

Resonance Energy Transfer: From Fundamental Theory to Recent Applications

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Abstract

Resonance energy transfer (RET), the transport of electronic energy from one atom or molecule to another, has significant importance to a number of diverse areas of science. Since the pioneering experiments on RET by Cario and Franck in 1922, the theoretical understanding of the process has been continually refined. This review presents a historical account of the post-Förster outlook on RET, based on quantum electrodynamics, up to the present-day viewpoint. It is through this quantum framework that the short-range, R^{-6} distance dependence of Förster theory was unified with the long-range, radiative transfer governed by the inverse-square law. Crucial to the theoretical knowledge of RET is the electric dipole-electric dipole coupling tensor; we outline its mathematical derivation with a view to explaining some key physical concepts of RET. The higher order interactions that involve magnetic dipoles and electric quadrupoles are also discussed. To conclude, a survey is provided on the latest research, which includes transfer between nanomaterials, enhancement due to surface plasmons, possibilities outside the usual ultraviolet or visible range and RET within a cavity.

1 Introduction and the early years of RET

Resonance energy transfer (RET, also known as fluorescence resonance energy transfer, FRET, or electronic energy transfer, EET) is an optical process, in which the excess energy of an excited molecule – usually called the donor – is transferred to an acceptor molecule [1-4]; as depicted

30 schematically in Figure 1. Fundamentally, RET involves two types of elementary particles: electrons
31 and photons. In RET, all the electrons (including the dynamically active electrons) are bound to the
32 nuclei of the molecules, and typically reside in their valence molecular orbitals. As such, the
33 individual electrons do not migrate between molecules during the transfer process, since the
34 molecular orbitals (the wavefunctions) do not overlap, but instead move between individual
35 electronic states within the molecules. This is fundamentally different to the ultra-short-range Dexter
36 energy transfer, where electrons do in fact migrate between molecules via covalent chemical bonds
37 [5]. In RET, on relaxation of the electron to a lower energy electronic state in the donor, the excess
38 energy is transported to the acceptor in the form of the emitted *virtual* photon – this transfer is
39 facilitated by dipole-dipole couplings between the molecules. In fact, photons play two distinct roles
40 towards the process: one as the mediator of donor-acceptor transfer, and the other as an external
41 energy source that promotes donor valence electrons into an electronic excited state, via an
42 absorption process prior to RET.

43

44 In 1922, the pioneering work of Cario and Franck enabled the earliest observation of RET [6-8].
45 Their spectroscopy experiment involved the illumination of a mixture of mercury and thallium
46 vapours at a wavelength absorbed only by the mercury; the fluorescence spectra that results show
47 frequencies lines that can only be due to thallium. In 1927, the Nobel laureate J. Perrin provided the
48 first theoretical explanation [9]: he recognized that energy could be transferred from an excited
49 molecule to a nearby-unexcited molecule via dipole interactions. Five years later, his son F. Perrin
50 developed a more accurate theory of RET [10] based on Kallman and London's results [11].
51 Extending the works of both Perrins, Förster developed an improved theoretical treatment of RET
52 [12-14]. Förster found that energy transfer, through dipole coupling between molecules, mostly
53 depends on two important quantities: spectral overlap and intermolecular distance. He discovered the
54 now famous R^{-6} distance-dependence law for the rate of resonance energy transfer in the short-range.
55 Much later, in 1965, this distance dependence predicted by Förster was verified [15]. This led to the
56 'spectroscopic ruler' by Stryer and Haugland [16,17], a useful technique to measure the proximity of
57 chromophores and conformational change in macromolecules using RET. The next section, which is
58 more technical than the rest of the article, details the history of RET based on quantum
59 electrodynamics (QED); it can be safely skipped by readers more interested in the current
60 understanding of RET.

61

62 2 Historical role of quantum electrodynamics in RET

63 2.1 The success of QED

64 Quantum electrodynamics is a rigorous and accurate theory – which is completely verifiable by
65 experiment [18] – that describes the interaction of electromagnetic radiation with matter. This
66 quantum field approach differs to other theories in that the whole system is quantised, i.e. both matter
67 *and* radiation are treated quantum mechanically. QED provides additional physical insights
68 compared to classical and semi-classical electrodynamics, which treats electromagnetic radiation
69 only as a non-quantised wave. For example, the wave-particle duality of light is uniquely portrayed
70 within QED but not semi-classical theories. However, despite their deficiencies, classical and semi-
71 classical theories can still be useful since, often, they are easier to implement analytically and more
72 economic computationally.

73

74 The first major QED publication is credited to Dirac who, in 1927, wrote a description of light
75 emission and absorption that incorporated both quantum theory and special relativity [19]; this
76 depiction later became known as the relativistic form of QED, which is used in systems that contain
77 fast moving electrons. Three years later Dirac completed his classic book ‘The Principles of
78 Quantum Mechanics’ [20] in which, among other exceptional works, he derived a relativistic
79 generalisation of the Schrödinger equation. However, for elementary physical quantities such as the
80 mass and charge of particles, calculations using this early form of QED produce diverging results. In
81 the late 1940s, this problem was resolved (by renormalisation) leading to a complete form of QED
82 developed independently by Feynman [21-25], Schwinger [26-29] and Tomonaga [30,31] – all three
83 procedures were unified by Dyson [32].

84

85 The ability of QED to provide novel predictions is monumental, but its quantitative successes are
86 even more impressive. In particular, the theory accurately predicts the electronic g -factor of the free
87 electron to 12 decimal places. In Bohr magneton units, the most precise measurement of $g/2$ is
88 1.00115965218073(28) [33]; QED has a predicted value of 1.00115965218203(27) [34]. In addition,
89 there are other staggering quantitative successes. For example, the numerical calculation of Lamb
90 shift splitting of the $2S_{1/2}$ and $2P_{1/2}$ energy levels in molecular hydrogen predicts 1,057,838(6) kHz
91 [35], which is highly accurate compared to the experimental value of 1,057,839(12) kHz [36]. QED
92 also provides a number of predictions that are unobtainable by semi-classical theory. These include

93 forecasts of spontaneous decay and the Casimir-Polder forces, a deviation from London forces for
94 long-range intermolecular interactions [37-41].

95

96 **2.2 Non-relativistic QED: a theoretical framework for RET**

97 An individual RET process, which arises after excitation of the donor, involves light emission at one
98 molecule and light absorption at the other. Such light-molecule interactions are best described by
99 QED. This means that the quantum properties and the retardation effects of the mediating light,
100 which leads to the concept of a photon, is directly incorporated into the calculations. Therefore, in
101 terms of this framework, it is natural to describe RET in terms of photon creation and annihilation
102 events. Namely, the creation of a photon at the excited donor and a photon annihilation at the
103 unexcited acceptor. Mathematically, these couplings are represented as off-diagonal matrix elements
104 of the interaction Hamiltonian. A full quantum description is usually necessary to describe the RET
105 process over *all* distances, this is because the electronic energy is *not* transferred instantaneously as
106 assumed by the classical and semi-classical descriptions (although retardation effects are sometimes
107 provided in such frameworks [42]). The transfer of energy between molecules occurs via the
108 exchange of a *virtual* photon, which has increasingly real (transverse) characteristics as the
109 intermolecular separation grows; this is discussed, in more detail, in Section 3.2. The term virtual
110 being indicative of the fact that the photon is reabsorbed before its properties, such as wavelength,
111 take on physical significance. The dipole of each molecule is also correctly described as a *transition*
112 dipole moment, connecting two non-degenerate energy states of the molecule.

113

114 Since RET involves slow moving electrons, bound within the valence states of the molecules, the
115 non-relativistic variant of QED (as opposed to relativistic or Lorenz gauge QED) is used. The theory
116 that underpins the quantum description of RET is the Power-Zienau-Woolley formalism of molecular
117 (or non-relativistic) QED [43-48], which utilises the *Coulomb gauge*, $\nabla \cdot \vec{A} = 0$, where \vec{A} is the
118 vector potential and the fields of the mediating photons can be naturally deconstructed into
119 longitudinal and transverse components. The longitudinal components, with respect to the
120 displacement vector \vec{R} , are associated with the scalar potential and have a particular affinity for
121 coupling molecular transition moments in the near-zone, where the donor-acceptor pair are close
122 together. In regions far from the source (i.e. distant from the donor) the wave-vector \vec{k} and \vec{R} are
123 essentially collinear and the scalar potential approaches zero. In this case, the transverse part of the

124 field dominates the coupling of the transition dipole moments of individual molecules [49]. This has
 125 important implications for the spatial and temporal dynamics of excitons within molecular aggregates
 126 [50,51]; namely, transition dipole moment pairs that are collinear to each other *and* collinear to the
 127 displacement vector are coupled by the longitudinal components of the field only.

128
 129 The QED model of RET is traceable to the 1966 paper by Avery, which extended the Perrin and
 130 Förster theory of RET by replacing the Coulomb interaction with the relativistic Breit interaction
 131 [52]. Although Avery did not explicitly include the effects of the mediating photon, in terms of the
 132 creation and annihilation field operators, he nevertheless made a direct connection between RET and
 133 spontaneous emission. Moreover, he determined the R^{-2} dependence on the transfer rate in the
 134 far-zone. He concluded that investigating RET from the point-of-view of the ‘direct action’
 135 formulation of QED, devised by Wheeler and Feynman [53], would be ‘extremely interesting’. Soon
 136 afterwards, in the same year, the Avery work was enhanced by a more formal and rigorous quantum
 137 theoretical outlook provided by Gomberoff and Power [54].

