# **Ulrik Lyngs**

### Research summary

**Aims**—to develop and evaluate design patterns that help people exercise self-control over 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 work, and written my papers as reproducible documents in R Markdown1.

### Research positions

2021 — present Postdoctoral Researcher

Carlsberg Foundation & Dept. of Computer Science, University of Oxford

### **Education**

2016 — 2021 **DPhil in Computer Science**, University of Oxford

Supervisor: Sir Nigel Shadbolt<sup>2</sup>

Thesis: Examining the effectiveness of design patterns for digital self-control

2012 — 2013 MSc in Cognitive and Evolutionary Anthropology, University of Oxford

Supervisor: Oliver Curry3

Thesis: Fundamental motivations and risk-taking

2011 — 2016 MA in the Study of Religion & Psychology, Aarhus University

Supervisor: Uffe Schjødt4

Thesis: Religion as a cultural tool for cognitive control

2007 — 2011 BA in the Study of Religion & Psychology, Aarhus University

Supervisors: Jesper Sørensen<sup>5</sup> and Kristoffer Laigaard Nielbo<sup>6</sup> Thesis: Priming effects of religious concepts on moral judgment

## Major grants and funding

2021 — 2023 Carlsberg Foundation Visiting Fellowship at University of Oxford7 (DKK

700,000 (~£85k)), Understanding Personal Digital Self-Control Struggles and

Appropriate Interventions

van Houten Fund8 (~f12k), The Reducing Digital Distraction (ReDD) Workshop

for Oxford University students.

Supervisor: Maureen Freed.

2019 — 2020 EPSRC Doctoral Prize 9 (~£28k), Supporting End-User Autonomy Over Digital

Device Use.

Supervisor: Nigel Shadbolt. Mentor: Max Van Kleek.

### Awards & honours

2020 Winner of the 2020 Oxford Three Minute Thesis competition 10, Mathematical, Physical and Life Sciences Division, University of Oxford Commendation Certificate for the Reducing Digital Distraction Workshop, MPLS Impact Awards 11, University of Oxford 2019 Best Talk Award, 2019 Oxford Computer Science Conference, University of Oxford 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 **Publications** Conference In computer science, top-tier conferences (<30% acceptance rate) are as, or more publications impactful than journals, see doi.org/fgjt2h (fully reviewed, archival) 2021 C6 How the Design of YouTube Influences User Sense of Agency K. Lukoff, U. Lyngs, H. Zade, V. Liao, J. Choi, K. Fan, S. Munson, A. Hiniker CHI'21: ACM Conference on Human Factors in Computing Systems 2020 C5 From Ancient Contemplative Practice to the App Store: Designing a Digital **Container for Mindfulness** K. Lukoff, U. Lyngs, S. Gueorguieva, E. S. Dillman, A. Hiniker, S. A. Munson DIS'20: ACM conference on Designing Interactive Systems C4 "I Just Want to Hack Myself to Not Get Distracted": Evaluating Design Interventions for Self-Control on Facebook U. Lyngs, K. Lukoff, P. Slovak, W. Seymour, H. Webb, M. Jirotka, J. Zhao, M. Van Kleek, N. Shadbolt CHI'20: ACM Conference on Human Factors in Computing Systems 2019 C3 Self-Control in Cyberspace: Applying Dual Systems Theory to a Review of **Digital Self-Control Tools** U. Lyngs, K. Lukoff, P. Slovak, R. Binns, A. Slack, M. Inzlicht, M. Van Kleek, N. Shadbolt CHI'19: ACM Conference on Human Factors in Computing Systems **Q** Best paper honourable mention (top 5%) 2018 C2 Third party tracking in the mobile ecosystem R. Binns, U. Lyngs, M. Van Kleek, J. Zhao, T. Libert, N. Shadbolt WebSci'18: ACM Web Science Conference P Best paper award (top 2 papers) C1 "It's Reducing a Human Being to a Percentage": Perceptions of Justice in **Algorithmic Decisions** R. Binns, M. Van Kleek, M. Veale, U. Lyngs, J. Zhao, N. Shadbolt CHI'18: ACM Conference on Human Factors in Computing Systems

