Master thesis opportunity

**ExerG: Exergame training in the elderly - needs, preferences, attitudes, fears and previous experiences**

**Background:**
The World Health Organization’s ‘Global report on falls prevention in older age’ (2007) shows that around 28-35% of people aged 65 years and over fall each year. Falls can lead to long-term health, psychological and social consequences and substantially increase health care costs. Systematic reviews demonstrated that specific physical and cognitive exercises significantly improve walking and postural control and thus reduce fall rates in older people with and without disabilities. An up-coming training approach that seems to have the potential to face the above-mentioned challenges in older adults are so-called exergames. Exergames can be used in various application fields (e.g., rehabilitation and prevention) and target populations due to the broad range of design possibilities. In an EU-funded project, the existing exergame environment, the ExerCube (https://sphery.ch), is to be adapted for older people in rehabilitation.

**Aims:**
This sub-project aims to provide essential support to the ExerG concept development process, which is largely based on the evaluation of the patients' needs and preferences and the expectations of therapists and health insurances.

**Tasks:**
The successful candidate will conduct focus groups and single interviews with patients, therapists and representatives of health insurance companies to assess existing attitudes and experiences regarding exergame training in rehabilitation. Further, she/he will be responsible for the transcription of the audio-recordings and will be part of the team that analyses the interview content.

**Requirements:**
- Interest in gaining a deeper knowledge of exergames in the context of rehabilitation
- Friendly and courteous treatment of patients and other interviewees
- Proficiency in use of MS Office
- Basic knowledge of qualitative data analysis with appropriate software
- Highly motivated and team-oriented working morale

**Offer:**
- Introduction and supervision throughout the entire project
- Exciting opportunities in an interdisciplinary environment of clinical research and rehabilitation
- Possibility to visit various departments involved in rehabilitation of neurologic and orthopaedic patients.

**Time period:**
Begin is negotiable. Duration: 6 to 9 months.

For further questions, please contact Dr. C. Schuster-Amft, Research Department, Reha Rheinfelden (c.schuster@reha-rhf.ch). To view other opportunities at our department, go to: https://www.reha-rheinfelden.ch/ueber-uns/wissenschaft/