ON THE EXPECTATION OF OPERATOR NORMS OF RANDOM MATRICES

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Abstract. We prove estimates for the expected value of operator norms of Gaussian random matrices with independent and mean-zero entries, acting as operators from $\ell^p$ to $\ell^q$, $1 \leq p^* \leq 2 \leq q \leq \infty$.

1. Introduction and main results

Random matrices and their spectra are under intensive study in Statistics since the work of Wishart [27] on sample covariance matrices, in Numerical Analysis since their introduction by von Neumann and Goldstine [24] in the 1940s, and in Physics as a consequence of Wigner’s work [25, 26] since the 1950s. His Semicircle Law, a fundamental theorem in the spectral theory of large random matrices describing the limit of the empirical spectral measure for what is nowadays known as Wigner matrices, is among the most celebrated results of the theory.

In Banach Space Theory and Asymptotic Geometric Analysis, random matrices appeared already in the 70s (see e.g. [2, 3, 10]). In [2], the authors obtained asymptotic bounds for the expected value of the operator norm of a random matrix $B = (b_{ij})_{i,j=1}^{m,n}$ with independent mean-zero entries with $|b_{ij}| \leq 1$ from $\ell^2$ to $\ell^q$, $2 \leq q < \infty$. To be more precise, they proved that

$$E \| B : \ell^2 \rightarrow \ell^q \| \leq C_q \cdot \max\{m^{1/q}, \sqrt{n}\},$$

where $C_q$ depends only on $q$. This was then successfully used to characterize $(p, q)$-absolutely summing operators on Hilbert spaces. Ever since, random matrices are extensively studied and methods of Banach spaces have produced numerous deep and new results. In particular, in many applications the spectral properties of a Gaussian matrix, whose entries are independent identically distributed (i.i.d.) standard Gaussian random variables, were used. Moreover, Segner [22] proved that for an $m \times n$ random matrix with i.i.d. symmetric random variables the expectation of its spectral norm (that is, the operator norm from $\ell^2$ to $\ell^q$) is of the order of the expectation of the largest Euclidean norm of its rows and columns. He also proved an optimal result in the case of random matrices with entries $\varepsilon_{ij}a_{ij}$ where $\varepsilon_{ij}$ are independent Rademacher random variables and $a_{ij}$ are fixed numbers. We refer the interested reader to the survey [8, 7] and references therein.

It is natural to ask similar questions about general random matrices, in particular about Gaussian matrices whose entries are still independent centered Gaussian

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random variables, but with different variances. In this case, where we drop the assumption of identical distributions, very little is known. It is conjectured that the expected spectral norm of such a Gaussian matrix is as in Seguin’s result, that is, of the order of the expectation of the largest Euclidean norm of its rows and columns. A big step toward the solution was made by Latala in [16], who proved a bound involving fourth moments, which is of the right order \( \max\{\sqrt{m}, \sqrt{n}\} \) in the i.i.d. setting. On one hand, in view of the classical Bai-Yin theorem, the presence of fourth moments is not surprising, on the other hand they are not needed if the conjecture is true.

Later in [20], Riemer and Schütte proved the conjecture up to a \( \log n \) factor. The two results are incomparable – depending on the choice of variances, one or another gives a better bound. The Riemer-Schütte estimate was used recently in [21]. Another big step toward the solution was made a short while ago by Bandeira and Van Handel [1]. In particular, they proved that

\[
E \left\| (a_{ij}g_{ij}) : \ell_p^m \to \ell_q^n \right\| \leq C \left( \|A\| + \sqrt{\log \max(m, n)} \max_{ij} |a_{ij}| \right)
\]

where \( \|A\| \) denotes the largest Euclidean norm of the rows and columns of \((a_{ij})\), \( C > 0 \) is a universal constant, and \( g_{ij} \) are independent standard Gaussian random variables. This was further developed by Van Handel [23] to verify the conjecture up to a \( \log \log n \) factor. In fact, more was proved in [23]. He computed precisely the expectation of the largest Euclidean norm of the rows and columns using Gaussian concentration. And, while the moment method is at the heart of the proofs in [22] and [1], he proposed a very nice approach based on the comparison of Gaussian processes to improve the result of Latala. However, his approach is based on a trick using symmetric matrices and this cannot be generalized to study other operator norms of the matrix.

