

# Ulrik Lyngs

## Curriculum vitae

### Personal summary

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I am a computer scientist, cognitive psychologist, and musician. I am passionate about applying insights from the behavioural neurosciences to design digital technology that is sensitive to human limitations and biases, particularly in relation to attention and self-regulation.

📍 Department of Computer Science,  
University of Oxford, Oxford, UK  
✉ ulrik.lyngs@cs.ox.ac.uk  
🌐 ulriklyngs.com  
📺 ulyngs

### Selected Publications

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Ulrik Lyngs, Kai Lukoff, Petr Slovak, Reuben Binns, Adam Slack, Michael Inzlicht, Max Van Kleek, Nigel Shadbolt (2019). *Self-Control in Cyberspace: Applying Dual Systems Theory to a Review of Digital Self-Control Tools*<sup>1</sup> Proceedings of the 2019 CHI Conference on Human Factors in Computing Systems 🏆 *Honourable Mention*

Ulrik Lyngs (2019). *Putting Self-Control at the Centre of Digital Wellbeing*<sup>2</sup> CHI'19 Workshop: Designing for Digital Wellbeing

Reuben Binns, Ulrik Lyngs, Max van Kleek, Jun Zhao, Timothy Libert, Nigel Shadbolt (2018). *Third party tracking in the mobile ecosystem*<sup>3</sup> Proceedings of the 2018 ACM Web Science Conference 🏆 *Best Paper*

Ulrik Lyngs, Reuben Binns, Max van Kleek, Nigel Shadbolt (2018). *So, Tell Me What Users Want, What They Really, Really Want!*<sup>4</sup> Proceedings of the 2018 CHI Conference on Human Factors in Computing Systems

Reuben Binns, Max van Kleek, Michael Veale, Ulrik Lyngs, Jun Zhao, Nigel Shadbolt (2018). *It's Reducing a Human Being to a Percentage': Perceptions of Justice in Algorithmic Decisions*<sup>5</sup> Proceedings of the 2018 CHI Conference on Human Factors in Computing Systems

Ulrik Lyngs and Ryan McKay (2017). *'It's More Fun With My Phone': A Replication Study of Cell Phone Presence and Task Performance*<sup>6</sup> Proceedings of the 39th Annual Conference of the Cognitive Science Society

Ulrik Lyngs, Emma Cohen, Wall Hattori, Martha Newson, and Dan Levin (2016). *Hearing in Colour: How Expectations Distort Perception of Skin Tone*<sup>7</sup> Journal of Experimental Psychology: Human Perception and Performance, 42 (12), 2068-2076

### Education

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2016 — DPhil in Computer Science, University of Oxford  
2020  
2012 — MSc in Cognitive and Evolutionary Anthropology, University of Oxford  
2013  
2011 — MA in the Study of Religion & Cognitive Psychology, Aarhus University  
2016  
2007 — BA in the Study of Religion & Psychology, Aarhus University  
2011

### Grants and Awards

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2019 Best Talk Award (£200), 2019 Oxford Computer Science Conference, University of Oxford  
2018 Best Paper Award (€500), 10th ACM Conference on Web Science, Amsterdam  
2018 Student Research Competition Grant (\$500), ACM CHI'18  
2017 DOMUS Prize for Outstanding Research Communication (£500), Linacre College, University of Oxford  
2017 Designing for Curiosity Workshop Grant (€400), ACM CHI'17  
2017 Student Research Competition Grant (\$500), ACM CHI'17  
2013 Lienhard & Bagby Research Grant (£1,000), Institute of Social & Cultural Anthropology, University of Oxford

### Media coverage

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2018 Our paper 'Third Party Tracking in the Mobile Ecosystem' covered in the Financial Times<sup>8</sup>, BBC<sup>9</sup>, The Times<sup>10</sup>, Business Insider<sup>11</sup>, and more

## Selected work experience

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- 2019 R Markdown Instructor  
TIER Faculty Development Workshop [12](#),  
St. Anne's College, University of Oxford  
Taught a 2-day master class in Reproducible  
Research to 20+ research staff and faculty  
from research institutions across Europe.
- 2017 — Web developer  
present SOCIAM.org [13](#), Dept. of Computer Science,  
University of Oxford  
Built sociam.org (archiving outputs of a 5.5  
year EPSRC research project involving 55+  
researchers, 40+ projects, and 400+  
publications) from scratch in Drupal 7,  
assisted by two summer interns. Ongoing  
maintenance, feature development, and  
content curation.
- 2013 — Festival Producer and Manager  
2016 Institute of Art and Ideas, London  
Generated ideas and wrote programme copy  
for 250+ panel debates for the internationally  
renowned philosophy and music festival  
HowTheLightGetsIn [14](#); interviewed (600+)  
and booked (150+) world- leading thinkers,  
including Cory Doctorow, Aubrey de Grey,  
and Simon Baron-Cohen; led and managed a  
research team of two full-time and music  
team of three full-time staff.

