

Swiss University Centre for Music Physiology

Contact: www.shzm.ch

Annual Report 2025 / 2026 and Newsletter August 2026

The SHZM was present at two international symposia during the past school year:

1) Symposium of the Austrian Society for Musicians' Medicine (ÖGFMM) from April 10 to 12, 2026 at the Mozarteum University Salzburg (AT) entitled: "Beyond the Score – Health & Well-being in Music and Performing Arts"

Stage Performance Training – Research-based Approaches for a Constructive Teaching Format (presentation by Horst Hildebrandt)

Front & Backstage – Schema Mode Patterns, Coping Profiles, and Resilience in Music Students (poster presentation by Teresa Wenhart and Horst Hildebrandt)

2) Symposium of the German Society for Music Physiology & Musicians' Medicine (DGfMM) at the Freiburg University of Music (D) from May 7 to 9, 2026 entitled: "20 Years of the Freiburg Institute for Musicians' Medicine – Milestones in Music Physiology & Musicians' Medicine"

The Zurich Music Physiology & Health Promotion Model – Research, Teaching and Counselling Services for all Educational Levels (poster presentation by Mischa Greull, Oliver Margulies and Horst Hildebrandt)

<https://www.zhdk.ch/en/departments/dmu/musicphysiology>

The continuing education study program in Music Physiology, supported by the SHZM, has accepted a new group of 21 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](#).

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

Marit Behnke (violin, Kiel)

Flavia Comba (horn, Altnau)

Lisa Hilti (harp, Feldkirch)

Anna Jeger (cello, Zurich)

Rafael Lipstein (piano, Basel)

Mareike Riegert (Jazz vocals, Stuttgart)

Xenia Sagat (cello, Meilen)

Victoria Yan (piano, Zurich)

The framework for awarding the Certificate of Health Promotion at Music Schools was established by the Dübendorf music school. By definition, a music school holding such a certificate promotes the prevention of task-specific health problems and supports health promotion for their teachers as well as their students by regularly offering further educations with musicophysiological topics. Prior to such a certificate, the music school will have had to offer the following further educations:

- 1) Introductory lecture
- 2) Workshop treating basic themes of music physiology
- 3) Instrument-specific advanced training course(s)
- 4) Introductory course covering the themes of performance/stage training, specific competencies for appearance on stage and constructive dealing with stage fright.

Furthermore, a certified music school offers their employees free-of-cost individual musicophysiological counselling sessions with specialists of the Music Physiology and Preventive Medicine Section as well as persons in training of the continuing education study program in Music Physiology of the Zurich University of the Arts. Music schools interested in this certificate can retrieve further information from the website of the Musicophysiological Counselling Centre of the Zurich University of the Arts: <https://www.zhdk.ch/en/continuingeducation/music-7679/continuing-education-music-physiology/centre-for-music-physiology-23403/certification-as-a-health-promoting-music-school-23408>

The research project "Self-Competence and Coping Patterns in Music Students" was successfully completed and presented at conferences and in publications (see below). Within the framework of a cross-sectional study of music students, long-standing patterns of experience, communication, and behavior were 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 professional and private contexts for music students.

The research project, completed and published in cooperation with the University Hospital of Zurich under the title "Analysis of Knowledge about the Functioning of the Ear and about the Prevention and Therapy of Ear Diseases in Professional Ear Users," will be followed by a study entitled "Neural and Cognitive Adaptation to Hearing Protection in Musicians," which will begin shortly.

The main part of 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" has been completed and published (see below). One of the project's aims is the development of ergonomic solutions for viola playing and viola making by obtaining objective data on the influence of fingering, instrument

size, and position on the objective and subjective perception of muscular exertion. The results regarding individual strength and endurance are currently being analyzed.

The SHZM flyer can still be downloaded and printed in German, French, and English from the website under the [Downloads](#) section.

Significant projects involving the SHZM were presented at continuing education courses and congresses in Basel, Freiburg im Breisgau, Krakow, Liechtenstein, Salzburg, and Seoul last season.

Written contributions were published in the following journals:

Frontiers in Psychology, Section Performance Science
<https://doi.org/10.3389/fpsyg.2026.1767988>

Frontiers in Psychology, Section Psychology for Clinical Settings
<https://doi.org/10.3389/fpsyg.2025.1673100>

Horst Hildebrandt, Irene Spirgi and Oliver Margulies for the SHZM coordination team,
August 2026