

## Research summary

**Aims**—to develop and evaluate design patterns that help people self-regulate 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 first-authored work, and written my papers as reproducible documents in R Markdown<sup>1</sup>.

## 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 Curry<sup>3</sup>

Thesis: Fundamental motivations and risk-taking

2011 — 2016

**MA in the Study of Religion & Psychology**, Aarhus University

Supervisor: Uffe Schjødt<sup>4</sup>

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

2023 — 2024

**EPSRC Impact Acceleration Account<sup>7</sup>** (~£74k), Preparing the Reduce Digital Distraction (ReDD) Workshop for Impact across the UK higher education sector

2021 — 2023

**Carlsberg Foundation Visiting Fellowship at University of Oxford<sup>8</sup>** (DKK 700,000 (~£80k)), Understanding Personal Digital Self-Control Struggles and Appropriate Interventions

2020

**van Houten Fund<sup>9</sup>** (~£12k), The Reducing Digital Distraction (ReDD) Workshop for Oxford University students.

Supervisor: Maureen Freed.

**EPSRC Doctoral Prize**<sup>10</sup> (~£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**<sup>11</sup>, Mathematical, Physical and Life Sciences Division, University of Oxford

**Commendation Certificate for the Reducing Digital Distraction Workshop**, MPLS Impact Awards<sup>12</sup>, 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 publications

(fully reviewed, archival)

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

2023

C7

**SwitchTube: A Proof-of-Concept System Introducing “Adaptable Commitment Interfaces” as a Tool for Digital Wellbeing**

K. Lukoff, U. Lyngs, H. Zade, V. Liao, J. Choi, K. Fan, S. Munson, A. Hiniker  
CHI’23ACM Conference on Human Factors in Computing Systems

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’21ACM 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’20ACM 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. Jirotko, J. Zhao, M. Van Kleek, N. Shadbolt  
CHI’20ACM 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’19ACM 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'18ACM 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'18ACM Conference on Human Factors in Computing Systems

## Journal articles (fully reviewed, archival)

- 2022 J4 **The Goldilocks Level of Support: Using User Reviews, Ratings, and Installation Numbers to Investigate Digital Self-Control Tools**  
U. Lyngs, K. Lukoff, L. Csuka, P. Slovák, M. Van Kleek, N. Shadbolt  
IJHCSInternational Journal of Human-Computer Studies, 166
- 2021 J3 **Before and after GDPR: tracking in mobile apps**  
K. Kollnig, R. Binns, M. Van Kleek, J. Zhao, U. Lyngs, C. Tinsman, N. Shadbolt  
NAInternet Policy Review, 10(4)
- J2 **Designing for Youth-Centered Moderation and Community Governance in Minecraft**  
K. Salen Tekinbaş, K. Jagannath, U. Lyngs, P. Slovák  
TOCHIACM Transactions on Computer-Human Interaction, 28(4)
- 2016 J1 **Hearing in Colour: How Expectations Distort Perception of Skin Tone**  
U. Lyngs, E. Cohen, W. Hattori, M. Newson, D. Levin  
JEP:HPPJournal of Experimental Psychology: Human Perception and Performance, 42(12), 2068-2076

## Book chapters

- 2021 B1 **Robot Accident Investigation: a case study in Responsible Robotics**  
A. F.T. Winfield, K. Winkle, H. Webb, U. Lyngs, M. Jirotko, C. Macrae  
Springer: Software Engineering for Robotics13, Cavalcanti et al. (eds.), pp. 165-187

## Extended abstracts and workshop papers

(lightly reviewed)

- 2022 A11 **Leveraging Self-Regulation Research When Designing for Digital Wellbeing**  
U. Lyngs, K. Lukoff  
AVI'22 Workshop *Designing for Meaningful Interactions and Digital Wellbeing*, International Conference on Advanced Visual Interfaces
- A10 **Designing to Support Autonomy and Reduce Psychological Reactance in Digital Self-Control Tools**  
K. Lukoff, U. Lyngs, L. Alberts  
CHI'22 Workshop *Self-Determination Theory in HCI: Shaping a Research Agenda*, ACM CHI Conference on Human Factors in Computing Systems

