
0	0	0	2/3	0	−1/3
0	−1	+1	1/6	−1/2	1/3
−1	0	−1	1/2	1/2	
−1	−1	0	1/2	−1/2	
−2	−1	−1	1		

2 × 1/2

M	m_1	m_2	J=5/2	J=3/2
+5/2	+2	+1/2	1	
+3/2	+2	−1/2	1/5	4/5
+3/2	+1	+1/2	4/5	−1/5
+1/2	+1	−1/2	2/5	3/5
+1/2	0	+1/2	3/5	−2/5
−1/2	0	−1/2	3/5	2/5
−1/2	−1	+1/2	2/5	−3/5
−3/2	−1	−1/2	4/5	1/5
−3/2	−2	+1/2	1/5	−4/5
−5/2	−2	−1/2	1	

3/2 × 1/2

M	m_1	m_2	J=2	J=1
+2	+3/2	+1/2	1	
+1	+3/2	−1/2	1/4	3/4
+1	+1/2	+1/2	3/4	−1/4
0	+1/2	−1/2	1/2	1/2
0	−1/2	+1/2	1/2	−1/2
−1	−1/2	−1/2	3/4	1/4
−1	−3/2	+1/2	1/4	−3/4
−2	−3/2	−1/2	1	

3/2 × 1

M	m_1	m_2	J=5/2	J=3/2	J=1/2
+5/2	+3/2	+1	1		
+3/2	+3/2	0	2/5	3/5	
+3/2	+1/2	+1	3/5	−2/5	
+1/2	+3/2	−1	1/10	2/5	1/2
+1/2	+1/2	0	3/5	1/15	−1/3
+1/2	−1/2	+1	3/10	−8/15	1/6
−1/2	+1/2	−1	3/10	8/15	1/6
−1/2	−1/2	0	3/5	−1/15	−1/3
−1/2	−3/2	+1	1/10	−2/5	1/2
−3/2	−1/2	−1	3/5	2/5	
−3/2	−3/2	0	2/5	−3/5	
−5/2	−3/2	−1	1		

3/2 × 3/2

M	m_1	m_2	J=3	J=2	J=1	J=0
+3	+3/2	+3/2	1			
+2	+3/2	+1/2	1/2	1/2		
+2	+1/2	+3/2	1/2	−1/2		
+1	+3/2	−1/2	1/5	1/2	3/10	
+1	+1/2	+1/2	3/5	0	−2/5	
+1	−1/2	+3/2	1/5	−1/2	3/10	
0	+3/2	−3/2	1/20	1/4	9/20	1/4
0	+1/2	−1/2	9/20	1/4	−1/20	−1/4
0	−1/2	+1/2	9/20	−1/4	−1/20	1/4
0	−3/2	+3/2	1/20	−1/4	9/20	−1/4
−1	+1/2	−3/2	1/5	1/2	3/10	
−1	−1/2	−1/2	3/5	0	−2/5	
−1	−3/2	+1/2	1/5	−1/2	3/10	
−2	−1/2	−3/2	1/2	1/2		
−2	−3/2	−1/2	1/2	−1/2		
−3	−3/2	−3/2	1			

2 × 3/2

M	m_1	m_2	J=7/2	J=5/2	J=3/2	J=1/2
+7/2	+2	+3/2	1			
+5/2	+2	+1/2	3/7	4/7		
+5/2	+1	+3/2	4/7	−3/7		
+3/2	+2	−1/2	1/7	16/35	2/5	
+3/2	+1	+1/2	4/7	1/35	−2/5	
+3/2	0	+3/2	2/7	−18/35	1/5	
+1/2	+2	−3/2	1/35	6/35	2/5	2/5
+1/2	+1	−1/2	12/35	5/14	0	−3/10
+1/2	0	+1/2	18/35	−3/35	−1/5	1/5
+1/2	−1	+3/2	4/35	−27/70	2/5	−1/10
−1/2	+1	−3/2	4/35	27/70	2/5	1/10
−1/2	0	−1/2	18/35	3/35	−1/5	−1/5
−1/2	−1	+1/2	12/35	−5/14	0	3/10
−1/2	−2	+3/2	1/35	−6/35	2/5	−2/5
−3/2	0	−3/2	2/7	18/35	1/5	
−3/2	−1	−1/2	4/7	−1/35	−2/5	
−3/2	−2	+1/2	1/7	−16/35	2/5	
−5/2	−1	−3/2	4/7	3/7		
−5/2	−2	−1/2	3/7	−4/7		
−7/2	−2	−3/2	1			

2 × 2

M	m_1	m_2	J=4	J=3	J=2	J=1	J=0
+4	+2	+2	1				
+3	+2	+1	1/2	1/2			
+3	+1	+2	1/2	−1/2			
+2	+2	0	3/14	1/2	2/7		
+2	+1	+1	4/7	0	−3/7		
+2	0	+2	3/14	−1/2	2/7		
+1	+2	−1	1/14	3/10	3/7	1/5	
+1	+1	0	3/7	1/5	−1/14	−3/10	
+1	0	+1	3/7	−1/5	−1/14	3/10	
+1	−1	+2	1/14	−3/10	3/7	−1/5	
0	+2	−2	1/70	1/10	2/7	2/5	1/5
0	+1	−1	8/35	2/5	1/14	−1/10	−1/5
0	0	0	18/35	0	−2/7	0	1/5
0	−1	+1	8/35	−2/5	1/14	1/10	−1/5
0	−2	+2	1/70	−1/10	2/7	−2/5	1/5
−1	+1	−2	1/14	3/10	3/7	1/5	
−1	0	−1	3/7	1/5	−1/14	−3/10	
−1	−1	0	3/7	−1/5	−1/14	3/10	
−1	−2	+1	1/14	−3/10	3/7	−1/5	
−2	0	−2	3/14	1/2	2/7		
−2	−1	−1	4/7	0	−3/7		
−2	−2	0	3/14	−1/2	2/7		
−3	−1	−2	1/2	1/2			
−3	−2	−1	1/2	−1/2			
−4	−2	−2	1				

Perturbation Theory

$$E_n^{(1)}=\left\langle n^{(0)}\middle|H'\middle|n^{(0)}\right\rangle$$

$$E_n^{(2)}=\sum_{m\neq n}\frac{\left|\left\langle m^{(0)}\middle|H'\middle|n^{(0)}\right\rangle\right|^2}{E_n^{(0)}-E_m^{(0)}}=\left\langle n^{(0)}\middle|H'\middle|n^{(1)}\right\rangle$$

$$\left|n^{(1)}\right\rangle=\sum_{m\neq n}\frac{\left\langle m^{(0)}\middle|H'\middle|n^{(0)}\right\rangle}{E_n^{(0)}-E_m^{(0)}}\left|m^{(0)}\right\rangle$$