Shah Nawaz
Curriculum vitae

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.

Contact

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Awards and honours

2018	**Winner of the Higher educatio commission UESTP scholarshop for Masters and PhD in France**, Pakistan

Selected major grants

Education

2020	**PhD geomechanics**, University of Grenoble Alpes, France
2019	**MSc hydraulics and civil engineering**, Grenoble Polytechnical institiute ENSE3, France
2015	**MSc transportation engineering**, University of engineering and technology, Lahore, Pakistan
2014	**BSc transportation engineering**, University of engineering and technology, Lahore, Pakistan

Selected teaching experience

2021	**Instructor, Reproducible research with R Markdown**, Oxford | Berlin Summer School on Open Research 25 early career researchers (MSc, PhD, and postdocs). Taught a 2-hour workshop on workflows for reproducible data analysis and paper writing
2020	**Teaching assistant, Big Data Analytics**, 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**, TIER Faculty Development Workshop, 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

Selected talks

2023	**Brave Software, Inc., Research team reading group** Self-Control in Cyberspace (and browsers as guardians of freedom)
2023	**Barnes Philosophy Club**, London Freedom in the Digital World: Tools of Resistance in the Battle for Online Attention
2022	**Kynapse**, Paris, France Self-Control in Cyberspace
2022	**Goodenough College & University of Oxford, Colloquium on AI and Regulation**, Venice, Italy Self-Control in Cyberspace: The Attentional Challenges of Computing Technology
2020	**University of Oxford, Guest lecture in Interaction Design (IDE)**, Dept. of Computer Science Ulysses in Cyberspace: The Theory and Practice of Digital Self-Control
2020	**University of Washington, Design. Use. Build. (DUB) alliance** 'I Just Want to Hack Myself to Not Get Distracted': Evaluating Design Interventions for Self-Control on Facebook
2020	**Google, Digital Wellbeing** Digital Wellbeing in Practice: Designing for Digital Self-Control
2020	**University of Copenhagen, Human-Centred Computing Section**, Dept. of Computer Science Digital Wellbeing in Practice: Examining the Effectiveness of Digital Self-Control Strategies
2019	**Indian Institute of Technology (IIT) Bombay, Best of CHI2019**, Mumbai (videolink) Q&A: Self-Control in Cyberspace
2019	**2019 CHI Conference on Human Factors in Computing Systems, Designing for Digital Wellbeing Workshop**, Glasgow, UK Putting Self-Control at the Centre of Digital Wellbeing
2018	**BBC, Conference on AI, Society & the Media**, BBC Radio Theatre, New Broadcasting House, London So, Tell Me What Users Want, What They Really, Really Want!

Selected media & panels

2021	**Brainstorm podcast (Danish)**, 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	**University of Oxford Podcasts**, Your Digital Life During Lockdown **
2021	**Danish radio program 'Kortsluttet' (*short-circuited*) on P1**, Interviewed in the episode 'Død over digitale distraktioner' (P1) *(Death to digital distractions)*
2018	**Financial Times, BBC, The Times, Business Insider, and more**, Our paper "Third Party Tracking in the Mobile Ecosystem" covered in the media **

Professional development

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

Selected service

2016	**Reviewer** ACM Transactions on Computer-Human Interaction (TOCHI), ACM CHI Conference, Computer-Supported Cooperative Work and Social Computing, International Journal of Human-Computer Studies
2018	**Steering group member** Transparent Statistics in Human-Computer Interaction
2017	**President of the Computer Science Graduate Society (CoGS)** Dept. of Computer Science, University of Oxford