Sets avoiding squares in \mathbb{Z}_m

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Recently I.Ruzsa and M.Matolcsi proved that if m is a square-free positive integer and $A \subset \mathbb{Z}_m$ is such that A - A does not contain non-zero squares, then $|A| \leq m e^{-c\sqrt{\log m}}$, and, under an additional assumption that all prime divisors of m are equal to 1 (mod 4), $|A| \leq m^{1/2}$. We present the following result.

Theorem. For all square-free m and $A \subset \mathbb{Z}_m$ such that A - A does not contain non-zero squares we have $|A| \leq m^{1/2} (3n)^{1.5n}$, where n denotes the number of odd prime divisors of m.

Corollary 1. Let m and A obey the conditions of the Theorem. If $n = o(\frac{\log m}{\log \log m})$, then $|A| \le m^{1/2+o(1)}$; if $n \le (\frac{1}{3} - \varepsilon) \frac{\log m}{\log \log m}$, then $|A| \le m^{1-1.5\varepsilon+o(1)}$.

Corollary 2. We have $|A| \leq me^{-c \log m / \log \log m}$ for all m and A obeying the conditions of the Theorem.