Ulrik Lyngs
Curriculum vitae

Research summary

Aims—to develop and evaluate design patterns that help people self-regulate their use of smartphones and laptops. **Methods**—controlled studies, user surveys, interviews, co-design workshops, web scraping, behaviour logging.

I am passionate about open and transparent research. Since 2018, I have shared materials, analysis scripts, and data for all my first-authored work, and written my papers as reproducible documents in R Markdown.

Contact

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Awards and honours

2020	**Winner of the 2020 Oxford Three Minute Thesis competition**, Mathematical, Physical and Life Sciences Division, University of Oxford
2020	**Commendation Certificate for the Reducing Digital Distraction Workshop**, MPLS Impact Awards, University of Oxford
2019	**Best Talk Award**, 2019 Oxford Computer Science Conference, University of Oxford
2019	**Best Paper Honorable Mention Award for "Self-Control in Cyberspace…"**, CHI'19: ACM Conference on Human Factors in Computing Systems
2018	**Best Paper Award for "Third party tracking…"**, WebSci'18: ACM Conference on Web Science, Amsterdam
2017	**DOMUS Prize for Outstanding Research Communication**, Linacre College, University of Oxford

Selected major grants

2021 — 2023	**Carlsberg Foundation Visiting Fellowship at University of Oxford** (DKK 700,000 (~£80k)), Understanding Personal Digital Self-Control Struggles and Appropriate Interventions
2019 — 2020	**EPSRC Doctoral Prize** (~£28k), Supporting End-User Autonomy Over Digital Device Use

Education

2016 — 2021	**DPhil in Computer Science**, University of Oxford
2012 — 2013	**MSc in Cognitive and Evolutionary Anthropology**, University of Oxford
2011 — 2016	**MA in the Study of Religion & Psychology**, Aarhus University
2007 — 2011	**BA in the Study of Religion & Psychology**, Aarhus University

Selected teaching experience

2021	**Instructor, Reproducible research with R Markdown**, Oxford ǀ Berlin Summer School on Open Research. 25 early career researchers (MSc, PhD, and postdocs). Taught a 2-hour workshop on workflows for reproducible data analysis and paper writing
2020	**Teaching assistant, Big Data Analytics**, Oxford Internet Institute, University of Oxford. 20 master's students. Taught the practical part of the class on analysing and visualising non-normally distributed data in R and RStudio
2019	**Instructor, Reproducible research with R Markdown**, TIER Faculty Development Workshop, St. Anne's College, University of Oxford. 20 staff and faculty from research institutions across Europe. Developed and taught a 2-day master class in reproducible research

Selected talks

2022   **Kynapse**, Paris, France
Self-Control in Cyberspace

2022   **Goodenough College & University of Oxford, Colloquium on AI and Regulation**, Venice, Italy
Self-Control in Cyberspace: The Attentional Challenges of Computing Technology

2021   **University of Oxford**, Reproducible Research Oxford
Reproducible academic papers with R Markdown, RStudio, Zotero, Google Docs, and LaTeX templates

2021   **University of Copenhagen, International Seminar organised by the DISTRACT project:** *Studying the Digital Backlash*, Copenhagen Center for Social Data Science
"Where has my cognitive prime time gone?" Understanding digital self-control struggles and appropriate interventions

2021   **University of Copenhagen, Human-Centred Computing Section**, Dept. of Computer Science
Reproducible and Replicable Research

2021   **University of Oxford, Human Centred Computing**, Dept. of Computer Science
Reproducible and Replicable Research

2020   **University of Oxford, Guest lecture in Interaction Design (IDE)**, Dept. of Computer Science
Ulysses in Cyberspace: The Theory and Practice of Digital Self-Control

2020   **University of Copenhagen, COINACT**, Institute of Psychology
Cognitive Control in Cyberspace

2020   **University of Washington, Design. Use. Build. (DUB) alliance**
'I Just Want to Hack Myself to Not Get Distracted': Evaluating Design Interventions for Self-Control on Facebook

2020   **Google, Digital Wellbeing**
Digital Wellbeing in Practice: Designing for Digital Self-Control

2019   **Indian Institute of Technology (IIT) Bombay, Best of CHI2019**, Mumbai (videolink)
Q&A: Self-Control in Cyberspace

Selected media & panels

2021   **Brainstorm podcast (Danish)**, Slip nu den telefon! Fire gode råd til at undgå tidsrøvende distraktioner på nettet

2021   **Roundtable discussion on mental health during the COVID pandemic**, Coping with Isolation and Loneliness - a Conversation

2020   **University of Oxford Podcasts**, Your Digital Life During Lockdown

2019   **Futures Thinking Conference**, Psychology and Futurity

2019   **2019 Oxford Computer Science Conference**, Computing Everything? The Limits of Algorithmic Learning

2021   **Danish radio program 'Kortsluttet' (*short-circuited*) on P1**, Interviewed in the episode 'Død over digitale distraktioner' (P1)

2018   **Financial Times, BBC, The Times, Business Insider, and more**, Our paper "Third Party Tracking in the Mobile Ecosystem" covered in the media

Professional development

2018   **Invited participant to the Global Dialogue for Happiness**, World Government Summit, Dubai

2017   **Leading for Impact fellow**, 4-month leadership training programme at Saïd Business School, University of Oxford

Selected service

2016 — present   **Reviewer** ACM Transactions on Computer-Human Interaction (TOCHI), ACM CHI Conference, Computer-Supported Cooperative Work and Social Computing, International Journal of Human-Computer Studies

2018 — 2020   **Steering group member** Transparent Statistics in Human-Computer Interaction

2017 — 2018   **President of the Computer Science Graduate Society (CoGS)** Dept. of Computer Science, University of Oxford