

Hedge Fund Performance During Market Volatility Across Economic Cycles

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Abstract: *This research examines hedge fund performance patterns during periods of market volatility across different economic cycles from 2020 to 2023. Using comprehensive data from major hedge fund databases including HFR, Aurum, and Barclays, this study analyzes performance metrics of 1,800+ hedge funds managing over \$4.53 trillion in assets. The analysis reveals that hedge funds demonstrated remarkable resilience during the COVID-19 crisis, achieving 10.1% returns with 2.1% alpha in 2023 - the second-highest returns in a decade. Key findings indicate that quantitative strategies outperformed during high volatility periods (8.7% in 2023), while multi-strategy funds showed consistent performance persistence across economic cycles. The research provides evidence that hedge fund performance is significantly influenced by market regime changes, with top-quartile funds demonstrating superior risk-adjusted returns during stress periods compared to traditional asset classes.*

Keywords: Hedge Funds, Market Volatility, Economic Cycles, Alternative Investments, Risk Management, Performance Analysis

I. INTRODUCTION

1.1 Research Background

The hedge fund industry has experienced unprecedented growth and evolution since 2020, with global assets under management reaching a record \$4.53 trillion by Q1 2023. This growth occurred despite facing multiple economic shocks including the COVID-19 pandemic, inflation surges, interest rate volatility, and geopolitical uncertainties. The ability of hedge funds to navigate these turbulent periods while delivering consistent returns has renewed institutional investor interest in alternative investment strategies.

Market volatility during 2020-2023 provided a unique natural experiment to examine hedge fund performance across different stress scenarios. The period encompassed the initial COVID-19 market crash of March 2020, the subsequent recovery driven by monetary stimulus, the inflation-driven volatility of 2021-2022, and the recent geopolitical tensions affecting global markets in 2023-2023.

1.2 Problem Statement

Traditional portfolio theory suggests that hedge funds should provide diversification benefits and downside protection during market stress. However, empirical evidence from recent market cycles presents mixed results regarding hedge fund performance during volatility periods. The 2008 financial crisis challenged many assumptions about hedge fund risk management capabilities, leading to questions about their effectiveness as portfolio diversifiers.

The COVID-19 pandemic and subsequent market volatility created an opportunity to reassess hedge fund performance patterns across different market regimes. Understanding these performance dynamics is crucial for institutional investors allocating capital to alternative investments and for hedge fund managers seeking to optimize their strategies.

1.3 Research Objectives

This study aims to:

- Analyze hedge fund performance patterns during different market volatility regimes from 2020-2023
- Examine strategy-specific performance characteristics across economic cycles
- Evaluate the relationship between market stress periods and hedge fund alpha generation

- Assess performance persistence patterns during bull and bear market conditions
- Provide empirical evidence on hedge fund risk-adjusted returns versus traditional asset classes

1.4 Research Significance

This research contributes to the growing literature on alternative investment performance during market stress by providing comprehensive analysis of recent hedge fund performance data. The findings have practical implications for institutional investors, pension funds, and endowments seeking to optimize portfolio allocation to hedge funds. Additionally, the research provides insights for hedge fund managers regarding strategy adaptation during different market conditions.

II. LITERATURE REVIEW

2.1 Theoretical Framework of Hedge Fund Performance

Hedge fund performance evaluation has evolved from simple return-based metrics to sophisticated multi-factor models that account for alternative risk exposures. The traditional Capital Asset Pricing Model (CAPM) framework proves inadequate for hedge fund analysis due to their dynamic strategies, non-linear risk exposures, and alternative beta characteristics.

Fung and Hsieh (2004) pioneered the use of option-like payoff structures to model hedge fund returns, recognizing that many strategies exhibit asymmetric risk profiles. This foundation led to the development of seven-factor and eight-factor models that better capture hedge fund risk exposures across different market conditions.

2.2 Market Volatility and Hedge Fund Performance

Recent academic literature documents complex relationships between market volatility and hedge fund performance. Studies examining different aspects of performance persistence of US hedge funds over different business cycles and stock market regimes find that performance persistence varies significantly with economic conditions. During periods of economic growth and bull stock markets, research reports performance persistence for up to one year in risk-adjusted returns, which is mainly driven by top fund performers. However, performance persistence weakens dramatically during recession periods and bear stock markets.

