

CURRICULUM VITAE

Patrick Manser

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Vision-driven “Exergame as Medicine” Researcher and Innovator

Explore my academic portfolio and collaborative contributions: <https://www.patrick-manser.com/>



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RESEARCH METRICS:

Publications:	25	H-Index ⁽¹⁾ :	9
Total times cited ⁽¹⁾ :	284	Research Interest Score ⁽²⁾ :	422.3 (98 th percentile*)
Verified reviews ⁽¹⁾ :	81	Total funding acquired:	~ € 750 500

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



ABOUT ME:

My **research and innovation** lie at the intersection of health, exercise, and technology, focusing on the co-development, evaluation, and implementation of personalized “*exergame as medicine*” programs for neurodegenerative disorders.

My **mission** is to pursue multidisciplinary, patient-centered research with solid theoretical foundations – from mechanistic research on motor-cognitive integration, its translation into holistic exergames, and their implementation in healthcare.

My **vision** is to transform “*exergame as medicine*” from a niche area of research into a reimbursable pillar of modern healthcare - empowering an ageing population to train to retain a high quality of life.



PROFESSIONAL EXPERIENCE:

08.2026 - present **Senior Research Fellow and Principal Investigator**, Department of Health, OST - Eastern Switzerland University of Applied Sciences

07.2026 - present **Lecturer**, Department of Health Sciences and Technology (D-HEST), ETH Zurich, Switzerland

05.2026 - present **Co-Founder and CEO** of StepWave AG (in incorporation); supported by Venture Kick and the BRIDGE Funding Programme (Swiss National Science Foundation SNSF and Innosuisse)

06.2024 - 05.2026 **Postdoctoral Researcher**, Department of Neurobiology, Care Sciences and Society, Karolinska Institutet, Stockholm, Sweden

10.2021 - 12.2023 **Lecturer**, Department of Health, OST - Eastern Switzerland University of Applied Sciences

09.2019 - 07.2020 **Research Assistant**, Physiotherapy Research Centre, University Hospital of Zurich, Switzerland

07.2017 - 12.2019 **Research Assistant**, D-HEST, ETH Zurich, Switzerland



EDUCATION:

08.2020 - 04.2024 **Doctor of Science ETH in Health Sciences and Technology**, D-HEST, ETH Zurich, Switzerland
Thesis title: “*Brain-IT - Targeting the Brain using Information Technology for Secondary Prevention of mild Neurocognitive Disorder*”; DOI: <https://doi.org/10.3929/ethz-b-000676597>
Main supervisor: Prof. Dr. Katrien De Bock, co-supervisor: Prof. Dr. Eling D. de Bruin

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



GRANTS:

Summary: To date, I have secured grants with a total funding volume of ~ € 750 500; ~ € 677 000 as main (PI) applicant, ~ € 71 000 as co-applicant and ~ € 2 500 as project partner. Full list: <https://www.patrick-manser.com/pages/7241>



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 Award for Research on Age\(ing\) 2024](#) issued by the Center for Gerontology at the University of Zurich;

07.2023 **Award:** Winner of the [3 Minute Thesis Competition](#) at the 2023 World Congress of the International Society of Posture & Gait Research



COMMITTEE & BOARD DUTIES:

- 03.2026 - present **Co-leader** of the [European Working Group on Exergames and Exergaming in Older Adults](#), hosted by the European Group for Research on Aging and Physical Activity
- 03.2026 - present Member of a **PhD Thesis Evaluation Committee** as External Examiner for the Doctoral Program in Neuroscience and Clinical Psychology, University of Santiago de Compostela
- 05.2025 - 05.2026 Member of the [Career Focus Group](#) of Karolinska Institutet ([KI's Junior Faculty](#))
- 04.2025 - 05.2026 Member of the **Steering Group and Elections Committee** of [KI's Junior Faculty](#)
- 11.2023 - present Member of the [Communications Committee](#) of the [International Society of Posture & Gait Research](#)



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**, Hardeman LES, Wallin A, Moulæe Conradsson D, Leavy B, Albrecht F, et al. **Co-Develop-IT! Unifying Methodological Guideline for the Co-Design, Development, and Evaluation of Individually Tailored Technology-Enhanced Training and Rehabilitation Concepts: Consensus Development Study and Tutorial.** J Med Internet Res. 2026 2026/5/22;28:e84163. doi: <https://doi.org/10.2196/84163>
- 5 **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>.



EDITORIAL ROLES:

Summary: I have served as **Handling Editor for 6 articles** and currently serve on editorial boards in the following roles:

- ✓ **Editorial board member:** [European Review of Aging and Physical Activity](#) (Journal Impact Factor (JIF) = 4.7)
- ✓ **Section editor** on “Exergames and Digital Health Interventions”: [Journal of Sports, Exercise, and Performance](#) (newly established journal, JIF pending)
- ✓ **Editorial review board member:** [Digital Health](#) (Sage; JIF = 3.9)



PEER-REVIEW CONTRIBUTIONS:

Summary: To date, I have contributed with **82 verified peer-review reports – 81 for 30 scientific journals** (all verified on my [Web of Science Profile](#) profile) and **1 for 1 grant agency**. The top 5 journals are:

- ✓ [Alzheimer's & Dementia](#): The Journal of the Alzheimer's Association (Wiley; JIF = 12.8)
- ✓ [Health Psychology Review](#) (Taylor & Francis; JIF = 9.8)
- ✓ [Journal of Medical Internet Research](#) (JMIR; JIF = 8.2)
- ✓ [Geroscience](#) - Official Journal of the American Aging Association (Springer; JIF = 6.0)
- ✓ [Journal of NeuroEngineering and Rehabilitation](#) (JIF = 6.0)



CONFERENCE CONTRIBUTIONS:

Summary: To date, I have contributed to international scientific conferences with: **2 invited keynote lectures**, 2 x symposium organizer/chair, 2 invited talks, 9 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 **212 university lectures** – 172 from teaching assignments, four additional invited lectures, and 36 as a teaching assistant. I have also 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 Switzerland University of Applied Sciences and (ii) contributed to course development and establishment of online learning platforms for “*Exercise Physiology*” and “*Sports Physiology*” at ETH Zurich.



CO-SUPERVISION OF STUDENTS:

Summary: I have **co-supervised 1 PhD student and 13 Master's students**; 1 PhD student in medical science at Karolinska Institutet, 12 master's students in Health Sciences and Technology from ETH Zurich completing 9 Master's theses (each equivalent to 6 months full time work) and 9 research internships (each equivalent of 3 months full time work), and 1 Master's Student in Physiotherapy from Bern University of Applied Sciences completing a 6 month research internship.