The purpose of this work is to provide some bounds for operator norms of such matrices considered as operators from \( \ell_p^m \) to \( \ell_q^n \).

In what follows, by \( g_i, g_{ij}, i \geq 1, j \geq 1 \) we always denote independent standard Gaussian random variables. Let \( n, m \in \mathbb{N} \) and \( A = (a_{ij})_{i,j=1}^{m,n} \in \mathbb{R}^{m \times n} \). We write \( G = G_A = (a_{ij}g_{ij})_{i,j=1}^{m,n} \). For \( r \geq 1 \), we denote by \( \gamma_r \approx \sqrt{r} \) the \( L_r \)-norm of a standard Gaussian random variable. The notation \( f \approx h \) means that there are two absolute positive constants \( c \) and \( C \) (that is, independent of any parameters) such that \( cf \leq h \leq Cf \).

Our main result is the following theorem.

**Theorem 1.1.** For every \( 1 < p^* \leq 2 \leq q < \infty \) one has

\[
E \left\| G : \ell_p^m \to \ell_q^n \right\| \leq \left( E \left\| G : \ell_p^m \to \ell_q^n \right\|^q \right)^{1/q} \leq C p^{5/4} (\log m)^{1/4} \left[ \gamma_p \max_{i \leq m} \| (a_{ij})_{j=1}^n \|_p + \gamma_q \max_{j \leq n} \| a_{ij}g_{ij} \|_q \right] + 2^{1/q} \gamma_q \max_{j \leq n} \| (a_{ij})_{i=1}^m \|_q,
\]

where \( C \) is a positive absolute constant.

We conjecture the following bound.
Conjecture 1.2. For every $1 \leq p^* \leq 2 \leq q \leq \infty$ one has
\[ E \|G: \ell^m_p \to \ell^q_n\|_{p,q} \max_{i \leq m} \|(a_{ij})_{j=1}^n\|_p + \max_{j \leq n} \|(a_{ij})_{i=1}^m\|_q + E \max_{i,j \leq m} |a_{ij}g_{ij}|. \]

The notation $f \approx_{p,q} h$ means that there are two positive constants $c(p,q)$ and $C(p,q)$, which depend only on the parameters $p$ and $q$, such that $c(p,q)f \leq h \leq C(p,q)f$, and, as usual $1/p + 1/p^* = 1$. This conjecture extends the corresponding conjecture for the case $p = q = 2$ and $m = n$. In this case, Bandeira and Van Handel [1] (see [1, Proposition 2.4]) proved an estimate with $\sqrt{\log \max(m,n)} \max |a_{ij}|$ instead of $E \max |a_{ij}g_{ij}|$, while in [23] the corresponding bound is proved with $\log \log n$ in front of the right hand side.

Remark 1.3. Note that if $1 \leq p^* \leq 2 \leq q \leq \infty$, in the case of matrices of tensor structure, that is, $(a_{ij})_{i,j=1}^n = x \otimes y = (x_j \cdot y_i)_{i,j=1}^n$, with $x, y \in \mathbb{R}^n$, Chevet’s theorem [4, 3] and a direct computation show that
\[ E \|G: \ell^m_p \to \ell^q_n\| \approx_{p,q} \|x\|_\infty \|y\|_\infty + \|y\|_\infty \|x\|_p. \]

If the matrix is diagonal, that is, $(a_{ij})_{i,j=1}^n = \text{diag}(a_{11}, \ldots, a_{nn})$, then we immediately obtain
\[ E \|G: \ell^m_p \to \ell^q_n\| = \mathbb{E} \|(a_{ii})_{i=1}^n\|_\infty \approx \max_{i \leq n} \sqrt{\ln(i + 3)} \cdot a^*_i \approx \|(a_{ii})_{i=1}^n\|_{M_g}, \]
where $(a^*_i)_{i \leq n}$ is the decreasing rearrangement of $(|a_{ii}|)_{i \leq n}$ and $M_g$ is the Orlicz function given by
\[ M_g(s) = \sqrt{2 \pi} \int_0^s e^{-\frac{t^2}{2}} dt \]
(see Lemma 2.2 below and [11, Lemma 5.2] for the Orlicz norm expression).

