Ulrik Lyngs

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 1.

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 Shadbolt2 Thesis: Examining the effectiveness of design patterns for digital self-control 2012 — 2013 MSc in Cognitive and Evolutionary Anthropology, University of Oxford

Supervisor: Oliver Curry3

Thesis: Fundamental motivations and risk-taking

2011 — 2016 MA in the Study of Religion & Psychology, Aarhus University

Supervisor: Uffe Schjødt4

Thesis: Religion as a cultural tool for cognitive control

2007 — 2011 BA in the Study of Religion & Psychology, Aarhus University

> Supervisors: Jesper Sørensen⁵ and Kristoffer Laigaard Nielbo⁶ Thesis: Priming effects of religious concepts on moral judgment

Major grants and funding

2023 - 2024EPSRC Impact Acceleration Account⁷ (~£74k), Preparing the Reduce Digital Distraction (ReDD) Workshop for Impact across the UK higher education sector

2021 - 2023Carlsberg Foundation Visiting Fellowship at University of Oxford8 (DKK

700,000 (~£80k)), Understanding Personal Digital Self-Control Struggles and

Appropriate Interventions

2020 van Houten Fund⁹ (~£12k), The Reducing Digital Distraction (ReDD) Workshop

> for Oxford University students. Supervisor: Maureen Freed.

2019 — 2020

2021

C6

EPSRC Doctoral Prize 10 (~£28k), Supporting End-User Autonomy Over Digital Device Use.

Supervisor: Nigel Shadbolt. Mentor: Max Van Kleek.

Awards & honours

Winner of the 2020 Oxford Three Minute Thesis competition 11, Mathematical, Physical and Life Sciences Division, University of Oxford

Commendation Certificate for the Reducing Digital Distraction Workshop, MPLS Impact Awards 12, 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

- 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

 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
- 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
 - "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'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

Q 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 Pest 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, <i>U. Lyngs</i> , 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, <i>U. Lyngs</i> , 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, <i>U. Lyngs</i> , 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, <i>U. Lyngs</i> , M. Jirotka, C. Macrae Springer: Software Engineering for Robotics 13, 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	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, ACM Conference on Human Factors in Computing Systems
	A08	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
	A07	"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	A06	Putting Self-Control at the Centre of Digital Wellbeing U. Lyngs CHI'19 Workshop Designing for Digital Wellbeing, ACM Conference on Human Factors in Computing Systems
2018	A05	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
	A04	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	A03	'It's More Fun With My Phone': A Replication Study of Cell Phone Presence and Task Performance U. Lyngs
	A02	CHI'17 EA ACM Conference on Human Factors in Computing Systems '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
	A01	Curiosity, ICTs, and Attention Management U. Lyngs CHI'17 Workshop Designing for Curiosity: An Interdisciplinary Workshop14, ACM Conference on Human Factors in Computing Systems
		Publicly available research code & data
2022		Data, materials, and analysis for "The Goldilocks Level of Support" [J4] Ulrik Lyngs, Kai Lukoff, Laura Csuka, Petr Slovák, Max Van Kleek, Nigel Shadbolt https://osf.io/cdqub/
2021		Data, materials, and analysis for "Before and after GDPR" [J3] Konrad Kollnig, Reuben Binns, Max Van Kleek, Jun Zhao, Ulrik Lyngs, Claudine Tinsman, Nigel Shadbolt https://osf.io/35xps/
		Data, materials, and analyses for my DPhil thesis "Ulysses in Cyberspace" Ulrik Lyngs https://osf.jo/ed3wh/

