# Improved estimators for constrained Markov chain models

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#### Abstract

Suppose we observe an ergodic Markov chain and know that the stationary law of one or two successive observations fulfills a linear constraint. We show how to improve given estimators exploiting this knowledge, and prove that the best of these estimators is efficient.

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## 1 Introduction

To begin let  $X_1, \ldots, X_n$  be *independent* with distribution P. Let t(P) be a real-valued functional, and  $\hat{t}$  an estimator with influence function b in  $L_2(P)$ ,

$$n^{1/2}(\hat{t} - t(P)) = n^{-1/2} \sum_{i=1}^{n} b(X_i) + o_P(1),$$

with Pb = Eb(X) = 0. If the distribution fulfills a constraint Pv = 0 for a known vector-valued function v with components in  $L_2(P)$ , we can introduce new estimators for t(P),

$$\hat{t}(c) = \hat{t} - c^{\top} \frac{1}{n} \sum_{i=1}^{n} v(X_i)$$

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with influence function  $b - c^{\top}v$  and asymptotic variance  $P[(b - c^{\top}v)^2]$ . If  $P[vv^{\top}]$  is invertible, then by the Schwarz inequality the asymptotic variance is minimized by  $c = c_b$  with

$$c_b = (P[vv^\top])^{-1} P[vb].$$

The constant  $c_b$  depends on the unknown distribution and must be estimated, say by

$$\hat{c}_b = \left(\sum_{i=1}^n v(X_i)v(X_i)^{\top}\right)^{-1} \sum_{i=1}^n v(X_i)\hat{b}(X_i),$$

leading to the estimator  $\hat{t}(\hat{c}_b)$ . It is easily seen to be efficient if all we know about the distribution is that it fulfills the constraint Pv = 0. If t(P) is linear, say t(P) = Pf, then estimation of t(P) and  $c_b$  is particularly easy. A simple estimator of t(P) is the empirical estimator  $\hat{t} = \frac{1}{n} \sum_{i=1}^{n} f(X_i)$ , with influence function b(x) = f(x) - Pf. Then P[vb] = P[vf], and a consistent estimator of P[vb] is the empirical estimator  $\frac{1}{n} \sum_{i=1}^{n} v(X_i) f(X_i)$ . We refer to Levit (1975), Haberman (1984) and the monograph of Bickel, Klaassen, Ritov and Wellner (1998, Section 3.2, Example 3).

In Section 2 we extend the results from the i.i.d. case to Markov chains  $X_0, \ldots, X_n$ with transition distribution Q and invariant distribution  $\pi$ . We consider constraints  $\pi \otimes Qv = \iint \pi(dx)Q(x,dy)v(x,y) = 0$  for vector-valued functions v, now of two arguments. Our estimators can be further improved if the chain is known to be reversible. In Section 3 we illustrate our results with a simple example, estimating the variance of the invariant distribution when the mean is known to be zero. The efficient estimator simplifies for the linear autoregressive model. In Remarks 1 and 2 we show how reversibility and symmetry can be described by linear constraints  $\pi \otimes Qv = 0$  with infinite-dimensional v. We also construct efficient estimators for these models.

### 2 Results

Let  $X_0, \ldots, X_n$  be observations from a positive Harris recurrent and  $V^2$ -uniformly ergodic Markov chain on an arbitrary state space S with countably generated  $\sigma$ -field, with transition distribution Q and invariant distribution  $\pi$ . See e.g. Meyn and Tweedie (1993) for these concepts. We use the notation  $\pi \otimes Q(dx, dy) = \pi(dx)Q(x, dy)$  and  $Q_x w = \int Q(x, dy)w(x, y).$ 

Let v be a k-dimensional measurable function defined on  $S^2$  such that the constraint  $\pi \otimes Qv = 0$  holds for all transition distributions Q in the model. Fix the true transition distribution Q, and let W be the set of all real-valued measurable functions w on  $S^2$  such that  $Q_x|w|/V(x)$  is bounded in x. Assume that v is in W. We refer to Schick and Wefelmeyer (2000a) for a discussion of this assumption. Set

$$H = \{h \in L_2(\pi \otimes Q) : Qh = 0\}.$$

Then  $h(X_{i-1}, X_i)$  is a martingale increment.

