

# CURRICULUM VITAE

## Patrick Manser

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### CONTACT DETAILS:

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### RESEARCH METRICS:

Publications: 20  
Total times cited<sup>(1)</sup>: 177  
H-Index<sup>(1)</sup>: 8  
Research Interest Score<sup>(2)</sup>: 319.6 (98<sup>th</sup> percentile\*)  
Total funding acquired: ~ € 76 000

According to: (1) Web of Science, (2) ResearchGate  
\* Compared to ResearchGate members who started publishing in the same year (2020).



### ABOUT ME:

**My research** lies at the intersection of health and technology – focused on the purposeful co-development, evaluation, and implementation of exergame-based precision prevention and rehabilitation concepts for neurodegenerative diseases.

**My mission** is to rigorously commit to multidisciplinary and patient-centered research with adequate theoretical underpinnings by advancing research methodologies and putting them into practice to co-create credible, well-accepted, and effective solutions that enhance clinical practice and improve care for individuals and communities in need.

**My vision** is to sustainably improve clinical care through personalized training concepts that are fine-tuned to local needs and requirements of implementers – and thereby actively contribute to the digital transformation of healthcare.



### PROFESSIONAL EXPERIENCE:

- 05.2024 - present **Postdoctoral Researcher**, Department of Neurobiology, Care Sciences and Society, Karolinska Institutet, Stockholm, Sweden. Supervisor: Prof. Dr. Erika Franzén  
Role: Project coordinator of [Park-MOVE](#) to develop a precision rehabilitation concept for Parkinson's disease with serious exergames.
- 10.2021 - 12.2023 **Lecturer**, Department of Health, OST - Eastern Switzerland University of Applied Sciences, St. Gallen, Switzerland
- 09.2019 - 07.2020 **Research Assistant**, Physiotherapy and Occupational Therapy Research Centre, University Hospital of Zurich, Switzerland
- 07.2017 - 12.2019 **Research Assistant**, Department of Health Sciences and Technology, ETH Zurich, Switzerland



### EDUCATION:

- 08.2020 - 04.2024 **Doctor of Science ETH in Health Sciences and Technology**  
Department of Health Sciences and Technology, ETH Zurich, Zurich, Switzerland  
Thesis title: "*Brain-IT - Targeting the Brain using Information Technology for Secondary Prevention of mild Neurocognitive Disorder*"; URL: <https://doi.org/10.3929/ethz-b-000676597>  
Main supervisor: Prof. Dr. Katrien De Bock, co-supervisor: Prof. Dr. Eling D. de Bruin  
External examiner: Prof. Dr. Jean-Jacques Temprado
- 09.2022 - 11.2023 **Teaching Certificate in Health Sciences and Technology**  
Department of Health Sciences and Technology, ETH Zurich, Zurich, Switzerland
- 09.2016 - 06.2020 **Bachelor and Master of Science ETH in Health Sciences and Technology**  
Department of Health Sciences and Technology, ETH Zurich, Zurich, Switzerland



### ACADEMIC HONORS & AWARDS:

- 11.2025 Award: [Best Academic Portfolio Website 2025](#) issued by The Academic Designer LLC;
- 06.2025 Award: [Travel Stipend Award 2025](#) issued by the International Society of Posture & Gait Research
- 09.2024 Award: [Vontobel Prize for Age\(ing\) Research 2024](#) issued by the Center for Gerontology at the University of Zurich for the publication "*Brain-IT: Exergame training with biofeedback breathing in neurocognitive disorders*";
- 07.2023 Award: Winner of the [3 Minute Thesis Competition](#) at the 2023 World Congress of the International Society of Posture & Gait Research



### GRANTS:

Summary: To date, I have secured grants with a total funding volume of ~ € 73 500 as main (PI) or co-applicant and ~ € 2 500 as project partner. Full list: <https://www.patrick-manser.com/pages/7241>



## COMMITTEE AND BOARD DUTIES:

- 10.2025 - present Member of the **Elections Committee** of Karolinska Institutet ([KI's Junior Faculty](#))
- 05.2025 - present Member of the **Career Focus Group** of [KI's Junior Faculty](#)
- 04.2025 - present Member of the **Steering Group** of [KI's Junior Faculty](#)
- 11.2023 - present Member of the **Communications Committee** of the International Society of Posture & Gait Research ([ISPGR](#))