2020		Data, materials, and analysis for "'I Just Want to Hack Myself" [C4] Ulrik Lyngs, Kai Lukoff, Petr Slovak, William Seymour, Helena Webb, Marina Jirotka, 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' 15 (P1)
2018		Financial Times 16, BBC 17, The Times 18, Business Insider 19, and more, Our paper "Third Party Tracking in the Mobile Ecosystem" covered in the media
		Podcasts
2021	Pod2	Brainstorm podcast (Danish) ²⁰ , 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 Podcasts21, 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 22, Dept. of Computer Science Open and Transparent Research: Why Bother and What To Do
	T39	Barnes Philosophy Club 23, London
		Freedom in the Digital World: Tools of Resistance in the Battle for Online Attention
2022	Т38	Kynapse 24, Paris, France Self-Control in Cyberspace

Т37	AVI'22: International Conference on Advanced Visual Interfaces, Designing for Meaningful Interactions and Digital Wellbeing workshop 25, Rome, Italy Leveraging Self-Regulation Research When Designing for Digital Wellbeing
T36	Goodenough College & University of Oxford, Colloquium on AI and Regulation, Venice, Italy
	Self-Control in Cyberspace: The Attentional Challenges of Computing Technology
T35	University of Oxford, Reproducible Research Oxford26
	Reproducible academic papers with R Markdown, RStudio, Zotero, Google Docs, and LaTeX templates ²⁷
T34	University of Oxford, Human Centred Computing 28, Dept. of Computer Science
	"Where has my cognitive prime time gone?" Understanding digital self-control struggles and appropriate interventions
T33	University of Copenhagen, International Seminar organised by the DISTRACT ²⁹ project: Studying the Digital Backlash, Copenhagen Center for Social Data Science
	"Where has my cognitive prime time gone?" Understanding digital self-control struggles and appropriate interventions
T32	KulturRummet Thy, Thy 360 30 , local event , Thisted Library, Denmark Selvkontrol i cyberspace (<i>Self-control in cyberspace</i>)
T31	University of Copenhagen, DISTRACT 31 project , Copenhagen Center for Social Data Science
	The Reducing Digital Distraction workshop as research tool: methods and preliminary results
T30	University of Copenhagen, Human-Centred Computing Section 32, Dept. of Computer Science Reproducible and Replicable Research
T29	University of Oxford, Human Centred Computing 33, Dept. of Computer Science R Markdown in 7 Minutes
T20	
120	University of Oxford, Human Centred Computing 34, Dept. of Computer Science Reproducible and Replicable Research
T27	University of Oxford, Guest lecture in Interaction Design (IDE)35, Dept. of
	Computer Science
	Ulysses in Cyberspace: The Theory and Practice of Digital Self-Control
T26	University of Copenhagen, DISTRACT 36, Copenhagen Center for Social Data Science
	Self-Control in Cyberspace: Examining Tools of Resistance in the Battle for Online Attention
T25	University of Copenhagen, COINACT 37, Institute of Psychology Cognitive Control in Cyberspace
T24	University of Oxford, Seminars at Linacre College 38 'I Just Want to Hack Myself to Not Get Distracted': Do Design Interventions for Self-Control on Facebook Work?
	T36 T35 T34 T33 T32 T31 T30 T29 T28 T27 T26