2020	A09	<b>The ReDD Workshop: A Template for Supporting People in Regaining Control Over Digital Device Use</b> <i>U. Lyngs, M. Freed, K. Lukoff, P. Slovak, M. Van Kleek</i> CHI'20 Workshop <i>Rethinking Mental Health Resources</i> , ACM Conference on Human Factors in Computing Systems
	A08	<b>Further Exploring Communal Technology Use in Smart Homes: Social Expectations</b> <i>M. Kraemer, U. Lyngs, H. Webb, I. Flechais</i> CHI'20 EA ACM Conference on Human Factors in Computing Systems
	A07	<b>"What Could Possibly Go Wrong?" Logging HRI Data for Robot Accident Investigations</b> <i>K. Winkle, M. Jirotko, U. Lyngs, C. Macrae, H. Webb, A. Winfield</i> HRI'20 Companion ACM/IEEE International Conference on Human-Robot Interaction
2019	A06	<b>Putting Self-Control at the Centre of Digital Wellbeing</b> <i>U. Lyngs</i> CHI'19 Workshop <i>Designing for Digital Wellbeing</i> , ACM Conference on Human Factors in Computing Systems
2018	A05	<b>So, Tell Me What Users Want, What They Really, Really Want!</b> <i>U. Lyngs, R. Binns, M. Van Kleek, N. Shadbolt</i> CHI'18 EA (alt.chi) ACM Conference on Human Factors in Computing Systems
	A04	<b>A Cognitive Design Space for Supporting Self-Regulation of ICT Use</b> <i>U. Lyngs</i> CHI'18 EA ACM Conference on Human Factors in Computing Systems
2017	A03	<b>'It's More Fun With My Phone': A Replication Study of Cell Phone Presence and Task Performance</b> <i>U. Lyngs</i> CHI'17 EA ACM Conference on Human Factors in Computing Systems
	A02	<b>'It's More Fun With My Phone': A Replication Study of Cell Phone Presence and Task Performance</b> <i>U. Lyngs, R. McKay</i> CogSci'17 39th Annual Conference of the Cognitive Science Society
	A01	<b>Curiosity, ICTs, and Attention Management</b> <i>U. Lyngs</i> CHI'17 Workshop <i>Designing for Curiosity: An Interdisciplinary Workshop</i> <sup>14</sup> , ACM Conference on Human Factors in Computing Systems

## Publicly available research code & data

2022		<b>Data, materials, and analysis for "The Goldilocks Level of Support..." [J4]</b> Ulrik Lyngs, Kai Lukoff, Laura Csuka, Petr Slovák, Max Van Kleek, Nigel Shadbolt <a href="https://osf.io/cdqub/">https://osf.io/cdqub/</a>
2021		<b>Data, materials, and analysis for "Before and after GDPR..." [J3]</b> Konrad Kollnig, Reuben Binns, Max Van Kleek, Jun Zhao, Ulrik Lyngs, Claudine Tinsman, Nigel Shadbolt <a href="https://osf.io/35xps/">https://osf.io/35xps/</a>  <b>Data, materials, and analyses for my DPhil thesis "Ulysses in Cyberspace..."</b> Ulrik 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]**  
Ulrik Lyngs, Kai Lukoff, Petr Slovak, William Seymour, Helena Webb, Marina Jirotko, Jun Zhao, Max Van Kleek, Nigel Shadbolt  
<https://osf.io/qtg7h/>
- 2019 **Data, materials, and analysis for “Self-Control in Cyberspace...” [C3]**  
Ulrik Lyngs, Kai Lukoff, Petr Slovak, Reuben Binns, Adam Slack, Michael Inzlicht, Max Van Kleek, Nigel Shadbolt  
<https://osf.io/zyj4h/>
- 2018 **Data and analysis for “Third party tracking...” [C2]**  
Reuben Binns, Ulrik Lyngs, Max Van Kleek, Jun Zhao, Timothy Libert, Nigel Shadbolt  
<https://osf.io/4nu9e/>

## Research dissemination

### Press

- 2021 **Danish radio program ‘Kortsluttet’ (short-circuited) on P1**, Interviewed in the episode ‘Død over digitale distraktioner’<sup>15</sup> (P1)
- 2018 **Financial Times**<sup>16</sup>, **BBC**<sup>17</sup>, **The Times**<sup>18</sup>, **Business Insider**<sup>19</sup>, and more, Our paper “Third Party Tracking in the Mobile Ecosystem” covered in the media

