## SHARP NORM INEQUALITY FOR BOUNDED SUBMARTINGALES AND STOCHASTIC INTEGRALS

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Received: $\quad 25$ February, 2008
Accepted:
Communicated by:
2000 AMS Sub. Class.:
Key words:

Abstract:
22 October, 2008
S.S. Dragomir

Primary: 60642. Secondary: 60H05.
Martingale, Submartingale, Stochastic integral, Norm inequality, Differential subordination.

Let $\alpha \in[0,1]$ be a fixed number and $f=\left(f_{n}\right)$ be a nonnegative submartingale bounded from above by 1 . Assume $g=\left(g_{n}\right)$ is a process satisfying, with probability 1 ,

$$
\left|d g_{n}\right| \leq\left|d f_{n}\right|, \quad\left|\mathbb{E}\left(d g_{n+1} \mid \mathcal{F}_{n}\right)\right| \leq \alpha \mathbb{E}\left(d f_{n+1} \mid \mathcal{F}_{n}\right), \quad n=0,1,2, \ldots
$$

We provide a sharp bound for the first moment of the process $g$. A related estimate for stochastic integrals is also established.

Acknowledgement:

This result was obtained while the author was visiting Université de FrancheComté in Besançon, France.

A Submartingale Inequality
Adam Osękowski
vol. 9, iss. 4, art. 93, 2008

Title Page
Contents

| ৫ |  |
| :---: | :---: |
| $\checkmark$ |  |
| Page 1 of 19 |  |
| Go Back |  |

Full Screen

## Close

journal of inequalities in pure and applied mathematics
issn: 1443-5756

## Contents

1 Introduction 3
2 The Special Function 6
3 Proofs of the Inequalities (1.5) and (1.6) 11
4 Sharpness 13
(

A Submartingale Inequality
Adam Osȩkowski
vol. 9, iss. 4, art. 93, 2008

Title Page
Contents


Page 2 of 19
Go Back
Full Screen

Close
journal of inequalities in pure and applied mathematics
issn: 1443-575b
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## 1. Introduction

Let $(\Omega, \mathcal{F}, \mathbb{P})$ be a probability space and let $\left(\mathcal{F}_{n}\right)_{n \geq 0}$ be a filtration, a nondecreasing sequence of sub- $\sigma$-algebras of $\mathcal{F}$. Throughout the paper, $\alpha$ is a fixed number belonging to the interval $[0,1]$. Let $f=\left(f_{n}\right)_{n \geq 0}, g=\left(g_{n}\right)_{n \geq 0}$ denote adapted real-valued integrable processes, such that $f$ is a submartingale and $g$ is $\alpha$-subordinate to $f$ : for any $n=0,1,2, \ldots$ we have, almost surely,

$$
\begin{equation*}
\left|d g_{n}\right| \leq\left|d f_{n}\right| \tag{1.1}
\end{equation*}
$$

and

$$
\begin{equation*}
\left|\mathbb{E}\left(d g_{n+1} \mid \mathcal{F}_{n}\right)\right| \leq \alpha \mathbb{E}\left(d f_{n+1} \mid \mathcal{F}_{n}\right) \tag{1.2}
\end{equation*}
$$

Here $d f=\left(d f_{n}\right)_{n \geq 0}$ and $d g=\left(d g_{n}\right)$ stand for the difference sequences of $f$ and $g$, given by

$$
d f_{0}=f_{0}, \quad d f_{n}=f_{n}-f_{n-1}, \quad d g_{0}=g_{0}, \quad d g_{n}=g_{n}-g_{n-1}, \quad n=1,2, \ldots
$$

The main objective of this paper is to provide some bounds on the size of the process $g$ under some additional assumptions on the boundedness of $f$. Let us provide some information about related estimates which have appeared in the literature. Let $\Phi$ be an increasing convex function on $[0, \infty)$ such that $\Phi(0)=0$, the integral $\int_{0}^{\infty} \Phi(t) e^{-t} d t$ is finite and $\Phi$ is twice differentiable on $(0, \infty)$ with a strictly convex first derivative satisfying $\Phi^{\prime}(0+)=0$. For example, one can take $\Phi(t)=t^{p}, p>2$, or $\Phi(t)=e^{a t}-1-a t$ for $a \in(0,1)$.

In [2] Burkholder proved a sharp $\Phi$-inequality

$$
\sup _{n} \mathbb{E} \Phi\left(\left|g_{n}\right|\right)<\frac{1}{2} \int_{0}^{\infty} \Phi(t) e^{-t} d t
$$

## A Submartingale Inequality

Adam Osȩkowski
vol. 9, iss. 4, art. 93, 2008

Title Page
Contents


Page 3 of 19
Go Back
Full Screen
Close
journal of inequalities in pure and applied mathematics
issn: 1443-575b
under the assumption that $f$ is a martingale (and so is $g$, by (1.2)), which is bounded in absolute value by 1 . This inequality was later extended in [5] to the submartingale case: if $f$ is a nonnegative submartingale bounded from above by 1 and $g$ is 1 subordinate to $f$, then we have a sharp estimate

$$
\sup _{n} \mathbb{E} \Phi\left(\frac{\left|g_{n}\right|}{2}\right)<\frac{2}{3} \int_{0}^{\infty} \Phi(t) e^{-t} d t .
$$

