As for H_2^+ we can build the low-lying states of H_2 from atomic orbitals of 1s hydrogen. The antisymmetric $\psi = \psi_-$, will give us a triplet state:

$$\psi^{\mathrm{T}} \simeq \frac{1}{\sqrt{2}} \left[\Phi_{1\mathrm{s}}(\underline{r}_{A1}) \Phi_{1\mathrm{s}}(\underline{r}_{B2}) - \Phi_{1\mathrm{s}}(\underline{r}_{A2}) \Phi_{1\mathrm{s}}(\underline{r}_{B1}) \right] \chi^{T}$$
(19)

and the symmetric $\psi = \psi_+$, will give us a singlet state:

$$\psi^{\mathrm{S}} \simeq \frac{1}{\sqrt{2}} \left[\Phi_{1s}(\underline{r}_{A1}) \Phi_{1s}(\underline{r}_{B2}) + \Phi_{1s}(\underline{r}_{A2}) \Phi_{1s}(\underline{r}_{B1}) \right] \chi^{S}$$
(20)

As before, to obtain the energy associated to these 2 states we work out expectation value of Hamiltonian, normalized for either singlet or triplet states:

$$E_{\pm}(R) = \frac{\int \psi^{*S,T} \hat{H}_{el} \psi^{S,T} d\tau}{\int \psi^{*S,T} \psi^{S,T} d\tau}$$
$$E_{+} \rightarrow \psi^{S}$$
$$E_{-} \rightarrow \psi^{T}$$

Optional: Working through these integrals, like we did for H_2^+ , gives the denominator, $\int \psi^{*S,T} \psi^{S,T} d\tau =$

$$\frac{1}{2} \int (\Phi_{1s}(\underline{r}_{A1}) \Phi_{1s}(\underline{r}_{B2}) \pm \Phi_{1s}(\underline{r}_{A2}) \Phi_{1s}(\underline{r}_{B1}))^{*} \\
\times (\Phi_{1s}(\underline{r}_{A1}) \Phi_{1s}(\underline{r}_{B2}) \pm \Phi_{1s}(\underline{r}_{A2}) \Phi_{1s}(\underline{r}_{B1})) dr_{1} dr_{2} \\
= \frac{1}{2} \int \Phi_{1s}^{*}(\underline{r}_{A1}) \Phi_{1s}(\underline{r}_{A1}) dr_{1} \int \Phi_{1s}^{*}(\underline{r}_{B2}) \Phi_{1s}(\underline{r}_{B2}) dr_{2} \\
+ \frac{1}{2} \int \Phi_{1s}^{*}(\underline{r}_{A2}) \Phi_{1s}(\underline{r}_{A2}) dr_{2} \int \Phi_{1s}^{*}(\underline{r}_{B1}) \Phi_{1s}(\underline{r}_{B2}) dr_{1} \\
\pm \frac{1}{2} \int \Phi_{1s}^{*}(\underline{r}_{A1}) \Phi_{1s}(\underline{r}_{B1}) dr_{1} \int \Phi_{1s}^{*}(\underline{r}_{A2}) \Phi_{1s}(\underline{r}_{B2}) dr_{2} \\
\pm \frac{1}{2} \int \Phi_{1s}(\underline{r}_{A1}) \Phi_{1s}^{*}(\underline{r}_{B1}) dr_{1} \int \Phi_{1s}(\underline{r}_{A2}) \Phi_{1s}(\underline{r}_{B2}) dr_{2} \\
(21)$$

which, remembering that the $\Phi_{1s}(\underline{r}_{N,i})$ (for N = A, B and i = 1, 2) are normalised, and defining the **overlap** integral:

$$I = \int \Phi_{1s}^*(\underline{r}_{N,i}) \Phi_{1s}(\underline{r}_{M,i}) dr_i$$
(22)

we see that:

$$\int \psi^{*S,T} \psi^{S,T} d\tau = 1 \pm I^2 \tag{23}$$

remembering that the '+' corresponds to the spin singlet, and the '-' to the spin triplet. For the numerator we need to evaluate four parts. First:

$$\int \Phi_{1s}^*(\underline{r}_{A1}) \Phi_{1s}^*(\underline{r}_{B2}) \hat{H}_{el} \Phi_{1s}(\underline{r}_{A1}) \Phi_{1s}(\underline{r}_{B2})$$
(24)

Breaking up \hat{H}_{el} we can identify the $-\frac{1}{2}\nabla_1^2 - \frac{1}{r_{A1}}$ and $-\frac{1}{2}\nabla_2^2 - \frac{1}{r_{B2}}$ as being the hydrogen atom Hamiltonians, and so both will integrate to E_{1s} .