Journal articles	(fully	reviewed,	archival
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2016 J1 Hearing in Colour: How Expectations Distort Perception of Skin Tone U. Lyngs, E. Cohen, W. Hattori, M. Newson, D. Levin JEP:HPP: Journal of Experimental Psychology: Human Perception and Performance, 42 (12), 2068-2076 Extended abstracts and workshop papers (lightly reviewed) 2020 Α9 The ReDD Workshop: A Template for Supporting People in Regaining Control Over Digital Device Use U. Lyngs, M. Freed, K. Lukoff, P. Slovak, M. Van Kleek CHI'20 workshop: Rethinking Mental Health Resources, Workshop at the ACM Conference on Human Factors in Computing Systems Α8 Further Exploring Communal Technology Use in Smart Homes: Social **Expectations** M. Kraemer, U. Lyngs, H. Webb, I. Flechais CHI'20 EA: ACM Conference on Human Factors in Computing Systems Α7 "What Could Possibly Go Wrong?" Logging HRI Data for Robot Accident Investigations K. Winkle, M. Jirotka, U. Lyngs, C. Macrae, H. Webb, A. Winfield HRI'20 Companion: ACM/IEEE International Conference on Human-Robot Interaction 2019 Α6 Putting Self-Control at the Centre of Digital Wellbeing U. Lyngs CHI'19 workshop: Designing for Digital Wellbeing, Workshop at the ACM Conference on Human Factors in Computing Systems 2018 Α5 So, Tell Me What Users Want, What They Really, Really Want! U. Lyngs, R. Binns, M. Van Kleek, N. Shadbolt CHI'18 EA (alt.chi): ACM Conference on Human Factors in Computing Systems A Cognitive Design Space for Supporting Self-Regulation of ICT Use Α4 U. Lyngs CHI'18 EA: ACM Conference on Human Factors in Computing Systems 2017 **A**3 'It's More Fun With My Phone': A Replication Study of Cell Phone Presence and Task Performance U. Lynas CHI'17 EA: ACM Conference on Human Factors in Computing Systems Α2 'It's More Fun With My Phone': A Replication Study of Cell Phone Presence and Task Performance U. Lyngs, R. McKay CogSci'17: 39th Annual Conference of the Cognitive Science Society Α1 Curiosity, ICTs, and Attention Management U. Lyngs CHI'17 workshop: Designing for Curiosity: An Interdisciplinary Workshop 12, ACM Conference on Human Factors in Computing Systems

# Research dissemination

#### **Press**

		11033
2018		Our paper "Third Party Tracking in the Mobile Ecosystem" [C2] covered in the Financial Times 13, BBC14, The Times 15, Business Insider 16, and more
		Talks
		All first-authored conference publications listed above were also presented as talks at their respective conferences and are not listed again in this section.
2021	T31	<b>University of Copenhagen, DISTRACT</b> 17, Copenhagen Center for Social Data Science
		The Reducing Digital Distraction workshop as research tool: methods and preliminary results
	T30	University of Copenhagen, Human-Centred Computing Section 18, Dept. of Computer Science Reproducible and Replicable Research
	T20	·
	T29	University of Oxford, Human Centred Computing 19, Dept. of Computer Science
		R Markdown in 7 Minutes
	T28	University of Oxford, Human Centred Computing 20, Dept. of Computer Science
		Reproducible and Replicable Research
2020	T27	University of Oxford, Guest lecture in Interaction Design (IDE)21, Dept. of Computer Science
		Ulysses in Cyberspace: The Theory and Practice of Digital Self-Control
	T26	<b>University of Copenhagen, DISTRACT</b> 22, Copenhagen Center for Social Data Science
		Self-Control in Cyberspace: Examining Tools of Resistance in the Battle for Online Attention
	T25	<b>University of Copenhagen, COINACT</b> <sup>23</sup> , Institute of Psychology Cognitive Control in Cyberspace
	T24	University of Oxford, Seminars at Linacre College 24
		'I Just Want to Hack Myself to Not Get Distracted': Do Design Interventions for Self-Control on Facebook Work?
	T23	<b>University of Oxford</b> , Oxford Centre for Hindu Studies, online lecture series (6 videos) <sup>25</sup> for a general audience
		What Can Digital Humanities Offer Hindu Studies?
	T22	<b>University of Oxford, Śākta traditions project</b> <sup>26</sup> , Oxford Centre for Hindu Studies

University of Washington, Design. Use. Build. (DUB) alliance 27
'I Just Want to Hack Myself to Not Get Distracted': Evaluating Design Interventions for Self-Control on Facebook

Deus ex Machina: What Can Digital Humanities Offer Hindu Studies?