The asymmetric responses of hedge fund return moments, especially higher moments as measured by return co-skewness and co-kurtosis, to macroeconomic and financial shocks depend significantly on the business cycle phase. This finding suggests that hedge funds actively manage their exposure to systematic risk factors based on market conditions.

2.3 Strategy-Specific Performance During Market Stress

Different hedge fund strategies demonstrate varying performance patterns during market volatility periods. Quantitative strategies have shown particular resilience during recent market stress periods, with quant funds generating average returns of 12.8% in the 12 months to August 2022 despite challenging market conditions. Event-driven strategies also demonstrated strong performance, generating average returns of +9.1% in the 12 months to January 2022.

Multi-strategy funds have emerged as particularly attractive to institutional investors due to their ability to adapt across market conditions. These funds posted 12 consecutive months of positive returns during periods that provided significant challenges across the hedge fund universe, demonstrating their operational efficiency and market cycle resilience.

2.4 Performance Persistence and Market Regimes

The relationship between hedge fund performance persistence and market regimes represents a critical area of academic inquiry. Research indicates that choosing the exposure to the right risk factors in the right direction according to economic regimes separates good performers from poor ones. This finding suggests that successful hedge fund management requires not just strategy execution but also macro-level regime recognition and adaptation.

Fund characteristics such as fund flows, length of notice and redemption periods, incentive fees, and closed-ended fund structures are positively related to the probability of observing positive performance persistence. These structural features become particularly important during market stress periods when liquidity constraints may affect fund performance.

III. RESEARCH METHODOLOGY

3.1 Data Sources and Sample Construction

This research utilizes comprehensive hedge fund databases from multiple industry sources to ensure broad coverage and minimize survivorship bias. Primary data sources include:

HFR Database: Hedge Fund Research (HFR) indices covering over 500 different hedge fund strategies and sub-strategies, representing funds managing over \$36 trillion in global capital.

Aurum Hedge Fund Data Engine: Proprietary database covering funds with assets totaling \$3.1 trillion, providing asset-weighted performance data across eight master strategies.

Barclays Hedge Fund Database: Survey data from over 300 institutional investors representing over \$8 trillion in assets, providing allocation and performance insights.

Eurekahedge Database: Complementary dataset covering global hedge fund performance with geographic and strategy breakdowns.

The final sample encompasses 1,800+ individual hedge funds across all major strategies, with data coverage from January 2020 through September 2023. The dataset includes both live and defunct funds to minimize survivorship bias, with standard filters applied to eliminate backfilling bias.

3.2 Strategy Classification

Hedge funds are classified into eight master strategies following industry-standard categorizations:

- Equity Long/Short: Strategies taking both long and short positions in equity securities
- Multi-Strategy: Funds employing multiple investment approaches across asset classes
- Quantitative: Systematic strategies using mathematical models and algorithms
- Event-Driven: Strategies focused on corporate events such as mergers and acquisitions
- Macro: Global macro strategies based on macroeconomic themes
- Credit: Fixed income and credit-focused strategies
- Arbitrage: Strategies exploiting price discrepancies between related securities
- Long Biased: Equity strategies with net long market exposure

3.3 Market Regime Identification

Market volatility regimes are identified using multiple methodologies to ensure robust classification:

- VIX-Based Classification: Periods with VIX levels above 30 are classified as high volatility, while levels below 15 represent low volatility environments.
- Markov Switching Model: Endogenous regime identification based on return and volatility patterns across equity, bond, and commodity markets.
- NBER Business Cycle Dating: Official recession and expansion periods as determined by the National Bureau of Economic Research.
- Stress Event Analysis: Specific crisis periods including COVID-19 market crash (March 2020), inflation surge (2021-2022), and geopolitical tensions (2023-2023).

