Ulrik Lyngs

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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 Markdown[1].

Education

2016 — 2020	**DPhil in Computer Science**, University of Oxford Supervisor: Nigel Shadbolt Thesis: Examining the effectiveness of design patterns for digital self-control
2012 — 2013	**MSc in Cognitive and Evolutionary Anthropology**, University of Oxford Supervisor: Oliver Curry Thesis: Fundamental motivations and risk-taking
2011 — 2016	**MA in the Study of Religion & Psychology**, Aarhus University Supervisor: Uffe Schjødt Thesis: Religion as a cultural tool for cognitive control
2007 — 2011	**BA in the Study of Religion & Psychology**, Aarhus University Supervisors: Jesper Sørensen and Kristoffer Laigaard Nielbo Thesis: Priming effects of religious concepts on moral judgment

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

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 ⚲ 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

2021	T28	**Human Centred Computing**[7]**, Department of Computer Science, University of Oxford**, Reproducible and Replicable Research
2020	T27	**Guest lecture in Interaction Design (IDE)**[8]**, Department of Computer Science, University of Oxford**, Ulysses in Cyberspace: The Theory and Practice of Digital Self-Control
	T26	**DISTRACT**[9]**, 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**[10]**, Institute of Psychology, University of Copenhagen**, Cognitive Control in Cyberspace

T24   **Seminars at Linacre College**[11]**, 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)[12] for a general audience

T22   **Śākta traditions project**[13]**, Oxford Centre for Hindu Studies, University of Oxford**, Deus ex Machina: What Can Digital Humanities Offer Hindu Studies?

T21   **University of Washington DUB Shorts**[14], 'I Just Want to Hack Myself to Not Get Distracted': Evaluating Design Interventions for Self-Control on Facebook

T20   **Google Digital Wellbeing**[15], Digital Wellbeing in Practice: Designing for Digital Self-Control

T19   **Human-Centred Computing Section**[16]**, Dept. of Computer Science, University of Copenhagen**, Digital Wellbeing in Practice: Examining the Effectiveness of Digital Self-Control Strategies

T18   **Digital Ethnography Group (OxDEG)**[17]**, Oxford Internet Institute, University of Oxford**, Digital Wellbeing in Practice: Examining the Effectiveness of Digital Self-Control Strategies

2019   T17   **R user group Oxford**[18]**, 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**[19]**, 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[20]

T11   **Hackathon at CodeBase, Edinburgh, organised by the UnBias**[21] **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**[22]**, 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**[23]**, 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**24**, Wolfson College, University of Oxford**, Psychology and Futurity, roundtable discussion on mental health |
| | D1 | **2019 Oxford Computer Science Conference**25**, 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**26, Your Digital Life During Lockdown |

Press

| 2018 | | Our paper "Third Party Tracking in the Mobile Ecosystem" [C2] covered in the Financial Times27, BBC28, The Times29, Business Insider30, and more |

Teaching experience

2020		**Teaching assistant, Big Data Analytics**31, 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**32, TIER Faculty Development Workshop33, 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 School34 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[35]
2016 — present	**Reviewer**, ACM Transactions on Computer-Human Interaction (TOCHI)[36], ACM CHI Conference[37], Computer-Supported Cooperative Work and Social Computing[38], International Journal of Human-Computer Studies[39]
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[40] (LERN)**, London, UK
2008 — 2012	**Chairman of the Society for the Study of Religion (RvF)[41]**, Dept. for the Study of Religion, Aarhus University

Selected work experience

2020 — present	**Data Scientist and Digital Humanities Consultant**, Śākta Traditions[42], 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[43] 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[44], 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[45]; 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[46], Dubai

| 2017 | **Leading for Impact**[47] **fellow**, 4-month leadership training programme at Saïd Business School, University of Oxford |

R packages

2019 — present	**oxforddown**[48], for reproducible thesis writing in R Markdown, formatted with a traditional University of Oxford LaTeX template
2019 — present	**pagedown-cv**[49], 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**[50]**, chi20-papers-rmarkdown**[51]**, chi-proc-rmd-template**[52] **& chi-ea-template**[53], for writing reproducible submissions in R Markdown to the ACM CHI conference

Personal skills & volunteering

2017 — present	**Founding Band Member**, The Karaoke Collective[54] 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[55] 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://hcc.cs.ox.ac.uk
8. https://hip.cat/emax/teaching
9. https://sodas.ku.dk/projects/distract/
10. https://psychology.ku.dk/coinact/
11. https://www.linacre.ox.ac.uk/event-type/linacre-seminar
12. https://www.youtube.com/playlist?list=PLkIUogDmN_nAEqQphmDffOMBP5ljN-jXA
13. http://saktatraditions.org
14. https://dub.washington.edu/seminar.html
15. https://wellbeing.google
16. https://di.ku.dk/english/research/human-centred-computing/
17. https://www.oii.ox.ac.uk/research/projects/oxdeg/
18. https://twitter.com/rusersoxford
19. https://oxfordcsc.com
20. https://www.bbc.co.uk/academy/en/events/evt20180704115336827
21. https://unbias.wp.horizon.ac.uk/
22. http://pubhd.org
23. https://oxfordcsc.com
24. https://www.torch.ox.ac.uk/event/futures-thinking-conference-details
25. https://oxfordcsc.com
26. https://podcasts.ox.ac.uk/your-digital-life-during-lockdown
27. https://ig.ft.com/mobile-app-data-trackers/
28. https://www.bbc.co.uk/news/technology-45952466

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

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

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

32. https://ulyngs.github.io/rmarkdown-workshop-2019/↵

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

34. https://oxfizz.org/↵

35. https://transparentstatistics.org↵

36. http://tochi.acm.org/↵

37. https://sigchi.org/↵

38. http://cscw.acm.org/2019/↵

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

40. https://londonevolution.org↵

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

42. http://saktatraditions.org/people/↵

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

44. https://www.sociam.org↵

45. https://howthelightgetsin.org/↵

46. https://www.worldgovernmentsummit.org↵

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

48. https://github.com/ulyngs/oxforddown↵

49. https://github.com/ulyngs/pagedown-cv↵

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

51. https://github.com/ulyngs/chi20-papers-rmarkdown↵

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

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

54. https://karaokecollective.com↵

55. https://oxfizz.org/↵