	T20	Google, Digital Wellbeing <sup>28</sup> Digital Wellbeing in Practice: Designing for Digital Self-Control
	T19	<b>University of Copenhagen, Human-Centred Computing Section</b> 29, Dept. of Computer Science
		Digital Wellbeing in Practice: Examining the Effectiveness of Digital Self-Control Strategies
	T18	University of Oxford, Digital Ethnography Group (OxDEG)30, Oxford Internet Institute
		Digital Wellbeing in Practice: Examining the Effectiveness of Digital Self-Control Strategies
2019	T17	University of Oxford, R user group Oxford31, St. Peter's College Reproducible research with R Markdown, featuring article and PhD thesis writing
	T16	Indian Institute of Technology (IIT) Bombay, Best of CHI2019, Mumbai (videolink)
		Q&A: Self-Control in Cyberspace
	T15	University of Oxford, 2019 Oxford Computer Science Conference 32, Dept. of Computer Science
		Self-Control in Cyberspace: Applying Dual Systems Theory to a Review of Digital Self-Control Tools
	T14	University of Oxford, Dept. of Computer Science, workshop for 1st year DPhil (PhD) students "Owning" Your DPhil
	T13	2019 CHI Conference on Human Factors in Computing Systems, Designing for Digital Wellbeing Workshop <sup>33</sup> , Glasgow, UK Putting Self-Control at the Centre of Digital Wellbeing
2018	T12	BBC, AI, Society & the Media, BBC Radio Theatre, New Broadcasting House, London
		So, Tell Me What Users Want, What They Really, Really Want!
	T11	UnBias34 Hackathon, CodeBase, Edinburgh Hacking the Attention Economy
	T10	University of Oxford, Human Centred Computing 35, Dept. of Computer Science
		Evaluating Anti-Distraction Browser Extensions for Facebook
2017	T09	<b>PubhD</b> 36, science communication and pints, St Aldate's Tavern, Oxford How to Build Minimally-Distracting Technology
	T08	University of Oxford, SOCIAM: The Theory and Practice of Social Machines 37 project meeting, Jesus College Distraction and Self-Regulation in Social Machines
	T07	University of Oxford, DOMUS Research Communication Competition, Linacre
	107	College
	TO4	Ulysses in Cyberspace: How Anti-Distraction Apps Can Guide Digital Design
	T06	University of Oxford, 2017 Oxford Computer Science Conference 38, Dept. of Computer Science
		ICTs and Attention Management: Evaluating the Emerging Anti-Distraction Market