Slightly different estimates of the same flavour can be also obtained in the case $1 \leq q \leq 2 \leq p^* \leq \infty$.

2. Notation and Preliminaries

By $c, C, C_1, \ldots$, we always denote positive absolute constants, whose values may change from line to line, and we write $c_p, C_p, \ldots$, if constants depend on some parameter $p$.

Given $p \in [1, \infty)$, $p^*$ denotes its conjugate, that is $1/p + 1/p^* = 1$. For $x = (x_i)_{i \leq n} \in \mathbb{R}^n$, $\|x\|_p$ denotes its $\ell_p$-norm, that is $\|x\|_\infty = \max_{i \leq n} |x_i|$ and, for $p < \infty$,
\[ \|x\|_p = \left( \sum_{i=1}^n |x_i|^p \right)^{1/p}. \]

The corresponding space $(\mathbb{R}^n, \| \cdot \|_p)$ is denoted by $\ell^m_p$, its unit ball by $B^m_p$.

If $E$ is a normed space, then $E^*$ denotes its dual space and $B_E$ its closed unit ball. The modulus of convexity of $E$ is defined for any $\varepsilon \in (0, 2)$ by
\[ \delta_E(\varepsilon) := \inf \left\{ 1 - \left( \frac{x + y}{2} \right)_E : \|x\|_E = 1, \|y\|_E = 1, \|x - y\|_E > \varepsilon \right\}. \]

We say that $E$ has modulus of convexity of power type 2 if there exists a positive constant $c$ such that for all $\varepsilon \in (0, 2)$, $\delta_E(\varepsilon) \geq c\varepsilon^2$. It is well known that this property (see e.g. [9] or [19, Proposition 2.4]) is equivalent to the fact that
\[ \left\| \frac{x + y}{2} \right\|^2_E + \lambda^{-2} \left\| \frac{x - y}{2} \right\|^2_E \leq \frac{\|x\|^2_E + \|y\|^2_E}{2}. \]
holds for all \( x, y \in E \), where \( \lambda > 0 \) is a constant depending only on \( c \). In that case, we say that \( E \) has modulus of convexity of power type 2 with constant \( \lambda \). We clearly have \( \delta_E(\varepsilon) \geq \varepsilon^2/(2\lambda^2) \). It follows from Clarkson’s inequality \([6]\) that for \( p > 2 \) the space \( \ell_p^n \) has modulus of convexity of power type 2 with
\[
\lambda^{-2} = \frac{p^*(p^*-1)}{8} \approx \frac{1}{p}.
\]
Recall that a Banach space \( E \) is of Rademacher type \( r \) for some \( 1 \leq r \leq 2 \) if there is \( C > 0 \) such that for all \( n \in \mathbb{N} \) and for all \( x_1, \ldots, x_n \in E \),
\[
\left( \mathbb{E} \left( \sum_{i=1}^{n} \varepsilon_i x_i \right)^2 \right)^{1/2} \leq C \left( \sum_{i=1}^{n} \|x_i\|^r \right)^{1/r},
\]
where \( (\varepsilon_i)_{i=1}^\infty \) is a sequence of independent random variables defined on some probability space \((\Omega, \mathbb{P})\) such that \( \mathbb{P}(\varepsilon_i = 1) = \mathbb{P}(\varepsilon_i = -1) = \frac{1}{2} \) for every \( i \in \mathbb{N} \). The smallest \( C \) is called type-\( r \) constant of \( E \), denoted by \( T_r(E) \). This concept was introduced into Banach space theory by Hoffmann-Jørgensen \([15]\) in the early 1970s and the basic theory was developed by Maurey and Pisier \([18]\).

