

Ulrik Lyngs

Curriculum vitae

Personal summary

I am a computer scientist and cognitive psychologist, researching design strategies for supporting self-control over digital device use. My research combines qualitative and quantitative methods, including surveys, interviews, usage logging, and web scraping.

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🔗 ulyngs

Selected Publications

U. Lyngs, K. Lukoff, P. Slovak, W. Seymour, H. Webb, M. Jirotko, J. Zhao, M. Van Kleek, N. Shadbolt (2020). 'I Just Want to Hack Myself to Not Get Distracted': Evaluating Design Interventions for Self-Control on Facebook [1](#) Proceedings of the 2020 CHI Conference on Human Factors in Computing Systems

U. Lyngs, K. Lukoff, P. Slovak, R. Binns, A. Slack, M. Inzlicht, M. Van Kleek, N. Shadbolt (2019). Self-Control in Cyberspace: Applying Dual Systems Theory to a Review of Digital Self-Control Tools [2](#) Proceedings of the 2019 CHI Conference on Human Factors in Computing Systems 🏆 *Honourable Mention*

U. Lyngs (2019). Putting Self-Control at the Centre of Digital Wellbeing [3](#) CHI'19 Workshop: Designing for Digital Wellbeing

R. Binns, U. Lyngs, M. van Kleek, J. Zhao, T. Libert, N. Shadbolt (2018). Third party tracking in the mobile ecosystem [4](#) Proceedings of the 2018 ACM Web Science Conference 🏆 *Best Paper*

U. Lyngs, R. Binns, M. van Kleek, N. Shadbolt (2018). So, Tell Me What Users Want, What They Really, Really Want! [5](#) Proceedings of the 2018 CHI Conference on Human Factors in Computing Systems

R. Binns, M. van Kleek, M. Veale, U. Lyngs, J. Zhao, N. Shadbolt (2018). It's Reducing a Human Being to a Percentage': Perceptions of Justice in Algorithmic Decisions [6](#) Proceedings of the 2018 CHI Conference on Human Factors in Computing Systems

U. Lyngs, R. McKay (2017). 'It's More Fun With My Phone': A Replication Study of Cell Phone Presence and Task Performance [7](#) Proceedings of the 39th Annual Conference of the Cognitive Science Society

U. Lyngs, E. Cohen, W. Hattori, M. Newson, D. Levin (2016). Hearing in Colour: How Expectations Distort Perception of Skin Tone [8](#) Journal of Experimental Psychology: Human Perception and Performance, 42 (12), 2068-2076

Education

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

Technical skills

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

Software

2019 **oxforddown** [9](#), R package for writing Oxford University theses in R Markdown
2019 **pagedown-cv** [10](#), R package for dynamically generating a CV with 4 output formats using **pagedown** for R Markdown
2018 Dashboard for visualising Facebook use [11](#), developed with R, shiny, and **flexdashboard**, for CHI'20 study.
2018 **chi20-papers-rmarkdown** [12](#), **chi-proc-rmd-template** [13](#) and **chi-ea-template** [14](#), R packages for writing ACM CHI conference submissions in R Markdown

Selected work experience

- 2019 — Research Assistant
present RoboTIPS: Developing Responsible Robots for the Digital Economy [15](#)
Developing 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 Jirotko), and the Bristol Robotics Facility (lead: prof. Alan Winfield).
- 2019 R Markdown Instructor
TIER Faculty Development Workshop [16](#), 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.
- 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 [17](#); 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.

Grants and Awards

- 2019 EPSRC Doctoral Prize, 6 month post-doc award
- 2019 Best Talk Award, 2019 Oxford Computer Science Conference, University of Oxford
- 2018 Best Paper Award, 10th ACM Conference on Web Science, Amsterdam
- 2018 Student Research Competition Grant, ACM CHI'18
- 2017 DOMUS Prize for Outstanding Research Communication, Linacre College, University of Oxford
- 2017 Designing for Curiosity Workshop Grant, ACM CHI'17
- 2017 Student Research Competition Grant, ACM CHI'17
- 2013 Lienhard & Bagby Research Grant, Institute of Social & Cultural Anthropology, University of Oxford

Professional development

- 2018 Invited participant at the Global Dialogue for Happiness, World Government Summit [18](#), Dubai
- 2017 Leading for Impact [19](#) fellowship, 4-month leadership training programme at Saïd Business School, University of Oxford