**1.** Let t(Q) be a real-valued functional of the transition distribution. Following the approach outlined in the Introduction for the i.i.d. case, call an estimator  $\hat{t}$  asymptotically linear with influence function b if  $b \in H$  and  $\hat{t}$  admits the martingale approximation

$$n^{1/2}(\hat{t} - t(Q)) = n^{-1/2} \sum_{i=1}^{n} b(X_{i-1}, X_i) + o_P(1).$$

By a martingale central limit theorem, see Meyn and Tweedie (1993, Theorem 17.4.4),  $\hat{t}$  is asymptotically normal with variance  $\pi \otimes Qb^2$ . From the constraint  $\pi \otimes Qv = 0$  we obtain new estimators

$$\hat{t}(c) = \hat{t} - c^{\top} \frac{1}{n} \sum_{i=1}^{n} v(X_{i-1}, X_i).$$
(2.1)

By the martingale approximation of Gordin (1969), see Meyn and Tweedie (1993, Section 17.4), we have

$$n^{-1/2} \sum_{i=1}^{n} \left( v(X_{i-1}, X_i) - Av(X_{i-1}, X_i) \right) = o_P(1)$$
(2.2)

with

$$Av(x,y) = v(x,y) - Q_x v + \sum_{j=1}^{\infty} (Q_y^j - Q_x^{j+1})v.$$

From (2.1) and (2.2),

$$n^{1/2}(\hat{t}(c) - t(Q)) = n^{-1/2} \sum_{i=1}^{n} \left( b(X_{i-1}, X_i) - c^{\top} Av(X_{i-1}, X_i) \right) + o_P(1)$$

By construction,  $Av(X_{i-1}, X_i)$  is a martingale increment. Hence  $\hat{t}(c)$  is asymptotically linear with influence function  $b - c^{\top}Av$ . Again by the martingale central limit theorem,  $\hat{t}(c)$  is asymptotically normal with variance  $\sigma^2 = \pi \otimes Q[(b - c^{\top}Av)^2]$ . Assume that  $\pi \otimes Q[Av \cdot Av^{\top}]$  is invertible. By the Schwarz inequality, the variance is minimized for  $c = c_b$  with

$$c_b = (\pi \otimes Q[Av \cdot Av^{\top}])^{-1} \pi \otimes Q[Av \cdot b].$$

The minimal asymptotic variance is

$$\sigma_b^2 = \pi \otimes Qb^2 - \pi \otimes Q[bAv^\top](\pi \otimes Q[Av \cdot Av^\top])^{-1}\pi \otimes Q[Av \cdot b]$$

The optimal vector  $c_b$  depends on the unknown transition distribution and must be replaced by a consistent estimator  $\hat{c}_b$ . The estimator  $\hat{t}(\hat{c}_b)$  has the same asymptotic variance as  $\hat{t}(c_b)$ . We arrive at the following result.

**Theorem 1.** If  $\hat{c}_b$  is consistent for  $c_b$ , then the estimator  $\hat{t}(\hat{c}_b)$  is asymptotically linear for t(Q) with influence function  $b - c_b^{\top} Av$  and asymptotic variance  $\sigma_b^2$ .

2. We show now that if  $\hat{t}$  is asymptotically linear and regular, then  $\hat{t}(\hat{c}_b)$  is regular and efficient in the sense of Hájek's convolution theorem. The set H introduced above consists of the functions h on  $S^2$  for which one can construct Hellinger differentiable perturbations of Q of the form

$$Q_{nh}(x, dy) \doteq Q(x, dy)(1 + n^{-1/2}h(x, y))$$

that are again transition distributions. This means that H is the *tangent space* of the full nonparametric model. By Kartashov (1985), see also Kartashov (1996) and Greenwood and Wefelmeyer (1999), we have the perturbation expansion

$$n^{1/2}(\pi_{nh} \otimes Q_{nh}v - \pi \otimes Qv) \to \pi \otimes Q[hAv].$$
(2.3)

The constraints  $\pi \otimes Qv = 0$  and  $\pi_{nh} \otimes Q_{nh}v = 0$  now lead to a constraint on h, namely  $\pi \otimes Q[hAv] = 0$ . Hence the tangent space of the constrained model consists of all functions h orthogonal to Av,

$$H_* = \{h \in H : \pi \otimes Q[hAv] = 0\}.$$

The functional t(Q) is called *differentiable* at Q with gradient g if  $g \in H$  and

$$n^{1/2}(t(Q_{nh}) - t(Q)) \to \pi \otimes Q[hg] \quad \text{for } h \in H_*.$$
(2.4)

The canonical gradient is the projection  $g_*$  of g onto  $H_*$ . The estimator  $\hat{t}$  is called regular at Q with limit L if

$$n^{1/2}(\hat{t} - t(Q_{nh})) \Rightarrow L$$
 under  $P_{nh}$  for  $h \in H_*$ .

