```
In[1]:= P[J_] := Exp[- J J / 2] / Sqrt[2 Pi]

In[2]:= I1[J_] := Integrate[P[K], {K, 0, J}]

In[3]:= I1[J]
```

$$\text{Out[3]=} \quad \frac{1}{2}\,\text{Erf}\left[\frac{J}{\sqrt{2}}\right]$$

```
In[4]:= Integrand[J_] := 8 P[J] I1[J] I1[J]

In[5]:= DeltaEm = Integrate[Integrand[J], {J, 0, +Infinity}]
```

$$\text{Out[5]=} \quad \frac{1}{3}$$