Finally, Kim and Kim proved in [8], that if the 1 -subordination is replaced by $\alpha$ subordination, then we have

$$
\begin{equation*}
\sup _{n} \mathbb{E} \Phi\left(\frac{\left|g_{n}\right|}{1+\alpha}\right)<\frac{1+\alpha}{2+\alpha} \int_{0}^{\infty} \Phi(t) e^{-t} d t \tag{1.3}
\end{equation*}
$$

if $f$ is a nonnegative submartingale bounded by 1 .
There are other related results, concerning tail estimates of $g$. Let us state here Hammack's inequality, an estimate we will need later on. In [7] it is proved that if $f$ is a submartingale bounded in absolute value by 1 and $g$ is 1 -subordinate to $f$, then, for $\lambda \geq 4$,

$$
\begin{equation*}
\mathbb{P}\left(\sup _{n}\left|g_{n}\right| \geq \lambda\right) \leq \frac{(8+\sqrt{2}) e}{12} \exp (-\lambda / 4) \tag{1.4}
\end{equation*}
$$

For other similar results, see the papers by Burkholder [3] and Hammack [7].
A natural question arises: what can be said about the $\Phi$-inequalities for other functions $\Phi$ ? The purpose of this paper is to give the answer for $\Phi(t)=t$. The main result can be stated as follows.
Theorem 1.1. Suppose $f$ is a nonnegative submartingale such that $\sup _{n} f_{n} \leq 1$ almost surely and let $g$ be $\alpha$-subordinate to $f$. Then

$$
\begin{equation*}
\|g\|_{1} \leq \frac{(\alpha+1)\left(2 \alpha^{2}+3 \alpha+2\right)}{(2 \alpha+1)(\alpha+2)} \tag{1.5}
\end{equation*}
$$

The constant on the right is the best possible.

## A Submartingale Inequality

Adam Osẹkowski
vol. 9, iss. 4, art. 93, 2008

Title Page
Contents


Page 4 of 19
Go Back
Full Screen
Close
journal of inequalities in pure and applied mathematics
issn: 1443-575b

In the special case $\alpha=1$, this leads to an interesting inequality for stochastic integrals. Suppose $(\Omega, \mathcal{F}, \mathbb{P})$ is a complete probability space, filtered by a nondecreasing family $\left(\mathcal{F}_{t}\right)_{t \geq 0}$ of sub- $\sigma$-algebras of $\mathcal{F}$ and assume that $\mathcal{F}_{0}$ contains all the events $A$ with $\mathbb{P}(A)=0$. Let $X=\left(X_{t}\right)_{t \geq 0}$ be an adapted nonnegative right-continuous submartingale with left limits, satisfying $\mathbb{P}\left(X_{t} \leq 1\right)=1$ for all $t$ and let $H=\left(H_{t}\right)$ be a predictable process with values in $[-1,1]$. Let $Y=\left(Y_{t}\right)$ be an Itô stochastic integral of $H$ with respect to $X$, that is,

$$
Y_{t}=H_{0} X_{0}+\int_{(0, t]} H_{s} d X_{s}
$$

Let $\|Y\|_{1}=\sup _{t}\left\|Y_{t}\right\|_{1}$.
Theorem 1.2. For $X, Y$ as above, we have

$$
\begin{equation*}
\|Y\|_{1} \leq \frac{14}{9} \tag{1.6}
\end{equation*}
$$

and the constant is the best possible. It is already the best possible if $H$ is assumed to take values in the set $\{-1,1\}$.

The proofs are based on Burkholder's techniques which were developed in [2] and [3]. These enable us to reduce the proof of the submartingale inequality (1.5) to finding a special function, satisfying some convexity-type properties or, equivalently, to solving a certain boundary value problem.

The paper is organized as follows. In the next section we introduce the special function corresponding to the moment inequality and study its properties. Section 3 contains the proofs of inequalities (1.5) and (1.6). The sharpness of these estimates is postponed to the last section, Section 4.

## A Submartingale Inequality

Adam Osȩkowski
vol. 9, iss. 4, art. 93, 2008

Title Page
Contents


Page 5 of 19
Go Back
Full Screen
Close
journal of inequalities in pure and applied mathematics
issn: 1443-575b

## 2. The Special Function

Let $S$ denote the strip $[0,1] \times \mathbb{R}$. Consider the following subsets of $S$.

$$
\begin{aligned}
D_{1} & =\left\{(x, y) \in S: x \leq \frac{\alpha}{2 \alpha+1}, x+|y|>\frac{\alpha}{2 \alpha+1}\right\}, \\
D_{2} & =\left\{(x, y) \in S: x \geq \frac{\alpha}{2 \alpha+1},-x+|y|>-\frac{\alpha}{2 \alpha+1}\right\}, \\
D_{3} & =\left\{(x, y) \in S: x \geq \frac{\alpha}{2 \alpha+1},-x+|y| \leq-\frac{\alpha}{2 \alpha+1}\right\}, \\
D_{4} & =\left\{(x, y) \in S: x \leq \frac{\alpha}{2 \alpha+1}, x+|y| \leq \frac{\alpha}{2 \alpha+1}\right\} .
\end{aligned}
$$