Here  $P_{nh}$  is the law of  $X_0, \ldots, X_n$  when  $Q_{nh}$  is the true transition distribution.

We recall two characterizations from the theory of efficient estimation; for appropriate versions see e.g. Wefelmeyer (1999, Sections 3 and 5). (1) An asymptotically linear estimator is regular if and only if its influence function is a gradient. (2) A regular estimator is efficient if and only if it is asymptotically linear with influence function equal to the canonical gradient.

By definition, H has the orthogonal decomposition  $H = H_* \oplus [Av]$ , where [Av] is the linear span of Av. Hence the canonical gradient, the projection  $g_*$  of g onto  $H_*$ , can be written  $g_* = g - g_v$ , where  $g_v$  is the projection of g onto [Av], i.e.  $g_v = c_*^\top Av$  with

$$c_* = (\pi \otimes Q[Av \cdot Av^{\top}])^{-1} \pi \otimes Q[Av \cdot g].$$

Now let  $\hat{t}$  be a regular and asymptotically linear estimator for t(Q). By characterization (1), its influence function is a gradient, say g. By Theorem 1, the estimator  $\hat{t}(\hat{c}_*)$  has

influence function  $g - c_*^{\top} A v = g_*$ . From characterization (2) we obtain the following result.

**Theorem 2.** If  $\hat{t}$  is a regular and asymptotically linear estimator for t(Q), and  $\hat{c}_*$  is consistent for  $c_*$ , then  $\hat{t}(\hat{c}_*)$  is regular and efficient for t(Q) in the model constrained by  $\pi \otimes Qv = 0$ .

Note that for the improvement  $\hat{t}(c)$  we needed the constraint  $\pi \otimes Qv = 0$  only for the true Q, while for efficiency of  $\hat{t}(\hat{c}_*)$  we needed the constraint also for perturbations  $Q_{nh}$ , at least in the direction of the canonical gradient.

**3.** Suppose we know, in addition to  $\pi \otimes Qv = 0$ , that the Markov chain is *reversible*,  $\pi(dx)Q(x, dy) = \pi(dy)Q(y, dx)$ . By Greenwood and Wefelmeyer (1999), this puts the following additional constraint on the tangent space:

$$H_*^{\text{rev}} = \{h \in H_* : Bh \text{ symmetric}\}.$$

Here B is the adjoint of A in the sense that for  $h \in H$  and  $w \in W$ ,

$$\pi \otimes Q[hAw] = \pi \otimes Q[Bh \cdot w].$$

Let t(Q) be differentiable at Q with gradient  $g \in H$  in this doubly constrained model in the sense that (2.4) holds for  $h \in H_*^{\text{rev}}$ . As in the proof of Theorem 2 of Greenwood and Wefelmeyer (1999), the projection  $g_*^{\text{rev}}$  of g onto  $H_*^{\text{rev}}$  is obtained by symmetrizing  $g_*$ ,

$$g_*^{\text{rev}}(x,y) = \frac{1}{2} (g(x,y) + g(y,x)) - c_*^{\text{rev}} \frac{1}{2} (v(x,y) + v(y,x)),$$
  

$$c_*^{\text{rev}} = (E[Av(X_0, X_1) \cdot Av(X_0, X_1)^\top])^{-1} \frac{1}{2} E[Av(X_0, X_1) (g(X_0, X_1) + g(X_1, X_0))].$$

Here and in the following, expectations are taken with respect to the *stationary* law of the chain. Note that if  $\hat{t}$  has influence function  $g \in H$ , then the symmetrized estimator

$$\frac{1}{2}(\hat{t}(X_0,\ldots,X_n)+\hat{t}(X_n,\ldots,X_0))$$

has influence function  $\frac{1}{2}(g(x,y) + g(y,x))$ . We arrive at the following result.