We will need the following theorem, which follows from \([14]\) in combination with an improvement that can be found in \([13]\).

**Theorem 2.1.** Let \( E \) be a Banach space with modulus of convexity of power type 2 with constant \( \lambda \). Let \( X_1, \ldots, X_m \in E^* \) be independent random vectors. For \( q \geq 2 \), if
\[
B := C\lambda^4 T_2(E^*) \sqrt{\log m \left( \mathbb{E} \max_{1 \leq i \leq m} \|X_i\|^q_{E^*} \right)^{1/2}},
\]
where \( T_2(E^*) \) is the type 2 constant of \( E^* \), and
\[
\sigma := \sup_{y \in B_E} \left( \frac{1}{m} \sum_{i=1}^{m} \mathbb{E} |\langle X_i, y \rangle|^q \right)^{1/q},
\]
then
\[
\mathbb{E} \sup_{y \in B_E} \left| \frac{1}{m} \sum_{i=1}^{m} |\langle X_i, y \rangle|^q - \mathbb{E} |\langle X_i, y \rangle|^q \right| \leq A^2 + A \cdot \sigma^{q/2}.
\]

We also recall known facts about Gaussian random variables. The next lemma is well-known (see e.g. Lemmas 2.3, 2.4 in \([23]\)).

**Lemma 2.2.** Let \( a = (a_i)_{i \leq n} \in \mathbb{R}^n \) and \( (a^*_i)_{i \leq n} \) be the decreasing rearrangement of \( (|a_i|)_{i \leq n} \). Then
\[
\mathbb{E} \max_{i \leq n} |a_i g_i| \approx \max_{i \leq n} \sqrt{\ln(i+3)} \cdot a_i^*.
\]

Note that in general the maximum of i.i.d. random variables weighted by coordinates of a vector \( a \) is equivalent to a certain Orlicz norm \( \|a\|_M \), where the function \( M \) depends only on the distribution of random variables (see \([12]\) Corollary 2 and Lemma 5.2 in \([11]\)).

The following theorem is the classical Gaussian concentration inequality (see e.g. \([5]\) or inequality (2.35) and Proposition 2.18 in \([17]\)).
**Theorem 2.3.** Let $n \in \mathbb{N}$ and $(Y, \| \cdot \|_Y)$ be a Banach space. Let $y_1, \ldots, y_n \in Y$ and $X = \sum_{i=1}^{n} g_i y_i$. Then, for every $t > 0$,\(^{(2.1)}\)

$$
\mathbb{P} \left( \left\| X \right\|_Y - \mathbb{E} \left\| X \right\|_Y \geq t \right) \leq 2 \exp \left( - \frac{t^2}{2 \sigma_Y(X)^2} \right),
$$

where $\sigma_Y(X) = \sup_{\|y\|_Y = 1} \left( \sum_{i=1}^{n} |\xi(y_i)|^2 \right)^{\frac{1}{2}}$.

**Remark 2.4.** Let $p > 2$ and $q^* \leq q < \infty$. Let $a = (a_j)_{j \leq n} \in \mathbb{R}^n$ and $X = (a_j g_j)_{j \leq n}$. Then we clearly have

$$
\sigma_{p^*}(X) = \max_{j \leq n} |a_j|.
$$

Thus, Theorem 2.3 implies for $X = (a_j g_j)_{j \leq n}$\(^{(2.2)}\)

$$
\mathbb{P} \left( \|X\|_p - \mathbb{E} \|X\|_p > t \right) \leq 2 \exp \left( - \frac{t^2}{2 \max_{j \leq n} |a_j|^2} \right).
$$

Note also that\(^{(2.3)}\)

$$
\mathbb{E} \|X\|_p \leq \left( \mathbb{E} \left( \sum_{j=1}^{n} |a_j|^p |g_j|^q \right) \right)^{\frac{1}{p}} = \gamma_p \|a\|_p.
$$

### 3. Proof of the main result

We will apply Theorem 2.1 with $E = \ell^p_{m,n}$, $1 < p^* \leq 2$ and $X_1, \ldots, X_m$ being the rows of the matrix $G = (a_{ij} g_{ij})_{i,j=1}^{m,n}$. We start with two lemmas in which we estimate the quantities $\sigma$ and the expectation, appearing in that theorem.

