

## Recent progress with the nuclear matrix elements for double beta decay

In my talk I will review recent progress in calculations of the nuclear matrix elements for two-neutrino double beta decay, two-neutrino double electron capture double beta decay, and neutrinoless double beta decay. Emphasis will be on the extension of the strength function approach for the two-neutrino decay matrix elements, and on the statistical approach to estimate the neutrinoless nuclear matrix elements and their uncertainty.

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