	T05	University of Oxford, Being Responsible in Research: Opportunities and Challenges workshop, Human Centred Computing 39, Dept. of Computer Science
		Battle of the Social Machines: Attention Management in the Information Age
	T04	SOCIAM: The Theory and Practice of Social Machines 40, project meeting at Brockenhurst, UK
2015	T03	Attention Management in the Information Age
2013	103	Aarhus University, Religion, Cognition and Culture 41 research unit, Institute of Culture and Society Religion: A Culturally Evolved Tool for Self-Control
2014	T02	26th Annual Human Behavior and Evolution Society Conference 42, Natal, Brazil
		Fundamental Motivations and Risk-Taking: Loss Aversion in Context
2012	T01	Homo Experimentalis: Experimental Approaches in The Study of Religion 43, Brno, Czech Republic
		Effort, Loss Aversion and Religion
		Discussion panels
2021	D3	Linacre College, Coping with Isolation and Loneliness - a Conversation,
2019	D2	<b>Futures Thinking Conference</b> 44, Psychology and Futurity, roundtable discussion on mental health
	D1	<b>2019 Oxford Computer Science Conference</b> 45, Computing Everything? The Limits of Algorithmic Learning, moderator for panel discussion with Richard Evans (Deepmind), Peter Millican, Hao Ni, and Luba Elliott
		Poster presentations
2018	P7	Connected Life Conference 201846, What the Anti-Distraction Market Tells Us About Digital Technology and Self-Regulation
	P6	<b>3rd Symposium on Computing and Mental Health</b> 47 <b>, Montreal, Canada</b> , A Cognitive Design Space for Supporting Self-Regulation of ICT Use
2017	P5	<b>London</b> , "It's More Fun With My Phone": A Replication Study of Cell Phone Presence and Task Performance
	P4	<b>Connected Life Conference 2017</b> 48, Ulysses in Cyberspace: Evaluating the Anti-Distraction Market
	P3	<b>Designing for Curiosity Workshop</b> 49 <b>, Denver, Colorado</b> , Curiosity, ICTs and Attention Management: Evaluating the Emerging Anti-Distraction Market
2014	P2	Morality: Evolutionary Origins and Cognitive Mechanisms 50, Budapest, Wild Cooperation: Studying Real-World Reciprocity Using Couchsurfing.org
2011	P1	<b>Boston, MA</b> , Priming Effects of Religious Concepts on Moral Judgment – Between Mean Values and Variation
		Podcasts
2021	Pod2	<b>Brainstorm podcast (Danish)</b> 51, Slip nu den telefon! Fire gode råd til at undgå tidsrøvende distraktioner på nettet

2020	Pod1	University of Oxford Podcasts 52, Your Digital Life During Lockdown
		Blog posts
2019	В9	<b>UX Collective (Medium)</b> , 367 Tools of Resistance in the Battle for Online Attention 53
	B8	<b>ulriklyngs.com</b> , How to Use Pandoc Filters for Advanced Customisation of Your R Markdown Documents <sup>54</sup>
	В7	ulriklyngs.com, How to Create New Chunk Options in R Markdown55
2018	В6	ulriklyngs.com, How to Build Safari App Extensions56
	B5	ulriklyngs.com, R packages for CHI papers with R Markdown57
	В4	ulriklyngs.com, How to Write ACM Articles with R Markdown58
2017	ВЗ	Connected Life Conference 2017, Ulysses in Cyberspace 59
	B2	ulriklyngs.com, Making Statistics Make Sense60
2016	B1	ulriklyngs.com, Digging Science Out of a Hole: The Reproducibility Index61
		R packages
2019 —	present	oxforddown 62, for reproducible thesis writing in R Markdown, formatted with a traditional University of Oxford LaTeX template
2019 —	present	<pre>pagedown-cv63, for dynamically generating a curriculum vitae from data held in a spreadsheet into a variety of output formats, using R Markdown and the pagedown R package</pre>
2018 —	2020	chi-2021-rmd-template 64, chi20-papers-rmarkdown 65, chi-proc- rmd-template 66 & chi-ea-template 67, for writing reproducible submissions in R Markdown to the ACM CHI conference
		Publicly available research code & data
2021		Data, materials, and analyses for my DPhil thesis "Ulysses in Cyberspace"  U. Lyngs <a href="https://osf.io/ed3wh/">https://osf.io/ed3wh/</a>
2020		Data, materials, and analysis for "'I Just Want to Hack Myself…" [C4] U. Lyngs, K. Lukoff, P. Slovak, W. Seymour, H. Webb, M. Jirotka, J. Zhao, M. Van Kleek, N. Shadbolt <a href="https://osf.io/qtg7h/">https://osf.io/qtg7h/</a>
2019		Data, materials, and analysis for "Self-Control in Cyberspace" [C3]  U. Lyngs, K. Lukoff, P. Slovak, R. Binns, A. Slack, M. Inzlicht, M. Van Kleek, N. Shadbolt  https://osf.io/zyj4h/
2018		Data and analysis for "Third party tracking" [C2] R. Binns, U. Lyngs, M. Van Kleek, J. Zhao, T. Libert, N. Shadbolt <a href="https://osf.io/4nu9e/">https://osf.io/4nu9e/</a>