### Podcasts

- 2021 Pod2 **Brainstorm podcast (Danish)**<sup>20</sup>, Slip nu den telefon! Fire gode råd til at undgå tidsrøvende distraktioner på nettet (*Let go of that phone! Four pieces of good advice for avoiding time-wasting distractions on the web*)
- 2020 Pod1 **University of Oxford Podcasts**<sup>21</sup>, Your Digital Life During Lockdown

### 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.*

- 2023 T42 **Brave Software, Inc., Research team reading group**  
Self-Control in Cyberspace (and browsers as guardians of freedom)
- T41 **University of Oxford, Netra Tantra Seminar**, Oxford Centre for Hindu Studies  
Digital Humanities and Hindu Studies: Building a Śākta Database
- T40 **University of Oxford, DPhil research workshop, Human Centred Computing**<sup>22</sup>,  
Dept. of Computer Science  
Open and Transparent Research: Why Bother and What To Do
- T39 **Barnes Philosophy Club**<sup>23</sup>, London  
Freedom in the Digital World: Tools of Resistance in the Battle for Online Attention
- 2022 T38 **Kynapse**<sup>24</sup>, Paris, France  
Self-Control in Cyberspace

2021	T37	<b>AVI'22: International Conference on Advanced Visual Interfaces, Designing for Meaningful Interactions and Digital Wellbeing workshop<sup>25</sup></b> , Rome, Italy Leveraging Self-Regulation Research When Designing for Digital Wellbeing
	T36	<b>Goodenough College &amp; University of Oxford, Colloquium on AI and Regulation</b> , Venice, Italy Self-Control in Cyberspace: The Attentional Challenges of Computing Technology
	T35	<b>University of Oxford, Reproducible Research Oxford<sup>26</sup></b> Reproducible academic papers with R Markdown, RStudio, Zotero, Google Docs, and LaTeX templates <sup>27</sup>
	T34	<b>University of Oxford, Human Centred Computing<sup>28</sup></b> , Dept. of Computer Science "Where has my cognitive prime time gone?" Understanding digital self-control struggles and appropriate interventions
	T33	<b>University of Copenhagen, International Seminar organised by the DISTRACT<sup>29</sup> project: Studying the Digital Backlash</b> , Copenhagen Center for Social Data Science "Where has my cognitive prime time gone?" Understanding digital self-control struggles and appropriate interventions
	T32	<b>KulturRummet Thy, Thy 360<sup>30</sup>, local event</b> , Thisted Library, Denmark Selvkontrol i cyberspace ( <i>Self-control in cyberspace</i> )
	T31	<b>University of Copenhagen, DISTRACT<sup>31</sup> project</b> , Copenhagen Center for Social Data Science The Reducing Digital Distraction workshop as research tool: methods and preliminary results
	T30	<b>University of Copenhagen, Human-Centred Computing Section<sup>32</sup></b> , Dept. of Computer Science Reproducible and Replicable Research
	T29	<b>University of Oxford, Human Centred Computing<sup>33</sup></b> , Dept. of Computer Science R Markdown in 7 Minutes
	T28	<b>University of Oxford, Human Centred Computing<sup>34</sup></b> , Dept. of Computer Science Reproducible and Replicable Research
2020	T27	<b>University of Oxford, Guest lecture in Interaction Design (IDE)<sup>35</sup></b> , Dept. of Computer Science Ulysses in Cyberspace: The Theory and Practice of Digital Self-Control
	T26	<b>University of Copenhagen, DISTRACT<sup>36</sup></b> , 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<sup>37</sup></b> , Institute of Psychology Cognitive Control in Cyberspace
	T24	<b>University of Oxford, Seminars at Linacre College<sup>38</sup></b> '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>39</sup> for a general audience What Can Digital Humanities Offer Hindu Studies?
	T22	<b>University of Oxford, Śākta traditions project</b> <sup>40</sup> , Oxford Centre for Hindu Studies Deus ex Machina: What Can Digital Humanities Offer Hindu Studies?
	T21	<b>University of Washington, Design. Use. Build. (DUB) alliance</b> <sup>41</sup> 'I Just Want to Hack Myself to Not Get Distracted': Evaluating Design Interventions for Self-Control on Facebook
	T20	<b>Google, Digital Wellbeing</b> <sup>42</sup> Digital Wellbeing in Practice: Designing for Digital Self-Control
	T19	<b>University of Copenhagen, Human-Centred Computing Section</b> <sup>43</sup> , Dept. of Computer Science Digital Wellbeing in Practice: Examining the Effectiveness of Digital Self-Control Strategies
2019	T18	<b>University of Oxford, Digital Ethnography Group (OxDEG)</b> <sup>44</sup> , Oxford Internet Institute Digital Wellbeing in Practice: Examining the Effectiveness of Digital Self-Control Strategies
	T17	<b>University of Oxford, R user group Oxford</b> <sup>45</sup> , St. Peter's College Reproducible research with R Markdown, featuring article and PhD thesis writing
	T16	<b>Indian Institute of Technology (IIT) Bombay, Best of CHI2019</b> , Mumbai (videolink) Q&A: Self-Control in Cyberspace
	T15	<b>University of Oxford, 2019 Oxford Computer Science Conference</b> <sup>46</sup> , Dept. of Computer Science Self-Control in Cyberspace: Applying Dual Systems Theory to a Review of Digital Self-Control Tools
	T14	<b>University of Oxford, Workshop for new DPhil (PhD) students</b> , Dept. of Computer Science "Owning" Your DPhil
2018	T13	<b>2019 CHI Conference on Human Factors in Computing Systems, Designing for Digital Wellbeing Workshop</b> <sup>47</sup> , Glasgow, UK Putting Self-Control at the Centre of Digital Wellbeing
	T12	<b>BBC, Conference on AI, Society &amp; the Media</b> , BBC Radio Theatre, New Broadcasting House, London So, Tell Me What Users Want, What They Really, Really Want!
	T11	<b>UnBias</b> <sup>48</sup> Hackathon, CodeBase, Edinburgh Hacking the Attention Economy
	T10	<b>University of Oxford, Human Centred Computing</b> <sup>49</sup> , Dept. of Computer Science Evaluating Anti-Distraction Browser Extensions for Facebook
2017	T09	<b>PubhD</b> <sup>50</sup> , science communication and pints, St Aldate's Tavern, Oxford How to Build Minimally-Distracting Technology