	T23	University of Oxford, Oxford Centre for Hindu Studies, online lecture series (6 videos)39 for a general audience What Can Digital Humanities Offer Hindu Studies?
	T22	University of Oxford, Śākta traditions project ⁴⁰ , Oxford Centre for Hindu Studies
		Deus ex Machina: What Can Digital Humanities Offer Hindu Studies?
	T21	University of Washington, Design. Use. Build. (DUB) alliance41
		'I Just Want to Hack Myself to Not Get Distracted': Evaluating Design Interventions for Self-Control on Facebook
	T20	Google, Digital Wellbeing 42 Digital Wellbeing in Practice: Designing for Digital Self-Control
	T19	University of Copenhagen, Human-Centred Computing Section 43, Dept. of Computer Science
		Digital Wellbeing in Practice: Examining the Effectiveness of Digital Self-Control Strategies
	T18	University of Oxford, Digital Ethnography Group (OxDEG)44, Oxford Internet Institute
		Digital Wellbeing in Practice: Examining the Effectiveness of Digital Self-Control Strategies
2019	T17	University of Oxford, R user group Oxford 45, St. Peter's College Reproducible research with R Markdown, featuring article and PhD thesis writing
	T16	Indian Institute of Technology (IIT) Bombay, Best of CHI2019, Mumbai (videolink) Q&A: Self-Control in Cyberspace
	T15	University of Oxford, 2019 Oxford Computer Science Conference 46, Dept. of Computer Science
		Self-Control in Cyberspace: Applying Dual Systems Theory to a Review of Digital Self-Control Tools
	T14	University of Oxford, Workshop for new DPhil (PhD) students, Dept. of Computer Science "Owning" Your DPhil
	T13	2019 CHI Conference on Human Factors in Computing Systems, Designing for Digital Wellbeing Workshop 47, Glasgow, UK Putting Self-Control at the Centre of Digital Wellbeing
2018	T12	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!
	T11	UnBias 48 Hackathon, CodeBase, Edinburgh Hacking the Attention Economy
	T10	University of Oxford, Human Centred Computing 49, Dept. of Computer Science
		Evaluating Anti-Distraction Browser Extensions for Facebook
2017	T09	PubhD50, science communication and pints, St Aldate's Tavern, Oxford
		How to Build Minimally-Distracting Technology

	Т08	University of Oxford, SOCIAM: The Theory and Practice of Social Machines 51 project meeting, Jesus College Distraction and Self-Regulation in Social Machines
	T07	University of Oxford, DOMUS Research Communication Competition, Linacre
	107	College
		Ulysses in Cyberspace: How Anti-Distraction Apps Can Guide Digital Design
	T06	University of Oxford, 2017 Oxford Computer Science Conference 52, Dept. of Computer Science
		ICTs and Attention Management: Evaluating the Emerging Anti-Distraction Market
	T05	University of Oxford, Human Centred Computing 53 workshop: Being Responsible in Research: Opportunities and Challenges workshop, Dept. of Computer Science
		Battle of the Social Machines: Attention Management in the Information Age
	T04	SOCIAM: The Theory and Practice of Social Machines 54, project meeting at Brockenhurst, UK
		Attention Management in the Information Age
2015	Т03	Aarhus University, Religion, Cognition and Culture 55 research unit, Institute of Culture and Society
		Religion: A Culturally Evolved Tool for Self-Control
2014	T02	26th Annual Human Behavior and Evolution Society Conference 56, Natal, Brazil
		Fundamental Motivations and Risk-Taking: Loss Aversion in Context
2012	T01	Homo Experimentalis: Experimental Approaches in The Study of Religion 57, Brno, Czech Republic
		Effort, Loss Aversion and Religion
		Discussion panels
2021	D3	Roundtable discussion on mental health during the COVID pandemic , Coping with Isolation and Loneliness - a Conversation,
2019	D2	Futures Thinking Conference 58, Psychology and Futurity, roundtable discussion on mental health
	D1	2019 Oxford Computer Science Conference 59, 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	University of Oxford, Connected Life Conference 201860, Oxford Internet Institute
		What the Anti-Distraction Market Tells Us About Digital Technology and Self-Regulation
	P6	2018 CHI Conference on Human Factors in Computing Systems, 3rd Symposium on Computing and Mental Health 61, Montreal, Canada A Cognitive Design Space for Supporting Self-Regulation of ICT Use