**Lemma 3.1.** Let $m, n \in \mathbb{N}$, $1 < p^* \leq 2$ and for $i \leq m$ let $X_i = (a_{ij} g_{ij})_{j=1}^{n}$. Then

$$
\sigma = \sup_{y \in B_{p^*}^n} \left( \frac{1}{m} \sum_{i=1}^{m} \mathbb{E} \|X_i, y\|^q \right)^{\frac{1}{q}} = \frac{\gamma_q}{m^{1/q}} \max_{j \leq n} \|a_{ij}\|_{i=1}^{m} \|q\|.
$$

**Proof.** For every $i \leq m$, $\langle X_i, y \rangle = \sum_{j=1}^{n} a_{ij} y_j g_{ij}$, is a Gaussian random variable with variance $\|\langle a_{ij} y_j \rangle\|^{2}$. Hence,

$$
\sigma^q = \sup_{y \in B_{p^*}^n} \frac{1}{m} \sum_{i=1}^{m} \mathbb{E} |\langle X_i, y \rangle|^q = \frac{\gamma_q}{m} \sup_{y \in B_{p^*}^n} \sum_{i=1}^{m} \left( \sum_{j=1}^{n} |a_{ij} y_j|^2 \right)^{q/2}.
$$

Taking standard unit vectors $e_1, \ldots, e_n \in B_{p^*}^n$, we immediately obtain

$$
\sup_{y \in B_{p^*}^n} \sum_{i=1}^{m} \left( \sum_{j=1}^{n} |a_{ij} y_j|^2 \right)^{q/2} \geq \max_{j \leq n} \|a_{ij}\|_{i=1}^{m} \|q\|.
$$

which proves the lower bound for $\sigma$. The corresponding upper bound is a consequence of Hölder’s inequality. Indeed, since $q \geq 2$,

$$
\sum_{j=1}^{n} a_{ij}^2 y_j^2 = \sum_{j=1}^{n} a_{ij}^2 y_j^{2p^*/q} \left( y_j^{2-qp^*/q} \right)^{2/2} \leq \left( \sum_{j=1}^{n} |a_{ij}|^q |y_j|^{p^*/q} \right)^{2/2} \left( \sum_{j=1}^{n} y_j^{2q-2p^*/q} \right)^{q/(2q-2p^*/q)}.
$$

Since $p^* \leq 2$, we have $\frac{2q}{q-2p^*/q} \geq p^*$. Therefore, for $y \in B_{p^*}^n$,

$$
\sum_{j=1}^{n} |y_j|^{2q-2p^*/q} \left( \sum_{j=1}^{n} y_j^{2q-2p^*/q} \right)^{q/(2q-2p^*/q)} \leq 1.
$$
This implies that for every \( y \in B_r^n \), one has
\[
\sum_{i=1}^{m} \left( \sum_{j=1}^{n} |a_{ij} y_j|^2 \right)^{q/2} \leq \sum_{i=1}^{m} \sum_{j=1}^{n} |a_{ij}|^q |y_j|^p = \sum_{j=1}^{n} |y_j|^p \sum_{i=1}^{m} |a_{ij}|^q
\]
\[
= \sum_{j=1}^{n} |y_j|^p \|(a_{ij})_{i=1}^{m}\|^q \leq \max_{j \leq n} \|(a_{ij})_{i=1}^{m}\|^q,
\]
which completes the proof.

Now we estimate the expectation from Theorem 2.1. The proof is based on the Gaussian concentration, Theorem 2.3, and is similar to Theorem 2.1 and Remark 2.2 in [23].