T08	<b>University of Oxford, SOCIAM: The Theory and Practice of Social Machines<sup>51</sup> project meeting</b> , Jesus College Distraction and Self-Regulation in Social Machines
T07	<b>University of Oxford, DOMUS Research Communication Competition</b> , Linacre College Ulysses in Cyberspace: How Anti-Distracted Apps Can Guide Digital Design
T06	<b>University of Oxford, 2017 Oxford Computer Science Conference<sup>52</sup></b> , Dept. of Computer Science ICTs and Attention Management: Evaluating the Emerging Anti-Distracted Market
T05	<b>University of Oxford, Human Centred Computing<sup>53</sup> workshop: <i>Being Responsible in Research: Opportunities and Challenges</i> workshop</b> , Dept. of Computer Science Battle of the Social Machines: Attention Management in the Information Age
T04	<b>SOCIAM: The Theory and Practice of Social Machines<sup>54</sup></b> , project meeting at Brockenhurst, UK Attention Management in the Information Age
2015	T03 <b>Aarhus University, Religion, Cognition and Culture<sup>55</sup> research unit</b> , Institute of Culture and Society Religion: A Culturally Evolved Tool for Self-Control
2014	T02 <b>26th Annual Human Behavior and Evolution Society Conference<sup>56</sup></b> , Natal, Brazil Fundamental Motivations and Risk-Taking: Loss Aversion in Context
2012	T01 <b>Homo Experimentalis: Experimental Approaches in The Study of Religion<sup>57</sup></b> , Brno, Czech Republic Effort, Loss Aversion and Religion

## Discussion panels

2021	D3 <b>Roundtable discussion on mental health during the COVID pandemic</b> , Coping with Isolation and Loneliness - a Conversation,
2019	D2 <b>Futures Thinking Conference<sup>58</sup></b> , Psychology and Futurity, roundtable discussion on mental health
	D1 <b>2019 Oxford Computer Science Conference<sup>59</sup></b> , Computing Everything? The Limits of Algorithmic Learning, moderated panel discussion with Richard Evans (Deepmind), Peter Millican, Hao Ni, and Luba Elliott