138

139 2.3 RET coupling tensor: the quest for its correct form

140 In the early 1980s there were a number of RET studies by Thirunamachandran, in collaboration with
 141 Power and Craig, which give valuable insights into the physical connections between the near- and
 142 far-zone mechanisms of RET. In 1983, Power and Thirunamachandran published three seminal
 143 papers on QED theory [55-57]. Here they consider the problem within the Heisenberg formalism,
 144 via the time evolution of operators associated with both electron fields and Maxwell fields. In the
 145 third paper of the series, they derive an expression for the time dependent evolution of the RET
 146 quantum amplitude as;

147

$$\begin{aligned}
 c_{fi}(t) = & \frac{1}{\hbar c} \mu_i^{0p}(D) \mu_j^{q0}(A) (-\nabla^2 \delta_{ij} + \nabla_i \nabla_j) \\
 & \times \frac{1}{\pi R} \int_{-\infty}^{+\infty} \sin(kR) \left[\frac{e^{ict(k_A - k_D)} - 1}{(k_A - k_D)(k - k_D)} + \frac{e^{ict(k_A - k)} - 1}{(k - k_A)(k - k_D)} \right] dk, \quad (2.1)
 \end{aligned}$$

149

150 where $\mu_k(X)$ is the transition dipole moment of molecule X along the k^{th} canonical coordinate and R
 151 is the distance between the two molecules. The transfer occurs from an excited molecule D to
 152 molecule A , initially in its ground state. Subscripts i and j represent Cartesian components with the

153 usual tensor summation convention being employed [58]. The transition dipole moments elements
 154 are $\mu_i^{0p}(D)$ and $\mu_j^{q0}(A)$; where molecule D is initially in state p , and the final state of molecule A is
 155 q . Integration is over all possible wave-vectors (denoted by k) of the mediating photon. In this work,
 156 the rapidly oscillating terms were dropped, to leave only two terms instead of the usual four; *vide*
 157 *infra*, equation (2.6). The terms k_D and k_A represent the wave-vectors resonant with a transition of
 158 molecules D and A , respectively. Power and Thirunamachandran did not explicitly describe how the
 159 singularities in (2.1) were dealt with mathematically, but they show that the final expression
 160 conforms to the correct distance dependencies in the appropriate limits.

161

162 Around the same time, Thirunamachandran and Craig considered resonance coupling between
 163 molecules ‘where one was in an excited state’, within the dipole approximation (the term ‘resonance
 164 energy transfer’ was not used in this work). They initially published the work as an extended paper
 165 [59], and expanded upon it in their widely known book [45]. They consider two identical molecules
 166 and calculate the interaction of the excited system D with the unexcited system A . Firstly, they
 167 considered calculations that ignored retardation effects and any time explicit dependencies. The
 168 calculated electric field at A , produced by the oscillating dipole at D , produces an energy change of;

169

$$170 \quad \Delta E = (4\pi\epsilon_0)^{-1} R^{-3} \mu_i^{0p}(D) \mu_j^{q0}(A) (\delta_{ij} - 3\hat{R}_i \hat{R}_j) \quad . \quad (2.2)$$

171

172 The final term is an orientational factor that modulates the magnitude of the energy difference based
 173 on the relative dipole orientations of the molecules. Through the inclusion of retardation effects,
 174 equation (2.2) becomes;

175

$$176 \quad \Delta E = (4\pi\epsilon_0)^{-1} \mu_i^{0p}(D) \mu_j^{q0}(A) e^{i\vec{k} \cdot \vec{R}} \\ \times \left\{ k^2 R^{-1} \frac{\cos kR}{R} (\delta_{ij} - \hat{R}_i \hat{R}_j) - \left(\frac{\cos kR}{R^3} + \frac{k \sin kR}{R^2} \right) (\delta_{ij} - 3\hat{R}_i \hat{R}_j) \right\} . \quad (2.3)$$

177

178 Retardation effects give rise to the appearance of a phase factor, $e^{i\vec{k} \cdot \vec{R}}$, as well as two other distance
 179 dependencies, namely, R^{-1} and R^{-2} .

180 The authors then calculated the fully retarded *matrix element* in tensor-form and show that it is the
 181 same as expression (2.3). The calculation formally involves summing over all photon wave-vectors
 182 connecting the initial and final states. In practice, this summation involves using a box quantization
 183 technique to transform the problem to an integral in momentum space. The solution can be found by
 184 contour integration, in a way analogous to that in which Green's functions solutions are found in
 185 quantum scattering problems [60]. For identical molecules, the final matrix element (or quantum
 186 amplitude) in tensorial form is:

187

$$188 \quad M_{fi} = \mu_i^{0n}(D) V_{ij}(k, \vec{R}) \mu_j^{m0}(A) \quad ,$$

189

190 where;

191

$$192 \quad V_{ij}(k, \vec{R}) = \frac{1}{4\pi\epsilon_0 R^3} \left[(\delta_{ij} - 3\hat{R}_i \hat{R}_j) (\cos kR + kR \sin kR) - (\delta_{ij} - \hat{R}_i \hat{R}_j) (k^2 R^2 \cos kR) \right]. \quad (2.4)$$

193

194 In light of the subsequent analysis shown later, it is important to note that the interaction tensor V_{ij} ,
 195 derived in this early work, is purely the real part of the full expression. In deriving equation (2.4),
 196 four different contours could be chosen around the two poles (the singularities), leading to different
 197 results. The contour they chose ensures a correct outgoing-wave solution, although there is no *a*
 198 *priori* mathematical basis for this choice.

199

200 Further advances were achieved by Andrews and co-workers who proved a direct relationship
 201 between *radiationless* and *radiative* RET [61-63]. Although all three regimes of RET – i.e. the R^{-2} ,
 202 R^{-4} and R^{-6} dependencies on the rate – were mathematically predicted in the original derivations,
 203 Andrews et al. were the first to comment upon the relevance of the *intermediate-zone* contribution,
 204 which has a R^{-4} dependence. This term dominates at critical distances; that is, when the distance
 205 separating the molecules is in the order of the reduced wavelength, $\tilde{\lambda} = \lambda/2\pi$, of the mediating
 206 photon (i.e. $R \sim \tilde{\lambda}$). Inclusion of all three distance-dependencies in one rate equation is known as the
 207 *unified theory* of RET. The particulars of which are provided in Section 3.2.

208 Initially Andrews and Sherborne in 1987, reconsidered the problem in the Schrödinger
 209 representation, where they derived the electric dipole-electric dipole tensor without the need of
 210 ‘outgoing wave’ arguments of scattering theory [59]. Starting from the second-order expression for
 211 the time-dependent probability amplitude for energy transfer, they inserted all intermediate states to
 212 obtain a rather complicated looking expression (not reproduced here). As detailed in the original
 213 paper, the integral of the expression gives rise to four different Green’s functions, and hence four
 214 choices of contour. The fact that four terms arise is attributed to the forward and reverse transfer
 215 processes. They showed that the choice of contour was not unique, with each giving different
 216 expressions for $V_{ij}(k, \vec{R})$. Interestingly, they found that these new contours introduced imaginary
 217 terms into $V_{ij}(k, \vec{R})$, i.e. those not included in the derivations of the earlier work by
 218 Thirunamachandran and Craig. By choosing the contour that appeared to be the ‘most acceptable’,
 219 they derived the coupling matrix element to be of the form (corrected later by Daniels et al. [63] and
 220 modifying the indexing here for better comparison with the expressions above):

$$221$$

$$222 \quad V_{ij}(k, \vec{R}) = \sigma_{ij}(k, \vec{R}) + i\tau_{ij}(k, \vec{R}) , \quad (2.5)$$

223
 224 where,

$$225$$

$$226 \quad \sigma_{ij}(k, \vec{R}) = \frac{1}{4\pi\epsilon_0 R^3} \left[(\delta_{ij} - 3\hat{R}_i \hat{R}_j) (\cos kR + kR \sin kR) - (\delta_{ij} - \hat{R}_i \hat{R}_j) k^2 R^2 \cos kR \right] ,$$

$$227 \quad \tau_{ij}(k, \vec{R}) = \frac{1}{4\pi\epsilon_0 R^3} \left[(\delta_{ij} - 3\hat{R}_i \hat{R}_j) (\sin kR - kR \cos kR) - (\delta_{ij} - \hat{R}_i \hat{R}_j) k^2 R^2 \sin kR \right] ,$$

228
 229 in which σ_{ij} is the expression given in (2.4). This derivation eliminates the need for physical
 230 arguments based on quantum scattering theory used in the earlier work. It, nevertheless, did require
 231 careful consideration of the correct contour with which to apply Cauchy’s residue theorem for
 232 solving the integral. In later work, Andrews and Juzeliūnas applied an alternative method of contour
 233 integration, whereby they infinitesimally displaced the problematic poles away from the real axis
 234 [64]. The idea being that the imaginary addenda shifted the poles to enable integration around a
 235 closed contour along the real axis. The approach gave results in agreement with those of Andrews
 236 and Sherborne’s favoured choice of contour. Thus, this study removes the need to choose a contour;

237 however, artificial displacements of the poles, including the choice of direction of displacement on
 238 the complex plane, must be made.