**Lemma 3.2.** Let \( m, n \in \mathbb{N} \), \( 1 < p^* \leq 2 \leq q \), and for \( i \leq m \) let \( X_i = (a_{ij} g_{ij})_{j=1}^{n} \). Then
\[
\left( \mathbb{E} \max_{1 \leq i \leq m} \|X_i\|_p^q \right)^{1/q} \leq 2 \max_{1 \leq i \leq m} \mathbb{E}\|X_i\|_p + C \gamma_q \mathbb{E} \max_{1 \leq i \leq m} \|a_{ij} g_{ij}\|p \leq 2 \gamma_p \max_{1 \leq i \leq m} \|(a_{ij})_{j=1}^{n}\|_p + C \gamma_q \mathbb{E} \max_{1 \leq j \leq n} |a_{ij} g_{ij}|,
\]
where \( C \) is a positive absolute constant.

**Proof.** For any \( a, b > 0 \) and \( q \geq 1 \), we have \( a^q \leq 2^{q-1} (|a - b|^q + b^q) \). Thus,
\[
\max_{1 \leq i \leq m} \|X_i\|_p^q \leq 2^{q-1} \left[ \max_{1 \leq i \leq m} \|X_i\|_p^q - \mathbb{E}\|X_i\|_p^q \right] + \left( \max_{1 \leq i \leq m} \mathbb{E}\|X_i\|_p^q \right)^{1/q}.
\]
Taking expectation and then the \( q \)-th root, we obtain
\[
\left( \mathbb{E} \max_{1 \leq i \leq m} \|X_i\|_p^q \right)^{1/q} \leq 2 \left( \mathbb{E} \max_{1 \leq i \leq m} \|X_i\|_p^q - \mathbb{E}\|X_i\|_p^q \right)^{1/q} + 2 \max_{1 \leq i \leq m} \mathbb{E}\|X_i\|_p.
\]
For all \( i \leq m \) and \( t > 0 \) by (2.2) we have
\[
\mathbb{P} \left( \|X_i\|_p - \mathbb{E}\|X_i\|_p > t \right) \leq 2 \exp \left( - \frac{t^2}{2 \max_{j \leq n} |a_{ij}|^2} \right).
\]
By permuting the rows of \((a_{ij})_{i,j=1}^{m,n}\), we can assume that
\[
\max_{j \leq n} |a_{1j}| \geq \cdots \geq \max_{j \leq n} |a_{nj}|.
\]
For each \( i \leq m \), choose \( j(i) \leq n \) such that \( |a_{ij(i)}| = \max_{j \leq n} \ |a_{ij}| \). Clearly,
\[
\max_{j \leq n} |a_{ij} g_{ij}| \geq \max_{i \leq m} |a_{ij(i)}| \cdot |g_{ij(i)}|
\]
and hence, by independence of \( g_{ij} \)'s and Lemma 2.2,
\[
B := \mathbb{E} \max_{j \leq n} |a_{ij} g_{ij}| \geq \mathbb{E} \max_{i \leq m} |a_{ij(i)}| \cdot |g_{i(i)}| \geq c \max_{i \leq m} \sqrt{\log(i + 3)} \cdot |a_{ij(i)}|,
\]
where the latter inequality follows since \( |a_{ij(i)}| \geq \cdots \geq |a_{nj(n)}| \). Thus, for \( i \leq m \),
\[
\max_{j \leq n} |a_{ij}|^2 = a_{ij(i)}^2 \leq \frac{B^2}{c \log(i + 3)}.
\]
By (3.1) we observe for every $t > 0$,

$$\mathbb{P}\left( \max_{1 \leq i \leq m} \left| \|X_i\|_p - \mathbb{E}\|X_i\|_p \right| > t \right) \leq 2 \sum_{i=1}^{m} \exp\left( - \frac{ct^2 \log(i + 3)}{2B^2} \right)$$