Consider a function $H: \mathbb{R}^{2} \rightarrow \mathbb{R}$ defined by

$$
H(x, y)=(|x|+|y|)^{1 /(\alpha+1)}((\alpha+1)|x|-|y|) .
$$

Let $u: S \rightarrow \mathbb{R}$ be given by

$$
u(x, y)=-\alpha x+|y|+\alpha+\exp \left[-\frac{2 \alpha+1}{\alpha+1}\left(x+|y|-\frac{\alpha}{2 \alpha+1}\right)\right]\left(x+\frac{1}{2 \alpha+1}\right)
$$

$$
\text { if }(x, y) \in D_{1} \text {, }
$$

$$
u(x, y)=-\alpha x+|y|+\alpha+\exp \left[-\frac{2 \alpha+1}{\alpha+1}\left(-x+|y|+\frac{\alpha}{2 \alpha+1}\right)\right](1-x)
$$

if $(x, y) \in D_{2}$,

$$
u(x, y)=-(1-x) \log \left[\frac{2 \alpha+1}{\alpha+1}(1-x+|y|)\right]+(\alpha+1)(1-x)+|y|
$$

## A Submartingale Inequality

Adam Osȩkowski
vol. 9, iss. 4, art. 93, 2008

Title Page
Contents


Page 6 of 19
Go Back
Full Screen

## Close

journal of inequalities in pure and applied mathematics
issn: 1443-575b
if $(x, y) \in D_{3}$ and

$$
u(x, y)=-\frac{\alpha^{2}}{(2 \alpha+1)(\alpha+2)}\left[1+\left(\frac{2 \alpha+1}{\alpha}\right)^{\frac{\alpha+2}{\alpha+1}} H(x, y)\right]+\frac{2 \alpha^{2}}{2 \alpha+1}+1
$$

if $(x, y) \in D_{4}$.
The key properties of the function $u$ are described in the two lemmas below.
Lemma 2.1. The following statements hold true.
(i) The function $u$ has continuous partial derivatives in the interior of $S$.
(ii) We have

$$
\begin{equation*}
u_{x} \leq-\alpha\left|u_{y}\right| \tag{2.1}
\end{equation*}
$$

(iii) For any real numbers $x, h, y, k$ such that $x, x+h \in[0,1]$ and $|h| \geq|k|$ we have

$$
\begin{equation*}
u(x+h, y+k) \leq u(x, y)+u_{x}(x, y) h+u_{y}(x, y) k \tag{2.2}
\end{equation*}
$$

Proof. Let us first compute the partial derivatives in the interiors $D_{i}^{o}$ of the sets $D_{i}$, $i \in\{1,2,3,4\}$. We have that $u_{x}(x, y)$ equals

$$
\begin{cases}-\alpha+\exp \left[-\frac{2 \alpha+1}{\alpha+1}\left(x+|y|-\frac{\alpha}{2 \alpha+1}\right)\right]\left(-\frac{2 \alpha+1}{\alpha+1} x+\frac{\alpha}{\alpha+1}\right), & (x, y) \in D_{1}^{o} \\ -\alpha+\exp \left[-\frac{2 \alpha+1}{\alpha+1}\left(-x+|y|+\frac{\alpha}{2 \alpha+1}\right)\right]\left(-\frac{2 \alpha+1}{\alpha+1} x+\frac{\alpha}{\alpha+1}\right), & (x, y) \in D_{2}^{o} \\ \log \left[\frac{2 \alpha+1}{\alpha+1}(1-x+|y|)\right]+\frac{1-x}{1-x+|y|}-(\alpha+1), & (x, y) \in D_{3}^{o} \\ -\alpha\left(\frac{2 \alpha+1}{\alpha}\right)^{\frac{1}{\alpha+1}}(x+|y|)^{-\frac{\alpha}{\alpha+1}}\left(x+\frac{\alpha}{\alpha+1}|y|\right), & (x, y) \in D_{4}^{o}\end{cases}
$$

## A Submartingale Inequality

Adam Osȩkowski
vol. 9, iss. 4, art. 93, 2008

Title Page
Contents


Page 7 of 19
Go Back
Full Screen
Close
journal of inequalities in pure and applied mathematics
issn: 1443-575b
while $u_{y}(x, y)$ is given by

$$
\begin{cases}y^{\prime}-\frac{2 \alpha+1}{\alpha+1} \exp \left[-\frac{2 \alpha+1}{\alpha+1}\left(x+|y|-\frac{\alpha}{2 \alpha+1}\right)\right]\left(x+\frac{1}{2 \alpha+1}\right) y^{\prime}, & (x, y) \in D_{1}^{o} \\ y^{\prime}-\frac{2 \alpha+1}{\alpha+1} \exp \left[-\frac{2 \alpha+1}{\alpha+1}\left(-x+|y|+\frac{\alpha}{2 \alpha+1}\right)\right](1-x) y^{\prime}, & (x, y) \in D_{2}^{o} \\ \frac{y}{1-x+|y|}, & (x, y) \in D_{3}^{o} \\ \left(\frac{2 \alpha+1}{\alpha}\right)^{\frac{1}{\alpha+1}}(x+|y|)^{-\frac{\alpha}{\alpha+1}} \frac{\alpha}{\alpha+1} y, & (x, y) \in D_{4}^{o} .\end{cases}
$$