239

240 In 2003, Daniels et al. re-examined the problem and avoided the uncertainties of the contour
 241 integration entirely by solving the Green's function using judicious substitutions within the integrals.
 242 Namely, when the Green's function is expressed as a sum of two integrals, so that;

243

$$244 \quad G(k, R) = \int_0^{\infty} \frac{\sin pR}{R(k-p)} dp + \int_0^{\infty} \frac{\sin pR}{R(-k-p)} dp \quad , \quad (2.6)$$

245

246 substitutions of the form $t = pR - kR$ and $s = pR + kR$ for the first and second integral, respectively,
 247 give an expression in which terms are oscillatory, but convergent. The authors solved these integrals
 248 by expressing them as series expansions (in the form of special functions) to get a result, analogous
 249 to equation (2.5), in the form:

250

$$251 \quad \sigma_{ij}(k, \vec{R}) = \frac{1}{4\pi\epsilon_0 R^3} \left\{ (\cos kR + kR \sin kR) [\delta_{ij} - 3\hat{R}_i \hat{R}_j] - k^2 R^2 \cos kR [\delta_{ij} - \hat{R}_i \hat{R}_j] \right\}$$

$$252 \quad \tau_{ij}^{\pm}(k, \vec{R}) = \frac{1}{4\pi\epsilon_0 R^3} \left\{ \mp (\sin kR - kR \cos kR) [\delta_{ij} - 3\hat{R}_i \hat{R}_j] \pm k^2 R^2 \sin kR [\delta_{ij} - \hat{R}_i \hat{R}_j] \right\} . \quad (2.7)$$

253

254 Here, on comparing with the earlier expressions, the only difference is a choice of sign for the
 255 imaginary term τ_{ij} . The authors suggested that the ambiguity of sign for this term signifies that
 256 $V_{ij}^{\pm}(k, \vec{R})$ describes both incoming and outgoing waves, accommodating thereby both time-ordered
 257 (Feynman) diagrams, as a complete quantum description should. However, the authors stress that it
 258 is unimportant which sign to ascribe to a particular process (photon absorption or emission), as only
 259 the modulus squared of the matrix element is physically measurable and, hence, using either sign on
 260 τ_{ij} provides an identical result for all calculations relevant to experiment. Jenkins et al. wrote a
 261 follow-up paper that analysed the importance of each Feynman diagram, called time-ordered
 262 pathways, to the overall RET rate. They discovered that both pathways have equal contribution
 263 when the two molecules are close together; however, one pathway begins to dominate as the
 264 molecules are moved further apart [65].

265

266 In 2016, Grinter and Jones re-derived expression (2.7) using a spherical wave description of the
 267 mediating photon, via vector spherical harmonics [66]. All previous derivations employed a plane-
 268 wave description of the mediating photon. One advantage of the spherical wave approach is that
 269 multipole contributions are more concretely defined in terms of the angular momentum quantum
 270 numbers l and m . Furthermore, the work involved the development of an approach complementary
 271 to the plane wave methods, giving additional insight into orientational aspects of RET and forming a
 272 natural setting for the decomposition of fields into transverse and longitudinal components. In 2018,
 273 a comprehensive review of the spherical wave approach was published [67]. In the plane-wave
 274 method, defined in terms of the position vector \vec{r} , the oscillating part of the field is expanded as;

275

$$276 \quad \vec{e}_{1n} e^{i\vec{k}\cdot\vec{r}} = \vec{e}_{1n} \left[1 + i\vec{k}\cdot\vec{r} + \frac{(i\vec{k}\cdot\vec{r})^2}{2!} + \frac{(i\vec{k}\cdot\vec{r})^3}{3!} + \dots \right]. \quad (2.8)$$

277

278 where the first term relates to the electric dipole, the second to the magnetic dipole *and* the electric
 279 quadrupole, and so on. In the spherical wave description, the expansion is written as;

280

$$281 \quad e^{i\vec{k}\cdot\vec{r}} = \sum_l i^l (2l+1) j_l(kr) P_l(\cos\vartheta) . \quad (2.9)$$

282

283 where $j_l(kr)$ are Bessel functions and $P_l(\cos\vartheta)$ are Legendre polynomials. The spherical wave
 284 description consequently attributes radiation emerging from specific pure multipole sources to
 285 specific angular momentum quantum numbers, thereby separating different multipole contributions
 286 that are of the same order.

287

288 Additionally, derivation of the RET matrix element using spherical waves eliminates the need to
 289 perform contour integration and, therefore, select the physically correct solutions. The arbitrary
 290 choice of sign, which can be seen in the imaginary part (τ_{ij}) of equation (2.7), does not appear in the
 291 spherical wave analysis. The R dependence can be expressed in terms of Hankel functions of the first
 292 kind, i.e. $h_l^{(1)}(kR) = j_l(kR) + in_l(kR)$ for outgoing waves, while Hankel functions of the second kind,
 293 i.e. $h_l^{(2)}(kR) = j_l(kR) - in_l(kR)$ describe incoming waves. The ambiguous sign in equation (2.7) was
 294 interpreted to mean that both incoming and outgoing waves are required to calculate the quantum

295 amplitude of the process (i.e. photon absorption and emission). In the spherical wave approach, the
296 incoming and outgoing waves emerge naturally and can be linked directly to one or other of the signs
297 in the imaginary part of equation (2.7), up to the phase factor $\exp(\pm i\omega t)$.
298

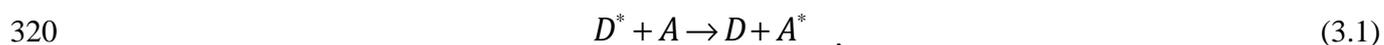
299 In a separate study, Grinter and Jones also analysed the transfer of angular momentum between
300 multipoles using a spherical description of the mediating photon [68]. Although it has been known
301 for some time that coupling between multipoles of different order can be non-zero [69-74], this work
302 showed that RET between multipoles of different order is formally allowed. This is because the
303 isotropy of space is broken during an individual transfer event, even though one may expect the
304 process to be forbidden on the grounds of the violation of the conservation of angular momentum.
305 For example, in the case of electric dipole-electric quadrupole (E1-E2) transfer, two units of angular
306 momentum are lost from the electronic state of a quadrupole emitter (the donor), whereas the dipole
307 acceptor only takes up one quantum of electronic angular momentum. The above analyses indicate
308 that treating the mediating photon of an RET process in terms of spherical waves may be valuable in
309 some applications, particularly in the case of multipolar QED. A discussion on higher-order
310 considerations, such as these, is found in Section 3.3
311

312 **3 RET based on quantum electrodynamics**

313 **3.1 Derivation of the RET coupling tensor**

314 In order to understand any optical process within the framework of QED, a matrix element (or
315 quantum amplitude) that links the initial and final states is required. In the case of RET between two
316 molecules, the initial state is the donor, D , in an excited state and an acceptor, A , in the ground state.
317 In the final state, the acceptor molecule is in an excited state and the donor molecule is in its ground
318 state. Photophysically, this can be simply understood as;

319



321

322 where, in this type of chemical expression, the asterisk denotes the molecule in an electronically
323 excited state.

324

325 The usual starting point for any QED analysis is the illustration of the process by Feynman diagrams
 326 [23], thereby aiding construction of the matrix element by defining all of the intermediate system
 327 states. Feynman diagrams are graphical descriptions of electronic and photonic processes with a time
 328 frame that moves upwards. Resonance energy transfer between two molecules, in isolation, involves
 329 two Feynman diagrams – as shown in Figure 2. Here, examining the left-hand diagram, the initial
 330 system state has the donor in excited state n and the acceptor in the ground state, labelled 0 (the red
 331 section). Moving up the time axis, a photon is created from the excited donor to provide an
 332 intermediate system state, in which both molecules are in the ground state and a photon is present
 333 (the black section). Higher up the diagram this photon is annihilated at the donor and, thus, excites it
 334 to state m (the blue section). The diagram on the right-hand side is legitimate, albeit counter-
 335 intuitive. In this case, the intermediate system state represents *both molecules simultaneously in their*
 336 *excited states in the presence of the mediating photon* – meaning that conservation of energy is
 337 clearly violated. However, this is fully justifiable within the constraints of the energy-time
 338 uncertainty principles.

339
 340 These diagrams (which represent the two pathways of RET) involve two light-molecule interactions:
 341 one at the donor and the other at the acceptor. This is indicative of *second-order perturbation theory*,
 342 which we examine below, as the minimal level of theory necessary to describe RET. The total
 343 Hamiltonian for RET between neutral molecules, in multipolar form, is written as;

$$344 \quad H = H_{\text{mol}}(D) + H_{\text{mol}}(A) + H_{\text{rad}} + H_{\text{int}}(D) + H_{\text{int}}(A) \quad . \quad (3.2)$$

345
 346 Here, the first two terms correspond to the molecular Hamiltonians of the donor and acceptor
 347 $H_{\text{mol}}(X)$; $X = D, A$, which are usually the non-relativistic Born-Oppenheimer molecular
 348 Hamiltonian. The third term is the radiation Hamiltonian, H_{rad} , not seen in semi-classical theory;
 349 this is typically defined in terms of the electric and magnetic field operators and/or the auxiliary field
 350 operator, $\vec{a}(\vec{R}, t)$ [45,75]. Although these three Hamiltonians are important for describing the light-
 351 matter system in its entirety, they play no explicit role in the derivation of the matrix element for
 352 RET. The key parts of the Hamiltonian for RET are the interaction terms $H_{\text{int}}(X)$; $X = D, A$. These
 353 two terms represent the interaction between each molecule and the electromagnetic field; they are
 354 perturbative in nature because the light-molecule interactions of RET is weak compared to the large
 355

356 Columbic energies of the molecules. The eigenstates of the interaction Hamiltonian are constructed
 357 with the tensor product of molecule and radiation states. Of particular note is that *no interaction term*
 358 *between the donor and acceptor exists* in equation (3.2), unlike in semi-classical formalisms. The
 359 QED description of RET is, therefore, a genuinely full quantum theory, whereby the transfer of
 360 energy between an excited donor to an unexcited acceptor is via the electromagnetic field; direct
 361 Coulombic interactions between the two molecules do not arise in this multipolar form of the
 362 Hamiltonian [55].

