Ulrik Lyngs

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Research summary

Aims—to design, build, and evaluate design strategies that help people exercise self-control over 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 Markdown[1].

Education

2016 — 2020	**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 & Cognitive Psychology**, Aarhus University
2007 — 2011	**BA in the Study of Religion & Psychology**, Aarhus University

Awards & honours

2020	**Winner of the 2020 Oxford Three Minute Thesis competition**[2], Mathematical, Physical and Life Sciences Division, University of Oxford
	Commendation Certificate for the Reducing Digital Distraction Workshop, MPLS Impact Awards[3], 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

Grants

2021 — 2023	**Carlsberg Foundation Visiting Fellowship at University of Oxford**[4] (DKK 700,000 (~£85k)), Understanding Personal Digital Self-Control Struggles and Appropriate Interventions
2020	**van Houten Fund**[5] (~£12k), The Reducing Digital Distraction (ReDD) Workshop for Oxford University students. Supervisor: Maureen Freed.

2019 — 2020	**EPSRC Doctoral Prize**6 (~£28k), Supporting End-User Autonomy Over Digital Device Use. Supervisor: Nigel Shadbolt. Mentor: Max Van Kleek.
2018	**Student Research Competition Grant** ($500), CHI'18: ACM Conference on Human Factors in Computing Systems
2017	**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
2013	**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

Publications

Conference publications
(fully reviewed, archival)

In computer science, top-tier conferences (<30% acceptance rate) are as, or more impactful than journals, see doi.org/fgjt2h

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 🏅 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 🏆 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)

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   A9   **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

        A8   **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

        A7   **"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   A6   **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   A5   **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

        A4   **A Cognitive Design Space for Supporting Self-Regulation of ICT Use**
U. Lyngs
CHI'18 EA: ACM Conference on Human Factors in Computing Systems

2017   A3   **'It's More Fun With My Phone': A Replication Study of Cell Phone Presence and Task Performance**
U. Lyngs
CHI'17 EA: ACM Conference on Human Factors in Computing Systems

        A2   **'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

        A1   **Curiosity, ICTs, and Attention Management**
U. Lyngs
CHI'17 workshop: *Designing for Curiosity: An Interdisciplinary Workshop*, ACM
Conference on Human Factors in Computing Systems

Poster presentations

2018	P7	**Connected Life 2018, Oxford Internet Institute, University of Oxford**, What the Anti-Distraction Market Tells Us About Digital Technology and Self-Regulation
	P6	**3rd Symposium on Computing and Mental Health, CHI'18, ACM Conference on Human Factors in Computing Systems, Montreal, Canada**, A Cognitive Design Space for Supporting Self-Regulation of ICT Use
2017	P5	**CogSci'17, 39th Annual Conference of the Cognitive Science Society, London**, "It's More Fun With My Phone": A Replication Study of Cell Phone Presence and Task Performance
	P4	**Connected Life 2017: Digital Inequalities, Oxford Internet Institute, University of Oxford**, Ulysses in Cyberspace: Evaluating the Anti-Distraction Market
	P3	**Designing for Curiosity, workshop at the CHI'17, ACM Conference on Human Factors in Computing Systems, Denver, Colorado**, Curiosity, ICTs and Attention Management: Evaluating the Emerging Anti-Distraction Market
2014	P2	**Morality: Evolutionary Origins and Cognitive Mechanisms, Central European University, Budapest**, Wild Cooperation: Studying Real-World Reciprocity Using Couchsurfing.org
2011	P1	**CogSci'11, 33rd Annual Conference of the Cognitive Science Society, Boston, MA**, Priming Effects of Religious Concepts on Moral Judgment – Between Mean Values and Variation

Talks and panels

All first-authored conference publications listed above were also given as presentations at their respective conferences and are not listed again in this section.

Talks

2020	T27	**Guest lecture in Interaction Design (IDE)**[7]**, Department of Computer Science, University of Oxford**, Ulysses in Cyberspace: The Theory and Practice of Digital Self-Control
	T26	**DISTRACT**[8]**, Copenhagen Center for Social Data Science, University of Copenhagen**, Self-Control in Cyberspace: Examining Tools of Resistance in the Battle for Online Attention
	T25	**COINACT**[9]**, Institute of Psychology, University of Copenhagen**, Cognitive Control in Cyberspace
	T24	**Seminars at Linacre College**[10]**, University of Oxford**, 'I Just Want to Hack Myself to Not Get Distracted': Do Design Interventions for Self-Control on Facebook Work?
	T23	**Oxford Centre for Hindu Studies, University of Oxford**, What Can Digital Humanities Offer Hindu Studies?, online lecture series (6 videos)[11] for a general audience
	T22	**Śākta traditions project**[12]**, Oxford Centre for Hindu Studies, University of Oxford**, Deus ex Machina: What Can Digital Humanities Offer Hindu Studies?
	T21	**University of Washington DUB Shorts**[13], 'I Just Want to Hack Myself to Not Get Distracted': Evaluating Design Interventions for Self-Control on Facebook