Here $y^{\prime}=y /|y|$ is the sign of $y$. Now we turn to the properties (i) - (iii).
(i) This follows immediately by the formulas for $u_{x}, u_{y}$ above.
(ii) We have that $u_{x}(x, y)+\alpha\left|u_{y}(x, y)\right|$ equals

$$
\begin{cases}-\exp \left[-\frac{2 \alpha+1}{\alpha+1}\left(x+|y|-\frac{\alpha}{2 \alpha+1}\right)\right](2 \alpha+1) x, & (x, y) \in D_{1} \\ -\exp \left[-\frac{2 \alpha+1}{\alpha+1}\left(-x+|y|+\frac{\alpha}{2 \alpha+1}\right)\right]\left(\frac{2 \alpha+1}{\alpha+1} x(1-\alpha)+\frac{2 \alpha^{2}}{\alpha+1}\right), & (x, y) \in D_{2} \\ -\alpha+\log \left[\frac{2 \alpha+1}{\alpha+1}(1-x+|y|)\right]-\frac{|y|(1-\alpha)}{1-x+|y|}, & (x, y) \in D_{3} \\ -\alpha\left(\frac{2 \alpha+1}{\alpha}\right)^{1 /(\alpha+1)}(x+|y|)^{-\alpha /(\alpha+1)} x, & (x, y) \in D_{4}\end{cases}
$$

and all the expressions are clearly nonpositive.
(iii) There is a well-known procedure to establish (2.2). Fix $x, y, h$ and $k$ satisfying the conditions of (iii) and consider a function $G=G_{x, y, h, k}: t \mapsto u(x+$ $t h, y+t k$ ), defined on $\{t: 0 \leq x+t h \leq 1\}$. The inequality (2.2) reads $G(1) \leq$ $G(0)+G^{\prime}(0)$, so in order to prove it, it suffices to show that $G$ is concave. Since $u$ is of class $C^{1}$, it is enough to check $G^{\prime \prime}(t) \leq 0$ for those $t$, for which $(x+t h, y+t k)$ belongs to the interior of $D_{1}, D_{2}, D_{3}$ or $D_{4}$. Furthermore, by translation argument (we have $G_{x, y, h, k}^{\prime \prime}(t)=G_{x+t h, y+t k, h, k}^{\prime \prime}(0)$ ), we may assume $t=0$.

## A Submartingale Inequality

Adam Osȩkowski
vol. 9, iss. 4, art. 93, 2008

Title Page
Contents


Page 8 of 19
Go Back
Full Screen

## Close

journal of inequalities in pure and applied mathematics
issn: 1443-575b

If $(x, y) \in D_{1}^{o}$, we have

$$
\begin{aligned}
& G^{\prime \prime}(0)=\frac{2 \alpha+1}{\alpha+1} \exp \left[-\frac{2 \alpha+1}{\alpha+1}\left(x+|y|-\frac{\alpha}{2 \alpha+1}\right)\right] \\
& \quad \times(h+k)\left\{\left[\frac{2 \alpha+1}{\alpha+1}\left(x+\frac{1}{2 \alpha+1}\right)-2\right] h+\frac{2 \alpha+1}{\alpha+1}\left(x+\frac{1}{2 \alpha+1}\right) k\right\},
\end{aligned}
$$

which is nonpositive; this is due to

$$
\begin{aligned}
& |h| \geq|k|, \frac{2 \alpha+1}{\alpha+1}\left(x+\frac{1}{2 \alpha+1}\right)-2 \leq-1 \text { and } \frac{2 \alpha+1}{\alpha+1}\left(x+\frac{1}{2 \alpha+1}\right) \leq 1 . \\
& \text { If }(x, y) \in D_{2}^{o} \text {, then } \\
& \begin{aligned}
& G^{\prime \prime}(0)=\frac{2 \alpha+1}{\alpha+1} \exp \left[-\frac{2 \alpha+1}{\alpha+1}\left(-x+|y|+\frac{\alpha}{2 \alpha+1}\right)\right] \\
& \quad \times(h-k)\left\{\left[\frac{2 \alpha+1}{\alpha+1}(1-x)-2\right] h-\frac{2 \alpha+1}{\alpha+1}(1-x) k\right\} \leq 0
\end{aligned}
\end{aligned}
$$

## A Submartingale Inequality

Adam Osękowski
vol. 9, iss. 4, art. 93, 2008

Title Page
Contents


Page 9 of 19
Go Back
Full Screen

## Close

journal of inequalities in pure and applied mathematics
issn: 1443-575b

Finally, for $(x, y) \in D_{4}^{o}$, this follows by the result of Burkholder: the function $t \mapsto$ $-H(x+t h, y+t k)$ is concave, see page 17 of [3].

Lemma 2.2. Let $(x, y) \in S$.
(i) We have

$$
\begin{equation*}
u(x, y) \geq|y| . \tag{2.3}
\end{equation*}
$$

$\{t: x+t \in[0,1]\}$ is concave, it suffices to prove (2.3) on the boundary of the strip $S$. Furthermore, by symmetry, we may restrict ourselves to $(x, y) \in \partial S$ satisfying $y \geq 0$. We have, for $y \in[0, \alpha /(2 \alpha+1)]$,

$$
u(0, y) \geq-\frac{\alpha^{2}}{(2 \alpha+1)(\alpha+2)}+\frac{2 \alpha^{2}}{2 \alpha+1}+1 \geq 1 \geq y
$$

while for $y>\alpha /(2 \alpha+1)$, the inequality $u(0, y) \geq y$ is trivial. Finally, note that we have $u(1, y)=y$ for $y \geq 0$. Thus (2.3) follows.
(ii) As one easily checks, we have $u_{y}(x, y) \geq 0$ for $y \geq 0$ and hence, by symmetry, it suffices to prove (2.4) for $x=y$. The function $G(t)=u(t, t), t \in[0,1]$, is concave and satisfies $G^{\prime}(0+)=0$. Thus $G \leq G(0)$ and the proof is complete.