363
 364 Using the electric dipole approximation, in which only the transition electric dipole (E1) of each
 365 molecule are considered, the interaction Hamiltonian is written as;

$$367 \quad H_{\text{int}} = -\epsilon_0^{-1} \vec{\mu}(D) \cdot \vec{d}^\perp(\vec{R}_D) - \epsilon_0^{-1} \vec{\mu}(A) \cdot \vec{d}^\perp(\vec{R}_A) \quad , \quad (3.3)$$

368
 369 where $\vec{\mu}(X)$ is the dipole operator of molecule X at position \vec{R}_X (it is usually presumed that the donor
 370 is positioned at the origin); ϵ_0 is the permittivity of free space. The displacement electric field
 371 operator, $\vec{d}^\perp(\vec{R}_X)$, can be written in terms of a mode expansion;

$$373 \quad \vec{d}^\perp(\vec{R}_X) = i \sum_{\vec{p}, \lambda} \left(\frac{\hbar c p \epsilon_0}{2V} \right)^{\frac{1}{2}} \left\{ \vec{e}^{(\lambda)}(\vec{p}) a^{(\lambda)}(\vec{p}) e^{i\vec{p} \cdot \vec{R}_X} - \vec{e}^{*(\lambda)}(\vec{p}) a^{\dagger(\lambda)}(\vec{p}) e^{-i\vec{p} \cdot \vec{R}_X} \right\} . \quad (3.4)$$

374
 375 Here, c is the speed of light in a vacuum, $\vec{e}^{(\lambda)}(\vec{p})$ defines the polarisation of the mediating photon
 376 (the asterisk denoting its complex conjugate), $a^{(\lambda)}(\vec{p})$ and $a^{\dagger(\lambda)}(\vec{p})$ are the annihilation and creation
 377 operators, respectively, for a photon of wave-vector \vec{p} and polarisation λ . In the pre-exponential
 378 factor, V represents the volume used in the box quantisation procedure that enables fields to be
 379 defined in terms of operators, as required by QED. The second-order perturbative term, which is the
 380 leading term in the matrix element for RET, is explicitly written (in terms of Dirac brackets) as;

$$382 \quad M_{fi} = \frac{\langle f | H_{\text{int}} | I_1 \rangle \langle I_1 | H_{\text{int}} | i \rangle}{E_i - E_{I_1}} + \frac{\langle f | H_{\text{int}} | I_2 \rangle \langle I_2 | H_{\text{int}} | i \rangle}{E_i - E_{I_2}} . \quad (3.5)$$

383

384 From Figure 2, we easily identify the key system states (which is a combination of the two molecular
 385 states and the radiation state). These are the initial state $|i\rangle = |E_D^n, E_A^0; 0(\vec{p}, \lambda)\rangle$ (donor excited,
 386 acceptor unexcited and no photon), the final state $|f\rangle = |E_D^0, E_A^m; 0(\vec{p}, \lambda)\rangle$ (donor unexcited, acceptor
 387 excited and no photon) and the two possible intermediate states, $|I_1\rangle = |E_D^0, E_A^0; 1(\vec{p}, \lambda)\rangle$ (donor and
 388 acceptor unexcited and one photon) and $|I_2\rangle = |E_D^n, E_A^m; 1(\vec{p}, \lambda)\rangle$ (donor and acceptor excited and one
 389 photon). The radiation states, often referred to as number or Fock states, have eigenvalues that are
 390 occupation numbers of the quantized electromagnetic field, i.e. the number of photons in the system.
 391 The creation and annihilation operators act on the relevant radiation states via
 392 $a^{\dagger(\lambda)}(\vec{p})|0(\vec{p}, \lambda)\rangle = |1(\vec{p}, \lambda)\rangle$ and $a^{(\lambda)}(\vec{p})|1(\vec{p}, \lambda)\rangle = |0(\vec{p}, \lambda)\rangle$. The commutator involving these two
 393 operators is given by the relationship $[a^{(\lambda)}(\vec{p}), a^{\dagger(\lambda')}(\vec{p}')] = (8\pi^3 V)^{-1} \delta^3(\vec{p} - \vec{p}') \delta_{\lambda\lambda'}$, where $\delta(\vec{p} - \vec{p}')$
 394 is a Dirac delta function and $\delta_{\lambda\lambda'}$ is a Kronecker delta [76].

395
 396 Equipped with these state expressions, the interaction Hamiltonian of equation (3.3) and the energies
 397 of each state in Table 1 (note that the initial and final states have the same energy, since conservation
 398 of energy has to be restored after a miniscule amount of time), an expression for the RET matrix
 399 element can be found. For illustrative purposes, we explicitly calculate just one of the Dirac
 400 brackets, namely $\langle I_1 | H_{\text{int}} | i \rangle$; which is the initial bracket, since it is convention to move from right to
 401 left in these equations. Explicitly, it is written as;

$$402 \quad \langle I_1 | H_{\text{int}} | i \rangle = \langle E_D^0, E_A^0; 1(\vec{p}, \lambda) | -\epsilon_0^{-1} \vec{\mu}(D) \cdot d^\perp(\vec{R}_D) - \epsilon_0^{-1} \vec{\mu}(A) \cdot \vec{d}^\perp(\vec{R}_A) | E_D^n, E_A^0; 0(\vec{p}, \lambda) \rangle. \quad (3.6)$$

403
 404 This represents the creation of a photon when the excited donor relaxes (the acceptor is unchanged,
 405 as denoted by the superscript on either E_A) and, hence, dipole operators acting on the acceptor
 406 molecular state and the annihilation operator (within d^\perp) on the radiation state are zero due to
 407 orthonormality. Therefore, equation (3.6) is simplified to;

$$408 \quad \langle I_1 | H_{\text{int}} | i \rangle = -\epsilon_0^{-1} \langle E_D^0 | \vec{\mu}(D) | E_D^n \rangle \langle 1(\vec{p}, \lambda) | \vec{d}^\perp(\vec{R}_D) | 0(\vec{p}, \lambda) \rangle. \quad (3.7)$$

409
 410 The solution of which, on insertion of equation (3.4), is expressed concisely as;

413

$$414 \quad \langle I_1 | H_{\text{int}} | i \rangle = i \sum_{\vec{p}, \lambda} \left(\frac{\hbar c p \epsilon_0}{2V} \right)^{\frac{1}{2}} e_i^{*(\lambda)}(\vec{p}) \mu_i^{0n}(D) e^{-i\vec{p} \cdot \vec{R}_D} \quad , \quad (3.8)$$

415

416 with the i^{th} component of the *transition* dipole moment written as;

417

$$418 \quad \mu_i^{0n}(D) = \langle E_D^0 | \mu_i(D) | E_D^n \rangle \quad . \quad (3.9)$$

419

420 Following a similar procedure for the other three Dirac brackets, and finding the energy
421 denominators for each term of (3.5), the full expression for the RET process is given as;

422

$$423 \quad M_{fi} = \sum_{\vec{p}, \lambda} \left(\frac{\hbar c p}{2\epsilon_0 V} \right) e_i^{*(\lambda)}(\vec{p}) e_j^{(\lambda)}(\vec{p}) \left\{ \mu_i^{0n}(D) \mu_j^{m0}(A) \frac{e^{i\vec{p} \cdot \vec{R}}}{E_{n0} - \hbar c p} + \mu_j^{0n}(D) \mu_i^{m0}(A) \frac{e^{-i\vec{p} \cdot \vec{R}}}{-E_{n0} - \hbar c p} \right\} \quad . \quad (3.10)$$

424

425

426 In order to determine a final result for the RET matrix element, we use the cosine rule to rewrite the
427 summation over of polarizations as;

428

$$429 \quad \sum_{\lambda} e_i^{*(\lambda)}(\vec{p}) e_j^{(\lambda)}(\vec{p}) = \delta_{ij} - \hat{p}_i \hat{p}_j \quad , \quad (3.11)$$

430

431 where δ_{ij} is the Kronecker delta and a caret denotes a unit vector, and convert the inverse of the
432 quantization volume to an integral in momentum space;

433

$$434 \quad \frac{1}{V} \sum_{\vec{p}} \rightarrow \int \frac{d^3 \vec{p}}{(2\pi)^3} \quad . \quad (3.12)$$

435

436 The quantum amplitude then becomes an integral of the form;

437

$$438 \quad M_{fi} = \frac{1}{2\epsilon_0} \mu_i^{0n}(D) \mu_j^{m0}(A) \int \frac{p}{k^2 - p^2} (\delta_{ij} - \hat{p}_i \hat{p}_j) \\ \times \left\{ k (e^{i\vec{p} \cdot \vec{R}} - e^{-i\vec{p} \cdot \vec{R}}) + p (e^{i\vec{p} \cdot \vec{R}} + e^{-i\vec{p} \cdot \vec{R}}) \right\} \frac{d^3 \vec{p}}{(2\pi)^3} \quad , \quad (3.13)$$

439 where $\hbar ck$ is the energy transferred from D to A . As outlined in the subsequent section, this integral
 440 has been solved analytically using various vector calculus techniques. Omitting the long and
 441 intricate derivation based on special functions [63], the matrix element for RET – including the
 442 retarded electric dipole-electric dipole (E1-E1) coupling tensor, denoted as V_{ij} – is obtained as;

$$443$$

$$444 \quad M_{fi} = \mu_i^{0n}(D) V_{ij}(k, \vec{R}) \mu_j^{m0}(A) \quad , \quad (3.14)$$

$$445 \quad V_{ij}(k, \vec{R}) = \frac{e^{ikR}}{4\pi\epsilon_0 R^3} \left\{ (1 - ikR) (\delta_{ij} - 3\hat{R}_i \hat{R}_j) - (kR)^2 (\delta_{ij} - \hat{R}_i \hat{R}_j) \right\} . \quad (3.15)$$

446

447 A more in-depth analysis of the derivation of the E1-E1 coupling tensor, V_{ij} , and the transfer rate of
 448 RET (an outline of which follows) – without providing all of the intricate specifics – is delivered by
 449 Salam in his recent review [77].

