

# Swiss University Centre for Music Physiology

Contact: [www.shzm.ch](http://www.shzm.ch)

## Annual Report 2024 / 2025 and Newsletter August 2025

The SHZM was a cooperation partner for the international symposium "Art in Motion" on June 16 and 17, 2025, in Munich. Presentations and workshops focused on various research findings from music, dance, and sports in the contexts of practice, learning, training, movement, coordination, and precision under the motto "The Drive to Thrive". The flyer can be found on our website under the [Current Activities/Events](#) section.

The continuing education study program in Music Physiology, supported by the SHZM, has accepted a new group of 16 students, enrolled either in the continuing education or the university's elective Minor program, for the syllabus. More information on the syllabus aiming for the degrees CAS, DAS and MAS (Master of Advanced Studies) can be found on the website of the SHZM under [Links](#).

Two Diplomas of Advanced Studies (DAS) in Music Physiology were completed last academic year by:

Vera Fischer (Flute, Vienna)

Mischa Meyer (Trombone, Basel)

The research project, "Analysis of Knowledge on the Function of Hearing and on the Prevention and Treatment of Ear Diseases in Professional Ear Users," carried out in cooperation with the University Hospital of Zurich, has been completed and recently published (see page 2). The aim of this study is to use a newly developed questionnaire to collect and analyse the knowledge of professional ear users (PEU) on the function of hearing and on the prevention and treatment of ear diseases. The data obtained can provide the basis for information and prevention events, as well as for the development and expansion of otolaryngological competency centres for PEU.

Last season, another research project was carried out under the title "Prevalence and Severity of Stage Fright in Organ Students." As part of a cross-sectional study, organ students were assessed using validated standardized scales and self-developed questionnaires on the occurrence and severity of stage fright, as well as on their experiences and resources in dealing with potentially associated symptoms. The study aims to contribute to a better understanding of the phenomenon of stage fright in a previously understudied population.

A further research project has been initiated under the title "Self-Competence and Coping Patterns in Music Students." Within the framework of a cross-sectional study

of music students, long-standing, habitual experience, communication, and behavioural patterns will be examined using validated scales (including the Short Schema Mode Inventory, Lobbestael et al., 2010). The study aims to contribute to the understanding and promotion of coping and communication skills, as well as to improving the quality of life in both professional and personal life, among music students (see below for a link to an interview related to this study).

The SNSF research project "The Influence of an Instrument's Dimensions, String Length-dependent Finger Spacing and Position on Muscle Activity and Perceived Effort in Viola Playing," which began in 2021, has been largely completed. The project aims, among other things, to develop ergonomic solutions for viola playing and viola construction by obtaining objective data on the influence of the vibrating string length, instrument size, and positioning on the objective data and subjective perception of muscular effort. Data on individual strength and endurance will also be collected.

The SHZM's flyer can be downloaded and printed out in German, French and English from the homepage under the link [Downloads](#).

Important projects involving the SHZM were presented during the last season at continuing education courses and conventions in Liechtenstein, Basel, Bern, Burgdorf and Munich.

Written publications were published in the following journals:

- Frontiers in Psychology

- <https://www.frontiersin.org/journals/psychology/articles/10.3389/fpsyg.2025.1579759>

- <https://www.frontiersin.org/journals/psychology/articles/10.3389/fpsyg.2025.1497674>

- Schweizer Zeitschrift für Hausarztmedizin 6/2024 (ARS MEDICI SPECIAL Musik& Medizin)

- unisono - Deutsche Musik- und Orchestervereinigung 2024

- <https://uni-sono.org/wp-content/uploads/2024/11/2024-11-28-Huebsch-im-Interview-mit-Hildebrandt-und-Wenhardt-2024.pdf>

Horst Hildebrandt, Irene Spirgi and Oliver Margulies for the SHZM coordination team, August 2025.