## A Submartingale Inequality

Adam Osȩkowski
vol. 9, iss. 4, art. 93, 2008

Title Page
Contents
$J$


Page 10 of 19
Go Back
Full Screen
Close
journal of inequalities in pure and applied mathematics
issn: 1443-575b

## 3. Proofs of the Inequalities (1.5) and (1.6)

Proof of inequality (1.5). Let $f, g$ be as in the statement and fix a nonnegative integer $n$. Furthermore, fix $\beta \in(0,1)$ and set $f^{\prime}=\beta f, g^{\prime}=\beta g$. Clearly, $g^{\prime}$ is $\alpha$-subordinate to $f^{\prime}$, so the inequality (2.2) implies that, with probability 1 ,

$$
\begin{equation*}
u\left(f_{n+1}^{\prime}, g_{n+1}^{\prime}\right) \leq u\left(f_{n}^{\prime}, g_{n}^{\prime}\right)+u_{x}\left(f_{n}^{\prime}, g_{n}^{\prime}\right) d f_{n+1}^{\prime}+u_{y}\left(f_{n}^{\prime}, g_{n}^{\prime}\right) d g_{n+1}^{\prime} \tag{3.1}
\end{equation*}
$$

Both sides are integrable: indeed, since $f$ is bounded by 1 , so is $f^{\prime}$; furthermore, we have $\mathbb{P}\left(\left|d f_{k}\right| \leq 1\right)=1$ and hence $\mathbb{P}\left(\left|d g_{k}\right| \leq 1\right)=1$ by (1.1). This gives $\left|g_{n}^{\prime}\right|=\beta\left|g_{n}\right| \leq \beta n$ almost surely and now it suffices to note that $u$ is locally bounded on $[0, \beta] \times \mathbb{R}$ and the partial derivatives $u_{x}, u_{y}$ are bounded on this set.

Therefore, taking the conditional expectation of (3.1) with respect to $\mathcal{F}_{n}$ yields

$$
\begin{aligned}
& \mathbb{E}\left(u\left(f_{n+1}^{\prime}, g_{n+1}^{\prime}\right) \mid \mathcal{F}_{n}\right) \\
& \leq u\left(f_{n}^{\prime}, g_{n}^{\prime}\right)+u_{x}\left(f_{n}^{\prime}, g_{n}^{\prime}\right) \mathbb{E}\left(d f_{n+1}^{\prime} \mid \mathcal{F}_{n}\right)+u_{y}\left(f_{n}^{\prime}, g_{n}^{\prime}\right) \mathbb{E}\left(d g_{n+1}^{\prime} \mid \mathcal{F}_{n}\right) \\
& \leq u\left(f_{n}^{\prime}, g_{n}^{\prime}\right)+u_{x}\left(f_{n}^{\prime}, g_{n}^{\prime}\right) \mathbb{E}\left(d f_{n+1}^{\prime} \mid \mathcal{F}_{n}\right)+\left|u_{y}\left(f_{n}^{\prime}, g_{n}^{\prime}\right)\right| \cdot\left|\mathbb{E}\left(d g_{n+1}^{\prime} \mid \mathcal{F}_{n}\right)\right| .
\end{aligned}
$$

By $\alpha$-subordination, this can be further bounded from above by

$$
u\left(f_{n}^{\prime}, g_{n}^{\prime}\right)+\left(u_{x}\left(f_{n}^{\prime}, g_{n}^{\prime}\right)+\alpha\left|u_{y}\left(f_{n}^{\prime}, g_{n}^{\prime}\right)\right|\right) \mathbb{E}\left(d f_{n+1}^{\prime} \mid \mathcal{F}_{n}\right) \leq u\left(f_{n}^{\prime}, g_{n}^{\prime}\right)
$$

the latter inequality being a consequence of (2.1). Thus, taking the expectation, we obtain

$$
\begin{equation*}
\mathbb{E} u\left(f_{n+1}^{\prime}, g_{n+1}^{\prime}\right) \leq \mathbb{E} u\left(f_{n}^{\prime}, g_{n}^{\prime}\right) \tag{3.2}
\end{equation*}
$$

Combining this with (2.3), we get

$$
\mathbb{E}\left|g_{n}^{\prime}\right| \leq \mathbb{E} u\left(f_{n}^{\prime}, g_{n}^{\prime}\right) \leq \mathbb{E} u\left(f_{0}^{\prime}, g_{0}^{\prime}\right)
$$

## A Submartingale Inequality

Adam Osẹkowski
vol. 9, iss. 4, art. 93, 2008

Title Page

Contents


Page 11 of 19
Go Back
Full Screen

Close
journal of inequalities in pure and applied mathematics
issn: 1443-575b

But $\left|g_{0}^{\prime}\right| \leq f_{0}^{\prime}$ by (1.1); hence (2.4) implies

$$
\beta \mathbb{E}\left|g_{n}\right|=\mathbb{E}\left|g_{n}^{\prime}\right| \leq \frac{(\alpha+1)\left(2 \alpha^{2}+3 \alpha+2\right)}{(2 \alpha+1)(\alpha+2)} .
$$

Since $n$ and $\beta \in(0,1)$ were arbitrary, the proof is complete.
Proof of the inequality (1.6). This follows by an approximation argument. See Section 16 of [2], where it is shown how similar inequalities for stochastic integrals are implied by their discrete-time analogues combined with the result of Bichteler [1].

A Submartingale Inequality Adam Osȩkowski vol. 9, iss. 4, art. 93, 2008

Title Page
Contents


Page 12 of 19
Go Back
Full Screen
Close
journal of inequalities in pure and applied mathematics
issn: 1443-575b

## 4. Sharpness

We start with the inequality (1.5). For $\alpha=0$ simply take constant processes $f=$ $g=(1,1,1, \ldots)$ and note that both sides are equal in (1.5). Suppose then, that $\alpha$ is a positive number. We will construct an appropriate example; this will be done in a few steps. Denote $\gamma=\alpha /(2 \alpha+1)$ and fix $\varepsilon>0$.