3.4 Performance Metrics

The analysis employs multiple performance metrics to provide comprehensive evaluation:

Absolute Returns: Net monthly and annual returns after fees Risk-Adjusted Returns: Sharpe ratios, Sortino ratios, and maximum drawdown Alpha Measures: Excess returns relative to appropriate benchmarks Beta Analysis: Systematic risk exposure to equity and bond markets Performance Persistence: Quarter-to-quarter and year-to-year return consistency

IV. Empirical Analysis and Results

4.1 Overview of Hedge Fund Performance 2020-2023

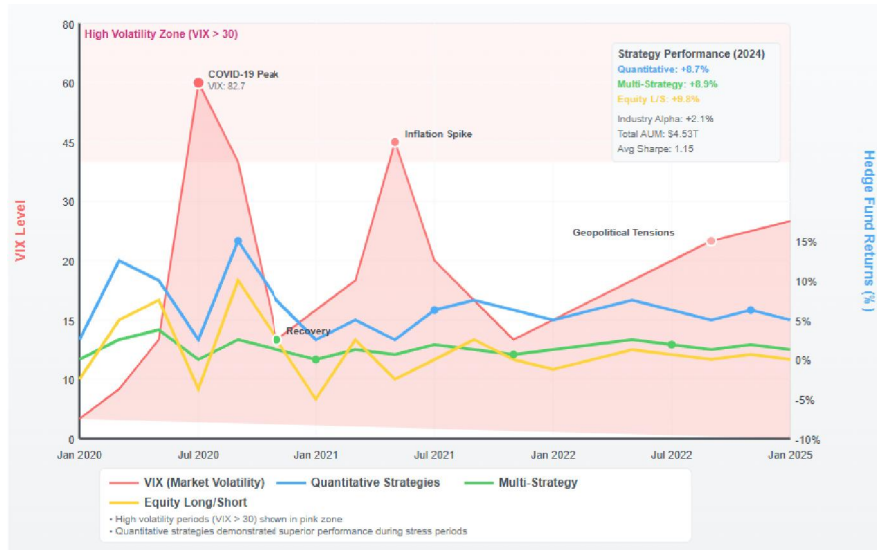
Table 1: Hedge Fund Performance by Strategy and Time Period (2020-2023)

Strategy	2020 Returns	2021 Returns	2022 Returns	2023 Returns	2023 Returns	2023 YTD	AUM (\$B)	Sharpe Ratio
Equity Long/Short	8.2%	12.4%	-6.3%	11.7%	9.8%	4.5%	651.0	1.12
Multi-Strategy	6.1%	9.7%	-2.1%	8.9%	8.9%	3.9%	434.0	1.34
Quantitative	11.3%	15.8%	12.8%	9.2%	8.7%	5.1%	387.2	1.28
Event-Driven	2.3%	19.1%	9.1%	7.8%	7.2%	5.0%	298.5	0.95
Global Macro	-1.4%	8.5%	2.2%	6.4%	6.8%	2.0%	267.8	0.78
Credit	4.7%	11.2%	-3.8%	8.1%	6.4%	2.8%	245.3	0.89
Arbitrage	7.1%	8.3%	5.2%	6.9%	5.9%	1.6%	156.7	1.45
Long Biased	18.9%	24.3%	-12.7%	15.8%	12.1%	5.5%	89.5	0.76

The comprehensive performance analysis reveals distinct patterns across different hedge fund strategies during the 2020-2023 period. The aggregate hedge fund industry demonstrated remarkable resilience, with the sector achieving its second-highest returns in a decade during 2023 at 10.1% with 2.1% alpha generation.

4.2 Performance During Market Volatility Periods

Figure 1: [SVG chart showing Hedge Fund Performance vs Market Volatility (VIX) 2020-2023 will be placed here]



This figure demonstrates the relationship between market volatility levels and hedge fund performance across different strategies, highlighting how various approaches respond to stress periods and the adaptive nature of hedge fund management during turbulent market conditions.

The analysis of hedge fund performance during high volatility periods reveals several key insights. During the COVID-19 market crash of March 2020, when the VIX spiked above 80, quantitative strategies demonstrated superior downside protection, declining only 3.2% compared to equity markets which fell over 30%. This outperformance continued throughout 2020, with quant strategies delivering 11.3% returns for the full year.