450

451 3.2 Physical interpretation of the RET coupling tensor

452 The physical observable derived from the V_{ij} tensor, via the matrix element, is the transfer rate of
 453 RET, symbolised by Γ . This rate is deduced from the Fermi rule [78]: $\Gamma = 2\pi/\hbar |M_{fi}|^2 \rho_f$, where ρ_f
 454 is the density of acceptor final states. Assuming a system of two freely tumbling molecules, meaning
 455 that a rotational average is applied [79], the following is found;

$$456$$

$$457 \quad \Gamma \sim \frac{1}{9} |\bar{\mu}(D)|^2 |\bar{\mu}(A)|^2 A(k, R) \quad . \quad (3.16)$$

458

459 where the E1-E1 transfer function, $A(k, R)$, is defined by [62];

460

$$461 \quad A(k, R) = V_{ij}(k, \vec{R}) V_{ij}^*(k, \vec{R}) = \frac{2}{(4\pi\epsilon_0 R^3)^2} \left\{ 3 + (kR)^2 + (kR)^4 \right\} . \quad (3.17)$$

462

463 In contrast to Förster coupling, the QED form of the electronic coupling has a complicated distance
 464 dependence, which underscores the unification of the radiationless and radiative transfer
 465 mechanisms. Whereas the semi-classical Förster theory predicts only an R^{-6} dependence [80], the

466 QED rate expression of (3.17) contains three distance dependencies: R^{-2} , R^{-4} and R^{-6} . This signifies
 467 three distinct regimes that dominate in the long-, intermediate- and short-range, respectively.

468
 469 The different regimes of RET are most readily understood in terms of the mediating photon [49]. As
 470 outlined in Section 2.2, the photon is said to have *real* characteristics – i.e. it has a large transverse
 471 component w.r.t. \vec{R} – when the separation of the donor and acceptor exceeds its reduced wavelength
 472 (i.e. $R \gg \lambda$). Meaning that, since the mediating photon is always transverse w.r.t. its wave-vector
 473 \vec{p} , the photons (emitted in all directions by D) that are annihilated at A in the long-range are the ones
 474 where \vec{p} is essentially co-linear with \vec{R} . Conversely, if R is significantly less than the reduced
 475 wavelength the photon is fully *virtual*, meaning that retardation effects are not present. That is, it
 476 does not have well defined physical characteristics, such as momentum. This arises because, due to
 477 the uncertainty principle, the position of the mediating photon is ‘smeared out’ in the short-range so
 478 that \vec{p} may no longer be co-linear with \vec{R} – therefore, there is a longitudinal component to the
 479 photon w.r.t. \vec{R} . The two limiting cases of RET are, hence, often referred to as radiationless (virtual
 480 photon) and radiative (real) transfer – in the past, until the unified theory, they were usually
 481 considered to be two completely separate and distinct mechanisms. Since all three terms of equation
 482 (3.17) are non-zero in RET (or, at least, the short-range term always exists), it is justifiable to say that
 483 all photons are virtual in nature [49,81]. This means that a notional ‘real’ photon – which is
 484 transverse w.r.t both \vec{p} and \vec{R} – does not exist, because these two vectors are never exactly collinear
 485 due to the uncertainty principle.

486
 487 To summarise, long-range (or far-zone) energy transfer has an inverse-square, R^{-2} , dependence on the
 488 rate, and short-range (or near-zone or Förster) transfer has the well-known R^{-6} dependence. That
 489 leaves the intermediate zone, which was not previously identified until Andrews’s work [62], where
 490 the distance separating the molecules is of the same order as the reduced wavelength of the mediating
 491 photon; this region has an R^{-4} dependence. Our expressions have assumed dynamic coupling
 492 between the transition dipole moments of the donor and acceptor, for cases of static dipole couplings
 493 (in which $k = 0$) only the first term of equation (3.17) applies.

494
 495
 496

497 **3.3 Higher order RET**

498 Often the electric dipole approximation is employed for studies on RET, which means that only E1-
 499 E1 coupling is considered. However, the coupling of the electric dipole of a molecule with the
 500 magnetic dipole (M1) or electric quadrupole (E2) of the other can be important [82], for example, in
 501 chirality-sensitive RET [77,83-86]. E1-M1 and E1-E2 couplings are, in general, of similar
 502 magnitude but are roughly 150 times smaller than E1-E1 interactions; other multipoles are even
 503 smaller and almost never utilised in RET analyses.

504 The derivation of the matrix element for E1-M1 coupling, with use of special functions, is provided
 505 elsewhere [63]. The final result is given by;
 506

$$507$$

$$508$$

$$509 \quad M_{fi}^{\text{E1-M1}} = \left\{ \mu_i^{0m}(D) \frac{m_j^{n0}(A)}{c} + \frac{m_j^{0m}(D)}{c} \mu_i^{n0}(A) \right\} U_{ij}(k, \vec{R}) \quad , \quad (3.18)$$

510 which features the transition magnetic dipole, m_j , and the E1-M1 tensor, $U_{ij}(k, \vec{R})$, with the latter
 511 explicitly expressed as;
 512

$$513$$

$$514 \quad U_{ij}(k, \vec{R}) = \frac{e^{-ikR}}{4\pi\epsilon_0} \epsilon_{ijk} \frac{\hat{R}_k}{R^3} (-ikR + k^2 R^2) \quad , \quad (3.19)$$

515 where ϵ_{ijk} is the Levi-Civita symbol. Following a rotational average [79], the rate of RET based on
 516 this type of coupling is;
 517

$$518$$

$$519 \quad \Gamma' \sim \frac{B(k, R)}{9c^2} \left\{ |\vec{\mu}(D)|^2 |\vec{m}(A)|^2 + |\vec{\mu}(A)|^2 |\vec{m}(D)|^2 - 2 \text{Re} |\vec{\mu}(D) \cdot \vec{m}^*(D)| |\vec{\mu}^*(A) \cdot \vec{m}(A)| \right\} \quad . \quad (3.20)$$

520 where the E1-M1 transfer function, $B(k, R)$, is written as;
 521

$$522$$

$$523 \quad B(k, R) = U_{ij}(k, \vec{R}) U_{ij}^*(k, \vec{R}) = \frac{2}{(4\pi\epsilon_0 R^3)^2} (k^2 R^2 + k^4 R^4) \quad . \quad (3.21)$$

524

525 Comparing equations (3.17) with (3.21), i.e. the A and B functions, it is clear that the first term (the
 526 R^{-6} dependent term) is missing in E1-M1 coupling. Physically, this means that the photons that
 527 mediate E1-M1 interactions have real characteristics, i.e. they are never fully virtual. However, in
 528 contrast to a commonly held view, E1-M1 coupling is not exclusively related to radiative energy
 529 transfer since a short-range R^{-4} term also exists. The lack of the R^{-6} term also tells us that static
 530 electric and magnetic dipoles (in which $k = 0$) do not interact, since all the other terms involve k .

531

532 The matrix element for E1-E2 interactions is determined as [69,71];

533

$$534 \quad M_{fi}^{\text{E1-E2}} = \left\{ \mu_i(D) Q_{jk}(A) - Q_{jk}(D) \mu_i(A) \right\} V_{i(jk)}^{\pm}(k, \vec{R}) \quad , \quad (3.22)$$

535

536 where the E1-E2 tensor, $V_{i(jk)}^{\pm}(k, \vec{R})$, is expressed by;

537

$$538 \quad V_{i(jk)}^{\pm}(k, \vec{R}) = \frac{e^{ikR}}{4\pi\epsilon_0 R^4} \left\{ (-3 + 3ikR + k^2 R^2) (\delta_{ij} \hat{R}_k + \delta_{jk} \hat{R}_i + \delta_{ki} \hat{R}_j - 5\hat{R}_i \hat{R}_j \hat{R}_k) \right. \\ \left. + (k^2 R^2 - ik^3 R^3) \left(\frac{1}{2} (\delta_{ij} \hat{R}_k + \delta_{ik} \hat{R}_j) - \hat{R}_i \hat{R}_j \hat{R}_k \right) \right\} \quad . \quad (3.23)$$

539

540 This expression is the $-jk$ index symmetry form of the tensor, which is justified since it contracts with
 541 the index-symmetric electric quadrupole, Q_{jk} . After a rotational average, the corresponding rate is
 542 obtained as;

543

$$544 \quad \Gamma'' \sim \frac{C(k, R)}{15} \left\{ |\vec{\mu}(D)|^2 Q_{\lambda\mu}(A) Q_{\lambda\mu}^*(A) + |\vec{\mu}(A)|^2 Q_{\lambda\mu}(D) Q_{\lambda\mu}^*(D) \right\} \quad , \quad (3.24)$$

545

546 where $C(k, R)$ is found as;

547

$$548 \quad C(k, R) = V_{i(jk)}^{\pm}(k, \vec{R}) V_{i(jk)}^{\pm*}(k, \vec{R}) = \frac{1}{(4\pi\epsilon_0 R^4)^2} \{ 90 + 18k^2 R^2 + 3k^4 R^4 + k^6 R^6 \} \quad . \quad (3.25)$$

549

550 Examining this expression, we see that E1-E2 coupling has four terms with the distance
 551 dependencies R^{-2} , R^{-4} , R^{-6} and R^{-8} (rather than the three of E1-E1 interactions). The new
 552 radiationless (R^{-8}) term dominates in the near-zone, as predicted by Dexter [5], while the usual
 553 inverse-square distance dependence of radiative transfer dictates the far-zone. The presence of these
 554 terms (and the distinctive middle terms) in a single expression again signifies that they are the two
 555 extremes of a unified theory. Since the first term does not depend on k , we determine that static
 556 electric dipole and quadrupoles can interact.