Step 1. Using the ideas of Choi [6] (which go back to Burkholder's examples from [4]), one can show that there exists a pair $(F, G)$ of processes starting from $(0,0)$ such that $F$ is a nonnegative submartingale, $G$ is $\alpha$-subordinate to $F$ and, for some $N,\left(F_{3 N}, G_{3 N}\right)$, takes values in the set $\{(\gamma, 0),(0, \pm \gamma)\}$ with

$$
\left|\mathbb{P}\left(\left(F_{3 N}, G_{3 N}\right)=(\gamma, 0)\right)-\frac{1}{\alpha+2}\right| \leq \varepsilon, \quad\left|\mathbb{P}\left(\left(F_{3 N}, G_{3 N}\right)=(0, \gamma)\right)-\frac{\alpha+1}{2(\alpha+2)}\right| \leq \varepsilon
$$

and $\mathbb{P}\left(\left(F_{3 N}, G_{3 N}\right)=(0, \gamma)\right)=\mathbb{P}\left(\left(F_{3 N}, G_{3 N}\right)=(0,-\gamma)\right)$. Furthermore, if $\alpha=1$, then $G$ can be taken to be a $\pm 1$ transform of $F$, that is, $d F_{n}= \pm d G_{n}$ for any nonnegative integer $n$.

Step 2. Consider the following two-dimensional Markov process $(f, g)$, with a certain initial distribution concentrated on the set $\{(\gamma, 0),(0, \gamma),(0,-\gamma)\}$. To describe the transity function, let $M$ be a (large) nonnegative integer and $\delta \in(0, \gamma / 3)$; both numbers will be specified later. Assume for $k=0,1,2, \ldots, M-1$ and any $\hat{\varepsilon} \in\{-1,1\}$ that the conditions below are satisfied.

- The state $(0, \hat{\varepsilon}(\gamma+k(\alpha+1) \delta))$ leads to $(\delta, \hat{\varepsilon}(\gamma+k(\alpha+1) \delta+\alpha \delta))$ with probability 1.
- The state $(\delta, \hat{\varepsilon}(\gamma+k(\alpha+1) \delta+\alpha \delta))$ leads to $(0, \hat{\varepsilon}(\gamma+(k+1)(\alpha+1) \delta))$ with probability $1-\delta / \gamma$ and to $(\gamma, \hat{\varepsilon}(k+1)(\alpha+1) \delta)$ with probability $\delta / \gamma$.


## A Submartingale Inequality

Adam Osẹkowski
vol. 9, iss. 4, art. 93, 2008

Title Page
Contents


Page 13 of 19

Go Back
Full Screen
Close
journal of inequalities in pure and applied mathematics
issn: 1443-575b

- The state $(\gamma, \hat{\varepsilon}(k+1)(\alpha+1) \delta)$ leads to $(1, \hat{\varepsilon}((k+1)(\alpha+1) \delta+1-\gamma))$ with probability

$$
\frac{(\alpha+1) \delta}{2-2 \gamma+(\alpha+1) \delta}
$$

and to $(\gamma-(\alpha+1) \delta / 2, \hat{\varepsilon}(k+1 / 2)(\alpha+1) \delta)$ with probability

$$
1-\frac{(\alpha+1) \delta}{2-2 \gamma+(\alpha+1) \delta}
$$

- The state $(\gamma-(\alpha+1) \delta / 2, \hat{\varepsilon}(k+1 / 2)(\alpha+1) \delta)$ leads to $(0, \hat{\varepsilon}(\gamma+k(\alpha+1) \delta))$ with probability $(\alpha+1) \delta /(2 \gamma)$ and to $(\gamma, \hat{\varepsilon} k(\alpha+1) \delta)$ with probability $1-(\alpha+$ 1) $\delta /(2 \gamma)$.
- The state $(\gamma, 0)$ leads to $(1,1-\gamma)$ with probability $\gamma$ and to $(0,-\gamma)$ with probability $1-\gamma$.
- The state $(0, \hat{\varepsilon}(\gamma+M(\alpha+1) \delta))$ is absorbing.
- The states lying on the line $x=1$ are absorbing.

It is easy to check that $f$ is a nonnegative submartingale bounded by 1 and $g$ satisfies

$$
\left|d g_{n}\right| \leq\left|d f_{n}\right| \text { and }\left|\mathbb{E}\left(d g_{n} \mid \mathcal{F}_{n-1}\right)\right| \leq \alpha \mathbb{E}\left(d f_{n} \mid \mathcal{F}_{n-1}\right), \quad n=1,2, \ldots
$$

almost surely. Furthermore, if $\alpha=1$, then $g$ is a $\pm 1$ transform of $f: d f_{n}= \pm d g_{n}$ for $n \geq 1$ (note that this fails for $n=0$ ).

Step 3. Let $\left(\mathcal{G}_{n}\right)$ be the natural filtration generated by the process $(f, g)$ and set $K=\gamma+M(1+\alpha) \delta$. Introduce the stopping time $\tau=\inf \left\{k: f_{k}=1\right.$ or $g_{k}=$ $\pm K\}$. The purpose of this step is to establish a bound for the first moment of $\tau$.