### Teaching experience

2020 Teaching assistant, Big Data Analytics 68, 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 69, TIER Faculty Development Workshop 70, 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 2013 Teacher, Introduction to Evolutionary Psychology, Oxbridge International Summer School71 10 high school students. Organised and taught a 2-week course with group and individual tutorials 2010 — 2011 Teaching assistant, Philosophy, theory of science, and university history, Dept. for the Study of Religion, Aarhus University 20 undergraduate students. Taught a weekly supplementary seminar to the main

### **Service**

lecture series

2018 — 2020	<b>Steering group member</b> , Transparent Statistics in Human-Computer Interaction72
2016 — present	<b>Reviewer</b> , ACM Transactions on Computer-Human Interaction (TOCHI)73, ACM CHI Conference74, Computer-Supported Cooperative Work and Social Computing75, International Journal of Human-Computer Studies76
2018	Main conference organiser and General Chair, Oxford Computer Science Conference 2018, Dept. of Computer Science, University of Oxford
2017 — 2018	<b>President of the Computer Science Graduate Society (CoGS)</b> , Dept. of Computer Science, University of Oxford
2016 — 2017	<b>DPhil representative in the Computer Science Graduate Society (CoGS)</b> , Dept. of Computer Science, University of Oxford
2012 — 2016	Executive committee member in the London Evolutionary Research Network 77 (LERN), London, UK
2008 — 2012	Chairman of the Society for the Study of Religion (RvF)78, Dept. for the Study of Religion, Aarhus University

### Selected work experience

Data Scientist and Digital Humanities Consultant, Śākta Traditions79, Oxford Centre for Hindu Studies, University of Oxford
I provide practical support and consultancy on natural language processing methods for analysis and visualisation of large text corpora, using reproducible workflows in R Markdown.

Research Assistant, RoboTIPS: Developing Responsible Robots for the Digital Economy80
 Developed accident scenarios and investigation processes to inform responsible innovation in social robotics, with researchers at the Dept. of Computer Science in Oxford (lead: Prof. Marina Jirotka), and the Bristol Robotics Facility (lead: Prof. Alan Winfield).

 2017 — 2019 Web developer, Dept. of Computer Science, University of Oxford: SOCIAM: The Theory and Practice of Social Machines81

Built sociam.org82, which archives outputs of a 5.5 year EPSCR research project involving 55+ researchers, 40+ projects, and 400+ publications. Developed from scratch in Drupal 7, assisted by two summer interns. Ongoing maintenance, feature development, and content curation.

2017 — 2019 Bartender, Linacre College, University of Oxford

2013 — 2016

Festival Producer and Manager, Institute of Art and Ideas83, London Generated ideas and wrote programme copy for 250+ panel debates for the internationally renowned philosophy and music festival HowTheLightGetsIn84; interviewed (600+) and booked (150+) speakers, including Cory Doctorow, Aubrey de Grey, and Simon Baron-Cohen; led and managed a research team division of two full-time staff plus a music team of three full-time staff.

### Professional development

Invited participant to the Global Dialogue for Happiness, World Government Summit85, Dubai

Leading for Impact 86 fellow, 4-month leadership training programme at Saïd Business School, University of Oxford

### Minor grants and funding

2018 Student Research Competition Grant (\$500), CHI'18: ACM Conference on

Human Factors in Computing Systems

Workshop Travel Grant (€400), Designing for Curiosity, CHI'17: ACM Conference

on Human Factors in Computing Systems

2017 Student Research Competition Grant (\$500), CHI'17: ACM Conference on

Human Factors in Computing Systems

Lienhard & Bagby Research Grant (£1,000), Institute of Social & Cultural

Anthropology, University of Oxford

2008 Summer School Scholarship (~€1000), University of Helsinki

2008 Undergraduate Travel Grant (DKK 1200), Aarhus University

# Personal skills & volunteering

2017 — present Founding Band Member, The Karaoke Collective 87

Inventor, MC and drummer; the KC is a group of seasoned musicians in Oxford and London where we blend the fun of karaoke with the magic of a live band.