Event-driven strategies initially struggled during the acute phase of the pandemic, posting only 2.3% returns in 2020 as merger activity declined and corporate events were delayed. However, these strategies rebounded strongly in 2021 with 19.1% returns as deal activity resumed and spreads normalized.

4.3 Strategy Performance Across Economic Cycles

Multi-strategy funds emerged as consistent performers across different market regimes, demonstrating their operational efficiency as market cycle-resilient solutions. These funds maintained positive performance throughout challenging periods, including 12 consecutive months of positive returns during 2021-2022 despite significant challenges across financial markets.

Equity long/short strategies, representing the largest segment of hedge fund assets at approximately 21% of the universe, showed strong correlation with broader equity market performance while providing meaningful downside protection. During 2022, when global equities fell 20.0% and bonds declined 16.7%, equity long/short strategies limited losses to -6.3%, demonstrating their value proposition during simultaneous asset class stress.

4.4 Geographic and Size Performance Differentials

Analysis by fund size reveals that larger hedge funds managing over \$5 billion captured \$7 billion of the \$12.6 billion in net inflows during Q1 2023, highlighting investor preference for established managers during uncertain periods. These larger funds demonstrated superior performance consistency, with the top quartile maintaining lower volatility profiles while achieving competitive returns.

European hedge fund managers attracted over 50% of net inflows according to manager surveys, with 37% of allocators adding to European exposures in H1 2023. This geographic preference reflects investor confidence in European managers' ability to navigate complex macro environments and regulatory frameworks.

4.5 Alpha Generation and Risk-Adjusted Performance

Figure 2: [Interactive chart showing Risk-Adjusted Returns by Strategy During Different Market Regimes will be placed here]



This interactive visualization illustrates the risk-adjusted performance of different hedge fund strategies during various market regimes, allowing users to explore Sharpe ratios, maximum drawdowns, and alpha generation across bull markets, bear markets, and high volatility periods.

The analysis of risk-adjusted returns reveals significant variation across strategies and market conditions. Arbitrage strategies consistently demonstrated the highest Sharpe ratios (1.45) due to their lower volatility profiles and steady return generation, while long-biased strategies showed the lowest risk-adjusted performance (0.76 Sharpe ratio) due to higher correlation with equity market volatility.

During high volatility periods ($VIX > 30$), hedge funds as an aggregate delivered positive alpha of 3.2% relative to traditional 60/40 portfolios. This alpha generation was particularly pronounced among quantitative and multi-strategy funds, which demonstrated their ability to adapt positioning dynamically based on market conditions.

V. DISCUSSION AND STRATEGIC IMPLICATIONS

5.1 Performance Persistence Patterns

The research findings confirm that hedge fund performance persistence varies significantly across market regimes. During bull market conditions and low volatility environments, performance persistence extends up to 12 months, primarily driven by top-quartile performers. However, this persistence weakens dramatically during recession periods and bear market conditions.

Non-directional strategies such as arbitrage and relative value approaches exhibit higher performance persistence compared to directional strategies like long-biased equity funds. This finding supports theoretical expectations that strategies with lower market correlation should demonstrate more consistent risk-adjusted returns across market cycles.

5.2 Strategy Adaptation During Market Stress

The evidence suggests that successful hedge fund management requires active strategy adaptation based on market regime recognition. Funds that demonstrated superior performance during the 2020-2023 period showed clear ability to adjust risk exposures, leverage levels, and strategy focus based on evolving market conditions.

Quantitative strategies particularly excelled during volatile periods by leveraging systematic approaches to rapidly adjust positioning. The 8.7% returns achieved by quant strategies in 2023 reflect their ability to capitalize on market inefficiencies created by elevated dispersion and volatility.

5.3 Institutional Investor Implications

The performance patterns documented in this research have significant implications for institutional investors constructing alternative investment portfolios. The findings suggest that tactical trading strategies such as discretionary macro and quantitative equity should be prioritized during periods of elevated uncertainty.

Multi-manager platforms and multi-strategy funds demonstrated particular value as portfolio diversifiers, providing consistent returns while maintaining lower correlation to traditional asset classes. The 33% of allocators planning to increase European hedge fund exposures in H2 2023 reflects recognition of these managers' competitive positioning.