$$= 2 \sum_{i=1}^{m} \left( \frac{1}{i + 3} \right)^{ct^2/2B^2} \leq 2 \int_{0}^{\infty} x^{-ct^2/2B^2} \, dx \leq 6 \cdot 3^{-ct^2/2B^2},$$

whenever $ct^2/B^2 \geq 4$. Integrating the tail inequality proves that

$$\left( \mathbb{E} \max_{1 \leq i \leq m} \left| \|X_i\|_p - \mathbb{E}\|X_i\|_p \right|^q \right)^{1/q} \leq C_1 \sqrt{q} B \leq C_2 \left( \mathbb{E} \max_{1 \leq i \leq m} |a_{ij}g_{ij}| \right).$$

By the triangle inequality we obtain the first desired inequality, the second one follows by (2.3).

The desired bound follows now from Lemma 3.2.

We are now ready to present the proof of the main theorem.

**Proof of Theorem 1.1.** First observe that

$$\mathbb{E} \|G : \ell_p^n \to \ell_q^m\|_q \leq \left( \mathbb{E} \|G : \ell_p^n \to \ell_q^m\|^q \right)^{1/q} = \left( \mathbb{E} \sup_{y \in \ell_p^n} \sum_{i=1}^{m} |\langle X_i, y \rangle|_q \right)^{1/q}.$$

We have

$$\mathbb{E} \sup_{y \in \ell_p^n} \sum_{i=1}^{m} |\langle X_i, y \rangle|_q \leq \mathbb{E} \sup_{y \in \ell_p^n} \left[ \sum_{i=1}^{m} |\langle X_i, y \rangle|_q - \mathbb{E}|\langle X_i, y \rangle|_q \right] + \sup_{y \in \ell_p^n} \sum_{i=1}^{m} \mathbb{E}\|X_i, y\|_q$$

$$= m \cdot \mathbb{E} \sup_{y \in \ell_p^n} \left[ \sum_{i=1}^{m} |\langle X_i, y \rangle|_q - \mathbb{E}|\langle X_i, y \rangle|_q \right] + m \cdot \sigma^q.$$

Hence, Theorem 2.1 applied with $E = \ell_p^n$, implies

$$\mathbb{E} \|G : \ell_p^n \to \ell_q^m\|^q \leq m \cdot \left[ B^2 + 2B\sigma^q \right] + m \cdot \sigma^q \leq 2m \left( B^2 + \sigma^q \right),$$

where $B$ and $\sigma$ are defined in that theorem. Therefore,

$$\left( \mathbb{E} \|G : \ell_p^n \to \ell_q^m\|^q \right)^{1/q} \leq 2^{1/q} m^{1/q} \left( B^{2/q} + \sigma \right).$$

Now, recall that $T_2(\ell_p^n) \approx \sqrt{q}$ and that $B_p^n$ has modulus of convexity of power type 2 with $\lambda^2 \approx 1/p$. Therefore,

$$B^{2/q} = C^{2/q} \lambda^{8/q} T_2^{2/q}(\ell_p^n) \left( \frac{\log m}{m} \right)^{1/q} \left( \mathbb{E} \max_{1 \leq i \leq m} \|X_i\|_p \right)^{1/q}$$

$$= C^{2/q} \cdot m^{5/q} (\log m)^{1/q} m^{-1/q} \left( \mathbb{E} \max_{1 \leq i \leq m} \|X_i\|_p \right)^{1/q}.$$

Applying Lemma 3.1, we obtain

$$\left( \mathbb{E} \|G : \ell_p^n \to \ell_q^m\|^q \right)^{1/q} \leq (2C)^{1/q} \cdot m^{5/q} \cdot (\log m)^{1/q} \left( \mathbb{E} \max_{1 \leq i \leq m} \|X_i\|_p \right)^{1/q} + 2^{1/q} \gamma_q \cdot \max_{1 \leq i \leq n} \|a_{ij}\|_1 \|q\|.$$

The desired bound follows now from Lemma 3.2.
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