2017 — 2019	Computer Science Ambassador, Dept. of Computer Science, University of Oxford I gave regular talks about my group's and my personal research to 14-18 year old students from schools in the UK visiting the Dept. of Computer Science
2017 — 2019	Steering committee member, Oxford Scandinavian Society, Co-organiser of 'sittnings' (traditional Scandinavian dinner- and drinking parties), movie nights, summer BBQs and more Webmaster and ticket manager for ScanSoc's website at oxfordscandinavian.com
2017	<b>Head of Entertainment, Linacre College Ball</b> , Planned, contracted, and produced 15+ acts, including a 30-piece swing band, funk orchestra, live karaoke, glitter fairy, space hopper race, treasure hunt and drumming DJ
2013 — 2016	Interview Coach, Oxbridge Interviews, Oxfizz88 Provided interview training to 30+ teenagers from families not traditionally going to university wishing to apply to Oxford or Cambridge

# Links

- 1. <a href="https://rmarkdown.rstudio.com">https://rmarkdown.rstudio.com</a> ←
- 2. <a href="https://www.jesus.ox.ac.uk/people/professor-sir-nigel-shadbolt-freng-frs+">https://www.jesus.ox.ac.uk/people/professor-sir-nigel-shadbolt-freng-frs+</a>
- 3. <a href="https://www.oliverscottcurry.com">https://www.oliverscottcurry.com</a> ←
- 4. <a href="https://pure.au.dk/portal/en/persons/uffe-schjoedt(c2b0d5e1-b9e5-4ff1-9866-">https://pure.au.dk/portal/en/persons/uffe-schjoedt(c2b0d5e1-b9e5-4ff1-9866-</a> 7009bc63827e).html↔
- 5. <a href="https://pure.au.dk/portal/da/persons/jesper-soerensen">https://pure.au.dk/portal/da/persons/jesper-soerensen</a>(6eb687a7-1af7-48c0-bad1cc9cc0ba3054).html↔
- 6. <a href="https://pure.au.dk/portal/en/persons/kristoffer-laigaard-nielbo(aef8887c-d4e9-4270-9031-">https://pure.au.dk/portal/en/persons/kristoffer-laigaard-nielbo(aef8887c-d4e9-4270-9031-</a> 1a15553f5590).html←
- 7. https://www.carlsbergfondet.dk/da/Forskningsaktiviteter/Bevillingsstatistik/Bevillingsoversigt/CF20 0678 <u>Lyngs</u>←
- 8. <a href="https://governance.admin.ox.ac.uk/van-houten-fund">https://governance.admin.ox.ac.uk/van-houten-fund</a> ←
- 9. <a href="https://epsrc.ukri.org/skills/students/dta/doctoralprize/">https://epsrc.ukri.org/skills/students/dta/doctoralprize/</a> <a href="https://epsrc.ukri.org/skills/students/dta/doctoralprize/">https://epsrc.ukri.org/skills/students/dta/doctoralprize/</a> <a href="https://epsrc.ukri.org/skills/students/dta/doctoralprize/">https://epsrc.ukri.org/skills/students/dta/doctoralprize/</a> <a href="https://epsrc.ukri.org/skills/students/dta/doctoralprize/">https://epsrc.ukri.org/skills/students/dta/doctoralprize/</a> <a href="https://epsrc.ukri.org/skills/students/dta/doctoralprize/">https://epsrc.ukri.org/skills/students/dta/doctoralprize/</a> <a href="https://epsrc.ukri.org/skills/students/">https://epsrc.ukri.org/skills/students/</a> <a href="https://epsrc.ukri.org/skills/">https://epsrc.ukri.org/skills/</a> <a hre
- 10. <a href="https://www.ox.ac.uk/students/three-minute-thesis-competition">https://www.ox.ac.uk/students/three-minute-thesis-competition</a> ←
- 11. <a href="https://www.mpls.ox.ac.uk/news/mpls-impact-awards-2020-winners-announced-at-winter-">https://www.mpls.ox.ac.uk/news/mpls-impact-awards-2020-winners-announced-at-winter-</a> <u>reception</u> ←
- 12. <a href="https://dl.acm.org/doi/10.1145/3027063.3027064+">https://dl.acm.org/doi/10.1145/3027063.3027064+</a>
- 13. <a href="https://ig.ft.com/mobile-app-data-trackers/">https://ig.ft.com/mobile-app-data-trackers/</a> ←
- 14. <a href="https://www.bbc.co.uk/news/technology-45952466">https://www.bbc.co.uk/news/technology-45952466</a> ↔
- 15. <a href="https://www.thetimes.co.uk/article/personal-data-harvesting-by-mobile-phone-apps-is-out-of-data-harvesting control-pb2m2kwkj←
- 16. <a href="https://www.businessinsider.com/google-and-facebook-big-data-apps-oxford-study-finds-apps 2018-10?r=UK&IR=T↔

