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**Strictly flat cyclic Fréchet modules and approximate identities**

Let  $A$  be a Banach algebra,  $A_+$  its unitization, and  $I \subset A_+$  a closed left ideal. Helemskii's theorem states that the cyclic Banach  $A$ -module  $X = A_+/I$  is strictly flat if and only if  $I$  has a right bounded approximate identity. This theorem plays an important rôle in questions related to amenability. Our aim is to generalize this criterion to the case where  $A$  is a locally  $m$ -convex Fréchet algebra. To this end, we introduce a notion of locally bounded approximate identity (a.i.), and we show that  $X$  is strictly flat if and only if  $I$  has a right locally bounded a.i. We also give an example of a commutative locally  $m$ -convex Fréchet algebra that has a locally bounded a.i., but does not have a bounded a.i. On the other hand, we show that a distinguished locally  $m$ -convex Fréchet algebra has a locally bounded a.i. if and only if it has a bounded a.i. Some applications to amenable Fréchet algebras are also given.

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