We can also recognise

$$\frac{1}{R} \int |\Phi_{1s}(\underline{r}_{A1})|^2 |\Phi_{1s}(\underline{r}_{B2})|^2 d\tau = \frac{1}{R}$$
(25)

the nuclear repulsion term that was present in the H_2^+ solution.

The rest of the Hamiltonian gives rise to:

$$\int |\Phi_{1s}(\underline{r}_{A1})|^2 |\Phi_{1s}(\underline{r}_{B2})|^2 d\left(-\frac{1}{r_{B1}} - \frac{1}{r_{A2}} + \frac{1}{r_{12}}\right) d\tau = J(R)$$
(26)

which we can identify as a **Coulomb integral** (not exactly the same as in the previous H_2^+ solution)

And so we find the first part of the numerator is

$$2E_{1s} + \frac{1}{R} + J$$
 (27)

The second term to evaluate is:

$$\int \Phi_{1s}^*(\underline{r}_{A2}) \Phi_{1s}^*(\underline{r}_{B1}) \hat{H}_{el} \Phi_{1s}(\underline{r}_{A2}) \Phi_{1s}(\underline{r}_{B1})$$
(28)

which, as only the electon number labels have changed clearly integrates to the same as the above. The third term is a 'cross term':

$$\int \Phi_{1s}^*(\underline{r}_{A2}) \Phi_{1s}^*(\underline{r}_{B1}) \hat{H}_{el} \Phi_{1s}(\underline{r}_{A1}) \Phi_{1s}(\underline{r}_{B2})$$
(29)

Adopting the same procedure as above, the first part we tackle is the hydrogen atom Hamiltonians $-\frac{1}{2}\nabla_1^2 - \frac{1}{r_{A1}}$ and $-\frac{1}{2}\nabla_2^2 - \frac{1}{r_{B2}}$ which will produce two terms equal to

$$\pm E_{1s}I^2\tag{30}$$

where I is the overlap as defined before which occurs because we now have to evaluate terms like $\int \Phi^*(\underline{r}_{B1})\Phi(\underline{r}_{A1})dr_1$.

We can also identify the nuclear repulsion term:

$$\pm \frac{1}{R}I^2 \tag{31}$$

remembering the '+' and '-' are spin singlet and triplet respectively.

This leaves only the part:

$$\int \Phi^*(\underline{r}_{A2}) \Phi^*(\underline{r}_{B1}) \Phi(\underline{r}_{A1}) \Phi(\underline{r}_{B2}) \left(-\frac{1}{r_{B1}} - \frac{1}{r_{A2}} + \frac{1}{r_{12}} \right) d\tau$$
(32)

which we will denote K(R), the **Exchange Integral**. So the contribution from this third term is

$$\pm (2E_{1s} + \frac{1}{R})I^2 + K \tag{33}$$

The fourth term is the other cross-term, which again differs only by the electron labels being swapped, and so integrates to the same result. Adding together all four terms (and remembering the factor of $\frac{1}{2}$ from the initial normalisation), we get:

$$\langle \psi^{S,T} | \hat{H}_{el} | \psi^{S,T} \rangle = (2E_{1s} + \frac{1}{R})(1 + I^2) + J \pm K \quad (34)$$

where the sign of K depends on the symmetry of the wave-function.

Normalising we find an expression for the energy:

$$E_{\pm} = 2E_{1s} + \frac{1}{R} + \frac{J}{1 \pm I^2} \pm \frac{K}{1 \pm I^2}$$
(35)