	T20	**Google Digital Wellbeing**[14], Digital Wellbeing in Practice: Designing for Digital Self-Control
	T19	**Human-Centred Computing Section**[15], **Dept. of Computer Science, University of Copenhagen**, Digital Wellbeing in Practice: Examining the Effectiveness of Digital Self-Control Strategies
	T18	**Digital Ethnography Group (OxDEG)**[16], **Oxford Internet Institute, University of Oxford**, Digital Wellbeing in Practice: Examining the Effectiveness of Digital Self-Control Strategies
2019	T17	**R user group Oxford**[17], **St. Peter's College, University of Oxford**, Reproducible research with R Markdown, featuring article and PhD thesis writing
	T16	**Best of CHI2019, IIT Bombay, Mumbai (videolink)**, Q&A: Self-Control in Cyberspace
	T15	**2019 Oxford Computer Science Conference**[18], **University of Oxford**, Self-Control in Cyberspace: Applying Dual Systems Theory to a Review of Digital Self-Control Tools
	T14	**Dept. of Computer Science, University of Oxford**, "Owning" Your DPhil, workshop for 1st year DPhil (PhD) students
	T13	**Designing for Digital Wellbeing, workshop at the 2019 CHI Conference on Human Factors in Computing Systems, Glasgow, UK**, Putting Self-Control at the Centre of Digital Wellbeing
2018	T12	**BBC Radio Theatre, New Broadcasting House, London**, So, Tell Me What Users Want, What They Really, Really Want!, BBC conference on AI, Society, and the Media[19]
	T11	**Hackathon at CodeBase, Edinburgh, organised by the UnBias**[20] **project, University of Oxford**, Hacking the Attention Economy
	T10	**Human Centred Computing research seminar, Dept. of Computer Science, University of Oxford**, Evaluating Anti-Distraction Browser Extensions for Facebook
2017	T09	**PubhD**[21], **science communication and pints, St Aldate's Tavern, Oxford**, How to Build Minimally-Distracting Technology
	T08	**SOCIAM: The Theory and Practice of Social Machines, Jesus College, University of Oxford**, Distraction and Self-Regulation in Social Machines
	T07	**DOMUS Research Communication Competition, Linacre College, University of Oxford**, Ulysses in Cyberspace: How Anti-Distraction Apps Can Guide Digital Design
	T06	**Oxford Computer Science Conference**[22], **University of Oxford**, ICTs and Attention Management: Evaluating the Emerging Anti-Distraction Market
	T05	**Human Centred Computing Group, University of Oxford**, Battle of the Social Machines: Attention Management in the Information Age, workshop on research ethics: *Being Responsible in Research: Opportunities and Challenges*
	T04	**SOCIAM: The Theory and Practice of Social Machines, all-hands meeting in Brockenhurst, UK**, Attention Management in the Information Age
2015	T03	**'Religion, Cognition and Culture' research unit, Institute of Culture and Society, Aarhus University**, Religion: A Culturally Evolved Tool for Self-Control
2014	T02	**26th Annual Human Behavior and Evolution Society Conference, Natal, Brazil**, Fundamental Motivations and Risk-Taking: Loss Aversion in Context
2012	T01	**Homo Experimentalis: Experimental Approaches in The Study of Religion, Brno, Czech Republic**, Effort, Loss Aversion and Religion

Discussion panels

2019   D2   **Futures Thinking Conference**[23]**, Wolfson College, University of Oxford**,
Psychology and Futurity, roundtable discussion on mental health

        D1   **2019 Oxford Computer Science Conference**[24]**, University of Oxford**,
Computing Everything? The Limits of Algorithmic Learning, moderator for panel
discussion with Richard Evans (Deepmind), Peter Millican, Hao Ni, and Luba Elliott

Podcasts

2020   Pod1   **University of Oxford Podcasts**[25], Your Digital Life During Lockdown

Press

2018   Our paper "Third Party Tracking in the Mobile Ecosystem" [C2] covered in the
Financial Times[26], BBC[27], The Times[28], Business Insider[29], and more

Teaching experience

2020   **Teaching assistant, Big Data Analytics**[30], 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**[31], TIER Faculty
Development Workshop[32], 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 School[33]
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
lecture series

Service

2018 — 2020   **Steering group member**, Transparent Statistics in Human-Computer Interaction[34]

2016 — present   **Reviewer**, ACM Transactions on Computer-Human Interaction (TOCHI)[35], ACM
CHI Conference[36], Computer-Supported Cooperative Work and Social
Computing[37], International Journal of Human-Computer Studies[38]

2018   **Main conference organiser and General Chair**, Oxford Computer Science
Conference 2018, Dept. of Computer Science, University of Oxford

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

2016 — 2017	**DPhil representative in the Computer Science Graduate Society (CoGS)**, Dept. of Computer Science, University of Oxford
2012 — 2016	**Executive committee member in the London Evolutionary Research Network**[39] **(LERN)**, London, UK
2008 — 2012	**Chairman of the Society for the Study of Religion (RvF)**[40], Dept. for the Study of Religion, Aarhus University