## Poster presentations

2018	P7 <b>University of Oxford, Connected Life Conference 2018<sup>60</sup></b> , Oxford Internet Institute What the Anti-Distracted Market Tells Us About Digital Technology and Self-Regulation
	P6 <b>2018 CHI Conference on Human Factors in Computing Systems, 3rd Symposium on Computing and Mental Health<sup>61</sup></b> , Montreal, Canada A Cognitive Design Space for Supporting Self-Regulation of ICT Use



P4	<b>University of Oxford, Connected Life Conference 2017</b> <sup>63</sup> , Oxford Internet Institute Ulysses in Cyberspace: Evaluating the Anti-Distraction Market
P3	<b>2017 CHI Conference on Human Factors in Computing Systems, Designing for Curiosity Workshop</b> <sup>64</sup> , Denver, Colorado Curiosity, ICTs and Attention Management: Evaluating the Emerging Anti-Distraction Market
2014	P2 <b>Central European University, Morality: Evolutionary Origins and Cognitive Mechanisms</b> <sup>65</sup> , Budapest Wild Cooperation: Studying Real-World Reciprocity Using Couchsurfing.org
2011	P1 <b>33rd Annual Conference of the Cognitive Science Society</b> <sup>66</sup> , Boston, MA Priming Effects of Religious Concepts on Moral Judgment – Between Mean Values and Variation

## Blog posts

2021	B10 <b>ulriklyngs.com</b> , How to Adapt Any LaTeX Template for Use With R Markdown in Four Steps <sup>67</sup>
2019	B09 <b>UX Collective (Medium)</b> , 367 Tools of Resistance in the Battle for Online Attention <sup>68</sup>
	B08 <b>ulriklyngs.com</b> , How to Use Pandoc Filters for Advanced Customisation of Your R Markdown Documents <sup>69</sup>
	B07 <b>ulriklyngs.com</b> , How to Create New Chunk Options in R Markdown <sup>70</sup>
2018	B06 <b>ulriklyngs.com</b> , How to Build Safari App Extensions <sup>71</sup>
	B05 <b>ulriklyngs.com</b> , R packages for CHI papers with R Markdown <sup>72</sup>
	B04 <b>ulriklyngs.com</b> , How to Write ACM Articles with R Markdown <sup>73</sup>
2017	B03 <b>Connected Life Conference 2017</b> , Ulysses in Cyberspace <sup>74</sup>
	B02 <b>ulriklyngs.com</b> , Making Statistics Make Sense <sup>75</sup>
2016	B01 <b>ulriklyngs.com</b> , Digging Science Out of a Hole: The Reproducibility Index <sup>76</sup>

## Teaching experience

2021	<b>Instructor, Reproducible research with R Markdown</b> <sup>77</sup> , Oxford Berlin Summer School on Open Research <sup>78</sup> 25 early career researchers (MSc, PhD, and postdocs). Taught a 2-hour workshop on workflows for reproducible data analysis and paper writing
2020 — 2020	<b>Teaching assistant, Big Data Analytics</b> <sup>79</sup> , 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	<b>Instructor, Reproducible research with R Markdown</b> <sup>80</sup> , TIER Faculty Development Workshop <sup>81</sup> , 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 — 2013 **Teacher, Introduction to Evolutionary Psychology**, Oxbridge International Summer School<sup>82</sup>  
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

## Software

### R packages

- 2019 — present **oxforddown**<sup>83</sup>, for reproducible thesis writing in R Markdown, formatted with a traditional University of Oxford LaTeX template
- 2019 — present **pagedown-cv**<sup>84</sup>, 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**<sup>85</sup>, **chi20-papers-rmarkdown**<sup>86</sup>, **chi-proc-rmd-template**<sup>87</sup> & **chi-ea-template**<sup>88</sup>, for writing reproducible submissions in R Markdown to the ACM CHI conference