**Theorem 3.** If  $\hat{t}$  is a regular and asymptotically linear estimator for t(Q), and  $\hat{c}_*^{\text{rev}}$  is consistent for  $c_*^{\text{rev}}$ , then

$$\frac{1}{2} (\hat{t}(X_0, \dots, X_n) + \hat{t}(X_n, \dots, X_0)) - \hat{c}_*^{\text{rev}} \frac{1}{2n} \sum_{i=1}^n (v(X_{i-1}, X_i) + v(X_i, X_{i-1}))$$

is regular and efficient for t(Q) in the model constrained by  $\pi \otimes Qv = 0$  and reversibility.

4. In this subsection we treat the problem of estimating  $c_*$  for linear functionals  $t(Q) = \pi \otimes Qf$  with f in W, and constraint  $\pi \otimes Qv = Ev(X_0, X_1) = 0$ . In the i.i.d. case,  $c_*$  was easy to estimate. For Markov chains,  $c_*$  involves the operator A, and estimation is less straightforward. By the martingale approximation (2.2), the empirical estimator

$$\hat{t} = \frac{1}{n} \sum_{i=1}^{n} f(X_{i-1}, X_i)$$

is asymptotically linear with influence function b = Af in H. By the perturbation expansion (2.3), Af is a gradient of  $\pi \otimes Qf$ . Hence the empirical estimator is regular by characterization (1). If nothing is known about Q, the empirical estimator is efficient: see Penev (1991) and Bickel (1993) for functions f of one argument, and Greenwood and Wefelmeyer (1995) for functions f of two arguments; or simply note that H is the tangent space of the full nonparametric model, and hence Af is the canonical gradient of  $\pi \otimes Qf$ .

For  $t(Q) = \pi \otimes Qf$  we have

$$c_* = c_f = (\pi \otimes Q[Av \cdot Av^{\top}])^{-1} \pi \otimes Q[Av \cdot Af] = \Sigma^{-1}F,$$

say. One checks that for vectors w and z with components in W,

$$\pi \otimes Q[Aw \cdot Az^{\top}] = E[(w(X_0, X_1) - Ew(X_0, X_1))z(X_0, X_1)^{\top}] \\ + \sum_{j=1}^{\infty} \left( E[(w(X_0, X_1) - Ew(X_0, X_1))z(X_j, X_{j+1})^{\top}] + E[(w(X_j, X_{j+1}) - Ew(X_0, X_1))z(X_0, X_1)^{\top}] \right).$$

For functions of *one* argument compare Meyn and Tweedie (1993, Section 17.4.3). Now we use the constraint  $Ev(X_0, X_1) = 0$  to estimate  $\Sigma = \pi \otimes Q[Av \cdot Av^{\top}]$  by

$$\hat{\Sigma} = \frac{1}{n} \sum_{i=1}^{n} v(X_{i-1}, X_i) v(X_{i-1}, X_i)^{\top} + \sum_{j=1}^{m(n)} \frac{2}{n-j} \sum_{i=1}^{n-j} v(X_{i-1}, X_i) v(X_{i+j-1}, X_{i+j})^{\top}$$

and  $F = \pi \otimes Q[Av \cdot Af]$  by

$$\hat{F} = \frac{1}{n} \sum_{i=1}^{n} v(X_{i-1}, X_i) f(X_{i-1}, X_i) + \sum_{j=1}^{m(n)} \frac{1}{n-j} \sum_{i=1}^{n-j} \left( v(X_{i-1}, X_i) f(X_{i+j-1}, X_{i+j}) + v(X_{i+j-1}, X_{i+j}) f(X_{i-1}, X_i) \right).$$

Since the chain is assumed  $V^2$ -uniformly ergodic, it is  $V^2$ -uniformly mixing by Meyn and Tweedie (1993, Theorem 16.1.5). To prove consistency of  $\hat{F}$ , set  $v_K = -K \lor v \land K$  and

write  $\hat{F}_K$  for the corresponding estimator with truncated v. Since  $\sum_{j=1}^{\infty} Q^j f$  converges in  $L_2(\pi)$ , we obtain from the Cauchy–Schwarz inequality that for each  $\varepsilon > 0$  there is a K such that

$$E|\hat{F}_K - \hat{F}| \le \varepsilon, \quad |\pi \otimes Q[Av_K \cdot Af] - \pi \otimes Q[Av \cdot Af]| \le \varepsilon.$$

Furthermore, by straightforward calculation, for m(n) tending to infinity more slowly than n,

$$E[\hat{F}_K - \pi \otimes Q[Av_K \cdot Af]]^2 \to 0.$$

Hence  $\hat{F}$  is consistent. In practice m(n) will be taken small. Consistency of  $\hat{\Sigma}$  is proved similarly. We arrive at the following result.