## Software development

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- 2019 Dashboard for visualising facebook use [15](#),  
developed with R, shiny, and `flexdashboard`  
Originally developed for research study on  
Facebook use among Oxford University  
students in the autumn of 2018
- 2019 `oxforddown` [16](#), R package for writing an  
Oxford University thesis with R Markdown
- 2018 `chi-proc-rmd-template` [17](#) and `chi-ea-`  
`template` [18](#), R packages for writing ACM  
CHI submissions with R Markdown

## Technical skills

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- *Programming, data analysis and visualisation* in R (tidyverse), Python, and D3.js
- *Reproducible research with dynamic documents* in R Markdown (bookdown, xaringan, pagedown) + LaTeX
- *Web development* (HTML, CSS, JavaScript, Drupal, Hugo, blogdown, Jekyll + GitHub)

## Professional development

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- 2018 Invited participant at the Global Dialogue for  
Happiness, World Government Summit [19](#),  
Dubai
- 2017 Leading for Impact [20](#) fellowship, 4-month  
leadership training programme at Saïd  
Business School, University of Oxford

## Selected talks

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- 2019 *Computing Everything? The Limits of  
Algorithmic Learning (panel chair)*, 2019  
Oxford Computer Science Conference,  
University of Oxford
- 2019 *Self-Control in Cyberspace: Applying Dual  
Systems Theory to a Review of Digital  
Self-Control Tools*, 2019 CHI Conference  
on Human Factors in Computing Systems,  
Glasgow, UK
- 2019 *Putting Self-Control at the Centre of  
Digital Wellbeing*, Designing for Digital  
Wellbeing workshop, 2019 CHI Conference  
on Human Factors in Computing Systems,  
Glasgow, UK
- 2018 *So, Tell Me What Users Want, What  
They Really, Really Want!*, AI, Society,  
and the Media, BBC Radio Theatre, New  
Broadcasting House, London
- 2018 *Hacking the Attention Economy*,  
Hackathon at CodeBase, Edinburgh,  
organised by the UnBias [21](#) project,  
University of Oxford
- 2018 *Evaluating Anti-Distracted Browser  
Extensions for Facebook*, Human Centred  
Computing research seminar, CS Dept.,  
University of Oxford
- 2017 *Distraction and Self-Regulation in Social  
Machines*, The Theory and Practice of  
Social Machines, Jesus College, University  
of Oxford

## Personal skills & volunteering

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- 2017 Computer Science Ambassador  
— Dept. of Computer Science, University of  
present Oxford  
I give talks about my group's and my  
personal research to 14-18 year old  
students from UK schools visiting the  
Computer Science Department
- 2017 Founding Band Member  
— The Karaoke Collective  
present Inventor, MC and drummer in 'The  
Karaoke Collective' [22](#), an eclectic group of  
seasoned musician in Oxford and London,  
which blends the fun of karaoke with the  
magic of a live band.
- 2013 Interview Coach  
— Oxbridge Interviews, Oxfizz [23](#)  
2016 Provided interview training for 30+  
teenagers from non-traditional family  
backgrounds wishing to apply to the  
universities of Oxford or Cambridge.

## Links

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1. <https://ulriklynngs.com/publications>↵
2. <https://ulriklynngs.com/file/102/download?token=YRZoq5qR>↵
3. <https://dl.acm.org/citation.cfm?doid=3201064.3201089>↵
4. <https://dl.acm.org/citation.cfm?id=3188397>↵
5. <https://dl.acm.org/citation.cfm?id=3173951>↵
6. <https://mindmodeling.org/cogsci2017/papers/0501/index.html>↵
7. <https://psycnet.apa.org/record/2016-49029-001>↵
8. <https://ig.ft.com/mobile-app-data-trackers/>↵
9. <https://www.bbc.co.uk/news/technology-45952466>↵
10. <https://www.thetimes.co.uk/article/personal-data-harvesting-by-mobile-phone-apps-is-out-of-control-pb2m2kwkj>↵
11. <https://www.businessinsider.com/google-and-facebook-big-data-apps-oxford-study-finds-2018-10?r=UK&IR=T>↵
12. <https://www.projecttier.org/fellowships-and-workshops/faculty-development-workshops/>↵
13. <https://sociam.org/>↵
14. <https://howthelightgetsin.org/>↵
15. <https://ulriklynngs.shinyapps.io/fb-dashboard-rose/>↵
16. <https://github.com/ulyngs/oxforddown>↵
17. <https://github.com/ulyngs/chi-proc-rmd-template>↵
18. <https://github.com/ulyngs/chi-ea-rmd-template>↵
19. <https://www.worldgovernmentsummit.org>↵
20. <https://www.sbs.ox.ac.uk/research/skoll-centre-social-entrepreneurship/social-impact-education/leading-impact>↵
21. <https://unbias.wp.horizon.ac.uk/>↵
22. <https://karaokecollective.com>↵
23. <https://oxfizz.org/>↵