### Apps

- 2021 — present **Newsfeed toggle for Facebook**<sup>89</sup>, browser extension that hides distracting UI elements on Facebook in the Safari browser on Mac and iOS
- 2019 — present **"No Distractions" for YouTube**<sup>90</sup>, browser extension that hides distracting UI elements on YouTube in the Safari browser on Mac and iOS
- 2019 — present **HighlightAds for Google Search**<sup>91</sup>, browser extension that adds a background color to search results on Google that are ads in the Safari browser on Mac
- 2019 — present **"No Distractions" for Twitter**<sup>92</sup>, browser extension that hides distracting UI elements on Twitter in the Safari browser on Mac

## Service

- 2016 — present **Reviewer** ACM Transactions on Computer-Human Interaction (TOCHI)<sup>93</sup>, ACM CHI Conference<sup>94</sup>, Computer-Supported Cooperative Work and Social Computing<sup>95</sup>, International Journal of Human-Computer Studies<sup>96</sup>
- 2018 — 2020 **Steering group member** Transparent Statistics in Human-Computer Interaction<sup>97</sup>
- 2017 — 2018 **President of the Computer Science Graduate Society (CoGS)** Dept. of Computer Science, University of Oxford
- 2018 — 2018 **Main conference organiser and General Chair** Oxford Computer Science Conference 2018, 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<sup>98</sup> (LERN)** London, UK
- 2008 — 2012 **Chairman of the Society for the Study of Religion (RvF)<sup>99</sup>** Dept. for the Study of Religion, Aarhus University

## Selected work experience

- 2020 — present **Data Scientist and Digital Humanities Consultant**, Śākta Traditions<sup>100</sup>, 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<sup>101</sup>  
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 Jirotko), 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 Machines<sup>102</sup>  
Built sociam.org<sup>103</sup>, 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 Ideas<sup>104</sup>, London  
Generated ideas and wrote programme copy for 250+ panel debates for the internationally renowned philosophy and music festival HowTheLightGetsIn<sup>105</sup>; 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

- 2022 — 2022 **Invited participant to Dagstuhl Seminar on *Transparent Quantitative Research as a User Interface Problem***, Schloss Dagstuhl<sup>106</sup>, Germany
- 2018 **Invited participant to the Global Dialogue for Happiness**, World Government Summit<sup>107</sup>, Dubai
- 2017 — 2017 **Leading for Impact<sup>108</sup> fellow**, 4-month leadership training programme at Saïd Business School, University of Oxford

## Minor grants and funding

- 2023 **Junior Research Fellow Grant, Lucy Halsall Fund<sup>109</sup>** (£384), Support towards routine research expenses (software, subscriptions, and professional memberships)
- 2022 **Junior Research Fellow Grant, Lucy Halsall Fund<sup>110</sup>** (£500), US research travel: visit to Human Centered Design & Engineering<sup>111</sup>, UW, Seattle; participation in CHI'22<sup>112</sup>, New Orleans, Louisiana

2021	<b>Junior Research Fellow Grant, Lucy Halsall Fund</b> <sup>113</sup> (£292), Initial validation of measures for digital self-control
2018	<b>Student Research Competition Grant</b> (\$500), CHI'18: ACM Conference on Human Factors in Computing Systems
2017	<b>Workshop Travel Grant</b> (€400), Designing for Curiosity, CHI'17: ACM Conference on Human Factors in Computing Systems  <b>Student Research Competition Grant</b> (\$500), CHI'17: ACM Conference on Human Factors in Computing Systems
2013	<b>Lienhard &amp; Bagby Research Grant</b> (£1,000), Institute of Social & Cultural Anthropology, University of Oxford
2008	<b>Summer School Scholarship</b> (~€1000), University of Helsinki  <b>Undergraduate Travel Grant</b> (DKK 1200), Aarhus University

## Personal skills & volunteering

2017 — present	<b>Founding Band Member</b> , The Karaoke Collective <sup>114</sup> Inventor, MC, keyboard player, and drummer; the KC blends the fun of karaoke with the magic of a live band.
2017 — 2019	<b>Computer Science Ambassador</b> , 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	<b>Steering committee member, Oxford Scandinavian Society</b> , Co-organiser of 'sittnings' (traditional Scandinavian dinner- and drinking parties), movie nights, summer BBQs and more. Webmaster at oxfordscandinavian.com
2017 — 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	<b>Interview Coach</b> , Oxbridge Interviews, Oxfizz <sup>115</sup> Provided interview training to 30+ teenagers from families not traditionally going to university wishing to apply to Oxford or Cambridge

## Links

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