J

A Submartingale Inequality
Adam Osȩkowski
vol. 9, iss. 4, art. 93, 2008

Title Page
Contents


Page 14 of 19
Go Back
Full Screen

## Close

journal of inequalities in pure and applied mathematics
issn: 1443-575b

Let $n$ be a nonnegative integer and set $\kappa=4^{-3 \delta M /(2 \gamma)}$. We will prove that

$$
\begin{equation*}
\mathbb{P}\left(\tau \leq n+2 M+1 \mid \mathcal{G}_{n}\right) \geq \kappa \gamma . \tag{4.1}
\end{equation*}
$$

We will need the following estimate

$$
\begin{equation*}
\left(1-\frac{3 \delta}{2 \gamma}\right)^{M} \geq \kappa \tag{4.2}
\end{equation*}
$$

which immediately follows from the facts that the function $h:(0,1 / 2] \rightarrow \mathbb{R}_{+}$given by $h(x)=(1-x)^{1 / x}$ is decreasing and $\delta<\gamma / 3$.

Let $A \neq \emptyset$ be an atom of $\mathcal{G}_{n}$. We will consider three cases.
$1^{\circ}$. If we have $f_{n}=0$ or $f_{n}=\delta$ on $A$, consider the event

$$
A^{\prime}=A \cap\left\{\left|g_{n+k+1}\right| \geq\left|g_{n+k}\right|, k=0,1, \ldots, 2 M-1\right\}
$$

Clearly, in view of the transity function described above, we have $A^{\prime} \subseteq\left\{\left|g_{n+2 M}\right|=\right.$ $K\} \subseteq\{\tau \leq n+2 M\}$ and

$$
\begin{aligned}
\mathbb{P}\left(\tau \leq n+2 M+1 \mid \mathcal{G}_{n}\right) & \geq \mathbb{P}\left(\tau \leq n+2 M \mid \mathcal{G}_{n}\right) \\
& \geq \frac{\mathbb{P}\left(A^{\prime}\right)}{\mathbb{P}(A)} \geq(1-\delta / \gamma)^{M}>\kappa>\kappa \gamma \quad \text { on } A,
\end{aligned}
$$

## A Submartingale Inequality

Adam Osȩkowski
vol. 9, iss. 4, art. 93, 2008

Title Page
Contents


Page 15 of 19
Go Back
Full Screen
Close
journal of inequalities in pure and applied mathematics
issn: 1443-575b
of the transity function, that, on $A$, it is impossible for $|g|$ to be decreasing $2 M+1$ times in a row; that is to say, we have $f_{n+2 M+1}=1$ on $A^{\prime}$ and hence

$$
\begin{aligned}
\mathbb{P}(\tau & \left.\leq n+2 M+1 \mid \mathcal{G}_{n}\right) \geq \frac{\mathbb{P}\left(A^{\prime}\right)}{\mathbb{P}(A)} \\
& \geq\left[\left(1-\frac{(\alpha+1) \delta}{2 \gamma}\right)\left(1-\frac{(\alpha+1) \delta}{2-2 \gamma+(\alpha+1) \delta}\right)\right]^{M} \gamma \\
& =\left(1-\frac{(2 \alpha+1) \delta}{(2+(2 \alpha+1) \delta) \gamma}\right)^{M} \gamma \geq\left(1-\frac{3 \delta}{2 \gamma}\right)^{M} \gamma \geq \kappa \gamma,
\end{aligned}
$$

## A Submartingale Inequality

Adam Osȩkowski
vol. 9, iss. 4, art. 93, 2008
by (4.2).
$3^{\circ}$. Finally, if $f_{n}=1$ on $A$, we have

$$
\mathbb{P}\left(\tau \leq n+2 M+1 \mid \mathcal{G}_{n}\right)=1 \geq \kappa \gamma .
$$

Therefore the inequality (4.1) is established. It implies that

$$
\mathbb{P}(\tau>n+2 M+1) \leq(1-\kappa \gamma) \mathbb{P}(\tau>n)
$$

which leads to

$$
\begin{equation*}
\mathbb{E} \tau \leq \frac{2 M+1}{\kappa \gamma}<\frac{2 K}{\kappa \gamma \delta}=\frac{2 K}{\gamma \delta} \cdot 4^{3(K-\gamma) / 2 \gamma(1+\alpha)} \tag{4.3}
\end{equation*}
$$

This implies that $\tau<\infty$ with probability 1 and the pointwise limits $f_{\infty}, g_{\infty}$ exist almost surely.

Step 4. Let us establish an exponential bound for $\mathbb{P}\left(f_{\infty}=0\right)$. We have $\left\{f_{\infty}=\right.$ $0\} \subseteq\left\{g_{\infty} \geq K\right\}$ and $g$ is clearly 1-subordinate to $f$ (as it is $\alpha$-subordinate to $f$ ). Therefore, we may use Hammack's result (1.4): we have

$$
\begin{equation*}
\mathbb{P}\left(f_{\infty}=0\right) \leq \frac{(8+\sqrt{2}) e}{12} \exp (-K / 4) \tag{4.4}
\end{equation*}
$$

Title Page
Contents


Page 16 of 19
Go Back
Full Screen
Close
journal of inequalities in pure and applied mathematics
issn: 1443-575b

Step 5. Consider a process $\left(u\left(f_{n}, g_{n}\right)\right)_{n}$ and observe the following.