557

558 3.4 Effects of a bridging molecule

559 Recent theoretical work, based on QED in the electric dipole approximation, is an analysis on the
 560 effects of a third molecule, M , on RET [87-91]. In this sub-section, we touch upon the case where M
 561 bridges the energy transfer between D and A – a Feynman diagram of which is provided in Figure 3.
 562 This is the DMA configuration; the other cases (DAM and MDA), in which the molecules are
 563 interchanged, have also been investigated. The matrix element for DMA , delivered from fourth-order
 564 perturbation theory, is given by;

565

$$566 M_{fi}^{DMA} = \mu_i^{0n}(D) V_{ij}(k, \vec{R}_{DM}) \alpha_{jk}^{00}(M) V_{kl}(k, \vec{R}_{MA}) \mu_l^{m0}(A) , \quad (3.26)$$

567

568 where $\alpha_{jk}^{00}(M)$ is the polarisability tensor that arises because two light-molecule interactions occur
 569 at the third molecule (which begins and ends in its ground state, as denoted by the superscript 00) and
 570 two couplings tensors are used since two energy transfer steps occur. Using the Fermi rule, the
 571 leading term in the physically observable rate (that includes the third body) is the quantum
 572 interference, i.e. the cross-term, that involves multiplication of equations (3.14) and (3.26) so that
 573 [88];

574

$$575 M_{fi}^{DMA} M_{fi}^{*DA} = \mu_i^{0n}(D) V_{ij}(k, \vec{R}_{DM}) \alpha_{jk}^{00}(M) V_{kl}(k, \vec{R}_{MA}) \mu_l^{m0}(A) \mu_p^{0n}(D) V_{pq}^*(k, \vec{R}) \mu_q^{m0}(A) . \quad (3.27)$$

576

577 This is the rate that dominates if energy transfer between D and A is forbidden, for example, due to
 578 symmetry selection rules or when the dipole moments of D and A are both orthogonal with each
 579 other and their displacement vector, \vec{R} . In this scenario, the mediator M facilitates the RET that

580 would not occur otherwise [89]. A recent review by Salam provides a more comprehensive analysis
581 on the role of a third body in RET [77].

582

583 **4 Recent RET research**

584 **4.1 Nanomaterials for energy transfer**

585 While the generic term ‘molecule’ has been used throughout this manuscript, other materials can be
586 used in RET such as atoms, chromophores, particles and, more recently, carbon nanotubes [92-96]
587 and quantum dots (QDs). In 1996, first observation of energy transfer between the latter was
588 achieved with cadmium selenide (CdSe) QDs [97] and similar compounds followed; for example,
589 cadmium telluride (CdTe) [98] and lead sulfide (PbS) [99] QDs. In experiments, quantum dots are
590 attractive because they can be much brighter, and contain greater photostability, than typical organic
591 chromophores [100,101]. Hence, QDs have become important in bio-inspired RET-based
592 applications [102,103], such as nanosensors [104-111] and photodynamic therapy [112,113]. In
593 terms of theory, it has been determined that RET between quantum dots and nanotubes can be
594 modelled using dipole-dipole couplings [90,114-119]. For more on the experiments and theory of
595 RET in nanomaterials, Liu and Qiu provide an excellent review on recent advances [120].

596

597 While quantum dots are suggested as artificial antennas in synthetic light-harvesting materials
598 [111,121], research on such systems usually involve multi-chromophore macromolecules. One type
599 of which are known as dendrimers; from its periphery to core, these branch-like structures comprise
600 decreasing number of chromophores [122-130]. They work on the principle that photons are
601 absorbed at the periphery and the excitation energy is funnelled to a central reaction centre via
602 multiple RET steps; an example of this is shown in Figure 4. A significant amount of theory has
603 been published on this multi-chromophore transfer mechanism [131-140]. Towards the centre of the
604 dendrimer, where the number of chromophores is decreased, there is a possibility that two excited
605 donors will be in the vicinity of an acceptor. In this case, another RET mechanism, known as energy
606 pooling [141-143], becomes possible. This process is illustrated in Figure 5 and can be written, in
607 terms of photophysics, as;

608



610

611 where the double asterisk denotes that the acceptor is doubly excited, i.e. the acceptor is promoted to
612 an excited state that requires the excitation energies of the sum of the two donors. This contrasts to
613 the process known as energy transfer up-conversion [144,145], which has the same initial condition
614 but excitation is transferred from one donor to the other – so that one of the donors is doubly excited
615 – and the third molecule is not involved. The matrix element for energy pooling has an analogous
616 form to equation (3.26); the only difference is that the superscript $m0$ on A (which is now a donor)
617 becomes $0n$ and the superscript 00 on M (now the acceptor) becomes $s0$, where s signifies a doubly
618 excited molecule. In recent years, Lusk and co-workers have demonstrated energy pooling
619 experimentally [146] and discovered, among other advances, that the efficiency of energy pooling
620 can be improved within a cavity [147-149]. Lately, moreover, they have studied the time-inverse
621 mechanism of energy pooling, known as quantum cutting, which involves the excitation on A
622 transferring to both D molecules [150].

623

624 Another double-excitation mechanism is two-photon RET [151,152], which involves the absorption
625 of two photons at the donor and the transfer of the resulting excitation to the acceptor. The matrix
626 element of this process is identical to equation (3.14), except the superscript on D is $0s$ rather than
627 $0n$. Since the incident light in two-photon RET is lower in energy compared to RET, photo-
628 destruction of living tissue can be circumvented. Therefore, biological applications of this process
629 have arisen, including photodynamic therapy [153-160] and bioimaging [155,160-163].

630

631 4.2 Plasmon-based RET

632 The quest for control of light-energy at the nanoscale has led to some very interesting studies, from
633 both an experimental and a theoretical point-of-view, that often involve RET coupling between
634 molecules near a surface plasmon [164-194] – the latter, basically, acting as a bridging material for
635 the energy transfer. Plasmons are the collective excitations of conduction electrons by light, which
636 generally reside in a confined metallic structure. By coupling plasmonic materials to RET
637 chromophores, a substantial amount of energy transfer can occur over significantly larger separations
638 than the RET between conventional materials – up to distances approaching the optical wavelength.
639 The effects of a surrounding nanophotonic environment, such as a surface plasmon, on RET is an
640 ongoing debate [189,195].

641 In 2011, Pustovit and Shahbazyan developed a classical theory of plasmon-assisted RET that
642 involves an isotropic complex polarizability [196]. Their model, which maintains an energy balance
643 between transfer, dissipation and radiation, analyses the geometry of a plasmon-RET system – with a
644 focus on distance and orientational effects – by providing numerical results. This mechanism shows
645 that plasmon-assisted RET will dominate the usual non-radiative (Förster) transfer, even in the near-
646 zone. While a comparable study predicts, over hundreds of nanometres, an enhanced rate by a factor
647 of 10^6 [197]. These forecast improvements now have experimental verification. For example,
648 Wenger and co-workers demonstrate enhanced transfer between donor-acceptor pairs confined to a
649 gold ‘nanoapparatus’; they endorse a six-fold increase in the rate of RET over 13 nm [198].

650 In the years that followed, other innovative studies on plasmon RET have arisen. An experimental
651 study by Zhao et al. showed that the efficiency of RET can be controlled by the plasmonic
652 wavelength [199]. Remarkably, they discovered that RET can be turned *off* and *on* by tuning the
653 plasmon spectrum with the donor emission and acceptor absorption peaks, respectively. Related
654 theory develops the concept of a ‘generalised spectral overlap’, whereby the rate of plasmon RET is
655 not just dependent on the overlap integral of the donor emission and acceptor absorption spectra (as
656 follows from Förster theory), but includes a plasmonic contribution from an electromagnetic
657 coupling factor [200,201]. Other experimental work, which is analogous to the effects of a bridging
658 molecule that is discussed earlier [89], use plasmonic nanoantennas to enable E1-E1 RET that is
659 otherwise forbidden by geometry [202].

660 Bershike et al. explain, by comparing model and experimental data, enhanced coupling between a
661 nanoscale metal and a light emitting dipole [203]. They employ a complex dielectric function that
662 indicates an R^{-4} distance dependence (ranging from 0.945 to 8.25 nm) between the fluorescent
663 molecule and the gold nanoparticle surface. Similar to this study, Bradley and co-workers provide an
664 investigation, which employs a Green’s tensor analysis of Mie theory, that again show plasmon RET
665 can display an R^{-4} dependence [204]. These results are consistent with numerical predictions, based
666 on QED, that intermediate-zone RET dominates at these separation distances [51].

667

668 **4.3 Energy transfer at non-optical frequencies**

669 Resonance energy transfer usually occurs in the ultraviolet or visible range of the electromagnetic
670 spectrum, which is comparable to the energy required for electronic transitions in molecules etc.

671 Recently, however, energy transfer involving either a much lower or higher frequency range has
672 gained traction. An outline on which now follows.

673 At the lower end, in the infrared range, transfer of vibrational energy can arise between excited
674 (donor) and unexcited (acceptor) oscillating bonds on adjacent molecules. Applications include the
675 observation of local orientational order in liquids [205] and, analogous to the spectroscopic ruler in
676 RET, a measure of intermolecular distances at the sub-nanoscale in the condensed phase [206,207].
677 This type of transfer is especially prevalent between water molecules, due to the strong dipole-dipole
678 interactions between the O–H stretch vibrations [208-210]. It has been determined that, with some
679 modifications, that Förster theory can be valid at these light frequencies [211]. Energy transfer at
680 even lower frequencies, namely in the microwave range, is the subject of a very recent paper by
681 Wenger and co-workers [212]. In this work, the energy transfer is enhanced by positioning the donor
682 and acceptor pair within a cavity.

