First moment of the Fokker-Planck equation:

\[ \langle \Psi \rangle = (L + \tau_d \eta_o A^2)^{-1} S_{ext}. \]

Case 1:

Effective damping is

\[-r_0 - |\text{const}| [2m-mn(n+1)]^2/[n(n+1)]^2\]

Case 2:

Effective damping is

\[-r_0 + |\text{const}|\]