	P4	University of Oxford, Connected Life Conference 201763, Oxford Internet Institute
		Ulysses in Cyberspace: Evaluating the Anti-Distraction Market
	P3	2017 CHI Conference on Human Factors in Computing Systems, Designing for Curiosity Workshop 64, Denver, Colorado
		Curiosity, ICTs and Attention Management: Evaluating the Emerging Anti- Distraction Market
2014	P2	Central European University, Morality: Evolutionary Origins and Cognitive Mechanisms 65, Budapest
		Wild Cooperation: Studying Real-World Reciprocity Using Couchsurfing.org
2011	P1	33rd Annual Conference of the Cognitive Science Society 66, Boston, MA Priming Effects of Religious Concepts on Moral Judgment – Between Mean Values and Variation
		Blog posts
2021	B10	ulriklyngs.com , How to Adapt Any LaTeX Template for Use With R Markdown in Four Steps67
2019	B09	UX Collective (Medium) , 367 Tools of Resistance in the Battle for Online Attention 68
	B08	ulriklyngs.com , How to Use Pandoc Filters for Advanced Customisation of Your R Markdown Documents ⁶⁹
	B07	ulriklyngs.com, How to Create New Chunk Options in R Markdown70
2018	B06	ulriklyngs.com, How to Build Safari App Extensions71
	B05	ulriklyngs.com, R packages for CHI papers with R Markdown72
	B04	ulriklyngs.com, How to Write ACM Articles with R Markdown73
2017	B03	Connected Life Conference 2017, Ulysses in Cyberspace74
	B02	ulriklyngs.com, Making Statistics Make Sense75
2016	B01	ulriklyngs.com, Digging Science Out of a Hole: The Reproducibility Index76
		Teaching experience
2021		Instructor, Reproducible research with R Markdown ⁷⁷ , OxfordlBerlin Summer School on Open Research ⁷⁸ 25 early career researchers (MSc, PhD, and postdocs). Taught a 2-hour workshop on workflows for reproducible data analysis and paper writing
2020 —	- 2020	Teaching assistant, Big Data Analytics 79, 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 ⁸⁰ , TIER Faculty Development Workshop ⁸¹ , 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 School82 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	oxforddown83, for reproducible thesis writing in R Markdown, formatted with a traditional University of Oxford LaTeX template
2019 — present	pagedown-cv84, 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-template85, chi20-papers-rmarkdown86, chi-proc-rmd-template87 & chi-ea-template88, for writing reproducible submissions in R Markdown to the ACM CHI conference
	Apps
2021 — present	Newsfeed toggle for Facebook 89, browser extension that hides distracting UI elements on Facebook in the Safari browser on Mac and iOS
2019 — present	"No Distractions" for YouTube 90, browser extension that hides distracting UI elements on YouTube in the Safari browser on Mac and iOS
2019 — present	HighlightAds for Google Search 91, 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 92, 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)93, ACM CHI Conference94, Computer-Supported Cooperative Work and Social Computing95, International Journal of Human-Computer Studies96
2018 — 2020	Steering group member Transparent Statistics in Human-Computer Interaction 97
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** Network98 (LERN) London, UK 2008 - 2012Chairman of the Society for the Study of Religion (RvF)99 Dept. for the Study of Religion, Aarhus University Selected work experience 2020 — present Data Scientist and Digital Humanities Consultant, Śākta Traditions 100, 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 101 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, Dept. of Computer Science, University of Oxford: SOCIAM: The Theory and Practice of Social Machines 102 Built sociam.org 103, 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 - 2019Bartender, Linacre College, University of Oxford 2013 — 2016 Festival Producer and Manager, Institute of Art and Ideas 104, London Generated ideas and wrote programme copy for 250+ panel debates for the internationally renowned philosophy and music festival HowTheLightGetsIn 105; 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 - 2022Invited participant to Dagstuhl Seminar on Transparent Quantitative Research as a User Interface Problem, Schloss Dagstuhl 106, Germany 2018 Invited participant to the Global Dialogue for Happiness, World Government Summit 107, Dubai 2017 - 2017Leading for Impact 108 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 109 (£384), Support towards routine research expenses (software, subscriptions, and professional memberships) 2022 Junior Research Fellow Grant, Lucy Halsall Fund 110 (£500), US research travel: visit to Human Centered Design & Engineering 111, UW, Seattle; participation in CHI'22112, New Orleans, Louisiana