683 At the higher end is interatomic and intermolecular Coulombic decay (collectively ICD), a process
684 that involves the x-ray range of the spectrum. First predicted in 1997 [213], and experimentally
685 verified six years later [214], ICD is a process in which photoionization of one atom or molecule can
686 lead to remote photoionization of another atom or molecule via the exchange of a high energy
687 photon. In terms of fundamental theory, ICD is now understood to be equivalent to Förster transfer
688 (although ICD involves much more complex prior and posterior processes) – since the mechanism is
689 driven by dipole-dipole coupling with the characteristic R^{-6} distance dependence. Nevertheless, there
690 is a major fundamental difference between RET and ICD. Namely, as explained previously, the
691 former typically involves only valence electrons whereas ICD is initiated by an intra-atomic (or intra-
692 molecular) decay process; a high-energy transition, in which a donor valence electron relaxes to the
693 core shell resulting in promotion of an acceptor valence electron to the continuum, i.e. acceptor
694 ionization. This means that an ionization cross-section will feature instead of the absorption cross-
695 section of Förster transfer.

696 A prototypical example is the photo-ionization of a neon dimer (Ne_2) via 2S-electron emission from
697 one of its atoms. This results in the relaxation of a valence 2P-electron into the formed vacancy and,
698 consequently, a high-energy photon is released. Following absorption of this light by the
699 neighbouring atom, a 2P-electron is ejected from it [215,216]. The interaction of the two newly
700 charged ions causes a Coulomb explosion, i.e. the fragmentation of the dimer. For clarity, the whole
701 mechanism is illustrated in Figure 6. ICD is typically ultra-short-range, in which (just like Dexter

702 transfer) wavefunction overlap occurs; hence, terms relating to electron correlation and exchange will
703 contribute. Moreover, since ICD involves electron relaxation from a valence shell to the core shell in
704 the donor, account of the Auger effect is required. This competing mechanism occurs because the
705 energy generated from this relaxation could be transferred to another electron within the donor (and,
706 thus, ejecting it), so energy in the form of a photon would not reach the acceptor. Therefore, for an
707 accurate theoretical description of ICD, a detailed interpretation of the Auger effect along with
708 electron correlation and exchange is required. This is achieved by considering direct and exchange
709 Coulomb integrals for the decay rate. An overview of this is provided by Jahnke in his recent review
710 [217].

711 Since the pioneering studies on diatomic systems, there have been a number of experimental and
712 theoretical investigations into ICD that involve different materials, including clusters of atoms and
713 molecules [218], quantum dots [219,220] and quantum wells [221]. Although ICD has considerable
714 theoretical interest, there is evidence of its practical importance to biological chemistry; in particular,
715 in the understanding of a DNA repair mechanism provided by the enzymes known as photolyases
716 [222,223]. The theoretical developments of ICD often mirror those already established in RET –
717 such as the effects of retardation, dielectric environments, a third body and virtual photons [224,225].
718 Clearly, more research in this exciting emerging field is required, with much still to learn in terms of
719 its fundamental theory and applications.

720

721 **4.4 RET in cavities**

722 It can be challenging to elucidate fundamental processes experimentally, particularly because RET
723 often occurs in natural biological systems and ‘energy materials’ in the condensed phase.
724 Necessarily involving a level of phenomenological modelling, their simulation can be tremendously
725 complicated. Associated research, especially in connection to the field of biology, has been covered
726 in a numerous recent reviews [226-246]. Cavity quantum electrodynamics (cQED) works on the
727 principle that electronic species are restricted to small volumes (usually bounded by mirrors in one or
728 more dimensions) so that the electromagnetic field is tuned to specific quantised modes and the
729 quantum nature of the light becomes more apparent compared to the free field. In terms of
730 mathematical formulation, the arbitrary quantisation volume, V , of equation (3.10) is simply replaced
731 by the dimensions of the cavity. Early applications of cQED revealed an understanding of the
732 fundamental light-matter interactions in atoms, quantum dots and similar materials [247-252].

733 More recently cQED has been applied to chemical substances, such as organic dyes, and connected
734 to phenomena such as RET [253]. The main advantage of studying these cavity-based schemes is
735 that experimentalists are able to control the electromagnetic radiation at the quantum level, while
736 simultaneously reducing interference with the surroundings to a significant extent. This allows for
737 the explicit study of polariton modes (sometimes called hybrid states in this context), which is
738 typically difficult in the condensed phase because of the rapid decoherence that derives from system
739 coupling with a continuum of environmental modes. For example, in 2012, Ebbesen and co-workers
740 experimentally showed that the photophysical properties of light-induced chemical reactions can be
741 influenced by cavity fields, which can modify the chemical reaction landscape [254]. In another
742 study, the same research group cleverly showed how to alter the reaction rates of chemical reactions
743 by coupling molecular vibrations to infrared cavity modes [255].

744 Since experiments with negligible amount of decoherence are now conceivable, there is increasing
745 interest in the effects of polariton modes on energy transfer within a cavity. In 2015, for instance, a
746 couple of theoretical studies indicated that ‘exciton conductance’ could be considerably enhanced, by
747 orders of magnitude, when organic materials are coupled to cavity modes [256,257]. Experimental
748 verification of this amplified energy transfer soon followed [258-260]. Attempts to better understand
749 polariton-assisted RET are increasingly prevalent. In 2018, Du et al. developed a ‘polariton-assisted
750 remote energy transfer’ model to explain how enhanced RET is mediated by vibrational relaxation in
751 an optical microcavity [261]. While earlier this year, Schäfer et al. proposed that energy transfer
752 could be drastically affected by a modification of the vacuum fluctuations in the cavity. In this
753 research, they make a connection to Förster and Dexter transfer, and account for the often-
754 disregarded Coulomb and self-polarisation interactions. Interestingly, they predict that photonic
755 degrees of freedom give rise to electron-electron correlations over large distances in the cavity [262].
756 What we do know for sure is that cavity RET is a representative example of the strong coupling
757 regime; an excellent recent review on such strong light-matter interactions is provided by Börjesson
758 and co-workers [263].

759

760 **5 Discussion**

761 Today it is nearly 100 years since the discovery of RET and, remarkably, the 71 year-old Förster
762 theory that describes this transfer is still widely utilised. This model has provided us with the famous
763 R^{-6} distance dependence on the rate between donor and acceptor molecules. Following these earlier

764 times, from the 1960s until the late 1980s, significant theoretical developments based on fundamental
765 quantum electrodynamics has been applied to two-centre RET. This has culminated into the unified
766 theory of RET, which links the short-range (near-zone) process of Förster with a long-range (far-
767 zone), R^{-2} dependent transfer consistent with Coulomb's Law. It also predicts a R^{-4} dependence in
768 the intermediate region, where the distance between the molecules approximately equals the reduced
769 wavelength of the mediating virtual photon. The latter could be said to have increasingly real
770 characteristics in this range. Although not detailed in this review, further work in the 1990s predicted
771 that optically active molecules in the condensed phase could also have a R^{-3} and a R^{-5} distance
772 dependence, which become significant when the imaginary part of the refractive index is especially
773 large [264,265]. Soon afterwards, a QED description for the rate of RET in the presence of
774 dispersing and absorbing material bodies of arbitrary shapes was provided [266]. In the 21st century,
775 among other advances, quantum theory has helped us understand the role of mediators in energy
776 transfer (i.e. 3- and 4-body RET) and the rederivations of the RET coupling tensor has provided new
777 physical insights.

778 In the last ten years, research into RET has moved into many exciting directions – too numerous to
779 cover in detail in a single review. For example, the enhancement and control of long-range, super-
780 Coulombic RET in hyperbolic metamaterials is shown [267,268] and the influence of epsilon-and-
781 mu-near-zero waveguide super-coupling on RET is considered [269]. Moreover, many research
782 groups continue to unravel the nature of energy transfer within biological photosynthesis, with a
783 special focus on the understanding of the roles that molecular vibrations may play in facilitating the
784 process. There are also enormous efforts to develop 'energy materials' that may enable new
785 technologies, which include those focused on solar energy harvesting. Materials based on surface
786 plasmons have shown great promise, especially in its connection to the huge enhancements of RET
787 efficiency. Research groups are also working on RET in both the non-optical regions of the
788 electromagnetic spectrum and within optical cavities. In all of these exciting areas of research, new
789 experiments and theory need continued development. The theory of QED, while the most precise
790 theory we know for light-matter interactions, assumes non-dissipative closed systems and that the
791 electrons are localised to the molecules. Consequently, in its current formulation, microscopic QED
792 is not directly applicable to the investigation of surface plasmons (delocalised excitons) or the
793 process of decoherence, which occurs because the system is open to the environment. While semi-
794 classical theories can address these questions in a limited way, the continued development of
795 macroscopic QED [270] is desirable for accurate portrayals of such processes.

796 **Conflict of Interest**

797 The authors declare that the research was conducted in the absence of any commercial or financial
798 relationships that could be construed as a potential conflict of interest.

799

800 **Author Contributions**

801 GJ and DB equally wrote and edited the final manuscript. The figures and table are produced by
802 them.

803

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1521 **Table 1.** All the system states and their associated energies for RET. The energies of the donor
 1522 and acceptor are represented by superscript of E_D and E_A , respectively. Due to conservation
 1523 of energy arguments, $E^n = E^m$.

System state	Dirac bracket	Energy
$ i\rangle$	$ E_D^n, E_A^0; 0(\vec{p}, \lambda)\rangle$	$E_D^n + E_A^0$
$ I_1\rangle$	$ E_D^0, E_A^0; 1(\vec{p}, \lambda)\rangle$	$E_D^0 + E_A^0 + \hbar cp$
$ I_2\rangle$	$ E_D^n, E_A^m; 1(\vec{p}, \lambda)\rangle$	$E_D^n + E_A^m + \hbar cp$
$ f\rangle$	$ E_D^0, E_A^m; 0(\vec{p}, \lambda)\rangle$	$E_D^0 + E_A^m$

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1525 **Figure 1.** Representation of energy transfer, the excited donor (on the left-hand side) transfers
 1526 energy, represented by the red arrow, to the acceptor (on the right).