**Theorem 4.** If m(n) tends to infinity more slowly than n, then  $\hat{c}_f = \hat{\Sigma}^{-1}\hat{F}$  is consistent for  $c_f$ .

# 3 Applications

**Example 1.** If the function v is constant in one argument, say  $v(x, y) = v_1(y)$ , then the constraint is  $\pi \otimes Qv = \pi v_1 = 0$ . In particular, for real state space  $S = \mathbf{R}$  and constraint  $\pi v = 0$  with v(x, y) = y, the chain has mean zero. A natural estimator for the variance  $t(Q) = E(X - EX)^2$  of the invariant distribution is the empirical estimator  $\frac{1}{n} \sum_{i=1}^n X_i^2 - (\frac{1}{n} \sum_{i=1}^n X_i)^2$ . Since EX = 0, we have  $E(X - EX)^2 = EX^2$ , and an asymptotically equivalent estimator is the empirical second moment  $\frac{1}{n} \sum_{i=1}^n X_i^2$ . By Theorem 2, a better estimator is

$$\hat{t}(\hat{c}_f) = \frac{1}{n} \sum_{i=1}^n X_i^2 - \hat{c}_f \frac{1}{n} \sum_{i=1}^n X_i,$$

with  $\hat{c}_f$  a consistent estimator of  $(\pi \otimes Q[(Av)^2])^{-1}\pi \otimes Q[Av \cdot Af]$  for v(x,y) = y and  $f(x,y) = y^2$ .

**Example 2.** Consider the linear autoregressive model of order one,  $X_i = \rho X_{i-1} + \varepsilon_i$ , where the innovations  $\varepsilon_i$  are i.i.d. with mean zero, finite variance  $\sigma^2$ , finite fourth moment and  $|\rho| < 1$ . Then the invariant distribution  $\pi$  has mean zero. This is a submodel of Example 1. For this submodel, the operator A and the estimator for  $c_f$  simplify. Let us again consider the problem of estimating the variance  $t(Q) = E(X - EX)^2 = EX^2$  of the invariant distribution. For  $w \in L_2(\pi)$ ,

$$Q_y^j w = Ew\Big(\sum_{k=0}^{j-1} \rho^k \varepsilon_{i-k} + \rho^j y\Big).$$

In particular, for v(x, y) = y and  $f(x, y) = y^2$ ,

$$Av(x,y) = \frac{1}{1-\rho}(y-\rho x), \quad Af(x,y) = \frac{1}{1-\rho^2}(y^2-\rho^2 x^2-\sigma^2).$$

Hence

$$\pi \otimes Q[(Av)^2] = \frac{\sigma^2}{(1-\rho)^2}, \quad \pi \otimes Q[Av \cdot Af] = \frac{\alpha_3}{(1-\rho)(1-\rho^2)},$$

where  $\alpha_3 = E\varepsilon^3$  is the third moment of the innovation distribution.

Estimate the autoregression coefficient  $\rho$  by the least squares estimator

$$\hat{\rho} = \sum_{i=1}^{n} X_{i-1} X_i \Big/ \sum_{i=1}^{n} X_{i-1}^2,$$

the innovations  $\varepsilon_i$  by  $\hat{\varepsilon}_i = X_i - \hat{\rho} X_{i-1}$ , and  $\sigma^2$  and  $\alpha_3$  by the empirical moments based on the estimated innovations,

$$\hat{\sigma}^2 = \frac{1}{n} \sum_{i=1}^n \hat{\varepsilon}_i^2, \quad \hat{\alpha}_3 = \frac{1}{n} \sum_{i=1}^n \hat{\varepsilon}_i^3.$$

We obtain

$$\hat{t}(\hat{c}_f) = \frac{1}{n} \sum_{i=1}^n X_i^2 - \frac{\hat{\alpha}_3}{(1+\hat{\rho})\hat{\sigma}^2} \frac{1}{n} \sum_{i=1}^n X_i.$$

We note that for  $\rho = 0$  the observations are  $X_i = \varepsilon_i$  and i.i.d., and the estimator  $\hat{t}(\hat{c}_f)$  is asymptotically equivalent to the estimator obtained in the i.i.d. case.