## TOP 5 PEER-REVIEWED PUBLICATIONS:

- 1 **Manser P**, de Bruin ED. *“Brain-IT”: Exergame training with biofeedback breathing in neurocognitive disorders*. *Alzheimer's & dementia*. 2024; 20: 4747–4764. doi: <https://doi.org/10.1002/alz.13913>.
- 2 **Manser P**, de Bruin ED, Temprado J-J, Bherer L, Herold F. *Beyond “Just” Fun: The Role of Exergames in Advancing Health Promotion and Disease Prevention*. *Neuroscience & Biobehavioral Reviews*. 2025:106260. doi: <https://doi.org/10.1016/j.neubiorev.2025.106260>.
- 3 **Manser P**, Rosio M, Schmidt A, Michels L, de Bruin ED. *Structural brain improvements following individually tailored serious exergame-based training in mild neurocognitive disorders: exploratory randomized controlled trial*. *Alzheimer's Research & Therapy*. 2025;17(1):190. doi: <https://doi.org/10.1186/s13195-025-01835-2>.
- 4 **Manser P**, Herold F, de Bruin ED. *Components of Effective Exergame-based Training to Improve Cognitive Functioning in Middle-Aged to Older Adults - A Systematic Review and Meta-Analysis*. *Ageing Research Reviews*. 2024. doi: <https://doi.org/10.1016/j.arr.2024.102385>.
- 5 **Manser P**, de Bruin ED. *Making the Best Out of IT: Design and Development of Exergames for Older Adults With Mild Neurocognitive Disorder - A Methodological Paper*. *Front Aging Neurosci*. 2021;13:734012. doi: <https://doi.org/10.3389/fnagi.2021.734012>.



## EDITORIAL ROLES:

Summary: To date, I have contributed as **Handling Editor for 4 articles**, Associate Editor for 2 journals, and Topic Editor for 2 journals. I have contributed to the following scientific journals (ranked by the latest Journal Impact Factor (JIF)):

- ✓ [Frontiers in Digital Health](#) (JIF = 3.8)
- ✓ [Frontiers in Public Health](#) (JIF = 3.4)
- ✓ [Frontiers in Psychology](#) (JIF = 2.9)

From January 2026: **editorial board member** for [European Review of Aging and Physical Activity](#) (JIF = 3.5).



## PEER-REVIEW CONTRIBUTIONS:

Summary: To date, I have contributed as a reviewer with a total of **74 verified peer review reports** (according to my [Web of Science Profile](#)) for **28 scientific journals**. The full list of journals can be found on <https://www.patrick-manser.com/pages/6266>. The top 5 journals, ranked by the latest Journal Impact Factor (JIF), are:

- ✓ [Alzheimer's & Dementia](#): The Journal of the Alzheimer's Association (Wiley; JIF = 11.1)
- ✓ [Health Psychology Review](#) (Taylor & Francis; JIF = 9.7)
- ✓ [Journal of Medical Internet Research](#) (JMIR; JIF = 6.0)
- ✓ [Geroscience](#) - Official Journal of the American Aging Association (Springer; JIF = 5.4)
- ✓ [Journal of NeuroEngineering and Rehabilitation](#) (JIF = 5.2)



## CONFERENCE CONTRIBUTIONS:

Summary: To date, I have contributed to (inter)national scientific conferences with: **2 invited keynote lectures**, 1 x chair and coordinator of a symposium, 2 invited talks, 7 oral presentations, 1 x organizer of an invited workshop, and 5 poster presentations. Full list: <https://www.patrick-manser.com/pages/conferences>



## TEACHING:

Summary: To date, I have given a total of **212 university lectures** – 172 from teaching assignments, four additional invited lectures, and 36 as a teaching assistant. In addition, I have contributed to **curriculum development** by (i) having planned, implemented, and continuously improved the lecture series *“Human Movement Analysis”* for the newly established Bachelor of Science in Physiotherapy at OST - Eastern University of Applied Sciences and (ii) contributed to course development and establishment of the online learning platform for exercise physiology at ETH Zurich.



## CO-SUPERVISION OF STUDENTS:

Summary: I am currently **co-supervising and/or mentoring 3 PhD students**. Previously, I co-supervised **13 master's students**; 12 master's students in Health Sciences and Technology from ETH Zurich and 1 Master's Student in Physiotherapy from Bern University of Applied Sciences. They completed 9 master's theses (each equivalent to 6 months full time work) and 10 research internships (each equivalent of 3 months full time work).