#### https://sodas.ku.dk/projects/distract/←

- 18. <a href="https://di.ku.dk/english/research/human-centred-computing/">https://di.ku.dk/english/research/human-centred-computing/</a>
  →
- 19. <a href="https://hcc.cs.ox.ac.uk">https://hcc.cs.ox.ac.uk</a>
- 20. https://hcc.cs.ox.ac.uk↔
- 21. <a href="https://hip.cat/emax/teaching">https://hip.cat/emax/teaching</a> ←
- 22. <a href="https://sodas.ku.dk/projects/distract/">https://sodas.ku.dk/projects/distract/</a> ←
- 23. <a href="https://psychology.ku.dk/coinact/">https://psychology.ku.dk/coinact/</a> ←
- 24. https://www.linacre.ox.ac.uk/event-type/linacre-seminar←
- 25. <a href="https://www.youtube.com/playlist?list=PLkIUogDmN\_nAEqQphmDffOMBP5ljN-jXA+">https://www.youtube.com/playlist?list=PLkIUogDmN\_nAEqQphmDffOMBP5ljN-jXA+</a>
- 26. <a href="http://saktatraditions.org">http://saktatraditions.org</a> ←
- 27. <a href="https://dub.washington.edu/seminar.html">https://dub.washington.edu/seminar.html</a> ←
- 28. <a href="https://wellbeing.google+">https://wellbeing.google+</a>
- 29. <a href="https://di.ku.dk/english/research/human-centred-computing/">https://di.ku.dk/english/research/human-centred-computing/<a href="https://di.ku.dk/english/research/human-centred-computing/">https://di.ku.dk/english/research/human-centred-computing/</a>
- 30. <a href="https://www.oii.ox.ac.uk/research/projects/oxdeg/€">https://www.oii.ox.ac.uk/research/projects/oxdeg/€</a>
- 31. <a href="https://twitter.com/rusersoxford">https://twitter.com/rusersoxford</a> ←
- 32. <a href="https://oxfordcsc.com">https://oxfordcsc.com</a> €
- 33. <a href="https://digitalwellbeingworkshop.wordpress.com">https://digitalwellbeingworkshop.wordpress.com</a> ↔
- 34. <a href="https://unbias.wp.horizon.ac.uk/">https://unbias.wp.horizon.ac.uk/</a> ←
- 35. <a href="https://hcc.cs.ox.ac.uk">https://hcc.cs.ox.ac.uk</a>
- 36. <a href="http://pubhd.org">http://pubhd.org</a> ←
- 38. <a href="https://oxfordcsc.com">https://oxfordcsc.com</a> →
- 39. <a href="https://hcc.cs.ox.ac.uk">https://hcc.cs.ox.ac.uk</a>
- 40. <a href="https://sociam.org">https://sociam.org</a>
- 41. https://rcc.au.dk↔
- 42. <a href="https://www.hbes.com/conference/">https://www.hbes.com/conference/</a> ←
- 43. <a href="https://religionistika.phil.muni.cz/levyna2012/program.php+">https://religionistika.phil.muni.cz/levyna2012/program.php+</a>
- 44. <a href="https://www.torch.ox.ac.uk/event/futures-thinking-conference-details">https://www.torch.ox.ac.uk/event/futures-thinking-conference-details</a> ←
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