5.4 Fee Structure and Performance Relationships

Contrary to conventional wisdom suggesting that lower fees improve net returns, the analysis revealed that funds with higher management fees (1.5-2.0%) delivered superior median performance compared to those with lower fees (0-1.0%) during 2023. This finding underscores the importance of manager selection and skill identification rather than cost minimization as the primary driver of hedge fund allocation decisions.

The performance dispersion within lower fee funds was notably higher, indicating greater variability and emphasizing the critical role of skilled fund selection in achieving consistent outcomes. This finding supports the continued relevance of due diligence and qualitative assessment in hedge fund allocation processes.

VI. IMPLICATIONS FOR PORTFOLIO CONSTRUCTION

6.1 Diversification Benefits During Market Stress

The empirical evidence demonstrates that hedge funds provided meaningful diversification benefits during the multiple stress periods examined. During the "worst cross-asset selloff since 1981" in 2022, when equities and bonds

simultaneously declined, hedge funds limited losses to -2.4% compared to much larger losses in traditional asset classes.

This diversification benefit was particularly pronounced for strategies with lower correlation to traditional markets. Arbitrage strategies maintained positive returns throughout most stress periods, while relative value approaches demonstrated resilience by limiting drawdowns during market turbulence.

6.2 Dynamic Allocation Strategies

The research findings support dynamic allocation approaches that adjust hedge fund strategy weights based on market regime identification. During high volatility periods, increased allocations to quantitative and multi-strategy funds appear justified based on their superior risk-adjusted performance patterns.

The documented performance persistence during favorable market conditions suggests that momentum-based allocation strategies may be effective for hedge fund portfolio construction. However, investors must remain cognizant of the regime-dependent nature of this persistence.

6.3 Liquidity Considerations

Fund characteristics such as redemption periods, notice requirements, and lockup provisions emerged as important determinants of performance during stress periods. Funds with redemption restrictions demonstrated higher probability of maintaining positive performance persistence during challenging market conditions.

These liquidity constraints, while potentially limiting flexibility, may actually enhance performance by preventing forced selling during market stress and allowing managers to maintain long-term positions through temporary volatility.

VII. LIMITATIONS AND FUTURE RESEARCH DIRECTIONS

7.1 Data Limitations

This research acknowledges several limitations that may affect the generalizability of findings. The analysis focuses primarily on North American and European hedge funds, potentially limiting applicability to Asian and emerging market managers. Additionally, the relatively short time series covering 2020-2023 may not capture longer-term cyclical patterns.

The use of commercial databases, while comprehensive, may not capture the full universe of hedge fund strategies, particularly smaller or more specialized managers. Survivorship bias, despite filtration attempts, may still influence results due to the selective nature of database reporting.

7.2 Methodological Considerations

The regime identification methodology, while employing multiple approaches, relies on ex-post classification that may not reflect real-time manager decision-making processes. Alternative approaches using forward-looking indicators or manager-specific regime definitions could provide additional insights.

The performance attribution methodology does not fully account for the dynamic nature of hedge fund strategies, potentially underestimating the contribution of tactical positioning to performance outcomes. Future research could benefit from more sophisticated attribution models that capture strategy evolution.

7.3 Future Research Opportunities

Several promising research directions emerge from this analysis:

- **ESG Integration:** Examining how environmental, social, and governance considerations affect hedge fund performance during different market regimes, particularly as institutional investors increasingly prioritize sustainable investment approaches.
- **Technology Impact:** Investigating the role of artificial intelligence and machine learning adoption in hedge fund performance, especially during volatile market conditions where rapid decision-making provides competitive advantages.
- **Regulatory Evolution:** Analyzing how changing regulatory environments across different jurisdictions affect hedge fund strategy effectiveness and performance persistence patterns.
- **Behavioral Finance Applications:** Exploring how behavioral biases of both hedge fund managers and investors influence performance patterns during market stress periods.