To estimate  $c_f$ , we have used the information that the Markov chain is an AR(1) model. This information simplifies  $\hat{c}_f$  but does not improve the estimator  $\hat{t}(\hat{c}_f)$  asymptotically. We refer to Schick and Wefelmeyer (2000b, Section 6) for better estimators of  $EX^2$ , and to Schick and Wefelmeyer (2000c) for efficient estimators of general linear functionals of invariant laws of linear time series.

**Remark 1.** Constraints  $\pi \otimes Qv = 0$  for functions v(x, y) = u(x)w(y) - u(y)w(x) describe symmetries of the joint law of two successive observations with respect to time reversal. If such constraints hold for a sufficiently large class of functions, e.g., — in the case of real state space — for all indicators  $u(x) = 1_{(-\infty,a]}(x)$  and  $w(y) = 1_{(-\infty,b]}(y)$  with  $a, b \in \mathbf{R}$ , then the chain is reversible. Let t(Q) be differentiable, and let  $\hat{t} = \hat{t}(X_0, \ldots, X_n)$  be an asymptotically linear estimator for t(Q). By the arguments in Subsection 3 of Section 2, the symmetrized estimator

$$\frac{1}{2} \left( \hat{t}(X_0, \dots, X_n) + \hat{t}(X_n, \dots, X_0) \right)$$

is efficient for t(Q) if the chain is known to be reversible.

**Remark 2.** For real state space, constraints  $\pi \otimes Qv = 0$  for functions v(x, y) = z(x, y) - z(-x, -y) describe symmetries of the joint law of two successive observations with respect to reflection at zero. If such constraints hold for a sufficiently large class of functions, e.g. for all functions  $z(x, y) = 1_{(-\infty, a]}(x)1_{(-\infty, b]}(y)$  with  $a, b \in \mathbf{R}$ , then

$$\pi(dx)Q(x,dy) = \pi(-dx)Q(-x,-dy)$$

and therefore  $\pi(dx) = \pi(-dx)$  and Q(x, dy) = Q(-x, -dy). In this case, we do not need the results of Section 2. Note also that the condition Q(x, dy) = Q(-x, -dy) implies

$$\int \pi(-dx)Q(x,dy) = \int \pi(-dx)Q(-x,-dy) = \pi(-dy),$$

and hence  $\pi(dx) = \pi(-dx)$  holds automatically. The tangent space of the model constrained by symmetry of the transition distribution, Q(x, dy) = Q(-x, -dy), is

$$H_* = \{h \in H : h(x, y) = h(-x, -y)\}$$

Write  $f^{-}(x,y) = f(-x,-y)$ . It is straightforward to check that  $Af^{-} = (Af)^{-}$ . For  $h \in H_*$  we have  $h = h^{-}$  and

$$\pi \otimes Q[hAf] = \pi \otimes Q[h^{-}(Af)^{-}] = \frac{1}{2}\pi \otimes Q[h(Af + (Af)^{-})] = \frac{1}{2}\pi \otimes Q[hA(f + f^{-})].$$

Hence the projection of Af onto  $H_*$  is  $\frac{1}{2}A(f + f^-)$ . By the martingale approximation (2.2), this is the influence function of the symmetrized empirical estimator

$$\hat{t}_* = \frac{1}{2n} \sum_{i=1}^n \left( f(X_{i-1}, X_i) + f(-X_{i-1}, -X_i) \right),$$

which is therefore efficient for  $\pi \otimes Qf$  under the constraint Q(x, dy) = Q(-x, -dy).

Similarly as in Remark 1, the result generalizes to arbitrary differentiable functionals t(Q) with gradient  $g \in H$ . Let  $\hat{t}$  be an asymptotically linear estimator for t(Q) with influence function g. Then the symmetrized estimator

$$\hat{t}_* = \frac{1}{2} (\hat{t}(X_0, \dots, X_n) + \hat{t}(-X_0, \dots, -X_n))$$

is efficient for t(Q) if the chain is known to be symmetric.

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