1527 **Figure 2.** Two time-orderings for RET between a donor (D) and an acceptor (A). The vertical
 1528 lines denote the two molecules, wavy lines are the photons, n and m represents the excited state
 1529 of D and A , respectively, and 0 is their ground state; time, t , increases up the graph. Red, black
 1530 and blue lines represent the initial, intermediate and final system state.

1531 **Figure 3.** One of 24 possible time-orderings for RET mediated by a third molecule, M , acting
 1532 as a bridge between donor D and acceptor A . Energy is transferred from D to A , and M begins
 1533 and ends in its ground state.

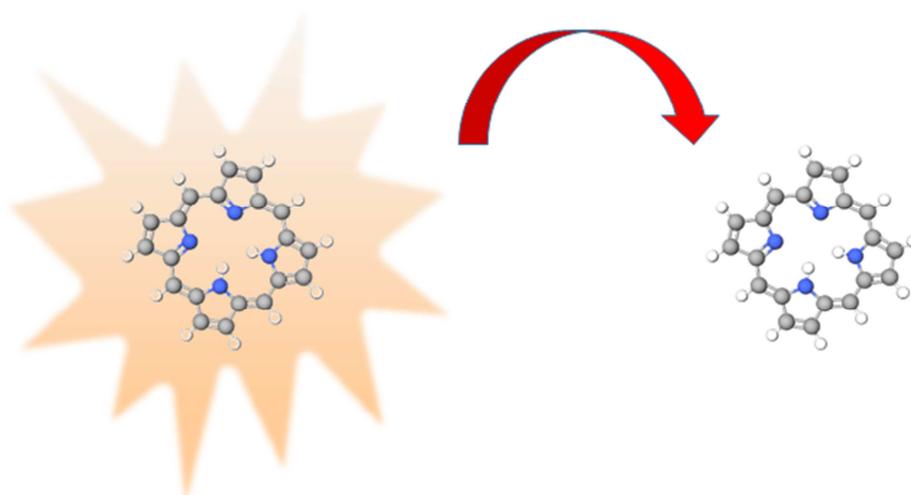
1534 **Figure 4.** Two-step RET in a second-generation phenylacetylene dendrimer. This schematic
 1535 depicts initial electronic excitation at a peripheral phenyl group, which acts as a donor of
 1536 energy to a neighbouring inner-ring chromophore; this acceptor then becomes a donor of
 1537 energy to the phenaline core. Original image appeared in reference [137].

1538 **Figure 5.** Representation of energy pooling, the two excited donors (on the left- and right-hand
1539 side) transfer energy, represented by the red arrows, to the acceptor (in the centre).

1540 **Figure 6.** (a) Photoionization of a neon dimer, via ejection of an inner shell electron from an
1541 atom (green arrow), due to incident x-ray radiation (orange wavy line). (b) Interatomic
1542 Coulombic decay: an outer electron relaxes into the vacancy (blue arrow) and, consequently,
1543 photo-ionization of the other atom occurs due to energy transfer between the atoms (red arrow).
1544 (c) The newly charged atoms (plus signs) repel each other (yellow arrows), which results in
1545 destruction of the neon dimer.

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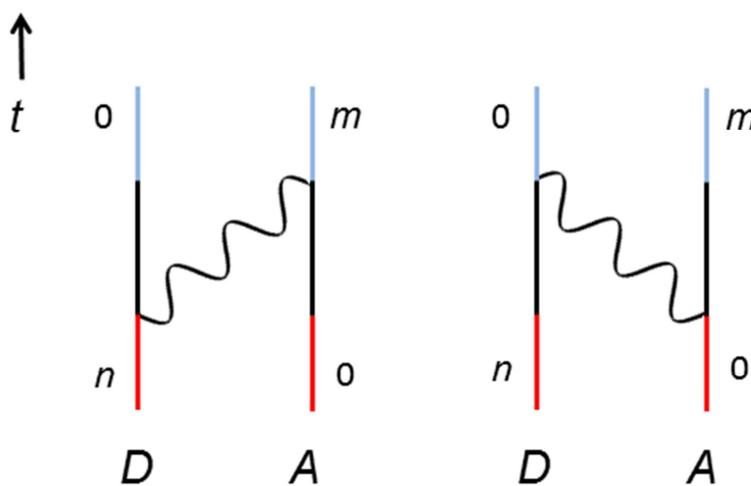


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Figure 1.

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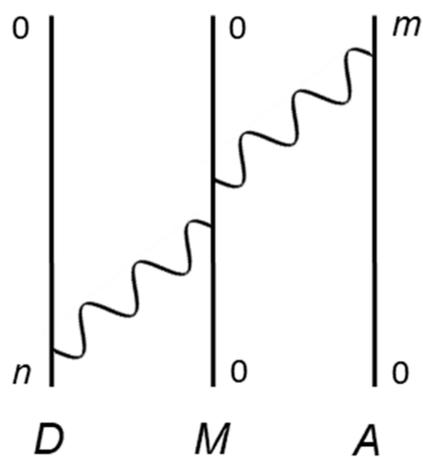
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Figure 2.

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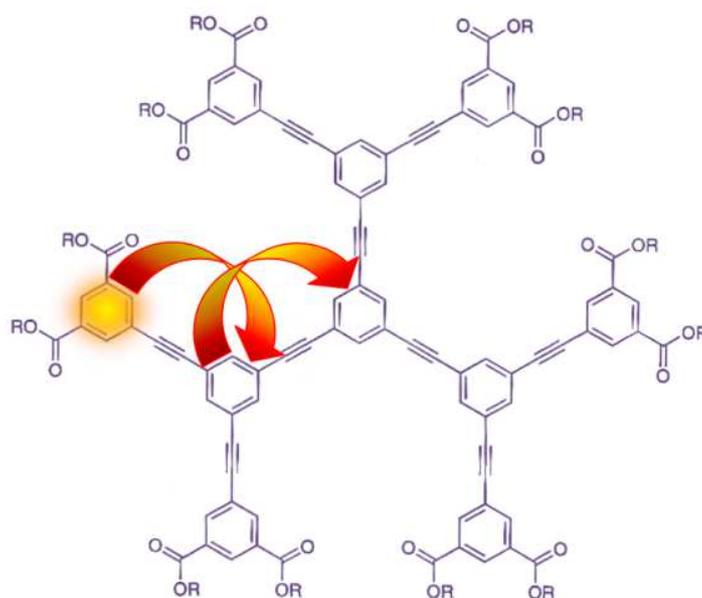


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Figure 3.



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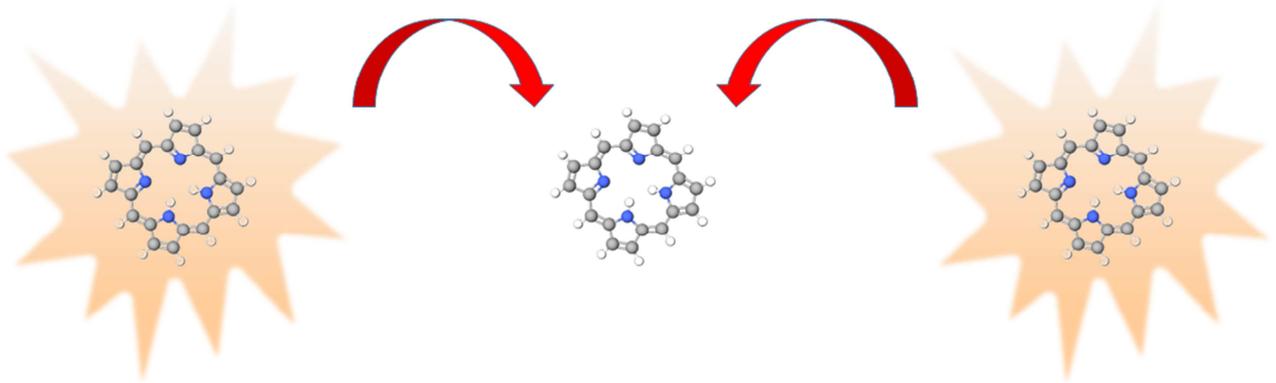
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Figure 4.

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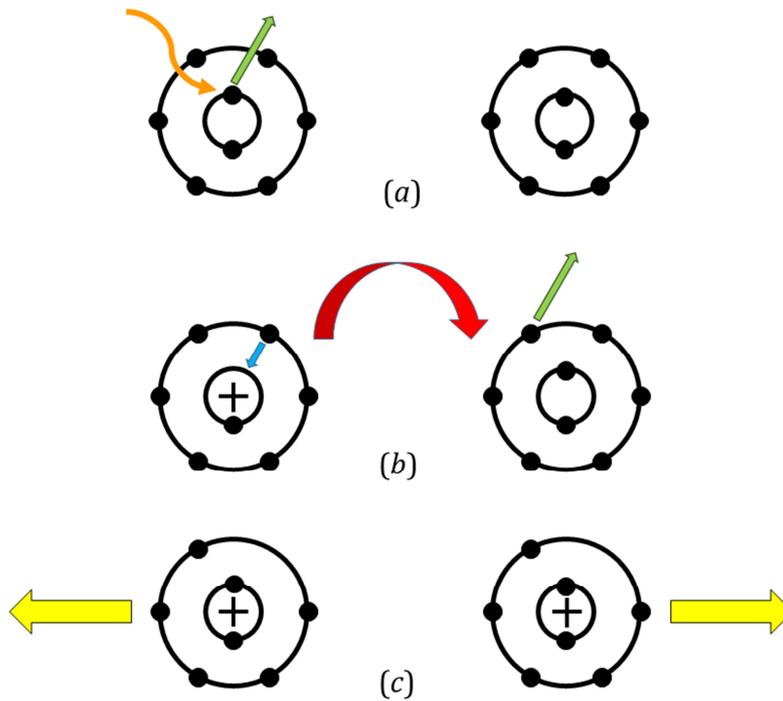


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Figure 5.

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Figure 6.

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