Selected work experience

2020 — present	**Data Scientist and Digital Humanities Consultant**, Śākta Traditions[41], 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.
2019 — 2020	**Research Assistant**, RoboTIPS: Developing Responsible Robots for the Digital Economy[42] 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**, SOCIAM: The Theory and Practice of Social Machines, Dept. of Computer Science, University of Oxford Built sociam.org[43], 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 bar, University of Oxford
2013 — 2016	**Festival Producer and Manager**, 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[44]; 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

2018	**Invited participant to the Global Dialogue for Happiness**, World Government Summit[45], Dubai
2017	**Leading for Impact**[46] **fellow**, 4-month leadership training programme at Saïd Business School, University of Oxford

R packages

2019	`oxforddown`[47], for writing reproducible research theses in R Markdown, formatted with a traditional University of Oxford LaTeX template
	`pagedown-cv`[48], 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

| 2018 — 2020 | `chi-2021-rmd-template`[49], `chi20-papers-rmarkdown`[50], `chi-proc-rmd-template`[51] & `chi-ea-template`[52], for writing reproducible submissions in R Markdown to the ACM CHI conference |

Personal skills & volunteering

2017 — present	**Founding Band Member**, The Karaoke Collective[53] 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
2013 — 2016	**Interview Coach**, Oxbridge Interviews, Oxfizz[54] Provided interview training to 30+ teenagers from families not traditionally going to university wishing to apply to Oxford or Cambridge
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	**Head of Entertainment, Linacre College Ball**, 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

Links

1. https://rmarkdown.rstudio.com

2. https://www.ox.ac.uk/students/three-minute-thesis-competition

3. https://www.mpls.ox.ac.uk/news/mpls-impact-awards-2020-winners-announced-at-winter-reception

4. https://www.carlsbergfondet.dk/da/Forskningsaktiviteter/Bevillingsstatistik/Bevillingsoversigt/CF20_0678_Lyngs

5. https://governance.admin.ox.ac.uk/van-houten-fund

6. https://epsrc.ukri.org/skills/students/dta/doctoralprize/

7. https://hip.cat/emax/teaching

8. https://sodas.ku.dk/projects/distract/

9. https://psychology.ku.dk/coinact/

10. https://www.linacre.ox.ac.uk/event-type/linacre-seminar

11. https://www.youtube.com/playlist?list=PLkIUogDmN_nAEqQphmDffOMBP5ljN-jXA

12. http://saktatraditions.org

13. https://dub.washington.edu/seminar.html

14. https://wellbeing.google

15. https://di.ku.dk/english/research/human-centred-computing/

16. https://www.oii.ox.ac.uk/research/projects/oxdeg/

17. https://twitter.com/rusersoxford

18. https://oxfordcsc.com

19. https://www.bbc.co.uk/academy/en/events/evt20180704115336827

20. https://unbias.wp.horizon.ac.uk/

21. http://pubhd.org

22. https://oxfordcsc.com

23. https://www.torch.ox.ac.uk/event/futures-thinking-conference-details

24. https://oxfordcsc.com

25. https://podcasts.ox.ac.uk/your-digital-life-during-lockdown

26. https://ig.ft.com/mobile-app-data-trackers/

27. https://www.bbc.co.uk/news/technology-45952466

28. https://www.thetimes.co.uk/article/personal-data-harvesting-by-mobile-phone-apps-is-out-of-control-pb2m2kwkj

29. https://www.businessinsider.com/google-and-facebook-big-data-apps-oxford-study-finds-2018-10?r=UK&IR=T

30. https://www.oii.ox.ac.uk/study/courses/big-data-analytics/

31. https://ulyngs.github.io/rmarkdown-workshop-2019/

32. https://www.projecttier.org/fellowships-and-workshops/faculty-development-workshops/

33. https://oxfizz.org/

34. https://transparentstatistics.org

35. http://tochi.acm.org/

36. https://sigchi.org/

37. http://cscw.acm.org/2019/

38. https://www.journals.elsevier.com/international-journal-of-human-computer-studies

39. https://londonevolution.org

40. https://studerende.au.dk/studier/fagportaler/arts/religionsvidenskabelig-forening/

41. http://saktatraditions.org/people/

42. https://www.cs.ox.ac.uk/projects/RoboTIPS/index.html

43. https://www.sociam.org

44. https://howthelightgetsin.org/

45. https://www.worldgovernmentsummit.org

46. https://www.sbs.ox.ac.uk/research/skoll-centre-social-entrepreneurship/social-impact-education/leading-impact

47. https://github.com/ulyngs/oxforddown

48. https://github.com/ulyngs/pagedown-cv

49. https://github.com/ulyngs/chi-2021-rmd-template

50. https://github.com/ulyngs/chi20-papers-rmarkdown

51. https://github.com/ulyngs/chi-proc-rmd-template

52. https://github.com/ulyngs/chi-ea-rmd-template

53. https://karaokecollective.com

54. https://oxfizz.org/