

At the Hanover University of Music, Drama and Media, the Institute of Music Physiology and Musicians' Medicine (IMMM) is seeking to fill a project position at the earliest possible date for a

research assistant (m/f/d)
-pay grade 13 TV-L, 65%-

for a limited period of three years.

Your tasks:

You will be working on a multidisciplinary project that aims to develop and test an mHealth (mobile app) intervention for the prevention and management of performance-related pain among musicians. The app will contain various components including self-monitoring, physical exercises, relaxation exercises, mindfulness-based exercises, pain education, and healthy practice habits. Your primary role will be to develop the physical exercise component of the intervention.

The project is a collaboration between the Institute for Music Physiology and Musicians' Medicine, Hannover Centre for Health Communication at the Department of Journalism and Communication Research (IJK) and the Hannover Medical School (MHH). The project is funded by the Wissenschaftsräume programme of the state of Lower Saxony and the Volkswagen Foundation.

Your tasks will include:

- Design the physical intervention component of the app, including strengthening and stretching exercises tailored for musicians
- Create the content that would form the physical intervention component such as demonstration videos (necessary technical support will be provided)
- Support in conducting a pilot study to assess the acceptability and usability of the app and optimise the app
- Support in conducting two studies to test the efficacy of the app

Outside of your official duties, you will have the opportunity for further academic training. It is possible to pursue a doctorate outside of working hours, and we will be happy to support you in this endeavour.

Your profile:

- A degree in physiotherapy, occupational therapy, movement science, sport and exercise science, or a related field
- Interest in musicians' health and wellbeing

- Interest in eHealth/mHealth intervention development and testing
- Experience in conducting research
- Fluency in English (written and spoken)
- Excellent communication skills and empathy, especially when dealing with patients
- Ability to work independently and in a team

Desirable:

- Experience in conducting and analysing semi-structured interviews
- Knowledge of and/or experience with strengthening and stretching exercises for the prevention and treatment of chronic musculoskeletal pain
- Play an instrument/sing and/or be familiar with the occupational demands of musicians
- Proficiency in German (written and/or spoken)
- Previous experience in the social science research
- If you are interested in a PhD, there is the possibility to support you in this endeavour

We offer

- Secure remuneration according to the collective agreement (TV-L) including the usual social benefits in the public sector such as additional pension scheme, annual special payment
- Flexible working hours
- Opportunities to reconcile work and family life
- A good working atmosphere in a motivated, appreciative, international and interdisciplinary team

If you have any questions, please contact Ms Akiho Suzuki, akiho.suzuki@hmtm-hannover.de.

The University of Music, Theatre and Media promotes professional equality between women and men, heterogeneity among its members and the compatibility of work and family life. Applicants with a severe disability will be given preferential consideration if they are equally suitable and qualified. Applications from people with a migration background are welcome.

Please note our information on data protection in the application process at <https://www.hmtm-hannover.de/de/hochschule/stellenausschreibungen/>.

Please send your complete application (cover letter, CV, certificates etc.) by 28th of July 2025, quoting the reference number 14/2025, preferably electronically (please in a PDF file) or in writing to

Hochschule für Musik, Theater und Medien Hannover
Personalabteilung, z. Hd. Frau Birgit Franke
Neues Haus 1
30175 Hannover

E-Mail: bewerbung@hmtm-hannover.de

Please submit your documents only as uncertified copies (no originals), as they will not be returned. The documents will be destroyed after the appointment procedure has been completed.