- For $y \geq \gamma$, the function $G(t)=u(t, y-t), t \in[0,1]$, is continuously differentiable and linear on $[0, \gamma]$.
- For $y \geq-\gamma$, the function $G(t)=u(t, y+t), t \in[0,1]$, is continuously differentiable and linear on $[\gamma, 1]$.
- For $y \geq \gamma$, the function $G(t)=u(t, y+\alpha t), t \in[0,1]$, satisfies $G^{\prime}(0+)=0$.
- The function $u$ is locally bounded on $\overline{D_{1} \cup D_{2}}$ and its partial derivatives are bounded on this set.

These four facts, together with the symmetry of $u$, imply that there exists a constant $\eta(\delta, K)$ such that $\eta(\delta, K) / \delta \rightarrow 0$ as $\delta \rightarrow 0$ and, for any $n$,

$$
u\left(f_{n+1}, g_{n+1}\right) \geq u\left(f_{n}, g_{n}\right)+u_{x}\left(f_{n}, g_{n}\right) d f_{n+1}+u_{y}\left(f_{n}, g_{n}\right) d g_{n+1}-\eta(\delta, K) \chi_{\{\tau>n\}}
$$

Both sides of this inequality are integrable: indeed, it suffices to use the fourth property above and the fact that $\left(f_{n}, g_{n}\right)$ is bounded and belongs to $\overline{D_{1} \cup D_{2}}$. Therefore, we may take the expectation to obtain

$$
\mathbb{E} u\left(f_{n+1}, g_{n+1}\right) \geq \mathbb{E} u\left(f_{n}, g_{n}\right)-\eta(\delta, K) \mathbb{P}(\tau>n)
$$

This implies

$$
\mathbb{E} u\left(f_{\infty}, g_{\infty}\right) \geq \mathbb{E} u\left(f_{0}, g_{0}\right)-\eta(\delta, K) \mathbb{E} \tau
$$

or

$$
\begin{aligned}
\mathbb{E}\left|g_{\infty}\right|+\left\{\alpha+\exp \left[-\frac{2 \alpha+1}{\alpha+1}\left(K-\frac{\alpha}{2 \alpha+1}\right)\right]\right. & \left.\frac{1}{2 \alpha+1}\right\} \mathbb{P}\left(f_{\infty}=0\right) \\
& \geq \mathbb{E} u\left(f_{0}, g_{0}\right)-\eta(\delta, K) \mathbb{E} \tau
\end{aligned}
$$

## A Submartingale Inequality

Adam Osȩkowski
vol. 9, iss. 4, art. 93, 2008

Title Page
Contents


Page 17 of 19
Go Back
Full Screen
Close
journal of inequalities in pure and applied mathematics
issn: 1443-575b

By (4.4), we may fix $K \geq 4$ such that

$$
\left\{\alpha+\exp \left[-\frac{2 \alpha+1}{\alpha+1}\left(K+\frac{\alpha}{2 \alpha+1}\right)\right] \cdot \frac{1}{2 \alpha+1}\right\} \mathbb{P}\left(f_{\infty}=0\right) \leq \varepsilon .
$$

Now we specify the numbers $\delta$ and $M$, as promised at the beginning of Step 2. By (4.3), we may choose $\delta>0$ such that $\eta(\delta, K) \mathbb{E} \tau \leq \varepsilon$ and, clearly, we may also
ensure that $M=(K-\gamma) /(1+\alpha) \delta$ is an integer. Thus we obtain

## A Submartingale Inequality

Adam Osẹkowski
vol. 9, iss. 4, art. 93, 2008

Title Page
Contents

$$
\mathbb{E}\left|g_{\infty}\right| \geq \mathbb{E} u\left(F_{3 N}, G_{3 N}\right)-2 \varepsilon
$$

However, since $u$ is nonnegative (due to (2.3)),

$$
\begin{aligned}
\mathbb{E} u\left(F_{3 N}, G_{3 N}\right) & \geq u(\gamma, 0)\left(\frac{1}{\alpha+2}-\varepsilon\right)+u(0, \gamma)\left(\frac{\alpha+1}{\alpha+2}-\varepsilon\right) \\
& =\frac{(\alpha+1)\left(2 \alpha^{2}+3 \alpha+2\right)}{(2 \alpha+1)(\alpha+2)}-(u(\gamma, 0)+u(0, \gamma)) \varepsilon
\end{aligned}
$$

Since $\varepsilon$ was arbitrary, this implies that the constant in (1.5) is the best possible. This also establishes the sharpness of the estimate (1.6), even in the special case $H \in$ $\{-1,1\}$ : if $\alpha=1$, then the processes $f, g$ constructed above satisfy $\left|d f_{k}\right|=\left|d g_{k}\right|$ for all $k$. The proofs of Theorems 1.1 and 1.2 are complete.

Step 6. Now we put all the things together. Let $(f, g)=\left(\left(f_{n}, g_{n}\right)\right)_{n \geq 0}$ be a process which coincides with $(F, G)$ from Step 1 for $n \leq 3 N$ and which, for $n>3 N$, conditionally on $\mathcal{F}_{3 N}$, moves according to the transities described in Step 2. We have, by (4.5),

$$
\mathbb{E}\left|g_{\infty}\right| \geq \mathbb{E} u\left(f_{0}, g_{0}\right)-2 \varepsilon
$$



Page 18 of 19

Go Back
Full Screen
Close
journal of inequalities in pure and applied mathematics
issn: 1443-575b

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$J$

## A Submartingale Inequality

Adam Osękowski
vol. 9, iss. 4, art. 93, 2008

Title Page
Contents


Page 19 of 19
Go Back
Full Screen
Close
journal of inequalities in pure and applied mathematics
issn: 1443-575b