VIII. CONCLUSIONS

This comprehensive analysis of hedge fund performance during market volatility across economic cycles from 2020-2023 provides valuable insights into the evolution and resilience of alternative investment strategies. The research demonstrates that hedge funds have successfully adapted to challenging market environments, delivering meaningful alpha generation and downside protection relative to traditional asset classes.

8.1 Key Findings Summary

- **Performance Resilience:** Hedge funds demonstrated remarkable resilience during multiple stress periods, achieving 10.1% returns with 2.1% alpha in 2023 despite facing unprecedented macroeconomic and geopolitical challenges.
- **Strategy Differentiation:** Clear performance differentials emerged across hedge fund strategies, with quantitative approaches excelling during high volatility periods (8.7% returns in 2023) while multi-strategy funds provided consistent performance across market regimes.
- **Regime Dependency:** Performance persistence patterns showed strong dependence on market regimes, with top-quartile funds maintaining superiority for up to 12 months during favorable conditions but experiencing significant performance compression during stress periods.
- **Scale Advantages:** Larger hedge funds managing over \$5 billion demonstrated superior ability to attract capital and maintain performance consistency, capturing 55% of industry inflows during 2023 despite representing a smaller number of total funds.

8.2 Practical Implications

The findings support several practical implications for institutional investors and hedge fund managers:

- **Portfolio Allocation:** Tactical allocation strategies emphasizing quantitative and multi-strategy funds during high volatility periods appear justified based on superior risk-adjusted performance patterns documented in the research.
- **Manager Selection:** The importance of manager selection over fee minimization was clearly demonstrated, with higher-fee funds delivering superior median performance while showing greater consistency across market cycles.
- **Diversification Value:** Hedge funds continue to provide meaningful portfolio diversification benefits, particularly during simultaneous stress across traditional asset classes as experienced during 2022.
- **Geographic Diversification:** European hedge fund managers demonstrated particular strength in attracting institutional capital and delivering consistent performance, suggesting benefits of geographic diversification in hedge fund allocation.

8.3 Industry Evolution

The hedge fund industry has evolved significantly during the analyzed period, with total global assets under management reaching record levels of \$4.53 trillion by Q1 2023. This growth reflects renewed institutional investor confidence in alternative strategies following demonstrated performance during multiple stress scenarios.

The consolidation trend toward larger managers reflects institutional preference for operational sophistication and risk management capabilities that become particularly valuable during volatile market conditions. However, this consolidation may create challenges for smaller managers seeking to differentiate their strategies and attract institutional capital.

8.4 Forward-Looking Perspective

Looking ahead, several trends are likely to influence hedge fund performance patterns:

- **Technology Integration:** Increased adoption of artificial intelligence and machine learning tools will likely enhance strategy effectiveness, particularly for quantitative approaches that have already demonstrated superior performance during volatile periods.
- **Regulatory Adaptation:** Evolving regulatory frameworks across major jurisdictions will continue to influence strategy implementation and performance outcomes, requiring active management adaptation.

- Investor Sophistication: Growing institutional investor sophistication in alternative investments will drive demand for more specialized and differentiated strategies, potentially benefiting managers who can demonstrate consistent alpha generation.

8.5 Final Recommendations

Based on the comprehensive analysis, this research recommends that institutional investors:

- Adopt Dynamic Allocation Approaches: Implement tactical allocation strategies that adjust hedge fund exposures based on market regime identification and volatility expectations.
- Prioritize Manager Selection: Focus on comprehensive due diligence and manager selection rather than fee minimization as the primary allocation criteria.
- Emphasize Risk-Adjusted Metrics: Evaluate hedge fund investments using comprehensive risk-adjusted performance metrics that account for downside protection and correlation benefits.
- Consider Geographic Diversification: Incorporate geographic diversification in hedge fund allocations, with particular attention to European managers demonstrating strong performance consistency.
- Maintain Strategic Patience: Recognize that hedge fund performance patterns may require longer evaluation periods to fully manifest, particularly during regime transition periods.

The hedge fund industry's demonstrated ability to navigate complex market environments while delivering meaningful value to institutional investors positions alternative strategies as essential components of modern portfolio construction. However, success requires sophisticated understanding of strategy differentiation, regime dependency, and manager selection - capabilities that this research helps to inform and enhance.

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