2021	Junior Research Fellow Grant, Lucy Halsall Fund 113 (£292), Initial validation of measures for digital self-control
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
	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
	Undergraduate Travel Grant (DKK 1200), Aarhus University

Personal skills & volunteering

2017 — present	Founding Band Member , The Karaoke Collective 114 Inventor, MC, keyboard player, and drummer; the KC blends 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
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 at oxfordscandinavian.com
2017 — 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
2013 — 2016	Interview Coach, Oxbridge Interviews, Oxfizz115 Provided interview training to 30+ teenagers from families not traditionally going to university wishing to apply to Oxford or Cambridge

Links

- 1. https://rmarkdown.rstudio.com ←
- 2. https://www.jesus.ox.ac.uk/people/professor-sir-nigel-shadbolt-freng-frs+
- 3. https://www.oliverscottcurry.com ←
- 4. https://pure.au.dk/portal/en/persons/uffe-schjoedt(c2b0d5e1-b9e5-4ff1-9866-7009bc63827e)
- 5. https://pure.au.dk/portal/da/persons/jesper-soerensen(6eb687a7-1af7-48c0-bad1 -cc9cc0ba3054).html ←
- 6. https://pure.au.dk/portal/en/persons/kristoffer-laigaard-nielbo(aef8887c-d4e9-4270-9031 -1a15553f5590).html←

- 7. https://www.mpls.ox.ac.uk/research-funding/impact-and-innovation/iaa ←
- 8. https://www.carlsbergfondet.dk/da/Forskningsaktiviteter/Bevillingsstatistik/Bevillingsoversigt /CF20 0678 Ulrik-Lyngs↔
- 9. <u>https://governance.admin.ox.ac.uk/van-houten-fund</u> ←
- 10. https://epsrc.ukri.org/skills/students/dta/doctoralprize/ ←
- 11. https://www.ox.ac.uk/students/three-minute-thesis-competition ←
- 12. https://www.mpls.ox.ac.uk/news/mpls-impact-awards-2020-winners-announced-at-winter -reception ←
- 13. https://link.springer.com/book/10.1007/978-3-030-66494-7 ←
- 14. https://dl.acm.org/doi/10.1145/3027063.3027064€
- 15. https://www.dr.dk/radio/p1/kortsluttet/kortsluttet-62? fbclid=iwar2cnu58gu19ym6m0zv48z2tcwqni56xsxmiszkkuqne9efjqwq8w4zqylw↔
- 16. https://ig.ft.com/mobile-app-data-trackers/ ←
- 17. https://www.bbc.co.uk/news/technology-45952466€
- 18. https://www.thetimes.co.uk/article/personal-data-harvesting-by-mobile-phone-apps-is-out-of -control-pb2m2kwkj↔
- 19. https://www.businessinsider.com/google-and-facebook-big-data-apps-oxford-study-finds -2018-10?r=UK&IR=T↔
- 20. https://videnskab.dk/kultur-samfund/slip-nu-den-telefon-fire-gode-raad-til-at-undgaa -tidsroevende-distraktioner-paa ←
- 21. https://podcasts.ox.ac.uk/your-digital-life-during-lockdown ←
- 22. https://hcc.cs.ox.ac.uk
- 23. http://barnesphiloclub.blogspot.com ↔
- 24. https://www.kynapse.fr
- 25. https://sites.google.com/view/design4dwb
- 26. https://ox.ukrn.org
- 27. https://youtu.be/aU0uetWJXis↔
- 28. https://hcc.cs.ox.ac.uk
- 29. https://sodas.ku.dk/projects/distract/ ←
- 30. https://thy360.dk/event/selvkontrol-i-cyberspace/8500€
- 31. https://sodas.ku.dk/projects/distract/←
- 32. https://di.ku.dk/english/research/human-centred-computing/https://di.ku.dk/english/research/human-centred-computing/
- 33. https://hcc.cs.ox.ac.uk

- 34. https://hcc.cs.ox.ac.uk
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