Media coverage

- 2018 Our paper 'Third Party Tracking in the Mobile Ecosystem' covered in the Financial Times [20](#), BBC [21](#), The Times [22](#), Business Insider [23](#), and more

Selected talks

- 2019 *Psychology and Futurity*, Roundtable discussion on mental health at Futures Thinking Conference [24](#), Wolfson College, University of Oxford
- 2019 *Q&A: Self-Control in Cyberspace*, Best of CHI2019, IIT Bombay, Mumbai (videolink)
- 2019 *Computing Everything? The Limits of Algorithmic Learning*, 2019 Oxford Computer Science Conference [25](#), University of Oxford (moderator for keynote panel with Richard Evans (Deepmind), Peter Millican, Hao Ni, and Luba Elliott)
- 2018 *So, Tell Me What Users Want, What They Really, Really Want!*, AI, Society, and the Media [26](#), BBC Radio Theatre, New Broadcasting House, London
- 2018 *Hacking the Attention Economy*, Hackathon at CodeBase, Edinburgh, organised by the UnBias [27](#) project, University of Oxford
- 2017 *Ulysses in Cyberspace: How Anti-Distractive Apps Can Guide Digital Design*, DOMUS Research Prize talk, Linacre College, University of Oxford

Personal skills & volunteering

- 2017 Founding Band Member
— The Karaoke Collective [28](#)
present Inventor, MC and drummer; the KC is a group of seasoned musicians in Oxford and London blending the fun of karaoke with the magic of a live band.
- 2017 Computer Science Ambassador
— Dept. of Computer Science, University of Oxford
2019 I gave regular talks about my group's and my personal research to 14-18 year old students from UK schools visiting the Computer Science Department
- 2013 Interview Coach
— Oxbridge Interviews, Oxfizz [29](#)
2016 Provided interview training for 30+ teenagers from families not traditionally going to university wishing to apply to Oxford or Cambridge.

Links

1. <https://ulriklynys.com/publications>↵
2. <https://ulriklynys.com/publications>↵
3. <https://ulriklynys.com/file/102/download?token=YRZoq5qR>↵
4. <https://dl.acm.org/citation.cfm?doid=3201064.3201089>↵
5. <https://dl.acm.org/citation.cfm?id=3188397>↵
6. <https://dl.acm.org/citation.cfm?id=3173951>↵
7. <https://mindmodeling.org/cogsci2017/papers/0501/index.html>↵
8. <https://psycnet.apa.org/record/2016-49029-001>↵
9. <https://github.com/ulyngs/oxforddown>↵
10. <https://github.com/ulyngs/pagedown-cv>↵
11. <https://ulriklynys.shinyapps.io/fb-dashboard-rose/>↵
12. <https://github.com/ulyngs/chi20-papers-rmarkdown>↵
13. <https://github.com/ulyngs/chi-proc-rmd-template>↵
14. <https://github.com/ulyngs/chi-ea-rmd-template>↵
15. <https://www.cs.ox.ac.uk/projects/RoboTIPS/index.html>↵
16. <https://www.projecttier.org/fellowships-and-workshops/faculty-development-workshops/>↵
17. <https://howthelightgetsin.org/>↵
18. <https://www.worldgovernmentsummit.org>↵
19. <https://www.sbs.ox.ac.uk/research/skoll-centre-social-entrepreneurship/social-impact-education/leading-impact>↵
20. <https://ig.ft.com/mobile-app-data-trackers/>↵
21. <https://www.bbc.co.uk/news/technology-45952466>↵
22. <https://www.thetimes.co.uk/article/personal-data-harvesting-by-mobile-phone-apps-is-out-of-control-pb2m2kwkj>↵
23. <https://www.businessinsider.com/google-and-facebook-big-data-apps-oxford-study-finds-2018-10?r=UK&IR=T>↵
24. <https://www.torch.ox.ac.uk/event/futures-thinking-conference-details>↵
25. <https://oxfordcsc.com>↵
26. <https://www.bbc.co.uk/academy/en/events/evt20180704115336827>↵
27. <https://unbias.wp.horizon.ac.uk/>↵
28. <https://karaokecollective.com>↵

29. <https://oxfizz.org/>↩